



Llais y Llan Ebrill 2021

Copi dyddiad ar gyfer rhifyn nesaf Mai 26 2021

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

www.llanpumsaint.org.uk info@llanpumsaint.org.uk

Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Lais y Llan



Cae'n llawn saffrwn yn heulwen Mawrth Phil a Angela Pantycelin)



Wrthi'n ddyfal yn atgyweirio'r hewl ger Felinfach Steve Clifford House

Brechfa Trwy'r Oesoedd

Cysylltu pobl drwy archwilio yn greadigol

Mae Arts Care Gofal Celf yn falch iawn i gyhoeddi ein bod wedi derbyn cyllid oddiwrth Gronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa er mwyn darparu gweithgareddau selliedig ar gelf i'r bobl sy'n byw yn ardal Coedwig Brechfa dros 2021. Cael cymryd rhan mewn un neu BOB gweithdy penwythnos ar-lein hyn trwy chwyrddo. Cysylltu, creu a chael hwyl...

Ioga – Ebrill 10 a 17, yna, Mai 1 a 8, 10.00-11.30

Ymunwch â Jackie am gyfres o 4 gweithdy ioga teulu-gyfeillgar, er mwyn cefnogi'r corff a'r meddwl.

Creu Blodau Weiar – Ebrill 17, 14.00-16.00

Dewch ac ymunwch â Fran i greu blodau bach pert. Mae'n 'bloomin' rhyfedd faint o wahanol fiodau y gallwch greu gan ddefnyddio darn o weiar.

Brain Papier Mache – Ebrill 25 a Mai 2, 10.30-12.30

Llunwch adar od Coedwig Brechfa yn y cyntaf o'r gweithdai gwyth hyn, cyn dychwelyd i baentio, a rhoi bywyd i'ch adar yn ystod yr ail sesiwn, a'r cyfan o dan arweiniad yr artist Juanita.

Mosäig Mini – Mai 8, 14.00-16.00

Ymunwch â'r gweithdy arlein cyffrous hwn, a dilynwch ganllawiau Sian i lunio mat diod mosäig mini. Cewch ddsygu, creu a mwynhau.

Printio Leino – Mai 15, 10.30- 15.30 a Mai 22, 10.30-12.30

Gweithwch gyda Polly yn y sesiwn gyntaf o'r cyfres 2-ddiwrnod hwn i gynllunio a thorri cyfres o brintiau leino un llw ar y thema "Adar y Goedwig". Byddwch yn dychwelyd ar Fai 22ain i ddsygu sut mae printio'ch gwaith. Gallwch rhannu'ch printiau gyda'ch ffrindiau a'ch cymdlogion i fwyogi eu diwrnod, a chadw un i'w arddangos yn y gymuned...ac, wrth gwrs, cadw un i chi eich hun hefyd.

Gwneud Rhosyn a Blodau Papur – Mai 30, 10.30-12.30

Bydd gan becynnau celf wedi'u postio boepeth sydd ei angen arnoch i wneud blodau hardd i greu argraff diolch i Juanita

Gwaith Helyg – Dydd Mercher Mehefin 2, 10.30-12.30

Dysgu technegau gwehyddu syml a chreu gwaith celf mini gwyth gyda Justine.

Ulygodyn Felt Nodwydd – Mehefin 5, 10.30-12.30

Mae ffeilio gyda nodwydd yn eich tawelu ac yn hawlio'ch sylw. Gan ddefnyddio cnu a gasglwyd yn lleol, ymunwch â Polly i gynhyrchu llygod felt 3D, sy'n llawn cymeriad a direidi. Tynnwch luniau o'ch llygoden offenedig mewn lleoliadau o gwmpas Brechfa, a byddwch yn cofnodi'r daith er mwyn ei rhannu gyda'r gymuned.

Bwcio: Ebostiwrch rachel@acgc.co.uk neu gadewch neges ar 01267 243815



www.acgc.co.uk



Y Garreg Ogham ym mynwent Eglwys Llanpumsaint



Pasg Hapus oddi wrth Cylch y Goedwig.
Verona Clift 07929 431652



Llys Mawr Gerddi Botaneg



Hard-working bird has pecked a 1" hole for
a nest in a hollow gatepost Carolyn



Cen yn cuddio'r iorwg Carolyn

Cyflenwyr lleol sy'n barod i ddosbarthu neu archebu a chasglu

Gwelir tipyn o wybodaeth am siopau a chyflenwyr ar safle Facebook – Llanpumsaint ar cylch. Os nad ydych yn defnyddio Facebook dyma rai manylion am siopau a chyflenwyr sy'n barod i helpi'n lleol, drwy dderbyn archebion dros y ffon, dosbarthu neu archebu a chasglu.

Tafarn y Railwe Diodydd y tu allan yn unig - 01267 253643 a Facebook

Becky Llysiau a ffrwythau - yn y pentre' bob dydd Iau - 2 o'r gloch ymlaen.

Adrian Thomas - Bara, danteithion a chacennau. Archebwch Ddydd Llun i dderbyn Dydd Mercher – 07971 740505.

Cig Porfa Perffaith - **Nicky Esgair** 01267 253463

Bacwn a Selsig - **Treftadaeth Myrddin** 07468 453770

Siop Gwalia - Ffonio a chasglu 01267 253249

Chris Thomas Abergwili - Ffonio a chasglu – 01267 238363

Castell Howell – Archebu a chasglu ar y We o Cross Hands 01269 846080

Castell Howell - Talu a chasglu o Gaerfyrddin – gwelwch ein gwefan

Farmyard Nurseries – Yn dosbarthu archebion 01559 363389

Pobydd Hafod Archebwch Ddydd Mawrth i dderbyn Dydd Iau 01267 211419

Fan Swyddfa Bost - Dydd Mawrth 1.30pm to 3.00pm, Dydd Gwener 1.00pm to 3.00pm.

Ac wrth gwrs os gewch chi slot mae Morrisons, Asda a Tesco yn dosbarthu – pob lwc!

Neges oddi wrth Gyngor Sir Gar

Mae busnesau yn Sir Gar gyda sefydliadau a grwpiau cymorth cymunedol COVID 19 yn mynd yr ail filltir i gynnig cymorth yr adeg yma. Er mwyn gweld beth sy'n digwydd yn eich ardal ac y ganfod pa gymorth sydd ar gael ewch i wefan y Cyngor Sir.

Gallwch ychwanegu eich busnes i'r rhestr ar covid19community@carmarthenshire.gov.uk <<mailto:covid19community@carmarthenshire.gov.uk>> gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn. Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

Curad Calon Llanpumsaint

Dymar criw bach fu'n gyfrifol am sefydlu 4 Adfy wiwr mwn gwahanol safleoedd yn yr ardal –
Tu fas y Neuadd Goffa SA33 6BZ

Tu fas Tafarn y Railwe SA33 6BU

Ar wal Fferm yr Henfryn tua Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo. SA33 6HN

Gosodwyd blwch newydd i'r Adfywiwr ger y Neuadd a diolch i Galon Cymru amdano am ddim.

Diolch hefyd i Wil am ei osod lan a'i gysylltu â chyflenwad trydan y Neuadd.

Os pery rhywun drawiad ar y galon gore gyd pwy gyntaf iddo gael triniaeth yr Adfywiwr er mwyn goroesi. Bydd pob munud yn dyngedfennol ac mi fydd y Gwasanaeth Ambiwylans yn barod i'ch cyfarwyddo dros y ffon nes bod cymorth ychwanegol yn cyrraedd. Gallai hyn ddod o gyfeiriad y Gwasanaeth Tan sydd hefydl/87 wedi eu hyfforddi i ymateb ac aros yno nes i'r Ambiwylans gyrraedd.

Os nad ydych yn siŵr sut i ddefnyddio'r Adfywiwr gallwch fenthyg y pecyn ymarfer oddi wrtho i, a chyfle felly i'w ddangos i aelodau eraill o'ch teulu. Hyd yma ni ddefnyddiwyd un o'r peiriannau yma yn yr ardal, ond pwy a ŵyr pan ddaw galw, felly mae ymarfer ymlaen llaw yn fodd i arbed bywyd. Carolyn Smethurst 01267 253308 info@gwilimill.com

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

Ar y foment mae'r Neuadd yn parhau ar gau ac yn methu cynnal digwyddiadau oherwydd sefyllfa covid-19. Fe fydd y pwyllgor yn cwrdd yn rhithiol dros yr wythnosau nesaf i drafod ffordd ymlaen wrth ail agor y Neuadd yn y dyfodol. Diolch

Gwasanathau Capel Nebo

Am fwy o wybodaeth am yr uchod, gellir cysylltu a Meinir Jones, ysgrifenyddes y Capel ar 253532.

