



Llais y Llan Chwefror 2019

Copi dyddiad ar gyfer rhifyn nesaf – 24th Mawrth 2019

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 Llais y Llan

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Clwb Bowlio Llanpumsaint a Nebo pob Nos Llun a pob Nos Iau 7.30 – 9.30 Neuadd Goffa
 Noson 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4
 Noson Stêc y Rheilffordd pob Nos Fercher 01267253643
 Cadw'n Heini 50+ pob Dydd Iau 2.00 – 3.00 Neuadd Bronwydd
 Llyfrgell Deithiol - pob Dydd Mercher, 10.45 – 11.45, Neuadd Goffa Ffôn 01267 224830
 Gwasanaeth Swyddfa Bost ar dydd Gwener 11.15 – 12.15 Neuadd Bronwydd
 Gwasanaeth Swyddfa Bost ar ddydd Mawrth 2.00 - 4.00 a dydd Gwener 1.00-3.00 Bryn y Wawr
 Merched y Wawr Trydydd Nos Llun o'r Mis yn y Neuadd Goffa
 Ail fore Sadwrn bob mis -Y Farchnad Fisol, 10.00 – 12.00 Neuadd Eglwys Llanllawddog
 Ti a Fi pob Bore Gwener 10.00 - 12.00 Neuadd Bronwydd
 Cylch y Pentref pob Dydd Mawrth 2.00 – 3.30 Eglwys Llanpumsaint
 Chwefror 6 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
 Chwefror 13 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643
 Chwefror 19 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd
 Chwefror 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
 Chwefror 24 Nos Sul 7.30 Cwis Hollybrook Bronwydd
 Chwefror 25 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd
 Mawrth 30ain Ebrill - Cyfarfod Cyffredinol Eglwys Llanpumsaint 7yh
 Mawrth 1 Nos Wener Dydd Gwyn Dewi – Cawl yn y nos yn y Neuadd Goffa
 Mawrth 2 Dydd Sadwrn 10.00 – 12.30 Comopo a Glanhau'r
 Mawrth 2 Dydd Sadwrn 10.30 Cyfarfod Blynyddol Y Gymdeithas Rhandiroedd, Hen Orsaf Iard
 Mawrth 5 Dydd Mawrth 3.30 – 5.00 Eglwys Agored a Phincws
 Mawrth 6 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
 Mawrth 6 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
 Mawrth 8 Bore Wener 10.00 Cyngerdd Gwyl Dewi Cylch Meithrin Bronwydd , Neuadd Bronwydd
 Mawrth 13 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643
 Mawrth 19 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd
 Mawrth 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd



Nid y lili wen fach ond blodyn hardd ac unig yn y fynwent.



John Esau



Eira yn y pentref 2018



Macblud haul godidog arall dros Llanpumsaint 2019

Ymddiriedolwyr Neuadd Goffa Llanpumsaint a Ffynnonhenri

Yn dal i chwilio am Ysgrifennydd newydd ac yn awyddus am geisiadau. Cysylltwch ag Elfed Davies y Cadeirydd 01267 253053 neu aelod arall am wybodaeth.

Cael traferth i gysylltu ar y Band-eang Ffibr?

Cysylltwch â Senedd Cymru - <https://beta.gov.wales/go-superfast/what.are.my.options>

Mawrth 24 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Mawrth 25 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd
Ebrill 2 Nos Fawrth Cinio Elusen – Y Railwe
Ebrill 3 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Ebrill 10 Dydd Gwener 3.30 – 5.00 Eglwys Agored Llanpumsaint 3.30 – 5 yp
Ebrill 10 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643
Ebrill 10 Nos Fercher 7.30 Bingo'r Pasg Neuadd Goffa
Ebrill 21 Dydd Sul Gwasanaethau Diwrnod Pasg gweler hysbysiadau yn yr eglwys a'r capeli.
Ebrill 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Ebrill 28 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Ebrill 29 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd
Ebrill 30 Nos Fawrth 7.00 Cyfarfod Cyffredinol Eglwys Llanpumsaint
Ebrill 30 Nos Fawrth Cyfarfod Blynnyddol Cyffredinol Pwyllgor Lles ac Adloniant Neuadd Goffa
Mai 1 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Mai 18 Dydd Sadwrn Dydd Hwyl Pwyllgor Lles ac Adloniant
Mai 19 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Mehafin 14 Nos Wener Helfa Drysor y Ceir Pwyllgor Lles ac Adloniant
Rhagfyr 7 Dydd Sadwrn Ffair Nadolig – Neuadd Goffa

I logi'r Neuadd Goffa Llanpumsaint a Ffynnonhenri, ffoniwch Derick Lock 253524

Bore Sadwrn y comopo a glanhau'r – Mawrth 2ail 10 – 12.30

Dewch i ymuno gyda ni i bigo sbwriel a phob annibendod arall ar hyd ac o amgylch heolydd y pentref. Croeso i bawb o bob oedran – gwelsom un yn dair oed ac un arall dros bedwar ugain. Bydd y cyfarpar i gyd ar gael; yn fagie coch, dillad llachar, a ffyn pigo lan, ond bydd angen i chi ddod a menig. Cwrdd yn faes parcio'r Neuadd. Gallwch hefyd gasglu'r offer wrtho i ymlaen llaw a mynd ati cyn Mawrth 2ail, ond dewch a phopeth' nol i'r Neuadd ar y dydd. Ffoniwch 01267 253308 neu drwy E-bost info@gwilimill.com <<mailto:info@gwilimill.com>>. Dewch i dacluso'r pentref cyn y Gwanwyn; dewch yn lli! Carolyn Smethurst.

Cylch Y Pentref

Lansiwyd clwb newydd yn Llanpumsaint a bydd Cylch y Pentref yn cyfarfod am y tro cynta' ar Ddydd Mawrth 5ed o Chwefror rhwng dau a hanner awr wedi tri yn yr Eglwys. Wedyn, bydd yn cwrdd bob prynhawn dydd Mawrth o hynny ymlaen. Gallwch gyrraedd neu ymadael pryd y mynnoch.. Pwrpas y Clwb yw creu cyfle i gymdeithasu a chwrdd â chyfeillion hen a newydd. Bydd paned o de neu goffi yno a chyfle i ddod a darn o grefft neu ddiddordeb yw rhannu ag eraill. Gallwch ddysgu rywbeth newydd neu jyst mwynhau'r glonc. Croeso i bob oed yn y gobaith o'ch gweld yno. Daw gwybodaeth bellach o gysylltu â - Niki Day – 01267 253883 - enfysfechan@btinternet.com Helen Thomas – 01267 253930 – helenthomas@btinternet.com

Y Peiriannau Adfywio

Dyma restr o leoliadau'r peiriannau Adfywio o amgylch ein hardal -

Ger prif ddrws y Neuadd Goffa SA33 6BZ

Maes Parcio Tafarn y Railwe SA33 6BU

Ar y wal ger Henfryn ar hewl Ffynnonhenri SA33 6LD

Ar Festri Nebo godderbyn a'r Capel SA33 6HN

Byddwch yn ymwybodol o'r lleoliad Adfywio nesaf atoch – felly os caiff rywun drawiad y galon bydd modd ymateb ar unwaith.

Shwd mae Adfywiwr o gymorth?

Drwy roi sioc i'r galon mae'r Adfywiwr yn gallu peri iddi weithio unwaith eto. Mae'r peiriant yn hollol saff i'w ddefnyddio ac mae cyfarwyddiadau priodol yno i'ch cymorth. Mewn argyfwng o'r fath mae pob eiliad yn dyngedfennol bwysig er mwyn achub bywyd. Os nad yw'r person yn anadlu galwch 999 ar unwaith gan ddechrau'r adfywio.

Dylid cychwyn CPR drwy bwmpio'r ysgyfaint ac anadlu drwy geg y claf, er mwyn cadw'r gwaed i symud. Mae pecynnau hyfforddiant ar gael a gallwch fenthyg un drwy ffonio 01267 253308 neu gysylltu

info@gwilimill.com <mailto:info@gwilimill.com>

Ymgyrch Which – Y diweddaraf

Fel bo chi'n gwybod, fe ges i iawndal am y PpI werthwyd i mi dros ugain mlynedd 'nol, a minnau wedi anghofio amdano. Daeth siec fach dderbyniol iawn cyn Nadolig. Felly mae'n werth cwrso lan - dyma'r cyswllt - <https://www.which.co.uk/consumer-rights/advice/how-to-reclaim-mis-sold-ppi>

Llenwch y ffurflen a bant a chi! Mae eithaf rhwydd. Carolyn Smethurst

Scam arall ar droed - Bod angen trwydded i'ch cyfrifiadur!

O ie! Tynnwch y goes arall! Cofiwch hefyd os i chi gyda B.T gellwch ddefnyddio Call Protect. Galw 1572 ac mae modd atal y rhif olaf i chi ei ateb. Drwy ddefnyddio'r gwasanaeth rhad yma daw llai o niwsans.

