



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 145

Mai May 2023



VILLAGE TREASURE HUNT

6.00pm Friday 2nd June, 2023

The Village Treasure Hunt will be held on Friday 2nd June, 2023. Dafydd & Llinos Edwards have kindly volunteered to set out a route.

Anyone wishing to attend please let the newsletter editor know on 07967-116632 or email cympencom@gmail.com, so that sufficient route 'maps' can be available.

Cost will be £5.00 per car and, when you 'sign on' at 6.30pm at Pennant Community Centre, you will be able to order a meal at the final destination.

DEFIBRILLATOR TRAINING

At the present time it is not anticipated that another First Aid Course will be arranged as there has been only one person stated any interest in attending.

We will look at arranging a Course on how to use the Automated External Defibrillator (AED). We have two Zoll AEDs in the village, at the Community Centre and Huw Evans' Garage.

I have some names of persons interested but would ask everyone to forward their names again to Malcolm Sumner 07967-116632 or email cympencom@gmail.com

It is hoped that a session could be arranged in June.

CARNIVAL FLOAT

Huw and Gill Evans are intending to build a float for Aberaeron Carnival which is being held on Monday 28th August, 2023.

Pennant has a history of building show winning floats over many years. Huw is supplying a vehicle and any assistance and any materials would be much appreciated.

AFTERNOON TEA

It is proposed to hold a fundraising Afternoon Tea at Pennant Community Centre, during June.

Further information will follow in the May newsletter.

PENNANT MUSIC CLUB

Following a suggestion, and some discussion for a Music Club, it is proposed to look at holding a monthly evening when music can be played, performed or watched. This can be live, vinyl, CD, streamed or on DVD. A Social evening could be arranged as a 'Disco Night'.

Themes could be put forwarded for each meeting, be it music style, music of years, jamming session, live sing-song or a concert on DVD. The launch for this group would be in September, unless anyone feels that it should start sooner.

LITTER - PENNANT VILLAGE

A suggestion has been received to the effect that in Pennant we have designated areas, within the village, for residents to keep the roads and verges clear of litter. This is an all year round issue mainly over Thursday, Friday and Saturday nights, the litter being takeaway meal containers and alcohol bottles and tins. Also, on windy bin collection days the contents of sacks gets blown around.

Everybody can do their bit to prevent litter becoming a social blight. We have litter collection sacks at the Community Centre to use in the collection of rubbish

NEWSLETTER EDITOR

Malcolm Sumner, Penbryn, Brynhyfryd, Pennant, Llanon, Ceredigion, SY23 5PH
Tel. No. 07967-116632

www.cymunedpennantcommunity.org.uk

Email: cympencom@gmail.com

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

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Issue Rhifyn 145

Page Tudalen 2

REMINDER - 100 CLUB 2023/24

The new draw year, for the 2023/24 100 Club, commenced from 1st April, 2023.

If you wish to renew your membership please complete a form, which can be downloaded from the website or, collect a form from the Community Centre.

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.

The first draw, of the year, should be made on Thursday 27th April, 2023, dependent on the number of members who have signed up.

BT FIBRE IN PENNANT

You may have observed a large number of BT Openreach vans in and around the village. They have been installing cables for Fibre To The Property. They have some underground works to complete and commissioning and then Ultrafast Broadband should be available to everyone.

You can complete an expression of interest online with your broadband supplier.

COMMUNITY COUNCIL

The next meeting will be at Pennant Community Centre at 8.00pm on Monday 15th May, 2023.

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

PENNANT FILM & MEDIA CLUB

The initial idea behind this Club was to show classic films on the big screen. Members could also suggest other film favourites to view along with TV shows/series or documentaries.

This Club would be ideally suited to be launched for the darker nights, or even during the day, in September.

FURTHER EVENTS

There has always been an intention to hold a BBQ at the Community Centre. This is being considered over the summer months, if we experience any BBQ weather, as a fundraising event.

Clwb Rotari Aberaeron Rotary Club A'r Cylch are also intending to hold a 'Bubbles & Berries' event, as a fundraiser for their local community projects.

Further information for both of these events will follow once dates and details have been finalised.

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Tuesday 2nd May, 2023, at Pennant Community Centre.

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

VOLUNTEERING AT YOUR COMMUNITY CENTRE

Thank you to Fay Newbury & Denise Yard who have assisted in cleaning up the Community Centre yard and walls. Making a difference to your Community Centre

If anyone feels that they are able to lend a hand the following tasks need to be carried out:

Guttering needs cleaning out;

Windows need cleaning;

White plastics need washing down; and

The exterior walls of the extension need painting.

