

Llais y Llan Mehefin 2020

Copi dyddiad ar gyfer rhifyn nesaf – 28 Gorffennaf 2020

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 Y gost o bostio 300 copi dalwyd gan Gronfa Gymunedol Fferm Wynt Brechfa.

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

Gwelir tŷpyn 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 helpu'n lleol, drwy dderbyn archebion dros y ffon, dosbarthu neu archebu a chasglu.

Tafarn y Railwe - I gasglu eich Ciniio Dydd Sul, archebwch yn gynnar rhag eich siomi – 01267 253643 a Facebook

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

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

Cig Porta Perffait - **Nicky Esgrair** 01267 253463

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

Siop Gwalia - 01267 253249

Chris Thomas Abergwili – 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

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



Donald Pheasance yn Ffynnon Villa



Y wiwer fach gyfrwys yn dod o hyd i'w chnau





Village Voice June 2020

Copy Date for next Edition 28th July 2020

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
 including the cost of posting 300 copies

Local traders doing deliveries 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 – Take-away Sunday Lunches – order early 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 01267 253249

Chris Thomas at Abergwili 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

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



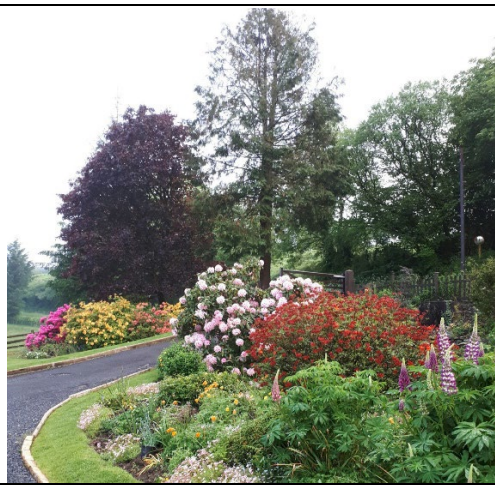
Donald Pheasance at Ffynnon Villa



What a clever squirrel – he found his nuts!



Beautiful delicate flowers despite the hard frost



Smoke over Cwm Duad



'Weekly Competition Winner – 'Floral' from Tina



Complete grass snake skin just sloughed off, 110 cm long



4 baby swallows nearly ready for take off – with goggles



Beautiful sky over Nant y Ynys



Repaired A484 from the Gwili Railway



Blodau godidog er gwaethaf y rhew caled



Cwmwl o fwg dros Gwmduad



Enillydd cystadleuaeth "Floral" gan Tina



Croen neidr glawsellit cyflawn wedi'i arafu,
110 cm o hyd



Mae 4 o wenoliaid babanod bron yn barod i'w
tynnu - gyda gogls



Wybren hardd dros Nantyrnys



Dan yr heol atgyweirwyd ger Pante Bronwydd

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 gynig 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@camrathenshire.gov.uk neu ffonio covid19community@camrathenshire.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.

Negeseuon Cymunedol Heddlu Dyfed Powys

Derbyniodd yr Heddlu gynnydd yn yr adroddiadau am bobl yn cael eu twylllo gan droseddwr yn eu perswadio i dalu'n ymlaen llaw am nwyddau ar-lein - ac wedyn fyth yn gweld y nwyddau na'u harian wedyn. Mae nifer o'r cwynion yn ymwneud a cwn anwes, cathod, carafanau a chambers ac ambell dwba twym ac yn y blaen. Gyda mwy a mwy yn gaeith i'w cartrefu a mwy a mwy o siopa wedi mynd ar-lein mae yna beryglon. Gall hyn fod yn hwylys iawn ond rhaid bod yn ofalus wrth brynu o safleoedd marchnata ar y We.. Felly i'ch arbed rhag cael eich twylllo dyma rai cynghorion.

Aros – Herio – Amdiffyn

1 Gofynnwch am weld yr eitem neu brawf o'i fodolaeth a holiwch am fanylion. Mae'n anodd gweld pethau ar hyn o bryd ond gellir gofyn am lun neu fideo.

2 Pa gwmi marchnata sy'n cynnig yr eitem ee. Ebay neu Gumtree a beth ellir ei wneud os eith pethau o chwith.

3 Edrtychwch am ffordd ddiogel o dalu gan ddefnyddio Paypal neu ei debyg. Gwell osgoi talu'n uniongyrchol neu drosglwyddo cyfrif Banc.

4 Taflwch olwg ar adolygiadau am y gwerthwr os bosib. Fe welwch rai ar y marchnadoedd gwerthu ond cofiwch dyw pob un ddim yn wirionedd.

5 Os oes rhywun yn eich gwasgu'n ormodol tuag at benderfyniad cyflym dylai'r clychau amheus ddechrau canu.

6 Peidiwch ildio i dalu i mewn i ryw Gyfrif Cadw. Mae'r twyllwyr ddigon medrus i'w ffugio i edrych yn iawn. Mae'r twyllwyr hefyd yn gallu gwneud eu hysbysbion i edrych yn ddeniadol ac yn onest. Dyw'r llun llachar a'r geiriau mwyn ddim bob amser yn gywir. Gwnewch eich ymchwil

8 Byddwch yn wyladwrus o'r gwerthwr bach rhy neis o lawer sy'n barod i fynd mas o'i ffordd i ennill eich ymddiried. Wrth gwrs mae'n ddigon o bobl onest sydd bob amser am gynnig help llaw yn ein byd hefyd. Ambell waitr mae'r twyllwr yn cynnig dod a'r eitem i'ch drws ty wedi iddo gael ei dalu ymlaen llaw. Welwch chi neb, yr arian wedi trosglwyddo a dim son am y troseddwr yn unman.

Cofiwch os odi e'n swinio'n rhy dda i fod yn wir debyg iawn mae celwydd yw e'.

Os ydych chi neu rywun i chi'n nabod wedi cael eu twylllo rhowch wybod i ni ar-lein ar contactcentre@dyfed-powys.pnn.police.uk neu ffonio101

Y Tim Trosedu Economeg

Tair rheol handi i'ch arbed rhag twyll

- 1 Gadewch i'ch greddf eich arwain – os nad yw e'n swinio neu'n teimlo'n iawn camwch 'nol ac ail feddwl
- 2 Ystyriwch a meddyliwch cyn clicio ar ryw gysylltiadau - Odi chi'n gallu ymddiried yn y linc.
- 3 Byddwch yn wyladwrus o geisiadau am arian parod neu fanylion cyfrif Banc 'dyw pobl onest fyth yn gwneud hyn.

Donald Pheasance. Bu'n ymwelydd i'n tŷ ni am rai wythnosau adeg y Cyfnod Cloi - gwelwch y llun. Fe'i henwyd ar ôl yr actor. Byddai'n strancio o amgylch yr ardd fel tase fe'n berchen y lle, gan ledanu adenydd a galw am ei gymar wrth edrych lan i'r awyr. Falle dyle fe fod wedi cael sbectol. Vi a Dave Robinson

From Carmarthenshire County Council

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

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](https://www.carmarthenshire.gov.uk)

If you want to add your business/group to this list email covid19community@carmarthenshire.gov.uk with the business/group name, brief description of what they are doing, how people can get in touch e.g facebook/web link, email and/or phone number and the area that you are working in. We can add new areas and types of service, if they aren't already listed in the drop-down menus.

By working together we can help support our communities.

Llanpumsaint Heartbeat

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

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

Outside the Vestry at Nebo SA33 6HN

Please contact Carolyn Smethurst for further information or a training pack 01267253308

Wildfires

There have been wildfires burning above Cwmdud for several days as at June 1st and the smoke has been visible in the village. The ground cover is so dry, please be careful when walking on grassland and in woods, no smoking, no litter and no barbecues. And certainly no paper Chinese or sky lanterns – they can travel miles, and are not only a fire risk but can cause serious injury or death to any animal that finds them.

During the COVID19, the fire service is requesting that you DO NOT BURN your garden/household waste. Smoke generated from these fires has a significant effect on anyone with a respiratory condition such as asthma. Attending these fires also puts a strain on Fire Service resources and can result in a fire appliance being delayed from attending a life-threatening emergency.

News from Skanda Vale Hospice

What a Spring it's been! And how extraordinary that such a shared experience can at the same time feel so uniquely personal.

