



Llais y Llan Hydref 2021

Copi dyddiad ar gyfer rhifyn nesaf Tachwedd 26 2021

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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



Dwy olygfa arall o Lanpumsaint o'r awyr gan John Hubert. Gellir gweld rhagor ar <https://tinyurl.com/25e5b5dt>. Diolch yn fawr John.



Gwead yr Hydref (Edward Davies)



Bwganod yn y Cylch (Verona)



Gwennoliaid dan y bondo (Helen Thomas)



Y gwennoliaid yn ymbaratoi am ymadael (Helen Thomas)



Y gath naw bywyd (Edward Davies)



Gwennol fach ar Lwr dros dro (Clare Bishop)

Dyddiadau a rhifau ffôn defnyddiol

Becky Ffrwythau 07969 047045

Roz Trin Gwallt 07398 620649

I logi'r Neuadd 01267b253028 llanpumsainthallbooking@gmail.com

Bowlio - Neuadd Neuadd Llanpumsaint Nos Lun a Nos Iau 7.30 – 9.30

Cyfarfod Blynnyddol Cefradine yn y Neuadd – croeso i bawd ddod y gynnis cymorth

1. Gyfnewidfa Gwybodaeth (Llais I Llan) 2 Tachwedd 7.30
2. Neuadd Goffa 9 Tachwedd 8.00

Clwb Gwili

Hip hip hwre! Bydd clwb Chwedeg Gwili yn ail gychwyn yn Neuadd Bronwydd am 2.00 Ddydd Llun.

25ain Hydref - Bydd Jeremy John yn siarad

11eg Tachwedd - Y siaradwr fydd Arwyn Thomas

8 fed Rhagfyr Cinio Nadolig – Lleoliad yw drefni.

Cysylltydd Val Giles. 01267 281194

Herlfa Drysor Car – Dydd Sadwrn 23 Hydref

Cwis Hollybrook 8.00 Hydref Nos Sul 31

Cynhelir y Cyfarfod . Cyngor Cymuned Llanpumsaint 7.30 Neuadd Goffa Nos Fercher 3 Tachwedd

Pwyllgor Lles ac Adloniant Llanpumsaint – Y diweddaraaf i'r Hydref

Daeth naws yr Hydref yn ei dro gydag wyneb y cae chwarae'n casglu dail a'r borfa'n trymhau dan bwysau'r gwlith boreol. Erbyn hyn ymddengys heulwen gynnes Awst yn bell i ffwrdd, ond gwnaed defnydd cyson o'r Cae dros yr Haf. Gwnaeth Her y Mil o Filltiroedd sicrhau cefnogaeth frwd y gymuned i gasglu arian at achosion da.

Her uchel fu gofyn am droedio pum mil o weithiau o amgylch y llwybr dros gyfnod o ddeg diwrnod a hynny'n gyfystyr a mil o filltiroedd o ran pellter. Gwelwyd rhai wrthi'n gynnar y bore ac eraill yn cyflawni ei nod hyd at frig y nos. Bu'n hwb i rai codi'n gynnar a'i wneud yn rhan o'u gorchwyl boreol. Bu rhedwyr profiadol eraill yn cystadlu erbyn ei gilydd, a gwnaeth hyn luosogi'r milltiroedd a gyflawnwyd yn ddyddiol.

Cyflawnwyd 2,778 lap a hyn yn gyfanswm o 572 milltir. Codwyd £2,000 o bunnoedd oedd yn cynnwys £500 oddi wrth HSBC. Bu 5 mil o laps yn ormod o fynydd, ond mi wnaeth yr Her ddod a'r gymuned at i gilydd, ac yn gyfle i fwyhau gweddill yr Haf. Bydd yr holl elw'n cael eu rhannu rhwng Uned Gofal y Fron Llanelli a'r Gronfa cynnal a chadw'r Cae Chwarae. Enillydd y mwyaf o lapiau gyda 319 oedd ein haelod o'r Pwyllgor Lee Davies oedd yn cynnwys cant mewn un diwrnod. Da Iawn Len! Diolch i bawb wnaeth gymerid rhan a chyfrannu'n ariannol. Croesewir sylwadau a syniadau am beth i neud tro nesa'.

Y newyddion arall yw bod y Pwyllgor yn dadansoddi canlyniadau'r Arolwg o ddefnydd y Cae Chwarae a fu'n gyfle i bawb fynegi barn am yr hyn yr hoffent weld yno yn y dyfodol. Diolch i bawb wnaeth gyfrannu.

Trefnir Helfa Drysor gan y Pwyllgor ar Sadwrn 23ain o Hydref, hyn yn dilyn llwyddiant ysgubol yr un yn 2019. Gwelwch yr hysbys wedi ei gynnwys yn y rhifyn hwn o'r Llais. Rydym hefyd yn awyddus am aelodau newydd, ynghyd a swydd Ysgrifennydd sy'n wag ar hyn o bryd. Am fwy o wybodaeth ynghyd ag ymuno neu wybod am ein gweithgareddau ewch i parcllanpumsaintpark@gmail.com [<mailto:parcllanpumsaintpark@gmail.com>](mailto:parcllanpumsaintpark@gmail.com) neu siarad ag Aaron 07814157946

Golygfeydd Llanpumsaint y HD

Er nad wy'n byw 'na rwy'n hoffi Llanpumsaint ac wedi troedio'r llwybrau cyhoeddus. Cerdded yw'r ffordd orau o ddod i adnabod lle a'i werthfawrogi. Cred rhai bod gyrru drwy rywle yn ddigonol ond ni wyddai un boi ar i feic wrth anelu am Frechfa, fod yna ysgol ac eglwys yma. Yn 2019 gwnaeth ein mab sy'n dynnwr lluniau o ran swydd ein hanog i brynu cwadcopter (neu ddrôn i rai) gyda chamera. 'Roedd yn ddigon bychan i'w gario yn eich poced i'm galluogi i weld a gwerthfawrogi mannau lleol. Nid yw'n cymhari â cherdded beth bynnag ond mae'r lluniau o uwchben yn fodd i ddyfnhau ein profiadau lleol.

Oherwydd yr haint a henaint ni theithiais ymhell iawn nac yn beryglus er mwyn sicrhau lluniau clodwiw o'r awyr. Maent bron i gyd o ffermydd a phentrefi lleol. Er mwyn elwa o'r cyfle rhaid i'r i bob taith uwchben fod mewn amgylchiadau perffaith. Wrth ymweld â Llanpumsaint ar y 14eg o Fedi llwyddais i gael lluniau da iawn o wahanol rannau o'r pentref, felly 'rwy'n eich gwahodd i'w gweld ar Google Photos a dyma'r cyswllt i Lanpumsaint Views -

A) <https://photos.app.goo.gl/A8TMf9pSKtLRT5hH9>

B) <https://tinyurl.com/25e5h5dt>

C) Llanpumsaint views in HD

T rheswm dros gynnwys HD yn y gyfrol oherwydd hwn yw'r cyswllt presennol i'r teledu, ac mi lwythwyd y lluniau i bicseli 1920~1080. Mae hyn yn sicrhau llawr lwytho ac uwch lwytho i wahanol beiriannau. Gellir chwyddo ymhellach ond ymddengys y lluniau bedair gwaith yn fwy allan o'r camera.

Gair o Gyngor wrth wyllo

Yn orau wrth wyllo ar Windows. Cliciwch i'r chwith neu'r dde i agor y llun neu ddefnyddio'r saeth ar y dde w weld y llun nesaf. Daw'r canlyniad gorau o ddefnyddio sgrin lawn, drwy wasgu'r allwedd F11. Uwchben ar y dde gwelwch fotwm arall i chwyddo' llun, a hefyd nifer o ddotiau er mwyn cynnal sioe weledol. Gellir hefyd llawr lwytho un neu gyfres o luniau. Maent yn agored i'w copïo a'u defnyddio at unrhyw bwrpas synhwyrol.

Hoffaf gymharu'r lluniau gyda mapiau Bing OS a Google Earth. Gall dilyn trywydd afon fod yn dipyn o addysg. Gobeithio y gwnewch fwynhau'r lluniau yma o'n hardal. John Hubert

Clwb Cant Llanpumsaint

Dyma enillwyr Medi, Hydref a Thachwedd

Medi - £20 – rhif 23 Heledd Jones, £15 – rhif 25 Aaron Jones, £10 – rhif 90 John Francis

Hydref - £20- rhif 02 Valerie Lock, 15- rhif 60 Pamela Jones, £10- rhif 53 Carolyn Smethurst

Tachwedd - 20– rhif 41 Gavin Harding, £15– rhif 89 Mandy Jameson, £10- rhif 47 Jayne Hughes

Llongyfarchiadau i'r uchod.