There may be other tasks to tackle on the day.

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

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 145

Page Tudalen 3

ROTARY CLUB OF ABERAERON A'R CYLCH

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

The Speaker evening on 20th April saw a presentation of the Club's Community Project, which has been in the planning since July, 2022, to an invited audience from CAVO, Ceredigion County Council and our local councillor. This is to be rolled out across local communities, groups and organisations.

We would still appreciate any plants, colourful and scented, for the garden and raised beds/pots at Min y Mor Residential Care Home. Also, if anyone would like to lend a hand please contact Malcolm or John on telephone numbers below.

Dates for May

- 04/05/2023 - Business Meeting
- 11/05/2023 - Social Evening
- 18/05/2023 - 'Open' Speaker Evening
- 25/05/2023 - Social Evening

Meetings held at Pennant Community Centre at 7.30pm on 1st and 3rd Thursday of the month. We support local businesses and organisations. The Club is very flexible and encourages everyone to get involved from the very start

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:

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

Website: www.aberaeronrotary.com

**OUR 20th YEAR DEDICATED TO
'COMMUNITY FIRST'**

'SERVICE ABOVE SELF'

ROTARY SOCIAL EVENING

7.30pm 18th May, 2023

This will be a social evening hosted by Aberaeron Rotary Club. The Club that puts 'Community First'.

This will be an opportunity to learn about what Rotary actual is and what the Club does in the local communities.

It is not men in suits.

It is not men in dinner jackets

It is not something where you tun up and are talked at.

It is not something where you have no say

From the very start you will be involved in whatever is happening and for any ideas you may have for projects that you would like to see undertaken. Your views and opinions will always count.

There are three ways you can join in with your one and only local Rotary Club.

A 'Friend' of Rotary;

An Associate Member; or

A Full Member.

Why not come along. See you then.

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

APRIL / EBRILL

30th - 10.00am

MAY / MAI

21st - 10.00am

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

FILM NIGHT / NOSON FILMIAU

7.45pm Saturday 6th May, 2023 / 7.30pm Dydd Sadwrn 6 Mai, 2023

“It’s Never Too Late To Start Living”

‘LIVING’ (12)

Starring: Bill Nighy, Aimee Lou Wood, Alex Sharp and Tom Burke

LIVING is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful – into one he can say has been lived to the full. 1953. A London shattered by WWII is still recovering. Williams, a veteran civil servant, is an important cog within the city’s bureaucracy as it struggles to rebuild. Buried under paperwork at the office, lonely at home, his life has long felt empty and meaningless. Then a shattering medical diagnosis forces him to take stock – and to try and grasp fulfilment before it goes beyond reach. At a seaside resort, chaperoned by a local decadent, he flirts with hedonism before rejecting it as his solution. Back in London he finds himself drawn to the natural vitality of Margaret, a young woman who once worked under his supervision and is now determined to spread her wings. Then one evening he is struck by a revelation – one as simple as it is profound – and with a new energy, and the help of Peter, an idealistic new recruit to his department, he sets about creating a legacy for the next generation.

7.45pm Saturday 20th May, 2023 / 7.30pm Dydd Sadwrn 20 Mai, 2023

“The Best Escape”

‘MRS HARRIS GOES TO PARIS’ (PG)

**Starring: Lesley Manville, Isabelle Huppert, Lambert Wilson, Alba Baptista,
Jason Isaac, Lucas Bravo & Ellen Thomas**

Mrs. Harris Goes to Paris tells a humorously heart-warming tale about London housecleaner Ada Harris, who thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Saying goodbye to friends like Archie won’t be easy, and neither will be winning over elite people in Paris from Madame Colbert to idealistic accountant André. But Ada’s irrepressible charm just might end up saving the whole House of Dior in this uplifting story of how an ordinary woman becomes an extraordinary inspiration by daring to follow her dreams.

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 at least 48 hours in advance. You can have the meal without any obligation to see the films. You are welcome to bring your own snacks and drink along.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 145

Page Tudalen 5

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.