Just before lockdown, we welcomed some lovely new faces onto the volunteer team at Skanda Vale Hospice; and were delighted by the influx of fresh enthusiasm and goodwill.

But Public Health guidance on travel and gatherings meant that our biggest funding stream (the Monastery gift shop) quickly dried up in March. As our patients are so vulnerable, some had already begun self-isolating by that time. So you may know that directors took the painful decision to close the service temporarily. Our handful of paid staff were furloughed, a temporary hospice office was set up at the Monastery; and even the hospice fish got to move to Llanpumsaint.

Trustees are committed to reopening the service as soon as government guidance and best practice allows, meanwhile they are looking at avenues of financial support.

Volunteers keep in regular contact with our patients and team, and run a hospice support line on Tuesday afternoons. Some of us also recently serenaded our patients in our very own couch choir.

You can watch the video on facebook or the hospice blog - we hope it makes you smile:

facebook.com/SkandaValeHospice/videos/295807121579181/

If you'd like to support our fundraising efforts, we have a new store on Etsy and Ebay plus an online hospice shop. You can also join a weekly quiz which costs just £2: virtualquizevents.com/quiz/skanda-vale-hospice-weekly-quiz-night-in-4/

Of course, we'd welcome any other ideas the wider community may have; but meanwhile we send you our sincerest love and warmest wishes. Here's to the next chapter... Nicky Gilbert, Hospice volunteer

Donald Pheasance

This lovely pheasant was a visitor to our house over a few weeks during lock-down – see photo. We christened him Donald Pheasance after the famous actor. He strutted round the gardens as if he owned them, occasionally fluttering his wings and calling for his mate and looking up to the sky. Perhaps he should have gone to Specsavers. Vi and Dave Robinson

Village Recycling Bins

If, like me, you have noticed that the signs on the Village recycling bins have changed over the past few weeks. They are now only accepting glass and not paper or cans. The Council have advised me that this is a temporary measure and that paper and cans can be placed in the blue recycling bags at home for the fortnightly collection. They will amend the signs as and when appropriate.

Dave Robinson

Recycling Centres to re-open by appointment only

Carmarthenshire County Council have opened its four Household Waste Recycling Centres from May 26 - 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.

Just under 4,000 appointments will be available across the four recycling centres each week. This will be under constant review. To ensure it is fair to everyone, residents will initially be able to make one appointment per month.

This applies to Carmarthenshire recycling centres only. Other neighbouring local authorities may be operating differently. Residents are advised to keep checking the council's website and social media feeds for the most up to date information.

Residents are being urged to ensure they only visit the recycling centres if it is an essential journey – i.e. the waste is causing a public health concern or safety concern, or cannot be collected at kerbside via the usual refuse and recycling collections.

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.

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.

Tanau Gwylt

Bu'r tan gwyllt uwchben Cwmduad yn cynnu am ddyddiau ers dechrau Mehefin ac mae'r mwg yn weladwy o'r pentre. Gan fod y tir mor sych byddwch yn ofalus wrth gerdded gan osgoi cyflaeoedd tan ar borta neu mewn coedwig. Felly dim sbwriel nag unrhyw fan bapurau sy'n gallu cael eu chwythu i bobman ac yna mynd ar dan. Mae'r tanau'n beryglus i fywyd gwyllt ac yn gallu eu lladd. Yn ystod cyfnod y Ffurws Covid19 mae'r Gwasanaeth Tan yn eich cynghori i beidio â llosgi gwastraff ard. Gall mwg o'r fath danau effeithio'n andwyl ar tywun a diffyg anal nei asma. Mae gorfod ymateb i'r fath danau yn rhoi pwysau ychwanegol ar y Gwasanaeth Tan, a'u tynnu bant oddi wrth sefyllfa o wir angen.

Newyddion o Glafdy Skanda Vale

Dyma beth yw Gwanwyn anghyffredin o deimladau personol unigryw a rannwyd ag eraill. Er Cyn y Cyfnod Cloi croesaswyd wnebau sirol brwdfrydig newydd i'r criw o Wirfoddolwyr y Clafdy. Er hynny gwnaeth y cynghorion iechyd a theithio ac ymgynnull effeithio ar ein cronfa ariannol (aeth gwerthiant o'n siop yn hesb ddechrau Mawrth). Hunan Ynysl wnaeth nifer o'n cleifion bregus, felly gwnaeth y Rheolwyr y pendderfyniad poenus i gau'r gwasanaeth dros dro. Bu raid i'n staff cyflogedig dderbyn cyfnod o Seibiant a throsglwyddwyd ein Swyddfa 'nol i Fynachdy Llannymysaint, hyd yn oed y pysgod hefyd.

Mae'r Ymddiriedolwyr yn benderfynol o ail agor cyn gynted a bod y Llywodraeth ac amgylchiadau'n caniatáu, ond ar hyn o bryd yn awyddus i godi arian. Cadw'r gwirfoddolwyr mewn cysylltiad cyson gyda'r staff a'r cleifion gan redeg llinell gymorth bob brynhawn Dydd Mawrth. Yn ddiweddar ffurfiwyd Côt a buom yn canu i'n cleifion. Gallwch weld y Ffideo ar Facebook neu wefan y Clafdy. [Facebook.com/SkandaValeHospice/videos/295807121579181](https://www.facebook.com/SkandaValeHospice/videos/295807121579181)

Os hoffech gefnogi ein hymgyrchhoedd ariannol ewch i'r stordy newydd ar Etsy a Ebay plus, siop ar lein. Mae yna hefyd Cwis wythnosol am £2 i'ch diddor. Byddem yn falch i glywed am unrhyw syniad neu awgrym arall o'r gymuned. Felly anfonwn ein cartiad a'n dymuniadau gorau i chi gyd yn y cyfamser.

Nicky Gilbert gwirfoddol wraig i'r Clafdy

Clwb Gwili Bronwydd/Caerfyrddin

Neges o'r Cadeirydd Peter Giles

Gobeithio eich bod chi gyd yn cadw'n iawn yn ystod y Cyfnod Cloi yma, ac yn elwa o'r cyfle i dwian o amgylch y tŷ a'r ardd a gwneud y pethau bach o'n ni'n rhy ffsi i wneud cytnt. Heb gwrdd ers Mts Chwefror mae'r Pwyllgor ac fel y gwyrddoch ni fu yna unrhyw gyfarfodgydd chwaeth. Mae'n edrych yn debygol na ddaw'r Cyfnod Cloi i ben yn glori iawn i bobl o'n hoedran ni, felly gwnaethom ddileu cyfarfodgydd Mai a Mehefin.

Bydd rhaid aros nawr am gyfarwyddid y Llywodraeth i weld pryd allwn ail gydio gyda chadw pellter cymdeithasol. Y prif beth fydd sicrhau diogelwch ein haelodau. Collwyd teithiau Mai a Mehefin, a bu raid rhoi'r gore i'n taitb bum diwrnod i Lerpwl. Gobeithio y gallwn fwynhau hyn oll flwyddyn nesaf os daw pethau'n iawn. Hefyd mae ein siaradwyr misol i gyd wedi addo dod atom flwyddyn nesaf. Ar ran y Pwyllgor anfonaf ein dymuniadau gorau yn y gobaitb y cadwch yn ddiogel.

Tina Conyard Lluniau

Sefydlwyd Mudiad Lluniau Tina Conyard ar Facebook i annog pobl i gofnodi eiliad aur. Gellir cyflawni hyn drwy gamera, ffon symudol neu ddyfais arall i gipio'r ddelwedd. Nod y mudiad yw mwynhad, ac rydym yn cynnal cystadluethaueth wythnosol i ddewis y ddelwedd orau.

