



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 174

October / Hydref 2025



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

CYMUNED PENNANT MEMBERSHIP RENEWAL

Membership is due for renewal as from 1st October, 2025. The cost remains the same as last year at £12.00 per person.

You can pay by cash, cheque or by BACS or even set up a standing order as Cymuned's bank details are shown on the membership form.

BACS details are:

Sort Code: 20-18-41

Account No: 73095371

Account Name: Cymuned Pennant Community Limited

Please enter your name as the payment reference.

If the membership is a renewal, and your details have not changed, just fill in name(s), endorse the amount paid, then sign and date a membership form. It is requested that new members should complete the application form in full.

Thank you to all members that pay for an annual subscription. Your support is very important and very much appreciated.

If you are not a member you will have to pay supplements to attend socials, food evenings, live shows or to hire the Community Centre facilities; you will also not be eligible to take part in the Members Christmas draw for £50.00, £30.00, and £20.00 prizes; you cannot stand for a post on the management team or become a Trustee; and will not have the right to vote at the Cymuned Pennant Community Limited's Annual General Meeting.

Why not become a member of Cymuned Pennant Community.

MacMILLAN COFFEE 'MORNING' Pennant Community Centre

Unfortunately the Pennant Coffee Morning on Thursday 25th September, 2025, had to be postponed due to the works being carried out at the Centre. An event will be organised at a future date.

PRESENTATION BY WELSH WATER DWR CYMRU

10.00am Thursday 9th October, 2025

Just a reminder that representatives from Welsh Water Dwr Cymru's Community Outreach Team will be visiting the Community Centre at 10.00am on Thursday 9th October.

The purpose of the visit is to look at different ways that we can engage with the community.

Also, the Team are dedicated to helping customers with various schemes to help with their bills by raising awareness on our different schemes and some aimed at improving water efficiency and reducing water bills.

During the visit, they would love to promote these schemes and try to help the members of your community as much as possible

For more information, follow the links below that will take you directly to their website.

<https://www.dwrcymru.com/en/help-advice/cartref/cartref-community>

<https://www.dwrcymru.com/en/cost-of-living-support>

Why not come along if you have any questions or information that you require.

COMMUNITY MEETING

The next Cymuned Pennant Community monthly meeting will be at **7.30pm on Monday 6th October, 2025**, at Pennant Community Centre. In future meeting dates will be confirmed at the end of each meeting.

Everyone is welcome to come along. Why not get involved in your Community. We are always looking for new ideas and anyone able to volunteer and lend a hand

WHAT IS A POSTAL SCAM?

Some scams are sent by post and may be addressed to you directly by name. They contain fake claims or offers that are designed to con you out of your money. It's not always easy to control what people send you – but you can control your response.

What are some common types of postal scams?

Here are common types of postal scams to be aware of:

Lotteries and prize draws

You may receive a letter congratulating you on winning a cash prize. These often look legitimate, with barcodes or ID numbers. The letter might ask you to pay an administration fee, buy a product or call a premium-rate phone number to claim your winnings. Don't respond to these letters, even if they look genuine. A genuine lottery won't ever ask you to pay a fee to collect your winnings.

Bills from companies you don't use

If you get a bill from a provider and you're not sure if you have an account with them, find the company's contact details in the phone book or online and ask them directly. Don't use any contact information that's listed on the bill, as it'll likely be set up by the scammer.

Psychics and clairvoyants

Psychics and clairvoyants may send a letter claiming to have seen something in your future and asking for money to disclose what it is. Sometimes these scammers will co-ordinate with lottery and prize scams to give the impression that they're predicting good luck.

Pyramid schemes

Pyramid investment schemes will ask you to pay a fee or buy products and recruit friends or family to take part in the scheme before you get a return on your investment.

Strangers who need help

People asking for money because of unfortunate circumstances, like illness or poverty.

(Postal Scams cont'd...)

