



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 142

Chwefror February 2023



PENNANT SCHOOL 1873 – 2023

This year would have been the celebration of 150 years of Pennant School. In recognition of the past history of the building it is proposed that we have an open weekend with a display of photographs and memorabilia. A date is to be fixed with an itinerary.

If anyone has any photographs and memorabilia please let the newsletter know.

FIRST AID COURSE

The First Aid Course that was scheduled to be run on Monday 30th January, 2023, had to be cancelled due to lack of numbers able to attend.

A course has now been arranged for Monday 6th March, 2023, between 9.30am and 4.30pm at Pennant Community Centre. There will be a small charge of £5.00 to cover additional costs in excess of the grant received.

If you wish to attend please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com There are 12 places available for this First Aid at Work Course.

ASSISTANCE FROM CEREDIGION COUNTY COUNCIL

As a result of the increases in the cost of energy Ceredigion County Council have provided some items to assist in keeping people warm and increase the efficiency of their heating.

At Pennant Community Centre we have rugs/blankets, draught excluders and radiator reflective panels.

These items are free to anyone that needs them. Please call when the Centre is open or contact one of the listed trustees to gain access.

WEBSITE

The new look website is now up and running and in the process of being updated. If you have any ideas for developments or additional items to be added please contact the newsletter editor.

NEST

NEST is part of the Welsh Government Warm Homes Programme.

You can contact them via their website at <https://nest.gov.wales/> or call Freephone 0808 808 2244 (Mon-Fri 9am-6pm).

There is also a NEST health and well-being directory which can be accessed in the Centre or contact them to find out what support is available.

ST. DAVID'S DAY CAWL SUPPER

6.00pm Wednesday 1st March, 2023.

As is usual, Cymuned will be holding the St David's Day Cawl Supper at 6.00pm on Wednesday 1st March, 2023.

There will be Cawl, bread & cheese, welsh cakes and a hot drink. Vegetarian option available.

Cost will be £6.00 for members and £7.50 for non-members.

Please book via cympencom@gmail.com or ring 07967-116632.

NEWSLETTER EDITOR

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Email: cympencom@gmail.com

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

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GUIDED WALKS

During March and April, there will be three guided walks around Pennant, Aberarth and Llanon. The walks will be fairly short and easy - not more than two hours on firm surfaces and will be led by Dilys Jones. Dates and times are as follows:

Monday 6 March - 2pm around Pennant starting at Pennant Church

Monday 20 March - 2pm around Aberarth (exact starting point tbc)

Monday 3 April - 2pm around Llanon (exact starting point tbc)

All welcome!

For more information, please contact Dilys Jones on 07812 799 138 or 01545 570245 or email dilysj@btinternet.com.

CAN YOU HELP

We are always looking for people to help with the management and running of your Community Centre.

If you have some spare time and feel that you can help please contact Malcolm Sumner on 07967-116632 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

No details and dates have been made available for Services or events occurring at the Chapel since COVID lock-downs.

'WARM SPACES'

Pennant Community Centre offers a warm and welcoming space where you can have a coffee on Thursday morning where you can chat, relax, work or play.

All ages welcome. Find a quiet spot to work or enjoy a hot drink with good company.

Bring a child or a grandchild. There are a range of toys for different ages.

There is internet access, books, games, dvds and crafts available.

Accessible services with free access.

Want support with getting on-line? Advice, laptops and internet connection provided.

Just Drop in - Thursday 9.30am to 12.30pm.

Email: [aeronvalleywellbeing @ gmail.com](mailto:aeronvalleywellbeing@gmail.com) or cympencom@gmail.com

AERON VALLEY WELL-BEING HUB (AVWH)

<https://www.facebook.com/groups/441831390892385> email us at: aeronvalleywellbeing@gmail.com

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Monday 6th February, 2023, 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 Aberarth Village Hall at 8.00pm on Monday 13th February, 2023.

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

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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'**

During January the Club was busy preparing for the launch of the Aberaeron & District Community Hub. Both meetings were taken up with business matters relating to our community commitments.

