



# CYMUNED

*Newyddiadur Cymuned Pennant Community Limited Newsletter*

*Registered Charity in England & Wales (1144653)*

*Issue Rhifyn 175*

*November / Tachwedd 2025*



## CAUTION: IMPORTANT NOTICE

It is advisable not to park near to or under the trees by the entrance to the yard. These trees, on adjoining land, are dead and in a poor unstable condition. Recently a large branch fell off. At the time the weather was calm and there was no wind to have caused it.

## PENNANT MACMILLAN TEA PARTY

(This article previously circulated via email)

The MacMillan Tea Party, held on Friday 19th September, at Pennant Community Centre, again passed the £1,000.00 mark raised. This was a wonderful amount and was only possible due to the participation of those in the local Community giving donations and attending on the day.

All the hard work was put in by the ladies of the Pennant Stitchers Group, and others who participated, in making this another successful event. There were some obstacles to be overcome but the event was bigger than any of these. Everyone involved rallied around and got the job done. Thank you to everyone for their time and generosity in supporting this worthy cause.

## PENNANT STITCHERS

**Pennant Community Centre  
2.00pm to 4.00pm Thursdays**

Come and join the ladies who will be concentrating in the making of Hot water bottle covers and Pyjamas cases for children in Wales. They would be delighted to have any extra help in this task.

If you are unable to attend the sessions at Pennant Community Centre arrangements can be made to collect any items you produce. Please contact Carrienne on :- 07598 518878.

It is anticipated that the items produced will be delivered to Lampeter at the end of November for distribution in Wales before Christmas.

## HWYL DDA CONSULTATION

As a Health Board, we're committed to listening to the voices of our communities, as we work to improve health and wellbeing across Carmarthenshire, Ceredigion, and Pembrokeshire.

We know that good health is shaped by more than just visits to a doctor or nurse and that local groups like yours play a vital role in helping people live healthier, happier lives.

We'd love the opportunity to hear directly from your members. If you have an upcoming meeting or gathering, would you be open to us attending? We'd like to listen, learn, and gather feedback on what matters most to you when it comes to staying well and accessing healthcare.

We're especially keen to hear your thoughts on four things that affect health and care in our communities:

How your local area and support networks help people stay well

How digital tools could make care easier to access and use

How we can better balance hospital care with support closer to home

What matters most when improving healthcare buildings and spaces

Whether it's transport, trust in online services, or the role of local volunteers, your group's ideas and experiences are key to shaping better care for everyone.

What you share will help guide our future plans and make sure they reflect what really matters to people.

Consultation is being held up until 28<sup>th</sup> November, 2025. Arrangements are in progress for representative from Hwyl Dda to attend a Pennant Community Coffee Morning. Notification of any date arranged will be published as soon as it is confirmed.

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## COMMUNITY MEETING

The next Cymuned Pennant Community monthly meeting will be at **7.30pm on Monday 3<sup>rd</sup> November, 2025**, at Pennant Community Centre. In future meeting dates will be confirmed at the end 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

## REMINDER: CYMUNED PENNANT MEMBERSHIP RENEWAL

Sorry everyone. The membership form for joining or renewing membership was not provided with the last newsletter. Copy enclosed.

Membership was due for renewal as from 1<sup>st</sup> October, 2025, at £12.00 per person.

You can 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.

## WELSH WATER / DWR CYMRU

During the Coffee Morning on Thursday 9<sup>th</sup> October, 2025, we had a presentation from Tracey Price, Customer & Partner Engagement Manager from Welsh Water/Dwr Cymru

She covered customer services and support that is offered regarding water supply to their customers.

This is briefly covered below to see if you can get assistance or advice on metering, bill payment or register as a priority customer.

Are you entitled to any bill support with Welsh Water?

You can use Welsh Water's 'eligibility checker' to find out what financial support you can apply for by either:

Filling in our simple form on-line  
<https://contact.dwrcymru.com/en/online-services/tariff-eligibility>

Or;

If you prefer to do the check by 'phone, please call us on 0800 052 0145.

