



Village Voice December 2022

Copy Date for next Edition 26th January 2023

Village Voice is published by Llanpumsaint Community Information Exchange 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 and our website www.llanpumsaint.org.uk. We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.

We wish everyone in the village a Merry Christmas and a better 2023, and we hope to see you at village events through the year.

As we reach the end of another difficult year, it is time to think of the residents who have moved away from the village, and those who have sadly passed away in 2022.

We will remember them with kind thoughts and good memories.

It is also a good time to welcome the new residents who have chosen Llanpumsaint as their home.

We hope that you will enjoy living in our village and will support the many activities throughout the year.

And lots of the groups in the village would welcome your help.

Just contact the group and offer your services.



Carolyn Smethurst, Chair

Llanpumsaint Community Information Exchange



Community Council Christmas Tree
Golenuo Event on 2nd december 22



Three cormorants
(Ian Hopkins)



Bridge by Glan-yr-Ynys – beautiful
stonework – now open at last!



Litter collection – How about clearing your patch.
All this collected on a short walk from the Graig
up B4301 towards Pontarsais (Paula Carpenter)!



Good job done - Neil and Eifion
(grandson of Harry Bowen)

Criminals use Welsh to try and scam you as well...

- People think that criminals only use English to try to scam people.
- Dyfed Powys Police have had reports of emails in Welsh as well as phone calls in Welsh from criminals trying to scam them out of money or get them to pay for services.

Always remember:

- The police, or your bank, will **never** ask you to withdraw money or transfer it to a different account.
- The police, or your bank, will **never** ask you to reveal your full banking password or PIN.
- Do not click on links or attachments in unexpected or suspicious texts or emails.
- If you get a pop-up on your computer stating you need to contact Microsoft – turn the machine off, wait a few minutes and then turn it on again, that will normally stop the pop-ups.



Report suspicious emails to: report@phishing.gov.uk
You can also report suspicious texts by forwarding the original message to 7726 (which spells SPAM on your keypad).



Date: Fri, 13 Oct 2022 at 13:09
Subject: Cyflwm..Ffaor!!
Ydych chi'n archebu pethau ar-lein neu
â chyfrif gydag Amazon?



Dates for your Diary

Christmas Celebrations, offering a warm welcome to all

- **Sunday 18 December Advent 4:**
9.00 am 9 Lessons and Carols Llanpumsaint
11.00 am Morning Prayer St Celynin /Eucharist Llanllawddog
- **Sunday 18 December:** Caersalem Carol Service, 1.30 pm
- **Tuesday 20 December:** 6.30 pm Carol event St Celynin Bronwydd
- **Saturday 24 December Christmas Eve:**
9.00 pm Holy Eucharist St Celynin Bronwydd
11.30 pm Midnight Mass Llanpumsaint
- **Sunday 25 December Christmas Day:** 9.00 am Holy Eucharist Llanpumsaint

Regular Faith Events

- **Llanpumsaint Church:** Morning Prayer at 9.00 on Wednesdays and 9.30 on Sundays
Godly Play, Tuesdays, 4 – 5 pm
DOTs Youth Group for Young People aged 10 up, Llanpumsaint Church, usually Thursdays, 5.30 – 7.30 pm
For further details, please contact Rev'd Gaynor 01267 253158
gaynorjones-higgs@cinw.org.uk
- **Caersalem Chapel:** For details of services, please contact Mrs Eleri Morris (Secretary) 01267 253895
- **Ffynnonhenry Chapel:** For details of services, please contact Mr Gwyn Nicholas (Secretary) 01267 253686

One-off Events

- Wednesday 21 December: **Bumper Christmas Quiz and Curry Night**, Railway Inn, starts 8 pm
- Saturday 24 December:
Santa Parade, starting Nant-yr-Ynys estate at 1.30 pm, arriving at the Hall at approximately 2.30 pm
- Monday 26 December, Boxing Day, **Prize Bingo Quiz**, Railway Inn, starts 7 pm
- Saturday 28 January, **No Mean Biscuit, Jumping swing music and two-course meal**, Village Hall
- Friday 27-Sunday 29 January, **Garden Bird Watch**

Weekly Events in the New Year

- **Warm space**, Village Hall, Mondays and Thursdays, 10 am – 2 pm, re-starting 5 January
- **Short Mat Bowls**, Village Hall, Mondays and Thursdays, 7.30 – 9.30 pm, re-starting 2 January
- **Pop-up Café**, Llanpumsaint Church, Tuesdays, 11.30 am – 2.30 pm, re-starting 10 January
- **Salsa Dancing**, Village Hall, Tuesdays, 7 – 8.30 pm, starting 10 January
- **Zumba**, Village Hall, Wednesdays, 7 – 8 pm, re-starting 11 January

Llanpumsaint Community Council

Since the new Council was formed in June this year, we've been working hard to address all the issues raised by the Wales Audit Office last year, and are now in a good position to be able to move forward.

We've just published our first Annual Report, for 2021/22 – you can download this from our website or we'll be happy to send you a copy on request (please contact the Acting Clerk at clerk.llanpumsaint@gmail.com or 07799 898002).

After all the difficulties of the last few years, we were delighted to arrange for a Christmas tree in the village this year. Over 60 people attended the official 'switching on of the lights event', followed by carols in Welsh and English led by Gwyn Nicholas, mulled wine and mince pies. Our thanks to Skanda Vale, who kindly donated the tree, and the Village Hall Committee, who allowed us to put the tree up outside the Village Hall.



From left to right: Community Councillors Arwel Nicholas (Chair), Kumi Ariyadasa, Dylan Jones, Ann Pettitt, Derick Lock and Clare Bishop (our newly co-opted Community Councillor Felix Merry was unfortunately unable to attend due to family caring commitments)

The Council is still looking for a new **part-time Clerk**, 4 hours each week, salary £2,210-£2,440 pa, working mostly from home on a flexible basis. This is a great opportunity for someone local, with good admin skills and an interest in serving their community. Bilingual skills are desirable, but not essential. Full training and support will be provided. For an informal chat about the role or an application pack, please contact the Chair, Councillor Arwel Nicholas on 01267 281365 or the Acting Clerk, Kumi Ariyadasa at clerk.llanpumsaint@gmail.com or 07799 898002. There is no set closing date; all applications will be considered until a successful appointment is made.

The Community Council meets every other month in the Village Hall. All our meetings are open to the public; and the agenda and minutes for all meetings are published on the Council's website: www.llanpumsaint.org.uk/communitycouncil/en

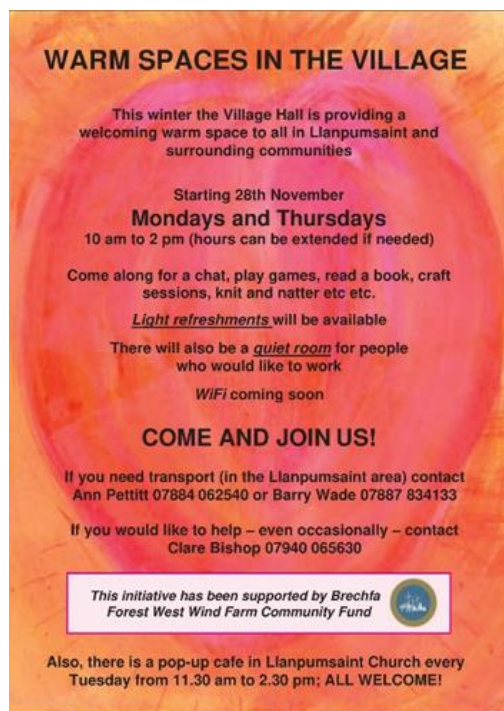
Our next meeting is on 10 January 2023, 8 pm in the Village Hall. All are welcome!

Kumi Ariyadasa, Acting Clerk

Warm Space in the Village Hall

In response to the cost-of-living crisis, and our communities not having been able to spend time together as easily during the last few winters, the village hall committee is providing a welcoming warm space to all in Llanpumsaint and the surrounding communities.

The hall is open on Mondays and Thursdays from 10 – 2; the hours can be extended if needed. This initiative is being supported by the Brechfa Forest Wind Farm Community Fund.



This is a space for you to decide what you would like to see happen... come along for a chat, play games, read a book, craft sessions, jigsaws, knit and natter etc etc. Light refreshments will be provided. There will also be a quiet room for people who would like to work, as free Wi-fi is currently being installed for community use.

These sessions are open to everyone in our community. This is a trial until March, to hear and see what the community would like to happen, and to work closely with the Wind Farm Community Fund to respond to our needs.