Bowlio Dan-Do Llanpumsaint a Nebo

Cychwynnodd 2019 ar nodyn gobeithiol gyda buddugoliaeth 6-2 erbyn Pontarogthi. Ond dilynwyd hyn gan golli erbyn Trimsaran a phencampwyr llynedd Salem. Bu Gethin ac Aled Edwards yn rhan o fintai ugain cryf Sir Gaerfyrddin yng nghystadleuaeth y Siroedd yn Ionawr. Sir Benfro aeth a hi gyda Sir Gar yn bedwerydd.

Blwyddyn newydd datblygiad newydd! Gwefan newydd.

Llanpumsaintmbc.co.uk felly cyfle i'n miloedd o gefnogwyr gadw lan a digwyddiadau'r Clwb. Byddwn yn bwydo gwybodaeth am gemau, chwaraewyr, cystadlaethau sirol a chenedlaethol.

Rydym yn cyfarfod yn y Neuadd bob Nos Lun a Nos Iau o 7.30 tan 9.30, a hynny hyd ddiwedd Ebrill.

Croeso i chwaraewyr newydd rhwng 11 a 99 oed, ac mae gyda'm hyfforddwyr profiadol wrth law i estyn cymorth. Gwybodaeth bellach oddi wrth y Cadeirydd Derick Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474

Clwb Chwe Deg Bronwydd

Cawsom ein Cinio Nadolig yng ngwesty'r Giltar yn Ninbych y Pysgod, gyda'r aelodau'n mwynhau'r bwyd a'r adloniant. Dechreuwyd y dydd ar daith ddirgel aeth a ni i siopa yn Arberth a chwpaned i ddilyn. Dyma'r ail flwyddyn i ni ddilyn y trywydd yma sy'n amlygu i fod yn boblogaidd gyda'r aelodau.

Dyddiadau'r Flwyddyn newydd –

28ain Ionawr - Siaradwr - Jeremy John

25ain Chwefror - Dathlu Dydd Gŵyl Dewi - Dewch a basin a llwy gogyfer a'r Cawl - Telynores Luc Rhian.

25ain Mawrth - siaradwr - Dr Hedydd Davies

29ain Ebrill - Siaradwr - Mr Nick Brunger.

Bydd pob cyfarfod yn dechrau am ddau o'r gloch y prynhawn. Aelodaeth £5 y flwyddyn - croeso i bawb!

Val Giles

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

Digwyddiadau

Ebrill 10fed 2019 – Bingo'r Pasg - Neuadd 7.30 y.h

Rhagfyr 7fed 2019 – Ffair Nadolig – Neuadd

Y Ffair Nadolig

Diolch i bawb am eu cefnogaeth ac yn arbennig i-

Sion Corn am gyfarfod a'r plant

Becky am ei holl lysiau i'r cawl

Pobl y stondinau ac am eu gwobrau

Edrych ymlaen at eich gweld y tro nesa.

Bingo'r Pasg

Yn dilyn llwyddiant y nosweithiau blaenorol gyda'r Bingo mae'r Gymdeithas am gynnal un arall ar y 10fed o Ebrill 2019 yn y Neuadd Goffa. Mynediad am ddim ac yna prynwch eich offer chwarae er mwyn cystadlu am y gwobrau. Bydd lluniaeth ar gael ac mae croeso mawr i bawb.

Codi Arian yn rhwydd.

Os i chi'n siopa ar y we yna gallwch godi arian i'r Gymdeithas Rhieni ac Athrawon. Cofrestrwch ar

www.easyfundraising.org.uk/causes/llanpumsaintPTA

<<http://www.easyfundraising.org.uk/causes/llanpumsaintPTA>> neu siaradwch ag Emma Brown.

Codi arian cyfatebol

Os oes 'na rywun yn gymuned yn gallu ceisio am arian cyfatebol drwy eu gwaith neu ffordd arall ac yn barod i'r Gymdeithas Rhieni elwa'n gyfatebol yna cysylltwch â Becky James ar 01267 253560.

Bilie Dwr! Angen help llaw?

Bob blwyddyn bydd y Cyngor Defnyddwyr Dwr yn cyhoeddi camau help llaw i rai hynny sydd angen cymorth gyda'i dyledion, neu'n gallu hawlio cymorth gyda materion dwr neu garthffosiaeth. yng Nghymru. Dyma amlinelliad o'r cymorth ar gael i rai sydd yn ennill incwm isel neu'n fregus mewn unrhyw ffordd arall, oddi wrth Dwr Cymru -

Help U – drwy osod clo-bwynt ar y defnydd

Dwr Sicr (watersure) Cymru - Yn cynnig gostyngiad pris i rai sy'n gorfod defnyddio llawer o ddŵr oherwydd anabledd neu anghenion tylwyth mawr.

Cynllun Cymorth y cwsmer - help llaw i gwrdd â bilie a chlirio dyled

Dwr Uniongyrchol - Sy'n caniatáu talu bilie'n syth o'r budd-dal

Cynllun Talu – Drwy wneud cytundeb i reoli'r defnydd a'r taliadau

Cofrestr Gwasanaeth Blaenoriaeth - Sy'n cynnwys amrywiaeth o gymorth, yn amrywio o gymorth i ddarllen y medr i gael poteli o ddŵr wrth y drws pan fod yna doriad yn y gwasanaeth.

Am fwy o wybodaeth ynghyn a'r gwahanol gynlluniau yma cysylltwch â Dŵr Cymru

Lia Moutselou, Prif Reolwr, /Cyngor Defnyddwyr Dwr Cymru /Ffon: 02920443805 neu 07554405859

Clwb Cant Llanpumsaint

Dyma enillwyr Ionawr a dynnwyd yng nghyfarfod Y Pwyllgor Lles ac Adloniant ; -

£20 – Rhif 98 ... Anne Ryder-Owen

£15 - Rhif 107 ... Phillip Jones

£10 - Rhif 64John Richardas

Byddaf nawr yn paratoi fy adroddiad blynyddol a chasglu tanysgrifiadau ac enwau newydd am y flwyddyn nesaf. Tynnir o'r het ym Mis Mawrth unwaith eto. £12 yw'r tanysgrifiad am y flwyddyn ac os ydych yn ysgrifennu sic gwnewch hi i Glwb Cant Llanpumsaint.

Dereck Lock Trysorydd – Maes y Felin Llanpumsaint SA33 6BY 253524

Bant yng Ngwlad yr Ia *Iceland*

Mi wariodd Dave a minnau dipyn o arian ar ddillad fyddai'n gweddi i fod tua phegwn y Gogledd pan aethom i Sweden ryw bum mlynedd 'nol. Yna buont yn llechu yn y llofft am oes nes i ni wario'r Nadolig yn Norwy ddwy flynedd 'nol (a chael bwchadanas i ginio Nadolig). Mas a nhw i'r awyr eleni eto pan aethon i Wlad yr Ia am bedwar diwrnod. Y bwriad oedd gwylio'r Tan Gwylt honedig o fod y gorau yn y byd. Ac ni chawsom ein siomi, yr oedd yn wych. Llenwyd yr holl awyr drwyddi draw gan danau gwyllt llachar oedd yn wirioneddol yn mynd a'ch gwynt. Gall y cyswllt islaw roi argraff i chi o'r wledd. Bu'n bedwar diwrnod blinedig o deithio o amgylch mewn bws a dringo pedwar can cam i ben rhaeadr. Teithiom i draeth ar begwn y de lle'r oedd y tywod yn ddu a chreigiau tebyg i rai'r Troedle'r Cawr yn Iwerddon. Yno 'roedd y gwynt mor gryf nes rhaid gwasgu'ch traed i'r tywod i sefyll lan. Ar Ddydd Calan aethom i chwilio am forfilod ond gweld dim ar wahân i un neu ddau ddolffin. Ond cawsom ddau docyn i fynd eto o fewn dwy flynedd sy'n creu esgus i ddychwelid. Efallai yn yr Haf y tro nesa' i weld yr haul canol nos. Braff oedd hi wedi taith hir o Heathrow weld Cymru fach unwaith eto. Vi Robinson

<https://www.dropbox.com/sh/4ulaj9bpdoldff9/AAA90rwIzKJIEfYvdP7BkyPa?dl=0>

Metr Smart. Oes angen un arnoch ?

Mae'r Llywodraeth yn gwario tipyn o arian ar hysbysebu'r Medr Smart er mwyn dweud wrthyh faint o drydan i chi'n defnyddio. Felly os angen un arnoch a hefyd a yw e'n mynd i arbed arian i chi?