Capel Ffynnonhenri

Os am fanylion pellach cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Caersalem - Os byddwch chi am ddod i'r cwrdd, ffoniwch 253895 am fwy o fanylion

Gofal Traed Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

Bu **Adfer Parcdir Godidog** yn gynllun pum mlynedd i ail greu tirwedd hanesyddol gwaith William Paxton yn y 18fed a'r 19eg ganrif, nawr dan yr enw Gwarchodle Cenedlaethol Natur Waun Las. 'Roedd y parcdir yn enghraifft cynnar o ddelfydau darluniadwy i gyfleu dyluniad tirwedd drwy gyfleu cyferbyniadau natur – ar un eiliad o dawelwch godidog a'r nesa holl gynnwrf dwr yn rhaeadr dros gored a sgwd. Gallwn weld 6 o'r 15 llun greuwyd gan Thomas Horner ar gais William Paxton o wahannol safleoedd ar draws yr ystad yn 1815. Mae manylder y lluniau o'r tirwedd a'r llynnoedd wedi cyflwyno cyfoeth o wybodaeth i'r cynllunwyr a'r peirianwyr wrth ail greu.

Dros y ddwy flynedd a hanner ddiwethaf bu'r safle'n gynnwrf o brysurdeb. Galluogodd Haf cynnes 2018 i beriannau mawr symud 22,000m o laid allan o Lyn Mawr, a fu'n cronni yno ers degawdau. Yna symudwyd clai o'r pyllau cyfagos i greu argae gan eu wasgu gan beiriant arbennig. Yn ol yn nyddiau Paxton byddai rhaid gwneud y gwaith hyn drwy whilbero a defnyddio traed defaid – dyna pam yr enwyd y peiriant presennol ar ol yr anifael. Profwyd pob haen o'r cywasgiad gan beiriant technegol i sicrhau i'r argae gydymffurfio a gofynion mawr Y Ddedf Argae. Mae Llyn Mawr yn un o'r mwyaf yn y Gerddi – dros 65,000m mewn maint, felly deirgwraith yn fwy na'r llynnoedd eraill i gyd. 350m yw ei hyd gyda thair gorlifan i fwydo'r argae. Defnyddir Gorlifan 1 at ddebenion pob dydd gyda'r ddwy arall wedi ei cynllunio i ymateb i orlifo.

Trawsnewidiwyd Llyn Felin Gat hefyd gyda rhaeadr nauriol wedi ei chreu gan gored hir. Bydd pont wladaidd yn rhedeg dros yr ored, lle gall ymwelwyr sefyll uwchben llif y dwr. Bu Selwyn Jones Saer Maen talentog y fenter yn hanfodol i'r cynllun Adfer, yn gyfrifol am ail greu'r bont hanesyddol, gorlifan Llyn Mawr, y muriau a'r rhaeadr. Er mwyn iddo weithio ar y rhaeadr bu'n rhaid gosod scaffaldd arbennig gan arallgyfeirio llif y dwr gyda phibell i ochr y sgwd. Awgryma llun Thomas Hornor i'r bont fod yn hongian yn yr awyr, ond fydd yr un bresennol yn sicr o ddiogel.

Bydd yna chwe phont i gydlynnu'r cerdded drwy'r tirwedd mewn cylch. Lluniwyd y ddwy bont ddur gan Gwmni Peirianeg Afon yn Abertawe a'u gosod yn eu lle yn Awst 2019. Daeth y pedair pont arall yn ystod Haf 2020.

Mae'r llwybrau cerdded yn rhan hanfodol o'r cynllun. Braidd yn ddinod efallai ond maent yn cydlunnu'r holl wynepryd gan dywys yr ymwelydd drwy'r tirwedd. Creuwyd llwybr newydd drwy Goedwig y Tylwyth Teg, gan eich tywys heibio'r Tai Tylwyth a'r bwyd y boda, i ddatgelu golygfa bellenig o llyn Mawr a'r tirwedd draw. Mae yna safle gwyllo, cuddiedig ers canrif yno i arddangos maint Llyn Mawr, y ddwy bont ddur a'r argae ysblenydd.

Edrychwn ymlaen at ail groesawu ymwelwyr yma i'r Gerddi yn 2021. Oherwydd ansicrwydd y sefyllfa bresennol ni wyddom pan fydd hynny, ond mi fydd y Parcdir Adferol ar agor bryd hynny. Edrychwn ymlaen at eich croesawi i weld ein cynllun newydd.

Hoffai Gerddi Botaneg Cymru ddiolch yn fawr iawn i'n holl gefnogwyr i'r Cynllun – sef Cronfa Genedlaethol Treftadaeth Y Loteri gan gynnwys pawb sy'n cyfrannu iddo, Cyngor Sir Gar, Senedd Cymru, Esmee Fairbairn, Cadwraeth y Pererin, Sefydliad Tai Gwledig, Cadwraeth Patsy Woods, Cadwraeth Cofadael, Sefydliad Garfield Weston, ac yn derfynol ond allweddol y symbylwr diennw naeth gyfraniad mor hael. Mae'r cynllun wedi cyfoethogi'r tirwedd a'i adfer er mwynhad ein holl ymwelwyr.

Rydym yn chwilio am Geidwadwyr Gwirfoddol i warchod y llynnoedd newydd gan ail agrwn yn y gwanwyn. Os ydych yn teimlo'n angherddol ynghlyn a'r tirwedd a'i hanes, yn mwynhau natur a chymysgu a phobol ac yn awyddus i'n helpi byddwn yn awyddus i glywed oddiwrthy.

Mae ein Parcdir Godidog a'r llynnoedd yn ymestyn dros ardal eang gyda'r llwybrau newydd yn filltiroedd o hyd. Mae angen Ceidwadwyr i ofalu amdanynt yn rheolaidd, gan fod yn weladwy i'r ymwelwyr, i ymateb i ymholiadau neu gais am gymorth o ryw fath.

Gan i'r Gerddi fod ar agor bob dydd o'r wythnos byddwn yn gofyn i'r gwirfoddolwyr hyn lenwi un slot ar y dydd fyddant yno – 11 y bore hyd 1 y prynhawn - neu 1 i 3 – neu 3 i 5 . Cynhelir cwrs ymarfer llawn cyn i'r Gerddi agor, a cherdded o amgylch y safle.

Os ydych yn awyddus i gynnig help llaw cysylltwch ani gan nodi'r dyddiadau a'r amseroedd fydddech ar gael. Anfonwch Ebost neu ffonio 01558 667118

Gwasanaethau Eglwysig a digwyddiadau adeg Ebrill a Mai

Gall y trefniadau hyn newid yn wyneb penderfyniadau'r Senedd neu'r Eglwys yng Nghymru oherwydd Covid. Ewch i Face book am y wybodaeth ddiweddaraf –

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

Cynhelir Gwasanaethau Boreol Weddi ar Zoom ar Fore Mercher am 9 yb ac ar Fore Sul am 10 yb. Bydd DOT Teuentyd ar Nos Iau rhwng 6 a 7 yh.

Rhaid trefnu ymlaen llaw cyn mynychu unrhyw adeilad eglwys.

Nos Iau 15fed Ebrill 6-7 o'r gloch. Bydd Cylch DOT yn dychwelid wedi gwyliau'r Pasg i ymuno mewn cyfarfod Zoom gyda Cylch Antur Merlin i drafod sut y gallwn gydweithio ar fentrau amgylcheddol. Os oes eraill a diddordeb cysylltwch a'r Parch Gaynor am y cysylltiad Zoom. Sul 18fed Ebrill Digwyddiad yn yr awyr agored dan ganllawiau'r Senedd. Mwy o wybodaeth i ddilyn. Gwasanaeth Zoom am 10 y bore.

Llun 19eg Ebrill - Cyfarfod Cyffredinol ar Zoom

Sul 25ain Ebrill Gwasanaeth Zoom am 10 y bore

Mawrth 27ain Ebrill Gwasanaeth Lleol ar Zoom

Sul 2ail Mai Gwasanaeth Cymun Sant Alban Cwmduad 2 o'r gloch

10 y bore Gwasanaeth zoom

Sul 9fed Mai Gwasanaeth Cymun Llanpumsaint 2 o'r gloch

10 y bore Gwasanaeth Zoom

Sul 16eg Mai Gwasanaeth Zoom 10 y bore

Sul 23ain Mai Gwasanaeth Cymun Llanllawddog 2 o'r gloch

10 y bore Gwasanaeth Zoom

Sul 30 ain Mai Digwyddiad Awyr Agored dan gyfarwyddid y Senedd – manylion i ddilyn.

Newyddion Scam

O'r diwedd mae golau ar y gorwel o ddychwelid i fywyd bob dydd – os ydych yn cofio shwd beth. Er hynny pwyll bia hi wrth gadw Covid draw a chofiwch hefyd i gadw llygad barcud am y scamwyr. Mae'r cythreuliaid bach yn cuddio yn y cefdir o hyd.

Mi gofiwch i mi ddweud o'r blun na fydd cwmnïau cyfrifol, fel Yr Heddlu, Y Banc, B T neu Microsoft, fyth yn eich ffonio. Os gofynnir i chi dalu am chwistrelliad Covid scam yw e'.

Dyma'r scam diweddaraf. Rhywun yn disgwyl parcel yn derbyn tecst yn honnedig o'r Post Brenhinol, yn gofyn i chi dalu £1.99 cyn gall y parcel eich cyrraedd. Rhoddant gyswllt sy'n cyrraedd y Swyddfa Bost, medde'n nhw, gan ofyn am fanylion personol wrth dalu. Twyll yw'r cwbl er mwyn dwyn eich arian a'ch cyfeirio at scamwyr eraill.