The community will also have use of the Brechfa Electric Car, which is fully accessible, so if you need transport (in the Llanpumsaint area) to the hall, contact Ann Pettitt 07884 062540 or Barry Wade 07887 834133.

If you would like to help – even occasionally – contact Clare Bishop 07940 065630.

Come and join us and make our hall the space you want it to be this winter!

Accessible Community Car Club

Dolen Teifi is delighted to announce that our new, fully accessible, community car club is open for bookings! The service is available due to an award of £81,776 that paid for the vehicle, the co-ordinator's salary for 2 years and several local charge points. The project came about after community consultations consistently raised a lack of local transport, fuel poverty and social isolation as significant issues in these rurally isolated communities.

The car is available for hire by anyone over the age of 21 to drive, be that a hospital trip or an outing to see family. We also have a team of over 400 volunteers, so if you need to be driven, please let us know with enough lead in time.

Llanpumsaint Hall is about to have a charge point installed in the New Year. We will trial having a car based at the hall to see what local demand is.

Training can be provided to use the car. If you want to watch a video explaining how it works, google Brechfa Wind Farm Fund, and the video is under the 'News' section.

To find out more about how to book the car, contact Rod Bowen 07771 814401 or info@dolenteifi.org.uk

Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

A Pie Night was held in the Railway, and £242 was raised. As with all of our fundraising events, the money will be distributed between the park (for ongoing upkeep) and our chosen charity this year (DPJ Foundation). Thank you to everyone that supported the event and to Steve at the Railway for hosting.

The **Santa Parade on Christmas Eve** will be taking the usual route around the village before finishing off in Llanpumsaint Hall. The parade will start at Nant-yr-Ynys estate at 1.30pm, arriving at the hall at approximately 2.30pm onwards. Hot drinks and savoury/sweet foods will be available in the hall to warm your cockles, and there will also be a raffle draw to round off the afternoon. The Christmas 100 Club draw will also take place. We look forward to seeing you all there.

Any updates on the Santa Parade (and other events and fundraising) will be announced on the Llanpumsaint Facebook page, so please keep an eye out.



Llanpumsaint Park Committee
presents
**Introduction to
Salsa Dancing**
Tues 10th January, 7-8:30pm,
£6pp in Llanpumsaint Hall

You have seen it on **STRICTLY**, now is your chance to come along and learn the salsa timing, footwork & beginners turn patterns for couples
Gain the confidence to join other classes & go to parties across South Wales
Fundraiser event for the Llanpumsaint Community Park

If sufficient interest, to be followed by 3 week beginners course on 17th, 24th, 31st Jan.
For more information and to register interest, contact Mike on 07497 362846

Going into the new year, the park committee's very own Mike Eynon will be holding an **Introduction to Salsa Dancing** evening in the village hall, why not give it a go? This will be held on Tuesday 10th of January 7-8.30pm. Following on from this, if there is sufficient interest, 3 week (once a week) beginners course will be put on. Get those sequin trousers out of the wardrobe in readiness!

The park committee is also planning a horse racing evening and treasure hunt in the new year. Keep a look out for further information on Facebook and on posters outside of the village hall.

As ever, the committee is looking for new volunteers to help with the ongoing maintenance and fundraising for the park. If you would like to help then please get in touch with us via our email parcllanpumsaintpark@gmail.com, or speak to Aaron Jones (07814157946) or any other committee member for more information.

Message from Royal Mail

You may have already seen this, but worth checking any stamps you have in wallets, drawers and anywhere you may have put them!

You need to use up any non-barcoded stamps by 31st January 2023. You will be able to swap them after that date for the new barcoded stamps. [Royalmail.com/barcodedstamps](https://royalmail.com/barcodedstamps)

Cylch Meithrin Bronwydd

The term has been pleasurable and we have welcomed some new children to the Cylch. The fine weather in September enabled us to spend time outside in the garden in the new playhouse. The new Curriculum which started in September emphasises more on experiences rather than tasks, whilst continuing to provide a variety of opportunities for the children to practise physical skills and to use resources to promote literacy and numeracy.

Our language corner has been popular this term to spark their interest in books. There have been numerous story sacks in the area containing a book and soft toy characters. The children have enjoyed the book "Brig-ddyn" ("Stick-man" in English). We were fortunate this term to have a visit from Oriol Myrddin in order that the children could have the opportunity to explore with nature art in the outdoors. The children engaged well with the sessions.

There are spaces available at Cylch, if your child is aged 2 years to 4 years. There is also a Ti a Fi session at Bronwydd Hall every Friday during term time from 10 am until 12.00 noon for parent/carer and baby/toddler. Please contact Verona for further information on 07929 431652 or email at cylchmeithrinbronwydd@gmail.com



The language corner



"Stick Man" story sack

Ysgol Llanpumsaint Parents & Teachers' Association (PTA)

Many thanks to all who supported the Halloween Bingo on the 25 October in the hall. It was a great night with just under £600 being raised for the PTA funds.

It was also great to see the children taking part in a thanksgiving service at the church. It was lovely for everybody to be able to attend the first in-person school event with the children taking part since before COVID.

At the end of November the children attended swimming lessons in Carmarthen every day for a week, with the PTA funding the bus to take them there. This was a great opportunity for the children to develop their skills.

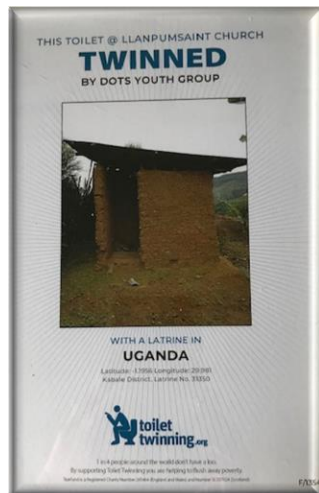
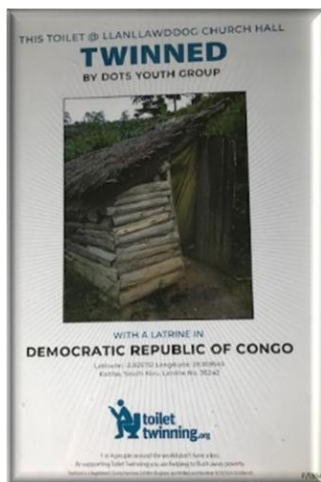
The children have also been busy preparing for their Christmas concert in the hall on the 14 December. Many thanks again for your support.

All funds raised by the PTA are used to support the school's activities, so any support is very much welcomed. Keep an eye out for further events in the New Year.

Merry Christmas and a Happy New Year to you all

Gwyneth Ayers

DOTs Fund-raising for Toilet Twinning



DOTs Church in Wales Youth group is Peace Mala accredited. Peace Mala encourages the youth group to raise awareness of issues of global interdependence and encourages active compassion by young people that will lead to positive changes locally and globally. Recently we have been learning about Toilet Twinning. The group were surprised to learn that 1.7 billion people don't have somewhere safe to go to the toilet and about the impact this has on health and education.

Anwen (aged 10) reports "On Thursday 17th November DOTs sold cakes and tea and you could play games like chicken poo bingo, pass the parcel with toilet facts and guess how many sheets on a toilet roll. In total we raised £120 to help people with no toilets." The money raised has supported the construction of toilets in the Democratic Republic of Congo and Uganda.

Pop-up Café celebrates First Anniversary



The pop-up café in Llanpumsaint church has just celebrated its first-year anniversary. It is hard to remember what it was like when we first ventured out from various lockdowns: we wore masks, kept our social distance, and washed our hands. This has been a welcome space in which old and new friendships have grown. Thank you to the church for hosting this non-denominational event, meeting every Tuesday, open from 11.30 – 2.30; all are welcome.

Llanpumsaint 100 Club

Congratulations to the September, October and November winners

Sept: 1st - £20: (13) Bowls Club; 2nd - £15: (96) Bryan Davies; 3rd - £10: (53) Derick Lock

Oct: 1st - £20: (56) Heledd Jones; 2nd - £15: (72) Ollie Penfold; 3rd - £10: (103) Aaron Jones

Nov: 1st - £20: (79) Lyn Evans; 2nd - £15: (68) Roz Evans; 3rd - £10: (101) Dewi & Gwen

Thomas

The winners for December and January will be drawn in December. Keep an eye out on the Llanpumsaint Facebook page for the result, as well as posters in and outside the Hall.

Please contact any of the park committee members, or e-mail

llanpumsaint100club@gmail.com for more information.