AERON VALLEY WELL-BEING HUB (AVWH)

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

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 145

Page Tudalen 6

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

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 – 11.00am to 12.00pm – Seated Dance

Tuesday – 10.00am to 11.30am – Home Ed Well-being

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

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

Friday 6.00pm to 8.00pm Youth Club

Dance Meditation – see monthly calendar

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

CROCHET CLUB

2nd & 4th Thursdays - Crochet Club 7.30pm to 9.00pm. Contact Clare by phone or text 07484-872686 or visit www.facebook.com/madyogis

WELCOME 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 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

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 14th May, 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.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Issue Rhifyn 145

Page Tudalen 7

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

MAY MAI 2023

Day/Date		Time	Digwyddiadau Events
Mon	1	10.00am	MAY DAY - BANK HOLIDAY Seated Dance
Tue	2	10.00am 8.00pm	Home Ed Well-being Cyfarfod Cymuned Community Monthly Meeting
Wed	3	4.30pm	Children's Yoga
Thu	4	9.30am 10.00am 2.00pm 7.00pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp Aberaeron Rotary Club – Business Meeting
Fri	5	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	6	7.30pm	FILM NIGHT: 'LIVING' (12)
Sun	7	12.00pm 4.30pm	Soup & Social Children's Yoga
Mon	8	10.00am 8.00pm	CORONATION – BANK HOLIDAY Seated Dance Community Council
Tue	9	10.00am	Home Ed Well-being
Wed	10	4.30pm	Children's Yoga
Thu	11	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp Crochet Club
Fri	12	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	13		
Sun	14	4.30pm	Children's Yoga
Mon	15	10.00am 5.30pm	Seated Dance Bones for Life
Tue	16	10.00am	Home Ed Well-being Community Council
Wed	17	4.30pm	Children's Yoga
Thu	18	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp Aberaeron Rotary Club – Open Speaker Evening
Fri	19	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	20	7.30pm	FILM NIGHT: 'MRS HARRIS GOES TO PARIS' (PG)
Sun	21	4.30pm	Children's Yoga
Mon	22	10.00am 5.30pm	Seated Dance Bones for Life
Tue	23	10.00am	Home Ed Well-being
Wed	24	4.30pm	Children's Yoga
Thu	25	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp Crochet Club
Fri	26	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	27		
Sun	28	4.30pm	Children's Yoga

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 144

Page Tudalen 8

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

MAY/MAI 2023 Continued...

Day/Date		Time	Digwyddiadau Events
Mon	29	10.00am	SPRING BANK HOLIDAY Seated Dance
Tue	30	10.00am	Home Ed Well-being
Wed	31	4.30pm	Children's Yoga

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

NATIONAL CROSS-SECTOR SAFETY AND SECURITY COMMUNICATIONS CSSC MESSAGE.

Of note, the link to the FREE ACT training is attached, we need to get as many of the public to do this as we can, especially those who work in business, or the Community irrespective of role. It is in modules and can be completed in bitesize portions, though only takes 45 mins in total. a good thing to put on any premises risk assessment!

Always trust your instincts: Report suspicious behaviour and save lives - ProtectUK publication date 31/03/2023

You may have seen reports in the media a few weeks ago about a man from Surrey, who was reported to Counter Terrorism Policing after IT repair men noticed suspicious content on his laptop. It's a timely reminder of the important part business can play in stopping terrorist activity early.

Asad Bhatti appeared to be a normal 47-year-old financial analyst from Redhill, Surrey. Yet, the unsuspecting businessman assembled home-made explosives and an extremist handbook. Bhatti was making nitro-glycerine, an explosive liquid, and was testing in his garden. Less than eight miles away, he had also hired a storage unit where he housed his chemicals and equipment. As well as his explosives, Bhatti wrote a document titled 'The Believer's Handbook'. The document was found on his computer and detailed how to make bombs along with extremist views.

Bhatti took his laptop to a computer repair firm in Caterham where the owner, discovered suspicious files on weapons and even a detailed guide titled 'How to make nitro-glycerine in your kitchen'. Due to the IT technicians trusting their instincts, Bhatti's harmful ploys were prevented from becoming reality. The employees reported their findings to the police which meant Counter Terrorism Policing could get involved and arrest Bhatti. He was arrested and charged in January 2021 and will be sentenced in April of this year.

It only takes a moment to report online. If you've seen or heard something that could be related to terrorism, trust your instincts and report it. Your actions could save lives.

Report online here:

<https://www.protectuk.police.uk/advice-and-guidance/awareness/act-report-suspicious-activity>
ProtectUK offers free ACT Awareness e-Learning - a counter terrorism awareness course. The course takes 45 minutes in total to complete – 45 minutes that could save lives. To take part in the course, sign up to ProtectUK and visit: <https://www.protectuk.police.uk/group/2?type=catalog>

ProtectUK - National Counter Terrorism Security Office (NaCTSO) - Counter Terrorism Policing