Gall ddweud wrthyh faint o drydan i chi'n defnyddio nos a dydd. Gallwch droi pethau bant i weld faint llai i chi'n llogi. Gallwch newid a defnyddio cyfarpar mwy effeithiol fel un AA. Pan aiff eich bwlw dodwch un LED mewn maent wedi gostwng eu pris yn sylweddol ac yn mynd i bara'n hirach, ac yn llai costus i'w rhedeg. Bydd y medr yn bwydo'ch cwmni trydan ynghyn a'ch defnydd nos a dydd, felly sdim rhaid i chi wneud dim. Mae'n syniad da i gadw llygad ar y farchnad ynni'n barhaol er mwyn gweld pwy sy'n cynnig y fargen ore. Os am gael medr gwnewch yn siŵr mae un Ail Genhedlaeth yw e', felly os newidiwch gwmni cyflenwi ni fydd angen newid y metr. Mae gan Which erthygl dda sy'n egluro rhai o broblemau ac atebion defnyddio Medr Smart. (<https://www.which.co.uk/reviews/smart-meters/article/smart-meters-explained/smart-meter-problems-and-solutions>)

Bu yna rai gofidiau y gellid defnyddio'r medr i ysbio ar gartrefi pobl ac mae hwn yn faes y gellir dilyn i fyny arno hefyd. A beth am y perygl o ymbelydredd, bwgan arall a godwyd. Dywed Bwrdd Iechyd Lloegr nad oes yna unrhyw berygl yma, ond anghytuno mae ambell arall. Pwy a ŵyr?

Felly ble i ni'n sefyll? Ar hyn o bryd ni allwn weld mantais i ni yma felly gadewn bethau i fod fel ma' nhw! 'Does dim rhaid achos ma' fe lan i chi benderfynu Carolyn Smethurst

Cymdeithas Rhandiroedd Llanpumsaint

Stablad y boi ar ei liniau!

Os ydy'r dyn ar ei liniau yn yr ardd yn siarad â dim un fenyw mewn golwg, mae stil yn anghywir.

Gwybodaeth yw gwybod mae planhigyn yw tomato. Doethineb yw peidio â'i rhoi yn y salad ffrwythau.

Hoff lyfr y garddwr yw War & Pis

Felly pam na giciwch i yn y flwyddyn newydd gan ymddiddori mewn ffrwythau neu lysiau. Mae angen gwaed newydd arnom i gynyddu ein haelodaeth. 'Sdim rhaid i chi fod o gefndir garddio ac mae llawer ohonom wedi dysgu drwy balu, a 'sdim y fath beth a methu oherwydd arbofi i chi!. Fe gymysgodd un aelod ffa pob a winwns i wneud rhech

Cyfarfod Blyneddol Y Gymdeithas Rhandiroedd – Bore Sul 2ail o Fawrth am 10.30 yb. Dewch i gofrestril.

Croeso i chi ddod i weld beth sy'n digwydd. £35 yw'r dal aelodaeth am y flwyddyn gyntaf ac yna £25 o hynny ymlaen. Yn hen neu ifanc dewch atom i hen iard yr orsaf gerllaw Tafarn y Railwe. Cysylltwch os mynnwch a Keith 253375 neu Ray 253157. Keith Tozer Ionawr 2019

Cymdeithas Dewiswyr Gorllewin Cymru - Rhaglen y dyfodol

Chwefror 24ain - Ymarfer Dewinio

Mawrth 24ain - Cyfarfod Cyffredinol Blynnyddol

Ebrill 28ain - Dewi Bowen - Safleoedd Cyntefig Gorllewin Cymru

Mai 19eg - Maria Wheatley - Dewinio Safleoedd Cysegredig Gorllewin Cymru

Mae dewinio yn ymarfer hynod o ddiddorol a hawdd ei ddysgu a gwnaeth darddu o'r Aifft. Dewisa nifer o gwmnïau ddefnyddio dewinwyr i ganfod mwynau, olew a gwifrau trydan. Dewinia rhai pobl am ddiogelwch eu bwyd ac am straen geopathic yn eu hamgylchfyd ond hyd yn hyn agwedd bersonol yw heb gadarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45 y.p. ac am £4 cewch baned yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

Dyddiau'r Eglwysi

Marcher 6ed Chwefror - Eglwys Agored Llanpumsaint 3.30 – 5 yp

Sadwrn 9fed Chwefror - Marchnad Agored Eglwys Llanllawddog 10 12.30

Gwener 1af Mawrth - Dydd Gwyn Dewi – Eglwys Llanpumsaint - Cawl yn y nos yn y Neuadd.

Dydd Mawrth 5ed Mawrth - Dydd Mawrth Ynyd - Eglwys Agored a Phincws - 3.30 - 5 yp.

Sadwrn 9fed Mawrth - Marchnad Agored Eglwys Llanllawddog 10 – 12.30

Mercher 10fed Ebrill – Eglwys Agored Lanpumsaint 3.30 – 5 yp

Sadwrn 13eg Ebrill – Marchnad Agored Eglwys Llanllawddog 10 – 12.30

Sul 21ain Ebrill Cymun y Pasg - Llanllawddog 9.30 yb - Celynin 11 yb

Mawrth 30ain Ebrill - Cyfarfod Cyffredinol Eglwys Llanpumsaint 7 yh

Neges 15fed Ionawr 2019-01-27

Heddiw wrth gerdded i mewn i'r Eglwys i weddio, yn ôl fy arfer bob bore Mawrth, sylwais fod un o'r planhigion a blannwyd pan wnaethom drafod dameg yr heuwr wedi egino. Fe'm hudwyd gan y blodyn bach bregus melyn a phorffor ar fore o dywydd digon diflas. Teimlais yn falch fy mod wedi sylwi arno a'i werthfawrogi.

Er i mi wybod sut a pham mae blodau'n tyfu mae rhywbeth gwyrthiol o weld yr un cyntaf mor bert yn tyfu allan o'r llaid. I mi mae'n symbyliad o obaith newydd yn codi gwaeth pa mor ddu y bu pethau ac yn addo gwell i ddod. Yr oedd rhyw arwyddocâd i'r blodyn bach hwn yn tyfu rhwng y cerrig beddau. Mae'r Iesu yn addo y daw gobaith a chynnydd o ganlyn ôl ei droed, mewn byd sydd yn aml yn ddu a diflas.

Os ydych yn betrusgar ac angen gobaith newydd yna dewch i unrhyw un o'n cyfarfodydd neu ddigwyddiadau. Parch Gaynor.

Gofal Traed Dyma ddyddiadau'r ddau glinig nesaf yn y Neuadd Goffa am 10 o'r gloch y bore ar y 6ed o Fawrth 2019.

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).

Cyngor Cymuned Llanpumsaint

Rhaid cael gwasgfa cyn y daw eithafiaeth I'r wyneb ac felly oedd hi yng nghyfarfod Mis Ionawr o'r Cyngor. Rhywle rhwng Paris y 18fed Ganrif a Sir Benfro yn yr 1840's oedd hwyl a naws y cyfarfod ac un o'r Cynghorwyr mwyaf tawedog yn gofyn; 'should I buy a frock?' Ac ie, mae ei gyfenw yn odli gyda'r dilledyn.....! Wrth wraidd yr annifyrwch yw ymateb; neu I fod yn fwy cywir, diffyg ymateb y Cyngor Sir I'r materion sydd yn cael eu danfon atynt gan Clerc y Cyngor. Mae'n anffodus, ond yn ffaith, mae materion sydd yn ymwneud a chyflwr truenus yr heolydd gwledig yw mwyafrif y materion a ddaw I sylw'r Cyngor; ac am ba rhesymau bynnag, dyma gyllyd y Sir sydd wedi ei gwtogi yn sylweddol, sydd yn golygu fod tyllau ar wyneb y ffyrdd a phyllau o ddŵr yn sefyll ar yr heolydd yn dilyn glaw trwm, yn parhau I fod yn boendod I drigolion Llanpumsaint a'r ardaloedd o gwmpas y pentref. Meddai y Cyngorydd Elfed Davies; 'Os na ddaw ymateb mwy cadarnhaol o'r Sir, ma cystal I ni rhoi'r gore I gyfarfod fan hyn bob mis. Bob tro I ni'n cwrdd, yr un materion sydd yn cael eu codi ac oherwydd, nad yw'r Sir wedi delio gyda nhw....' Cytunodd gweddill y Cynghorwyr gyda sylw Elfed Davies a phenderfynnwyd os na fydder Sir yn ysgwyddo eu cyfrifoldebau, a gwario ar wneud gwaith cynnal a chadw, fydder Cyngor lleol yn cyfarfod bod chwarter.

Trafodir y Prasept yng nghyfarfod cyntaf o'r flwyddyn, ac am y tro cyntaf ers I'r Clerc presennol fod yn gweinyddu, penderfynnwyd ei godi o £22 pob aelwyd Band D I £25. Roedd y Cynghorwyr yn gwbl glir mai nid codi mwy o arian I wario ar waith dylai'r Sir I fod yn neud, ond I gynnyddu'r cyfraniadau I'r Neuadd a'r Cae Chwarae ac achosion da eraill.

