



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 147

Gorffennaf July 2023



EVENT THIS MONTH

'BUBBLES & BERRIES' SOCIAL

2.30pm to 6.00pm Sunday 23rd July, 2023

This event has been organized by Clwb Rotari Aberaeron Rotary Club A'r Cylch as a fundraiser for local charities, groups and deserving causes.

Cost of a ticket is £5.00 for which you will receive a glass of Prosecco and a bowl of berries with the option of cream or ice cream. Additional glasses of Prosecco can be purchased during this social event.

For tickets please contact Malcolm Sumner on email aberaeronrotaryclub@btinternet.com or on 07967-116632.

EVENT THIS MONTH

YOUTH CLUB FUNDRAISER

Tea, Coffee, Cake & Classic Cars
11.00am to 3.00pm Saturday 29th July, 2023 at Pennant Community Centre

Join us for a Tea, Coffee, Cake & Classic Cars on Saturday 29th July at Pennant Community Centre For £5.00 you can have a cup of tea or coffee, cake and a raffle ticket along with the opportunity to see some beautiful classic vehicles & cars.

Raffle prizes include a ride in a beautiful E Type Jaguar and your car cleaned.

We hope that you will support the event and come along to meet and see something of what the youth club members are doing. They and the volunteers will have baked the cakes for your enjoyment.

For further details or information please contact Gill Evans gill@evanspennant.co.uk or 07817099275

DEFIBRILLATOR TRAINING

It is still the intention to arrange an input on how to use the Automated External Defibrillators (AED) in the Village. This will be held on a Friday evening, sometime between 6.00pm and 8.00pm. There will also be some instruction on important first aid practices and procedures.

If you would be interested in attending please forward your name and contact details to Malcolm Sumner 07967-116632 or email cympencom@gmail.com

PENNANT YOUTH CLUB

6.00pm Friday 30th June, 2023

At this week's Youth Club meeting there will be a speaker attending from the Ceredigion Association of Voluntary Organisations (CAVO).

The topic of the presentation is Youth Volunteering. If you have an interest or know of anyone that would like to attend please pass on our open invitation.

Any questions contact Gill Evans
gill@evanspennant.co.uk 07817099275

COMMERCIAL HIRE OF CENTRE

There is now a Commercial booking form available for the booking of the Community Centre and its facilities. This relates to businesses hiring the facilities to carry out their 'trade' whereby they make an income. The cost, for use by charities, groups or other organisations for a fundraising event, will be assessed on each individual hire.

The hire form includes a requirement for information when training/working with individuals. This is for details and proof of:- Any professional qualifications and accreditation; Professional & Public Liability Insurance; and Standard or Enhanced Disclosure and Barring Service check. This may be required if children or vulnerable or elderly adults are involved.

As a Community Centre we feel that we have a duty to ensure that any users are in a safe environment.

NEWSLETTER EDITOR

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CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

Page Tudalen 2

LADIES GROUP

The Ladies Group will be meeting next at 7.00pm on Tuesday 4th July, at Pennant Community Centre. Meetings will then be every two weeks.

All ages welcome! Any queries contact Gill Evans
gill@evanspennant.co.uk 07817099275

100 CLUB DRAW

The May draw was made during the Coffee Morning on Thursday 8th June, 2023.

1st Prize: 53 – Gordon McKenzie £11.00
R/up: 9 – Neris Thomas £4.50
18 – Malcolm Sumner £4.50

The June draw was made during the Coffee Morning on Thursday 22nd June, 2023.

1st Prize: 96 – Ian Lampert £11.00
R/up: 39 – Janet Turner £4.50
33 – Dilwyn Thomas £4.50

The July draw will be made on 20/07/2023. Cost of one number, for the rest of this draw year, is £9.00 per number.

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Monday 3rd July, 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 10th July, 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>

ROTARY EVENING

7.30pm 20th July, 2023

The Rotary meeting on 20th July will provide the opportunity for people to drop off any aid for the Ukraine project at Penparcau Community Hub in Aberystwyth.

Aberaeron Rotary Club, in conjunction with Cymuned, will be using the Community Centre to collect any aid and as a point of contact for the area.