Dywed Swyddfa'r Post na fyddent yn defnyddio'r fath neges ac os raid byddent yn anfon carden lwyd pe bae angen talu. Derbynoidd fy ngwraig alwad ffon yn ddiweddar, honnedig o'r Swyddfa Dreth, i ddweud ei bod wedi' chael yn euog o dwyllo, gan ddweud wrthi am wasgi 1 er mwyn osgoi cael ei arestio. Rydym yn dal yw disgwyl wrth y drws!

Yn derfynol dyddiad i'chi nodi – ar y 13eg o ebrill 2029 (Ie dydd Gwener y 13eg) bydd yr asteroid, Apophis yn mynd heibio'r ddaear rhyw bellter o 19, 662 milltir i ffwrdd. Felly cadwch lygad amdani ddylai fod yn weladwy heb deliscop na sbeinddrych. Os welwch chi hon yn dod gwnewch yn siwr eich bod yn gweld y scamwyr yn nesau. Cadwch yn iach ac yn ddiogel Dave

Scam arall – rhybydd o ddileu treth y car o'r DVLA. Byddai unrhyw gysylltiad gonest oddi wrthynt yn dod o'r cyfeiriad canlynol - directdebit@taxdisk.co.uk

Derbyniais un o Driver.GOV.uk-Tax recalculationhezumbqfeqmoz@telenet.be

Anwybyddwch y neges os nad yw'n dod o gyfeiriad cywir y DVLA (Carolyn)

Newyddion o Skanda Vale

Tymor arall ar droi a dyna ryddhad i weld yr adar, y blodau a'r goleuni'n cryfhau. Buom yn brysur iawn yma yng Nglafdy Skanda Vale yn ceisio arolygu a gwella popeth a wnawn, gyda'r misoedd diwetha yma'n profi'n gyffroes a heriol. Ceisiwyd gwneud newidiadau fydd gobeithio yn gwella ein gwasanaeth i'r dyfodol.

Rydym wedi dewis Tim Rheoli newydd i arwain, cefnogi a datblygu ein gwirfoddolwyr bedigedig. Bydd datblygiadau eraill hefyd yn cael eu amlygu ar ein gwefan yn y dyddiau ac wythnosau nesaf. O'r cychwyn cynta bu'r Gwirfoddolwyr yn hollol ganolig i'n gweithgareddau, nid yn unnig fel ceffylau blaen ond wrthi yn y cefndir hefyd. Maent yn llywio ein gwasanaeth unigryw i'r gymuned, ac os ydych yn barod i gymerid rhan ewch i'w gwefan –

www.skandavalehospice.org/join-our-team

Gwanawyn hapusach a mwy disglair ichi gyd

Nicky Gilbert

Pwyllgor Lles ac adloniant Llanpumsaint

Cynhaliwyd ein cyfarfod Zoom cynta' ar Mawrth 16eg 2021

Mae cais ar droed i Gronfa Gymunedol Brechfa i wella'r safle chwarae yn y cae gan gynnwys offer chwarae newydd, llorie diogel a ffin. Trefnwyd cyfarfod yn Ebrill i drafod y cais. Yn y cyfamser i ni wrthi yn cynnal a chadw'r cae a'r offer.

Y Cae Chwarae - yn y cyfamser bydd yn aros ar agor. Ond dylai pob defnyddiwr ddarllen cyfarwyddiadau'r Senedd ger pob mynedfa.

Ymddiriedolwyr newydd – dylai unrhyw un sydd a diddordeb bod yn Ymddiriedolwr ymuno a'n cyfarfod Zoom nesaf gysylltu a'r canlynol er mwyn derbyn y cyswllt erbyn dydd Mawrth 27ain Ebrill 2021

Parcllanpumsaintpark@gmail.com

Clwb Cant Llanpumsaint

Diolch i bawb wnaeth ymaelodi unwaith eto a chroeso i'n haelodau newydd. Dyw hi ddim rhy hwyr chwaeth i aelod newydd. Tynnir ennillwyr Mawrth Ebrill a Mai ar y cyd yn Mis Mai, i'w datgelu yn rhifyn Mehefin o Lais y Llan. Pob lwc! Derick Lock – Trysorydd 01267 253524

Gwasanaeth Byd Eang Broadband

A oes gennych wasanaeth llai na chyflymdra 10mbs?

Mae Bt yn cydweithio a Ofcom i gynnal gwasanaeth byd eang yn ol gofynion y Llywodraeth i wasanaethu cartrefu'r Deyrnas dderbyn eu heiddo. Beth sy'n digwydd nesa?

Galwch linell gymorth BT/Openreach ar 08007830223 i gychwyn. Byddwn yn cadarnhau dilysrwydd eich cyfeiriad o fewn 30 diwrnod.

Dylai cyswllt derbyniol roi cyflymdra o leia 10Mb gyda 1Mb i lwytho. Ni ddylai gostio mwy na £46.10 y mis, ond gellir dewis cyswllt llawer rhatach. Pam dewis y cyflymdra isaf yma? Dyna benderfyniad y Llywodraeth yn Mawrth 2018 oherwydd i Ofcom ddadansoddi mae dyma'r cyflymdra addas i ofynion y cartref. Dylai ateb gofynion mwy nag un person yn cyd-ddefnyddio mewn ty.

Beth yw'r gost? Bydd yn dibynnu faint o waith sydd angen ar eich rhwydwaith lleol. Os fydd cyfanswm y gwaith ddim fwy na £3,400 ni fydd raid i chi dalu dim, ond dros y swm hynny bydd yn rhaid i chi roi'ch llaw yn y boced. Gallwn gynnig amcangifri o'r gost ychwanegol cyn i chi benerfynnu. Mae na un person yn y pentref wedi bod yn llwyddianus felly rhowch ganiad ar y ffon 'na.

Which yn mynd a Qualcomm i gyfraith – Amser hawlio os brynoch ffon Samsung neu Apple ar ol 2015.

Cred Which fod cwmni cyfoethog Qualcomm yn gor-elwa o bobol fel chi. Credir i'r cynhyrchydd byd eang o ficrosglodyn yn codi fwy na ddylen amdano i Apple a Samsung, a'r ychwanegiad hwn yn cael ei drosglwyddo i'r cwsmer. Gan ddefnyddio dyfais gyfreithiol gyflwynwyd yn 2015 rydym yn ceisio gweithredu ar ran 29 milwin yn erbyn y cawr Americanaidd Qualcomm. Credwn iddynt gam-ddefnyddio eu pwerau ac felly bwriadwn ei herlid.

Felly os brynoch ffon Apple neu Samsung ers Hydref 2015 gallech fod yn un o nifer fawr yn y Deyrnas i elwa. Mae gor- godi'n anghyfreithlon ar gwsmeriaid yn anfaddeiol. Ffindiwrch mas os ydych wedi talu gormod a chofrestrwch am wybod y diweddaraf ar yr achos.

Cofiwch byddwch yn cael eich tywys i'n gwefan ynghlyn a'r achos sy'n cael ei reoli gan EPIQ ar ein rhan.

Ewch i <https://www.smartphoneclaim.co.uk> er mwyn cofrestru eich cais am iawndal.

Taith Treftadaeth Llanpumsaint

Yn y rhifyn hwn rydym wedi cynnwys map o Daith Treftadaeth Llanpumsaint er mwyn rhoi blas i chi am hanes ardal Llanpumsaint. Ceir manylion llawn yn y wefan

www.llanpumsaintwalk.org.uk lle gallwch lawrlwytho PDF o'r daith naill a'i ar eich ffon neu ar bapur. Bu'r llyfrau canlynol yn ffynhonell i'r holl wybodaeth ar y daith hon –

Hanes Llanpumsaint – A History by Arwyn Thomas

Cofio a Mwy - – To Remember and More by Arwyn Thomas.

(I do have a few of these books for sale at £10 each. All the money goes to Cancer Charities. You can contact me on 01267 253308 – Carolyn Smethurst)

Y Gymdeithas Rhandiroedd

Os oes yna drigolion yn Llanpumsaint yn awyddus i ymuno a ni una cysylltwch. Gallwn eich ychwanegu ar y rhestr aros gan gysylltu cynted a daw lleoliad yn rhydd ar ôl y Cyfarfod Cyffredinol. Y tal yw £35 y flwyddyn wrth ymuno ac yna £25 wedi hynny Disgwylir i'r taliadau gael eu gwneud erbyn 8 o'r gloch ar y !af o Fawrth

Efalle i chi weld ishe'r tynnu coes y tro hwn, y rheswm am hynny yw nad Keith fu'n ysgrifennu. Hoffwn ddiolch iddo am ei holl waith caled a'i ymroddiad i'r Gymdeithas Rhandiroedd. Rydym yn gweld ei ishe yn barod. Cyswllt -- Rosie 07950 411536

RosieFrewin@yahoo.co.uk Ray – 253157

Croeso cynnes i'r newydd ddyfodiaid i'n hardal

Bu Llanpumsaint yn gymuned hynod o fywiog a gweithgar yn y gorffennol pell ac agos, ond daeth yr haint Corvid i atal bron pob gweithgarwch. Felly dyma grynodedb o'r hyn hoffwn weld yn digwydd pan ddaw eto haul ar fryn.