Cewch ganlyniad y tynnu Nadolig yn y rhifyn nesaf o'r Llais. Bydd yna 15 gwobr gyda £100 i'r gorau. Yno hefyd fydd canlyniad Ionawr a hwn fydd yr olaf o gyfres 2021-2022. Hwn fydd yr olaf i mi eu rhedeg felly gobeithio fod yna rywun yn barod i gymerid yr awenau a chysylltu â'r Pwyllgor Lles ac Adloniant. Gellir trafod gyda'r Trysorydd Heledd Jones 01267 253372 neu minnau am fwy o wybodaeth. Mae'r holl elw yn mynd tuag at gynnal a chadw'r Cae Chwarae a'r holl gyfarpar. Derick Lock – Trysorydd y Clwb Cant 01267 253524

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

Os nad ydych yn siŵr sut i ddefnyddio'r Adfywiwr gallwch fenthg 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

Clwb Bowlio Dan Do Nebo a Llanpumsaint

Etholwyd y swyddogion canlynol yn ein Cyfarfod Blynnyddol yn y Neuadd ar 13eg o Fedi.
Cadeirydd - Derick Lock. Ysgrifenyddes - Jill Edwards Trysorydd - Gethin Edwards.
Archwilydd - Huw Williams Capten - Aled Edwards is-gapten - Peter Giles. Swyddog
Covid - Huw Williams. Swyddog Diogelu Plant - Derick Lock a Huw Williams. Llundiaeth
adeg gemau - Jill Edwards.

Rhyddhad o'r mwya' oedd hi lanhau'r llwch bant o'r peli a dechrau chwarae unwaith eto er bod
hynny ychydig yn wahanol nawr gyda chyfyngiadau'r haint. Rhaid aros i weld pa ffurf welwn
i'r Gynghrair yn y tymor newydd. Estynnir croeso cynnes i'r ddau chwaraewr newydd sef Ian a
Ioan Day a chroeso 'nol i Arwel Nickolas i'w hen gynefin.

Dilynwch ein gwefan am y wybodaeth ddiweddaraf Llanpumsaintsmbc.org

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Cadw'r Adar yn iach

Bu yna achosion o afiechyd adar yn yr ardal yn ddiweddar yn arbennig gyda'r asgell fraith. Fel
arfer bydd haint yn lledu pan fydd tail yn cymysgu gyda bwyd adar. Mae'r RSPB yn cynnig y
cyngor canlynol -

Archwilio'r safle fwydo. Os ydy'r bwyd yno am ddyddiau rhwch lai allan.

Cadwch y safle'n iach o hen fwyd a thail

Symud y safle bob rhyw fis er mwyn osgoi cynnydd mewn bacteria.

Glanhau safleoedd bwyd adar yn aml a gwneud hynny bob tro tu fas i'r tŷ. Peidiwch
ddefnyddio'r bwced ac offer at unrhyw bwrpas arall er mwyn osgoi trosglwyddo heintiau.

Gwisgwch fenig a chofiwch olchi dwylo.

Dylai cynnwys y safle wedyn gael eu gosod mewn bin sbwriel bob tro.

Dylid brwsio'r safle yn llwyr gan ddefnyddio sebon ac ychwanegu dŵr oer i orffen y glanhau.

Byddai defnyddio diheintydd yn fodd i waredi safle o unrhyw chwilod, ac yna ychwanegu
digon o ddŵr oer wedyn.

Newidiwch y dŵr lle maent yn yfed yn ddyddiol oherwydd gall tail lygru'r lle.

Os welwch adar wedi eu heintio yn eich gardd yna peidiwch fwydo am o leia' pythefnos er
mwyn annog yr adar i ffwrdd o'r safle. Hefyd byddai'n gall i adael y piser dwr yn waglaw nes
i'r haint ddiflannu. Peidiwch ail fwydo nes eich bod yn sicr nad oes adar claf o gwmpas.

Claire Bishop

Naw Bywyd

Ddim ond i ni'n Panteg alle hyn ddigwydd! Rydym ar hyn o bryd yn mabwysiadu Cafalier o'r Mudiad
Achub. Er iddynt ddiodde' anhwylderau yn fynych rydym yn hoff o'r brid. Yn bwriadu cyrraedd y
milfeddyg ym Mhorth Tywyn erbyn 9.30 bant a ni, ac wrth barcio yno clywsom ryw fiaaw fach
wanllyd. Pwyntiodd Edward at Seiamis ffroenuchel yn gorwedd yn y bocs esmwyth. I dorri'r sori'n
fyr wedi dychwelid i Banteg bant a ni wedyn i Tesco i glicio a chasglu. Daeth Miaaw arall ac Edward
yn amau fy mod wedi bod wrth y botel sieri, ond nawr fe glywodd y ddau ohonom Fiaaw arall.

Erbyn hyn a hithau'n pistyllo'r glaw gwariodd Edward ddwy awr yn ceisio dod o hyd i ffynhonnell y
gri gan wlychu'n stêcs i'r fargen. O agor y fonet dyna le 'roedd cath fach ddu a gwyn yn eistedd ar y
peiriant. Rhaid bod gan y gath fach hon naw bywyd, wedi goroesi taith i Borth Tywyn a nôl, wedyn
lawr i Tesco ac yna 'nol adre i Banteg. Tebyg iawn i'r newyddion ein bod yn mabwysiadu cathod
wedi mynd ar led ac felly penderfynodd ein harwr du a gwyn gartrefu gyda ni. Un fach ewn yw hi ond
mae ein cath arferol, sef Pansy, yn llai na phles. Sylvia Davies

Newyddion Eglwysig Medi 2021

Llanpumsaint – Bronwydd – Llanllawddog.

Gwasanaethau Zoom - Boreol Weddi 9yb Mercher - 10yb Sul

Gwasanaethau Cymun 2yp - pawb yn ei dro - gan gynnwys Sant Alban Cwmdud.

Cylch DOT o oed 10 ymlaen ar Nos Iau

Mwy o wybodaeth ar ein tudalen facebook

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

A chadwch lygad ar yr hysbysfwrdd hefyd.

Gellir cysylltu â'r Parch Gaynor gaynorjones-higgs@cinw.org <<mailto:gaynorjones-higgs@cinw.org>>



Peace Mala

HEDDWCH MALA – PEACE MALA

Creu addysg Drugarog i rymuso a chofleidio pawb

Ysgrifennaf yn hydref 2021 sy'n ugain mlynedd ers 9/11, digwyddiad erchyll wnaeth newid y byd am byth. Cofiaf wyllo'r teledu yn anghredadwy ac mewn sioc y dydd hwnnw, profiad bythgofiadwy. Ond mae 9/11 y tu allan i brofiad ein cylch DOT.

Ffrwyth y digwyddiad fu arswyd a dryswch wnaeth fwydo hiliaeth, rhagfarn ac anghytgord, sydd gyda ni o hyd. Mae DOT ar hyn o bryd yn anelu at achrediad Heddwch Mala. Dyma fudiad sydd wedi ennill nifer o wobrau a ddechreuwyd gan Pam Ifans yn 2001 pan oedd hi'n gweithio fel Pennaeth Astudiaethau Crefyddol yn Ysgol Coedcae Llanelli.

Dyweddodd Pam “ Sylweddolais bryd hynny nad oedd ein cymdeithas leol wedi ei harbed o effeithiau 9/11 Daeth ffobia gwrth Islam a gosodiadau hiliol yn gyffredin yn ein hysgol a bu yna ymosodiad hiliol ar y Mosg lleol. Yn yr un flwyddyn halogwyd Synagog yn Abertawe”.

Mae Heddwch Mala yn canolbwyntio ar un RHEOL AUR. Y bwriad yw addysgu ac atgoffa pawb fod y rheol hon yn cael ei chydabod gan ddisgyblion, athrawon, ac athronydd. Mae hefyd yn gyffredin i bob crefydd. Yn syml dyma hi -- Trafodwch eraill fel y dymunech iddynt hwy wneud a chi!

Wrth i'n hieuencid anelu at fyw'r neges Heddwch Mala hon gobeithiwn weld yr holl gymuned yn ymuno felly. Ceir mwy o wybodaeth am Heddwch Mala ar <http://www.peacemala.org.uk/>

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

Y Railwe

Fel y gwyddoch mai'r Railwe wedi cau felly dyma neges oddiwrth Liz a Wayne --- “Tor calon yw hi roi'r neges yma. Oherwydd amgylchiadau y tu hwnt i'n rheolaeth ni fydd y Railwe ar agor bellach. Hoffwn elwa ar y cyfle i ddiolch i'n holl gwsmeriaid a'n ffrindiau am eu cefnogaeth dros y tair blynedd olaf yma. Diolch o galon unwaith eto!”

Mae'r pentref a'r ardal hefyd yn diolch i Liz a Wayne am eu gwaith dros y cyfnod - bwyd da, cwrw da a chwmni da. Diolch hefyd am y lilis ar y Bar. Rhwydd hynt i'r dyfodol, fe welwn eich ishe ac iechyd da.