Phil Jones Clerk, 01267253512, clerk@llanpumsaint.org.uk/communitycouncil

Ferm Wynt Coedwig Gorllewin Brechfa Cyfarfod Agored 08.01.2019

Daeth tua 11 person ynghyd yn y Neuadd Goffa I wrando ar Aled Owen; sydd yn cael ei gyflogi gan arian Innogy o Fferm Wynt Brechfa, yn son am y symiau o gyllyd sydd ar gael ac ar beth gellir ei wario. Yn flynyddol, fydd £380,000 i'w rhannu rhwng y cymunedau sydd wedi ei effeithio mewn rhyw fodd gan y Fferm Wynt, ac mae'r arian hyn ar gael am gyfnod o 25 mlynedd. Gellir gwario'r arian ar amrywiaeth o brosiectau ond bod pob cais am gymorth ariannol yn cael ei drafod gan Banel Grantiau. Eithriad yw fod y Panel yn gwrthod ariannu prosiect ond os daw cais oddi wrth mudiad crefyddol, neu cais I wario arian ar rhywbeth stadudol dylai'r Sir fod yn gwario arno, efallai y gwrthodir. Hyd at yma, ariannwyd 2 brosiect sef; adfywyr I gymuned LLanllawddog a maes chwarae 3G I Ysgol Bro Myrddin.

Canmoliaeth oedd gan Aled Owen I'r sawl wnaeth fynychu'r cyfarfod, am eu parodrwydd I gymeryd rhan ac I wneud awgrymiadau; meddai I'r cyfarfod fod y gorau iddo fynychu hyd at yma. Rhai o'r awgrymiadau a gynnigwyd yn ystod y cyfarfod oedd; ailagor y tai bach, cychwyn Clwb Cyfeillgarwch, gosod paneli solar I wresogi'r Neuadd ac I godi rhywfath o gysgod ar ymyl y cae chwarae, er lles y cefnogwyr a ddaw I wyllo'r pêl droed.

Maes o law, trefnir Diwrnod Agored yn y Neuadd er mwyn rhoi cyfle I weddill y gymuned I alw mewn ac I gyfarfod gyda Aled Owen ac eraill ac I wneud rhagor o awgrymiadau ar sut mae dod a gwelliannau I'r gymuned.

Os oes gennychchi syniad prosiect a hoffech ddeall mwy am wneud cais am gyllid, cysylltwch

brechfa@anturteifi.org.uk 01239 710238

CYLCH MEITHRIN BRONWYDD

Dyma ni eto ar ddechrau blwyddyn newydd, a hoffem ni ddiolch yn fawr iawn yn gyntaf i bob un ohonoch sydd wedi ein cefnogi dros y flwyddyn ddiwethaf. Rydym yn ddiolchgar iawn i bawb sydd yn ein helpu ym mhob ffordd. Mae niferoedd ein plant wedi cynyddu yn fawr dros y flwyddyn ddiwethaf gan fod nifer o deuluoedd a phlant ifainc yn ein dalgylch. Cofiwch fod croeso mawr i chi ddod a'ch babanod a phlant bach i ein sesiynau Ti a Fi sy'n cael eu cynnal bob bore Gwener (10yb - 12hd) yn ystod y tymor. Bydd mynychu'r sesiwn yn helpu pob agwedd o ddatblygiad eich plentyn, yn enwedig datblygiad cymdeithasol hollbwysig.

Roedd tymor y Nadolig yn brysur iawn gyda Chyngerdd i'r gymuned, a ffair greffttau. Yn ogystal, bu'r plant a'r rhieni ar daith trên i ymweld â Siôn Corn. Rydym yn ffodus bod trên Siôn Corn yn pasio mor agos i ni ym Mronwydd! Cawsom barti bendigedig ar ddiwedd y tymor a daeth Siôn Gorn yn ôl i'n gweld. Ar ddechrau tymor y Gwanwyn, ein thema newydd yw "Arwyr Hanesyddol Cymru", yn edrych ar ein henwogion o fri. Dechreuwn drwy ddysgu am Santes Dwynwen, a'i phwysigrwydd yng Nghymru. Mae'r plant wedi bod yn brysur yn gwneud creffttau i ddathlu'r diwrnod, a chwarae gemau. Bydd y thema yn parhau drwy'r tymor ac yn arwain at Ddydd Gŵyl Dewi pan fyddwn yn dathlu gyda Chyngerdd ar yr 8fed o Fawrth. Cofiwch ymuno a ni am ddisgled o de a phice ar y ma'n. Ymholiadau am y Cylch i Verona (07929 431652)

Cyfle i ddweud eich dweud ar sut gallwn ni wneud Cymru'r lle gore yn y byd i dyfu'n hŷn ynddo

Mae Comisiynydd Pobl Hŷn Cymru wrthi'n pennu'r gwaith y bydd yn ei wneud dros y tair blynedd nesaf i wella bywydau pobl hŷn. Bu'n teithio ar hyd a lled Cymru yn cwrdd ag yn siarad â phobl hŷn a sefydliadau, ac yn gwrando arnynt.

Daeth tair blaenoriaeth tymor hir yn amlwg -

Gwneud yn siŵr bod pawb yn gallu heneiddio'n dda

Rhoi diwedd ar oedraniaeth a gwahaniaethu

Rhoi diwedd ar gam-drin pobl hŷn yng Nghymru

Mae'r Comisiynydd yn awyddus i gasglu cynifer a phosib o safbwyntiau a phrofiadau pob un ohonoch er mwyn symud ymlaen. Oes yna rywbeth yn eich poeni? A sut y gallwn helpi?

A oes modd gwella ansawdd eich bywyd? Sut gellir estyn help llaw i'r bobl hyn sy'n agored i niwed, neu'n cael eu hanwybyddu?

Mae'r Comisiynydd hefyd yn awyddus i gydnabod cyfraniadau pobl hyn i'w cymunedau ac i'r gymdeithas. Gwelodd enghreifftiau da o gynllunio sy'n gadarnhaol, ond mae llawer o waith i'w wneud eto. Mae'n bwysig fod pobl hyn yn ymwybodol i'u hawliau a rheini'n cael cadarnhau a'u diogelu.

Felly bydd rhaid ystyried blaenoriaethau dros y tair blynedd nesaf, gan wrando ar leisiau profiadol "Mae gan bobl hŷn lawer iawn o wybodaeth a phrofiad, ac rwy'n edrych ymlaen at glywed ganddynt, yn ogystal â'r rhai sy'n gweithio gyda hwy ac ar eu cyfer, am y newidiadau sydd eu hangen a sut gellir cyflawni'r rhain i wneud Cymru'r lle gorau yn y byd i fynd yn hŷn."

I ymateb i ymgynghoriad y Comisiynydd ar-lein, ewch i: <http://bit.ly/OPCW/Cymraeg>.

Os hoffech dderbyn copi caled o'r ddogfen ymgynghori, e-bostiwch

gofyn@olderpeoplewales.com neu ffoniwch 03442 640 670

Y dyddiad cau ar gyfer ymatebion yw dydd Gwener 22 Chwefror 2019

Ailgylchu

Bydd holiadur ynghylch ymgynghoriad ailgylchu, sydd ar agor i'r cyhoedd, yn fyw ar wefan Cyngor Sir Caerfyrddin am chwe wythnos, o 21/01/2018 hyd at 01/03/2018. Bydd canlyniadau'r holiadur yn darparu gwybodaeth i ni ynglŷn â sut y gallwn weithio tuag at gynyddu'r cyfraddau ailgylchu Byddwn yn hyrwyddo'r ymgynghoriad ar ein gwefan ac ar y cyfryngau cymdeithasol gan ein bod am gael cymaint o adborth gan y cyhoedd ag y bo modd.

I weld neu lenwi'r holiadur, ewch i'r ddolen gyswllt isod:

<https://www.sirgar.llyw.cymru/cartref/cyngor-a-democratiaeth/ymgynghori-a-pherfformiad/ymgynghoriadau-actif/ymgynghoriad-cyhoeddus-ynghylch-ailgylchu-a-chasgliadau-biniau/>

Capel Ffynnonhenri

Os am fanylion pellach cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas, Ysgrifennydd ar 01267 25368

Caersalem, Llanpumsaint

A'r Iesu a ddywedodd wrthynt, Myfi yw bara'r bywyd. Yr hwn sydd yn dyfod ataf, ni newyna; a'r hwn sydd yn credu ynof fi, ni sycheda un amser. Ioan 6: 35

Gwasanaeth Cymraeg pob prynhawn Sul am 2pm neu 2.30pm ar wahan i Sul ola'r mis pan mae'r oedfa yn Saesneg. Croeso cynnes i'r cwrdd am 2 o'r gloch bob Sul.

Cwrdd gweddi bob prynhawn dydd Iau ac Ysgol Sul i oedolion ar fore Sul

Croeso i bawb. Am fwy o fanylion ffoniwch Eleri Morris ar 01267 253895

Capel Nebo

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

Pwyllgor Lles ac Adloniant

Dyddiadau - Cinio Elusen – Y Railwe - 2ail Ebrill

Cyfarfod Blynnyddol Cyffredinol - 30ain Ebrill

Dydd Hwyl -- 18fed Mai

Helfa Drysor y Ceir - 14eg Mehefin.

