



Llais y Llan Rhagfyr 2020

Copi dyddiad ar gyfer rhifyn nesaf Ionawr 26 2021

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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



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

Dymunwn Nadolig Llawen a gwell 2021 i bawb yn y gobaith o'ch gweld mewn gwahanol weithgareddau ystod y flwyddyn. Ar derfyn cyfnod anodd iawn meddyliwn a rai sydd wedi symud i ffwrdd ag eraill sydd wedi darfod. Cofiw'n amdanynt yn gydag atgofion tynner.

Mae'n gyfle hefyd i groesawu newydd ddyfodiaid sydd wedi deis byw yn ein mysg. Gobeithio byddwch yn mwynhau byw yma ac yn ymuno yn gwahanol weithgareddau drwy'r flwyddyn. Mae yna nifer o fudiadau' fyddai'n croesawu eich cymorth, felly cysylltwch â nhw.

Gobeithio bydd y brechlyn sy'n cyrraedd yn ein galluogi i orchfygu'r firws dieflig yma, ond dylwn ddal i fod yn ofalus a chadw'n ddiogel. Cadwch lygad ar ein pobl oedrannus, a rhai sy'n byw ar eu pennau eu hunain, efallai fydd angen help llaw o hyd arnynt.

Carolyn Smethurst – Cadeiryddes Cyfnewidfa Gwybodaeth Llanpumsaint.



*Dim
Gorymdaith i
Sion Corn eleni
ond mae'n addo
dod ac anrhegion
i'r plant da i gyd
Nosnyl
Nadolig.*



Newyddion da 'Roedd y prawf yn negyddol!



Briallu ym mis Tachwedd



Y cwsg mawr



Henhwen a brocili – Beth arall sydd angen?



*Nyth wedi ei
ailgylchu. Mae
ailgylchu'n beth
da - un rhodddwr
cyfrifol a thitw
Tomos las
diolchgar.
Nodyn i bawb
sydd â blwch nyth
- nawr yw'r
amser i'w
glanhau gogyfer 'r
Gwamryn -
Hwyl Edward*



Fi wedi cal llond bola o'r glaw mha!



Yn barod ar gyfer Amser Cylch

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

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

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

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

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

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

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

Siop Gwalia - Ffonio a chasglu 01267 253249

Chris Thomas Abergwili - Ffonio a chasglu – 01267 238363

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

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

Farmyard Nurseries – Yn dosbarthu archebion 01559 363389

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

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



Neges oddi wrth Gyngor Sir Gar

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

Gallwch ychwanegu eich busnes i'r rhestr ar covid19community@carmarthenshire.gov.uk <<mailto:covid19community@carmarthenshire.gov.uk>> gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn.

Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

Neges Dave a Vi

Ni fyddwn yn anfon cardiau Nadolig eleni oherwydd i ni benderfynu cyfrannu'r arian i Lais y Llan. Felly defnyddiwn y cyfrwng hwn i ddymuno Nadolig dedwydd a Blwyddyn Newydd Dda i'n holl ffrindiau a'n cymdogion. Cadwch yn ddiogel ac iach - Dave a Vi.

Cymdeithas Rhandiroedd Llanpumsaint

Ond 'does dim rhaid gweithio'n rhy galed i fwynhau blasu eich ffrwythau a'ch llysiau, a gall droi mas i fod yn hamddenol bleserus. Felly dewch draw i ymuno a ni! Mae'r rhandir ar safle'r hen orsaf ochor draw'r hewl i Dafarn y Railwe. Am wybodaeth bellach cysylltwch â Rosie (Cadeirydd) 07950411536 neu Ray (Trysorydd) 253157.

CYLCH MEITHRIN BRONWYDD /CYLCH Y GOEDWIG

Tra bod y Neuadd ar gau ym Mronwydd, rydym ni fel Cylch wedi cael cartref newydd dros dro i sicrhau ein bod yn medru darparu addysg cyfrwng Cymraeg i blant bach yr ardal. Rydym yn ddiolchgar iawn i bwyllgor **Neuadd yr Eglwys Llanllawddog** am ganiatau i ni ddefnyddio' r neuadd hyfryd mewn lleoliad gwledig prydferth. Diolch hefyd i Ficer Gaynor am bob cymorth a chefnogaeth, ac i Antur Teifi sy'n awyddus i'r Cylch i oroesi yn y flwyddyn hynod hon. Felly cyflwynwn ein Cylch Chwarae a enwir Cylch y Goedwig am ei leoliad arbennig. Rydym ni yn gyffrous i barhau i gynnig addysg a phrofiadau gwerthfawr i blant 2-4 oed

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

Canolfannau Ailgylchu i agor drwy drefniant yn unig.

Agorodd Cyngor Sir Gar ei phedwar canolfan ailgylchu i breswylwyr y sir yn unig wedi ei logi ymlaen llaw. Gellir llogi ar lein ar drefn yw cynta' i'r felin i falu, hyn er mwyn diogelu'r staff a'r cyhoedd. Caiff unrhyw un ddaw yno heb logi ei droi i ffwrdd.

Ar y cychwyn bydd y slot logi ar agor am wythnos. Bob bore Iau o 8.30 ymlaen bydd modd llogi lle. Adolygir y sefyllfa'n barhaol a bydd unrhyw newid yn cael ei gyflwyno ar wefan y Cyngor, Facebook a Twitter.

Bydd Trostre a Nant-y-caws ar agor bob dydd o'r wythnos ond o ddydd Mercher tan y Sul fydd Hendy Gwyn a Wernddu Rhydaman. Bydd 4,000 o apwyntiadau ar gael bob wythnos rhwng y pedwar canolfan, ac er tegwch i bawb cyfyngir bob unigolyn i un y mis. Hyn oll sy'n berthnasol i Sir Gar, gall Awdurdodau eraill fod yn gweithredu'n wahanol. Oherwydd i'r sefyllfa gael ei adolygu'n barhaol awgrymir y dylid cysylltu'n gyson am y wybodaeth ddiweddaraf. Awgrymir y dylid ymweld â' chanolfan ddim ond os oes gwir angen gwneud hynny oherwydd diogelwch iechyd. Gellir rhoi gwastraff arferol allan i'w gasglu ar yr amseroedd priodol.

Bydd y rheolau cadw pellter yn cael eu dilyn yn llym yn y canolfannau, felly ni all y staff estyn llaw o gymorth wrth ddadlwytho. Felly gwnewch yn siŵr eich bod yn gallu trafod eich llwyth. Caniateir dau berson o'r un tŷ i ddod allan o'r car er mwyn trafod eitemau trwm. Os na chedwir at y rheolau a'r cadw pellter angenrheidiol yna fydd raid i'r cyngor ail ystyried y sefyllfa ac efallai cau unwaith eto. Mae'r rheolau arferol yn parhau h.y. prawf eich bod o'r sir a'r permit i'r cerbyd. Gwelir y wybodaeth hon ar y wefan dan dudalennau biniau ailgylchu a sbwriel.