(Gadawyd y canlynol allan o rifyn Awst felly dyma hi gydag ymddiheuriad i Becky)

Rhandir Llanpumsaint

Fi yw Becky, ar hyn o bryd yn edrych mas at Loch Ness gyda gwydraid o win yn fy llaw ond oherwydd y gwybed yn crafu fel hen gi a chlafar y cwn arno. Rhoddodd Rosie y gore iddi gan fy ngadael i fel cyfrannwr i Lais y Llan gan taw fi yw'r Ysgrifenyddes. 'Rwy'n dwp ynghyn a garddio gan adael y cwbl i'r wraig brydferth Nat. Felly os welwch ni o amgylch y pentre' holwch hi am y mater oherwydd ganddi hi mae'r llyfrau.

Er hynny 'rwy'n gallu adnabod prydferthwch, ac mae Rhandir Llanpumsaint yn enghraifft dda. Waeth beth yw'ch tymer o gyrraedd yno a gweld pethau'n tyfu daw naws hamddenol drosoch. Hyd yn oed wrth ddwrhau fe welwch y gwenyn wrthi'n casglu'r paith, a heb eu cymorth hwy ni allem oroesi. Dywedodd rywun wrthyf pe bae'r gwenyn yn diflannu fory ni fydda yna fwy na deunaw mis o fwyd ar ôl i ni ddynoliaeth. Sylw ddigon i'n sobri!

Gwnaeth Rhandir (Eirian) roi llwyth o domatos i elusennau, aeth pob un gyda chais am ragor i ddilyn. Ond heblaw'r gwenyn gwelwyd nifer o bethau arall lan yn y Rhandir, gyda thylluan yn hedfan obiti. Efalle taw hon sy'n nythu yn yr Eglwys gyda thŷ Haf yn adeilad y Co-op. Mae yna ddraenog yma hefyd a chathau gwyllt rai wythnosau 'nol. Marlene yw'r arbenigwraig ar erlid cathod mas o'r tŷ.

Mae natur yn ein cadw i fynd, gyda'r Rhandir yn chwarae ei rhan a hefyd trigolion Llanpumsaint. Gan i'r Rhandir wynebu'r dafarn mae'n handi am beint. Wedi canfod gin mefus a melon ddŵr. Tafarn bendigedig yn nwylo cyfeillgar ond yn rhy ddeniadol o lawer Drwg gennym Wayne a Liz eich bod yn gorfod cau. 'Nol yma'n Loch Ness sylweddolaf nad wyf wedi gweld rhyw lawer o fywyd gwyllt felly Llanpumsaint a'r Rhandir amdani!

Am fwy o wybodaeth ynghyn a'r Rhandir cysylltwch â Rosie 07950411536 neu RosieFrewin@yahoo.co.uk <<mailto:RosieFrewin@yahoo.co.uk>> neu siarad â Ray 253157

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

Ail agor

Newyddion da! Mae'r Neuadd wedi ail-agor ac wedi croesawi rhai grwpiau yn ôl yn barod. I ni'n cadw asesiad risg cyfredol ac yn disgwyl i'r rhai sy'n llogi'r neuadd i wneud asesiad risg hefyd er mwyn sicrhau ein bod ni'n cadw'r gymuned mor ddiogel â phosib.

Er mwyn llogi'r Neuadd a wnewch chi gysylltu ag Ann trwy e-bost

llanpumsainthallbooking@gmail.com neu ar 01267 253028 a gadael neges iddi.

CCB

Bydd y Cyfarfod Cyffredinol Blynnyddol yn cael ei gynnal ar y 9fed o Dachwedd am 8yh, yn y Neuadd. Rydyn ni'n awyddus i groesawu aelodau hen a newydd ymuno a ni o'r gymuned.

Cronfa Fferm Wynt Coedwig Gorllewin Brechfa

Diolch yn fawr iawn i Gronfa Fferm Wynt Coedwig Gorllewin Brechfa a wnaeth dyfarnu grant o £15794 i gael y neuadd yn barod i'w hail-agor.

Rydym yn ffodus bod y grant wedi ein galluogi i wneud rhywfaint o waith uwchraddio oedd ei angen megis llawr newydd ac addurno.

Llanpumsaint – Llais Digidol

Cyfeiriwyd at Lais Digidol yn y rhifyn diwethaf. Bydd yr erthygl hon yn egluro sut wnaethom sefydlu Llais Digidol a pha rwystrau y dylid eu hosgoi. Mae yna ddwy ran i ddilyn, un i'r rhai sy'n defnyddio band eang BT a'r llall i'r rhai nad ydynt yn defnyddio'r band eang. I ddileu fy mhryderon bŵm yn siarad â swyddogion BT a dyma'r canlyniad.

Defnyddwyr band eang BT

Openreach sy'n rhedeg rhwydwaith digidol y wlad sy'n Is-gwmni i BT. Rhyw ddeufis 'nol penderfynodd Openreach pe bae anhawster gyda'r hen wifren ffon gopr, ni fyddent yn ei atgyweirio. Bydd Copr yn diflannu'n gyfangwbl erbyn 2026. Ar hyn o bryd effeithia hyn yn unig ar ddefnyddwyr band eang BT. Fe'ch rhybuddir os daw toriad ar y cyflenwad i dorri'r gwasanaeth band eang ni ellwch wneud galwadau ffôn - hyd yn oed 999 - ac mi fydd raid defnyddio dull arall ee. Ffon symudol.

Codais a mater hwn gyda BT ac mi adroddaf yn ôl pan ddaw ateb wrthynt. Cost batri wrth gefn yw £80 sy'n weithredol am awr yn unig. Gall ddod am ddim i ddefnyddwyr bregus ond ni ddiffiniwyd pwy sy'n fregus. 'Does dim E-bost gan bawb felly os daw newyddion pellach byddaf yn ei arddangos ar hysbysfwrdd y Neuadd. Os ydych yn defnyddio band eang BT cewch fel fi lythyr yn dweud eich bod yn cael eich symud i'r Llais Digidol yn fuan. Falle fod e' wedi cyrraedd!. Daeth E-bost i ni rai wythnosau 'nol yn dweud ein bod yn cael ein symud mewn rhyw wythnos, ond bu raid i ni newid y dyddiad oherwydd ein bod i ffwrdd. Mae hyn yn golygu datgysylltu eich gwifren ffon o'i safle a'i gosod yn Hwb BT. Oherwydd i'n brif ffon fod lawr llawr ond yr Hwb lan star yr oedd yna broblem felly cysylltais â BT, a dyma gychwyn cymhlethdod.

Yr oedd angen ffon newydd allai gysylltu â'r Hwb neu addasu i'r prif gyflenwad. Daw'r teclyn addasu yn rhad o BT ac yn alluog i gysylltu â'r diwifr yn y wal, yna cysylltir y ffon iddo. Gyda ni osodwyd hyn lawr llawr. Gofynnais a fyddai fy holl rifau ffôn cadw nawr yn ddiogel ond ni wyddent hynny. Datgelodd hefyd i'r teclynnau cyswllt yma fod mas o stoc gan addo anfon un cynted a phosib. Gofynnais iddo beth pe bae toriad trydan yn digwydd ond ei ymateb oedd mynd drws nesa, fyddai'n ddim i gymorth pe bae'r mast wedi methu. Ond daeth y teclyn acw mewn diwrnod.

Gofynnais eto pwy allai ateb fy amheuan a dywedodd mai fe oedd yn dyn. Dyna pam 'rwy wedi adrodd yr holl stori i chi er nad wy'n arbenigwr ar y mater. Addawodd fy ffonio'r dydd ar ôl hynny ond heb lewyrch. Daeth y newid o'r diwedd ar y 13eg o Fedi a'r noson cynt dyma E-bost i ddatgan y byddai Llais Digidol yn weithredol rhwng 8 y bore ac un funud cyn hanner nos. Am 8.18 y bore neges E-bost arall fod popeth yn gweithio. Erbyn hyn 'roeddwn wedi paratoi'r teclyn a'i gysylltu'n hwylus i'r Hwb a'r soced ffon. Erbyn darllen yr E-bost aeth popeth yn farw a'n gadael heb ffon o gwbl. Yr unig ffordd daw yn fyw yw datgysylltu'r ffon o'r wal a'i gosod gyda'r cysylltydd.

Felly gallwch golli eich gwasanaeth ffon tra eich bod yn cysgu neu i ffwrdd rywle arall felly gwnewch yn siŵr fod BT yn eich gwasanaethu'n iawn.