Winter Warmer Music, Dance and Good Home-Made Food, Saturday 28th January 2023

This has become an annual event at the beginning of each year since 2014. It is just far enough away from Christmas when we start to think it would be nice to get out again and it is just before the 6 Nations begins!

The band will be No Mean Biscuit, a six-piece swing and Latin style band including singer Lou Weldon, previous village resident, and Barry Wade (Gwastod Bach) on saxes.

The food, made by residents of the village, will be a hearty and delicious two courses. The hall will be decorated with bunting and fairy lights as usual.



The charity that will benefit this year will be Smile Train. One in 700 babies born in the world has a cleft palate or lip. These children struggle to breathe, speak and eat and are often rejected by the communities where they live. Treatment is out of reach for many of these babies.

Smile Train provides 100% free cleft treatment to children in 70+ countries. Since 1999 Smile Train has sponsored life changing cleft treatment for more than 1.5 million children.

Tickets have been kept at the same, pre-Covid, low price of £12. Please come along and have a great time whilst supporting a worthwhile charity.

And also if you are able to offer any help setting up and taking down the decorations or DOING THE WASHING UP (!!) we would love to hear from you.

Contact Ann Pettitt 07884-062540 to reserve tickets

Benefits to Llanpumsaint Area of Brechfa Forest West Wind Farm Fund

Brechfa Forest West Wind Farm is owned and operated by RWE Renewables (previously known as Innogy). The wind farm has created a £11 million Local Community Fund to support the neighbouring communities for 25 years.

Within the first 4 years of operation the Fund has made 182 awards totalling more than £2.5 million to projects that significantly benefit the communities living within 6 km of the wind farm.

Here are some of the organisations we have funded in the Llanpumsaint area (with a value of over £200,000):

- Llanpumsaint Community Information Exchange: Welsh translation, printing costs and digitalisation of the Village Voice newsletter.

- Ysgol Llanpumsaint PTA: IT equipment for an intergenerational project.
- Llanpumsaint Allotment Society: Disability accessible resources and recovering of the polytunnel after storm damage to support open days.
- Llanpumsaint Hall: Upgrade of building through work to tackle the damp, replacement of boiler and cleaning costs for 2 years.
- Merched y Wawr Llanpumsaint: Community event to celebrate the anniversary of Merched y Wawr.
- Llanpumsaint Community Shop steering group: Feasibility study and community consultation into options for a community run shop in the village.
- Llanpumsaint Heartbeat: Defibrillator for community use.
- Llanpumsaint Welfare & Recreational Committee: Upgrade of the park including new equipment.
- Clwb Gwili: 60+ club
- Bronwydd and District Gardening Club: Support towards an intergenerational project and PPE
- Cylch Bronwydd - Staff training, fencing and resources and pandemic adaptation costs.
- Llanllawddog Church Hall: Installation of water supply and three phase electric, double glazing and storage. Community consultation into uses for Hall.

You can keep up to date with projects funded, or apply for funds for your own community project, via our website: <https://brechfawestcommunityfund.org.uk/> Or get in touch with Fund Manager, Moishe Merry, on Email: Brechfa@anturcymru.org.uk or Telephone: 01239 710238

Llanpumsaint and Nebo Short Mat Bowling Club

The Club has had a mixed start to the season picking up only 3 points from the first 3 away matches against the current top 3 clubs in the league. Better news was to come in our first home match against Llangennech with the singles and triples winning giving us a much needed 4 points.

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

The Club would like to wish both former and current members a very Merry Christmas and a Happy, Healthy and Prosperous New Year

Skanda Vale Appeal for Volunteers

With Christmas almost here and New Year just around the corner, many of us will soon be thinking about changes we might like to make in 2023. If joining a gym or learning a new language aren't the thing for you, why not make a difference to those who need it most? Skanda Vale Hospice in Saron, near Llandysul, has a host of volunteering opportunities available in the new year.



From preparing food in the kitchen to joining the housekeeping team, lending a hand at the charity shop in Newcastle Emlyn or dealing with office admin, the Hospice is looking for new recruits across all its operations as it looks to expand the respite services it offers to the people of west Wales.

Whether you're a green-fingered gardener, a budding David Bailey, would like to get into the world of marketing or can offer occasional translation services, Skanda Vale Hospice would love to hear from you.

The Hospice is also looking to recruit volunteer nurses, carers and patient assessors as well as new members of its remote companion service.

Skanda Vale Hospice is unique in that it provides outstanding care and respite opportunities to individuals with life-limiting illnesses completely free of charge thanks to a team made up almost entirely of volunteers.

While it might all seem rather sombre, the reality is anything but – Skanda Vale Hospice is filled with great food, great people and great fun. There's joy and laughter every day and plenty of support.

If you can donate a few hours each month to support those going through the most difficult of times, then that really would be a resolution worth keeping.

Steve Adams – Marketing and Communications Project Manager, Skanda Vale Hospice, Saron, Llandysul, SA44 5DY, Tel: 01559 371222

Christmas Message from Vi and Dave Robinson

We would like to wish our friends and neighbours in and around the village a merry Christmas and a prosperous New Year.

Instead of sending cards we will put the money towards a donation to the Village Voice newsletter.

Stay safe and well. Best wishes, Vi and Dave Robinson.

Llanpumsaint Primary School Visit to Skanda Vale

Rain fell throughout the night and into the early morning but finally the sun broke through. Our day was further brightened with the arrival of Llanpumsaint Primary school. Accompanied by four members of staff, the children stepped down from their coach carrying their packed lunches looking ready for action. Everyone was suitably dressed for the weather and so our first task involved walking through puddles, the deeper the better. We stopped at one of the first fields to, in unison, shout moo at the Highland cattle who appeared to be totally unmoved and just carried on grazing. What was particularly striking about this very well behaved and very lively group of children was that they wanted to know about everything. Hands would shoot up questions were asked in total contrast to more “sophisticated” A level or University students.

We saw donkeys, ponies, tortoises and we all whistled at the parrots who whistled back to us. Our walk took us down to the lower part of the Ashram passing our herd of deer and spotting the stags who had been separated from the main herd as they get a bit frisky at this time of the year. Before lunch we visited the Sri Ranganatha Temple with its lakes and waterfall. After lunch two minibuses carried the group back to the top again. We had been given a very special invitation to visit and feed the three elephants. Then down again for the 1:30 puja in the Murugan Temple where the lunchtime food is blessed. We would have loved to have shared this food with the children but time was moving on and they had to return home. We hope the pupils, and teachers, enjoyed the day as much as we did.

This visit is just one of many educational visits we receive each year. A great diversity of groups, not just educational establishments, show an interest in visiting us ranging from the local DOTs group, local scout group, homeless charities, mental health groups and many more. All are welcome. You do not have to come as a group; our gates open from 4:30 am. However if you are interested in coming as a group we can promise you a guided tour, attendance at one of the pujas (religious services) and a lunchtime or evening meal. Go to <https://www.skandavale.org/visit-skanda-vale/educational-visits/> and fill in an application form.

We look forward to seeing you.



E-Mail Phishing

If you do not use E-Mails, this may not interest you, however, if you know someone who does, maybe pass this on to them, it might save them a lot of hassle.

How many times do you receive an E-Mail from a new source you were not expecting. You see an unsubscribe button at the end. You click on it and that's the end of that one. Sometimes that's the wrong thing to do. By clicking on the unsubscribe link, you are telling the sender that you exist!

Lots of scammers buy lists of E-Mail addresses and send out thousands of E-mails to a circulation list and hope to catch some out. Just a small percentage of these can run into very many people who may be vulnerable. Once on the vulnerable list, scammers sell these lists to other scammers. If you are on such a list, you will receive many more E-Mails from many more scammers and so the cycle grows.

Some such scammers do so to flood the systems and others continue to send E-Mails to you in order to extract your personal information, bank details, etc.

It's much easier to just mark the E-Mail as scam/junk/spam and it will never appear in your Inbox, it will be sent to your junk folder and deleted soon. The sender will never know that you have done this, thus ending the cycle. Of course, some new senders are from genuine sources but, better be safe, just mark it as above.

Stay safe and keep well. Your PC and other dodgy issues friend. Dave

Save the date: Garden bird survey, 27-29 January 2023

Last year, 14 households participated in the RSPB's Big Garden Birdwatch, watching the birds in their garden for one hour. The results were also shared locally to give a 'village view' of our birds. A total of 29 different species were recorded, including four on the conservation red list (starling, sparrow, greenfinch and redpoll) and six on the amber list (dunnock, wren, wood pigeon, song thrush, bullfinch and rook).