Neges Gan Irfon Jones

Fel Cynghorydd Sir Ward Cynwyl Elfed hoffwn yn gyntaf ddiolch i chi i gyd am eich cefnogaeth dros y blynyddoedd diwethaf ac yn ail diolch i chi i gyd am ddilyn rheolau Llywodraeth Cymru wrth geisio cadw Covid 19 allan o'n hardal.

Mae wedi bod yn gyfnod trafferthus i lawer ohonoch yn enwedig y rhai sy'n dioddef o afiechydon eraill neu'n byw ar eich pen eich hun.

Gobeithio nawr bod brechlyn wedi'i ddarganfod efallai y byddwn yn gweld diwedd ar y cyfnod hwn o amseroedd ansicr. Cadwch yn ddiogel a byddwn yn gallu dathlu'r Nadolig er y bydd yn wahanol eleni.

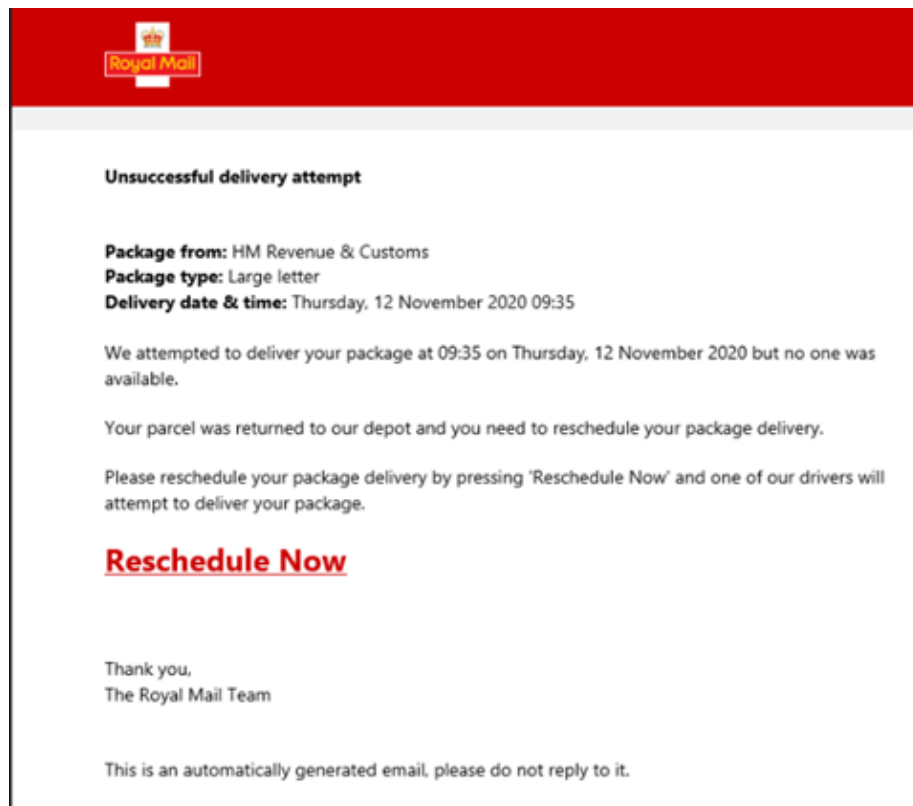
Rwy'n gobeithio y bydd 2021 yn flwyddyn hapus ac iach ac yn rhydd o Covid 19.

Pob dymuniad da i chi i gyd. Irfon

HEDDLU

Mae'r Swyddog Gareth John o Heddlu Dyfed Powys yn rhybuddio i negeseuon ffug honedig o'r Gwasanaeth Post gael eu hanfon drwy E-bost.

Y scam ywi'r Gwasanaeth Post fethu gadael parcel a gofyn i chi dalu £1 99 am i gael e. Mae ffurf y neges a'r gost isel yn ymddangos yn ddiffuant - gall fod rhywbeth yn debyg i'r isod ond maen nhw'n amrywio.



Cewch eich tywys i dudalen sy'n edrych yn swyddogol lle gofynnir am fanylion eich Banc.

PEIDIWCH GLICIO AR Y CYSWLLT. Anfonwch ye E-bost ymlaen i report@phising.gov.uk [<mailto:report@phising.gov.uk>](mailto:report@phising.gov.uk) (gwasanaeth sy'n cael ei redeg gan Ganolfan diogelwch cyberCenedlaethol gyda'r bwriad o ddileu safleoedd ffug ar y We.

COFIWCH HYN

Ni fydd Y Gwasanaeth Post fyth yn gofyn i chi dalu am dderbyn unrhyw beth.

Peidiwch fyth datgelu manylion Banc wrth ddilyn rhyw neges E-bost honedig o'r Swyddfa Bost, rhag ofn i droseddwyd ddwyn eich manylion ariannol.

Os ydych yn amau i chi gael eich twyllo yna cysylltwch â'r Banc yn syth gan ddiddymu eich carden yn syth. Archwiliwch eich cyfri hefyd rhag ofn.

Rhowch wybod i'r Heddlu lleol os ydych wedi cael eich twyllo.

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

Ysgol Llanpumsaint

Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaintpta. Os oes 'na rywun yn gallu

Clwb Bowlio Dan Do Nebo a Llanpumsaint.

Gobeithiwn weld ein haelodau yn dychwelid i chware cyn gynted â'i bod yn ddiogel i wneud hynny, ond gan i'r Firws ddal i deyrnasu 'does 'na ddim penderfyniad eto.

Shwd wnaethoch yn yr Holiadur na yn rhifyn diwetha' Llais y Llan - am yr atebion cywir ewch i'n gwefan.

The Club usually meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. from September until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement. For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards ar (01267) 253474

Hoffai'r clwb dymuno Nadolig Llawen a Blwyddyn Newydd Ddedwydd iachus i'n holl aelodau, presennol a gorffennol



Curad Calon Llanpumsaint

Dyma'r criw bach fu'n gyfrifol am sefydlu 4 Adfywiwr mewn gwahanol safleoedd yn yr ardal – Tu fas y Neuadd Goffa SA33 6BZ

Tu fas Tafarn y Railwe SA33 6BU

Ar wal Fferm yr Henfryn tua Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo. SA33 6HN

Gosodwyd blwch newydd i'r Adfywiwr ger y Neuadd a diolch i Galon Cymru amdano am ddim. Diolch hefyd i Wil am ei osod lan a'i gysylltu â chyflenwad trydan y Neuadd.