Unwaith daw'r sŵn deiau bydd y gwasanaeth newydd yn weithredol gan warchod eich holl rifau ffôn cadw. Ond bellach rhaid cynnwys cod llawn yr ardal hefyd. Ee 01267. Mae pethau yn gweithio er i'r deiau fynd a dod ychydig, peth eco ond nid o'r safon uchel addawyd. Ffoniais BT 0800 899 150 opt2 a gofynnwyd i mi ail osod y cysylltydd a rhoi gwybod iddynt a fuodd yna welliant. Maent hefyd yn edrych i mewn i'r materion eraill ynghyn a cholli'r cyflenwad. Erbyn hyn mae ansawdd y sŵn wedi gwella.

Defnyddwyr Heb y band eang

Ar hyn o bryd y dewis yw cysylltu â'r edefyn o fewn y blwch gwyrdd. Mae yna un ger mynedfa Nant-yr -Ynys. Falle fydd raid prynu Hwb sy'n gyson a'r band eang.

Y diweddaraf wrth BT ar y 21ain o Fedi yn datgan fod Openreach am ddileu gwifrau copr erbyn 2025 ac mi fydd yna lawer o flychau gwyrdd erbyn hynny. Felly'r unig gyswllt ffon fydd drwy'r band eang neu ffon symudol.

Os ydych yn talu BT am wasanaeth ffon yna rhaid bod rhywun yn gyfrifol am ei gynnal. Mae'n debyg fod eraill yn wynebu'r un her hefyd.

Felly gobeithio i hyn oll fod o gymorth.

Cadwch yn saff. Cadwch yn ddiogel! Eich cyfaill cyfrifiadurol – Dave.

Menter Gorllewin Sir Gâr

O dan yr amgylchiadau presennol, mae Menter Gorllewin Sir Gâr yn gweithio i ddarparu gweithgareddau a sesiynau i chi allu barhau i gymdeithasu a byw yn Gymraeg yn ddigidol ac wyneb yn wyneb yn unol â chyfarwyddiadau'r llywodraeth parthed cyfyngiadau.

NEWYDD! Ffitrwydd a Siapio:

Rydym yn ail-gydio yn ein sesiynau Ffitrwydd a Siapio gyda Siân Spencer ym mis Medi, yn Neuadd yr Eglwys, Castell Newydd Emlyn yn cychwyn ar nos Wener y 24ain o Fedi o 5:30-6:30yp. £20 am 4 wythnos. Oherwydd niferoedd cyfyngedig bydd angen cofrestru o flaen llaw gyda nia@mgsg.cymru.

NEWYDD! Noson Shwmae a Siopa:

I ddathlu Diwrnod Shwmae Sumae ychydig yn wahanol eleni rydym yn trefnu noson Shwmae a Siopa yn Yr Atom, Caerfyrddin ar nos Wener y 15fed o Hydref o 5-7yh. Bydd cwmnïau lleol yr ardal yn bresennol gyda'u stondinau. Bydd angen dewis blwch amser sef 5-6yh neu 6-7yh a chofrestru gyda ceris@mgsg.cymru

NEWYDD! Bore Hwyl Shwmae Sumae:

Bydd y Fenter yn dathlu Diwrnod Shwmae Sumae gyda theuluoedd ym more hwyl Shwmae Sumae yn Neuadd y Ddraig Goch, Drefach Felindre ar ddydd Sadwrn yr 16eg o Hydref o 10-11 o'r gloch. Ymunwch â ni am gemau, canu, crefft a stori. Bydd angen i bawb gofrestru gyda gwyneth@mgsg.cymru o flaen llaw.

NEWYDD! Sesiynau stori:

Rydym yn cychwyn sesiynau stori mewn tair ardal sef Caerfyrddin ar ddydd Llun yng Nghanolfan Chwarae Sgiliau ar yr 20fed o Fedi, 4ydd a 18fed o Hydref. Ym Mhont Tyweli ar ddydd Mawrth yn y Pwerdy ar yr 21ain o Fedi, 5ed a'r 19eg o Hydref. Ac yn San Clêr ar ddydd Mercher yn Y Gât ar yr 22ain o Fedi, 6ed ac 20fed o Hydref. Bydd y sesiynau yn cychwyn am 10:30yb ym mhob lleoliad. Ymunwch â ni mewn sesiwn stori ac ychydig o ganu. Mae'n angenrheidiol i bawb gofrestru o flaen llaw. Cysylltwch gyda gwawr@mgsg.cymru i gofrestru.

NEWYDD! Parti Pampro:

Edrychwn ymlaen at sesiwn rhithiol Parti Pampro ar yr 21ain o Hydref am 7:30yh. Cyfle i ddysgu sut i ymlacio ac edrych ar ôl y corff ac i ddysgu am ofal croen a hunan ofal yn eich trefn dyddiol. Bydd cyfle i holi cwestiynau hefyd. Bydd y sesiwn yma am ddim. I gofrestru cysylltwch gyda gwyneth@mgsg.cymru erbyn 13/10/21 er mwyn derbyn eich pecyn o gynnyrch o flaen llaw.

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

Y tymor hwn , rydym wedi dychwelyd i Neuadd Bronwydd wedi 18 mis i ffwrdd. Diolchwn i Neuadd yr Eglwys Llanllawddog yn fawr iawn am ein cartrefu dros dro rhwng mis Tachwedd 2020 a mis Gorffennaf 2021. “Cylch y Goedwig” oeddem am y cyfnod hwn, ac er bod ein rhifau wedi gostwng yn y Gaeaf gyda’r cyfnod clo ym mis Ionawr, roedd ein grŵp bach o blant yn bleser i’w gwarchod. Rydym yn ddiolchgar hefyd i’r teuluoedd am eu cefnogaeth a’u brwdfrydedd tuag at y Cylch.

Mae ein rhifau nawr yn cynyddu nôl ym Mronwydd, ac awyddus iawn yr ydym, i gynnig addysg a gofal i’n plant. Mae ein sesiynau Ti a Fi ar fore Gwener yn bwysig iawn ar gyfer sicrhau bod hyd yn oed y plant lleiaf yn cael cyfleoedd i ddatblygu eu hunan-hyder a sgiliau cymdeithasol sydd yn hanfodol i hybu lles.

Ein thema y tymor hwn yw y “Cynhaeaf”. Rydym wedi dechrau’r tymor yn dysgu am y bwgan brain a’i bwrpas o edrych ar ôl y cnwd yn y cae. Bu’r plant yn creu bwganod brain allan o wahanol ddeunyddiau. Nesaf bydd y plant yn dysgu am wenith a bara. Os oes gennych unrhyw ymholiadau am y Cylch cysylltwch â Verona ar 07929 431652

Mae Arts Care Gofal Celf wrth eu boddau eu bod wedi derbyn cyllid parhad ar gyfer Brechfa Trwy’r Oesoedd

Yn darparu gweithgareddau creadigol i’r bobl sy’n byw yn ardal Coedwig Brechfa, 2021 – 2022. Nod y prosiect yw cefnogi lles, taclo unigrwydd ac annog ymgysylltu cymunedol trwy gyfrwng amrywiaeth o weithdai celf sy’n eich siwtio chi. Bydd y prosiect yn cael ei arwain gan bobl lleol, i gefnogi bobl lleol. Mae’r prosiect hyn yn bosibl diolch i gyllid oddiwrth Cronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa. Rydym yn croesawu eich sylwadau a’ch syniadau, i barhau â’r prosiect. (Copi digidol o’r arolwg ar gael, e-bost ar gyfer y ddolen rachel@acgc.co.uk) Cyswllt ebost: info@acgc.co.uk. Gwefan: www.acgc.co.uk

Dolen Arolwg Prosiect

Parhad: <https://forms.office.com/Pages/ResponsePage.aspx?id=QI5pBGcsiEiLLctXO9JgSul8bfB106FHm8k9dbIEGf5URVBtMIgxNlk0QkFKNIRMREtESkRPOTVFNi4u>

ChRA Ysgol Llanpumsaint PTA

Hoffwn groesawi y disgyblion newydd i’r ysgol a dymuno pob lwc iddynt.

Dros y flwyddyn diwethaf mae’r ysgol wedi derbyn gwobr platinwm ysgol ECO, mae’r plant a’r athrawon wedi gweithio yn galed i ennill y wobr yma. Mae’r ysgol hefyd wedi derbyn y wobr “Healthy School” am fwyta yn iach.

Yn ystod tymor yr haf roedd y plant yn ffodus i gael diwrnod yn nghwmni y Welsh Whisperer i ysgrifennu cân am yr ysgol. Fe fuodd menter iaith Caerfyrddin a Sgiliau yn cynnal sesiynau gyda’r plant yn yr ysgol.

Hoffwn gymryd y cyfle yma i ddiolch i Mrs Ray Davies am ei gwaith yn yr ysgol dors y blynyddoedd a dymuno ymddeoliad hapus iddi.