The RSPB always emphasises the importance of good hygiene to help prevent the spread of bird diseases. Bird feeders and feeding stations should be cleaned weekly and bird drinking and bathing water changed regularly.

If you would like to join in this year, register with the RSPB and get tips on how to participate. Send a copy of your results to clarebish@yahoo.co.uk for our village analysis.

Local Business? You can advertise here for £50

Includes an advert in Village Voice for 6 issues, plus a webpage linked to yours on www.llanpumsaint.org.uk, or just £5 an issue for advertising in Village Voice.

Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

Much of the information contained within this newsletter has been provided by the contributors. Whilst every effort has been made to ensure that the information is correct, the committee of Llanpumsaint Community Information Exchange is not responsible nor liable for any actions taken from use of content and the opinions expressed within this newsletter

**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

**G J Isitt & Son
ROOFING**

Free estimates and advice
All aspects of roofing undertaken
We pride ourselves on our reputation

01267 253425 / 07770 818951

JOHN KERR
MOTOR VEHICLE ENGINEER

Servicing • Diagnostics
MOT preparation • Tyres
Gerwyn Villa Llanpumsaint
01267 253560 07980 982025
Email: johnworkshop@hotmail.co.uk

**Fferm-y-Felin Farm Guest House
and Self-Catering Cottages**

Enjoy a relaxing break at this
beautiful guest house
or in one of our stone cottages

01267 253498
www.ffermyfelin.com

Cobain Gas Services – Steve Cobain

Natural Gas and LPG Gas Safe 568543
Boiler Servicing and Repair
Landlords Certs
Fires, Boilers, Cookers and Hobs
Installation

Dryslwyn House Llanpumsaint SA33 6BS
01267 253675 07976384857

Retro Deco Wedding Stationery

All the stationery you need for your wedding

Save the Date - Day and Evening Invitations
Order of Service - Table name/Number
Table Plan - Place Cards and more

Also, party & Christening invitations,
occasion greeting cards

Tel: 07824 809 538 (Veronique Jones)
Gladstone hall, Llanpumsaint
www.retrodecoweddingstationery.com
www.facebook.com/RetroDecoWedding

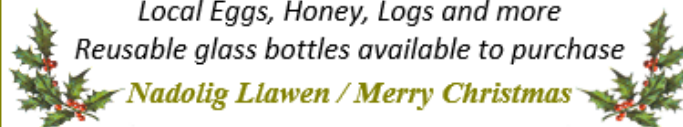


Derlwyn Farm, Alltwalis Road,
Carmarthen, SA32 7DZ
01267 253665
07967 454235 / 07779 550921
llaethderlwyn@outlook.com



Fresh pasteurised Milk & Milkshakes
Llaeth ac Ysgytlaeth ffres wedi'i basteureiddio

Local Eggs, Honey, Logs and more
Reusable glass bottles available to purchase



Nadolig Llawen / Merry Christmas

Railway Inn

Food served Wednesday to Sunday
Curry night Wednesdays
Roasts Sunday Lunch
Phone Steve on 01267 253643

Aled Evans

Servicing & Maintenance of
Oil Boilers and Cookers
Ground & Air Source Heat Pumps
Solar Thermal Panels
Unvented Cylinders
01267 290977 - 07966592183

Harcourt Tree and Garden Services

Tree Surgery, Felling and Removal

25 years experience

Garden work, All types of Fencing

And Gwili Firewood

Seasoned hardwood or softwood logs

Ian Harcourt 01267253368 or 07812158825

Gwalia Stores

Peniel Road 01267 890345

Fuel, Shop, Post-office

Licensed,

Hot & cold food to go

Coffee,

Newspapers and magazines

Pure Shine

Pure water window cleaning

Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages.

Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning

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

Gwyrdd Enterprises

Property Maintenance - Household Repairs

Patio Cleaning - Drain unblocking

Carpet, Rug and Upholstery Cleaning

Car Battery Diagnosis, Jumpstarting & Replacement.

TV and computer Set Up

If you can't see what you need just ask

Contact Jon_07943 948173

Based in Llanpumsaint

Gwyrddenterprises@gmail.com



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



Tom Eldred

Saer Coed - Carpentry

All aspects of carpentry undertaken including

roofing, timber frames, stud work, decking, tiling, flooring and kitchens.

Tel - 07854 167670

Pantyyffordd, Llanpumsaint, SA33 6BU



A Holistic Therapy Service offering a bespoke Treatment based on Healing and providing Relief

Victoria Peace 07967946873

www.peace-massage-therapy.co.uk

Gwalia Garage

Peniel Road Rhydargaeau

MOT, servicing, tyres, repairs

Tel: (01267) 253599

JRB & K Thomas

Peniel Road Carms SA32 7DR



Llais y Llan rhagfyr 2022

Copi dyddiad ar gyfer rhifyn nesaf 26 Ionawr 2023

CRONFA CYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



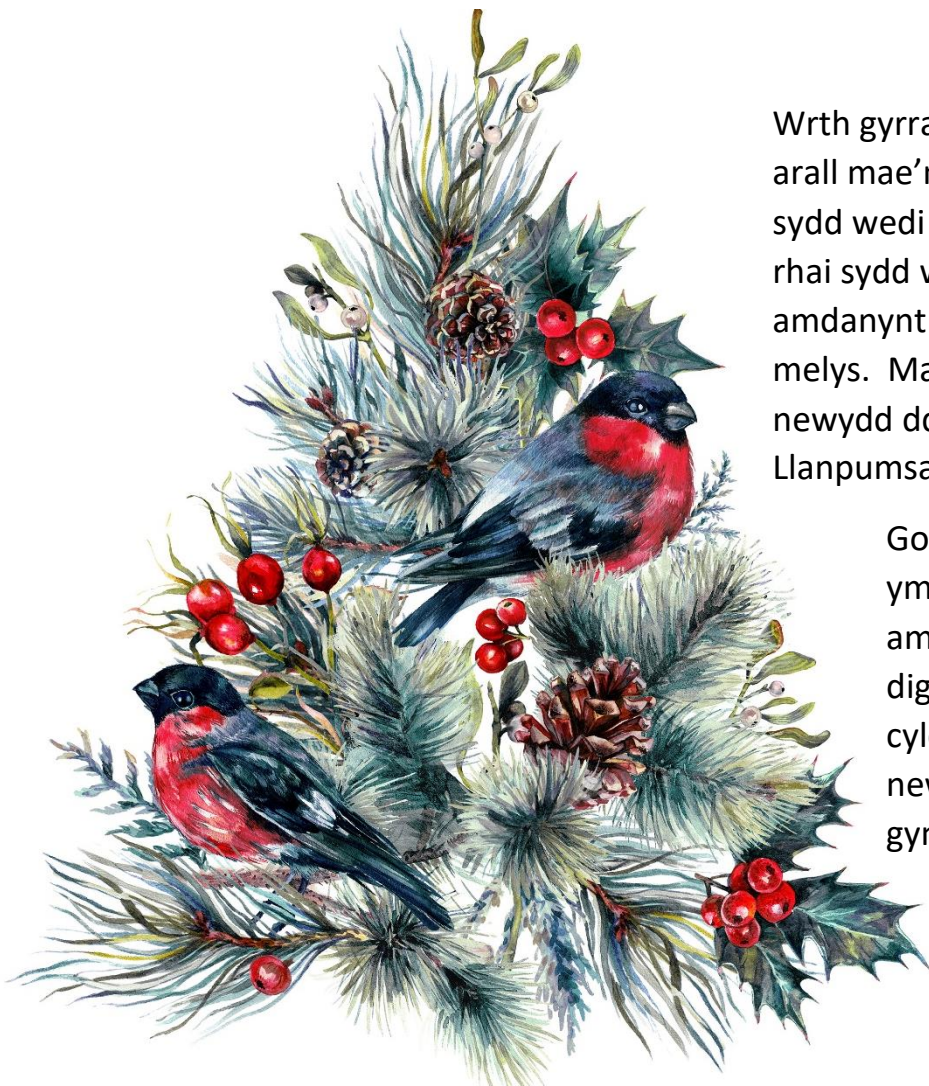
BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

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

Dymunwn Nadolig Llawen a gwell blwyddyn yn 2023 i bawb yn yr ardal, gan obeithio eich gweld mewn gwahanol weithgareddau yn ystod y flwyddyn.



