



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 156

April Ebrill 2024



THE RETURN OF LIVE MUSIC TO PENNANT COMMUNITY CENTRE

'DANIEL LAWS'

7.00pm Saturday 27th April, 2024

Daniel Laws is a singer/songwriter/performer based in Aberystwyth, West Wales and has been composing and performing his own songs for thirteen years.

Daniel's songs vary in style from trad folk, folk rock, contemporary, country, Cajun and blues. They tell stories of Welsh Folklore, traditions, history, social history, love and nature. Some of the songs are uplifting, some funny, some sad and those with rousing choruses for the audience to join in. He enjoys sharing the stories behind the songs and enjoys a bit of banter along the way.

Daniel draws his inspiration for his songs and tunes from his own observations and experiences while out walking and also from his years being involved in agriculture; which began when as a lad on his Grandparent's farm in Tregaron, Ceredigion.

Available for bookings: Use the contact page on his website or Tel: 07452 887701
Website: www.daniellawsmusic.uk where you can sample some of Daniels music.

Daniel has played on two previous occasions at Pennant Community Centre as part of the local group Brenig.

Tickets are £6.00

Tickets can be booked via email with payments made by cash, cheque or through BACS. (BACS payment – Account Cymuned Pennant Community - Sort Code 201841; Account No. 73095371. Use your name as reference)

You are welcome to bring along snacks and your own drinks to this event.

Any queries or for further information please contact Malcolm via email or tel. 07967116632

JAMMING SESSION – A MUSICAL SOCIAL

2.00pm to 4.00pm on Sundays

Following on from the great success of the 'Jamming Sessions' it is possible that some musical instruments may be purchased for accompanying the more accomplished musicians.

Remember, if you do have a musical instrument bring it along. However, you could always sing along.
Next Session on 21st April, 2024.

Refreshments will be available. Contact Gill Evans for further information – 07817-099275

NEWSLETTER EDITOR

Malcolm Sumner, Penbryn, Brynhyfryd, Pennant, Llanon, Ceredigion, SY23 5PH

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<https://www.facebook.com/cymunedpennant>

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RENEWAL FOR 100 CLUB 2024/25

Your 100 Club subscription is now due, from 1st April, 2024, for renewal or for new members to sign up.

The cost is £1.00 per number per month, £12.00 for the year. New members are requested to fully complete the membership form. Anyone renewing their membership need only complete their name and sign the form, if no other details have changed.

Membership forms available in this newsletter, download a form from the website or collect a form from the Community Centre.

The more members that take part the larger the prizes and money available to help meet the annual expenses of running your Community Centre. The more members the bigger the prize fund.

100 CLUB

March draw – made during the coffee morning on 28th March, 2024..

1st Prize	-	12 Ian Lampert	£11.00
R/up	-	8 Dilys Jones	£5.00
	-	33 Dilwyn Thomas	£5.00

The next draw will be on Thursday 25th April, 2024, during the Coffee Morning. The cost to purchase a number for the remaining draws is £1.00.

SWIFT NESTING BOXES

If you wish to provide a roost for the visiting Swifts register with CeredigionSwiftProject@gmail.com for a free Swift nesting box.

BED FOR SALE

Adjustable bed for sale.

A 'Harvest Woburn' Ultimate Bed.
Mattress size 47 inches x 78 inches.

Jennifer Turner, Bryn Cethin on 01974-272019

I.T. CAFE

2.00pm to 4.00pm Tuesdays

This 'Welcome Space' event will commence at 2.00pm until 4.00pm on Tuesday 9th April, 2024.

These afternoon events will provide access to computers and Wifi, board games or just to come along and have a chat. There will be assistance available with I.T., if you wish to keep safe on line, or are not sure about using your computer on line.

Refreshments of tea, coffee and biscuits will be available.

VILLAGE LITTER PICK

6.00pm Friday 12th April, 2024

There will be a village litter pick on Friday 12th April, meeting at the Centre at 6.00pm.

There are litter pickers, gloves, sacks, high-viz tops and hoops, to hold sacks, available.

If there is sufficient demand beef burgers and sausages, in a bun/roll with onions, will be available.

Please let the newsletter editor know if you will be attending and state what, if anything, you would like to eat.

BLOOD BIKES

Following the presentation on 29th February, 2024, by members of the Aberystwyth Blood Bikes team, the following donations were made.

Cymuned Members & Residents	£140.00
Cymuned Pennant Community	£100.00
Aberaeron Rotary Club	£100.00
Personal Donation	£200.00
(Rotarian Ernie Gunner)	

The total of £540.00 was much appreciated by the Blood Bikes Team and will be of great assistance in supporting their work in the Community for the NHS.