Dymuna’r ysgol i ddiolch i’r person di-enw sydd wedi enwebu’r ysgol i dderbyn taleb wrth Morrisons.

Fe fydd y plant yn beicio o amgylch y parc chwarae ar y 29fed o Fedi fel rhan o ymgyrch wythnos beicio i’r ysgol. Caryl

Criced Llanpumsaint

'Nol yn y 40degau a'r 50degau cynnar daeth criced yn boblogaidd iawn yn Llanpumsaint. Cae Pantycelyn ger Bont Newydd yr ochr draw i'r hewl o'r Cae Chwarae presennol dyna'r maes chwarae. Daeth terfyn yr Ail Ryfel byd yn 1945 ag awydd i fwynhau bywyd ac anghofio'r gorffennol trist. Fel madarch dros nos gwelwyd timau criced yn blaguro mewn amryw o bentrefi gwledig, a mwy fyth o amgylch tre Caerfyrddin. Gemau mawr pwysicaf Llanpumsaint oedd gartre ac i ffwrdd erbyn Cynwil a Cwmdud.

Llain digon cyntefig oedd hi ar gae Pantycelyn, lle 'roedd hi'n bwysig osgoi'r tail da wrth dorri wiced. Y bel ac nid y bowliwr fyddai'n aml yn penderfynu ble i fynd. Gallai batio fod yn beryglus fel ffeindiodd y Ficer mas, pan dorrodd Trefor Tomos ein bowliwr cyflym ddau o'i ddannedd blaen. Rhai da yn ôl yr Offeiriad ond pwdr medde Trefor. Bydde'r bel yn glanio'n amyl yn yr afon Gwili, a dyna helpa fawr wedyn i'w hachub, oherwydd yr oedd peli criced yn ddrud ac yn brin. Gwelwyd tyrfa fawr, yn wragedd merched a phlant yn dod yno i wyllo'r chwarae, llawer iawn mwy na welir yn Bronwydd y dyddie hyn.

Un noson 'roedd tri ohonom ni blant yn cwtsio tu ôl yr hen sied bren ger y fynedfa, yn clustfeinio ar y Dewiswyr wrthi'n pigo Tîm i herio Cwmdud i ffwrdd. Gobeithio o'n ni fyddai lle i un ohonom ni o leiaf os o'n nhw'n brin. Tudor Nickolas, ein batiwr gore, Vidi Lloyd Y Swyddfa Bost ac un arall oedd wrthi. Aeth pethau'n hwylus a chyflym nes cyrraedd tua rhif naw a daeth enw Dai Green, Rheolwr y Co-op lan. Aeth yn ddadl ffyrnig ac uchel wrth i Vidi gyfeirio at y Llyfr Sgorio, a bod Dai wedi methu gyda'r bat bob tro. Gweiddi nawr nes i Tudor daranu "Chi ffili gadel Dai mas achos mae i gar e'n cario chwech". Tawelwch wrth i drafnidiaeth ennill. Lan i Gwmdud, colli, Dai mas heb scorio unwaith eto, ond detho'n ni gyd 'nol yn saff yn gwt ei gar.

Bu'r gwahoddiad i fynd yr holl ffordd lawr i Lanyfferi mewn oes pan oedd ceir yn aml dorri lawr yn antur fawr. Wedi cyrraedd gweddodd eu capten y dyn Yswiriant caredig, "Cewch chi fatio'n gynta' bois, er mwyn rhoi cyfle i ddreifars eich ceir gael i wynt 'nol!". Dyn neis! Mat ar y tywod, un ffin ochr y crugiau a'r ffin arall i'r môr, a dyma ni'n cyrraedd rhyw bedwar deg rhediad. Dim rhy ddrwg ond pan fatiodd Glanyfferi daeth y llanw mewn yn gyflym a fuon nhw fawr o dro yn cyrraedd ein sgôr ag ennill. Un llais bach siomedig o gwt y car wrth ddychwelid, "Pidwch fyth ymddiried yn dyn Insiwrans!"

Yna bron fel eira dros nos diflannodd criced lleol yn y chwedegau. Hesb fu'r gêm nes y saithdegau hwyr, pan welwyd ffrwydrad o ddiddordeb mewn chwarae unwaith eto. Ail ffurfiwyd tîm yn Bronwydd yn 1978, ac er na ddigwyddodd dim yn Llanpumsaint, dros y deugain mlynedd a mwy nesa', ymunodd nifer fawr o chwaraewyr yr ardal honno ym Mronwydd. *Arwyn 2021*

Cynhelir y Cyfarfod . Cyngor Cymuned Llanpumsaint

Yn unol a gofynion adroddiad Archwilydd Cyffredinol Cymru am rheolaeth ariannol y Clerc o gyllyd Cyngor Cymuned Llanpumsaint, rhaid cynnal cyfarfod agored i drafod yr adroddiad a'r canfyddiadau. Cynhelir y cyfarfod hyn yn y Neuadd Goffa ar Nos Fercher 03.11.2021, gyda'r cyfarfod yn cychwyn am 7.30.

Mi fydd rhaid cyfyngu nifer y gynulleidfa oherwydd amodau COVID i 30.

Ynghyd a materion arall, trafodir:

Gan gychwyn yn Ebrill 2018 hyd at ddiwedd 2020, mae'r Clerc wedi rhwystro cwblhau'r archwiliad oherwydd iddo wrthod darparu dogfennau anghenrheidiol ac esboniadau ond yn hytrach wedi trwmlytho'r archwiliad gyda ei lythyron helaeth ond dibwrpas. (Pwyntiau Allweddol 13)

Mi fydd y Clerc yn dod a chopiau o'r llythyron i'r cyfarfod, er mwyn i'r gymuned benderfynnu a ydi beirianadaeth yr Archwilydd yn gywir.

Pwrpas y cyfarfod yw:

- ***Oes angen i'r Cyngor gymeryd camau gweithredol yng ngoleunu'r adroddiad***
- ***Ydi'r Cyngor yn derbyn canfyddiadau'r adroddiad ac***
- ***Os felly beth fydd ymateby Cyngor(os o gwbl) i'r adroddiad a'r canfyddiadau.***



Village Voice October 2021

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Two views of Llanpumsaint from John Hubert. Many thanks John. To see more photos try this link:
<https://tinyurl.com/25e5b5dt>.



Autumn webs by Edward Davies



Scarecrows at the Cylch - Verona

3



House martins under the eaves – Helen Thomas



House martins having a planning meeting Helen Thomas



Kitten with 9 lives! Edward Davies



Baby swallow, briefly grounded – Clare Bishop

Useful dates and phone numbers:

Becky Veg – 07969 0447045

Roz hairdresser – 07398 620649

To book Hall 01267253028, llanpumsainthallbooking@gmail.com

Bowls – Monday and Thursday in the Hall 7.30 – 9.30

Treasure Hunt Saturday 23rd October Details on Poster in Village Voice

Clwb Gwili is starting again at 2pm Mondays Bronwydd Hall

25th October – Speaker Jeremy John

11th November – Speaker Arwyn Thomas

8th December (to be confirmed) Christmas Lunch

Secretary Val Giles 01267 281194

Quiz, Sunday 31st October, Hollybrook Inn 8.00

Public Meeting - Community Council Wednesday 3rd November 7.30 Llanpumsaint Hall

Annual General Meetings in Llanpumsaint Hall

Llanpumsaint Community Information Exchange (Village Voice and Website) 2nd Nov 7.30

Llanpumsaint Hall Tuesday 9th November 8.00pm

To add your club details, events or meetings, please email Carolyn Smethurst info@gwilimill.com

Llanpumsaint Welfare and Recreation Association - Autumn Update

Autumn is well and truly in the air as Llanpumsaint Park's floor begins to fill with leaves, and the grass feels heavy with each morning's dew. The August sunny weather seems an age away, but the community certainly made the most of the park over the summer, with the 1,000 Mile Challenge bringing a huge portion of the community together in combining efforts to raise money for good causes.

The challenge set a high bar in aiming to complete 5,000 laps of the park footpath over ten days, that being the equivalent of 1,000 miles in total distance. Participants were seen in the early hours of the morning and late into the night getting in their laps in. This gave many a reason to get up and go, becoming part of their daily routine. Other more seasoned runners became competitive amongst each other, and the daily total lap count kept jumping up at ever greater advances.

In total, 2,778 laps were recorded, being the equivalent of 572 miles. The total money raised was £2,000, when including £500 worth of match-funding provided by HSBC. 5,000 laps were too much of a mountain to climb, but hopefully the Challenge served as a fitting event to bring the community together, and a good reason to get out and enjoy the end of the summer season. All money raised will be split between the Peony Breast Care Unit Llanelli, and to continue funding the general upkeep of the park. The award for most solo laps has been awarded to Committee member Lee Davies, having completed 319 in total, 100 of which were completed in a single day, well done Lee! Thanks to every single person to who took part and donated, it would be great to know your feedback or ideas of how to do it differently next time.