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

Os nad ydych yn siŵr sut i ddefnyddio'r Adfywiwr gallwch fenthyg y pecyn ymarfer oddi wrtho i, a chyfle felly i'w ddangos i aelodau eraill o'ch teulu. Hyd yma ni ddefnyddiwyd un o'r

peiriannau yma yn yr ardal, ond pwy a wŷr pan ddaw galw, felly mae ymarfer ymlaen llaw yn fodd i arbed bywyd.

Carolyn Smethurst 01267 253308 info@gwilimill.com

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

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

Clwb Cant Llanpumsaint

Dyma enillwyr Mis Tachwedd ac Ionawr yn y flwyddyn newydd ynghyd a'r un fawr am y Nadolig.

Tachwedd £20 Rhif 10 Shirley Davies, £15 Rhif 38 Emma Clift, £10 Rhif 24 Nick Henstreg

Ionawr 2021 £20 Rhif 93 Gavin Harding, £15 Rhif 45 Sandy Maher, £10 Rhif 87 Bryn Jones.

Yr un Fawr Nadolig £100 Rhif 68 Carolyn Smethurst, £50 Rhif 95 Lisa Williams,

£25 Rhif 64 Mo Jameson, £25 Rhif 55 Chris & Jayne Hughes,

£15 Rhif 96 Dave Icke, £15 Rhif 31 Meinir Jones, £10 Sarah Moore

£10 Rhif 106 Lyn & Nerys Thomas, £10 Rhif 83 - Marice Sherlock, £10 Rhif 57 Luned &

Dewi Davies, £10 Rhif 5 - Arwel Nicolas, £10 Rhif 86 Gwen- Rees Jones, £10 Rhif 22 - Cathy

Williams, £10 Rhif 69 Wil Fitzsimon, £10 Rhif 25 Mr Smith.

Llongyfarchiadau i'r holl enillwyr gyda chydymdeimlad a'r gweddill ohonom. 'Tro nesa' ddaw!

Diolch i bawb am eu cefnogaeth mewn blwyddyn anodd wrth i mi geisio corlannu'r holl ddefed. Fel y gwyddoch ni fydd yna dynnu enillwyr yn Chwefror tra byddaf yn paratoi'r adroddiad blynyddol ac yn dechrau casglu cyfraniadau'r flwyddyn nesaf.

Gore gyd po gyntaf naill a'i arian parod neu siec (yn daladwy i Clwb Cant Llanpumsaint) am £12 am bob rhif - drwy'r post neu drwy'r drws i Maes-y-Felin Llanpumsaint sa336by. Gan ddymuno Nadolig Llawen iawn gore gallwch ac iechyd a hapusrwydd i'r flwyddyn 2021 Derick Lock Trysorydd 253524.

Gwasanathau Capel Nebo

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

Capel Ffynnonhenri

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

Caersalem

Rydyn ni'n dal i gynnal cwrdd y rhan fwya o Suliau. Ffoniwch os byddwch chi am ddod – Eleri 01267 253895. Croeso!

Eglwysi Llanpumsaint, Llanllawddog a Chelynin Bronwydd

Gwasanaeth y Bore ar Zoom - Bore Mercher am naw - Bore Sul am ddeg
Cylch Ieuenctyd Zoom oed 10 i 17 Nos Iau – chwech hyd saith o'r gloch
Cysylltwch â'r Parch Gaynor os am ymuno i_gaynor@hotmail.com
<mailto:i_gaynor@hotmail.com>

Am wybodaeth ynghyn a gwasanaethau o fewn adeiladau'r eglwys dilynwch ni ar Facebook neu ddarllen yr hysbysfwrdd. Cofiwch oherwydd rheolau cadw pellter rhaid archebu'ch lle o flaen llaw. <https://www.facebook.com/llanpumsaintbronwyddandllanllawddogchurches>
Mae'r haint yma wedi llwyddo'n pellhau wrth ein gilydd. Dim clonc fach nag ysgwyd llaw wedi'r gwasanaeth, na sgwrs dros baned o de neu gacen a choffi, dim codi arian fel yn y farchnad fisol a chadw mewn cysylltiad â phawb. Rydym yn ffodus er hynny i fyw mewn oes dechnolegol ac mae ein Ficer heb ein gadael i lawr. Trefnodd wasanaethau bore Sul ac yn yr wythnos dros y We.

Ceisïaf ymuno ar wasanaeth deg bob bore Sul ac mae'n hyfrydwch gweld aelodau o'm pedair eglwys yno. Golyga hyn ein bod yn gallu cyd-weddio a chadw mewn cysylltiad, yn fwy na phan oeddem yn mynychu ein heglwysi unigol.

Weden ni ddim ei fod yn well na mynd i'r cwrdd oherwydd gwelaf ishe'n cymun ,ond mae'n gymdeithasol i gyd siarad a chadw mewn cysylltiad. Mae cael gweld wynebau hefyd yn gymorth ac mae yna deimlad gwahanol wrth gyd weddio.

Ceir manteision eraill gan y Rhith Eglwys, megis pregethwyr tramor ac mi allaf atal y sain i guddio fy nghanu. Un wythnos bu modd cynnwys ein hanifeiliaid anwes, yn wn, cathod, hwyaid ag ati, heb orfod glanhau'r eglwys wedyn. Ond des ddim miw'n a'r pysgodyn o'r llyn. Bu'r ieuenctid hefyd yn gymorth technolegol mawr i nifer, gan ganfod ffyrdd newydd o ymateb gyda sul y Cofio.

Ces y fraint o ymuno a'r Cylch Ieuenctid un neu dwywaith, sy'n tyfu'n wythnosol. Fe'm swynwyd gan eu brwdfrydedd a gwreiddioldeb eu syniadau a'u gallu i greu. Mewn byd amherffaith ac yn wyneb ein hanawsterau cyfoes ymddengys y Rhith Eglwys yn rhywbeth cadarnhaol i edrych ymlaen ato, ac 'rwyf mor ddiolchgar amdano.

Fran Dixon Warden Eglwys Llanllawddog

Pwyllgor Lles ac Adloniant

Yn anffodus bu raid dileu Gorymdaith Sion Corn am eleni yn sgil y cyfyngiadau a'r rheolau yn deillio o'r firws. Diolch Lyn Ifans Ysgrifennydd

Gofal Traed

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

Rhybudd - Galwadau ffôn ffug yn honni eu bod wrth yr Heddlu.

Daeth neges oddi wrth Heddlu Dyfed Powys fod yna droseddwyr yn ffugio eu bod Heddweision yn galw mewn tai gan esgus eu bod yn ymchwilio i Dwyll Tywyswyr. Gallai hyn ddigwydd mewn rhannau eraill o Gymru hefyd.

Amcan y troseddwyr yw eich cael i ymddiried ynddynt fel Heddlu.