Unclaimed inheritance

You may receive a letter addressed to you, which tells you that someone has left you money in their will. These letters can mention real law firms and even have seemingly genuine email addresses, postal addresses, or websites.

Advance fee fraud

You may receive a request to help transfer money out of another country in return for a substantial reward. Often the letter will appear to be from a Government official or lawyer.

Fake job offers

These usually involve an offer of work to do at home if you first send a registration fee. You may even receive an offer of an interview over the telephone. Legitimate employment agencies won't charge you a registration fee.

How can I protect myself from postal scams?

If you receive a postal scam, there are things you can do to avoid the scammers getting your money:

Reject: If you receive a letter that you think is a scam, ignore it and throw it away. Never reply.

Report: Join the Scam Marshal scheme. You send them your scam mail so they can catch the scammers.

Ignore: Don't call any premium-rate phone lines. These numbers start with 09 and can cost up to £4 per minute.

Verify: If you're unsure, check the details of the organisation. Find the organisation's details using the phone book or via their official website. Never use the contact details listed on the scam letter, as it's likely they'll be set up by the scammer.

Opt out: Try to avoid being added to mailing lists. For example, when you register to vote, tick the box to opt out of the 'edited register' (also known as the 'open register'), as this can be used to send unsolicited marketing mail.

Reduce: Register with the Mailing Preference Service. This will stop many of the direct-mailing companies from contacting you.

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CLWB ROTARI ABERAERON ROTARY CLUB A'R CYLCH

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

A month for reflection and recuperation

The Club, following the busy period over July and August at AeronFest, Aberaeron Vintage Show at Llanerchaeron and Aberaeron Carnival has taken the month off active events. We have not held any meetings over this period.

All the events we have attended have been very positive with the discussions and interaction with people attending. It was nice also to talk to old friends who had expressed some interesting views and insights with regards to Rotary in Aberaeron. They were also made aware of the Club's history and what makes a true Rotarian.

Many thanks again to Rhodri and his team for all their hard work and unstinting support of Aberaeron Rotary Club. It is much appreciated.

The Club has donated £60.00 to Cardi Cranks in support of their fundraising tractor drive in aid of Cancer Research Wales / Ymchwil Canser Cymru. We wish them well in aid of a great cause.

We still have some disbursements to make from the funds we raised for other local groups which we will report on soon.

ROTARY Dates for October

09/10/2025 - Business Meeting

Come along and join us and see what you can give to your communities. We meet face to face so everyone gets to know each other. The social element is as important as the work we do. There is not a true Rotary experience without fellowship and open and true interaction. We maintain a strong conviction that Rotary is for helping our communities and others, whilst honouring the primary principles of Rotary with Integrity, fairness and truthfulness.

(Rotary continued....)

We meet in Aberaeron at 7.30pm generally on 1st Thursday of the month at The Castle Hotel, Market Street, Aberaeron. Please contact Malcolm 07967-116632.

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

Come and see what you can do to make that difference for others.

COMMUNITY COUNCIL

The next meeting Community Council meeting will be at **Aberarth Village Hall at 8.00pm on Monday 13th October, 2025.**

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>

. 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

OCTOBER 2025 - No details have been made available for any of the Chapel Services in 2025.

The newsletter editor is not aware if there are still any Services being held at the Chapel. If anyone has news of Services or events this would be much

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PENNANT COMMUNITY SERVICES GWASANAETHAU CYMUNEDOL PENNANT

OIL ORDERS

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.

Pennant have merged with 'Felinfach Heating Oil, so orders can be directed to Arnold Phipps-Jones mobile 07894-831609 or Email: felinfachheatingoil@gmail.com

LOCAL SERVICES

If you have any details of local service providers please pass them on to the Newsletter Editor.