The main Club event was the Celebration of the Clubs 20th year since being Chartered. A dinner was held at The White Swan Inn, Llanon with Rotary Club members, and the District Governor Wayne Morgam MBE, present. Excellent food and fellowship which highlighted what true Rotary Values are.

Dates for February

- 02/02/2023 - Business Meeting
- 09/02/2023 - Social Evening
- 16/02/2023 - Meet the Club
- 23/02/2023 - Social Evening

Why not come along on Thursday 16th February for a hot drink and a chat with your local Rotarians. We would like to meet you and tell you of some of the things we do.

All meetings are held at 7.30pm at Pennant Community Centre, unless stated otherwise.

Could you work in the Community, with the Community for the Community? If so why not come along and make a difference to your life and that of others..

There is an open invitation to join us at Pennant Community Centre at 7.30pm on 1st and 3rd Thursday of the month. Other Thursday evenings are made up with social evenings, visits or any activity that is suggested. The Club is very flexible and encourages everyone to get involved.

If you would like to join in with a real Rotary Club, meet face to face, in the area and surrounding district, please contact Malcolm 07967-116632 or John 07971-101493.

Email: aberaeronrotaryclub@btinternet.com

Facebook: Clwb Rotari Aberaeron Rotary Club A'r Cylch

Website: www.aberaeronrotary.com

'SERVICE ABOVE SELF'

100 CLUB DRAW

The following draw was made during the coffee morning on Thursday 26th January, 2023.

1st Prize: 8 – Dilys Jones	£10.00
R/up: 31 – Carrieanne Wilkins	£4.00
50 – Alun Lewis	£4.00

The February draw will be made on 16/02/2023. Cost of one number, for the rest of this draw year, is £2.00 per number.

COVID

We are told that COVID has not gone away. Keep Well & Keep Safe. There are also many coughs, colds, chest infections and flu in evidence.

Masks, hand sanitizer, anti-viral wipes and sprays are still available at the Centre. There is no compulsion to wear face coverings but that is down to personal choice. You must feel safe and comfortable. We still aim to protect the vulnerable in our communities and respect others space.

FINANCIAL HELP - CEREDIGION COUNTY COUNCIL

An email was circulated, earlier this month, with a couple of links relating to Council support that is available through two schemes. These items would appear not to have been widely advertised and maybe of interest to local residents.

They are

Winter Fuel Support Scheme - Ceredigion County Council

And

Ceredigion Carers Fund 2022 - Ceredigion County Council

I have prepared a flyer, which is in this newsletter, with some information on the Schemes for your attention.

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 11th February, 2023 / 7.30pm Dydd Sadwrn 11 Chwefror, 2023

“Terrific ,,,,Hugely Enjoyable”

‘FISHERMAN’S FRIENDS 2: ONE AND ALL’ (12)

**Starring: James Purefoy, Dave Johns, Imelda May, Richard Harrington,
Fiona Button, Levi Roots, Ramon Tikaram & Meadow Nobrega**

The sequel to the 2019 hit UK comedy charts the next instalment of the Fisherman's Friends amazing and uplifting true story. Following the unexpected success of their debut album “No Hoppers, Jokers and Rogues” we rejoin the world's oldest ‘buoy band’ a year later struggling to navigate the pressures, pitfalls, and temptations of their newfound fame. This film follows the celebrated shanty singers through the highs and lows as lifelong friendships are put to the test and they battle the dreaded ‘curse of the second album’.

7.30pm Saturday 25th February, 2023 / 7.30pm Dydd Sadwrn 25 Chwefror, 2023

“ A Fantastic Story Brilliantly Told”

‘THE LOST KING’ (12)

**Starring: Sally Hawkins, Harry Lloyd, Steve Coogan, Phoebe Pryce,
Lee Ingleby, James Fleet, Sinead MacInnes & Mark Addy**

In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a carpark in Leicester. The search had been orchestrated by an amateur historian, Philippa Langley, whose unrelenting research had been met with incomprehension by her friends and family and with scepticism by experts and academics. THE LOST KING is the life-affirming true story of a woman who refused to be ignored and who took on the country's most eminent historians, forcing them to think again about one of the most controversial kings in England's history.