Tebys iawn i rai ohonoch gofio Rob a fi'n ysgrifennu yn Llais y Llam am ein taith feicio elusenol o Llundain i Baris 'nol yn 2015. Bu cryn newid ar ein byd wedi hynny. Tra allan ar ei feic bedair blynedd 'nol dioddefodd Rob stroc enbyd a newidiodd bywyd yn syth. Ers hynny bûm yn gofalu amdano ddydd a nos, ac o ganlyniad yn methu mynd mas i ddilyn fy awch am dynnu lluniau. Ond er mwyn bod yn gadarnhaol penderfynais ffurfio gwefan ar facebook, sef Lluniau Tina Conyard, a rhoi cyfle i mi arddangos lluniau a dynnais dros gyfnod o flynyddoedd. Tyfodd y fenter dros amser i 80 aelod, rhai'n lleol ond eraill dros y lle gan gynnwys Awstralia a Seland Newydd. Wrth i'r mudiad dyfu ac aeddfedu penderfynais sefydlu cystadluethaueth wythnosol lle gallai aelodau arddangos eu lluniau ar bynciau dewisol. Yr enillydd yw'r un sy'n denu'r ymateb mwyaf cadarnhaol o'r aelodau, a'r wobter yw cael dewis y thema am yr wythnos ganlynol. Er enghraifft ein them diwetha oedd Furoi gyda'r enillydd yn dod o swydd Gaint. Defnyddiwyd ei lun yn ganolbwynt i'r Mudiad yr wythnos hon, ac mae e' wedi dewis "Cysgodiad a Golau" fel furoi yr wythnos hon. Denodd hyn ymateb arbennig o dda. Yr amser cau bob wythnos yw canol dydd ar y Sul.

Mae ein cystadluethaueth yn agored i bawb gyda'r pwrpas o fwynhau tipyn o hwyl i ysgrifhau bywyd yn ystod amser y Cyfnod Cloi yma. Felly croeso i chi edrych arnom ac ymunu i gystadlu neu fod yn feiniad, neu'n well fyth gwneud y ddau. Agored i bawb yw'r aelodaeth ar <https://www.facebook.com/groups/tinaconyard>

Ers i mi ail gydio tynais filoedd o luniau. Mae e'n swmio'n lot ond yn rhwydd iawn wrth ddefnyddio camera DSLR. O elwa o'r cyfle i fynd drwy fy holl luniau sefydlais wefan i gynnwys rhai o'm ffefrynnau, os am ei gweld ewch i <http://www.tinaconyard.co.uk>

Newyddion o Skanda Vale

Efalla fod cyn lleied o bobl o gwmpas ac oherwydd bod genym fwy o amser mae can yr adar ar doriad gwawr wedi bod yn arbennig eleni. Yma yn nyffryn Skanda Vale arweinwyd y côr boreol gan y fronfrath gyda chymorth y deryn du, delor y cnau a siff saff i gyd yn ychwanegu eu hamrywiaeth. Drwy'r cwbl gellid clywed y gnoceil frath fywaf wrthi'n morthwyo ym mis Mawrth ag Ebrill, er i ambell un ddechrau'n Ionawr. Yn ystod Ebrill cyrhaeddodd telor yr helyg a'r telor benddu bob cam o Affrica gyda'r gwsw yn ymuno a hwynt yn Ebrill. Drwy gydol y dydd canodd y driw bach, mor uchel am dderbyn mor fach. Clywir y llinos werdd yn tuchan, gyda'r nico tlws yn tynnu sylw yn canu wrth hedfan. Er gwrando'n astud ni chlywais delor yr helyg wrthi eleni, buont yn ymwelwyr cyson yn y blynyddoedd diwethaf. Bu'r gwennoiliaid yn hwytr yn cyrraedd eleni, ddwedd Ebrill. Gwelwyd llu i benbyliaid yn y llyn erbyn Ebrill, dim hunan ynysiddo'n nhw. Ar yr un llyn cyrhaeddodd par o ier dwt i fagu pedwar un bach, ond dwy wnaeth oresgyn, efalla mae ein crychydd fu'n gyfrifol. Gwelwyd y gwalch marth yn hedfan o amgylch sale ein gwyddau a'r hwyaid, ond wrth lwc ni chollwyd un hyd yn hyn.

Bu'r tywydd poeth yn hwb i'r prifed rhai'n ddiddorol fel yr haid o walch wryfyn mawr welwyd yn dawnsio yn yr awyr ger ein llecyn yn y coed. Daeth cacynen gynffon ruddden hynod o brydfferth i'r creigiau ger gartre'r bwchadanas, efalla fod e'n chwilio am le i ddodwy. Enw arall amdano yw picwnen y gwsw. Bu'r ier bach yr haf yn brysut hefyd, y mwyaf niferus oedd y gwyn blaen oren ond gwelwyd llawer o'r fanteill pau'n a'r gweirioyn brych ond llai o'r fanteill goch. Erbyn Mai ymddangosodd dwy iâr fach yr haf pert iawn, sef y glecyn cyffredin a'r copr bach, a daeth murtseu fawr gochi ymuno a hwy. Gwelodd dau aelod o'n cymuned Ftronwen y dwt yn hedfan lawr ein nant, arwydd dda fod y dwt yn ghir, a chadarnhawyd hyn pan ymddangosodd y draenogyn dwt croyw a'r pen llewad yno. Cyhoeddwyd y gwanwyn gan ymddangosiad llysiâu'r wenol, briallu, suran y coed a'r foiled gyffredin. Wedyn daeth y botwm crys, blodyn y gwynn, gold y gors, melog y cwn, eidal, carpio y gors, glesyn y coed a chribell feilen. Gwnaeth y Brawd Chris beth o ddail galleig gwyllt, tra bu'r Chwaer Kathleen unwaith greu jam metus mas o uru. O gofio pa mor fach mae'r ffurthyau hyn o'u cymhari ag eraill bu hyn oll yn dipyn o gam.

Y Brawd Andy

Tina Conyard Photography

Tina Conyard Photography Group has been setup on Facebook to encourage everyone to become involved in capturing the moment. Images can be taken using cameras, mobile phones or any other equipment which includes a camera. The Group is about fun and enjoyment. We hold a weekly competition voting on the best submitted image.

Many of you will remember Rob and I writing an article about our London to Paris cycle ride for charity back in 2015 for the Village Voice. So much has changed in our life since then. It is nearly 4 years since Rob suffered and survived a massive stroke ironically whilst he was out on a bike ride. Our lives changed in a split second.

Since this time, I have become Rob's full-time carer. The impact of this has meant that I have not been able to get out and about to pursue my passion of taking photographs. However, rather than be too downhearted by this I decided to set up a Facebook group called Tina Conyard Photography which has enabled me to 'show off' photographs that I had taken over the years. Gradually over time members have grown to around 80 people, some involved locally and others as far away as Australia and New Zealand.

As the group has evolved and members have become more involved, I decided to set up a weekly competition giving the opportunity for anyone to submit their image based on a chosen theme. The winner of the competition is voted on the number of likes/reactions from fellow members. The winner then chooses the theme for the following week. For instance, our prior week theme was 'Floral' and the winner is based in Kent. His image has been used as the Groups Header for this week and he has chosen as this week's theme 'Shadow and Light'. Entries have included some fantastic images. The cut-off point each week is midday on each Sunday.

Our Group is for every level of photographer and is purely a little bit of fun offering light entertainment especially during this difficult 'lock down' time. Please feel free to look at our Group and become involved by either submitting a photo or voting on other entries, of course you are free to do both. Everyone is invited to become a member. <https://www.facebook.com/groups/tinaconyard/>

Since I rekindled a passion for photography, I have literally taken thousands and thousands of photographs. It sounds a lot, but it is so easy when using a DSLR Camera. I have had an opportunity to sift through my photographs which has enable me to create a website that includes some my favourite images. If you would like to view my photos the web address is www.tinaconyard.co.uk.

Volunteer to help your local social care services, the third sector and local communities: In response to the overwhelming offers of support during the COVID-19 pandemic, Hywel Dda University Health Board, local authority partners and the third sector are working together to ensure this exceptional community spirit helps the most vulnerable and supports local NHS and social care services.

You can help support social care services and those who are vulnerable and isolated in your community through activities such as collecting medication and shopping or providing telephone support those who have lost their usual forms of emotional and social contact by registering to help in your area:

<https://carmarthenshire.volunteering-wales.net/vk/volunteers/index.htm> or contact Carmarthenshire Association of Voluntary Services (CAVS) on 01267 245555 or email admin@cavs.org.uk

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 Donna Thomas on 07854072915.

Watch the best of British Theatre for free

While you can't go to the theatre, the National Theatre is bringing the theatre to you. Join the National Theatre Live productions every Thursday for much-loved productions, free to stream on YouTube for seven days. For full the schedule of the programmes, check the National Theatre website.