Peidiwch siarad â nhw.

Gwrthodwch roi cardiau Banc iddynt

Dodwch y ffon lawr

Blodiwch y rhif o le daeth yr alwad.

Rhowch wybod i'ch cymdogion a'ch ffrindiau am y scam.

Rhowch wybod i'ch Heddlu lleol naill a'i drwy'r We neu alw 101



Elusen gofrestredig1173063

Cefnogwch eich ffermwyr a'ch cymdogion Mewn amseroedd anodd i ardaloedd gwledig ac amaethyddol dyma'r amser i ddysgu sgiliau newydd er mwyn estyn llaw i'r sydd ag angen cymorth. Mae'r sefydliad DPJ yn rhedeg cyrsiau ar Ymwybyddiaeth Iechyd Meddyliol (ar hyn o bryd ar y We) i'r rhai sy'n gweithio yn y byd amaeth neu'n ymwneud a'r gymuned wledig yn gyffredinol, er mwyn dysgu am broblemau'r meddwl. Mae'r cwrs yn hollol rad i'r rhai sy'n gweithio yn y byd amaeth neu'n gysylltiedig â hwnnw, ac yn amlygu'r arwyddion er mwyn canfod rhywun sy'n dioddef a sut i gael cymorth. Rhedwn gwrs hefyd ar Gymorth Cyntaf Iechyd Meddwl, allai fod yn gymorth allweddol i rywun a thueddiadau at hunanladdiad. Datblygwyd nifer o ddulliau cymorth, rhai ffurfiol ond eraill yn anffurfiol drwy weithio gyda'r gymuned leol. Os ydych yn awyddus i ddysgu mwy a datblygu sgiliau cymorth er mwyn estyn cymorth i'r anghenus yn eich gymuned yna cysylltwch â ni.

Sefydlwyd Sefydliad DPJ er mwyn helpi ffermwyr, gweithwyr amaethyddol a'u teuluoedd yn y gymuned wledig lle amlygai problemau iechyd meddwl. Ar wahân i'r cyrsiau mae gennym linell gymorth bedair awr ar hugain lle gall gwirfoddolwr profiadol drafod problemau unigolyn neu arall. Gallwn gynnig gwasanaeth cynghori llawn yn rhad drwy'r Saesneg neu Gymraeg i'r gymuned wledig. 0800 587 4262 neu tecstio 07860 048799

Mae gennym arbenigwyr ym mhob ardal – ewch i Facebook, Twitter, Instagram neu

www.thepdfoundation.co.uk Kate@the dpdfoundation.co.uk

Mae gennym bosteri, ffurflenni a chardiau bisnes i'r gweithle, y gymuned neu unrhyw le arall i ledaeni'r neges.

Newyddion o Scanda Vale

Mae'n ganol Mis Hydref ac felly'n dymor Keats - Season of mists and mellow fruitfulness.

Gwelir ffrwythau di-ri'r adeg yma, mwyr duon, eirin duon, eirin moch y ddraenen wen, aeron du per yr ysgawen, aeron coch y gerdinen, aeron rhosyn, gwyddfïd, aeron coch y gelynnen, ac aeron y gwifwrnwydden y gors. Nid oeddwn wedi sylwi ar flodau'r planhigyn olaf yma adeg y gwanwn a'r haf, ond gwelais ganghennau o'r gwifwrnwydden y gors y frith o aeron ar gloddiau o amgylch Skanda Vale. A dyma'n gywir fel mae pethau fod weithio -bydd lliwiau llachar bob amser yn denu anifeiliaid (adar yn bennaf a phobol fel fi hefyd) i fwyta'r ffrwyth a hau'r hadau. Weithie aiff yr hadau drwodd i egino mewn tomen o dail, (mae son fod tomatos yn tyfu mewn canolfannau carthffosiaeth).

Odi chi fyth wedi agor aeron rhosyn i roi'r hadyn blewog lawr cefn rhywun i achosi cosi. Yn effeithiol iawn medden nhw gyda'r un effaith ar yr aderyn wrth fwyta'r aeron ac yn poeri allan yr hadyn sy'n eu cythruddo. Mae yna nifer o blanhigion sy'n defnyddio anifeiliaid ddosbarthu eu hadau. Ar derfyn yr hen reilffordd yn agos i'r twnnel am Bencader mae yna ddau Gyngaf Mawr, gellir defnyddio'r gwreiddiau i wneud y ddiod Dandelion & Burdock. Yn 1948 wrth i'r dyfeisiwr o'r Swistir George de Mestral gerdded ei gi ym mynyddoedd y Jura, sylwodd i nifer fawr o hadau'r cyngaf mawr llynu wrth ei drwser a hefyd ar flew'r ci. Wedi eu hastudio wedyn dan ficrosgop arweiniodd hyn ef i ddatblygu'r ddyfais bachwr a dolen, werthwyd yn wreiddiol dan enw Felcro.

Cwmpodd niferoedd o fes a chnau yn sgil Storom Francis ddiwedd Awst. 'Roeddent yn frith ar un o'n llwybrau, sef Ffordd y Mynach wedi'r storom ond fe ddiflanno'n yn raddol, wrthi i'r gwiwerod, colomennod, llygod bach, draenogod ac efalla ambell sgrech y coed, eu bwyta neu guddio. Anghofir am rai wedi eu claddu ac oddi yno bydd coeden fach newydd un egino i dyfu beth pellter o'r fam goeden. Bu'n flwyddyn doreithiog i'r mes gyda digonedd ar ôl ar y coed, a chlywaf hwy ddisgyn ar do fy hafoty yn y coed yn ystod y nos.

Gwnaeth y storom honno ychydig o niwed i'r samaras wrth iddynt llynu'n benderfynol wrth y coed, efallai'n aros am dywydd oer. Ffrwyth sych hedonig yw'r samara na fydd yn hollti, ac yn hedfan lawr fel hofrennydd o'r coed sicamor, a'r rhai o'r onnen fel clwstwr o allweddi o'r canghenni. Am ba hyd fydd yr onnen gyda ni? O edrych ar draws y cwm mae'n amlwg fod yr haint gwywo yn cael effaith fawr, gyda'r coed ynn noeth heb ddail yn sefyll mas ymysg y rhai llawn eraill.

Ar nodyn mwy gobeithiol mae mwy nag un aelod o'r Gymuned wedi gweld Glas y Dorlan ar gangen uwchben llyn newydd ei greu, a dau ddwrgi'n chwarae yn y nant gerllaw.