Bu Tafarn y Railwe yn ganolfan i sawl digwyddiad; Y Clwb Swper misol, Y Cyri a'r Cwis, a Stecen Nos Fercher. Daw Gorymdaith Siôn Corn ar noswyl Nadolig, pan gaiff ei gludo o amgylch y pentre' yn ei gart llusg gan dractor dan ddwylo coblyn. Dilynir ef gan fwy o gorrach ac oedolion yn casglu arian at achosion da, gan ganu canolau a chaneuon yn y ddwy iaith. Diwedd y daith yw'r dafarn lle yn ei ogofdy bydd Siôn Corn yn dosbarthu danteithion i'r plant fu'n rhan o'r ymgyrch. Daw cawl a tharten Nadolig yn uchafbwynt i'r achlysur. Yn yr haf cynhelir Dydd Hwyl yn y Neuadd a'r Cae Chwarae, ac yno gallwch logi Bwrdd i werthi beth a fynnwch. Bydd yna ddiodydd a danteithion gyda Ras Hwyaidd lawr yr Afon Gwili i ddilyn, cyn rhostio'r mochyn. Aiff pob elw at elusennau.

Nos Lun a Nos Iau gwelir Bowlio Dan Do yn y Neuadd gyda Chadw 'n Heini yno ar Nos Fawrth. Gellir ymuno a'r mudiad Rhandiroedd ar safle'r hen orsaf uwchlaw'r tafarn, ac unwaith y flwyddyn ymunwn i frwydro'r gelyn sbwriel sydd fythol yma. Ceir offer at hyn gan y Cyngor Sir sy'n gwaredi'r cyneuaf wedyn.

Digwydd pethau eraill ym Mronwydd ein pentref cyfagos. Yno mae yna Glwb Garddio. Clwb Gwinio, Clwb Cadw'n Heini Dros Hanner Cant, ac yno fydd Dewinwyr Gorllewin Cymru'n cwrdd. Heblaw hynny mae yna Glwb Chwe Deg yn cwrdd yn fisol, sy'n trefnu siaradwyr yn y Neuadd, gorymdeithiau i fan hyn a fan draw, r Twrci a Thinsel blyneddol. Digwydd eraill nawr ac yn y man, fel tuthiau cerdded, nosweithiau Cawl, Gwledd Bincws, Bingo, a daw modur y Llyfrgell yn wythnosol a'r clinic Traed.

Nodir popeth sydd ar droed yn Llais y Llan bob yn ail fis, sy'n cael ei ddosbarthu gan wirfoddolwyr. Tebyg iawn fod 'na weithgareddau eraill na nodwyd uchod yn enwedig o ddiddordeb i'r gymuned Gymreig, felly ymddiheuraf am hynny. Gobeithio daw popeth 'nol i fwcwl yn fuan. Vi Robinson

Rhybudd - Perygl Twyll arall -Honni i fod yn Microsoft

Mae'r ymgyrch wedi targedu 200 miliwn o ddefnyddwyr Microsoft Office, gan gynnwys gwasanaethau Ariannol, Iechyd a Diwydiant o bob math. Daw e-bost yn honedig o Microsoft i arbrofi nodwedd newydd 0365 yn honni gellir adennill negeseuon aeth drwy ffawd i Spam. O ddilyn y cyswllt aed a'r defnyddiwr i safle ffug yn gofyn am fanylion fydd wedyn yn cael eu cynhaefu gan y twyllwyr.

Felly gnewch yn siŵr eich bod yn cadarnhau'r cyfeiriad o le daw'r neges. Cyfeiriadau ffug yw - **microsOft.com; Microsoft.com : a Microsoft(.)com**

Edrychwch ar y cyfeiriad yn URL – gan gadarnhau iddo fod yn gywir

Os ydych wedi dilyn y neges ffug a datgelu gwybodaeth gyfrinachol yna cysylltwch â IS&T Byddwch ofalus wrth siopa ar y We – ffugwyd rhai safleoedd i edrych yn iawn fel y gwreiddiol.

Heddlu Dyfed Powys RHYBUDD TWYLL

Ar adeg pan mae mwy a mwy o bobl yn siopa bwyd ar-lein neu'n defnyddio'r gwasanaeth clicio a chasglu, mae nifer ohonoch wedi dweud wrthym eich bod chi wedi derbyn galwadau twyllodrus gan dwyllwyr yn esgus eu bod nhw'n galw ar ran archfarchnad Tesco.

Mae'r alwad awtomataidd yn dweud bod eich archeb wedi'i gosod gyda Tesco ac y bydd £350 yn cael ei ddebydu ar eich cyfrif. Mae'r alwad yn mynd ymlaen i ddweud, "Os yw'r swm hwn yn anghywir, gwasgwch 1 i gael eich cysylltu â'n tîm twyll."

Â galwad o'r fath, os fyddwch chi'n gwasgu '1', bydd y twyllwr yn ceisio cael cymaint o fanylion personol â phosibl wrthy, gan gynnwys eich manylion banc.

Mae'r troseddwy'r hyn yn glyfar, ac yn gwybod beth maen nhw'n ei wneud. Byddant yn aml yn ymddangos yn ddilys. Os fyddwch chi'n derbyn galwad o'r fath, y peth gorau i wneud yw rhoi'r ffôn i lawr a gwirio'ch cyfrif Tesco ar-lein eich hun, neu ffonio Tesco'n uniongyrchol gan ddefnyddio rhif yr ydych wedi ei gael.

Medrwch helpu i amddiffyn eich hun rhag twyll o'r fath drwy ddilyn y cyngor canlynol:

- Peidiwch â rhoi unrhyw wybodaeth bersonol neu ariannol i unrhyw un sy'n eich galw'n ddirybudd.
- Peidiwch â dilyn unrhyw ddolenni os yw'r troseddwy'r yn eu hanfon drwy neges destun neu e-bost. Bydd y rhain yn eich tywys i safleoedd ffug sydd wedi'u creu i edrych yn ddilys.
- Peidiwch byth â derbyn neu lawrlwytho unrhyw feddalwedd o bell i'ch cyfrifiadur sy'n rhoi mynediad i bobl eraill.
- Peidiwch â mewngofnodi i'ch cyfrif banc ar-lein os ydych chi wedi gosod meddalwedd mynediad o bell, neu mae perygl gwirioneddol y byddwch chi'n colli'ch arian.
- Os oes rhywun yn eich galw'n ddirybudd ac yn gofyn ichi lawrlwytho ap mynediad o bell neu'n gofyn am fynediad o bell i'ch cyfrif banc – gorffennwch yr alwad.
- Os ydych chi wedi derbyn galwad o'r fath ac wedi cael mynediad i'ch cyfrif neu wedi trosglwyddo arian – cysylltwch â'ch banc gan ddefnyddio'r rhif sydd ar gefn eich cerdyn banc bob amser. Peidiwch byth â defnyddio rhif yr ydych chi wedi ei dderbyn gan y galwr.
- Cofiwch ATAL-HERIO-DIOGELU bob amser.

Medrwch adrodd am unrhyw ddigwyddiadau lle'r ydych chi wedi dioddef y math hwn o dwyll inni:

📞 | <http://orlo.uk/atyB8> 📧 | 101@dyfed-powys.pnn.police.uk 📞 | 101

Menter Gorllewin Sir Gâr:

Prif waith Menter Gorllewin Sir Gâr felly yw datblygu a chynyddu'r defnydd o'r Gymraeg o fewn yr ardal a hynny gyda phlant a phobl ifanc, teuluoedd, yn y gymuned, gyda busnesau, mudiadau a sefydliadau.

O dan yr amgylchiadau presennol, mae Menter Gorllewin Sir Gâr yn gweithio i ddarparu gweithgareddau a sesiynau i chi allu parhau i gymdeithasu a byw yn Gymraeg yn ddigidol.

Sesiynau Cymorth Digidol:

Beth am ddysgu sgiliau newydd? Rydym fel Menter yn cynnig cymorth digidol. Gallwn gynnig cymorth i chi ddefnyddio unrhyw ddyfais neu i'ch helpu i ddatblygu unrhyw sgiliau digidol. Y cyfan sydd angen i chi ei wneud yw cysylltu gyda ni a gallwn gynnig cymorth 1 i 1 i chi dros y ffôn neu dros Zoom. Os oes gennych unrhyw anghenion eraill cysylltwch gyda ni am sgwrs. Cysylltwch ar 07939 962042 neu e-bostio ceris@mgsg.cymru i drefnu eich sesiwn.

