



# CYMUNED

*Newyddiadur Cymuned Pennant Community Limited Newsletter*

*Registered Charity in England & Wales (1144653)*

*Issue Rhifyn 150*

*October Hydref 2023*



## MEMBERSHIP 2023/24

It is that time of year when the Annual Membership fee is due. Membership renewal is from 1<sup>st</sup> October.

Thank you to all those that have continued to pay their membership over 2022/23, supporting their Community Centre. Here is hoping that we continue with your support and bring new members for 2023/24.

There is an option to pay 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.

Show your support for your Community Centre and take advantage of the benefits of being a member.

Membership forms can be printed from the website or are available from the Community Centre.

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 the form. It is requested that new members should complete the application form in full.

If you are not a member you will not be able to attend 'Film Nights', due to licence restrictions; you will have to pay supplements to attend socials, food evenings, live shows or to hire the Community Centre facilities; you will 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.

## CYMUNED PENNANT 'BUSY FINGERS' 'BYSEDD PRYSUR'

The Thursday 'Busy Fingers' group, in Pennant, have been breaking records over the past few months. The result has been that we were able to send over 200 knitted items to the Ukrainian Appeal being co-ordinated at Penparcau Hub, in Aberystwyth. This is something we could not envisage when starting the first Hat. Thank you, to all those who have given wool ...be it odds and ends or enough to knit for an Adult.

Well, more good news. A call has gone out for knitted/crochet items that can be put in a Christmas Box...apart from the usual items. Some suggestions: Baby clothes, Mittens, Socks, Hats, Scarves, Toys to cuddle, or larger items.

So we need more Knitters to join us! IT'S A RALLYING CALL!!

We have had 2 x large boxes of Wool donated by many and ask that you come and sort through what you need. If you cannot stay for the afternoon then come along and knit at home. There is no time limit.

Some ladies are also knitting 'Twiddle Muffs' for local Dementia patients.

HOW MANY ITEMS CAN WE KNIT IN THE NEXT 2 MONTHS – LET'S GET STARTED!

We meet each Thursday between 2.00pm to 4.00pm at Pennant Community Centre (the old Village School) Postcode SY23 5PA. Cost £2.00 with the first visit free.

Tea/Coffee available or bring your own drink.

Contact Carol Anne on 07707577989

### NEWSLETTER EDITOR

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

Tel. No. 07967-116632

[www.cymunedpennantcommunity.org.uk](http://www.cymunedpennantcommunity.org.uk)

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

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

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## WINTER/CHRISTMAS FAIR

Consideration is being given to organising a coach trip to the Winter/Christmas Fair at the showground in Builth Wells on either the 27<sup>th</sup> or 28<sup>th</sup> November, 2023. Open from 8.00am to late.

Tickets are £20.00 per person. There is no indication of any concessions or discounts for coach parties

If you interested in attending please let the newsletter editor know.

## NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 7.30pm on Monday 6<sup>th</sup> November, 2023, at Pennant Community Centre after A.G.M.

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 13<sup>th</sup> November, 2023.

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/en/index.php>

## POSTAL ISSUES

It would appear that the issues relating to the Postal Deliveries to Pennant are still on-going.

If you have had any further issues please let the newsletter editor know so further correspondence can be entered into with Post Office and highlighted to our elected representatives.

## GWASANAETHAU EGLWYS/ PENNANT CHURCH SERVICES

Services at Llanbadarn Trefeglwys Church are held on the 1<sup>st</sup> 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 2023

1st - 10.00am - Minister: Adrian Walters

8th - 10.00am - Minister: John T Williams

15th - 2.00pm - Minister: Tudur Dylan

22nd - 10.00am - Minister: Clyde Briggs

29th - 10.00am - Minister: Rhidian Griffiths

Details and dates will be available on the web site under 'Service' - 'Chapel'.

## MEETING FOR NEW GROUPS & EVENTS

No one attended the meeting on Wednesday 23rd September to discuss the setting up of other community/social groups or events.

Facilities are available for you to make use of. Contact the newsletter editor if you require any further information or details as to what amenities offered.

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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'**

In the next few weeks there will be news of a major project for the Aberaeron & District Communities and about Your Rotary Club.

### Dates for October

- 05/10/2023 - Business Meeting
- 12/10/2023 - Fellowship & Social Evening
- 19/10/2023 - Speaker Evening
- 26/10/2023 - Fellowship & Social Evening

Meetings are presently held at Pennant Community Centre at 7.30pm on 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. We support local charities, groups and organisations.

If you would like to join the Rotary Club serving the Aberaeron & District and meet face to face, with no impersonal technology, please contact Malcolm 07967-116632 or John 07971-101493.