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ROTARY CLUB OF ABERAERON A'R CYLCH

**'Rotary Working In the Community, With the
Community and For the Community'
'Serving Local Communities Since 2003'**

Clwb Rotari Aberaeron Rotary Club A'r Cylch are looking for local people who can commit some of their time to helping others. There will be no cost to you and no regular commitment is required. The projects are all local to help people live a better life. Also, you may have a project that you would want to undertake which we could help you with.

We are what people, who think that they are being progressive, old fashioned as we meet face to face. This is unlike the 'keyboard warriors' when a person(s) can control what happens. An important element of any Rotary Club should be fellowship. You get to know each other well and this builds up trust and understanding. Unfortunately our Club has had recent experience when members failed the test for being a true Rotarian.

The Club is pursuing a Dementia Project, with local partners, and want to champion and improve the quality of life for those suffering from Dementia and their Carers.

Dates for April

04/04/2024 - Business Meeting
11/04/2024 - Fellowship Social Evening
18/04/2024 - Speaker Evening
25/04/2024 - Fellowship Social Evening

Please contact Malcolm 07967-116632 or John 07971-101493.

Aberaeron Rotary Club meet in the heart of Aberaeron at 7.00pm on 1st & 3rd Thursdays of the month at The Castle Hotel, Market Street, Aberaeron.

Email: aberaeronrotaryclub@btinternet.com

Facebook:

<https://www.facebook.com/people/Clwb-Rotari-Aberaeron-Rotary-Club-Ar-Cylch/100083901214969/>

Website: www.aberaeronrotary.com

**OUR 22nd YEAR DEDICATED TO 'COMMUNITY
FIRST'**

'SERVICE ABOVE SELF'

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 7.15pm on Monday 1st April, 2024, at Pennant Community Centre.

Everyone is welcome to come along. Why not get involved in your Community.

COMMUNITY COUNCIL

The next meeting will be at Pennant Community Centre at 8.00pm on Monday 8th April, 2024..

Meetings alternate between Aberarth Village Hall and Pennant Community Centre (the old school). The Meetings are open to the public.

If you wish to see who are your representatives on the Community Council or view past minutes please use the following link: -

<http://www.cyngor-dyffryn-arth-council.org.uk>

HIRING THE COMMUNITY CENTRE

The Community Centre is available for Private Hire.

It is probably the best equipped Community Centre in the area. For any queries or further information please contact the newsletter editor or email cympencom@gmail.com

GWASANAETHAU EGLWYS/ PENNANT CHURCH SERVICES

Services at Llanbadarn Trefeglwys Church are held on the 1st Sunday of every month - 2.00pm Holy Communion (Bilingual)

Details and dates are also available on the web site under 'Services' – 'Church'.

GWASANAETHAU CAPEL PENNANT CHAPEL SERVICES

MARCH 2024

No details have been made available for any Chapel Services during 2024.

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 20th April, 2024 / 7.30pm Dydd Sadwrn 20 Ebrill, 2024

Powerful and Poetic – A Marvellously Movin Film

‘EXTREMELY LOUD & INCREDIBLY CLOSE’ (12)

**Starring: Tom Hanks, Sandra Bullock, Thomas Horn, Max Von Sydow,
Viola Davis, Jeffrey Wright & Zoe Caldwell**

Oskar, who lost his father in the 9/11 attack on the World Trade Centre, is convinced that his dad left a final message for him somewhere in the city. Upon finding a mysterious key in his father's closet, Oskar sets out in search of the lock it fits. Feeling disconnected from his grieving mother and driven by a tirelessly active mind, Oskar has a journey of discovery that takes him beyond his loss and leads to a greater understanding of the world.

There are conditions attached to the licence, in that, anyone attending must be a member of Cymuned and any payment made cannot be for viewing the film. We are also restricted as to the maximum number of people who can view at any one time. A raffle ticket will be sold, £2.00 per ticket, on entry. The film shown will be the raffle prize. Ice Cream and refreshments will be available for purchase. You are welcome to bring your own snacks and drink along. If there are sufficient numbers there will be food available at 6.00pm, before the films. The meal will be a main course, dessert and coffee. Cost is £6.00 for members and £7.50 to none members.

Please let the newsletter know if you wish to attend the film and meals are to be booked at least 48 hours in advance. You can have the meal without any obligation to see the films.

VOLUNTEERING AT YOUR COMMUNITY CENTRE

There is still cleaning, minor repairs and painting to be done. Also the roof of the extension needs coating with a resin/paint mix before winter, weather permitting.

If you have some spare time and feel that you can help in any way please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

FILM NIGHTS

Film Nights will continue being once a month although consideration, after the last film night, is being given to showing a live music concert as a second film night during a month. If there is sufficient interest for food this could be re-instated.