Y Brawd Andy

Dilwyn Davies – Athro Gyrru Arbennig

Am ddegawdau gwelwyd cerbyd dysgu gyrru Dilwyn Davies yn ymlwybro ar hyd strydoedd Caerfyrddin. Ambell ddysgwr yn herciog neu or-ofalus lawr Heol y Brenin neu un arall braidd yn fyrbwyll wrth wynebu Heol Awst. Ond byddai'r hyfforddwr yn y sedd arall yn rheoli pob sefyllfa'n hyderus dawel ac awdurdodol. Athro cadarn oedd Dil heb ofni ypsetio ambell un, ond ar ddiwedd y dydd llwyddo yn y prawf gyrru oedd y nod. Bu ganddo garfan uchel iawn o lwyddiannau, gyda'i dacteg o awgrymu nad oedd gan rywun lawer o obaith yn sbardun ar ddiwrnod y prawf. Byddai'n gweithio bob tro!

Un o dri mab Y Dole Llanpumsaint oedd Dilwyn, brawd canol Gwynfor a Robert, plant Agnes a Jac. Derbyniodd ei addysg gynnar yn ysgol Llanpumsaint cyn symud ymlaen i yn ol ei son) Academi Gymraeg Pencader. Pan gychwynnodd fel hyfforddwr gyrru gyda Jones School of Motoring 'toedd wedi landio'r swydd iawn ar yr amser iawn. Gyda safonau byw yn codi'n sylweddol yn ystod chwedegau ganrif ddiwethaf daeth mwy o geir ar yr hewl a mwy a mwy o fechgyn a merched am fynd tu ôl yr olwyn. Wedi mentro i sefydlu cwmni ei hunan aeth ei lwyddiant o nerth i nerth, gan ennill cydnabyddiaeth - "*Os ewch da Dil fyddwch yn siŵr o baso!*". Bu ar flaen y gad gyda'r gwersi drwy'r Gymraeg ac annog ei ddysgwyr i sefyll eu prawf yn eu hiaith gyntaf..

Yn y Dolau, y fam Agnes oedd yr olaf o chwech plentyn i Samuel a Sarah Thomas. Priododd a Jac, a da yw nodi fod yna Jac arall newydd gyrraedly Dolau sef mab Aled, plentyn hynaf Dilwyn a Gwenda. Felly mae'r traddodiad teuluol yn parhau yno. Codwyd Aled a'i chwaer Sian yn Aelybryn Cwmffrwd ac oddi yno byddai Gwenda'n teithio i redeg ei siop Trin Gwallt Siswrn yn nhre Caerfyrddin. Trist fu'r newyddion am farwolaeth Dilwyn yn dilyn brwydr ddewr ac hir yn erbyn afiechyd.

Cael trafferth talu'r rhent?

Lansiwyd cynllun newydd gan Lywodraeth Cymru i helpi rhai sy'n cael trafferth talu rhent, neu'n ansicr o wneud yn y dyfodol oherwydd effaith y Firws. Hon yn unigryw yn y Deyrnas Unedig drwy gynnig benthyciadau rhad ar 1%, i waredi ddyled neu wynebu'r dyfodol ansicr; hyn i arbed colli cartref neu ddirwy. Telir yr arian yn syth i'r perchennog neu asiant, gyda'r tenant i dalu 'nol o fewn 5 mlynedd.

Cynted fydd y tenant yn gofyn daw'r benthyciad yn syth gyda chymorth a chynghor ariannol i'r dyfodol.

Gallwch gynnig drwy fynd i <https://gov.wales/apply-loan-help-pay-rent-arrears...>
<https://gov.wales/scheme-help-tenants-affected>

Peter McIlroy Rheolwr Gwasanaethau Ymarferol Age Cymru Dyfed
p.mcilroy@agecymrudfyfed.org.uk www.egeuk.org.uk/cymru/dyfed

Unedau5/11LEC Workshops Llanalli sa152ea 01554 784989



Village Voice December 2020

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info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY



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We wish everyone in the village a Merry Christmas and a better 2021, and we hope to see you at village events through the year. Llanpumsaint Community Information Exchange

As we reach the end of this 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 2020. 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. The arrival of the vaccine will help us to conquer this awful virus. But we all need to take care and keep safe. And please keep an eye on the elderly and those living on their own – they may still need some help and support. Carolyn Smethurst, Chair, Llanpumsaint Community Information Exchange



Santa is sorry, but he can't make it this year for the parade. But he has said that he will be delivering to all good children, young and old, on Christmas Eve



Good news – I tested negative!



Harbinger of Spring – what a welcome sight



The big sleep!



Sunshine and Broccoli – what more could you want



Recycled nest,
one responsible
donor, and one
happy blue tit
recipient of a
comfy nest.
**Note to all
nest box
owners – now
is a good time
to clean them
out for next
spring.
Cheers
Edward**



‘Please stop the rain!’



Ready for Circle Time at the Cylch

Local traders doing deliveries and/or order and collect

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

Railway Inn – Keep an eye on their Facebook, or phone 01267 253643

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

Pasture Perfect Meat Nicky Esgair 07866 311740

Sausages and Bacon **Myrddin Heritage** 07468 453770

Baker Adrian Thomas for bread savouries cakes - order Monday for delivery Wednesdays 07971 740505

Gwalia Stores Phone and collect 01267 890345

Chris Thomas at Abergwili Phone and Collect 01267 238363

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

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

Farmyard Nurseries Delivering orders – 01559 363389

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

And of course, if you can get a slot, Morrisons, Asda and Tesco will deliver – the difficult is finding a slot!!!!

Please contact Carolyn on info@llanpumsaint.org.uk if you want to be included here

From Carmarthenshire County Council

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

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

Message from Vi and Dave

We are no longer going to send out Christmas cards. Instead we will donate the money to The Village Voice newsletter. So we are using this media to wish our friends and neighbours a wonderful Christmas and a happy and prosperous New Year. Stay safe and well. Best Regards Vi & Dave Robinson.

Many thanks Vi and Dave for your kind donation – Carolyn Smethurst

Clwb gwili 60+ Club Bronwydd

This year Christmas is going to be different for all of us. I am sure you will all be missing our celebrations and various events that the Club has always enjoyed over the past eight years. Hopefully with these vaccinations in the pipeline we will all be able to meet up once again fairly soon. I hope it won't be too long before I can inform you all when the date of the next meeting will be taking place. Have as pleasant a Christmas as you possibly can under the circumstances. On behalf of the committee our very best wishes for 2021. Take care and keep safe. Yours sincerely, Peter Giles
Chairman

Llanpumsaint Heartbeat

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

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

Outside the Vestry at Nebo SA33 6HN

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

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

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

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

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

We hope all our members will be able to return to bowling as soon as it is safe to do so, but as the virus is still present no decision has yet been made as to when bowling will recommence.