**Email:** aberaeronrotaryclub@btinternet.com

### Facebook:

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

**Website:** [www.aberaeronrotary.com](http://www.aberaeronrotary.com)

**OUR 20<sup>th</sup> YEAR DEDICATED TO  
'COMMUNITY FIRST'**

**'SERVICE ABOVE SELF'**

## VOLUNTEERING AT YOUR COMMUNITY CENTRE

Unfortunately no works have been carried out at the Centre in August. 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

## COMMUNITY KNITTING FOR UKRAINE (Press Release)

Over the past couple of months Pennant craft group, 'Busy Fingers' / Bysedd Prysur, have knitted for the Ukraine Appeal, which is being led locally by Penparcau Community Hub. This has been a follow on after a presentation at Aberaeron Rotary Club's speaker evening by Phil Westbury & Jenny Jenkins. Previously a large amount of knitting has been sent to Ukraine.

The ladies have produced a large number of items, including 'Trauma Bears', woollen hats, gloves, scarves, baby jackets and blankets. Some knitted items have been sold and the funds raised, amounting to £110.00, have also been donated to the Ukrainian Appeal. There has been cross community support for the knitting effort by those unable to come to Pennant Community Centre. Support has come from Mags & Sue, who have knitted and supplied some beautiful items, Roy and his wife from Llanon, who are well into their 80's, have knitted lovely sweaters. Also, a big thank you goes to the Llangrannog Ladies who came with a literally bags of knitting. Everybody's efforts are great appreciated in the difficult and dark times that Ukraine is experiencing at the present time. Thank you to you all.

Many have contributed bags of wool to keep everybody going! If you have any wool that you do not need and can donate, please contact Pennant Community Centre on 07967-116632.

The 'Busy Finger' group meet every Thursday 2.00pm to 4.00 pm, at Pennant Community Centre to knit, chat and socialise. Someone always has a new pattern or a tip to pass on and the result is an amazing production line of Baby, Children's & Adult clothes.

There is still the need for First Aid equipment and supplies, medicines and medication along with cash donations. Also, with Christmas come along, those at Penparcau Community Hub put together Christmas Gifts for the children contained in shoe boxes.

## **FILM NIGHT / NOSON FILMIAU**

**7.30pm Saturday 14<sup>th</sup> October, 2023 / 7.30pm Dydd Sadwrn 14 Hydref, 2023**

**“Moving and Uplifting With Some Surprising Turns”**

### **‘THE UNLIKELY PILGRIMAGE OF HAROLD FRY’**

**(12)**

**Starring: Jim Broadbent & Penelope Wilton**

*The unlikely pilgrimage of Harold Fry is the story of an unremarkable man who sets off on a remarkable journey. Harold lives a life without purpose until he learns an old friend is dying and vows that in walking across England to see her, his journey can keep her alive.*

**7.45pm Saturday 28<sup>th</sup> October, 2023 / 7.30pm Dydd Sadwrn 28 Hydref, 2023**

**“A Collection of Three Movies”**

### **‘THE SIXTH COMMANDMENT’ (15)**

**Starring: Timothy Spall, Anne Reid and Éanna Hardwicke**

*The Sixth Commandment tells the story of how the meeting of an inspirational teacher, Peter Farquhar, and a charismatic young student, Ben Field, who bonded over their love of books and involvement with the Church of England, set the stage for one of the most complex and confounding criminal cases in recent memory.*

*It also focuses on how suspicions around Ben’s relationship with Peter’s deeply religious neighbour Ann Moore-Martin, also targeted by Field, unlocked a series of stunning revelations, culminating in a headline-grabbing trial.*

*The Sixth Commandment captures the initial seductions, the extreme gaslighting, the gripping police investigation and Peter’s killer finally being brought to justice four years after his untimely death.*

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. Meals are to be booked at least 48 hours in advance. You can have the meal without any obligation to see the films.

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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](mailto: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

**FFLECSI BWCABUS SERVICE** - North Carmarthenshire & South Ceredigion - Book by calling us on 0300 234 0300 Mon-Sat: 7am – 7pm; Sunday: 9am – 6pm. For apps download from Apple App Store or Google Play. Website link <https://www.fflecsi.cymru/locations/fflecsi-bwcabus/>

**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](mailto: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](mailto: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

### COMMUNITY GROUPS & EVENTS

**Ladies Group** – Tuesdays fortnightly - 7.00pm to 9.00pm. Contact/Cyswllt Gill Evans 07817-099275 or email [gill@evanspennant.co.uk](mailto:gill@evanspennant.co.uk)

**'Welcome Spaces'** - Thursdays – 9.30am to 12.30pm  
Contact/Cyswllt: 07967-116632  
Email: [cympencom@gmail.com](mailto: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](mailto:gill@evanspennant.co.uk) or 07817-099275

**Film Night** - Saturdays- 6.00pm Food & 7.30pm - two evenings per month –. Please see newsletter 'Events' or website for details. Contact/Cyswllt 07967-116632 or email: [cympencom@gmail.com](mailto: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](mailto:maryewyvill@hotmail.com) .