We have a range of schemes to lower water bills and clear any water debt; so, take advantage today to complete the check and get piece of mind.

E-mail: [workinginpartnership@dwrcymru.com](mailto:workinginpartnership@dwrcymru.com)

<https://www.dwrcymru.com/en/reach>

There are pamphlets available at Pennant Community Centre.

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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**

### Looking forward

The Club is now planning its events and looking at meeting with local groups in consideration of any disbursements and help that we can provide.

We are very proud and pleased to announce a recent donation of £150.00 towards the Aberaeron Roundtable Charity Run, 10K, 5k and 1k Children's Run. The event commences at 9.00am on Sunday 16<sup>th</sup> November, 2025 from Alban Square, Aberaeron. This is a day of running, music and community spirit in support of local causes. There will be Music, Entertainment, Food, Drink, a professional photographer along with a Prize Ceremony.

Roundtable have the same ethos, aims and goals and been working with the local communities before our Club formed. Some of our members had been in Roundtable prior to joining Rotary.

### Future Dates

Our 24<sup>th</sup> Annual Christmas Street Collection, for the Wales Air Ambulance, will be taking place between 10.00am and 4.00pm on Friday 19<sup>th</sup> and Saturday 20<sup>th</sup> December, 2025. How to see you then. We now have a card machine to take your donations.

### ROTARY Dates for November

06/11/2025 - Business Meeting. We would be pleased to meet you.

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 other groups, whilst honouring the primary principles of Rotary with Integrity, fairness and truthfulness.

### History of Aberaeron Rotary Club

The Club will shortly be publishing preparing a document on the recent history of how the Club has been impacted due to the actions of others.

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/>

## COMMUNITY COUNCIL

The next meeting Community Council meeting will be at **Aberarth Village Hall at 8.00pm on Monday 10<sup>th</sup> November, 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 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

**NOVEMBER 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 appreciated.

## 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](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.

Pennant have merged with 'Felinfach Heating Oil, so orders can be directed to Arnold Phipps-Jones mobile 07894-831609 or Email: [felinfachheatingoil@gmail.com](mailto: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](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 (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](mailto: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](mailto: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](mailto:gill@evanspennant.co.uk)

**Afternoon Social & I.T. Café** – Tuesday  
2.00pm to 4.00pm  
Contact/Cyswllt: 07967-116632  
Email: [cympencom@gmail.com](mailto:cympencom@gmail.com)

**'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

**Pennant Stitchers/Pwythwyr** - Thursdays –  
2.00pm to 4.00pm - Contact/Cyswllt – CarrieAnne  
Wilkins 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](mailto: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](mailto: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 **22<sup>nd</sup> November, 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)*

## NOVEMBER / TACHWEDD 2025

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

*(Newsletter Editor, Bookings and Queries to be addressed to Malcolm Sumner by text/mobile phone to*



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## THOMAS: HOME & GARDEN MAINTENANCE

This is not a recommendation but it would appear that he carries out work in the area. If you have any reports regarding cost or reports on works carried out it would be appreciated.

For all your Home and Garden Improvements.  
No Job too Big or Small

Tasks and works undertaken are:-  
Window Cleaning; Gutters Cleared; Fascias Cleaned; General Gardening; Power Washing of Paths, Patios & Drives; Interior and Exterior Painting; Lawn Cutting; Strimming; Trees Cut and Trimmed; Fencing Work; Shed Work; Roofing Services; Carpentry Work; All Types of Groundworks, Building & Tarmacking.

Also Logs for Sale

Please telephone for a free quote. A local, friendly and reliable service. 14 day cooling off period

Telephone 07908 802671

## Ceredigion Cost of Living Bulletin: Learning without Limits

### Free School Meals

All full-time primary school pupils in Ceredigion are automatically entitled to free school meals.