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

Psalm 67 God be merciful unto us and bless us; and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations.

No services in Caersalem, as everywhere else, for a while but we wish everyone well.

News from Skanda Vale

Is it because there are fewer people around, or perhaps we have more time to listen, but the dawn chorus this year has been magnificent. In the valley, here at Skanda Vale, the chorus is dominated by Song Thrushes with occasional accompaniments from blackbirds. Nuthatches and chiffchaffs add their notes. Greater Spotted Woodpeckers could be heard drumming throughout March and April; a few as early as January. In April Willow Warblers and Blackcaps flew in from Africa and in early May Cuckoos joined them. Throughout the day Wrens burst into their song; incredibly loud for such a small bird. Greenfinches twitter and wheeze, and the stunningly beautiful Goldfinches draw attention to themselves with their song as they fly around. I have listened out this year, in vain, for the song of the Wood Warblers who have been regular visitors in recent years. Swallows did not appear in the valley until the end of April, much later than usual.

Large numbers of tadpoles appeared in one of our lakes in April a clear sign that social distancing has been ignored in the amphibian world. On the same lake a pair of moorhens produced four young only two of which have survived probably as a result of the unwelcome attentions of our resident heron looking for an easy meal. The Goshawk that was seen flying out of our geese and duck enclosure was unlikely to have been making a social call but thankfully none of our birds have been reported missing.

The warm weather has brought out some interesting insects; a swarm of fairy longhorn moths were seen “dancing” in the air near to one of our chalets in the woods. An exquisitely beautiful ruby tailed wasp was spotted on some rocks up near our deer pen probably looking for the nests of other solitary wasps to lay eggs in giving them their alternative name of cuckoo wasp. Butterflies have been very active the commonest of which would appear to be the Orange Tips but Peacocks and Speckled Woods have been quite numerous, Red Admirals less so. In May two beautiful small butterflies emerged a Common Blue and a Small Copper and were joined by Large Red and Azure Damselflies. Two members of the Community spotted a Dipper flying down our stream (*Anant Aeron*) an indication of clean water which was further confirmed by sightings of a Perch and a Bullhead in this water. Spring was heralded by the welcome appearance of celandines, primroses, wood sorrel, wood anemones and common dog violets. Later appearances included stitchwort, wood anemones, marsh marigolds, lousewort, ground ivy, jack by the hedge, bluebells and red campion. The latest arrivals, in May have been Wood Avens, Black Medick, Ragged Robin, Bugle, and Yellow Rattle. Brother Chris has made pesto from Wild Garlic leaves and Sister Kathleen once made some Wild Strawberry jam for Guru. Given the small size of these fruits compared to the normal garden varieties this was a real labour of love. Brother Andy

Guidance for Farmers

New funding to support Welsh dairy farmers through COVID-19.

Rural Affairs Minister, Lesley Griffiths, has announced funding for Welsh dairy farmers hardest hit by the recent exceptional market conditions as a result of coronavirus (COVID-19).

To support the sector during these challenging times, the minister has confirmed eligible dairy farmers who have lost more than 25% of their income in April and subsequently May will be entitled to up to £10,000, to cover 70% of their lost income. This will help ensure they can continue to operate without impacting animal welfare and the environment.

Bydd Swyddfa Comisiynydd yr Iaith Gymraeg yn cynnig cyffeithu rhad hyd at 1,000 o eiriau i fudiadau gwirfoddol yn ystod argyfwng y coronafirws.

Yr adeg hon gwyddom fod nifer yn y mudladau yn y sector gwirfoddol yn gortod ymateb yn gyflym i sefyllfa oedd sy'n newid. Gwyddom hefyd fod nifer ohonoch yn awyddus i gyfathrebu'n ddwyieithog, ond mewn angen cymorth gyda'u negeseuon byr rybudd.

Mae tîm Hybu'r Comisiynydd wedi penderfynu ymestyn ei gwasanaeth prawf ddatllen i fudiadau gwirfoddol yng Nghymru. Gallant gyffeithu hyd at fili o eiriau yn rhad. Anfonwch y gwaith i hybu@welshlanguagecommissioner.wales <<mailto:hybu@welshlanguagecommissioner.wales>>

Eisoes maent wedi estyn cymorth i nifer o fudiadau - datganiadau i'r wasg, negeseuon brys i aelodau, a chynngor i wirfoddolwyr am newid trefniadau. Gallant hefyd roi cynngor a chymorth ynghlyn a defnyddio'r Gymraeg ac maent yn dal i weithio o gartref. Mae'r cynllun yn dal mewn sefyllfa arbrofol, felly cysylltwch â nhw er mwyn eich tywys i'r cyfeiriad gorau. Gall y Tîm hefyd eich cynghori am wahanol ffyrdd o symud, er enghraifft Helo Blod Cynllun newydd y Llywodraeth.

Mwy o wybodaeth am Helo Blod

Dyma gynllun cynngor a chymorth cyffeithu i'r Gymraeg i fusnesau a mudladau gwirfoddol i hybu defnydd o'r iaith, ac mae'n rhad ac am ddim. Gall Helo blod gyffeithu hyd at 500 o eiriau'r mis i'r Gymraeg yn rhad, a hefyd gywiro hyd at fili o eiriau'r flwyddyn rydych wedi llunio eich hunan. Yn ola mae Helo Blod yn gallu estyn cynngor a chymorth i'ch mudlad ynghlyn a faint o Gymraeg rydych am ddefnyddio - hyd at 10 ymhohiad y mis. Felly ewch i wefan Helo Blod.

Neges o'r Eglwys yng Nghymru Mai 2020 Eglwys! Llanpumsaint, Celynin Bronwydd, Llanllawddog

Er i'n hadelladau fod ar gau mae'r Eglwys yn dal yn fywio er i ni bellach fod yn yr wythfed wythnos o'r Cyfnod Cloi. Cynhelir gwasanaethau Skype am 9 yb bob bore Mawrth ac am 10 yb ar y Sul. Hefyd lanswyd Zoom i'r ieuenctid i'w ddilyn gan Glwb Llyfrau Zoom ym Mehefin. Cymerwyd rhan mewn Bore Coffi Rhith er mwyn Cymorth Cristnogol, Gwasanaeth Ysgol Rith a thait Gweddio ar Facebook. Mae'r Parch Gaynor yn parhau i arwain sesiynau i gadets awyr ond bellach ar Microsoft. Llywyddodd eglwys! Llanpumsaint a Llanllawddog ennill safle Eco ers y Cyfnod Cloi, a pharthau mae'r gwaith o gynnal a chadw ein sefyllfa ariannol a'n hadelladau.

Mae ein haelodau yn cynnal cyswllt gyda'r rhai nad ydynt i mewn i'r dechnoleg newydd, hefyd y rhai sy'n byw ar eu pennau eu hunain, ac rydym yn dal i weddio. Beth bynnag ein credodau rydym oll adeg y Cyfnod Cloi yma wedi sylweddoli ein dibyniaeth ar y gymuned. Cofiw'n ma3 ein cymdogaion yw'r rhai sy'n diodde' mewn rhannau eraill o'r byd, Cofiw'n am y Cread ac i nifer droi at Dduw'r adeg yma. Mae chwarter o oedolion y wlad wedi gwylho neu wrando ar wasanaeth crefyddol adeg cyfnod y Ffirs, ac mae un ymhob ugain wedi troi at weddi, dyna a ddwyed arolwg Tcartund, Asianataeth Cristnogol. Mae'r canlyniadau'n cadarnhau fod pobl yn troi at ffydd am gymorth ar adegau o anisicrwydd ac anobaith. Ffoniodd chwe mil o bobl wasanaeth gwedd i'r Eglwys yn Lloegr yn y ddau ddiwrnod cynta agorwyd y gwasanaeth. Efallai ein bod yn sylweddoli nad ydym mor annibynnol â hynny a bod cariad Duw a'n gilydd yn bwysig.