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. Bring your own alcohol and snacks.

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. Meals are to be booked in advance. You can have the meal without any obligation to see the films.

Films will commence at 7.45pm. You are welcome to bring your own snacks and drink along. There will be ice creams available to purchase.

If you wish to attend please let Malcolm Sumner know 48 hours before the event.

If you have a film that you would like shown please contact Malcolm Sumner, newsletter editor.

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PENNANT COMMUNITY SERVICES GWASANAETHAU CYMUNEDOL PENNANT

POSTAGE STAMPS

2nd Class – self-adhesive sold in books of 12

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.

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.

GWASANAETHAU EGLWYS/ PENNANT CHURCH SERVICES

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

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GROUPS & EVENT CONTACTS

“BONES FOR LIFE”

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

CLWB HWYL

Tuesdays - 4.00pm to 5.00pm – Cyswllt/Contact Clare by phone or text 07484-872686 or visit www.facebook.com/madyogis

DYFFRYN ARTH COMMUNITY CHOIR

Wednesdays - 6.45pm to 8.45pm - Cyswllt/ contact Wendy Edmonds - email: wedmondsfearn@gmail.com or telephone: 01545 570411

COMMUNITY EVENTS

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

Saturdays- 6.00pm Food & 7.30pm - Film Night - two evenings per month –. Please see newsletter 'Events' or website for details.

Contact/Cyswllt 07967-116632 or email: cympencom@gmail.com

ART GROUP/GRWP CELF

Thursdays - 2.00pm to 4.00pm - Art Group/Grwp Celf - -. 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

ABERAERON ROTARY CLUB

1st & 3rd Thursday of the month – 7.30pm - Your Local Community Based Rotary Club . Contact Malcolm Sumner 07967116632 or email aberaeronrotaryclub@btinternet.com

ALEX’S YOGA CLASSES & GROUPS

Mondays – 10.00am to 11.00am – Dance Meditation

Wednesdays - 4.30pm to 5.30pm - Children’s Yoga Classes

Fridays- 10.30am to 11.30am – ‘Swing & Sway the Baby Way’

Fridays - 4.30pm to 5.00pm & 5.00pm to 5.30pm –

Dynadancing

Friday 6.00pm to 8.00pm Youth Club

Last Friday in the month – 6.00pm to 8.00pm - Dance Meditation

One Sunday of the month – 10.00am to 11.00am - ‘Time for Dad’s Play Group’

Sunday Children’s - 4.30pm to 5.00pm and 5.00pm to 5.30pm -

Yoga Classes between Cyswllt/Contact Alex Holloway ar/on

01545574686 or via Facebook

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

email hollowaycoaching@gmail.com

SOUND BATH –

On selected Friday evening 7.00pm to 8.30pm - See Calendar or Contact Gill Evans on 01938-811897 or email gilli.harmony@gmail.com

CLARE’S YOGA CLASSES & GROUPS

Saturday 10.00am to 10.45am Chair Yoga

Sunday - 6.30pm & 7.30pm ,Yoga Class, between. Contact Clare by phone or text 07484-872686 or visit

www.facebook.com/madyogis

WARM SPACES

Thursdays – 9.30am to 12.30pm

Contact/Cyswllt: 07967-116632 or 01545-574686 Email: cympencom@gmail.com

MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below are the people who are the Directors/Trustees/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

Elaine & John Bradshaw – Gerallt - 01545-570240

Ian Lampert - 6 Brynhyfryd - 01545-574624

Alex Hollway – Maesllyn - 07516-556292

Clare Daneski – Ciliau Aeron - 07484-872686

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 19th February, 2023**

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.