John Esau – Cerddor a Ficer pawb

Bu cysylltiad John Esau ac ardal Llanpumsaint yn un hir oes. Pan gyrhaeddodd yno i'w Sefydlu'n Ficer y plwyf yn 1997, dychwelid oedd e', oherwydd bu yma'n eisteddfota llawer cynt. Clywyd y llais tenor cyfoethog unwaith eto o fewn muriau'r Neuadd Goffa. Yn fachgen pedair ar ddeg oed, bu'r dydd Sadwrn hwnnw'n Fis Mai 1954 yn un cofiadwy. Wedi ennill am ganu Dan 16, dychwelodd i'r llwyfan i gipio'r Her Unawd Dan ddeunaw, yn Eisteddfod fawr Llanpumsaint. Yn wreiddiol o Aberteifi teithiodd John Esau bellteroedd ar fws ac ar drên i gystadlu, mewn oes pan oedd bri mawr ar eisteddfodau lleol. Mae son iddo unwaith ddal bws hyd Synod Inn, ac yna cerdded yr holl ffordd i Dalgarneg i gystadlu. Bryd hynny yr oedd yna nythod o denoriaid da led- led Cymru, felly mae camp John o ennill yn yr Urdd, Y Genedlaethol a Llangollen yn sefyll allan. Derbyniodd hyfforddiant o'r radd gyntaf dan law'r cyfansoddwr Meirion Williams yn Llundain.

Treilliodd John Esau ei fywyd gwaith fel aelod o'r Heddlu yn Lloegr, cyn dychwelid i Gymru i'w hyfforddi i'r weinidogaeth. Felly wedi cychwyn fel Canon yn Eglwys Gadeiriol Tyddewi, cyrhaeddodd Llanpumsaint i fod yn Ficer Plwyf am y tro cynta'. Gyda Mary ei wraig aethant ati'n egniol i adfer cymdogaeth oedd newydd ddioddef cyfnod anodd yn ei hanes. Ar wahân i'w waith gyda'r eglwysi yn Llanpumsaint, Llanllawddog a Chelynin yn Bronwydd, ysgogodd elfen gyd- enwadol iach. Bu'r ddau yn gefnogol iawn i holl gapeli'r ardal, boed yn Fedyddwyr, Fethodistiaid neu Annibynwyr. Trefnwyd nifer o weithgareddau oedd yn agored i bawb, o Farbeciw ar lawnt y Ficerdy i dripiâu siopa sha Caerdydd. Yn naturiol ddigon ymunodd y ddau a Chôr Llanpumsaint dan arweiniad Gwyn Nicolas lle bu eu cyfraniad yn gyfoethog a chyson. Ar ôl chwe blynedd adeiladol symudodd y ddau ymlaen i Gydweli, ac yn ddiweddarach Aber-porth cyn ymddeol. Cadarnhaodd Gwyn iddynt barhau'n aelodau ffyddlon o'r Côr drwy'r blynyddoedd a'r pellteroedd teithio. Tŷ ym mhentref Peniel nesa, yn agos iawn at hen blwyfi Llanpumsaint a Llanllawddog, a rhai cyfeillion agos fel Terry ac Afonwy Morgan. Dyma gyfnod pan welwyd ef yn cynnal gwasanaethau'n gyson yng nghapeli'r ardal. Os oedd galwad i Nebo, Caersalem, Ffynnon henri a Bethel neu Gwmdwyfran, neu dipyn ymhellach, yr oedd John yno bob tro. B'n feirniad a chefnogwr brwd i Eisteddfod Lladyfaelog ac arwain ambell gymanfa a chwarae sawl organ.

Wedi colli Mary yn 2009, symudodd John i Gaerdydd i dreillio blynyddoedd olaf dedwydd gyda Aeron a ei ail wraig. Rhaid peidio anghofio ei ddiddordeb yn y byd chwaraeon, a'r beldroed yn bennaf. Tra yn Lloegr bu'n swyddog i un o'r cynghreiriau yno, ac mae son i Gwili Rangers Llanpumsaint weiddi am y Ficer pan fethodd ryw Reff droi lan un Sadwrn. Gwelwyd ef yn gyson ar Barc Waun Dew yn cefnogi Caerfyrddin, ambell dro gyda'r rygbi yn Nantgaredig, ac ar ddiwrnod heulog o haf yn gwylio'r criced yn Cnwcyderi Bronwydd, a pheint o gwrw go-iawn yn ei law. Wedi cyfnod o salwch bu farw ar 14eg o Ragfyr 2018 i ddychwelid i Eglwys lawn a mynwent Llanpumsaint am y tro olaf ar yr 28ain.

Arwyn 2019

Sioe Jonathan yng Nghaerfyrddin - Chwe Gwlad 2019

Byddwn yn ffilmio'r gyfres Jonathan yn S4C Yr Egin yng Nghaerfyrddin. Mae'r tocynnau am ddim a bydd diod am ddim yn y bar i chi hefyd. Mae'r gwahoddiad yn agored i bawb dros 16 mlwydd oed. Os oes gennych ddiddordeb, y cyfan sydd angen gwneud yw dewis dyddiad a rhoi gwybod sawl tocyn chi mhoen.

Chwefror 12, Chwefror 19, Chwefror 25, Mawrth 5, Mawrth 12

Cysylltwch am fwy o wybodaeth – rhaglenjonathan@avantimedia.tv

Diolch - Zac Lewis <zac.lewis@avantimedia.tv>



Village Voice February 2019

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www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to
info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY
Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice

What's on in the Village – please put these dates in your diary

Every Monday and Thursday from 3 September Short Mat Bowls 7.30 – 9.30 Memorial Hall

Every Tuesday 2.00 – 3.30 Village Circle Llanpumsaint Church

Every Tuesday 'Fitness Fun' at the Memorial Hall at 6.30 pm. £4 per 1-hour session.

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall

Every Wednesday 10.45- 11.45 Mobile Library outside Memorial Hall, details 224830

Every Tuesday 2.00 – 4.00 and Friday 1.00 – 3.00 Mobile Post Office, layby Bryn y Wawr

Every Third Monday – Merched y Wawr Memorial Hall

Every Friday 10.00 – 12 noon Ti a Fi sessions Cylch Meithrin Bronwydd Hall

Every Second Saturday in the month, Monthly Market 10 – 12 Llanllawddog Church Hall

February 6 Wednesday 8.00 Community Council Meeting Memorial Hall

February 13 Wednesday Supper Club Railway Inn – phone 253643 to book

February 19 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

February 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

February 24 Sunday 7.30 Quiz Hollybrook Inn

February 25 Monday 2.00 Clwb gwili 60+ Bronwydd Hall

March 1 Friday St David's Day Cawl Memorial Hall

March 2 Saturday 10.00 – 12.30 Litter Pick Memorial Hall

March 2 Saturday 10.30 AGM Allotment Society Old Station Yard

March 5 Tuesday 3.30 – 5.00 Open Church with Pancake Fest

March 6 Wednesday 10.00 Foot Clinic Memorial Hall

March 6 Wednesday 8.00 Community Council Meeting Memorial Hall

March 8 Friday 10.00 St.David's Concert - Cylch Meithrin Bronwydd - Bronwydd Hall

March 13 Wednesday Supper Club Railway Inn – phone 253643 to book

March 19 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

March 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

March 24 Sunday 7.30 Quiz Hollybrook Inn



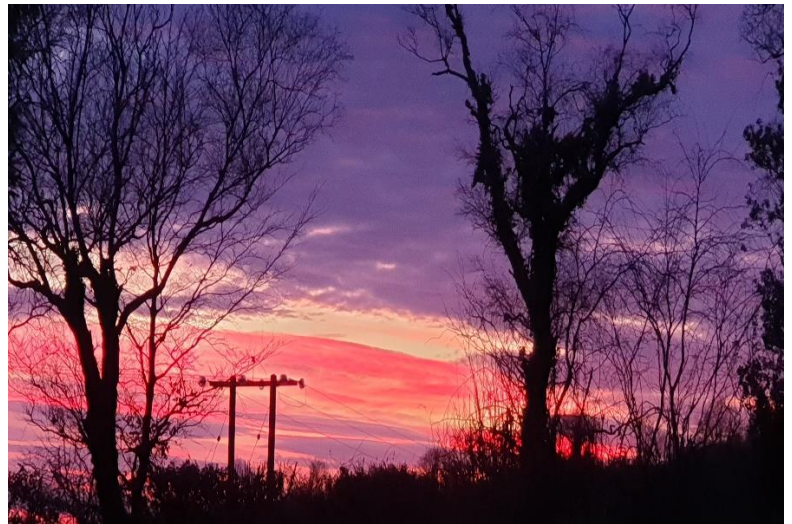
Lonely but lovely flower in the churchyard



John Esau



Snow in the Village 2018



Another lovely sunset over Llanpumsaint 2019

Still not able to connect to Fibre Broadband?

