CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 183 *July/ Gorffennaf 2026*

ARIENNIR GAN Y LOTERI LOTTERY FUNDED

PENNANT STITCHERS MIDSUMMER TEA PARTY'

A message from Carrieanne

Another great success with about 80 guests sitting down to afternoon tea with cakes, sandwiches, sausage rolls and so much more. We started the day, before setting up the Hall, with all the tables and chairs waiting for us, thanks goes to Malcolm, as they are really heavy.....us Ladies of Stitchers found them a struggle but that was a good reason to sit with a cup of Tea!

We were delighted to have two of the Palliative Care Team come and give a talk on what their work involved - they received a great reception and we couldn't thank them enough. Wonderful care provided at the drop of a hat when needed. God Bless them all.

The Stalls were spilling over with lovely items made over the past few Months, also Bara Briths, Plants and more all from our Pennant neighbours along with their support given on the day. We even had holiday makers come along.

So I am going to thank all the 'Girlies' who made this possible. Annette. Annmarie. Rachael. Carol. Julie. Gemma, Miss M. & Carrieanne and then the fantastic helpers who turned up on the day. Wendy. Pat. Janet. ...Ceri, Shane, Phil (not girlies)!

The total of money raised was £1,220.91.

THANK YOU EVERY ONE.
Carrieanne

BIKE REGISTRATION DATE

If you are interested in having your Bike Registered with security markings, then please bring your bike along to Aberaeron Police Station on Friday the 3rd of July 2026 between 10am and 1pm.

I currently there are 15 Bike Registration kits available, so it will be on a first come first served basis. It is hoped that more kits will become available in the near future.

CALEB'S CHARITY MARATHONS IN AID OF BRAIN TUMOR RESEARCH

Caleb Lewis-Price, Whitehall, Pennant, had set himself the task of running 34 Marathons in 34 Days over the month of May 2026. This was being done to raise funds for brain tumour research.

Caleb has raised £2000.00 so far but, due to ankle injuries, he was advised to stop and strengthen his ankle before carrying on.

Caleb intends to do more of the route but in stages. There will be a further update and report to let everyone know when he resumes the challenge.

Many Thanks to all that supported his fund-raiser so far.

Caleb Just Giving Page is still available if you wish to make an online donation. Please go to justgiving.com and search 'Caleb Lewis Price 34 Marathons'.

PENNANT CAR BOOT

With kinder weather Pennant Car Boot is back with traders and buyers turning out in some numbers for an enjoyable Sunday morning experience.

Why not come along and take the plunge in selling those items you don't want or need anymore, or looking for that something that could be a bargain.

Remember the Car Boot Sale will now open at 10.00am on every Sunday until 27th September,

CYMUNED A.G.M.

7.30pm Monday 7th September, 2026

The A.G.M. for Cymuned Pennant Community Ltd, will soon be on us and all relevant documents will be made available before the beginning of August.

Remember you need to be a member of Cymuned to be able to become a committee member, vote and have your say.

Membership has fallen over the past few years but we have recently had new members, from outside the village, who all have a common interest in classic vehicles. We hope to see them at some time in Pennant.

COMMUNITY MEETING

The next Cymuned Pennant Community monthly meeting will be at **7.30pm on Monday 6th July, 2026,** 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

. GWASANAETHAU CAPEL PENNANT CHAPEL SERVICES

SERVICES 2026
JULY

26th – 10.00am – Rhidian Griffiths

Please visit Cymuned Pennant Community website
for the service dates for the rest of 2026.

. FACEBOOK PAGE

If anyone wishes to place any information on the Cymuned Facebook page could you please pass all requests through the management team. This is because anything that is posted on the Cymuned Page is our responsibility and we would be liable for anything that was considered actionable from any published entry.

ITEMS FOR SALE

Black Naspaluro Sport fitness indoor exercise bike. As new –never been used - £40.00

Please contact Ian Lampert on 07811-129629

NOTE:
If you have anything you wish to sell, offer for free or looking for something or a service/tradesman please send details to the newsletter editor on email: cympencom@gmail.com

COMMUNITY COUNCIL

The next meeting Community Council meeting will be at **Aberarth Village Hall at 8.00pm on Monday 13th July, 2026.**

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

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

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’.

COMMUNITY CENTRE CLEAN UP

If it is not raining we have very hot weather that isn’t conducive to getting some of the task done.

There is a need to cut back trees and bushes in the entrance to the Centre, and along the boundaries.

Islwyn Wiliams has kindly been clearing the yard of weeds as well as making sure the grass is cut. Thank you for your support and assistance.