Efallai erbyn i Lais y Llan weld golau dydd fydd y sefyllfa wedi newid, ond cofiw'n y pethau hyn i'r dyfodol. Am wybodaeth bellach am wasanaethau a digwyddiadau dilynwrch ni ar Facebook ne cysylltwch â'r Parch Gaynor 01267 253158, [! gaynor@hotmail.com](mailto:gaynor@hotmail.com)

Cymdeithas Rhandiroedd Llanpumsaint

Cynhaliwyd ein Cyfarfod Blyneddol ar y safle ar ddydd Sadwrn 29ain o Chwefror. Er y tristwch o weld rhai yn rhoi'r gore iddi am eleni, braf fu croesasw nifer o aelodau newydd. Apwyntiwyd Cadeiryddes newydd ond bydd y trysordd a'r ysgrifennydd yn parhau wrth y llyw. Arall fydd y garddwr echreiddig. Cymertwyd yn ganiataol i'r saith corrach oll ganu ar eu ffordd i'r gwaith, ond ambell dro geiriau gwahanol a glywyd ganddynt. 'Roedd gan nifer ohonynt randiroedd yw trin ambell ddiwrnod - felly newidiwyd y gan i "I hoe! I hoe! It's off to grow we go - We plant our seed to grow - I hoe I hoe". Ni welwyd nhw! gyd yno chwaeth, gwastraff amser yn ôl Gumpy, a llechu yn y gwely fyddai Sleepy. Tyfu tato wnaeth Bashful, a thi ei wynwyddden Piper Nigum wnai Sneezy i gynhyrchu pybwr. Beddyddiwyd Dopey ar ôl y planhigion a dyfai at ddefnydd y meddyg, a chan fod Happy yn ei ddefnyddio 'doedd ganddo ddim diddordeb o gwbl yn garddio. Lleolir y Rhandiroedd ar safle hen orsaf go dderbyn a thafarn y Railwe. Am wybodaeth bellach cysylltwch â'r Gadeiryddes Rosie 07950411536 neu Ray (Trysordd) 253157 neu Keith (Ysgrifennydd) 253375.

Dewinwyr Gorllewin Cymru – Digwyddiadau

Daw gwybodaeth bellach oddiwrth Sandy 253547 neu <http://westwalesdowers.org.uk/or facebook>, <https://www.facebook.com/westwalesdowers/>

Ysgol Llanpumsaint

Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaint neu gysylltu ag Emma Brown. Os oes 'na rhywun yn gallu

Gwasanathau Capel Nebo

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

Capel Ffynonhenri

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

Caersalem

Salm 67

Duw a drugarhao wrthym, ac a'n bendithio; a thywynned ei wynneb arnom; fel yr adwaener dy ffordd ar y ddaear, a'th iachawdwriaeth ymhllith yr holl genhedloedd. Bydd dim cwrddde yng Nghaersalem am sbel, fel ym mhob man arall, ond dymunwn yn dda iawn i bawb.

Rhybudd am scam Ad-daliad Treth y Cyngor.

Gofynnir i drefndalwyr y Sir fod yn ymwybodol o scam ad-daliad treth. Mae twyllwyr yn cysylltu ag unigolion gan adrodd fod ad-daliad o gannoedd o bannoedd yn ddyledus iddynt. Mae'r e-bost yn honni fod hyn oherwydd effeithiau'r Ffirs Covid19 neu oherwydd bod y person ar incwm isel neu'n derbyn cymorth.

Dyfed-Powys Police have received an increase in reports that people have been caught out by criminals convincing them into making payments for online purchases in advance – and never seeing the items or their money again.

A number of reports have related to the purchase of puppies, kittens, caravans, campervans, hot tubs- **the list is endless!**

With more people staying at home, more and more are shopping online. Shopping online can be great, but it also has its pitfalls which can be easy to forget, especially when buying items from sellers on online marketplaces.

To help you avoid becoming a victim of this type of fraud, remember to

STOP – CHALLENGE – PROTECT.

- Ask for physical proof. Consider physically seeing the item before purchasing. Don't be afraid to ask the seller lots of questions before buying. Seeing an item physically isn't possible at the moment, so think of ways of doing this differently such as video chat with the seller.
- Understand what the marketplace company where the item is being sold (for example eBay or Gumtree) can do if something goes wrong
- Look for payment methods with guarantees - use online payment options such as PayPal, which help to protect you. Avoid using money transfer services or bank transfer.
- Take a look at the seller's reviews and ratings where available. Consider using marketplaces where you can read reviews but remember, reviews can also be fake.
- If you're being pressured into a decision or to make an immediate payment – this should ring alarm bells.
- Don't be fooled into using a 'holding' account for the payment. Criminals are clever and can make a website look genuine.
- Criminals are good at making their adverts look flashy, trustworthy and genuine. Don't be fooled by a high quality picture and detailed description – do your research.
- Be wary of over-nice sellers who want to go the extra mile to make you trust them. We are not saying that there aren't nice people out there who go over and above expectations, but scammers might offer to deliver the item personally upon receipt of the funds (and as you've guessed, the item never turns up & the seller is no longer contactable).

Remember, if it sounds too good to be true, it probably is.

If you or someone you know believes they have fallen victim to fraud, report it to us online at bit.ly/DPPReportOnline, by emailing contactcentre@dyfed-powys.pnn.police.uk, or by calling 101

The Economic Crime Team

Three Golden Rules to help you avoid scams and stay safe.

Trust your instincts – if something doesn't look or feel right, step away and give yourself time to think

Think carefully before clicking on links – make sure you're confident in where the link has come from

Be wary of requests for cash or for your financial details – real providers are unlikely to ask you for these things directly

Clwbgwili 60+ Club Bronwydd Carmarthen - Message from Chairman Peter Giles

I hope all of you are keeping well during this "lockdown" and able to do some jobs around the house and garden that had not been done due to our quite hectic social lives!! The committee have not been able to hold any meetings since February and as you know there have been no club meetings either. This "lockdown" is not likely to be lifted for our age group any time soon so the May and June meeting have also been cancelled. We will have to wait for further instructions from the government as to when we can restart with social distancing. The main concern is keeping the members safe. We also had to cancel the day trips for May and June, also our 5-day break in July visiting Liverpool had to be cancelled. We hope to have these trips next year conditions allowing. Also when cancelling the speakers for these months, they have all agreed to come to us next year. On behalf of the committee I send you our very best wishes and hope that you all keep safe.

Peter Giles

Llanpumsaint Allotment Association

The Allotment Association's Annual General Meeting took place at the allotment site on Saturday 29th February. Whilst sadly some decided to give up their allotment for this growing season, we were delighted to welcome several new members. The meeting also appointed a new Chairperson, with the Treasurer and Secretary remaining in post.

The alternative world of an eccentric gardener: It is generally thought that the seven dwarves always sang when on their way to work. Whilst this is the case they did not however always sing the same words. Many of them had allotments to tend on their day off, and would sing "I hoe, I hoe, it's off to grow we go. We plant our seeds to grow what we need, I hoe I hoe."

Not all of them tended allotments. Grumpy thought it a waste of time and sleepy always stayed in bed on his day off. Bashful grew potatoes and got his name from vigorously mashing them. Sneezy tended to his Piper Nigrum vines, from which he made pepper. Dopey was named after certain plants he grew, which were used by Doc for medicinal purposes. However Happy never quite got the hang of gardening as he was also a keen user of Dopey's produce.

The allotments are located in the old station yard opposite the Railway Inn. For any information about the Association contact Rosie (Chair) Tel: 07950411536, Ray (Treasurer) Tel:253157, or Keith (Secretary) Tel 253375.

Update on Audiology Services

Some of the services currently being provided:

- ☐ Postal hearing aid repair service (at all locations)
 - ☐ Postal battery replacement (at all locations)
 - ☐ Telephone follow up reviews for hearing aid fittings, tinnitus, balance, and paediatrics
 - ☐ Urgent Ear Nose and Throat (ENT) cover (Glangwili Hospital only)
 - ☐ Urgent impressions (for hearing aids) for pre-school children and patients with profound losses
- New referrals into the Audiology department are being sent an acknowledgement letter to advise that they have been triaged and added to the appropriate waiting list and that they will be contacted by the Health Board in due course.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

At the time of writing, like many sports, the short mat bowls is in limbo. We await news from the WSMBA and the Carmarthenshire Short Mat Bowls Association on how and when the bowls season re-commences. The Club have a duty of care to all members and want to ensure everyone feels at ease and that they are in a safe environment when playing eventually re-starts. We hope all our members will be able to return to bowling as soon as it is safe to do so.