The Welsh Government may be able to help -

See <https://beta.gov.wales/go-superfast/what-are-my-options>

Llanpumsaint and Ffynnon Henri Hall Trustees

The Memorial Hall committee is still looking for a new Secretary and we would like to invite applications for this post. Please contact Elfed Davies (Chair) on 01267 253053 (or any Committee member) for information.

What's on in the Village (continued)

March 25 Monday 2.00 Clwbgwili 60+ Bronwydd Hall

April 2 Tuesday Charity Meal Welfare and Recreation Association at Railway Inn

April 3 Wednesday 8.00 Community Council Meeting Memorial Hall

April 10 Wednesday 7.00 PTA Easter Bingo Memorial Hall

April 10 Wednesday 3.30 – 5.00 Open Church Llanpumsaint

April 10 Wednesday Supper Club Railway Inn – phone 253643 to book

April 16 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

April 21 Sunday Easter day services – see notices at Church and Chapels

April 28 Sunday 1.45 West Wales Dowers Bronwydd Hall

April 28 Sunday 7.30 Quiz Hollybrook Inn

April 29 Monday 2.00 Clwbgwili 60+ Bronwydd Hall

April 30 Tuesday 7.00 AGM Llanpumsaint Church

April 30 Tuesday AGM Welfare and Recreation Association Memorial Hall

May 1 Wednesday 8.00 Community Council Meeting Memorial Hall

May 18 Saturday Fun Day Welfare and Recreation Association Playing Field

May 19 Sunday 1.45 West Wales Dowers Bronwydd Hall

June 14 Friday Car Treasure Hunt Welfare and Recreation Association

December 7 Saturday PTA Christmas Fair Memorial Hall

Llanpumsaint and Ffynnon Henri Memorial Hall – to book phone Derick Lock on 253524

Annual Litter Pick Saturday 2nd March 10.00 – 12.30

Time for you to join us for the annual Village Litter Pick on 2nd March. We usually manage to collect about 20 bags of litter and other rubbish from the verges and roadsides on roads to the village and within the village itself. Everyone is welcome, and all ages – the youngest picker who has helped was 3, eldest was over 80. We will have all the equipment for you to use, red bags, rings to hold the bag, litter pickers, hi-viz vests. But please bring your own gloves.

We will meet in the car park at the hall in the village. Alternatively, you can pick up equipment from me before 2nd March, and collect litter near where you live, bringing the bags back to the hall for collection.

Phone 01267 253308 or email info@gwilimill.com

Let us get the village spruced up in time for spring – all welcome, the more the merrier.

Carolyn Smethurst

Village Circle

You are invited to a new social club starting up in Llanpumsaint. The very first “Village Circle” will meet on Tuesday the 5th February between 2-3:30pm at Llanpumsaint Church, and then every Tuesday from then on. You can arrive or leave at any time during the hour

The purpose of the club is a chance to socialise and to meet new and old friends. There will be tea and coffee available. Anyone coming to the event is welcome to bring any craft or hobby items to do during the session. This will also be a chance for people to learn new skills if they should wish. Alternatively, you can just sit, drink tea/coffee, and have a chat! All ages are welcome. Hope to see you there.

For any further information please contact

Niki Day on 01267 253883 or by emailing enfysfechan@btinternet.com

Helen Thomas on 01267 253930 or by emailing helenthomas@btinternet.com

Defibrillators

Just to update you all about the positions of the 4 defibrillators (AED's) in the Llanpumsaint Area. They are:

Outside the Memorial Hall, near the main door	SA33 6BZ
Outside the Pub, carpark side	SA33 6BU
On the wall outside Henfryn on road towards Ffynnon Henry	SA33 6LD
Outside Nebo Vestry, opposite Nebo Chapel	SA33 6HN

Why not locate the one nearest to you – then if someone suffers with a cardiac arrest, you will know exactly where to go to get this possible life saving equipment.

How do defibrillators help?

When a person has a cardiac arrest a **defibrillator** can be used to shock the heart back into a normal rhythm. Defibrillators are simple and safe to use and will not shock unless it's appropriate. You get detailed instructions with the defibrillator, so anyone can use it to try and save a life.

Every second counts – any delay can quickly reduce a person's chance of survival.

Check the person for responsiveness – if unresponsive, and not breathing, call 999, have someone collect the defibrillator. In the meantime, start CPR.

How does CPR (Cardiopulmonary Resuscitation) help?

By performing chest compressions and **rescue breaths**, you are taking over the role of their heart and lungs, pumping blood and oxygen around their body.

Lots of information about how to do CPR and use a defibrillator are on the British Heart Foundation website – but better still, borrow one of our training packs. There is a DVD which will guide you and the family on what to do if someone collapses, how to do CPR, and how to use a defibrillator. There is also a model in there for you to practice on. Hopefully you will never need to use these techniques, but if ever you do, you will feel more confident if you have practised the techniques.

If you want to borrow a training kit, just give me a ring 01267253308, or email me on info@gwilimill.com.

Carolyn Smethurst

And another scam – “You need to licence your computer” we were told!

Oh no you don't! Just hang up!

And remember, if you are a BT customer, you can use BT Call Protect to block unwanted calls – just phone 1572 and add the last number that called you to your list of blocked calls. We certainly have reduced the number of unwanted calls by using this service, and best of all it is FREE!! Carolyn Smethurst

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

2019 started on a positive note for the Club with a hard fought 6-2 away win against Pontargothi. This was followed by two losses against top of the table Trimsaran and last year's champions Salem. The Club are currently at midpoint in the table.

Gethin and Aled Edwards were part of a 20 strong Carmarthenshire County team who competed in the County Team Competition at the start of January. The Championship was won by Pembroke with Carmarthenshire finishing in a respectable fourth place.

New Year and New Developments - We've created a new website Llanpumsaintsmbc.co.uk to promote our club and to keep our MILLIONS of supporters up to date on the goings on in the club. We'll be sharing news from the club matches, county tournaments and events along with updates on those players taking part in competitions for Wales and in the Short Mat Players Tour.

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

Ysgol Llanpumsaint PTA

Events:

April 10th 2019 – EASTER BINGO - Llanpumsaint Village Hall – 7.00 pm

December 7th 2019 – Christmas Fair – Llanpumsaint Village Hall

Christmas Fair

The Annual Christmas Fair was on Saturday 1st December. With over 20 stalls in attendance, the children singing and Father Christmas in his Grotto, the day was a success. We would like to thank the local community for coming out to support this event.

The PTA would also like to specifically thank:

- Father Christmas for entertaining all the children in the grotto
- Becky Fruit and Veg for donating the vegetables for the cawl and soup
- All the stallholders for attending and donating raffle prizes

Hope to see you all again this year ☺

EASTER BINGO

After the success of our previous BINGO nights, the PTA have decided that we will hold another evening at Llanpumsaint Village Hall on Wednesday 19th April. Free entry – just buy your books and dabbers for a chance to win prizes. Refreshments will also be on offer. All welcome to attend and the night was enjoyed by all last time.

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.easypundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

Match Funding

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.

Water Bills – Help Needed?

Every year the Consumer Council for Water provides an updated guide on assistance available to those you need help with paying their bills and qualify for other help with their water and sewerage service in Wales. Our guide explains different offerings available to low income and vulnerable customers - from social tariffs capping bills on income based criteria to priority service registers for people who need that extra bit of help with services at difficult times, and links for understanding what wider support is available.

In your area Dŵr Cymru Welsh Waters can help you through:

- HelpU: A social tariff which could cap your water and sewerage bills provided you meet its eligibility criteria.
- WaterSure Wales: an assistance scheme providing bill reductions to those who need to use a lot of water due to a disability/disease or a large family. You must be on certain benefits to qualify.
- Customer Assistance Fund: a payment plan which helps you clear your water related debt provided that you already owe the water company money and that you stick to a regular, agreed payment schedule.
- Water Direct: a scheme which allows you to pay your water charges through your benefits
- Payment Plans: agreed payment plans which help you manage your water and sewerage charges payments.
- Priority Services Register: a register on which you can subscribe to receive help with anything you need from help reading your water meter to getting bottled water delivered to your doorstep during water supply interruptions.

To find out more about the detail of what these schemes are and whether you might qualify for assistance under those please contact Dŵr Cymru Welsh Water directly to talk to them. Dwr Cymru wants to hear from you as they want to help you pay what you can.