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

CHWEFROR FEBRUARY 2023

Day/Date		Time	Digwyddiadau Events
Wed	1	4.30pm 6.45pm	Children's Yoga Dyffryn Arth Community Choir
Thu	2	9.30am 10.00am 2.00pm 7.30pm	'Warm Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter Aberaeron Rotary Club – Business Meeting
Fri	3	10.30am 4.30pm 6.00pm	Dance Class: Swing & Sway the Baby Way Dance Class: 'Dynadancing' Youth Club
Sat	4		
Sun	5	4.30pm 6.30pm	Yoga Class for Children Yoga Class
Mon	6	10.00am 5.30pm 8.00pm	Dance Meditation Bones for Life Cyfarfod Cymuned Community Monthly Meeting
Tue	7	4.00pm	Clwb Hwyl
Wed	8	4.30pm 6.45pm	Children's Yoga Dyffryn Arth Community Choir
Thu	9	9.30am 10.00am 2.00pm 7.30pm	'Warm Space' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter Crochet Club
Fri	10	10.30am 4.30pm 6.00pm	Dance Class: Swing & Sway the Baby Way Dance Class: 'Dynadancing' Youth Club
Sat	11	6.00pm 7.45pm	FOOD: FILM NIGHT: FISHERMAN'S FRIENDS 2: ONE AND ALL (12)
Sun	12	4.30pm 6.30pm	Yoga Class for Children Yoga Class
Mon	13	10.00am 5.30pm	Dance Meditation Bones for Life
Tue	14	4.00pm	Clwb Hwyl
Wed	15	4.30pm 6.45pm	Children's Yoga Dyffryn Arth Community Choir
Thu	16	9.30am 10.00am 2.00pm 7.00pm	'Warm Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter Aberaeron Rotary Club – Speaker Evening
Fri	17	10.30am 4.30pm 6.00pm	Dance Class: Swing & Sway the Baby Way Dance Class: 'Dynadancing' Youth Club
Sat	18		
Sun	19	4.30pm 6.30pm	Yoga Class for Children Yoga Class
Mon	20	10.00am 5.30pm	Dance Meditation Bones for Life
Tue	21	4.00pm	Clwb Hwyl
Wed	22	4.30pm 6.45pm	Children's Yoga Dyffryn Arth Community Choir
Thu	23	9.30am 10.00am 7.30pm	'Warm Spaces' Coffee Morning / Bore Coffi Crochet Club

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CHWEFROR FEBRUARY 2023 Continued...

Day/Date		Time	Digwyddiadau Events
Fri	24	10.30am 4.30pm 6.00pm	Dance Class: Swing & Sway the Baby Way Dance Class: 'Dynadancing' Dance Meditation
Sat	25	6.00pm 7.45pm	FOOD: FILM NIGHT: 'THE LOST KING' (12)
Sun	26	4.30pm 6.30pm	Yoga Class for Children Yoga Class
Mon	27	10.00am 5.30pm	Dance Meditation Bones for Life
Tue	28	4.00pm	Clwb Hwyl

(Please contact newsletter editor for availability of facilities and bookings)

PLAY LIST FOR LIFE

Playlist for Life is a music and dementia charity. The charity was founded in 2013 by writer and broadcaster Sally Magnusson after the death of her mother, Mamie, who had dementia. Our vision is simple: we want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

Playlist for Life Help Point

Playlist for Life provides free training and materials to community organisations so they can establish Help Points to spread the power of music locally and advise anyone who gets stuck. We have over 900 Help Points throughout the UK. Due to the COVID-19 pandemic, many Help Points are closed to the public. However, many are still offering online support. If you would like to speak to someone in person, get in touch and we'll help you out.

Alex Holloway has been trained in this process and techniques and Pennant Community Centre is now registered as a Playlist for Life Help Point. Contact 01545574686 or joyfullifeguide@g.mail.com

The Benefits of a Personalised Playlist

Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personalised playlists can:

- Reduce anxiety
- Improve your mood
- Make difficult tasks more manageable
- Evoke memories that can help families and carers connect.

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.