One of our young members, Rosalin Day, has been raising money during the lockdown and had her long hair cut short to support the Big Night In Appeal run by the BBC. Well done Rosalin.

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

For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards on (01267) 253474. And don't forget to check out our website Llanpumsaintsmbc.org.uk for any updates on the Club.

CYLCH MEITHRIN BRONWYDD

Enquiries relating to the Cylch to Verona (07929 431652)

Canolfannau Ailgylchu i agor drwy dreftiant yn unig.

Agorodd Cyngor Sir Gar ei phedwar canolfan ailgylchu o Fai 26ain i breswylwyr y sir yn unig wedi ei logi ymlaen llaw. Gellir llogi ar lein ar dreftn 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 ddieddadaraf. 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 gwnech yn siŵr eich bod yn gallu trafod eich llwyth. Caniatwir 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. prafw eich bod o'r sir a'r permit i'r cerbyd. Gwelir y wybodaeth hon ar y wefan dan dudalennau biniau ailgylchu a sbwriel.

Cyngor Cymuned Llanpumsaint

Angen - unigolyn i fod yn Gynghorwr Cymuned. Gall dyn neu fenyw o unrhyw oed ac unrhyw iaith ymgeisio. Er i'r Cyngor weithio drwy'r iaith Gymraeg dyw hyn fyth yn rhwystro oherwydd i wasanaeth cyfieithu fod yn gweithredu bob amser. Mae'r Cyngor yn cyfarfod yn y Neuadd bob yn ail fis ar Nos Ffercher am 8 o'r gloch yn y misoedd canlynol - Ionawr - Mawrth - Mai - Mehefin - Medi - Tachwedd. Pwrpas y Cyngor Cymuned yw aneli at wneud yr hyn sydd orau i'r gymdeithas leol, a'r cynghorwyr yw'r personau i fynd atynt ynghyd a materion fel trafnidiaeth ac yn y blaen. Gellwch gael blas o'r hyn maent yn ymwneud ag eiddo drwy bori drwy'r cofnodion y Cyngor ar y We. Os am roi cais rhaid iddo gyrraedd erbyn Mis Medi 2020.

Ymddiswyddodd Eirian Ifans oherwydd iddo symud i fyw i Gaerfyrddin, ac fe ddiolchwyd iddo am ei wasanaeth yn fuan ar ôl hynny. Cred y clerc nad yw'r cais arianol anferth o'fynnwyd amdani gan y Swyddfa Archwilio Gymreig bellach yn beryg, oherwydd i'r Swyddfa or-ymateb drwy gyhuaddo'r Clerc o fethu cyflwyno cyfrifon y Cyngor "heb reswm digonol". Hyn oherwydd iddo ysgrieffennu atynt sawl gwaith yn datgan ei fod yn dymuno defnyddio cyfrifwydd y fferm i orffen y ddogfen cyn ei throsglwyddo. Mae'r Swyddfa Archwilio Gymreig yn nodedig am dalu eu pwysau er mwyn cael ei ffordd. Ddiwedd Ebrill 2020 anfonodd y Clerc llythyr hir atynt yn rhestru eu diffygion a'r pellter rhwng dweud a gwneud; dyw Cynghorau bychan ddim yn llunio cyllidebau nac yn colli adroddiadau Banc. Dy nhw ddim yn cwrsio Llywodraeth ganollig pan fod miliynau yn cael eu gwastraffu. Hyd yn hyn ni ddadeth ymateb!

Cymorth i gwsmeriaid sy'n cael trafferth talu

CCW

– llais defnyddwyr dŵr – yn credu bod helpu'r rhai sy'n cael trafferth talu eu biliau yn flaenoriaeth yr adeg hon o'r llwyddyn. Mae'n arbennig o bwysig nawr gan fod mwy a mwy o bobl yn sylweddoli eu bod yn cael trafferth rheoli eu hariant oherwydd COVID-19.

Mae ein canllaw gwymbodaeth *"Helpu cwsmeriaid sy'n cael trafferth talu"* yn rhoi crynodeb o'r cynlluniau fforddiadwydd sydd ar gael i gwsmeriaid yng Nghymru

Mae'r rhain yn cynnwys tariffau cymdeithasol sy'n capio biliau yn ôl meini prawf sy'n seiliedig ar incwm, capio biliau ar gyfer y rhai sydd angen defnyddio mwy o ddŵr oherwydd cyflyrau meddygol, cofrestru gwasanaeth blaenoriaeth ar gyfer pobl sydd angen y cymorth ychwanegol hwnnw yn ystod cyfnod anodd hwn, yn ogystal â gwybodaeth am y cymorth arianol ehangach sydd ar gael.

Prif gynghorion ar gyfer cymorth arianol

Er mwyn helpu pobl yng Nghymru yn ystod yr argyfwng COVID-19, dyma ein prif gynghorion:

Mae angen gweithredu nawr os ydych chi'n cael trafferth talu eich bil. Gallai effaith COVID-19 ar eich incwm olygu eich bod bellach yn gymwys am gymorth dan gynllun cymorth.

Gallwch ofyn a oes modd oedi taliad neu gael seibiant talu. Gallai hyn helpu i'ch diogelu rhag dyled yn y dyfodol neu gamau cyfreithiol a gall eich helpu i ddiogelu sgôr eich statws credyd. Mae'n well na chanslo debyd uniongyrchol heb gysylltu.

Os yw cyfyngiadau COVID-19 yn effeithio ar eich busnes gallwch ofyn am gymorth hefyd.

- Y • Mae'n bosibl y gallwch gau eich cyfrif dros dro os nad ydych chi'n gweithredu.
- Effallai caniatu i chi atal taliad dros dro neu fath arall o gymorth os ydych chi'n dal i fod angen dŵr a gwasanaethau cartreffoisiaeth ond mewn trafferthion.

Mawr obediwn fod y canllaw gwymbodaeth hwn yn ddefnyddiol i chi wrth i chi gefnogi eich etholwyr, wrth i chi frifio a chefnogi eich aelodau staff yn eu rolau cynghori, neu o ran eich hysbysu am y cymorth sydd ar gael ar gyfer y rhai sy'n derbyn gwasanaethau dŵr a dŵr gwastraff yng Nghymru. A fydddech cystal â rhannu'r wybodaeth gydag unrhyw un sy'n gallu helpu'r rhai sydd mewn trafferthion arianol.

Mae'n bwysig nodi nad yw'n bosibl talu biliau dŵr yn uniongyrchol drwy gredyd cynhwysol ar hyn o bryd oherwydd llwyth gwaith yr Adran Gwaith a Phensynau.

Cymorth ar gyfer cwsmeriaid dŵr sy'n cael trafferth talu

Mae modd i'ch cleientiaid a'ch etholwyr gael mynediad i gymorth CCW os ydyn nhw angen rhagor o gyngor neu os nad ydyn nhw wedi derbyn ymateb boddhaol gan eu cwmni dŵr ar 0300 034 3333 neu drwy ffonio <https://www.ccwater.org.uk/cymraeg/gwneud-cwyn/>.

I drafod y canllaw hwn yn fanylach neu i ddarganfod sut alle'n ni weithio gyda chi, cysylltwch â Lucy Byrnes, Rheolwr Polisi yn lucy.byrnes@ccwater.org.uk <<mailto:lucy.byrnes@ccwater.org.uk>> neu Lia Moutselou, Uwch Reolwr Polisi yn lia.moutselou@ccwater.org.uk <<mailto:lia.moutselou@ccwater.org.uk>>.

Cyngor i'r Ffermwy

Daw cronfa newydd i gefnogi'r ffermwy'r llaeth oherwydd y Ffrws. Cyhoeddodd y Gweinidog Amaeth Leslie Griffiths gefnogaeth i'r ffermwy'r llaeth hynny ddiddordebod fwyaf oherwydd yr argyfwng. Felly os collwyd mwy na 25% o'u hincwm yn ystod Ebrill a Mai gallant hawlio hyd at £10,000 er mwyn cymorth 70% o'u colledion. Bydd hyn yn eu galluogi i barhau heb amhari ar les anifeiliaid na'r amgylchedd.