Lia Moutselou, Senior Policy Manager Tel/Ffon: 02920443805 Mob: 07554405859

Consumer Council for Water Wales/Cyngor Defnyddwyr Dwr Cymru

Away in Iceland

Dave and I spent quite a lot of money on clothes that were suitable for inside the arctic circle when we stayed at the ice hotel in Sweden five years ago. They were lying idle in the wardrobe for the rest of the year, so we went to Norway for Christmas two years ago (ate reindeer for Christmas dinner). This year we put them to good use again and spent four days over the New Year period in Iceland. The intention was to witness the (reportedly) best New Year's Eve fireworks display in the world. We were not disappointed. It was awesome. The entire sky, from left to right was filled, non-stop, with fireworks for about forty-five minutes and was breath-taking. The link below will show you just a fraction of the spectacle. It was an exhausting four days with coach tours around the area including a 400 step climb to the top of a waterfall. We took a trip to the most southern beach which had black sand and basalt columns similar to the Giant's Causeway in Ireland. The wind was so fierce that we had to grind ourselves into the sand in order to stay on our feet. On New Year's day we went whale-spotting but only managed to see a couple of dolphins. We were given complimentary tickets to try again which are valid for two years, so that's a good excuse to go again. Maybe in the summer to witness the midnight sun. However, after a long drive home from Heathrow, we were very pleased to see lots of fabulous Wales. Vi Robinson.

<https://www.dropbox.com/sh/4ulaj9bpd0ldff9/AAA9OCtwIzKJIEfYvdP7BkyPa?dl=0>

If you would like an electronic copy of the link, contact dave.w.robinson@outlook.com

Smart Meter – Do you need one?

The government is spending a lot of money and advertising the benefits of smart meters which will tell you precisely how much electricity you are using at any time. So do you want or need one? Will they save you money?

Smart meters will tell you how much electricity you are using at any time, day or night. You can save money by turning off electrical appliances and lights and seeing how that reduces your consumption. You can also reduce electricity consumption if changing an appliance to use one that is rated AA or better. For lights, if needing to replace bulbs, consider buying LED bulbs – the price of these has fallen dramatically to be similar to incandescent bulbs, they will last you much longer, and cost you much less to run.

The meters will be sending information to your supplier regularly throughout the day and night, so you will not need to read the meter yourself.

The best way to save money is to ensure that you check the market on a regular basis and check prices from other suppliers to get the best rate. So if you decide to get a smart meter, make sure it is a 2nd generation meter – then you will probably be able to switch suppliers without having to switch your meter as well.

Many people have raised concerns about smart meters, and Which has an excellent article

(<https://www.which.co.uk/reviews/smart-meters/article/smart-meters-explained/smart-meter-problems-and-solutions>) which looks at smart meter problems and solutions

There have been concerns raised that the DCC wireless network (smartdcc.co.uk), owned and operated by Capita) which is used to capture the information from your meter, will be able to spy on you – check out their website to see the latest information, including the security standards endorsed by the National Cyber Security Centre.

And what of the radiation risk from smart meters - this has been raised by some. Public Health England say that 'smart meters do not pose a risk to health' from electromagnetic radiation, although there are other sources that have other views – but if you have concerns, please check out the web, and see what evidence there is.

So what will we be doing? We cannot see the benefit to us from a smart meter, so will not be installing one at present. You do not have to have one, it is your choice. Carolyn Smethurst

Clwbgwili 60+ Club Bronwydd

The Club held its Christmas Dinner this year at The Giltar Hotel Tenby. The members thoroughly enjoyed the meal and entertainment. The day began with a Mystery Trip calling at Narberth for some shopping and coffee break before following on to Tenby. This is the second year now that the Club has gone for a Mystery Trip just before Christmas and it seems very popular with the members.

Upcoming events: Club Meetings----

28th January - Speaker Mr. Jeremy John

25th February - St David's Day Celebration Bring bowl and spoon for the Cawl and Refreshments

Entertainment – Harpist - Lucy Rhian Jones

25th March - Speaker Mr Hedydd Davies

29th April - Speaker Mr Nick Brunger

All meetings start at 2pm. Club Membership £5 per year Everybody welcome. Val Giles

LLANPUMSAINT 100 CLUB

The winning numbers for January were drawn at the recent Welfare and Recreation Association Trustees' meeting as follows:-

£20 - No. 98 - Anne Ryder-Owen

£15 - No. 107 - Philip Jones

£10 - No. 64 - John Richards.

I will now prepare my year-end report and seek renewal subscriptions and new members.

The annual cost is £12 and if you are paying by cheque, please make it payable to 'Llanpumsaint 100 Club.

The next draw will take place in March.

Derick Lock, Treasurer, Maes Y Felin, Llanpumsaint SA33 6BY - Tel. (01267) 253524.

WELFARE AND RECREATION ASSOCIATION

Diary dates:- April 2nd Charity Meal at The Railway

April 30th Annual General Meeting

May 18th Fun Day

June 14th Car Treasure Hunt

More details in the next Village Voice

Llanpumsaint Allotment Association

The random deliberations of the allotmenteer -

“If a man is alone on his allotment and speaks, and there is no woman to hear, is he still wrong?”

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

Did you know that the gardeners' favourite novel is War & Peas.

Why not start the year with a new and fruitful (or vegetableful) hobby. We are keen for new members to swell our ranks. You do not have to be an expert gardener, many of our members have learnt by trowel and error - there actually being no such thing as an error in gardening just an experiment! Indeed one member recently combined his onions with baked beans to make teargas!

The Allotment Association's Annual General Meeting will be held at the allotment site on Saturday 2nd March at 10.30am, when members register for the current year.

Why not come along to see if you would like to join us, or just to find out a little more. Membership is £35 for the first year with an annual fee of £25 thereafter. Whether you're young or old, we'd love to see you.

The allotments are located in the old station yard opposite the Railway Inn. If you cannot make it then, you can contact Keith (tel: 253375) or Ray (tel: 253157) to join or for further details. Keith Tozer Jan 2019

West Wales Dowzers

February 24th

March 24th

Sunday April 28th:

Sunday May 19th:

Future Events

Ros Briagha – Chinese Zodiac

AGM Simon George – Remote Viewing

Dewi Bowen – Ancient Sites in West Wales

Maria Wheatley – Dowsing Sacred Sites of West Wales

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along one Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. Further Information: Sandy 01267 253547 or see <http://westwalesdowzers.org.uk/>

Church News

2nd Saturday each month Market at Llanllawddog Church Hall 10 – 12

Weds 6th Feb 2019 Open Church Llanpumsaint 3.30pm -5pm

Friday 1st March 2019 St David's Day Llanpumsaint Church Cawl evening in the Memorial Hall.

Tue 5th March 2019 Shrove Tuesday Llanpumsaint Open Church with Pancake Fest 3.30 – 5pm

Weds 10th April Open Church Llanpumsaint 3.30-5.30pm

Sunday 21st April Easter Day Eucharist Services. Benefice of Llanpumsaint with Llanllawddog including St Celynin Bronwydd. Llanllawddog 9.30 am, 11.00 am St Celynin/Llanpumsaint.

Tue 30th April 7pm Benefice of Llanpumsaint with Llanllawddog including St Celynin Bronwydd. AGM 7pm Llanpumsaint Church.

Benefice of Llanpumsaint with Llanllawddog including St Celynin Bronwydd.

Writing on 15th January 2019.

Today as I walked into church to pray as I do pretty much every Tuesday morning. I noticed that one of the bulbs in the church yard that had been planted when our Open Church had concentrated on the Parable of the Sower had begun to flower. The tiny fragile yellow and purple flower delighted me on an otherwise damp and dull morning. I was glad I had taken time to notice and appreciate it.

Whilst I know the science of how flowers grow, to me the first flowers of spring are always miraculous. There's something remarkable about something so beautiful growing out of the cold dark mud. A symbol to me of new hope, that however dark and difficult life seems sometimes new and better things can follow. This flower seemed especially significant as it flourished between the grave stones. Jesus promises that those who follow him will have abundant life, he offers hope and new beginnings in a world that is often dark and messy. If you are curious or in need of new hope please come and find out more at any of our services and events.

Rev'd Gaynor

Please check our face book page or church notice boards for details of Sunday Services

Contact Details Rev'd Gaynor j_gaynor@hotmail.com , mobile 07796049509, Vicarage 01267 253158/

Facebook Page Llanpumsaint Bronwydd and Llanllawddog Churches

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, Llanpumsaint

I am the Bread of Life; he that cometh to Me shall never hunger; and He that believeth on Me shall never thirst. John 6: 35

Welsh service at 2pm or 2.30pm every Sunday afternoon except the last Sunday of the month when the service is in English.

Prayer meeting on Thursday afternoon and Sunday School for adults on Sunday morning

A warm welcome to all - For more details, please contact Eleri Morris on 01267 253895

Brechfa Forest West Wind Farm Community Fund - Open Meeting 08.01.2019

Some 11 people gathered in the Memorial Hall on the Tuesday night and listened to Aled Owen who is funded by the Innogy Fund to enlighten communities about the amount of money available and on what it can be spent. There is an annual sum of approx. £380,000, available for 25 years, to be spent in the communities that are affected by the Brechfa Wind Farm and the money can be used to fund a myriad of projects but every application is scrutinised and approved/discounted by a Grants Panel. Refusals are rare but applications from religious organisations and funding to carry out County statutory works will more than likely be rejected. To date, 2 projects have been funded and they are defibrillators for Llanddawddog community and a 3G pitch for Bro Myrddin School.