How did you get on with the Quiz in the last edition of the Village Voice. To find out check our website for the correct answers!! Llanpumsaintsmbc.org.uk

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

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

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



Llanpumsaint Allotment Association

You don't have to work all hours to enjoy the fruits (and veg) of an allotment -it can in fact be quite a relaxing and rewarding pastime. So why not come and join us. The allotments are located in the old station yard opposite the Railway Inn. For any information about the Association contact Rosie (Chair) Tel: 07950411536, or Ray (Treasurer) Tel:253157.

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Llanpumsaint park will remain open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance. **NB. DOGS ARE NOT ALLOWED IN THE PARK**

Regrettably, this year's Santa Parade has been cancelled due to the recent rules and restrictions as a result of the Covid-19 pandemic. Thank you, Lyn Evans (secretary)

Llanpumsaint PTA

Due to current COVID-19 restrictions, we are unable to hold any of our usual events however we are actively looking at alternate events to fundraise.

Llanpumsaint School PTA - Easy Fundraising

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

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

LLANPUMSAINT 100 CLUB

Here are the winning numbers for the November and next January 's draws plus, of course The Grand Christmas Draw, in that order:

NOVEMBER £20 No.10 Shirley Davies £15 No.38 Emma Clift. £10 No.24 Nick Henstredge

JANUARY £20 No.91 Gavin Harding £15 No.45 Sandy Mather. £10 No.87 Bryn Jones

GRAND CHRISTMAS DRAW

£100 No.68 Carolyn Smethurst. £50 No.95 Lisa Williams

£25 No.64 Mo Jameson. £25 No.55 Chris & Jayne Hughes

£15 No. 96 David Icke £15 No.31 Meinir Jones. £10 Sarah Moore

£10 No.106 Lyn & Nerys Thomas £10 No.83 Marice Sherlock. £10 No.57 Luned & Dewi Davies.

£10 No.5 Ariel Nicholas. £10 No.86 Gwen Rees-Jones. £10 No.22 Cathy Williams. £10 No.69 Will Fitzsimon £10 No.25 Mr.Smith.

Congratulations to all the above, commiserations to the rest of us, there's always next time!!!

Thanks to all members for your support during 2020, which has been quite a struggle for me to gather in the strays. As you know, there is no draw in February. I will be busy preparing my annual statement and girding my loins to collect next year's subscriptions.

Early renewals would be much appreciated, cash or cheque (payable to Llanpumsaint 100 Club) for £12 for each number either through my letterbox or by post to me at Maes Y Felin, Llanpumsaint SA33 6BY.

Wishing everyone a Very Merry Christmas, as best you can, and a healthy and happy 2021.

Derick Lock, Treasurer, Llanpumsaint 100 Club, Tel. (01267) 253524.

SWYDDOGOL OFFICIAL

DC Gareth Jordan from Dyfed Powys Police states that they have become aware of fake Royal Mail notifications being sent out via email... The scam involves an email which claims Royal Mail has tried to deliver a parcel - and then asks you to pay £1.99 to arrange redelivery.

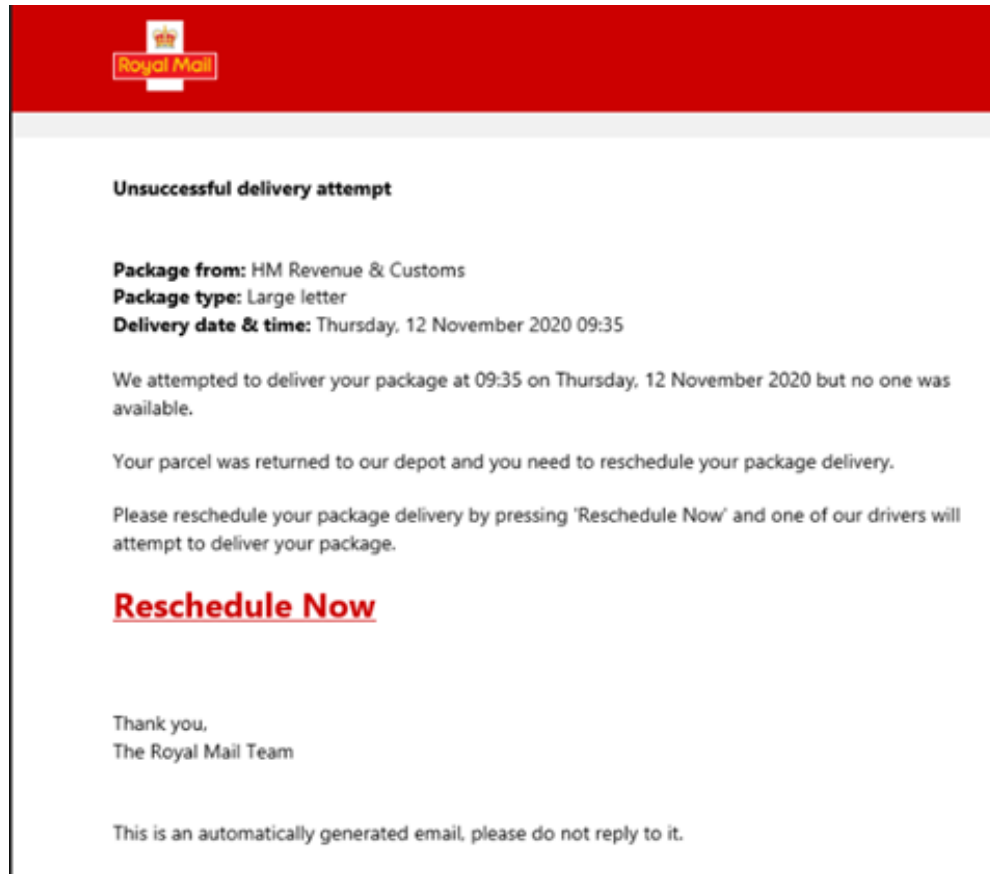
The style of the email and the low fee makes the scam appear legitimate.

It may look similar to the below – (they do differ)

The email directs you to an official-looking page where you will be asked to give away your bank details.

DO NOT CLICK ON THE LINK. Forward the email to report@phishing.gov.uk

(this reporting service is run by the National Cyber Security Centre and aims to take down fake websites)



Remember:

- Anybody who receives an email claiming to be from the Royal Mail must remember that they **will never be asked to pay a redelivery fee.**
- **Never input your bank or card information after following a link on any email that claim it is from the Royal Mail,** because it will result in your card details being stolen by criminals.
- If you have reason to believe that you may have been tricked, it is essential that you contact your bank and cancel your card at once, additionally check your statements for any signs of unauthorised transactions.
- If you have been the victim of a payment scam, report it to your local police.

Stop Press

I had a similar email from DPD – very convincing, but a quick look online showed that it had already been reported as a scam with an article in the Express – so email was deleted without delay. Carolyn

Struggling with rent arrears?