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

Our church buildings may be closed, but church very much continues despite the fact that at the time of writing we are in the eighth week of lockdown.

We are holding Skype services at 9am on Tuesdays and 10am on Sundays. In addition, we have already launched a Zoom youth group and a Zoom book club will be launching in June.

We have participated in a virtual coffee morning for Christian aid, virtual school assembly and had a rogation "walk" on facebook . Revd. Gaynor continues to lead sessions for the air cadets although these are now held via Microsoft teams.

Llanpumsaint and Llanllawddog churches have gained eco church status since lockdown and the work of ensuring financial stability and management of our buildings continues.

Church members are ensuring that we keep contact with those who have no access to technology or who are living alone, and we maintain a constant rhythm of prayer.

In this time of lockdown we have all regardless of our faith begun to realise our dependence on community .We may have remembered that people suffering in other parts of the world are our neighbours ,or reflected on our relationship with creation and many people might have turned to God more than ever before. A quarter of adults in the UK have watched or listened to a religious service since the coronavirus lockdown began, and one in 20 have started praying during the crisis, poll reinforce indications of an increase in the numbers of people turning to faith for succour amid uncertainty and despair. 6,000 people phoned the Church of England prayer hotline in its first 48 hours of operation. Perhaps we are realising that we are not independent and that loving God and each other is important.

By the time Village Voice is published we may be beginning to find a new normal but I hope these are things we remember into the future.

For more details of church services and events follow us on facebook Llanpumsaint Browydd and Llanllawddog churches or contact Rev'd Gaynor Jones-Higgs Tel 01267 253158

Help for customers struggling to pay - Dwr Cymru

CCW – the voice for water consumers – thinks helping those struggling to pay their bills is a priority at this time of year. It is particularly important now as more people find themselves struggling to manage their finances due to COVID-19. Our information guide '*Help for customers struggling to pay*' gives you a summary of affordability schemes available to customers in Wales.

These include social tariffs capping bills on income-based criteria, capped bills for those who need to use more water because of medical conditions, priority service registers for people who need that extra help at these difficult times, as well as information on wider financial support available.

To help you support people in Wales during the COVID-19 crisis, our top tips are:

Act now if you are struggling to pay your bill. The impact of COVID-19 on your income might mean you have become eligible for help under an assistance scheme.

You can ask for a payment suspension or break. This could help protect you from future debt, legal action, and help to protect your credit rating score. It is better than just cancelling your direct debit.

If your business is affected by COVID-19 restrictions you can also ask for help.

- You may be able to close down your account temporarily if you are not operating.
- You may be allowed a payment suspension or other support if you still need water and sewerage services but are struggling.

Warning over council tax refund scam

Residents in Carmarthenshire are being warned to be on their guard against a new council tax refund scam. Fraudsters are contacting people via email to tell them that they're due a council tax reduction running into hundreds of pounds. The email implies the reduction is due to Covid-19 and because the person is on a low income or receives benefits.

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. NO DOGS ARE ALLOWED IN THE PARK**

Llanpumsaint Community Council

Wanted – an individual to be a Community Councillor. Any gender/age/language can apply and although the Council conducts its business in Welsh, not speaking the Celtic tongue needn't be a barrier as there is instantaneous translation available at every meeting! Council meets in the Memorial Hall, on the first Wednesday of **every other** month - January, March, May, July, September and November with meetings beginning at 8.00 pm. The purpose of the Community Council is to seek what is best for the community and Councillors are the 'go to' individuals that folk in the village contact when there are issues with highway related matters and so on. Check out the Minutes Page on the Council's Website if you would like to have a flavour of what is discussed during the meetings! Applications of interest in the post to be received no later than beginning of September?

Eirion Evans, the previous Councillor, resigned as he has moved to live in Carmarthen and he was thanked shortly after he officially resigned.

The Clerk believes that the extortionate fee that might be charged by the Wales Audit Office is no longer a threat to the community, as the Audit Office seriously overstepped the mark by accusing the Clerk of failing to present the Council's accounts for auditing, 'without reasonable excuse', as he had written to them repeatedly stating that unless he was allowed to use his farm accountant to complete the Audit Form, the form would not be submitted. The Wales Audit Office is notorious for using bully-boy tactics to get its way. At the end of April 2020, the Clerk sent them a lengthy letter listing their many failings and described their double standards in their condemnation of small councils who don't set budgets or lose bank statements, yet do not hold Welsh Government to account when millions of pounds are spent inefficiently! Do date, a response has not been seen... Phil Jones 01267253512, clerk@llanpumsaint.org.uk/communitycouncil

The Welsh Language Commissioner's office is offering free translations under 1000 words to voluntary organisations during the coronavirus pandemic.

During this period, we know that many voluntary sector organisations are having to respond quickly to an ever-changing situation. We know many of you are keen to communicate bilingually but may need some help to prepare bilingual messages at short notice.

The Welsh Language Commissioner's [Hybu team](#) has decided to extend their proofreading service to offer free translation to the voluntary sector in Wales. They can translate up to 1000 words, free of charge. Just send the work to hybu@welshlanguagecommissioner.wales.

They have been able to assist several organisations already – from translating press releases, urgent messages to members, and guidance for volunteers responding to changes in arrangements.

They can also provide our usual support and advice to you in planning your Welsh language use – the team is still working from home.

The scheme is currently in a testing phase, so please feel free to contact the team as a starting point and they can signpost you to the best place.

Get in touch with them to learn about other support available, for example the Welsh Government's new Helo Blod scheme. Helo Blod is a fast and friendly Welsh translation and advice service to help businesses and voluntary organisations use more Welsh. And it's yours to use for free.

Helo Blod can translate up to 500 words into Welsh per month for your business, completely free of charge. They can also check 1000 words of Welsh text that you've had a go at writing yourself for free per year.

Finally, Helo Blod can offer you practical advice, guidance and support to help your organisation use a little (or a lot) of Welsh – up to 10 enquiries per calendar month. [Find out more on the Helo Blod site.](#)

Curad Calon Llanpumsaint

Dyma'r criw bach fu'n gyfrifol am sefydlu 4 Adfywitr 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 Ffynnonhenti SA33 6LD

Tu fas Ffestri Capel Nebo. SA33 6HN

Please contact Carolyn Smethurst for more information, 01267253308

Arwyddion yr Haint Covid 19

Gallwch arafu ymlediad Covid19 drwy adnabod yr arwyddion ynghynt, a chadw llygad ar gyflwr iechyd yn ddyddiol, hyd yn oed os i chi'n teimlo'n iawn. Llawnr lwythwch yr App <https://covid.joinzoe.com> Mae hwn yn rhan o ymchwil Coleg Y Brenin Llundain.

Mae'n wedi canfod colli blas a'r gallu i arogl yn arwydd cymhar o'r clefyd hwn. Felly mwa i gyd sy'n canfod yn ddyddiol mwyaf cadarn fydd yr ymchwil. Felly rhannwch y wybodaeth gydag eraill.

Neuadd Goffa Llanpumsaint & Ffynnonhenti Memorial Hall - 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 pum archeb arnom ni, cy i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archeb cysylltwch â Donna Thomas ar 07854072195.

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

Y Diweddara'r am y Gwasanaeth Awdioleg

Dyma rai o'r gwasanaethau ar gael

Drwy'r Post - Atgyweirio Teclyn Cilyw – pob adran

Drwy'r Post - Amnewid batris - pob adran

Adolygu dros y ffon - gosod teclyn cilyw – tinnitus – cydbwysedd – pediatric

Ysbyty Glangwili yn unig- Argyfwng clust, trwyn, gwardwg (ENT)

Argraffu mewn argyfwng teclyn cilyw i blant bach neu oedolion anghenus.

Bydd pob cyfeiriad newydd i'r Adran Cilyw yn derbyn llythyr o gadarnhad eu bod wedi eu ychwanegu at y Rhestr Aros i dderbyn cyfarwyddyd pellach yn y dyfodol.