In other news, the committee are currently compiling the results of the Llanpumsaint Park Improvements Survey, which gave everyone a chance to give their ideas of what they would like to see in the park in future. Thanks to everyone who took part.

On Saturday the 23rd of October, the Committee are organizing a Treasure Hunt, following the fantastic success of the last one which took place in May 2019. Please see the poster included within this issue of Village Voice for more information on how to take part.

Once again, the committee is actively seeking new members, as well as the secretary role currently being vacant. For further information on how to become a committee member, or find out more about our current fundraising activities, please email parcllanpumsaintpark@gmail.com, or speak with one of the present Committee members. Aaron 07814157946

Llanpumsaint Views in HD

I like Llanpumsaint. I don't live there, but over many years I have walked its paths and public areas. Exploring a place on foot is without doubt the best way to really get to know and appreciate a specific location. Many people might claim to know Llanpumsaint because they drive through it regularly. But even a friend who is a keen cyclist and rides to the village from the north and then goes east towards Brechfa didn't know that there is a school and a church there.

However, in 2019, inspired by our son, who is a professional cameraman in New Zealand, I bought a quadcopter with a camera. Of course, it is also known as a drone. Mine was not to be feared as I could carry it in my coat pocket. So now I have an amazing new way to see, explore and appreciate familiar places. It is not as good, or as good for you as walking, but the pictures add a higher level of understanding and deeper appreciation.

Because of the pandemic, and older age, I have never travelled far or taken risks to obtain spectacular aerial videos such as one can see on the internet. Almost all the pictures are of the landscapes around farms or villages a few miles from home. A successful flight with the photography requires many conditions to be perfect.

Well, on a morning visit to Llanpumsaint on the 14th of September I was able to take some good aerial pictures of the different parts of the village and I am inviting you to view some of them. They are on Google Photos and a link to the "album", *Llanpumsaint Views in HD* is here.

A) <https://photos.app.goo.gl/A8TMf9pSKtLRT5hH9>

B) <https://tinyurl.com/25e5b5dt>

C) [Llanpumsaint Views in HD](#)

The reason I have included "in HD" in the album title is that HD (high definition) is the current video format for TV transmission and these photos have been reduced to that format of typically 1920x1080 pixels. This makes them easier to upload and download and suitable for most screens. You can zoom in a little further, but these photos were over 4 times more detailed when they came out of the camera.

VIEWING TIPS

These tips relate best to when using a Windows desktop.

Click on the left or right photo to open it; click on the photo or use the arrow at the middle of the right edge to view the next image. They are best viewed full screen. Pressing key F11 in most browsers does this. There are buttons in the top right corner to zoom in a little and under the three vertical dots an option to run a slideshow and another to download the picture or the whole collection. They are free to download and pass on and make any reasonable and legal use of them.

I find it revealing and fascinating to relate the views to maps such as Bing OS and Google Earth. For example, tracking the path of the river and its tributaries is educational.

I do hope you enjoy these views of your home patch. *John Hubert*

LLANPUMSAINT 100 CLUB

Here are the lucky winners for the September, October and November Draws :-

SEPTEMBER £20 - No. 23, Heledd Jones. £15 - No. 25, Aaron Jones £10 - No. 90, John Francis.

OCTOBER £20 - No. 02, Valerie Lock. £15 - No. 60, Pamela Jones £10 - No. 53, Carolyn Smethurst.

NOVEMBER £20 - No. 41 Gavin Harding. £15 - No.89, Mandy Jameson £10 - No. 47, Jayne Hughes.

Congratulations to all the above.

The result of the Grand Christmas Draw will appear in the December issue of Village Voice, there are 15 prizes with the first prize being £100. It will also include the January Draw result which is the final draw of 2021/22.

The January Draw will be my last draw; anyone interested in taking over from me, please contact the Recreation and Welfare Association's Treasurer, Heledd Jones (01267 253372) or myself for more information.

All profits go towards the Association's costs for the maintenance and upkeep of the Village Playing fields and its equipment and machinery. Derick Lock, 100 Club Treasurer, 'Phone: (01267) 253524.

Head to Toes Footcare Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488.

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 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. A defib will not work if it detects a heartbeat, so they are safe for you to use. Although none of the village defibrillators have been used since they were installed, 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 your 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 & NEBO SHORT MAT BOWLING CLUB

The Club held it's AGM in the Memorial Hall on the 13th September when the following Officers were elected:

Chair: Derick Lock; Secretary: Jill Edwards; Treasurer: Gethin Edwards; Auditor: Huw Williams; Team Captain: Aled Edwards; Vice Captain: Peter Giles; Covid-19 Officer: Huw Williams; Club Child Protection Officers: Derick Lock and Huw Williams; Match Day Refreshments: Jill Edwards.

It has been great to dust off the bowls and start bowling once again in a Covid secure way. The new season is going to be different to previous years and we will have to wait and see what format the league is going to take.

The Club would like to extend a warm welcome to Ian and Ioan Day who have joined the Club, and to Arwel Nicholas who has returned to his roots.

Don't forget to check out our website **Llanpumsaintsmbc.org.uk** where you will find up to date information on the Club.

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. 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

Nine Lives

It could only happen to us in Panteg. We are in the process of adopting an ex-breeding cavalier from a rescue charity. Having had two cavaliers, we love the breed, even though they often have health issues later in life. We were due to visit the vets in Burry Port, and duly set off at 9.30. On reaching the vets, we parked up and I heard a very faint miaow. Edward pointed to the haughty Siamese, languishing in his state of the art cat box.

Cut a long story short, we came back to Panteg. Then off I went to Tesco Click and Collect. On arriving home, guess what? A distinct miaow! I called Edward who thought I'd been on the trifle sherry. But lo and behold we both heard a very faint miaow.

By now it was tipping down with rain and Ed spent 2 hours trying to locate the cat/kitten getting absolutely soaked. Opened the bonnet and there was a little black and white kitten, now sitting on the cooled engine.

It must be true that this kitten must have nine lives having travelled to Burry Port with all the rough terrain, then to Tesco and home to Panteg.

I believe that all animals have sixth sense, so news has travelled in the feline world that a jet black cat has adopted us. This little kitten fancies it's chances. Our resident cat Pansy has a distinctly disdainful look on her face as it is. Sylvia Davies

The Railway

As you probably have seen, the Railway Inn is now closed. Message from Liz and Wayne

‘This is Heartbreaking for us to write but due to circumstances beyond our control. The Railway will not be open until further notice. We would like to take this opportunity to thank all our loyal customers and friends for all your support over the last three years Thank you all again x’

And to Liz and Wayne, many thanks from the village for all your hard work over the past 3 years, good food, good beer and good company. And wonderful lilies on the bar! We wish you well for the future and we will all miss you. Take care.

Keeping our birds healthy

There have been a few cases of diseased birds in the village recently, especially among chaffinches. Most diseases are transmitted by droppings. If the droppings mix with food, birds may pick up the infection.

The RSPB and others offer the following guidance:

- Monitor the food provided in feeders. If the food takes days to clear, reduce the amount of food being putting out.
- Keep bird tables and surrounding areas clean and free from droppings or mouldy food, which can provide breeding grounds for parasites and bacteria.
- Move feeding stations to a new area every month to prevent droppings accumulating underneath. Clean and wash bird table and hanging feeders regularly:
- Always clean bird feeders outside, don't take them into the house to clean them. Make sure that brushes and buckets are not used for other purposes, as some diseases can affect human and domestic animal health. Wear gloves and always wash hands thoroughly at the end.
- Empty the contents of the feeder and dispose of them in a bin. Don't reuse food or compost it as it could be harbouring harmful bacteria.
- Using a strong-bristled brush, thoroughly scrub the feeder inside and out with hot soapy, taking care to remove any residual food or bird droppings. Rinse the feeder with cold water and leave it to stand and dry completely.
- Ideally, spray the feeder with a veterinary disinfectant (or 5% disinfectant solution – make sure it is non-toxic and bird safe), to kill off any lurking bugs. After disinfecting, rinse the feeder again with cold water and then allow to dry completely again.
- Water containers should be rinsed out daily and allowed to dry out before fresh water is added.

Droppings can accumulate in bird baths.

If you see birds that may be affected by disease in your garden, stop feeding for at least two weeks in order to encourage birds to disperse, thereby reducing the chance of them infecting each other at your feeding stations. Also leave bird baths empty until no further sick or dead birds are seen.

Only start feeding again if you no longer see birds with signs of disease. Clare Bishop

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.

Church Article Sept 2021

Llanpumsaint, Bronwydd and Llanllawddog Church in Wales Anglican Churches

Zoom Services of Morning Prayer Weds 9am / Sunday 10am

Sunday Services of Holy Eucharist 2pm on a rota basis in either Llanpumsaint, St Celynin Bronwydd, Llanllawddog or St Alban's Cwm Duad.