If you have any ideas for films or concerts to be shown please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

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PENNANT COMMUNITY SERVICES GWASANAETHAU CYMUNEDOL PENNANT

POSTAGE STAMPS

2nd Class – self-adhesive sold in books of 12 – SUSPENDED at present so as to exchange stock for new stamps.

OIL ORDER

If anyone needs to order oil or has any queries please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

Terms and Conditions for the Pennant Oil Syndicate are on the website and were published in the March 2016 Cymuned Newsletter. Please remember to provide the following information: -

Your Name; Full Address - including post code; Telephone number; Quantity of oil required; and any special requirements or access issues (small lorry only, etc).

There will be a minimum order of 500 litres.

LOCAL SERVICES

YOUR LOCAL MILKMAN – Caerwyn Evans -07410-451924. Milk to your door. In the future may be the option of other items being delivered.

LOCAL MOBILE HAIRDRESSER - Anwen Lewis is mobile hairdresser who lives in Pennant. She is available for all of your hairdressing needs from a dry cut to hair styling for your special occasions. For bookings and more information please call 07903-116643.

TINA AND CHRIS MCCAFFREY. Retired Electrician. Qualified to 18th edition – current Regulations. Qualified Portable appliance (PAT) testers. Ring Tina or Chris on 01570-471264 or 07531-458398. Email: tinamccaffrey@hotmail.co.uk

LOCAL GROCERY DELIVERY SERVICE - Robby & Sharon Sweet at Glanarthen Stores & Post Office, in Cross Inn, have started a grocery delivery service. Contact telephone numbers 01974-272505 or 07966-398705. Email rsweet@tesco.net. Please ring if you require any further information or have any queries.

R. RANDALL SERVICES – Mower, strimmer, chainsaw and appliance repair/sales. Tool and equipment sales, Blaenlluest, Llanon, SY23 5LZ. Contact tel. no. 01974-202265. View their page on facebook for further information.

RHIDIAN HARRIES – Plymwaith a Gwresogi Plumbing & Heating 01545-571356 or 07814-483454 – Plumbing services along with Servicing and Repair of central heating boilers/systems.

TIM EVANS (Pennant) – Plumbing Services 07854501349

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GROUPS & EVENT CONTACTS

Ladies Group – Tuesdays fortnightly - 7.00pm to 9.00pm. Contact/Cyswllt Gill Evans 07817-099275 or email gill@evanspennant.co.uk

I.T. Café – Tuesday – 2.00pm to 4.00pm
Contact/Cyswllt: 07967-116632
Email: cympencom@gmail.com

'Welcome Spaces' - Thursdays – 9.30am to 12.30pm
Contact/Cyswllt: 07967-116632
Email: cympencom@gmail.com

Bore Coffee Morning - Thursdays - 10.00am to 11.30am - £1.00 y pen/per head – coffee or tea and biscuits, coffi neu te a bisgedi.

Art Group/Grwp Celf - Thursdays - 2.00pm to 4.00pm - Contact/Cyswllt – Phil Huckin on/ar 01545-574756

'Busy Fingers/BySedd Prysur' - Thursdays – 2.00pm to 4.00pm - Contact/Cyswllt – Carrieanne Wilks on/ar 07707-577989

Pennant Youth Club - Every Friday 6.00pm to 8.00pm. - Cyswllt/Contact Gill Evans
gill@evanspennant.co.uk or 07817-099275

Food & Film Nights - Saturdays- 6.00pm Food & 7.30pm - one evening per month –. Please see newsletter 'Events' or website for details.
Contact/Cyswllt 07967-116632 or email: cympencom@gmail.com

OTHER GROUPS

"BONES FOR LIFE"
Mondays - 5.30pm to 7.00pm - Cyswllt/Contact Marye Wyvill ar/on 01570-421027 or email maryewyvill@hotmail.com .

CERDDWYR PENNANT WALKERS

Local walks. Cyswllt/Contact Annmarie Butlin ar/on 07950-462423

MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below are the Directors, Trustees and Keyholders of Cymuned Pennant Community Centre.

If you wish to discuss any issues or have any ideas for the Centre please speak to someone.

Malcolm Sumner, Penbryn, Brynhyfryd - 07967-116632 or 01545-57154 Email: cympencom@gmail.com

Ian Lampert - 6 Brynhyfryd - 01545-574624

Gill Evans – Pennant – 07817-099275

Denise Yard – Brynhyfryd, Pennant – 07958-526364

Dafydd Edwards – Bethania - 07812-538435

YOUR NEWS

Deadline for any articles, notices or information relating to groups, personal notices/news, sales and wants to reach the Newsletter Editor, for October issue by **Sunday 21st April, 2024**

PROJECTS & EVENTS

Have you any ideas for projects or events for children and young persons; would you be willing to run an event at the Community Centre or assist in running current sessions or events.