The Welsh Government has launched a new scheme to help tenants struggling with rent arrears, and those who may also struggle to pay future months' rent as a result of coronavirus.

The scheme is the only one of its kind in the UK, and offers cheap loans (1% APR) to cover rent arrears, or future months' rent, reducing the risk of eviction and homelessness.

The money is paid directly to landlords or agents and will need to be repaid over a period of up to 5 years.

Once a tenant has applied for the loan they will be able to access support and advice services to help them manage their financial situation.

You can apply here: <https://gov.wales/apply-loan-help-pay-your-rent-arrears...>

<https://gov.wales/scheme-help-tenants-affected...>

Peter McIlroy, Practical Services Manager Age Cymru Dyfed

p.mcilroy@agecymrudyfed.org.uk www.ageuk.org.uk/cymru/dyfed/

Units 5/11, LEC Workshops, Llanelli, SA15 2EA 01554 784080

Message from Irfon Jones

As County Councillor of the Cynwyl Elfed Ward I would firstly like to thank you all for your support over the last few years and secondly thank you all for following the Welsh Government rules in trying to keep Covid 19 out of our area.

It has been a troublesome time for many of you especially those that are suffering from other illnesses or living alone.

Hopefully now that a vaccine has been found we might see an end to this period of uncertain times.

Keep safe and we'll be able to celebrate Christmas although it will be different this year.

I do hope that 2021 will be a happy and healthy covid 19 free year. Irfon

Warning – Fake phone calls to residents pretending to be from the Police!

We have been notified by Dyfed Powys Police that criminals pretending to be Police officers are calling residents and trying to carry out what is known as 'Courier Fraud'... this could be happening in the rest of Wales too.

These callers are criminals who will try gain your trust by making you think they are police officers.

- Do not engage in conversation with them.
- Do not allow them to arrange collection of bank cards.
- Put the phone down.
- Block the number they called from.
- Tell your friends and neighbours about this scam
- Report it to your local police force by contacting them via their online webpage or 101

Anglican Church in Wales Churches of Llanpumsaint, St Celynin Bronwydd and Llanllawddog

Services of Morning prayer via Zoom Wednesdays 9am, Sundays 10am

Zoom Youth Group for young people ages 10 – 17 Thursdays 6-7 pm

Please contact Rev'd Gaynor for joining details j_gaynor@hotmail.com

For physical services in December in the church buildings please follow our facebook page or view the church notice boards for further details. Please remember because of current social distancing regulations it is essential to pre book your place at services.

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

Virtual Church.

This virus has tried very hard to alienate us from each other. No more chatting and hugging at church on a Sunday, no meetings with tea, coffee and cake, no fundraisers like the monthly market where you get a chance to see everyone and keep in touch.

Luckily for us we live in a technological age and our Vicar has not let us down. She has arranged virtual weekly Sunday morning services at 10am, a virtual midweek service and also a virtual youth group.

I always try to attend the Sunday morning service and it is a delight to see people from all of our 4 local churches attending. This means that we can pray together and catch up on how everyone is doing. Something that would happen less often when we had to physically move from church to church.

I won't say it's better that attending a physical church service, I do miss actual people as well as taking the Eucharist, but in many ways, it can be more inclusive. At the moment it is a Godsend that we are able to meet, chat a little and feel part of such a strong and supportive community and being able to see people's faces helps to reinforce the connection. Group prayer somehow has a different feel to it than individual prayer and that too is lovely to have.

Virtual Church has other benefits, we are able to have 'guest preachers' from around the globe, watch videos from different places relating to whatever the sermon is about and a really important one for other people is that I can mute my microphone so no-one can hear my singing. We also had all our pets attend one week without having to worry about cleaning the Church afterwards, we had dogs, cats, ducks and others, but I drew the line at bringing the goldfish in from the pond!!

The young people who attend the services have also been brilliant at helping those who might not be so technology minded to work out different ways of doing things and the backgrounds of poppies on Remembrance Sunday were amazing.

I've had the privilege of attending the youth group once or twice, this is growing weekly. The activities are fun and thought provoking and the young people have had me in tears with their brilliant works and interpretations of the things they make.

In an imperfect world and bearing in mind the difficulties we face at the moment having virtual Church services is a bit of a positivity to be looked forward to and I for one am exceptionally grateful to be a part of it. Fran Dixon Church Warden Llanllawddog

News from Skanda Vale

Its mid-October and Keats' *Season of mists and mellow fruitfulness* is well underway. Fruits of all kinds are in abundance at this time of the year; blackberries, sloes, the haws of hawthorns, elderberries, rowan berries, rose hips, honeysuckle, holly berries and the berries of the Guelder Rose. I had overlooked the flowers of this last plant during the Spring and Summer but spotted branches of Guelder Rose berries growing in the hedgerows here at Skanda Vale. And this is precisely how it is meant to work – bright shiny colours attract a variety of animals (mainly birds but also mammals, like me) who eat the fruit and drop the seeds. Sometimes the seeds pass right through them to be deposited in some ready prepared manure. (Apparently, tomato plants quite commonly grow in sewage farms).

Have you ever opened up a rosehip and put the hairy seeds down someone's back to act as itching powder? It is very effective and presumably has the same effect on birds who eat the hips and then spit out the irritating seeds.

There are many plants that use animals for their seed dispersal. At the end of the old railway line, not far from Pencader tunnel, are two large burdock plants the roots of which can be used to make the drink Dandelion and Burdock. In 1948 a Swiss Inventor George de Mestral whilst walking his dog in the Jura Mountains noticed that large numbers of burdock seeds had become attached by hooks to his trousers and the dog's fur. He examined these burrs under a microscope and this led to the development of the hook and loop fastener, which was initially sold under the Velcro brand name.

Storm Francis, which occurred in late August, brought down an enormous windfall of acorns and hazel nuts. One of the public footpaths, which we call Monks' Walk, was littered with these the day after the storm. They gradually disappeared as squirrels, wood pigeons, wood mice, hedgehogs and possibly jays carried them away to be either eaten or stored. Some will be forgotten about and germinate giving rise to new tree saplings away from the competing influence of the parent plants. But what a year for acorns; there are obviously plenty more up in the oaks; I hear them at night dropping down on the roof of my chalet in the woods.

The storm had little effect on the Samaras; they still clung tenaciously to the trees; perhaps they are waiting for a cold snap? A Samara is a dry-winged, indehiscent (does not split open) fruit. Typical samaras are the seeds that whirl down like helicopters from Sycamore trees and those of Ash which hang like bunches of keys from branches. How long will the Ash trees be with us? Looking across the valley it is clear that Ash dieback is having a devastating effect; leafless Ash trees have stood out amongst other broad-leaved species throughout the Summer.