If you have any items that you wish to donate please contact Malcolm on 07967-116632 or email cymppencom@gmail.com

Why not see what you can do to help. The community made a big difference when we were collecting aid for Romania.

VOLUNTEERING AT YOUR COMMUNITY CENTRE

Thank you again to Dale Yard for his further help in fitting and commissioning the new Cinema and Sound System in the Community Centre. It was very warm work.

A big thank you to Colin Lipscombe and Denise Yard in the painting of the exterior walls of the extension.

In August, which is generally a quiet month at the Centre, we will be looking at doing some cleaning, minor repairs and painting.

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

NEW SOUND SYSTEM

The new Sound and Cinema system has been fitted at Cymuned Pennant Community. This should lead to a far better experience with films and greater options of connectivity.

A demonstration of the system, on request, will be available during Coffee mornings.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

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'**

On the 15th June we had two guest speakers Phil Westbury and Jenny Jenkins, from Penparcau Community Hub. They have both been involved in the delivery of vehicles and aid to Ukraine. Vehicles are purchased for civil defence and converted to be used as Ambulances. As they were being delivered empty it was decided to utilise any space to deliver much needed and vital aid. They are both very passionate and committed for this cause.

Dates for July

- 06/07/2023 - Business Meeting
- 13/07/2023 - Social Evening
- 20/07/2023 - Ukraine Collection Evening
- 27/07/2023 - Social Evening

We had a very pleasant evening on our visit to the Rotary Club of Carmarthen Tywi. We had some very interesting exchanges of ideas and updated them on our Club relating to District matters.

Meetings held at Pennant Community Centre at 7.30pm on 1st and 3rd 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 media, 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'

LOCAL CONFUSION – ROTARY

There appears to be some confusion locally about Rotary in Aberaeron & District. The true Rotary Club operating in this area and representing all of the Communities for 20 years, is Clwb Rotari Aberaeron Rotary Club A'r Cylch. A Club established dual gender where everyone is equally valued and is open, transparent and democratic. We uphold all the principles, values, by-laws and code of conduct expected of any Rotary Club or Rotarian.

The Club is very progressive in challenging formality, structure and the cost to our members. We meet face to face as this affords the benefits in developing close ties and trust. After COVID people need to physically meet and re-establish social contact. This is very important for physical and mental well-being.

People have suffered due to lack of contact, and this included former Rotarians who wanted to close the Club down and start their own Club. We aim, through the meetings and fellowship, to re-introduce 'normal' back into society. On-line meetings are impersonal and subject to control by others and are a reminder of the bad times of being locked-down and isolated.

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

JULY 2023

2nd - 10.00am - Minister: Clyde Briggs
16th - 2.00pm - Minister: Eifion Roberts

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

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 8th July, 2023 / 7.30pm Dydd Sadwrn 8 Gor, 2023

“Laugh Out Loud Funny”

‘WHAT’S LOVE GOT TO DO WITH IT?’ (12)

**Starring: Lily James, Shazad Latif, Shabana Azmi, Sajal Aly
and Emma Thompson**

For documentary-maker and dating app addict Zoe, swiping right has only delivered an endless stream of Mr Wrongs, to her eccentric mother Cath's dismay. For Zoe's childhood friend and neighbour Kaz, the answer is to follow his parents' example and opt for an arranged (or "assisted") marriage to a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a profoundly different approach to finding love.

7.45pm Saturday 22nd July, 2023 / 7.30pm Dydd Sadwrn 22 Gorffennaf, 2023

“A Real Treat”

‘PHANTOM OF THE OPEN’ (12)

**Starring: Mark Rylance, Sally Hawkins, Maurice Flitcroft, Rhys Ifans, Jake Davies
Simon Farnaby, Christian Lees and Mark Lewis**

The phantom of the Open tells the remarkable true story of Maurice Flitcroft, a crane operator and optimistic dreamer from Barrow-in-Furness who, with the support of his family and friends, managed to gain entry to the 1976 British Open qualifying, despite never playing a round of golf before. With pluckiness and unwavering self-belief, Maurice pulls off a series of stunning, hilarious and heart-warming attempts to compete at the highest level of professional golf, drawing the ire of the golfing elite but becoming a British folk hero in the process.