Make a difference and get involved with your Community Centre.

OTHER LOCAL NEWS & EVENTS

If you know of any other local events, exhibitions, fund raisers, displays, entertainment, etc., please let the newsletter editor know.

Cymuned would like to support other local community ventures, appeals and charities.

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(All events to be held at Canolfan Cymuned Pennant Community Centre unless otherwise stated)

APRIL EBRILL 2024

Day/Date		Time	Digwyddiadau Events
Mon	1	5.30pm 7.15pm	Bones for Life / Esgyrn am Oes Cyfarfod Cymuned Community Monthly Meeting
Tue	2		
Wed	3		
Thu	4	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	5	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	6		
Sun	7		
Mon	8	5.30pm	Bones for Life / Esgyrn am Oes
Tue	9	2.00pm 7.00pm	Welcome Space – I.T. Cafe Ladies Group / Grwp Merched Pennant
Wed	10		
Thu	11	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	12	6.00pm	LITTER PICK - Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	13		
Sun	14		
Mon	15	5.30pm	Bones for Life / Esgyrn am Oes
Tue	16	2.00pm	Welcome Space – I.T. Cafe
Wed	17		
Thu	18	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	19	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	20	7.30pm	FILM NIGHT: 'EXTREMELY LOUD & INCREDIBLY CLOSE' (12)
Sun	21	2.00pm	'Jamming Session'
Mon	22	5.30pm	Bones for Life / Esgyrn am Oes
Tue	23	2.00pm 7.00pm	Welcome Space – I.T. Cafe Ladies Group / Grwp Merched Pennant
Wed	24		
Thu	25	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	26	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	27	7.00pm	LIVE MUSIC – 'Daniel Laws' (Please pay & reserve your tickets)
Sun	28		
Mon	29	5.30pm	Bones for Life / Esgyrn am Oes
Tue	30	2.00pm	Welcome Space – I.T. Cafe

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AMAZON SCAMS

Over two-thirds of all Amazon impersonation scams reported by our customers globally in 2023 claimed to be related to order or account issues.

At Amazon, we constantly leverage the feedback we receive through customer reports and our own proactive efforts to innovate and take down scammers as fast as possible. In 2023, we initiated takedown of more than 40,000 phishing websites and 10,000 phone numbers impersonating Amazon. However, the fight against scammers is never over. Below you'll find information on the latest trends and information on how to identify and avoid these scams.

Fake order issue scams

These are unexpected calls, texts, and emails that often refer to an unauthorised order and ask you to act urgently to confirm or cancel the purchase by providing personal or payment information.

For any question related to an order, always check your order history on Amazon.co.uk or via the "Amazon Shopping" app. Only legitimate purchases will appear in your order history. Customer Service is available 24/7 to help with any questions you may have.

Fake account issue scams

Scammers pose as Amazon and send calls, texts, and emails indicating there is unauthorised activity on your account and that your account will be suspended or locked. They try to lure you to provide personal or payment information or sign-in credentials.

Do not click on any links or provide your information without authenticating the email or verifying the link. Visit the Message Centre which displays a log of authentic communications sent from Amazon.

Here are some important tips to identify scams and keep your account and information safe:

1. Trust Amazon-owned channels.

Amazon will never ask you to download any software in order to receive assistance. Always go through the Amazon mobile app or website when seeking customer service, tech support, or when looking to make changes to your account.

2. Be wary of false urgency or secrecy.

Scammers might try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now or cannot discuss with trusted individuals.

3. Never pay over the phone.

Amazon will never ask you to provide payment information, including gift cards for products or services over the phone. Check your financial institution records for unknown or suspicious account activity and seek the advice of your financial institution directly.

4. Verify links first.

Review the link for misspellings or repeated characters. Legitimate Amazon websites contain "amazon.co.uk" or "amazon.co.uk/support." Go directly to our website when seeking help with Amazon devices/services, orders or to make changes to your account.

5. Verify email senders.

Legitimate Amazon emails contain "@amazon.co.uk". In your web browser, hover over the display name under "From" to see full sender address. Look for misspellings or added or substituted characters. Visit the Message Centre to view authentic messages from Amazon.

For more information on how to stay safe online, visit Security & Privacy on the Amazon Customer Service page.

If you receive communication — a call, text, or email — that you think may not be from Amazon, please report it to us at, amazon.co.uk/reportascam.

To review or respond to emails from Amazon, visit the Message Centre on our website.

NEWSLETTER EDITOR

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