Wrth gyrraedd terfyn blwyddyn anodd arall mae'n brydlon i feddwl am y rhai sydd wedi symud o 'mha., ynghyd a'r rhai sydd wedi marw. Cofiw'n amdanynt yn dyner gydag atgofion melys. Mae'n briodol hefyd i groesawu newydd ddyfodiaid sydd wedi dewis Llanpumsaint yn gartref.

Gobeithio y gwnewch fwynhau yma ac y byddwch yn cefnogi'r amrywiol bethau sydd yn digwydd. Byddai nifer o'n cylchoedd yn croesawu gwaed newydd, felly cysylltwch â nhw i gynnig help llaw.

Carolyn Smethurst Cadeirydd Cyfnewidfa Gwybodaeth Llanpumsaint



Cyngor Cymuned Digwyddiad
Golenuo's Coeden Nadolig, 2 Rhagfyr



Tri bilidowcar
(Ian Hopkins)



Atgyweirio Pont Glanryrnys –
Nawr ar agor o'r diwedd



Casglu sbwriel – Beth am wneud eich rhan?
Casglwyd hyn oll ar daith fer o'r Graig lan y
B4301 tua Pontarsais (Paula Carpenter)



Gwaith da
Neil & Eifion (ŵyr Harry Bowen)

Criminals use Welsh to try and scam you as well...

- People think that criminals only use English to try to scam people.
- Dyfed Powys Police have had reports of emails in Welsh as well as phone calls in Welsh from criminals trying to scam them out of money or get them to pay for services.

Always remember:

- The police, or your bank, will **never** ask you to withdraw money or transfer it to a different account.
- The police, or your bank, will **never** ask you to reveal your full banking password or PIN.
- Do not click on links or attachments in unexpected or suspicious texts or emails.
- If you get a pop-up on your computer stating you need to contact Microsoft – turn the machine off, wait a few minutes and then turn it on again, that will normally stop the pop-ups.



Report suspicious emails to: report@phishing.gov.uk
You can also report suspicious texts by forwarding the original message to 7726 (which spells SPAM on your keypad).



Date: Fri, 13 Oct 2022 at 13:09
Subject: Cyflwm..ffaoor!!
Ydych chi'n archebu pethau ar-lein neu
â chyfrif gydag Amazon?



I'ch Dyddiadur

Dathliadau'r Nadolig gan gynnig croeso cynnes i bawb

Sul Rhagfyr 18fed Adfent 4 - Am 9 y bore - Gwasanaeth 9 llith a charolau yn Llanpumsaint.

11 yb - Gwasanaeth Boreol yn Celynin - Cymundeb yn Llanllawddog - 1.30yp

Gwasanaeth Carolau yng Nghaersalem.

Nos Fawrth 20fed Rhagfyr – 6.30yh – Carolau yn Celynin Bronwydd.

Nos Sadwrn 24ain Rhagfyr - 9 o'r gloch - Cymundeb yn Celynin. 11 .30

Cymun Canol Nos yn Llanpumsaint.

Dydd Nadolig 25ain Rhagfyr - 9 yb - Cymundeb yn Llanpumsaint

Digwyddiadau Addoli arferol

Eglwys Llanpumsaint - Boreol Weddi am 9yb bob Dydd Mercher ac am 9.30 yb bob Sul.

Chwarae gyda Duw – 4 hyd 5 bob prynhawn Dydd Mawrth.

Cylch DOT - I ieuencid dros 10 oed yn Eglwys Llanpumsaint fel arfer bob Nos lau o 5.30 tan

7.30. Am wybodaeth bellach cysylltwch â'r Parch Gaynor ar 01267 253158 neu

gaynorjones-higgs@cinw.co.uk

Caersalem: Am wybodaeth cysylltwch â'r Mrs Eleri Morris, 01267 253895

Ffynnonhenry: Am wybodaeth cysylltwch â'r Mr Gwyn Nicholas, 01267 253686

Digwyddiadau Unigol

- Nos Fercher 21ain Rhagfyr - **Cwis Mawr Nadolig a Noson Cyrrri** yn nhafarn y Railwe am 8 o'r gloch
- Dydd Sadwrn 24ain Rhagfyr **Gorymdaith Siôn Corn** - i gychwyn o Nantyrnys am 1.30 yp ac i gyrraedd 'nol yn y Neuadd erbyn 2.30
- Nos Lun Gŵyl San Steffan 26ain - **Cwis Bingo Mawr** yr Railwe i gychwyn am 7 o'r gloch
- Dydd Sadwrn 28ain Rhagfyr – **No Mean Biscuit**, plays jumping swing music, 7.30 hyd 11.30
- Dydd Gwener 27ain o Ionawr 2023 hyd Sul y 29ain - **Achlysur Gwylio Adar Ardd**

Digwyddiadau Wythnosol yn y flwyddyn newydd

Safle Cynnes y Neuadd Goffa - Bore Llun a Bore lau – O 10yb tan 2 yp – yn ail-gychwyn ar y 5ed o Ionawr

Bowlio Dan-do yn y Neuadd Goffa – bob Nos Lun a Nos lau – 7.30 hyd 9.30 – yn cychwyn ar yr Ail o Ionawr.

Caffi Bach yr Eglwys bob Dydd Mawrth o 11.30yb hyd 2.30yp i ail-gychwyn ar 10fed o Ionawr.

Dawnsio Salsa yn y Neuadd Goffa ar Nos Fawrth o 7.30 hyd 9 o'r gloch.

Zumba yn y Neuadd Goffa ar Nos Fercher o 7 tan 8 i gychwyn ar 11 Ionawr

Cyngor Cymuned Llanpumsaint

Ers sefydlu'r Cyngor newydd yn Fis Medi buom wrthi'n ddyfal yn trafod y materion codwyd gan y Comisiwn Archwilio'r llynedd ac erbyn hyn mewn safle cadarnhaol i symud ymlaen. Rydym newydd gyhoeddi ein Hadroddiad Blynyddol am 2021-2022 - ac mi allwch ei lawr lwytho o'n gwefan. Byddem hefyd yn barod i anfon copi os wnewch gysylltu â'r Clerc dros-dro clercllanpumsaint@gmail.com <<mailto:clercllanpumsaint@gmail.com>> neu 07799898002.

Yn dilyn holl drafferthion y blynyddoedd olaf pleserus iawn oedd hi i ni fedru trefnu coeden Nadolig i'r pentref eleni. Daeth dros drigain ynghyd i wyllo'r golau'n cael ei droi mhlan, gyda charolau yn y ddwy iaith dan arweiniad Gwyn Nickolas cyn mwynhau'r gwin cynnes a'r mins peis. Diolchwn i Skanda Vale am roddi'r goeden ac i Bwyllgor y Neuadd am gytuno i'w gosod tu fas.



Aelodau'r Pwyllgor o'r chwith i'r dde: Arwel Nickolas (Cadeirydd), Kumi Arliyadasa, Dylan Jones, Ann Pettitt, Derick Lock, Clare Bishop (Felix Merry heb alli fod yn bresennol oherwydd galwadau gofal)

Mae'r Cyngor yn dal i chwilio am Glerc dros dro - cyflog £2,210 - £2440 y flwyddyn, yn gweithio yn bennaf o adre ar oriau hyblyg. Dyma gyfle gwych i rywun lleol yn meddu ar sgiliau gweinyddol ac yn awyddus i gyfrannu i'r gymuned leol. Byddai bod yn ddwyieithog yn ddefnyddol ond nid o reidrwydd. Bydd hyfforddiant a chefnogaeth lawn ar gael ac am wybodaeth bellach gellir cysylltu ag Arwel Nickolas y Cadeirydd 01267 281365, neu'r clerc dros-dro KumiArliyasa clerc.llanpumsaint@gmail.com <<mailto:clerc.llanpumsaint@gmail.com>> neu 07799898002. Nid oes dyddiad cau ac felly ystyrir pob cais yn ôl y galw hyd a wneir apwyntiad.

Bydd y Cyngor yn cyfarfod bob yn ail fis yn y Neuadd, ac yn agored i'r cyhoedd bob tro. Cyhoeddir y munudau a'r agenda ar wefan y Cyngor.

www.llanpumsaint.org.uk/communitycouncil/ên <[about:blank](http://www.llanpumsaint.org.uk/communitycouncil/ên)> Cynhelir ein cyfarfod nesaf ar y 10fed o Ionawr yn y Neuadd Goffa - Croeso i bawb!

Kumi Ariyadasa, Clerc dros-dro

Cwtsh Cynnes yn y Neuadd Goffa

Yn wyneb yr argyfwng costau byw a'r ffaith na fu'n bosib i aelodau'r gymuned gyd-gwrdd adeg y ddau aeaf olaf yma penderfynodd Pwyllgor y Neuadd glustnodi Cwtsh Cynnes iddynt ac i rain byw cyfagos yn y Neuadd.