The external plastics require cleaning and gutters checking. Hopefully we will then have some ideal weather conditions to clean the flat roof and paint it as a matter of maintenance. If you can help, in any way, please contact Malcolm. Thank you

REPORT FRAUD

55 million suspicious emails reported by the public

Members of the public have reported 55.7 million suspicious emails to the Suspicious Email Reporting Service (SERS). The free service was created by the UK's National Cyber Security Centre (NCSC) in 2020 and since its launch has resulted in the **removal of 250,000 scams across 443,000 malicious websites.**

Why you should report phishing scams

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information.

The NCSC is a UK government organisation that has the power to investigate and take down scam email addresses and websites. Reporting a scam is free and only takes a minute. By reporting suspicious emails, messages and calls, you can:
reduce the amount of scam communications you receive

- make yourself a harder target for scammers
- protect others from cyber crime online

How to report suspicious emails and text messages:

If you've received an email or text message that doesn't feel right, **STOP!**

- **break the contact** – don't reply, click on any links, call any phone numbers or make any payments
- **check if it's genuine:** contact the organisation directly using an email address or phone number you know is correct, e.g. from your utility bills, via a search engine, on the back of your card or by calling 159 for banks
- Report suspicious **emails** by forwarding them to: report@phishing.gov.uk
- Report suspicious **text messages** by forwarding them to: 7726 (it's free of charge)

How to report suspicious phone calls:
If you've received a phone call that doesn't feel right, STOP!

- **hang up**
- **check if it's genuine:** contact the organisation directly using contact details you know are correct, such as those on a utility bill, official website, the back of your card or by calling 159 for your bank
- **don't trust the Caller ID** display on your phone – it's not proof of ID
- **report it** by sending a text to 7726 with the word 'Call' followed by the scam caller's number

If you have been a victim of cyber crime or fraud, tell the police at www.reportfraud.police.uk.

For advice and guidance on what to do if you have been a victim of fraud, please visit:
https://stopthinkfraud.campaign.gov.uk/recovery-from-fraud/

GROUPS & EVENT CONTACTS

"BONES FOR LIFE"
Mondays - 4.30pm to 6.00pm - Cyswllt/Contact Marye Wyvill ar/on 01570-421027 or email maryewyvill@hotmail.com .

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 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

These groups do not meet at Pennant Community Centre

CERDDWYR PENNANT WALKERS
Local walks. Cyswllt/Contact Annmarie Butlin ar/on 07950-462423

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

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 April's issue by **19th July, 2026.** The Newsletter will then be published during that week

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.

PAYMENTS

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

PROJECTS & EVENTS FOR 2026

What would you like to see held or organised at your Community Centre.

Would you like to see films being shown again, food socials, Bingo, Quizzes, or any other suggestions for groups and social gatherings. It is your venue to utilise.

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

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 is 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

NEIGHBOURHOOD POLICE OFFICER - Our member of the Neighbourhood Police and Prevention Team is PC1005 Emyr John based at Aberaeron Police Station. Can be contacted by phone by dialling 101 or email: emyr.john@dyfed-powys.police.uk

LOCAL SERVICES

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

YOUR LOCAL BUTCHER - Cigydd Sion Jones Butcher (Llanon). Free local delivery available to Pennant and surrounding areas. For enquiries or orders, please contact 01974 202864or email info@cigyddsionjones.co.uk

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

THOMAS: HOME & GARDEN MAINTENANCE: For all your Home and Garden Improvements. No Job too Big or Small. Also Logs for Sale. Please telephone for a free quote. A local, friendly and reliable service. 14 day cooling off period. Telephone 07908 802671

SOS ELECTRICAL: Steve Oliver, Cross Inn 07905-895506

CYSWLLT DYFED-POWYS CONNECTS

BIKE REGISTER

Biker Registration

We have been registering bikes in association with BikeRegister. There is a designated BikeRegister Officer at your local Station.

We provide the following bike security tips in addition to registering your bike.

Use good quality “Secure by Design” locks. Locks should be 10% of the value of the bike being protected.

Don’t leave your bike in isolated places.

Always lock your bike when leaving it, even if it’s only for a few minutes. Secure your bike to proper stands or robust street furniture.

Lock your bike through the frame, not the wheels. Secure or remove wheels.

Remove smaller parts and accessories that can’t be secured, especially lights, pumps, and quick release saddles.

Stay safe on the roads, especially with the busy summer period coming. Wear your helmet and be seen.

A successful bike registration event was held at Aberaeron Station on the 01/06/2026, a number of bikes have now been successfully registered in a crime prevention initiative.