DOTs youth group for young people aged 10 upwards Thursday evenings

Check out our facebook page for more details

<https://www.facebook.com/LlanpumsaintbronwyddandLlanllawddogchurches> and the notice boards outside the church buildings. Or contact Rev'd Gaynor gaynorjones-higgs@cinw.org for further information.



Peace Mala

*"Creative, Compassionate Education that Empowers
and Embraces All ... Uniting the World in Peace"*

I write in September 2021. This month marks twenty years since 9/11 the terrible events of that day in 2001 changed the world forever.

I remember watching the TV in disbelief and shock that day as events unfolded, and I will never forget what happened. But 9/11 is not within living memory of the young people of our youth group DOTs 9/11 brought with it an aftermath of fear and confusion and a rise in fundamentalism, racism and prejudice that we are still faced with today.

DOTs are currently working towards Peace Mala accreditation .

Peace Mala is a multi-award -winning project for peace that Pam Evans began in 2001 whilst working as Head of the Department of Religious Studies in Coedcae School, Llanelli.

Pam says - "I soon realised that our local community had not escaped the aftermath of September 11th 2001. Islamophobia and racist taunts had become common place in our school. The local mosque suffered a racist attack. Within the same year, the synagogue in Swansea was desecrated."

Peace Mala focuses on the *Golden Rule*. Its intention is to educate and remind everyone that this rule is recognised by many scholars, teachers and philosophers. It is also universal to all compassionate faiths. Simply stated, it is:

'Treat others as you would wish them to treat you.'

As our young people strive to live out the message of the Peace Mala, we hope it is something the whole community would strive to embrace.

More details on Peace Mala can be found here <http://www.peacemala.org.uk/> Gaynor

Llanpumsaint and Ffynnon Henri Memorial Hall

Reopening - Good news! The Hall has re-opened and has already welcomed groups back. We are keeping an up-to-date risk assessment and are asking anyone that books the Hall to also produce a risk assessment. This is to make sure we try and keep our community as safe as possible.

To book the Hall, please contact Ann by email llanpumsainthallbooking@gmail.com or by phoning 01267 253028, and leaving a message.

AGM - The Annual General Meeting will be held on the 9th of November, at 8pm in the Hall. We are eager to welcome old and new members from the community to join us.

Brechfa Forest West Wind Farm Fund.

Thank you so much to Brechfa Forest West Wind Farm Fund, who awarded a grant of £15794, to get the hall ready for re-opening. We are fortunate that the grant has enabled us to carry out some much-needed upgrading including new flooring and decorating.

Community Council

The Council must organise a Public Meeting to discuss the Auditor General's The gathering will take place in the Memorial Hall on Wednesday 03.11.21 and commence at 7.30pm. Because the long shadow of COVID still lingers, numbers attending the meeting will have to be limited to no more than 30.

Among other matters, the following statement will be discussed:

'From April 2018 through to the end of 2020, the Clerk obstructed the audit by failing to provide necessary documents and explanations while providing extensive but irrelevant adverse commentary on audit requirements..(Key Findings -Point 13)

The Clerk will have at the meeting, copies of all correspondence sent to Audit Wales. This will provide an opportunity for the community to decide whether Audit Wales' statement is correct.

The purpose and outcome of this meeting must be:

'At the meeting, the Council will need to decide:

- **Whether the report requires it to take any action**
- **Whether the recommendations in the report are to be accepted and**
- **What action (if any) to take in response to the report and recommendations (Next Steps- Point 22)**

(This article was left out of August V V, apologies to Becki, so we are including it now!)

Llanpumsaint Allotments

So! I'm Becki, currently sat looking out at Loch Ness with a glass of wine, being eaten alive by midges and scratching like on old dog with mange.

Rosie has relinquished her duties as writer for the Village Voice and passed it to me, I suppose it is my job as Secretary after all. I, however, know nothing about gardening. I take the lead from the beautiful wife to be called Nat. So if you see us mooching about the village and have gardening questions don't ask me, ask her. She has books and stuff.

However, I do know a thing or two about beautiful things.

The allotment in Llanpumsaint is one of those beautiful things. It doesn't matter how rubbish you feel, once you get up there and see your babies growing it brings you a sense of calm whether you like it or not. And even if you are just watering the plants, chances are you're going to see a load of bees chomping away at their pollen and that should bring you back to life because without bees we humans will not eat. Someone told me today that if all bees were dead today, humans would have approximately 18 months of food left before we would perish. Food for thought?

The allotment (Eirian) also gave loads of tomato plants to charity and I can report back that they all went in the first offering and apparently asked if more would be available next week! It's not all about bees, members have seen all sorts of goings on up there. In the past few weeks there has been an owl flying around, not sure if it is the same one that lives in the Church but if so it has obviously bought a second home behind the old tin Co-op. Next we have Mrs Hedgehog, aptly named by a member, who I am guessing is a hedgehog that has taken up residence. And then we have the pole cats that were running around the other week. If you need any knowledge on how to chase pole cats out of your house then Marlene is your woman. My point is, nature is great, keeps us mere beings going. The allotment is doing its bit and so are the people in Llanpumsaint. It also helps that the allotment is facing the Railway Inn. Had a pint the other day (we watered the babies so why not water ourselves), then discovered a strawberry and black pepper gin and then a watermelon and kiwi! Lovely pub, great landlords, but no good for my weak resolve. Thanks to Liz and Wayne – sorry you have had to close. Now, as I sit looking out over Loch Ness, I realise that I've not seen any noteworthy wildlife to mention here. Llanpumsaint and the allotment wins hands down!

If anybody is interested in learning more about the allotment please contact Rosie on 07950 411536 or email RosieFrewin@yahoo.co.uk or speak to Ray on 253157.

CYLCH MEITHRIN BRONWYDD

This term, we have returned to Bronwydd Hall after 18 months away. We thank Llanllawddog Church Hall very much for accommodating us between November 2020 and July 2021.. We were “Cylch y Goedwig” at that time, and although our numbers had dropped in the Winter with the lockdown in January, it was a pleasure to care for our small group. We are also grateful to the families for their support and enthusiasm towards the Cylch.

Our numbers back at Bronwydd have now increased, and we are eager to offer education and care to our children. Our Ti a Fi sessions on Friday mornings are very important to ensure that even the youngest children have opportunities to develop their self-confidence and social skills which are so vital to promote wellbeing.

Our theme this term is “Harvest”. We have started with a story about a scarecrow and its purpose in protecting the crop in the field. The children have been making scarecrows out of a variety of materials. Next, the children will learn about wheat and bread. If you have any enquiries please contact Verona on 07929 431652

Digital Voice coming to Llanpumsaint

In the last edition of the Village Voice, Digital Voice was mentioned.

This article is hopefully going to let you know how I managed to get up and running on Digital Voice and also any pitfalls to watch out and prepare for.

This article is in two sections, One for existing BT Broadband users and Another for non-Broadband users.

I had a few concerns and after speaking to a couple of BT help staff, I gained the following knowledge.

BT Broadband users.

Openreach runs the UK's digital network and is a wholly owned subsidiary of BT.

Apparently, about 2 months ago, Openreach decided that if they had a fault with the old copper telephone wires, they would not fix it. Copper will be phased out altogether from 2026.

At the moment, this will only affect those with BT Broadband.

- *You are warned that if there is a power cut or your Broadband goes down, you will NOT be able to make any phone calls - even 999 - and you will have to find an alternative (mobile).*
- *I have raised a complaint about this important issue and I'll get back to you if and when I have a resolution from BT. Battery backup costs around £80 for about 1 hours use and may be supplied to vulnerable users free. No definition of 'vulnerable' was forthcoming.*
- *Not everyone has E-Mail, so I am suggesting that if there is an update, I will display it in the notice board of the Memorial Hall.*

Like me, if you are a BT Broadband user in the village, you will receive a letter stating that you are to be moved to Digital Voice soon. You may have already received it.

A couple of weeks ago, I received an E-Mail saying that our telephone would be moving in a weeks time, I had to change this as we were going to be away on the changeover date.

This change involves unplugging your existing telephone cable from the wall socket and plugging it into your BT Hub. As our main telephone is downstairs and our Hub is upstairs, I had an issue so I contacted BT. This is where I hit my first stumbling block!

We needed either a new phone which is wirelessly connected to the Hub and/or an adapter which plugs into a mains socket (the adapter option is easier). This adapter, (free from BT), is connected wirelessly to the Hub and is plugged into any wall socket. The telephone cable is then connected to this adapter. My adapter is plugged into a socket at the side of the main telephone system downstairs.