Fforwm Ieuentid:

Bu rhai o bobl ifanc yr ardal sy'n aelodau o Fforwm Ieuentid Gorllewin Myrddin yn cerdded dros 10 diwrnod o'r 11eg i'r 21ain, er mwyn codi arian i elusen Meddwl.org. Mae'r elusen yn rhoi cymorth a gwybodaeth i rai sydd yn dioddef o broblemau iechyd meddwl. Ar yr adeg yma mae gofalu ar ôl ein hiechyd meddyliol yn hynod o bwysig ac roedd y fforwm yn teimlo bod cefnogi'r elusen yma yn syniad da. Dros y 10 diwrnod mi wnaeth aelodau'r Fforwm lwyddo i gerdded 324.45 milltir a thrwy hynny, codi £455 ar gyfer yr elusen. Er bod y 10 diwrnod wedi dod i ben, mae dal modd i chi gyfrannu at achos da. Ewch i dudalen Facebook Urdd Myrddin neu Menter Gorllewin Sir Gâr er mwyn dod o hyd i'r ddolen JustGiving a gwybodaeth bellach. Gallwch hefyd ddefnyddio'r ddolen isod;

<https://www.justgiving.com/fundraising/cerddeddrosmeddwl>

Cyfryngau Cymdeithasol:

Gyda'r cyfyngiadau yn newid o hyd, mae gwaith y fenter yn newid gydag amryw o ddigwyddiadau a gweithgareddau yn cael eu cynnal ar-lein. Am y diweddaraf, ewch i'n cyfryngau cymdeithasol:

Facebook - Menter Gorllewin Sir Gar Trydar - @MenterGSG

Instagram - @MenterGSG E-bost - ceris@mgsg.cymru

neu am fwy o wybodaeth ar sut i gyrraedd y platfformau yma cysylltwch gyda Ceris dros y ffôn: 07939 962042.

CYLCH MEITHRIN BRONWYDD /CYLCH Y GOEDWIG

Cysylltwch â Verona, Arweinydd ar 07929 431652 neu cylchmeithrinbronwydd@gmail.com

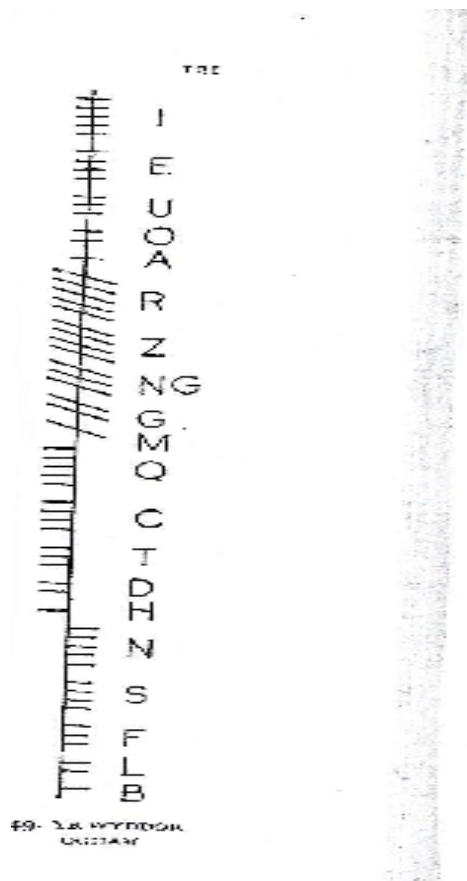
Brics Codi Arian - A hoffech chi brynu bricsen i roi ar y wal tu fewn i'r Neuadd? Rydyn ni nawr yn derbyn archebion. Mae angen pump archeb arnom ni, cyn i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archebu cysylltwch â Catrin Eldred ar 07772235243.

Carreg Ogham yr Eglwys

Er yr holl ddatblygiadau cyfoes yn Llanpumsaint erys llawer o bethau i'n hatgoffa o'r gorffennol. Mae adfeilion yr hen Go-op ar iard yr orsaf a fu yn dyst i gyfnod llewyrchus a phrysur y byd amaeth yn y ganrif ddiwethaf, a thawelwch y ddwy ffatri wlân yn adrodd am ddiwydiant a fu. Lle bu'r emynau'n taranu ar draws y pentre' gynt, marw yw capel Bethel mwyach. Ond yn angof hefyd aeth ein crair hynaf o'r gorffennol.

O fynd drwy iet yr Eglwys ac ychydig lathenni wedi mynd heibio'r Ffestri trowch i'r chwith ger yr hen gerrig beddau, ac mi welwch garreg fechan braidd yn ddinod. Hon yw'r Garreg Ogham sydd yn ôl yr arbenigwr Nash Williams yn dyddio'n ôl i rywbryd rhwng y 7fed a'r 9fed ganrif. Fe'i gosodwyd yma ar dir sanctaidd yr Eglwys bren bryd hynny er cof am ryw arwr colledig yn Oes y Saint. Bu'r Derwyddon yma hefyd ymhell cyn i Gristionogaeth gymerid drosodd yma, ar fangre amddiffynnol rhwng dwy afon, sef y Gwili a'r Cerwyn. Bu lleoli'n holl bwysig bryd hynny oherwydd y gred fod dwr yn atal yr ysbrydion drwg Mae'r Groes ar y Garreg yn weladwy iawn ond o edrych yn fanwl mi welwch ychydig farciau ar yr ochrau i ddatgelu cyfrinach bwysig. Dyma fel 'roedd y Gwyddelod yn ysgrifennu bryd hynny, Y Wyddor Ogham, felly tystiolaeth iddynt fyw yma yn Llanpumsaint yn y cyfnod hynny, lle allech glywed Cymraeg Brythoneg, Gwyddeleg a Lladin yn cael eu siarad. Astudiwch y wyddor a halwch neges i rywun ynddo.

Arwyn 2021





Village Voice April 2021

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Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice and our website www.llanpumsaint.org.uk. We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.



Field of crocus (Phil and Angela Pantycelin)



Lego land? Work in progress to repair the road

Brechfa Trwy'r Oesoedd

Cysylltu pobl drwy archwilio yn greadigol

Mae Arts Care Gofal Celf yn falch iawn i gyhoeddi ein bod wedi derbyn cyllid oddiwrth Gronfa Cymunedol Fferm Wynt Coedwig Gorllewin Brechfa er mwyn darparu gweithgareddau seiliedig ar gelf i'r bobl sy'n byw yn ardal Coedwig Brechfa dros 2021. Cael cymryd rhan mewn un neu bob gweithdy penwythnos ar-lein hyn trwy chwyrddo. Cysylltu, creu a chael hwy!

Ioga – Ebrill 10 a 17, yna, Mai 1 a 8, 10.00-11.30

Ymunwch â Jackie am gyfres o 4 gweithdy ioga teulu gyfyllgar, er mwyn cefnogi'r corff a'r meddwl.

Creu Blodau Weir – Ebrill 17, 14.00-16.00

Dewch â ymunwch â Fran i greu blodau bach pert. Mae'n 'bloomin' rhyfedd faint o wahandol fiodau y gallwch greu gan ddefnyddio dam a weber.

Brain Papier Mache – Ebrill 25 a Mai 2, 10.30-12.30

Uweliwch adar ad Coedwig Brechfa yn y cyntaf o'r gweithdai gwyb hyn, cyn dychwelyd i baentio, a rhoi bywyd i'ch adar yn ystod yr ail sesiwn, a'r cyfan o dan arweiniad yr artist Juanita.

Mosälg Mini – Mai 8, 14.00-16.00

Ymunwch â'r gweithdy arlein cyffrous hon, a dilymch ganlawau Stan i lunio mat diod mosälg mini. Cewch ddygu, creu a mwynhau.

Printio Leino – Mai 15, 10.30-15.30 a Mai 22, 10.30-12.30

Gweithdai gyda Polly yn y sesiwn gyntaf o'r cyflla 2-ddiwrnod hon i gyflunio a thori cyfres o brintiau leino un llaw ar y thema "Adar y Goedwig". Byddwch yn dychwelyd ar Fai 22ain i ddarparu set mae printio'ch gwaith. Gallwch rhannu'ch printiau gyda'ch ffrindiau a'ch cymydogion i fwyogi eu diwrnod, a chabw un i'w arddangos yn y gymuned...ac, wrth gwrs, cadw un i chi eich hun hefyd.

Gwneud Rhosyn a Blodau Papur – Mai 30, 10.30-12.30

Bydd gan becynnau celf wedi'u postio bopeth sydd ei angen arnoch i wneud blodau hardd i greu angraffi diokh i Juanita.

Gwaith Hely – Dydd Mercher Mehefin 2, 10.30-12.30

Dygu technegau gwehyddu syml a chreu gwaith celf mini gwyb gyda Justine.

Llygoden Felt Nodwydd – Mehefin 5, 10.30-12.30

Mae fflito gyda nodwydd yn eich tawelu ac yn haelio'ch sylw. Gan ddefnyddio ceru a gawgwyd yn ffeol, ymunwch â Polly i gynhyrchu llygoden ffeil 3D, sy'n llawn cymierad a diareid. Tynnwch luniau o'ch llygoden offenedig mewn lleoliadau o gwmpas Brechfa, a byddw yn colnodi'r daith er mwyn ei rhannu gyda'r gymuned.

Bwcio: Ebstiwrth rachel@acge.co.uk neu gadewch neges ar 01267 243815



www.acge.co.uk



Ogham Stone in Llanpumsaint Churchyard



"Happy Easter from Cylch y Goedwig" Verona Clift
07929 431652



Llyn Mawr, Botanic Garden.