Felly bydd y Neuadd ar agor bob dydd Llun a dydd Iau o 10 y bore hyd 2 y prynhawn, ac o bosib gellid ehangu'r oriau. Mae'r fenter yn bosib drwy garedigrwydd Cronfa Elusennol Fferm Wynt Brechfa.



Gellwch benderfynu beth fydd i ddigwydd yn y Cwtsh - dewch yma am glonc fach, neu i chwarae gem, darllen llyfr, gwau neu ryw grefft. Bydd yna luniaeth ysgafn ar gael. Bydd yna hefyd ystafell dawel i rai fydd angen gweithio a daw gwefan rad yn fuan at ddefnydd y cyhoedd. Mae'r cyfleusterau yma 'n agored i bawb yn y gymuned.

Arbrawf yw hwn hyd fis Mawrth nesaf er mwyn dehongli gofynion y gymuned. Os fydd angen lift arnoch i gyrraedd y Neuadd yna cysylltwch ag Ann Pettitt 07884 062540 neu Barry Wade 07887834133.

Os allwch gynnig help llaw hyd yn oed nawr ac yn y man cysylltwch â Clare Bishop 07940065630.

Dewch i ymuno gyda ni a gwneud y Neuadd yn ganolfan dymunol cyfforddus.

Sganiau E-bost

Pa mor amyl i chi'n derbyn E-bost annisgwyl o rywle newydd? Fe welwch fotwm datgysylltu ar y diwedd - un clic a dyna ddiwedd hwenna. Ambell dro dyna'r peth anghywir i wneud oherwydd nawr fydd pwy bynnag anfonodd ef yn gwybod am eich bodolaeth.

Bydd nifer o sganwyr yn prynu rhestri E-bost ac anfon cannoedd i ganolfan dosbarthu yn y gobaith o ddal ambell un. Gall cyfartaledd bychan gyrraedd pobl sy'n agored i niwed. Gall y sganwyr werthu'r rhain ymlaen i eraill ac mi allant ddioddef llawer iawn mwy o'r negeseuon yma wrth nifer o sganwyr wrth i'r cylch ehangu. Bwriad rhai sgimwyr yw gorlifo'r gwasanaeth, ac mae eraill yn cadw ati yn y gobaith o ddod o hyd i'ch manylion Banc.

Mae'n llawer iawn rhwyddach dynodi'r E-bost yn spam, felly ni fydd mwyach yn cyrraedd eich mewnlwch (inbox) i'w ddileu wedyn. Ni fydd pwy bynnag ddanfonodd yr E-bost fyth yn ymwybodol eich bod wedi gwneud hyn, felly dyna derfyn y cylch. Mae yna rai negeseuon eithaf gonest ond os nad ydych yn siŵr spamiwch e'.

Cadwch yn ddiogel - Eich ceidwad Scam Dave

Pwyllgor Lles ac Adloniant Llanpumsaint (Y maes chwarae)

Cynhaliwyd Noson Bastai yn y Railwe a chodwyd £243. Yn ôl ein harferiad wrth godi arian rhannwyd y swm rhwng cynnal a chadw'r maes chwarae a'n elusen ddewisol eleni (Sefydliad DPJ). Diolch i bawb wnaeth gefnogi'r ymdrech ac i Steve Y Railwe am ein cynnal.

Dilyn y llwybr arferol o amgylch y pentref fydd **Gorymdaith SionCorn** eleni eto, gan orffen yn y Neuadd. Cychwyn o Nantyrnys am 130yp gan aneli gyrraedd y Neuadd erbyn 2.30. Yno bydd yna ddiodydd cynnes ac amrywiaeth o ddanteithion i'ch cadw'n dwym, ac yna Raffl fawr i goroni'r cyfan. Hefyd fe dynnir enillwyr Raffl Fawr Nadolig y Clwb Cant. Edrychwn ymlaen at eich gweld yno. Ceir y newyddion diweddaraf am Orymdaith Siôn Corn ar wefan Llanpumsaint, felly cadwch lygad.



Wrth edrych tua'r flwyddyn newydd bydd ein haelod Mike Eynon yn cynnal noson o **Gyflwyniad i Ddawnsio Salsa**, felly beth am fynd amdani? Cynhelir hyn ar nos Fawrth y 10fed o Ionawr o saith tan hanner awr wedi wyth. Tra bod yna ddigon o ddiddordeb yna cynhelir cwrs tair wythnos o gwrs cyflwyniad i'r rhai sy'n dechrau arni. Felly mas a'r trwser i secwin yna o'r wardrob a bant a chi!

Fel arfer mae'r Pwyllgor yn cadw llygad am wirfoddolwyr i gyfrannu at gynnal a chadw'r Cae Chwarae a chodi arian. Os allwch gynnig help llaw yna cysylltwch â ni ar wefan parcllanpumsaintpark@gmail.com neu siaradwch ag Aaron Jones ar 07814157946 neu aelod arall o'r Pwyllgor am fwy o wybodaeth.

Clwb Cant Llanpumsaint

Llongyfarchiadau i enillwyr Medi, Hydref a Thachwedd.

Medi - 1af £20 13 Clwb Bowlio - Ail £15 96 Bryan Davies - 3dd £10 103 Aaron Jones
Hydref - 1af £20 56 Heledd Jones - Ail £15 72 Ollie Pemfold - 3dd £10 103 Aaron Jones
Tachwedd - 1af £20 79 Lyn Evans - Ail £15 68 Roz Evans - 3dd £10 101 Dewi a Gwen Evans

Tynnir am Ragfyr ac Ionawr yn Rhagfyr. Felly cadwch lygad ar Facebook a'r posteri ger Neuadd Llanpumsaint am y canlyniad.

Am wybod mwy cysylltwch ag aelodau'r Pwyllgor neu'r We - lanpumsaint100club@gmail.com

Clwb BowlioDan-do Llanpumsaint a Nebo

Cymysglyd fu'r rhan gyntaf o'r tymor wrth i ni bigo lan tri phwynt yn unig o'r tair gem oddi cartref, a hynny yn erbyn y tri sydd ar y brig. Daeth gwell canlyniad yn ein gem gyntaf adre erbyn Llangennech, gyda'r unigol a'r triawd yn sicrhau 4 pwynt.

Cofiwch fynd i'n gwefan Llanpumsaintmbc.Org.uk am y wybodaeth ddiweddaraf. . Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30yh tan 9.30, tan ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o 16 oed hyd 99, ac mae yna hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 253474.



Dymuna'r Clwb Nadolig Llawen a Blwyddyn Newydd Dda a llewyrchus i'n holl aelodau a chyn aelodau.

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

Diolch yn fawr iawn i bawb wnaeth cefnogi'r Bingo Calan Gaeaf ar y 25 Hydref yn y neuadd. Roedd yn noson arbennig a llwyddwyd i godi yn agos at £600 tuag at gronfa'r Gymdeithas.

Roedd hefyd yn grêt i weld y plant yn cymryd rhan yn y gwasanaeth diolchgarwch yn yr Eglwys. Roedd mor braf fod pawb wedi gallu mynychu y digwyddiad ysgol mewn person cyntaf gyda'r plant yn cymryd rhan ers cyn COVID.

Ar ddiwedd mis Tachwed fe fynychodd y plant wersi nofio yng Nghaerfyrddin bob dydd am wythnos gyda'r Gymdeithas yn arianu'r bws i'w cludo nhw yno. Cyfle grêt i'r plant i ddatblygu eu sgiliau.

Mae'r plant hefyd wedi bod yn brysur yn paratoi at eu cyngerdd Nadolig yn y neuadd ar y 14 Rhagfyr. Diolch eto am eich cefnogaeth i'r digwyddiad.

Mae'r holl arian a gesglir gan y Gymdeithas yn cael ei ddefnyddio i gefnogi gweithgarwch yr ysgol felly rydym yn ddiolchgar iawn am unrhyw gefnogaeth posib. Cadwch lygad allan am ddigwyddiad yn y flwyddyn newydd.

Nadolig Llawen a Blwyddyn Newydd Dda i chi gyd.