Aled Owen praised the individuals present for interacting so well and stated that it was probably the best meeting that he had attended to date! Some suggestions for funding that were made at the meeting were to reopen toilets, start a Friendship Club, solar panels to heat the Hall and raise a shelter alongside the pitch for the comfort of the supporters who come along to watch the football.

An Open Day will be arranged in the Hall sometime in the spring, which will provide another opportunity for members of the community to drop in and chat with Aled Owen and others and make additional suggestions on how to improve the community.

Should you have a project idea and would like to understand more about applying for funding, please contact Brechfa@anturteifi.org.uk 01239 710238

Llanpumsaint Community Council

The mood in the January Community Council Meeting was somewhere between Paris before the Revolution and Pembrokeshire during the Rebecca Riots. Mention was made again of the indecent amount of money that was being paid to Mark James, the County Chief Executive and that there was no justification whatsoever to award him a salary which was £20,000 more than that of Theresa May, while there was a shortage of funding to repair roads and maintain vital services. (Paris1790's!)

The appalling state of the country roads was the other contentious issue and it is unfortunate to say the least, that County budgets on road repairs have been cut, as most of the matters raised in Community meetings are related to road and road signage repairs. As a result of the County's lack of response to requests for road repairs, Councillor Elfed Davies stated; 'if we don't get a more positive response from the County Council, I suggest that we forgo holding monthly meetings and convene here once a quarter....!'. There was consensus from the other Councillors regarding Elfed Davies' statement and a cost cutting measure that could be implemented by Llanpumsaint Community Council would to reduce Council meeting from 10, to four meetings per annum, thereby reducing Clerk's wage costs and room hire. As discussions on discontent were ending, a Councillor who does not have a reputation for being outspoken asked; 'should I buy a frock' (Rebecca Riots1840's) And yes, his surname does rhyme with the female garment!

The first Council meeting of the year is when the Precept is discussed and ever since the Clerk has been responsible for the Council's administration, the annual amount has always been £22/Band D property but it was decided to raise it this year by £3.00 with unanimous agreement that the additional monies would not be spent on County underspend; rather, additional contributions could be made to the Memorial Hall, Playing Field and other good causes.

Phil Jones Clerk, 01267 253512, or email clerk@llanpumsaint.org.uk/communitycouncil

Sioe Johnathan in Carmarthen – 6 Nations 2019

We'll be filming the new series of Jonathan in S4C Yr Egin in Carmarthen. Tickets are free and you get a free drink at the bar. The invitation is open to everyone over the age of 16. And you get to see the new S4C building.

If you would like to go, all you have to do is choose a date and let Zac know how many tickets you would like.

February 12, February 19, February 25, March 05, March 12

Get in touch for more information – rhaglenjonathan@avantmedia.tv

Diolch - Zac Lewis <zac.lewis@avantmedia.tv>

Have your voice heard! – ‘Share your views to make Wales the best place in the world to grow older’

The Older People's Commissioner for Wales wants Wales to be the best place in the world to grow older and is currently determining the work she will undertake over the next three years to improve the lives of older people. Since she took up post, the Commissioner has travelled the length and breadth of Wales, meeting and speaking with older people and organisations to hear about what would make Wales the best place in the world to grow older.

This has helped the Commissioner to identify three key long-term priorities for Wales, against which she will deliver a wide range of work over the next three years: Ensuring everyone can age well by ending ageism and discrimination and stopping abuse of older people.

The Commissioner wants the voices and experiences of as many older people and stakeholders as possible to inform her work and would welcome your views on what she should focus on under these priority areas, particularly the changes you want to see and your ideas about how to make these changes happen. In your response you may want to highlight something you are concerned about or share an example of something positive that works well and could be replicated in other parts of Wales.

The Commissioner is particularly keen to focus on work that will improve the quality of life of the most vulnerable older people, those whose voices often go unheard, and those who are at risk of harm.

The Commissioner also wants to use her work to highlight the contribution that older people make to their communities and to society, and to help people to age well.

To respond to the Commissioner's consultation online, visit: <http://bit.ly/OPCWEnglish>.

If you would like to receive a hard copy of the consultation document, email ask@olderpeoplewales.com or call 03442 640 670.

The closing date for responses is Friday 22 February 2019

CYLCH MEITHRIN BRONWYDD

At the start of the new year, here we are again, and we would like to thank all of you very much for your support over the past year. We are very grateful for all your help. Our numbers have increased considerably over the past year as there are many families with young children in our catchment. Please remember that you are welcome to bring your babies and small children to our Ti a Fi sessions held every Friday morning (10am - 12noon) during term time. It will help all aspects of development including all important social skills.

Christmas at the Cylch was very busy with our concert and craft fair. In addition to this, the children and their parents experienced a train ride to visit Father Christmas. We are fortunate to have the Father Christmas train passing so close to us in Bronwydd! We had a wonderful party at the end of term, and Father Christmas came to visit us.

At the start of the Spring term, our new theme is "Historical heroes of Wales" looking at famous people in Welsh history. We start by learning about Saint Dwynwen, and her significance in Wales. The children have been busy making crafts and playing games. The theme will continue throughout the term and lead towards St.David's Day when we will celebrate with a Concert on March 8th. Remember to join us for a cup of tea and a Welshcake.

Enquiries relating to the Cylch to Verona (07929 431652)

John Esau - A versatile voice

His association with Llanpumsaint had been a lifelong one. So when he arrived to be installed as Vicar in 1997 it was returning to familiar ground. No doubt memories flowed back that day to that eventful May Saturday in 1954 at Llanpumsaint's big Annual Eisteddfod. The promising fourteen year old tenor beat more experienced contenders, to gain first prize at both 16 and Under 18 solo competitions. From his home town of Cardigan he'd travel all over by bus and train, often walking the last few miles in those days of limited transport, to compete in what was then the heyday of Eisteddfodau.

After spending his working life in the Police Force in England, John Esau took Holy Orders, and after some time as a Canon at Saint David's Cathedral, was appointed to minister the churches of Llanpumsaint, Llanllawddog and Celynin in Bronwydd. With his enthusiastic wife Mary he set about restoring confidence to an area which had suffered much damaging publicity before. They embraced the whole community developing a healthy relationship with local chapels, illustrated by Vicarage barbeques and parish shopping trips to Cardiff. Naturally both joined Llanpumsaint Choir under Gwyn Nicholas, to contribute consistently over the years. Even when they'd moved on after six years here, first to Kidwelly and later Aberporth, they travelled back to continue as loyal members of the choir. It was no surprise therefore that they chose to retire Peniel, close to his favourite parish, to spend active years till Mary's death in 2009. John continued to help out at churches and also chapels, be it Nebo, Ffynnonhenri, Caersalem, Cwmdwyfran, or way beyond. Short of an organist? He'd step in! Looking for an Eisteddfod adjudicator? He'd be there! Always versatile he even made his debut conducting a singing festival.

His interest in sport must not be ignored. A big soccer man, he'd been a League administrator during his English years, and when some Ref didn't turn up for a Gwili Rangers match in Llanpumsaint, they just shouted across the road for the Vicar.. He in turn shouted frequently for Carmarthen Town at Richmond Park, and watched rugby at numerous locations. Then on sunny summer days he'd be down in Bronwydd at Cnwcyderi, pint of real ale in hand, watching cricket. After spending his final years with Aeron, his second wife, in Cardiff, John Esau passed away on 14th of December 2018 to finally return to his favourite parish on the 28th. A full Llanpumsaint Church and vigorous singing preceeded the burial.

Amryn 2019

Which Campaign - Update

Just to let you know, I did receive compensation for the PPI I was sold over 20 years ago (which I was not aware of!) – nice cheque received just before Christmas. Worth a try and maybe you will get some money! Use this link; <https://www.which.co.uk/consumer-rights/advice/how-to-reclaim-mis-sold-ppi>, and fill in the on-line form and send it off. It is very easy to use. Carolyn Smethurst

Recycling – have your say

A recycling consultation questionnaire open to the public will be live on the Carmarthenshire County Council website for six weeks, from 21/01/2018 to 01/03/2018. The results of the consultation will provide them with information on how they can work towards increasing recycling rates.

They will be promoting the consultation on their website and on social media as they want to get as much feedback from the public as possible.

To view or complete the questionnaire, please follow the link below:

<https://www.carmarthenshire.gov.wales/home/council-democracy/consultation-performance/current-consultations/recycling-and-bin-collections-public-consultation/>

Head to Toes Footcare

The next session in the Memorial Hall is on Wednesday 6th March. New clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

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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Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 Monday open 4.00, no food Tues – Friday open 4.00 & food from 6.00 Sat open 12 noon with food 12.00 – 3.00 & from 6.00 Sunday open 12 noon Lunch 12 noon – 3.00 Wayne and Liz	Multi Heat Boiler Care Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183
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