#### **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](mailto:aberaeronrotaryclub@btinternet.com)

## MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below are the people who 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](mailto:cympencom@gmail.com)

Ian Lampert - 6 Brynhyfryd - 01545-574624

Dafydd Edwards – Bethania - 07812-538435

Gill Evans – Pennant – 07817-099275

Denise Yard – Brynhyfryd, Pennant – 07958-526364

## 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 15th October, 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.

## 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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Day/Date		Time	Digwyddiadau Events
Sun	1		
Mon	2	5.30pm 8.00pm	Bones for Life A.G.M. + Cyfarfod Cymuned Community Monthly Meeting
Tue	3		
Wed	4		
Thu	5	10.00am 2.00pm 7.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Aberaeron Rotary Club – Business Meeting
Fri	6	6.00pm	Pennant Youth Club
Sat	7		
Sun	8		
Mon	9	5.30pm	Bones for Life
Tue	10	7.00pm	Ladies Group
Wed	11		
Thu	12	10.00am 2.00pm	MacMillan Charity Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	13	6.00pm	Pennant Youth Club
Sat	14	6.00pm 7.30pm	<b>MEAL: Katsu Chicken Curry + dessert</b> <b>FILM NIGHT: 'THE UNLIKELY PILGRIMAGE OF HAROLD FRY' (12)</b>
Sun	15		
Mon	16	5.30pm	Bones for Life
Tue	17		
Wed	18		
Thu	19	10.00am 2.00pm 7.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Aberaeron Rotary Club – Speaker Evening
Fri	20	6.00pm 7.00pm	Pennant Youth Club Defibrillator Training
Sat	21		
Sun	22		
Mon	23	5.30pm	Bones for Life
Tue	24	7.00pm	Ladies Group
Wed	25		
Thu	26	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' Bysedd Prysur
Fri	27	6.00pm	Pennant Youth Club
Sat	28	6.00pm 7.30pm	<b>MEAL: Spaghetti Bolognese + dessert</b> <b>FILM NIGHT: 'THE SIXTH COMMANDMENT' (15)</b>
Sun	29		
Mon	30	5.30pm	Bones for Life
Tue	31		

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

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## NATIONAL CYBER SECURITY CENTRE

### Suspicious message reporting.

Timely alerts help us to act quickly and protect many more people from being affected. As of May 31st 2023, the number of reports received stand at more than 20,995,000, with the removal of more than 129,000 scams across 235,000 URLs. We are unable to inform you of the outcome of our review, but we can confirm that we do act upon every message received.

We will analyse the content of the email you have sent to us and any websites it links to. If we discover activity that we believe to be malicious, we may:

- seek to block the address the email came from, so it can no longer send emails
- work with website hosting companies to remove links to malicious websites
- raise awareness of commonly reported suspicious emails and methods used with the help of our partners

Please note... You should not report a suspected crime to us. If you think you may have been a victim of fraud or 'cyber crime', you should report it:

- to Action Fraud if you live in England, Wales or Northern Ireland: [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040
- to Police Scotland if you live in Scotland: call 101

There are a number of ways you can protect yourself from attacks like this and the NCSC has published plenty of advice that will help you to stay secure online; for example:

- The NCSC's top tips for staying secure online
- Phishing attacks: how to deal with suspicious messages and emails
- Securing your devices

For a full overview of the NCSC's advice for the general public please see our dedicated individuals and families webpage.

How we handle the information you send to us.

Transmitting information over the internet is generally not completely secure, and we cannot guarantee the security of an individual's data, which is sent at your own risk. We do however have procedures and security features in place to keep data secure once we receive it.

We may share details with various government departments, our Law Enforcement partners (such as the National Crime Agency and the City of London Police) and other organisations where doing so is necessary and proportionate for the proper discharge of our statutory functions. We won't share an individual's information with any other organisations for marketing, market research or commercial purposes.

The information we hold is exempt from Freedom of Information requests.

For further detail on how we handle information you send us, please see our Privacy Statement. Further information about reporting suspicious emails to the NCSC can be found at

[www.ncsc.gov.uk/report-suspicious-emails](http://www.ncsc.gov.uk/report-suspicious-emails)

#### NEWSLETTER EDITOR

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