I needed to know if all of my contacts in the telephone address book would still be available - the BT guy didn't know. He also said that these adapters were out of stock (handy) and were flying off the shelves, he said he would order one for me to be sent out as soon as stocks were replenished (whenever). I also asked him what happens if we had a power cut. He said, go next door..... I also said that on one occasion, the power to our mobile mast was also cut. His answer - go and find a closer mast! Is that in Carmarthen? Adapter came the next day!

I asked him who I need to speak to in order to get answers. He told me that he was that person - great. This is one reason I decided to give you as much info as I could even though I am not a BT telecoms expert like what he is! He promised to ring me on change over day to see if it worked. No idea how he would have rung me if it did not work and I didn't have a mobile?

So, changeover time came on the 13th Sept. On the night before, I was informed by E-Mail that Digital Voice would be up and running between 08.00 and 23.59 on the 13th. At 08:18 on the 13th, I was told by E-Mail that it was up and running. By this time I had already prepared the adapter (linked it with the Hub - easy) and made sure that it was close enough to our telephone system and telephone socket. By the time I had read the E-Mail, I had no telephone access - it was dead. It only comes live after you have disconnected the telephone plug from the wall socket and re-connected it to the adapter.

So, you could lose your telephone line while you are asleep or e.g. away from home - be careful - try to get BT to move you at your convenience.

Once you have a dial tone, your new service is working and all contact numbers in the phone were retained but they now have to include the *full area code*. e.g. 253xxx will not work. You will have to change it to 01267 253xxx for all numbers.

Everything worked OK, however, dial tone was spasmodic, reception was echoing, overall, High quality digital was nothing but. I rang BT (0800 800 150 opt 2) and they asked me to restart the adapter (unplug/plug in) and try again over a few days and let them know if it cleared.

They also said they were going into a training session and would ask about the power cut situation and get back to me. After a few days away from home, the echo appears to have stopped.

DigitalVoice – cont

Non-Broadband users.

- *So far, the only option appears to be a connection to a fibre to the cabinet box (green box). There's one at the entrance to Nant-Yr-Ynys. You may have to purchase a Broadband compatible Hub.*
- *Latest info from the 21st September, BT says that Openreach plan is to remove all copper wires (phone wires) by 2025 and that there will be multiple green cabinets by then. Therefore, the only phone connections will be via Broadband or mobile.*

If you are paying BT for a line rental then surely if it goes down someone has to get it going PDQ?

I'm also told that this is not just BT, all Broadband suppliers are having to go through this exercise.

I hope this helps. Stay safe and keep well. Your PC and other dodgy issues friend. Dave

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

NEW! Sculpt and sweat: We are resuming our Sculpt and sweat sessions with Siân Spencer in September, at Newcastle Emlyn's Church Hall starting on Friday the 24th of September from 5:30-6:30pm. £20 for 4 weeks. Due to limited numbers please register prior to the session with nia@mgsg.cymru.

NEW! Shwmae and Shopping evening: Wel'll be celebrating Shwmae Sumae Day a little different this year with a shopping evening at Yr Atom, Carmarthen on Friday the 15th of October from 5-7pm. Local companies in the area will bring their stalls. Everybody will need to select a time slot: 5-6pm or 6-7pm and register with ceris@mgsg.cymru.

NEW! Shwmae Sumae Fun Morning: Menter will be celebrating Shwmae Sumae Day with families at the Red Dragon Hall, Drefach Felindre on Saturday the 16th of October from 10-11am. Join us for games, singing, crafts and story. Please register with gwyneth@mgsg.cymru in advance.

NEW! Story Sessions: We are starting story sessions in three areas, Carmarthen on Mondays at Sgiliau Centre on the 20th of September and 4th and 18th of October. At Pont Tyweli on Tuesdays at the Powerhouse on the 21st of September and the 5th and 19th of October. And at St Clears on Wednesdays at The Gate on the 22nd of September and the 6th and 20th of October. Sessions will start at 10:30am at each location. It's necessary for everyone to register in advance. Contact gwawr@mgsg.cymru to register.

NEW! Pamper Party: We're looking forward to hold a virtual Pamper Party on the 21st of October at 7:30pm. Learn how to relax and look after the body and learn about skin care and selfcare in your daily routine. There will also be an opportunity to ask questions. This session will be free of charge. To register contact gwyneth@mgsg.cymru by the 13th/10/21 to receive your product pack in advance.

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 Gâr, Twitter - @MenterGSG, Instagram - @MenterGSG

Email - ceris@mgsg.cymru, or for more information contact Ceris: 07939 962042.

Arts Care Gofal Celf are thrilled to have received continuation funding for Brechfa Through Time: Providing creative activities for people living in the Brechfa Forest area, 2021-2022. The project aims to continue supporting wellbeing, tackle loneliness and encourage community engagement via a variety of arts based workshops to suit you. The project will be guided by local people to support local people. This project has been made possible thanks to Brechfa Forest West Wind Farm Fund. We welcome hearing your thoughts and ideas to continue the project. (Digital copy of the survey available, please email rachel@acgc.co.uk for the link). Contact email: info@acgc.co.uk. Website: www.acgc.co.uk.

Project Continuation

Survey Link: <https://forms.office.com/Pages/ResponsePage.aspx?id=QI5pBGcsiEiLLctXO9JgSuI8bfB106FHm8k9dbIEGf5UNTEsS1VFQU3WEE5NkFHR0s3R01UTVE1SS4u>

ChRA Ysgol Llanpumsaint PTA

We would like to welcome the new pupils to the School and wish them well.

Over the last year the school has received the ECO schools platinum award, the children and teachers have worked hard to achieve this award. The school also received the healthy schools award for healthy eating. During the summer term, the children were fortunate to have the Welsh Whisperer come into the School and write a song with the pupils about the school. Carmarthenshire Menter iaith and Sgiliau have also been running sessions with the children.

We would like to take this opportunity to thank Mrs Ray Davies for all her work in the school and wish her well in her retirement.

The school would like to thank the anonymous member of the village who nominated them to receive vouchers from Morrisons.

The children will be raising money by cycling around the village park on the 29th of September as part of the bike to school week. Caryl

Howzat

A cry hardly ever heard around Llanpumsaint village nowadays, but back in the late 1940's and early fifties it rang out regularly every summer. This was the heyday of cricket here, played on the field opposite and over the road from the current sports field. That post Second World War era erupted into a golden age for local cricket, when teams sprang up in villages and all manner of organisations. Llanpumsaint played crunch home and away matches against Cynwil and Cwmdud, whereas Bronwydd took on the town sides like County Offices, Police, Post Office and Lowndes Garage.

The pitch on that Pantycelyn field was pretty basic, cut and rolled away from nearby cowpats. Often it was the ball that decided where it wanted to go rather than the bowler, and it could be dangerous for batsmen. Fast bowler Trevor Thomas removed two of the Vicar's teeth; sound according to the Rev, but rotten so the bowler claimed. The ball often landed in the river to herald a vast rescue mission, since they were scarce and expensive. The whole village wives, children, daughters and old men, congregated to watch. In fact far more followers than Bronwydd's First Division matches attract nowadays.

Crouched behind the wooden shed by the entrance, three of us youngsters hoped at least one would be included for the vital away match at Cwmdud. Selectors, opening bat Tudor Nickolas, Vidi Lloyd the Post Office and one other, picked the team. All went smoothly until Dai Green, Farmers Co-op manager's name, came up. Quoting the Scorebook Vidi reckoned he should be dropped, after a succession of failures, bowled for a duck every time. The argument became quite heated until Tudor's voice dominated "You can't drop Dai his car carries six!". Transport took precedence over statistics. We played, lost, Dai collected another duck but all arrived home safely in the back of his car.

Invited to play away at Ferryside became a massive adventure, in an age when cars often broke down. On arrival Mr Wilkins their Captain and kind Insurance man, invited us to bat first in order to give our drivers a well-earned rest. Boundary one side were the rocks and the sea on the other side and on the matting we struggled to reach forty runs. They soon passed our meagre total as the tide rushed in. A dejected voice from the back of one car as we aimed for home was heard to declare, "Never trust an Insurance Man!"

Local cricket then died a death by around 1960, not to reappear until the late 1970's when Bronwydd sprang to life in 1978. Cricket never returned to Llanpumsaint but over those forty years since, numerous players from there swelled and enriched many a Bronwydd team.

Arwyn 2021

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Railway Inn Llanpumsaint Pub and Restaurant Sadly now closed Many thanks to Wayne and Liz For all the hard work, good meals and drinks for the last 3 years	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 <i>JRB & K Thomas</i> <i>Peniel Road Carms SA32 7DR</i>

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Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <u>Window Cleaning, Conservatory Cleaning, External</u> <u>Gutters, Fascia and Soffit Cleaning</u> 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
Charlene - Mobile Hairdresser I visit Bryn y Wawr every other Wednesday. Please phone if you would like to book an appointment Telephone 07968380052	 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
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