Hard-working bird has pecked a 1" hole for
a nest In a hollow gatepost



Lichen covering an ivy leaf, 1" across

Local traders doing deliveries and/or order and collect

Lots of information about local shops and help in the village on the Facebook site, Llanpumsaint ar cylch. However, if you don't use Facebook, here are details of some traders that will be in the village, will deliver phone orders or operate a phone or click and collect service:

Railway Inn –Closed, but keep an eye on their Facebook, or phone 01267 253643

Becky Veg and fruit in the village from 2.00pm Thursday afternoons – 07969 047045

Pasture Perfect Meat Nicky Esgair 07866 311740

Sausages and Bacon **Myrddin Heritage** 07468 453770

- **Baker Adrian Thomas** order Monday for delivery Wednesday 07971 740505

Gwalia Stores Phone and collect 01267 890345

Chris Thomas at Abergwili Phone and Collect 01267 238363

Castell Howell on-line click and collect from Crosshands 01269 846080

Castell Howell Shop at Carmarthen Cash & Carry – see website for details

Hafod Bakery Order by Tues 1.00 for Delivery Thursday 01267 211419 info@hafodbakery

Farmyard Nurseries Delivering orders – 01559 363389

Post Office Van Tuesday 13.30 – 15.00 and Friday 13.00 - 15.00

And of course, if you can get a slot, Morrisons, Asda and Tesco will deliver – the difficult is finding a slot!!!! But Click and Collect is usually easy.

Please contact Carolyn on if you want to be included here.

From Carmarthenshire County Council

Carmarthenshire businesses and support groups are going the extra mile along with Covid-19 community support groups to help and support their local communities.

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](https://www.carmarthenshire.gov.uk). If you want to add your business/group to this list email covid19community@carmarthenshire.gov.uk with the business/group name, brief description of what they are doing, how people can get in touch e.g facebook/web link, email and/or phone number and the area that you are working in. We can add new areas and types of service, if they aren't already listed in the drop-down menus. By working together we can help support our communities.

Llanpumsaint Heartbeat

The 4 defibrillators in the Llanpumsaint area are at the following locations:

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

On the wall outside Henfryn on way to Ffynnon Henry SA33 6LD

Outside the Vestry at Nebo SA33 6HN

Note: You do not need a code to access the defibrillator

If anyone has a cardiac arrest the sooner CPR is given and defib used, the more likely the patient will survive. Every minute is important, and the ambulance service will help you do this on the phone until the first responder arrives. This may be the local fire service who have been trained to do this. They will stay until the ambulance arrives.

If you are not sure about using a defibrillator, you can borrow a training pack from me to show you and the family how to give CPR and how to use the defibrillator. Although none of the village defibrillators have been used, you never know when you might need to help, so just going through the process with a training pack may help you and your family save a life. Carolyn Smethurst 01267253308,

info@gwilimill.com

This small committee needs additional help in providing this important service to the village. If you can help, please contact me at carolynsmethurst@btinternet.com, or phone 01267 253308 Many thanks.

Llanpumsaint Welfare and Recreation Association

Our first Zoom meeting of the Trustees was held on March 16th 2021.

Brechfa Forest West Wind Farm Community Fund

A bid is going ahead for funding to improve the play area in the park including new play equipment, safety flooring and fencing. A meeting has been arranged in April to discuss the application.

In the meantime, work is ongoing to maintain the park and the play equipment.

Llanpumsaint Park

The park will remain open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance.

NB. A reminder that no dogs are allowed in the park.

New Trustees

If anyone is interested in becoming a Trustee of the Association and would like to join our next Zoom meeting and AGM on Tuesday 27 April 2021, they would need to contact the following email address to receive the meeting link:

parcllanpumsaintpark@gmail.com

LLANPUMSAINT 100 CLUB

Many thanks to those who have renewed their membership and also a warm welcome to the several new members joining this time. There is still time to renew or join for the first time, the March, April and May draws will be made together at the beginning of May and the results will appear in the June issue of Village Voice. Good Luck!!!

An SOS to new members Tom, Catrin and Megan Eldred - please let me have your home address so that I can send you your cheque when you win!!!

Derick Lock, Treasurer - Llanpumsaint 100 Club. 'Phone (01267) 253524.

Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

For further information please contact Danny Davies Treasurer on 01267 253418 or Gwyn Nicholas Secretary on 01267 253686

Caersalem - If you want to join us, please ring 253895 for more details.

About Broadband Universal Service

Do you have a broadband speed of less than 10mbs?

BT is working with Ofcom, the independent communications regulator, to deliver the broadband universal service obligation (USO). It's a piece of government legislation that gives eligible UK addresses the right to request a 'decent' broadband connection.

What happens next?

Call BT/Openreach dedicated helpdesk on 0800 783 0223 to get started. They'll confirm whether your address is eligible. This may take up to 30 days.

A decent connection is one that can deliver a download speed of at least 10Mb and an upload speed of at least 1Mb. Affordable means it doesn't cost more than £46.10 a month. Most people will be able to choose a service costing much less than this though.

Why was this minimum speed chosen?

It was set by the Government in March 2018. Ofcom research shows that 10Mb is the minimum speed currently needed to meet an average household's digital needs. It should be fast enough for multiple people in a household to be online at once.

Will I have to pay anything? It depends on how much the work to upgrade your local network will cost.

If the total cost is £3,400 or less (exclusive of VAT) you won't have to pay for the work to be done.

If it's higher than that, you can still get a connection as long as you're eligible but you'll need to pay the excess cost.

If this happens we'll provide a quote so you can decide what to do.

And at least one person in the village now has fibre to the premises as a result of contacting this number – so give it a try.

Llanpumsaint Heritage Walking Tour

We have included a map in this edition of the Llanpumsaint Heritage Walking Tour, which will give you a flavour of the history of the Llanpumsaint. The website www.llanpumsaintwalk.org.uk has full details of the walk, and you will be able to download a PDF of the tour on either your phone or on a paper copy.

The following books were the source of much of the information for this walk:

- Hanes Llanpumsaint A History by Arwyn Thomas
- Cofio a Myw, To remember and More by Arwyn Thomas

I do have a few of these books for sale. £10 each, all money to go to Cancer Charities Please contact me on 01267 253308. Carolyn Smethurst

Botanic Garden News

The Regency Restoration was a five-year project which has restored features of a Regency period landscape, created in the late 18th and early 19th century for William Paxton, in what is now Waun Las National Nature Reserve.

The parklands were an early example of Picturesque ideals being utilised in landscape design, characterised by the contrasts that nature can show – at one moment, beautiful tranquillity, and at the next the drama of tumbling water over cascades, a weir, and waterfall. We have access to six of the fifteen paintings by Thomas Hornor who was invited by William Paxton to paint a series of viewpoints throughout the estate in 1815. The intricate details in these paintings of the parkland and lakes have provided the designers and engineers with a wealth of information on which plans for the restoration were based.

Over the last two and a half years, the restoration site has been a hive of activity. The very warm summer of 2018 bore witness to large machines undertaking the mammoth task of removing 22,000m³ of silt from Llyn Mawr which had built up over the preceding decades. Clay was then extracted from borrow pits within the adjacent fields to create the dam and this was compacted with a machine called a pad foot or sheep's foot roller. During Paxton's time this compaction would have been carried out by families using wheelbarrows and flocks of sheep – hence the modern machine's name. Each layer of compaction was tested with geotechnical tools, to ensure the dam would meet stringent Reservoir Act requirements. Llyn Mawr is one of the largest lakes at the Botanic Garden – over 65,000m³ in size, that's nearly three times bigger than the existing lakes combined! The dam is 350m long, and has three spillways to take water over the dam. Spillway one is used in everyday conditions, while the other two are engineered to cope with bigger floods.

Llyn Felin Gat was also transformed, with a natural looking cascade created with a long weir. There will be a 'rustic' bridge running over the weir, so that visitors can stand with the water cascading beneath them. The project's talented heritage stonemason, Selwyn Jones, was instrumental in the restoration. He was responsible for the refurbishment of a Grade II listed bridge, Llyn Mawr's cascade (spillway one), the historic cascade walls at Llyn Felin Gat, and the waterfall. To enable Selwyn to work on this iconic waterfall, cantilevered scaffolding was erected which was quite a feat of engineering in itself and the water was diverted via a pipe to the side of the waterfall. In Thomas Hornor's painting the bridge looks somewhat suspended in mid-air but this definitely will not be the case with our new bridge, which is firmly fixed!

There are six bridges in total which link up and provide a series of walking circuits which snake through the landscape. The two steel bridges fabricated in Swansea by Afon Engineering were craned into place in August 2019. The four remaining bridges were installed during the summer of 2020.

One of the most important parts of the landscape restoration are the paths. They tend to go unnoticed, but provide the network that links the features, and draw visitors into the landscape. The project has seen a new path through Fairy Wood created that meanders past the fairy houses and toadstools, providing glimpses of Llyn Mawr and the parklands beyond. A viewing platform hidden for over a century gives you the opportunity to see and feel the vast scale of Llyn Mawr whilst also giving you look at the two steel bridges and the vast dam.

We are looking forward to welcoming visitors back to the Garden in 2021. Due to such uncertainty at the moment we are not sure of when this will be but when we do reopen the restoration site will be open! We are very much looking forward for you to wander amongst nature and be wowed by all the restored features which are around every corner.

