



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 143

Mawrth March 2023



REMINDER ST. DAVID'S DAY CAWL SUPPER

6.00pm Wednesday 1st March, 2023.

There will be the usual fayre of 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 by 6.00pm on Sunday 26th February.

REMINDER FIRST AID COURSE

There are still spaces on the course being held on 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 by Monday 27th February

'WELCOME SPACES'

The 'Warm Spaces', which were only due to run until the end of March, will continue as 'Welcome Spaces'.

There will still be the offer of 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 access to the internet, books, board games, playing cards, DVDs and crafts.

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 or cympencom@gmail.com

COMMUNITY PANTRY SOUP & SOCIAL

**12.00pm to 2.00pm 1st Sunday of every month
Pennant Community Centre**

Come along and join us for a social event

Suggested donation for Soup £2.00.

Contact: aeronvalleywellbeing@gmail.com

REMINDER GUIDED WALKS

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.

If you be interested in organising regular monthly walks please contact the newsletter editor. A Social Event that can help with mobility, fitness and well-being.

NEWSLETTER EDITOR

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www.cymunedpennantcommunity.org.uk

Email: cympencom@gmail.com

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

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NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Monday 6th March, 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 Pennant Community Centre at 8.00pm on Monday 13th March, 2023.

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

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.

VOLUNTEERS

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

Volunteers are required to assist in the general running and maintenance of the Community Centre. Specific roles can be made available if anyone wishes to take on the job. These include administrative roles such as minutes Secretary, website administrator and Events organiser. It would be appreciated if someone would take on the job of keeping the outside space and yard clean and tidy. There is occasional assistance required in maintenance of the building when tasks are undertaken to improve the structure or decorate.

All Cymuned volunteers and Trustee/Directors have always given their time freely to the Community Centre. There is no payments made to anyone unless out of pocket expenses are incurred. There are also no special rates as they all pay for meals, drinks, film nights and membership fees.

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

ASSISTANCE CONTACTS

NEST - Welsh Government Warm Homes Programme - website at <https://nest.gov.wales/> or call Freephone 0808 808 2244 (Mon-Fri 9am-6pm).

CEREDIGION COUNTY COUNCIL – links can be found/searched for: -

Winter Fuel Support Scheme; and

Ceredigion Carers Fund 2022'

AERON VALLEY WELL-BEING HUB (AVWH)

<https://www.facebook.com/groups/441831390892385>

email us at: aronvalleywellbeing@gmail.com

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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'**

Work is still being put in preparing for the launch of the Aberaeron & District Community Hub. Meetings are still taking place with the Council, Charities and interested parties.

The Club has also commenced a project to tidy up and plant the areas around Min y Mor Residential Care Home. If anyone would like to lend a hand or has some colourful or aromatic flowers/plants please contact Malcolm of John on telephone numbers below.

Dates for March

- 02/03/2023 - Business Meeting
- 09/03/2023 - Social Evening
- 16/03/2023 - 'Open' Speaker Evening
- 23/02/2023 - Social Evening
- 30/03/2023 - Social Evening

Why not come along and see what we do. You may be surprised!!

Make a difference in your Community and change someone else's life. 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'

ROTARY SPEAKER EVENING

7.30pm 16th March, 2023

Andy & Pat Rogers have agreed to come and give a further insight into their hobbies and interests.

They will be bringing along some more examples of the antique and restored guns, along with examples of jewellery that is manufactured. A bit of a mixture but I am sure something for everyone. Should be a good evening judging from the first instalment that we had.

HOME BREW EQUIPMENT FOR SALE

Wine making items for sale all in a fantastic condition. Includes 5 demi-johns plus lots of equipment to go with main items.

Contact Ed for further details - 01545-570582

£80.00 ovno



CURRENT SCAMS

TV LICENCE- a very genuine looking email circulating that encourages you to pay your TV Licence via a link in message. After your personal details and banking information.

BT – warning of loss of email/broadband service or current bill available to pay. This has been doing the rounds for some time.

Stay safe and check with a number you trust. Report any suspicious emails to the National Cyber Security Centre email: report@phishing.gov.uk

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 11th March, 2023 / 7.30pm Dydd Sadwrn 11 Mawrth, 2023

“The Battle of the Somme 1st July, 1916”

‘THE TRENCH’ (15)

Starring: Daniel Craig, Danny Dyer, Cillian Murphy and Ben Whishaw

The Trench is a story about a group of soldiers' last days before the battle of the Somme in 1916.