Gwyneth Ayers

Cylch Meithrin Bronwydd

Rydym wedi cael tymor pleserus ac wedi croesawu rhai plant newydd i'r Cylch. Roedd tywydd braf mis Medi wedi ein galluogi i dreulio amser tu allan yn yr ardd yn y tŷ bach twt newydd. Mae'r Cwricwlwm newydd a oedd yn dechrau ym mis Medi yn rhoi mwy o bwyslais ar brofiadau yn hytrach na thasgau; tra yn parhau i rhoi cyfleoedd eang i blant i ymarfer sgiliau corfforol a defnyddio adnoddau sydd yn hybu llythrennedd a rhifedd.

Mae ein cornel iaith wedi bod yn boblogaidd y tymor hwn i ennyn diddordeb y plant mewn llyfrau. Mae nifer o sachau stori yn yr ardal yn cynnwys llyfr a chymeriadau teganau meddal. Mae'r plant wedi mwynhau edrych ar lyfr "Brig-ddyn" (Stick-man yn Saesneg.) Buom yn ffodus y tymor hwn i gael ymweliad oddi wrth Oriol Myrddin fel bod y plant yn cael cyfle i arbrofi gyda chelf natur yn yr awyr agored. Roedd y plant wedi ymgysylltu yn dda gyda'r sesiynau.

Mae llyfyrdd ar gael yn y Cylch os yw eich plentyn yn 2 oed i 4 oed. Hefyd mae sesiwn Ti a Fi yn Neuadd Bronwydd bod Dydd Gwener amser tymor o 10.00yb tan 12.00 hanner dydd ar gyfer rhiant/gofalwr a babi/plentyn bach. Cysylltwch os gwelwch yn dda â Verona am wybodaeth pellach ar 07929 431652 neu ebostiwch ar cylchmeithrinbronwydd@gmail.com



Y Cornel iaith



Sach stori "Brig-ddyn"

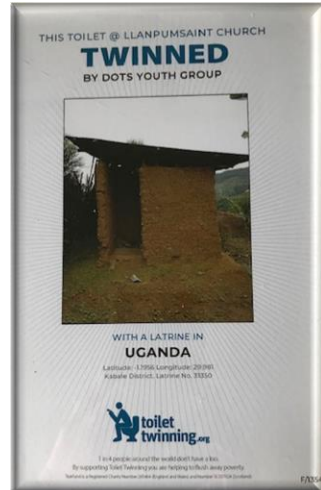
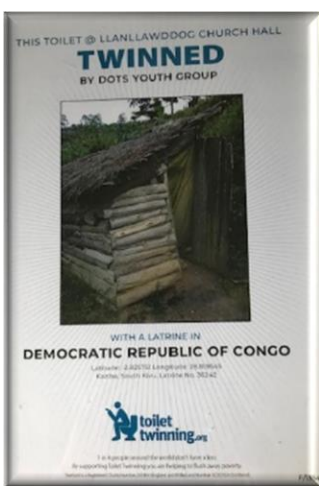
Arbedwch y Dyddiad - Arolwg Adar yr Ardd - 27-29 Ionawr

Ymunodd 14 cartref y llynedd ac Arolwg yr RSPB o adar yr ardd, gan wyllo eu gerddi am gyfnod o awr. Rhannwyd y canlyniadau yn lleol hefyd er mwyn cael darlun o ardal Llanpumsaint. Gwelwyd 29 gwahanol fathau o adar gan gynnwys 4 sydd ar y rhestr warchod goch (drudwen, aderyn y To, llinos werdd a'r llinos bengoch leiaf); 6 ar y rest melyngoch (Llwyd y gwrych, y dryw, ysguthan, bronfraith, coch y berllan a'r ydfran).

Pwysleisia'r RSPB bwysigrwydd glendid er mwyn atal clefyd adar. Felly dylid glanhau'r safleoedd bwydo adar yn wythnosol, a newid y dŵr yfed yn rheolaidd.

Os hoffech ymuno eleni cofrestrwch gyda'r RSPB i gael eich arwain. Anfonwch gopi o'ch canlyniadau i clarebish@yahoo.co.uk er mwyn bwydo'r arolwg lleol.

10 Ymgyrch codi Arian DOT at yr Ymgyrch Doiledau



Cydnabuwyd Cylch DOT Yr Eglwys Gymreig fel Heddwch Mala., sy'n annog yr aelodau i fod yn ymwybodol o'n cyd-ddibyniaeth yn ein byd. Pwysleisir pwysigrwydd yr ieuenctid i fod yn dosturiol er mwyn i hynny arwain at newid yn lleol ac yn y byd mawr. Yn ddiweddar dysgom am yr ymgyrch Doiledau, a bod yna 1.7 miliwn o bobl yn byw heb yr angen sylfaenol yma., a'r effaith andwyol gaiff hwn ar eu hiechyd a'u haddysg..

Mae Anwen deg oed yn adrodd - "Ar ddydd Iau 17eg o Dachwedd gwnaeth DOT werthu cacennau Te a chacennau, chwarae gemau fel Tail Ffowls. Bingo, Pasio'r Parsel gyda ffeithiau Tai Bach, a cheisio dyfalu sawl darn sydd mewn rhewlin o bapur Tŷ Bach. Erbyn y diwedd codwyd £120 ar ymgyrch pobl heb doiled".

Y Caffi Bach yn dathlu ei Ben Blwydd cynta'



Mae'r Caffi Bach yn yr Eglwys newydd ddathlu ei ben-blwydd cyntaf. Anodd cofio sut oedd hi pan gychwynem ar y daith. Pawb mewn masgiau'r Cyfnod Clo, golchi dwylo a chadw pellter. Ond gwelwyd cyfeillgarwch yn ffynnu gyda'r hen a'r newydd. Diolch i'r Eglwys am ganiatáu'r fenter gyd-enwadol sy'n cyfarfod bob Dydd Mawrth o 11.30 y bore hyd 2 o'r gloch yn y prynhawn, a chroesawu pawb.

Neges Nadolig Ti a Dave Robinson

Hoffem ddymuno Nadolig Llawen a Blwyddyn Newydd lewyrchus i'n holl ffrindiau a'n cymdogion yn ac o amgylch y pentref. Yn hytrach nac anfon cardiau byddwn yn gosod rhodd ariannol i Lais y Llan.

Cadwch yn ddiogel a phob hwyl - Vi a Dave Robinson

Cerddoriaeth Wresog y Gaeaf, Dawnsio, a Bwyd Cartref Blasus. Sadwrn 28ain o Ionawr 2023

Sefydlodd hwn ei hun fel digwyddiad blynyddol ers 2014. Mae jyst digon pell o'r Nadolig, pan fyddwn yn dechrau meddwl am fentro mas unwaith eto, a chyn i'r rygbi rhyngwladol ddod 'nol. Y Band fydd - No Mean Biscuit - gyda chwech wrthi'n Lladinaidd, yn cynnwys y canwr Lou Weldon (fu'n byw yma unwaith) a Barry Wade Gwastodbach ar y Sacs.



Bwyd cartref blasus o'r bordydd lleol i gynnwys dau gwrs hael. Addurnir y Neuadd gyda goleuadau a deunydd tlws. Yr Achos Da i elwa eleni yw Smile Train. Genir 1 o bob 700 babi gyda nam nghannu neu wefusau, gyda'r canlyniad o fethu anadlu, siarad neu fwyta. Anwybyddir nifer gan gymdeithas, felly ni can driniaeth. Mae Smile Train yn cynnig triniaeth rad i'r plant hyn mewn dros 70 gwlad, ac wedi rhoi cymorth i dros 1.5 miliwn ohonynt.

Cedwir pris y tocynnau i £12 sef yr hyn yr oedd cyn y Cofid. Felly dewch mlan i fwynhau a chynnig cymorth i elusen holl bwysig. Hefyd os allwch gynnig help llaw gyda'r addurno neu glirio lan wedyn neu dorchi llawes i olchi lan byddem yn falch iawn o glywed.

*Cysylltwch ag: **Ann Pettitt am docynnau***
07884062540

Clwb Ceir Cyraeddadwy

Mae Dolen Teifi yn hapus i gyhoeddi fod eu Car Cymunedol cyraeddadwy newydd yn agored i'w logi. Daw'r gwasanaeth i fodolaeth yn dilyn dyfarniad o £81,776 wnaeth dalu am y cerbyd, cyflog y trefnydd am ddwy flynedd a nifer o ganolfannau gwefr leol. Daeth y cynllun i fodolaeth yn dilyn arolwg wnaeth amlygu diffyg trafndiaeth, prinder olew, ac unigedd cymdeithasol yn boenus o gyffredin yng nghefn gwlad.