Members of the public have also brought their bikes into the station for registrations.

Another event will be held, possibly in July - a time/date message will be sent out once it has been arranged. Date 3rd July, 2026 between 10.00am and 1.00pm at Aberaeron Police Station

FOR SALE

Electric wheelchair, practically brand new, reddish in colour £350, cost £700 brand new last year.

Delyth (hairdresser) Aberaeron
Sorry no contact details or information available at the time went to print. Will circulate on email and add it to website.

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

Our Club is still operating and has now been placed in such a position that it has become necessary to post information regarding the conduct of Rotary in Aberaeron. This has been an ongoing situation since July 2021

Our Club and members, have been subjected to untruthful statements being made, malicious communications and suppression of freedom of speech and expression, false allegations and official threats. The sort of thing that should not happen with any organisation let alone Rotary

The whole issue of openness, transparency, democracy, natural justice and the law would appear to have been ignored by Rotary at several levels. All of these matters are to be made available, for scrutiny, by regulatory bodies relating to breaches of UK law in relation to Natural Justice and lack of governance.

You can still come and join us for a pint and a chat at The Castle Hotel, Market Street, Aberaeron 7.30pm 02/07/2026

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

CYMUNED

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Issue Rhifyn 183

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

AUGUST / AWST 2026

Day/Date		Time	Digwyddiadau Events
Sat	1		
Sun	2		
Mon	3	5.30pm 7.00pm	Bones for Life / Esgym am Oes Cyfarfod Cymuned Community Monthly Meeting
Tue	4	2.00pm	**'Welcome Space':** Afternoon Social / Cymdeithasol Prynhawn Cyfarfod
Wed	5		
Thu	6	9.30am 10.00am 2.00pm	**Welcome Space / Gofod Croeso** Coffee Morning / Bore Coffi 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	2.00pm	**'Welcome Space':** Afternoon Social / Cymdeithasol Prynhawn Cyfarfod
Wed	12		
Thu	13	9.30am 10.00am 2.00pm	**Welcome Space / Gofod Croeso** Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant
Fri	14	6.00pm	**Welcome Space:** Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	15		
Sun	16		
Mon	17	5.30pm	Bones for Life / Esgym am Oes
Tue	18	2.00pm	**'Welcome Space':** Afternoon Social / Cymdeithasol Prynhawn Cyfarfod
Wed	19		
Thu	20	9.30am 10.00am 2.00pm	**Welcome Space / Gofod Croeso** Coffee Morning / Bore Coffi 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 10.00am 2.00pm 7.30pm	**Welcome Space / Gofod Croeso** Coffee Morning / Bore Coffi Art Group / Celf Grŵp & Pennant Stitchers / Gwnïwyr Pennant PUBS
Fri	28		
Sat	29		
Sun	30		
Mon	31	5.30pm	Bones for Life / Esgym am Oes

(Newsletter Editor, Bookings and Queries to be addressed to Malcolm Sumner by text/mobile phone to 07967116632)

HOW NEST IS KEEPING WALES COSY

Welcome to Sparc; this is a newsletter from Nest that brings you energy saving advice directly to your inbox. Lower bills, greener homes and see how Nest is keeping Wales cosy

The efficiency of the new boiler, plus the addition of solar power in a household energy mix, can lower the carbon emissions linked to heating a house.

Check if you're eligible for free home energy improvements

Cut costs (and energy) in the kitchen when cooking

Kitchens use a lot of energy, through appliances, cooking and refrigerating.

Becoming more energy efficient when cooking can help to reduce the amount of energy you use and lower your bills.

Try these simple, everyday tips that can make a big difference:

- Boil only what you need – using excess water takes time and energy.
- Keep lids on pots and pans – this will use less energy to heat your food and reduce steam build-up that can lead to condensation and damp.
- Resist opening the oven door – heat escapes every time you do. Instead, check through the glass (give it a quick clean if you can't peek through).
- Consider batch cooking – cook once and make a few meals to avoid heating appliances multiple times.

Discover more energy saving tips

If you're worried about your energy bills and want to know more about the support available to you, chat to our friendly advisors today.

We're here to help
Our friendly advisors are on hand to chat about your energy saving needs. Get in touch if you'd like to find out:

- How to make your home more energy efficient
- Ways you can reduce your energy use to save money on your bills
- More about renewable technologies like solar panels and heat pumps

You can phone us on freephone 0808 808 2244, weekdays 9am to 6pm. Or request a call back by filling out this short form on our website.

We look forward to supporting you.

Nest Team

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