On a brighter note one member of the Community has spotted a kingfisher perched on a branch above a newly dug pond and two otters were seen playing in the stream nearby. Brother Andy

CYLCH MEITHRIN BRONWYDD/CYLCH Y GOEDWIG

Whilst our usual home at Bronwydd Hall is closed, we as a Cylch have secured a temporary new home to ensure that we are able to provide Welsh medium education to the small children in our area. We are very grateful to the **Llanllawddog Church Hall** Committee for allowing us to use the beautiful hall located in a stunning rural setting.

Thanks also to Vicar Gaynor for all her support and assistance, and to Antur Teifi who are supportive of the Cylch's survival in this strange year. We therefore introduce our Play Cylch, named "Cylch y Goedwig" for its special location.

We are excited to continue to provide education and valuable experiences to children aged 2-4 years. Contact Verona, Leader at 07929 431652 or cylchmeithrinbronwydd@gmail.com



THE DPJ FOUNDATION

Registered charity 1173063

Support your farming friends and neighbours.

With the challenging time for many in rural and agricultural communities now is a great time to learn more skills to help support and signpost those in our area that might be struggling at the moment for some extra support. The DPJ Foundation runs Mental Health Awareness sessions (currently all online) for those that work in agriculture or in the wider agricultural and rural communities to help learn more about mental health problems. These sessions are completely free if you work in farming or work with the agricultural community, they give you the basic knowledge of what signs to look for if someone is struggling and how to help get them support. We also run Mental Health First Aid training, much like a physical health first aid course this could be vital to support someone that is struggling with their mental health and potentially support someone who is feeling suicidal. Many support structures, both informal and more formal have been developed through our communities in the last few months. If you want to be better skilled and more confident to support those around you in the farming community please do get in touch about the courses we run.

The DPJ Foundation was originally set up to support farmers, agricultural workers and their families in the agriculture communities that are struggling with poor mental health. As well as the training we also run a 24/7 call line to speak to a trained volunteer about problems you or those around you might be facing. We can offer fully funded counselling (both in English and in Welsh) for those in the agricultural community. telephone 0800 587 4262 or text 07860 048799 both are open 24/7.

We have regional champs in your area find us on facebook/twitter/Instagram or

www.thedpjfoundation.co.uk or Kate@thedpjfoundation.co.uk.

We can also provide posters/leaflets and business cards for your workplace and community spaces to give information about our support.

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

We still hold a service most Sundays. Please ring ahead if you'd like to attend – Eleri 01267 253895. Welcome!

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

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall - Fundraising Bricks

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

Dilwyn Davies The top class Driving Instructor

For decades one would see a Dilwyn Davies School of Motoring vehicle around Carmarthen's streets. Sometimes creeping and crawling down King Street or leap frogging up Lammas street, one thing was sure, sitting beside that nervy learner was a relaxed confident Instructor. Whatever his pupil got up to Dilwyn Davies was always in control. Brought up at Dolau Llanpumsaint, where he attended Llanpumsaint school before moving on to Pencader, he landed the right job at the right time.

The new found prosperity of the 1960s saw more and more family cars around, with boys and girls itching to get behind the wheel. Dil became an Instructor with the Jones School of Motoring to pick up many customers around that popular Stag & Pheasant pub. Soon his high Driving Test pass rate encouraged him to branch out on his own. His reputation for being firm and a bit strict became a useful ploy, often telling a pupil that they'd little chance of passing; all to rile them into a "I'll show him he's wrong!" mentality on the day of the Test. It worked! He pioneered lessons in Welsh to encourage those first Test candidates to take it in their first language.

Married to Gwenda, who opened her Siswrn hairdresser shop in town, they brought up Sian and Aled at Aelybryn Cwmffrwd. Aled returned to pursue the family tradition at Dolau Llanpumsaint, where Dilwyn had been the second son to Agnes and Jack. And now there's another Jac at Dolau. His other claim to fame was that back in that sixties era he became the first to introduce drainpipe trousers to Llanpumsaint, soon followed by a blue velvet suite and suede shoes. A colourful character who fought a long brave battle against illness and will be sadly missed.

Arwyn 2020

Recycling Centres open by appointment only

Carmarthenshire County Council have opened its four Household Waste Recycling Centres - but only to those Carmarthenshire residents who have already pre-booked an appointment.

Appointments can be made through an online booking form on a first come-first served basis. This is to ensure the number of visitors to the site at any one time is regulated in the interest of safety for staff and the public. Anyone arriving on site without an appointment will not be allowed entry.

Initially, appointment slots will be open for one week at a time. The appointments will go live every Thursday at 8.30am. The situation will be continuously reviewed and any updates or changes to the system will be posted on the council's website or Facebook and Twitter pages.

Trostre and Nantycaws will be open seven-days a week and Whitland and Wernddu in Ammanford will be open Wednesdays to Sundays.

Strict social distancing measures will be in place within the recycling centres and must be obeyed at all times. In the interests of safety, staff will not be helping residents to unload any goods during this time therefore residents are being urged to ensure that they are able to unload any materials themselves. Up to two people (from the same household) will be allowed to get out of the car to unload heavy/large items. If site rules and social distancing isn't met the council will have to re-evaluate the position and may be forced to close once more. Usual rules apply on proof of identity that residents are from Carmarthenshire and vehicle permits. This information can be found on the [recycling, bins and litter pages](#) on the council website.

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 Open Tuesday to Sunday Drinks only Tel: 01267 253643 Or Facebook for information Wayne and Liz	Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01267 290977 07966592183
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Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <i>Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning</i> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine	THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk
R. Thomas Electrical Services Electrical Installation And Maintenance Fully Part P Registered Phone Rob on 0777 2364553 Llys Onnen Carmarthen	 Hafan Holistaidd Holistic Heaven Adweitheg / Reflexology Tyluno / Aromatherapy Massage Indian Head Massage Thermal-auricular (Ear candling) Reiki Meleri Brown MAR mels.brown@hotmail.co.uk 07855488660 Therapy Cyflenwol – Complementary Therapist Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin, SA33 6LT
Massage Therapist Alexandra <u>Boucher FHT</u> 07516 005146 alexaboucher110@hotmail.co.uk Swedish Massage – full & part body Indian Head Massage Gwernen, Llanpumsaint, SA33 6BY 	Experienced Gardener available for all your needs:- Grass cutting - Hedge cutting - Pruning Flower borders - Vegetable gardens Fencing and much more For more details/quotes, please contact Brian Taplin on 07778796794 or 01267 253097 (lives in Llanpumsaint)
 MYRDDIN HERITAGE SAUSAGES & BACON made in LLANPUMSAINT plus other LOCALLY PRODUCED PRODUCTS DELIVERED TO VILLAGE RESIDENTS FOR FREE check out the shop at www.myrddinheritage.co.uk use FREE DELIVERY promo code: LPS100	Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues, Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

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