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 alcohol and snacks.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

Page Tudalen 5

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

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.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

Page Tudalen 6

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

'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

'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 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

OTHER GROUPS

"BONES FOR LIFE"
Mondays - 5.30pm to 7.00pm - Cyswllt/Contact Marye Wyvill ar/on 01570-421027 or email 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

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

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

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 16th July, 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.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

Page Tudalen 7

JULY GORFFENNAF 2023

Day/Date		Time	Digwyddiadau Events
Sat	1		
Sun	2		
Mon	3	5.30pm 8.00pm	Bones for Life Cyfarfod Cymuned Community Meeting
Tue	4	7.00pm	Ladies Group
Wed	5		
Thu	6	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur Aberaeron Rotary Club
Fri	7	6.00pm	Pennant Youth Club
Sat	8	7.30pm	FILM NIGHT: 'WHAT'S LOVE GOT TO DO WITH IT?' (12)
Sun	9		
Mon	10	5.30pm 8.00pm	Bones for Life Community Council
Tue	11		
Wed	12		
Thu	13	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur Crochet Club
Fri	14	6.00pm	Pennant Youth Club
Sat	15		
Sun	16		
Mon	17	5.30pm	Bones for Life
Tue	18	7.00pm	Ladies Group
Wed	19		
Thu	20	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur Aberaeron Rotary Club – Speaker Evening
Fri	21	6.00pm	Pennant Youth Club
Sat	22	7.30pm	FILM NIGHT: 'PHANTOM OF THE OPEN' (12)
Sun	23	2.30pm	ROTARY FUNDRAISER - Bubbles & Berries Social Afternoon
Mon	24	5.30pm	Bones for Life
Tue	25		
Wed	26		
Thu	27	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur Crochet Club
Fri	28	6.00pm	Pennant Youth Club
Sat	29	11.00am	YOUTH CLUB FUNDRAISER – Tea, Coffee, Cake & Classic Cars
Sun	30		
Mon	31	5.30pm	Bones for Life

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 147

Page Tudalen 8

ABERAERON CARNIVAL

The date of Aberaeron Carnival, on Monday 28th August, 2023 is fast approaching.

If you have any ideas for the theme of the Pennant Carnival Float, or just wish to assist with the building of the float, please contact Huw and Gill Evans. They have a vehicle and wish to invite anyone to come along to assist, or supply any materials, which would be much appreciated.

Contact Gill Evans gill@evanspennant.co.uk or 07817099275

PHOTOGRAPHY & MEDIA GROUP

I have had some interest in the setting up of a Photography Group. This could also incorporate a Media Group with pictures and video so as to fully utilise the equipment installed at the Centre.

It is anticipated that a meeting will be arranged in September to assess the interest and what people would like to do as part of this group.

FILMS & FILM CLUB

There will be no Film Nights held during August. They will resume in September, hopefully with interest in the provision of a meal.

Any suggestions as to films that should be shown would be much appreciated

Also, if there is sufficient interest, consideration will be given to organising a Film Club to view classic movies. The movies to be shown to be selected by those attending.

UKRAINE AID

Listed below are some of the things that have been requested to take as aid to Ukraine.

- There is a desperate shortage of children's shoes and footwear in general;
- Children's & Adult clothing for hot weather – hotter in Ukraine than in UK at present;
- If you have any prescription medicines or, other medical supplies, that are not required. This includes first aid kits or first aid supplies. It does not matter if items have expired dates as they can still save lives;
- Chainsaws, strimmers/brush cutters and generators;
- Hand tools
- Shoe boxes or boxes containing personal hygiene items such as toothbrushes, toothpaste, soap, deodorants, shower gel, baby wipes, washing powder, etc; and
- Knitted trauma teddies that are used to raise funds.

If you have any other items not listed, that you think might be of use, please contact Malcolm Sumner to ascertain if they are required.

I will update the list of any further items required.

For collection or arrange delivery of items please contact 07967-116632 or email aberaeronrotaryclub@btinternet.com or cympencom@gmail.com

Every item can make somebodies life a little better.

Thank you.

NEWSLETTER EDITOR

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