The National Botanic Garden of Wales would like to say a huge thank you to all our funders who have supported this project, these include the National Lottery Heritage Fund – and all those who play the National Lottery, Carmarthenshire County Council, Welsh Government, Esmée Fairbairn, Pilgrim Trust, Country Houses Foundation, Patsy Woods Trust, Monument Trust, Garfield Weston Foundation, and last but by no means least the anonymous instigator of the project who gave a large donation. This project has enriched the wider landscape to restore the stunning designed landscape for the pleasure of all our visitors.

Want to Volunteer at the Botanic Garden?

We are looking for Volunteer Rangers to patrol the new lakes when we re-open the Garden this Spring. If you are passionate about the Garden, its landscape and history, love walking, enjoy nature, like to meet people and would like to help us, then we'd love to hear from you.

Our lovely Regency Landscape and Lakes covers a large area and the new walks can be several miles long! We are looking for volunteers to patrol the area, following a set route, being a visible presence to our visitors and ensuring them that someone is always around who can help with any queries they may have or if they need help.

The Garden is open 7 days a week and we are looking for volunteers to undertake one time-slot per day, there are three time-slots per day available – 11am to 1pm, 1pm – 3pm and 3pm to 5pm.

An induction and full training will be given prior to the Garden re-opening, to include walking the pre-set route. If you are interested in supporting the Garden, then please phone with your details together with the day(s) and time-slot(s) that you can volunteer on 01558 667118.

Church services and events April and May 2021

Please note these plans may be subject to change in accordance with Government and Church in Wales Covid restrictions. Follow our facebook page for the latest information

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

Zoom services of morning prayer are generally held on Weds mornings at 9.00am and Sunday mornings at 10am. DOT's Youth group is held on Thursdays 6-7pm

Pre- Booking is essential for any events in Church Buildings.

Thurs 15th April 6-7pm DOT's Youth Group returns after the Easter Holidays for a joint Zoom meeting with Merlin's Explorer Scout Unit exploring how we might work together on eco church initiatives, anyone else who is interested is welcome please contact Rev'd Gaynor for Zoom links.

Sunday 18th April – Outdoor event Government Guidelines permitting, more details to follow.

Zoom Church 10am

Monday 19th April – Church AGMs via Zoom

Sunday 25th April - Zoom Church 10am

Tuesday 27th April - LMA AGM via Zoom

Sunday 2nd May – Service of Holy Eucharist St Alban's Cwm Duad 2pm / Zoom Church 10am

Sunday 9th May - Service of Holy Eucharist Llanpumsaint 2pm / Zoom Church 10am

Sunday 16th May – Zoom Church 10am

Sunday 23rd May - Service of Holy Eucharist Llanllawddog 2pm / Zoom Church 10am

Sunday 30th May - Outdoor event Government Guidelines permitting, more details to follow.

Rev'd Gaynor, j_gaynor@hotmail.com

Head to Toes Footcare Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to know when the next session will be held.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall - Fundraising Bricks

Would you like to buy a brick to be displayed inside the Hall? We are now taking orders. We need five orders in order to make a purchase. The bricks are priced at £50 each. For more information or for an order form contact Catrin Eldred on 07772235243.

More Scam News

At long last we are getting closer to getting back to a normal life - if you can remember what that was! However, don't get too complacent when making sure that you are not only keeping safe from Covid but also making sure that you don't get scammed in any way.

These nasty folk are still lurking in the background.

I've previously warned you that various organisations will never phone you, such as the Police, HMRC, the Bank, BT, Microsoft, etc. Also if you are asked to pay for a Covid jab, it's a scam.

Latest new one:-

People waiting for a parcel to arrive receive a text from "Royal Mail" saying that they have to pay £1.99 before the parcel will be delivered. They kindly provide a link to a site which is mocked up to look like Royal Mail.

"The page requests personal and payment details, which scammers may use to steal someone's identity, or use to target them with other scams.

Royal Mail said it would not use such texts - unless specifically requested - and would use a grey card instead to tell people if any fee was required."

My lovely Wife recently had a call on her mobile phone from HMRC saying that she had been found guilty of Tax Fraud and if she did not press 1 then someone was going to come round to arrest her. We are still waiting for them to knock on the door!

Finally, a date for your diaries. On the 13th April 2029 (Yes, Friday the 13th) an asteroid which has been called Apophis should pass the Earth at a distance of about 19,662 miles from the Earth's surface.

So, keep your eyes peeled, it should be visible without the use of telescopes or binoculars.

You may see this one coming, make sure you also see the scammers coming.

Stay safe and keep well.

Your PC and other dodgy issues friend. Dave

(And watch out for scams re the cancellation of Vehicle tax from DVLA. Genuine emails from DVLA, regarding cancellation of your Direct Debit, will be received from this email address:

directdebit@taxdisc.gov.uk.

I got one from *Driver GOV.uk - Tax recalculation ehzumbqf* egmoz@telenet.be

Just ignore -if email not from DVLA email address, it is not from DVLA! Carolyn)

From Dyfed Powys Police SCAM WARNING

During a time where more and more people are grocery shopping online or using click and collect services, a number of you have reported to us that you've received scam calls from fraudsters pretending to be Tesco. The automated call states that your Tesco order has been placed and your account will be debited £350. The call goes on to say "if this is not the right amount, please press 1 to go through to our fraud team".

With this type of call, if '1' is pressed, the scammer will attempt to gain as many personal details as possible from you, including your bank details.

These are smart criminals who know what they're doing, and they will often appear genuine. If you receive a call like this, it's best to hang up and either check your Tesco online account yourself, or call Tesco directly from a number you have obtained.

You can help protect yourself from such scams by following this advice:

- Do not pass any personal or financial details to anyone who calls you out of the blue.
- Do not follow any links if the criminals text or email them through. These will take you to fake sites that are built to look authentic.
- Never accept or download any remote software to your computer that allows other people to access it.
- Do not sign into your bank account online if you have installed remote access software, otherwise there's a good chance you'll lose money.
- If someone on a cold call asks you to download a remote access app or access your bank account – end the call.
- If you have received a call like this, and you've accessed your account or transferred money – always contact your bank on the number on the back of your bank card. Never use a number you're given by the caller.
- Always remember to STOP-CHALLENGE-PROTECT

You can report any incidents where you've fallen victim to this type of fraud to us:

📧 <http://orlo.uk/NDKsA> | 101@dyfed-powys.pnn.police.uk , or phone 101

Warning - New domain pretending to be Microsoft could fool a lot of people!

The campaign has so far targeted over 200 million Microsoft Office 365 users, including those working in the financial services, healthcare, manufacturing, and utilities industries. Users receive an email, purportedly from Microsoft, to test a new feature of O365 which states that it allows them to reclaim emails mistakenly marked as spam. When the user clicks the link, however, they are redirected to a fake Microsoft portal which requests they enter their credentials, which are then harvested by the attacker.

This is a timely reminder to always be vigilant and always check the email address of the sender thoroughly.

Always check the domain of the sender carefully: **Micros0ft.com**, **MIcrosoft.com** and **Microsoft[.]com** are not Microsoft domains.

- If you are on a web page, look at the address in the URL bar – make sure it is the correct domain.
- If you have clicked on a link and entered user information and password, report it to IS&T
- Be extra vigilant when shopping online of fake shopping sites that have been made to look like the originals

A warm welcome for newcomers to the village.

Llampumsaint has been a very vibrant and active community in the past. Sadly the Covid lockdowns have curtailed just about all of those events, so here is some information on what we hope will recur when this awful time is over.

The Railway Inn has been an important focus for many events. Monthly Supper Club, Curry and Quiz night, Wednesday evening Steak night. On Christmas Eve we hold a Santa Parade. Santa is towed around the village in his sleigh by a tractor-driving elf. Children, more elves and grown-ups alike follow him collecting money and singing Christmas carols and seasonal songs. The parade culminates at the pub where a Santa Grotto gives a selection box to all of the children who have taken part in the parade. They also provided hot soup and mince pies for everyone.

In summer we hold a Fun Day in the village hall and field where you can pay for a table selling whatever you wish to provide. Drinks and cake is provided, there is a duck race on the river and a pig roast is provided in the evening. Money collected goes to charity.

On Monday and Thursday the village hall hosts a Short Mat Bowls club and on Tuesdays a Fitness Fun event. There are allotments in the village opposite the pub and we usually get together once a year to do a litter pick around the village. Carmarthen council provide the equipment needed and take away the rubbish afterwards. The neighbouring village of Bronwydd also plays a big part with a Gardening club, Knitters club (my daft hubby always called it the Knutters club), an over 50s fitness club and a West Wales Dowers club. They also run a monthly Over 60s club. This club organises coach trips out, speakers to come into the hall and a fantastic annual Turkey and Tinsel event.

Other events take place occasionally such as organised walks, cawl nights, pancake fest bingo nights and there is a weekly mobile library and foot clinic.

All up-and-coming events are listed in the bi-monthly Village Voice which is mostly hand-delivered by volunteers. I'm sure there are other events I haven't mentioned so please forgive me if I have missed anything out. Let's hope that all of these will be back very soon.... Vi Robinson.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

I hope that all Members are keeping safe and well during this difficult time. It has now been over a year since a bowl was played, and there is no sign of a return to play date. If we do have any updates we will publish on our website Llanpumsaintsmbc.org.uk

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. from September until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement.