The film paints a picture of the soldiers' emotional experience in the confines of the trenches, an experience running the gamut from boredom to fear, panic to restlessness. Billy MacFarlane, 17, along with his older brother, Eddie, has volunteered for service. The whole platoon all of them in their late teens, depend on the war-hardened Sergeant Winter and the scholarly Lieutenant Hart for their survival. When word arrives that the platoon will join the first wave of attacks, they do not yet know they will be present when the British Army loses the greatest number of soldiers in a single day in its history.

7.30pm Saturday 25th March, 2023 / 7.30pm Dydd Sadwrn 25 Mawrth, 2023

“A Stone Cold Classic”

‘BANSHEES OF INISHERIN’ (15)

Starring: Brendan Gleeson, Colin Farrell and Kerry Condon

A unique film starring Colin Farrell and Brendan Gleeson. Although Pádraic (Farrell) and Colm (Gleeson) have been lifelong friends, they find themselves at an impasse when one abruptly ends their relationship, bringing alarming consequences for both of them.

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.

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 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.

AERON VALLEY WELL-BEING HUB (AVWH)

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

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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

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

Sunday - 6.30pm & 7.30pm ,Yoga Class, between. 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/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 Holloway – 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 March, 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)

MAWRTH MARCH 2023

Day/Date		Time	Digwyddiadau Events
Wed	1	4.00pm 6.00pm	Children's Yoga St David's Day Cawl Supper
Thu	2	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Busy Fingers/Bysedd Prysur Aberaeron Rotary Club – Business Meeting
Fri	3	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	4		
Sun	5	12.00pm 4.30pm	Soup & Social Children's Yoga
Mon	6	11.00am 5.30pm 8.00pm	Seated Dance Bones for Life Cyfarfod Cymuned Community Monthly Meeting
Tue	7	10.00am 4.00pm 7.00pm	Home Ed Well-being Clwb Hwyl Mother Nature Circle
Wed	8	4.30pm 7.00pm	Children's Yoga Dyffryn Arth Community Choir
Thu	9	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Busy Fingers/Bysedd Prysur Crochet Club
Fri	10	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	11	6.00pm 7.45pm	FOOD: FILM NIGHT: THE TRENCH (15)
Sun	12	4.30pm	Yoga Class for Children
Mon	13	5.30pm	Bones for Life
Tue	14	4.00pm	Clwb Hwyl
Wed	15	4.30pm 7.00pm	Children's Yoga Dyffryn Arth Community Choir
Thu	16	9.30am 10.00am 2.00pm 7.00pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Busy Fingers/Bysedd Prysur Aberaeron Rotary Club – Speaker Evening – Andy & Pat Rogers
Fri	17	6.00pm	Youth Club
Sat	18		
Sun	19	4.30pm	Yoga Class for Children
Mon	20	11.00am 5.30pm	Seated Dance Bones for Life
Tue	21	10.00am 1.00pm 4.00pm	Home Ed Well-being Dance Your Ability – 'Ray' Ceredigion Clwb Hwyl
Wed	22	4.30pm 7.00pm	Children's Yoga Dyffryn Arth Community Choir
Thu	23	9.30am 10.00am 2.00pm 7.30pm	'Welcome Space' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Busy Fingers/Bysedd Prysur Crochet Club

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CHWEFROR FEBRUARY 2023 Continued...

Day/Date		Time	Digwyddiadau Events
Fri	24	10.30am 6.00pm	Swing & Sway the Baby Way Dance Meditation
Sat	25	6.00pm 7.45pm	FOOD: FILM NIGHT: THE BANSHEES OF INISHERIN (15)
Sun	26	4.30pm	Children's Yoga
Mon	27	11.00am 5.30pm	Seated Dance Bones for Life
Tue	28	4.00pm	Clwb Hwyl
Wed	29	4.30pm 7.00pm	Children's Yoga Dyffryn Arth Community Choir
Thu	30	9.30am 10.00am 2.00pm	'Welcome Space' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Busy Fingers/Bysedd Prysur
Fri	31	6.00pm	Youth Club

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