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 (Pennant) – 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 07854-501349

HOUSE OR HOLIDAY LET CLEANING: Please contact Tina McCAFFREY – tinamccaffrey@hotmail.co.uk

YOUR COMMUNITY COUNCIL

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

Clerk to the Council: Denfer Morgan
Mobile: 07749-320915 Email: clerc.dyffrynarth@btinternet.com

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GROUPS & EVENT CONTACTS

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

Afternoon Social & 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

Pennant Stitchers/Pwythwyr - Thursdays –
2.00pm to 4.00pm - Contact/Cyswllt – CarrieAnne
Wilks on/ar 07707-577989

PUBS (Pennant Unlicensed Brewers Society)
Last Thursday of the Month (Thursday Ferret) –
7.30pm to 9.30pm, - Cyswllt/Contact Kingsley Tart
ar/on 03330-885414

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 Email: cympencom@gmail.com

Ian Lampert - 6 Brynhyfryd - 07811-129629

Dafydd Edwards – Bethania - 07812-538435

PAYMENTS

You can make payments to Cymuned online,
through BACS or your faster payment options, for
membership of 100 Club, to Cymuned Pennant
Community - Sort Code 201841; Account No.
73095371. Use your name as reference and e.g.
Memb or 100.

YOUR NEWS

The deadline for any articles, notices or
information relating to groups, personal
notices/news, sales and wants or other local
events of interest to reach the Newsletter Editor,
for May issue by **18th October, 2025**

PROJECTS & EVENTS

Have you any ideas for projects or events for all
the members of our community; 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)

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| Day/Date | | Time | Digwyddiadau Events |
|----------|----|---------------------------------------|---|
| Wed | 1 | | |
| Thu | 2 | 9.30am 10.00am 2.00pm | Welcome Space / Gofod Croeso Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant |
| Fri | 3 | | |
| Sat | 4 | | |
| Sun | 5 | | |
| Mon | 6 | 5.30pm 7.30pm | Bones for Life / Esgym am Oes Cyfarfod Cymuned Community Monthly Meeting |
| Tue | 7 | 2.00pm 7.00pm | 'Welcome Space' : Afternoon Social / Cymdeithasol Prynhawn Cyfarfod Ladies Group |
| Wed | 8 | | |
| Thu | 9 | 9.30am 10.00am 2.00pm | Welcome Space / Gofod Croeso Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant |
| Fri | 10 | | |
| Sat | 11 | | |
| Sun | 12 | | |
| Mon | 13 | 5.30pm | Bones for Life / Esgym am Oes |
| Tue | 14 | 2.00pm | 'Welcome Space' : Afternoon Social / Cymdeithasol Prynhawn Cyfarfod |
| Wed | 15 | | |
| Thu | 16 | 9.30am 10.00am 2.00pm | Welcome Space / Gofod Croeso Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant |
| Fri | 17 | | |
| Sat | 18 | 10.30am | Private Hire : Christening Celebration |
| Sun | 19 | | |
| Mon | 20 | 5.30pm | Bones for Life / Esgym am Oes |
| Tue | 21 | 2.00pm 7.00pm | 'Welcome Space' : Afternoon Social / Cymdeithasol Prynhawn Cyfarfod Ladies Group |
| Wed | 22 | | |
| Thu | 23 | 9.30am 10.00am 2.00pm | Welcome Space / Gofod Croeso Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant |
| Fri | 24 | | |
| Sat | 25 | | |
| Sun | 26 | | |
| Mon | 27 | 5.30pm | Bones for Life / Esgym am Oes |
| Tue | 28 | 2.00pm | 'Welcome Space' : Afternoon Social / Cymdeithasol Prynhawn Cyfarfod |
| Wed | 29 | | |
| Thu | 30 | 9.30am 10.00am 2.00pm 7.30pm | Welcome Space / Gofod Croeso Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant PUBS |
| Fri | 31 | | |

(Newsletter Editor, Bookings and Queries to be addressed to Malcolm Sumner by text/mobile phone to 07967116632 or email: cympencom@gmail.com)