Mae'r car ar gael i'w fenthyg a'i yrru gan unrhyw un dros 21 oed, boed yn ymweliad ag ysbyty neu ymweld â theulu. Mae gennym hefyd dros 400 o wirfoddolwyr, felly os oes angen gyrrwr arnoch rhwch wybod mewn da bryd cyn hynny. Bydd Neuadd Llanpumsaint yn derbyn canolfan gwefr yn y dyfodol agos, felly byddwn yn lleoli car yno er mwyn asesu'r gofynion lleol. Mae hyfforddiant ar gael i yrwyr. Felly os am wybod mwy ewch i wefan Cronfa Fferm Wynt Brechfa, lle mae fidio i'w weld yn adran y newyddion.

Manylion pellach am fwcio oddi wrth Rod Bowen 07771814401 neu info@dolenteifi.org.uk

Gwelliannau Cronfa Fferm Wynt Brechfa i ardal Llanpumsaint

Perchennog a gweithredwr y Fferm Wynt yw RWE Renewables (Inniogy cynt). Crëwyd Cronfa Gymunedol Leol o £2.5 miliwn ganddi dros gyfnod o 25 blwyddyn er budd yr ardaloedd lleol. Yn ystod y pedair blynedd cynta' gweithredol dyfarnwyd 182 cais er budd y cymunedau sydd o fewn 6 cilomedr i'r Fferm Wynt. Dyma restr o'r mudiadau llwyddiannus yn ardal Llanpumsaint wnaeth elwa dros £200,000.

- Cyfnewidfa Gwybodaeth Gymunedol Llanpumsaint - , Costau cyfieithu, argraffu a digideiddio
- Cyfarpar gweithredol i Ysgol Llanpumsaint drwy law'r Gymdeithas Rheini ac Athrawon
- Cymdeithas Rhandir Llanpumsaint. Mynedfa i'r Anabl, adnewyddi'r twnnel poli wedi'r storom, a chefnogi'r Dydd Agored.
- Neuadd Goffa Llanpumsaint. Gwella cyflwr yr adeilad drwy oresgyn lleithder, adnewyddi'r gwresogydd, a chostau glanhau am ddwy flynedd.
- Merched y Wawr Llanpumsaint. Achlysur cymunedol i ddathlu pen blwydd.
- Mudiad Llywio Siop Llanpumsaint. Arolwg dichonoldeb a chysylltu cymunedol i asesu posibiliadau o gynnal Siop Gymunedol.
- Curad Calon Llanpumsaint. Peiriant Adfywio i'r Gymuned.
- Pwyllgor Lles ac Adloniant Llanpumsaint. Gwella'r Maes Chwarae a gosod cyfarpar newydd.
- Clwb Gwili Chwedeg Bronwydd.
- Clwb Garddio Bronwydd a'r ardal.Cefnogi ymgyrch gymunedol.
- Cylch Bronwydd. Hyfforddi athrawon, gwaith atgyweirio, a chostau eraill.
- Neuadd Eglwys Llanllawddog. Gosod cyflenwad dwr a thrydan, ffenestri dwbl a storfa. Cysylltiad cymunedol i ddefnydd yr adeilad.

Gallwch gael gwybod am y mudiadau a gefnogwyd a hefyd ystyried eich cais eich hun drwy ymweld â'n gwefan <https://brechfawestcommunityfund.org.uk>

Neu cysylltwch â rheolwr y gronfa Moishe Merry Brechfa@anturcymru.org.uk neu 01239710238

Apel Skanda Vale am wirfoddolwyr

Gyda Nadolig wrth y drws a'r flwyddyn newydd jyst rownd y gornel, bydd nifer ohonom yn dechrau meddwl pa bethau fyddwn yn newid yn 2023. Os nad ydy ymuno ar ryw weithgaredd corfforol neu ddysgu iaith newydd yn apelio atoch pam na wnewch gyfraniad i'r rhai sydd mwyaf mewn angen. Mae Clafdy Skanda Vale yn Saron ger Llandysul yn cynnig amrywiaeth o gyfleoedd i wirfoddolwyr. O baratoi bwyd yn y gegin i gynnig help llaw gyda'r glanhau, cynnig bod yn y siop elusennol yng Nghastell Newydd Emlyn neu helpi gyda'r gwaith gweinyddol. Mae'r Clafdy angen cymorth wynebaw newydd dros holl amrywiaeth ei gweithgareddau. Wrth iddynt ehangu eu gwasanaeth i Orllewin Cymru.



Os yn arddwr o fri neu ryw David Bailey bach, mentro i'r byd marchnata neu gynnig gwasanaeth cyfieithu, byddai'n bleser clywed wrthyich. Hoffai'r Clafdy weld nyrsys, gofalwyr ac aseswyr cleifion ac eraill o'r un byd. Mae Skanda Vale yn unigryw wrth gynnig gofal arbennig a chyfleoedd seibiant i unigolion sydd ag afiechyd terfynol, hyn oll yn rhad ac am ddim gan ein gwirfoddolwyr. Er i hyn oll swnio'n ddiflas, mewn gwirionedd fel arall mae hi - gyda bwyd arbennig, a thipyn o hwyl gyda phobl dda, mae'n sbri bob dydd.. Os allwch fforddio rhai oriau pob mis i gymorth unigolion sy'n wynebu cyfnod anodd yna dyna beth fyddai penderfyniad da.

*Steve Adams Rheolwr Marchnata a Chyfathrebu - Clafdy Skanda Vale, Saron Llandysul
sa445dy 01559 371222*

Neges oddi wrth y Swyddfa Bost

Efallai eich bod yn ymwybodol o hyn ond yn werth taflu golwg mewn dreiriau neu ar draws y tŷ. Rhaid defnyddio stampiau sydd heb y cod bar erbyn diwedd Ionawr 2023. Gallwch eu cyfnewid ar ôl y dyddiad hwnnw am y rhai newydd. [Royalmail.co/barcodedstamps](https://royalmail.co/barcodedstamps)

20 Ymweliad Ysgol Gynradd Llanpumsaint a Skanda Vale

Bu'n glawio drwy'r nos hyd y bore cynnar yna torrodd yr haul drwyddo. Llonnwyd ein dydd bellach gydag ymweliad Ysgol Gynradd Llanpumsaint. Gyda phedwar aelod o staff camodd y plant lawr o'r cerbyd gyda'u pecynnau bwyd cinio, yn barod i symud. Wedi gwisgo'n addas at y tywydd camwyd y plant drwy'r pyllau dwr, y dyfnha oedd orau. Hoe fach yn un o'r caeau cyntaf i weiddi Mww ar wartheg yr Ucheldir ond anwybyddwyd ni wrth iddynt barhau i bori. Yr hyn oedd yn nodweddiadol am y plant bywiog yma oedd eu hawydd i ddysgu am bopeth. Dwylo'n codi i holi a holi, mor wahanol i'r myfyrwyr soffistigedig coleg neu lefel A.

Gwelsom asynnod, ceffylau a chrwban, chwibanon at y parot ac mi wnaeth e' ymateb a chwiban 'nol. Aeth ein taith i lawr i waelod Ashram gan fynd heibio'r hyddgant o geirw, a gwelsom y ceirw sydd bellach wedi eu gwahanu wrth y gweddill yr amser yma o'r flwyddyn. Cyn cinio ymwelwyd â Theml Sri Ranganatha gyda'r llyn a'r rhaeadr. Yna ar ôl cinio 'nol a ni lan top mewn dwy fws a chael caniataid arbennig i fwydo'r tri eliffant. Lawr wedyn i'r Puja 1.30 yn y Deml Murugan lle mae'r bwyd cinio'n cal eu bendithio. Byddem wedi hoffi rhannu'r bwyd gyda'r plant ond nid oedd amser iddynt adael. Gobeithio i'r plant a'r athrawon fwynhau'r dydd cymaint a wnaethom ni..

Bu hon yn un o nifer o ymweliadau addysgiadol yn ein blwyddyn. Dengys nifer o sefydliadau ar wahân i rai addysgiadol ddiddored i ymweld â ni, gan gynnwys y Cylch DOT lleol, Sgowtiaid, Elusennau Digartref, Iechyd Meddyliol ag ati. Mae 'na groeso i bawb! Nid oes raid dod fel grŵp neu gylch, ac mae'r drysau ar agor o 4.30 y bore ymlaen. Cynigwn dywys grwpiau o amgylch, bod yn rhan o'r addoli sef pujas a hefyd cinio neu swper yn ôl y galw. Ewch i <https://www.skandavale.org/visit-skanda-vale/educational-visits/> gan lenwi'r ffurflen gais.

Edrychwn ymlaen at eich gweld.