For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards on (01267) 253474

Which taking Qualcomm to court – Time to register a claim if you bought a Samsung or Apple phone since 2015

Which? believes that multi-billion dollar company Qualcomm is wrongly profiting from people like you. We think the global manufacturer of mobile phone microchips is overcharging Apple and Samsung in royalties and this cost is then being passed on to the consumer.

Using a legal mechanism only introduced in 2015, we're seeking to act on behalf of around 29 million UK consumers against US tech giant Qualcomm. **We believe Qualcomm has abused its power and we plan to hold it to account.**

If you bought an Apple or Samsung phone since October 2015, you could be one of millions of mobile phone owners in the UK that could be owed money.

Unlawfully profiting from consumers won't be tolerated. [Find out if you overpaid and register for updates on the case.](#) Please note, you will be taken through to our case website, which is managed by EPIQ on our behalf.

Go to <https://www.smartphoneclaim.co.uk/> to register your claim

Menter Gorllewin Sir Gâr:

Menter Gorllewin Sir Gâr's mission is to develop and increase the use of Welsh within the area within all aspects of life with children, young people, families, the community, businesses and organisations. To help achieve this goal we work closely with a number of different partners.

Under the current circumstances, Menter Gorllewin Sir Gâr are working to provide activities and sessions for you to continue socializing and living in Welsh digitally.

Digital Support Sessions:

Why not learn new skills? Menter Gorllewin Sir Gâr can offer you help in using any device or to help you develop any digital skills. All you need to do is contact us and we can offer you 1 to 1 support over the phone or over Zoom. If you have any other needs please contact us for a chat. Contact 07939 962042 or email ceris@msg.cymru to arrange your session.

Youth Forum:

Local young people, who are members of Gorllewin Myrddin Youth Forum walked over 10 days from the 11th to the 21st, to raise money for Meddwl.org charity. The charity provides support and information to those suffering from mental health problems. At this time caring after our mental health is extremely important and the forum felt that supporting this charity was a good idea. Over the 10 days forum members managed to walk 324.45 miles thereby raising £455 for the charity.

Although the 10 days have ended, you can still contribute to a good cause. Visit the Urdd Myrddin Facebook page or Menter Gorllewin Sir Gâr to find the JustGiving link and further information, or visit the link below; <https://www.justgiving.com/fundraising/cerddeddrosmeddwl>

Social Media:

With restrictions constantly changing, our work is changing with various events and activities taking place online. For the latest, visit our social media:

Facebook – Menter Gorllewin Sir Gar, Twitter - @MenterGSG

Instagram - @MenterGSG, Email - ceris@msg.cymru

or for more information on how to get to these platforms contact Ceris: 07939 962042.

News from Skanda Vale Hospice

And so another season is on the turn! And what a relief it is for all of us to see the first buds and blossoms and the longer days of light!

Here at Skanda Vale Hospice we've been extremely busy reviewing and finding ways to improve and adapt everything we do. It's been a challenging but exciting time and these last months have enabled us to make changes we hope will ensure the quality of our services for years to come. We have just been recruiting a Management Team to help lead our work and to support & develop our amazing volunteers. And a number of other new roles will be posted on our website in the coming days and weeks.

As from the very beginning, volunteers remain at the heart of everything we do. They are not only front and centre, but busy in the background and driving our extraordinary project forward to support the community. If you want to be part of that then please have a look at our website:

www.skandavalehospice.org/join-our-team/

And if you'd like to have a chat with someone about a role you may not see online then contact me at: nicky.gilbert@skandavalehospice.org

A lighter, brighter and happy Spring to you all! Nicky Gilbert

Llanpumsaint School PTA - Easy Fundraising

If you are an Internet shopper, you could help raise funds for the PTA. All you have to do is register at, www.easyfundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

If anyone in the local community is able to claim £4£ match funding through work or other means and are willing to allow the PTA to claim this match funding, please let Becky James know on 01267 253560.

CYLCH MEITHRIN BRONWYDD/CYLCH Y GOEDWIG

We are excited to continue to provide education and valuable experiences to children aged 2-4 years.

Contact Verona, Leader at 07929 431652 or cylchmeithrinbronwydd@gmail.com

Allotment Association

If there are any residents of Llanpumsaint who are interested in becoming members please contact us. We will add you to the waiting list and contact you as space becomes available following the AGM. Membership is £35 for the first year, with an annual fee of £25 thereafter, all payments will need to be made by 1st March 8pm.

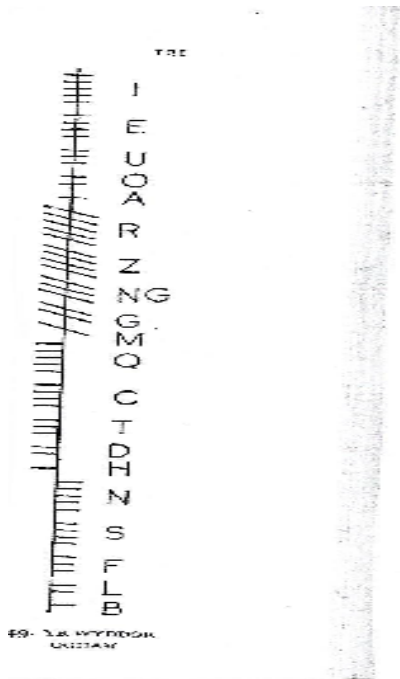
Contact us: Rosie 07950 411536 RosieFrewin@yahoo.co.uk , Ray 253157

The Ogham Stone

Despite all the modern developments Llanpumsaint village preserves much evidence of its past history. The derelict Farmers Co-op on the old station yard echoes the era of busy trains and family farms; once rhythmically noisy but now silent two factory buildings serve to remind of the heyday of the woollen industry, and hymns no longer burst forth out of the empty Bethel Chapel. Yet by far our oldest link to the past remains largely forgotten.

As you enter Llanpumsaint Church, a few yards beyond the Vestry door, pause to identify a small stone in amongst the gravestones on your left-hand side. There lies the Ogham Stone, by far our oldest link to Llanpumsaint's past, dated to between the 7th and 9th century by Nash Williams in his Early Christian Monuments of Wales. Placed here to commemorate an ancient hero on a site which by then was a functioning Church serving the local community. That original Celtic Church would have been of wood erected on a site previously sacred to the Druids as were the Pools and waterfall way above. In accordance with ancient tradition the building had been carefully sited in a defensive V formed by the Gwili and Cerwyn rivers, to keep the evil spirits at bay.

The cross on the stone is clearly visible but if one examines the Ogham Stone very carefully a series of faint notches can just be discerned here and there, to reveal vital evidence. This is the ancient Ogham Irish script form of writing, revealing that around then there were a lot of Irish people in Llanpumsaint as some place-names like Cnwc also reveal. Brythonic Welsh, Irish and Latin would have echoed around here then. So send someone a card using the script below. *Arwyn 2021*



For Sale Cane conservatory furniture, two seat sofa and single chair in good condition Price £35, buyer to collect. Contact Alison 07971 588414

PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB	Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521
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Fferm-y-Felin Farm Guest House and Self-Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com	Cobain Gas Services – Steve Cobain Natural Gas and LPG Gas Safe 568543 Boiler Servicing and Repair Landlords Certs Fires, Boilers, Cookers and Hobs Installation Dryslwyn House Llanpumsaint SA33 6BS 01267 253675 07976384857
Railway Inn Llanpumsaint Pub and Restaurant Open Tuesday to Sunday Drinks only Tel: 01267 253643 Or Facebook for information Wayne and Liz	Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01267 290977 07966592183
Gwili Mill Llanpumsaint 5* self catering - Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays & team building www.gwilimill.co.uk 01267 253308	Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 JRB & K Thomas Peniel Road Carms SA32 7DR

Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work, All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825	Gwalia Stores Peniel Road 01267 890345 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Newspapers and magazines
Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <i>Window Cleaning, Conservatory Cleaning, External</i> <i>Gutters, Fascia and Soffit Cleaning</i> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine	THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk
Chimney Sweep Open Fires, Woodburners Surveys, Remote Control Camera Competitive Rates And Handyman and Gardening Call for details Andrew On 07813 963175	 Hafan Holistaidd Holistic Heaven Adweitheg / Reflexology Tyluno / Aromatherapy Massage Indian Head Massage Thermal-auricular (Ear candling) Reiki Meleri Brown MAR mels.brown@hotmail.co.uk 07855488660 Therapy Cyflenwol – Complementary Therapist Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin, SA33 6LT
Massage Therapist Alexandra <u>Boucher FHT</u> 07516 005146 alexaboucher110@hotmail.co.uk Swedish Massage – full & part body Indian Head Massage Gwernen, Llanpumsaint, SA33 6BY 	Experienced Gardener available for all your needs:- Grass cutting - Hedge cutting - Pruning Flower borders - Vegetable gardens Fencing and much more For more details/quotes, please contact Brian Taplin 07778796794 or 01267 253097 (lives in Llanpumsaint)
 MYRDDIN HERITAGE SAUSAGES & BACON made in LLANPUMSAINT plus other LOCALLY PRODUCED PRODUCTS DELIVERED TO VILLAGE RESIDENTS FOR FREE check out the shop at www.myrddinheritage.co.uk use FREE DELIVERY promo code: LPS100	Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues, Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

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