Secondary school pupils, including 6th form pupils, get free meals if their parent or carer meets certain criteria.

Visit Ceredigion Council website for more information: Free School Meals - Ceredigion County Council

Link to the online application form - Free School Meals/School Essentials Grant.

You can contact the Council on 01545 570881 to complete an application over the phone.

### School Essentials Grant

The School Essentials Grant offers up to £200 for things like uniform, sports kit, IT equipment and extra kit for school trips.

Visit Ceredigion Council website for more information: School Essentials - Ceredigion County Council

Primary school pupils eligible for free school meals used to get the School Essentials Grant automatically.

Now that Welsh Government has introduced universal free school meals, you need to apply for the School Essentials Grant. The application process is the same as the Free School Meals application.

Link to the online application form - Free School Meals/School Essentials Grant.

You can contact the Council on 01545 570881 to complete an application over the phone.

### My Travel Pass - £1 bus fare scheme

Young people aged 16 – 21 year olds can apply for a My Travel Pass with Transport for Wales.

A new Welsh Government scheme offers single fares for just £1 and day tickets for £3 with participating bus companies. The scheme offers unlimited affordable bus travel for young people to help them access education, training, employment, and leisure.

From 3rd November, the scheme will be extended to offer the same reduced fares to people aged 5-15 years too.

This is a pilot scheme which will run until August 2026.

Visit the website for more information:  
mytravelpass | Home

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## **Pre-loved school Uniforms and logos**

Some Ceredigion schools offer a pre-loved uniform swap. This is good for the environment as well as your pocket. Swap shops can also work for World Book Day, costumes, football boots etc

Ask at your child's school if they have one. If they don't, perhaps you could help to set one up?

Some schools are also looking at other ways of reducing the cost of the school uniform. Children in Wales have some good examples on their website: Children in Wales | Supporting Change: School Uniform

## **Education Maintenance Allowance (EMA)**

If you're 16-18 you can apply for £40 per week to help with the costs of further education. You must be at school or college for at least 12 hours per week and studying an eligible course. Your annual household income must be £25,974 or less.

Talk to your school or college or visit the website to learn more: What's available for EMA Students, Further Education | Student Finance Wales

You can also call Student Finance Wales on 0300 200 4050

Welsh Government Learning Grant

Welsh Government Learning Grant FE is an income-assessed grant that aims to encourage more people to continue with their education.

It can help with the costs of your education if you're aged 19+. Full time students could receive up to £1,919 per year, part time students could get up to £959 a year.

Talk to your college or visit the website to learn more: Welsh Government Learning Grant, Further Education | Student Finance Wales

You can also call Student Finance Wales on 0300 200 4050

## **Coleg Ceredigion – Financial Contingency Fund**

Learners at Coleg Ceredigion can apply to the college Financial Contingency Fund to help remove financial barriers to learning.

This can help with the cost of childcare, transport, lunch allowance, course equipment costs such as uniform, paying for DBS checks and, on occasion emergency payments to those in dire financial need.

Ring Coleg Ceredigion on 01239 612 032 or speak with the college's Wellbeing team to find out more.

## **Ceredigion Carer Cards**

If you're a young carer or an adult carer in Ceredigion, you can apply for a Carer ID card. This gives you access to discounts and services in Ceredigion, including driving theory support, Dysgu Bro courses, workshops at Denmark Farm Conservation Centre and lots more.

Visit Ceredigion Council to find out more: Ceredigion Carer Cards - Ceredigion County Council.

Note: Ceredigion Carer ID Card is for unpaid carers, not for paid care workers.

## **Open University in Wales**

The Open University has a huge range of free online learning to help you develop your skills or discover a new passion. Everything is free, no matter where you are – all you need is an internet connection.

OpenLearn Wales | OpenLearn - Open University Home | OpenLearn - Open University  
Introduction to OpenLearn  
Podcasts - Learn at Any Time - The Open University  
Open Research Online

### **NEWSLETTER EDITOR**

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