Biniau Ailgylchu'r pentref

Sylwoch chi i arwyddion ar y biniau ailgylchu gael eu newid yn ddiweddar. Bellach gwyddrau yn unig maent yn dderbyn, dim papur na chaniau. Eglurodd y Cyngor mae trefniant dros dro yw hyn a gellir rhoi'r papurau a'r cnau yn y bagie glas sy'n cael eu casglu bob pythefnos. Pan ddaw'r amser newidir yr arwyddion unwaith eto. Dave Robinson

Fflw fawr 1918-19

Mae ein sefyllfa breseennol yn dwyn i gof argyfwng byd-eang Fflw fawr 1918-19, wnaeth ladd rhwng 50 a chan miliwn ar draws y byd bryd hynny. Collwyd llawer mwy o fywydau gyda'r haint na laddwyd yn ystod y Rhyfel Byd erchyll hwnnw. Rhwng Ionawr 1918 a Rhagfyr 1920 bu fawr rhwng deg ac un ar ddeg mil yng Nghymru. Diddorol sylwi iddo daro gwaethaf ar yr un ardaloedd a'r firws presennol, sef ardaloedd Cymoedd y De, Caerdydd ac Abertawe.

Ymddangosodd gyntaf adeg Haf 1918, a phan ddaeth yr ail don yn Hydref a Thachwedd, lladdwyd nifer o filwyr oedd wedi llwyddo i oroesi holl beryglon maes y gad yn Ffrainc. Er nad oedd yn tarddu o'r wlad honno fe'i galwyd yn Fflw Sbaeneg, efallai oherwydd i'r Brenin Alfonso X111 fynd yn ddifrifol wael wedi dal yr haint. Shwdd ddechreuodd e? Tipy'n o ddirgelwch, fel yr un heddi. Un stori oedd iddo ddatblygu wrth i gig gael eu baratoi yn Kansas America gogyfer a'r milwyr, ac i hwythau eu gario draw ma i Ewrop wedyn. Tebyg iawn fydd Trump yn gwadu'r holl beth. Yn wahanol i'r presennol pobol ifanc oedd yn cael eu taro gwaethaf. Bydder corff yn gwynegu i ddechre, yn a'r croen yn troi'n las, fflw anadlu ac wedyn gwaeu drwy'r trwyn a'r clustie, a marw mewn ychydig ddyddie. Collwyd teuluoedd cyfan mewn tai poblog y cymoedd glofaol. Y cyfarwyddyd bryd hynny oedd Pidwch Poeri! Dim son am gadw pellter na hunan ynysu.

Buom ni yn y gorllewin 'ma yn ffodus i osgoi'r gwaethaf, ond y syndod mwyaf oedd i Sir Gaernarfon yn y gogledd ddiodde'n enbyd gyda'r nifer mwyaf o farwolaethau, ac yn arbennig yn Llanberis. Falle bod y nifer fawr o filwyr tramor yn yr ardal wedi cyfrannu at y sefyllfa. Ardoddwyd i wyth deg o filwyr Canada oedd yn aros i ddychweliad adre o Fodelwyddan gael eu taro'n farw gan y Fflw Sbaeneg. Mae'n hynod hefyd cyn lleied o ddiddordeb a ddangoswyd gan newyddiadurwyr y dydd i'r holl gyflafan. Wythnos ar ôl wythnos llenwyd tudalennau Jymal Caerfyrddin gan hanesion brwydtrau'r Rhyfel ac adroddiadau cyson am filwyr a laddwyd yn Ffrainc, ond dim sôn am y Fflw. Yna o'r diwedd yn Ionawr 1919 daw un cyfeiriad i nodi fod 349 wedi marw o'r haint yn Sir Gar, 111 mewn ardaloedd trefol ond 238, er syndod, yn yr ardaloedd gwledig. Mae'r eglurhad yn fwy o syndod fyth, yn beio diffyg glendid, y tywydd a ffermio. Dadi ffug o gofio sefyllfa ardaloedd poblog.

Beth oedd cyflwr ein hardal ni adeg yr haint. Mae'n anodd dod o hyd i dystiolaeth gadarn ac rydym yn dibynnu'n drwm ar dystiolaeth lafar wnaeth oroesi treiglaid y blynyddoedd. Gwyddom i un gŵr o Fwlichgwyn yn Nebo farw o'r fflw, fferm sydd ddigon pell o bobman. Beth am Gofrestr Claddedigaeithau Eglwys Llanpumsaint, oes yna ateb yno? Nag Oesi Cyfartaledd o ryw 5 claddedigaeith ganw ni am y degawd, felly beth am gyfnod y Fflw? 1918 - 4 1919 - 6 1920 - 4. Bradd dim newid. Byddai wedi bod yn fantais i archwilio cofnodion y Capeli ond nid yw hynny'n bosib ar hyn o bryd, er 'rwy'n amau a fyddent wedi adrodd stori wahanol. Beth am hanesion llafar gwlad? Bu llawer o son i'r Doctor Yorath yn Cynwil oedd yn gyfrifol am ardal Llanpumsaint hefyd bryd hynny, arbed llawer iawn o fywydau. O gyrraedd y claf yn y fflw anfonwyd ef yn syth i'r gwely i'w orchuddio gan bob blanced yn y tŷ. Digonedd o ddiod a chwysu mas draw, ac fe lwyddodd i'w tywys yn ôl i dir y byw. Ar wahân i fod yn ddoctor 'roedd e'n dipyn o athrylith gyda'r bel golf

(chwareaodd i fab Bob i Gymru. Felly i gynhoi mae'n debyg i'r ardal hon osgoi'r gwaethaf yn 1918-19. Gobeithio yn wir y gwelwn hanes yn ail adrodd ei hunan y tro hwn eto.

Arwyn 2020

That other one – The Great 1918 - 19 Flu

Our current situation has evoked renewed interest in that vast epidemic just a hundred years ago, which killed between fifty and a hundred million world-wide between January 1918 and December 1920. Far more deaths than suffered during that horrendous First World War. There were 10,000 to 11,000 fatalities in Wales, with Cardiff, Rhondda and Swansea being particularly badly affected, similar to our current virus hotspots.

The flu first arrived in the summer of 1918 then a second bout exploded during October and November, claiming many soldiers who'd survived the War dangers. Though called Spanish Flu it had in reality little to do with Spain, apart from the fact that it made King Alfonso XIII very ill. So the press decided to dub it Spanish Flu and it stuck. Like our current Virus the origin remained vague, with meat and poultry preparation for the troops in Kansas America being blamed, and then carried across to Europe by them. I expect Trump would dispute that as fake news.

In contrast to our current situation it was the youngsters who were most at risk then. Victims complaining of violently aching limbs saw their skin turning blue, as their lungs filled with fluid, then bled through ears and nose. Death followed in days, with whole families particularly in crowded areas, being struck down. No two metre rule or self isolation then, just the warning, Don't Spit! Whereas West Wales escaped the worst as has been our experience so far, there was an unexpected hotspot in North West Wales. Caernarfonshire had the highest death rate for the whole of Wales, and a soup kitchen had to open in Llanberis. That could well have been traced to troop movements, since we also learn that 80 Canadian soldiers waiting to go home from Bodelwyddan succumbed and died. Strangest of all is the evident lack of interest by many of the newspapers of the day. Totally engrossed by War reports they showed little interest in the Great Flu. Each week the Carmarthen Journal carried blow by blow accounts of battles and escalating reports of young men falling, but the Flu never got a look-in. Not until the 17th of January 1919 when it recorded that there had been 349 Carmarthenshire deaths, 111 urban and surprisingly 238 rural. It blamed poor sanitation, the weather and agriculture, an odd conclusion, since we know that sanitation and overcrowding were a greater urban problem. Little evidence survives locally apart from what one can repeat from oral evidence. One person did die of it at Bwlchgwyn in Nebo, hardly an overcrowded situation and well away from the next farm. An examination of the Llanpumsaint Church Burials Register might have yielded vital evidence but no. The average number of burials per year for the decade 1910-20 is around 5 each year, with very little variation. In 1918 there are 4, 1919 it's 6 and 1920 just 2, hardly epidemic proportions. One would have wished to examine Chapel records but that was not possible now, however one suspects they would reflect what we already know from Church. Stories handed down recounted the gratitude of people around Conwil and Llanpumsaint to their then area Doctor. Dr Yorath wasn't just an accomplished golfer whose son Bob would play for Wales. Tales were told how the astute medical man sent his flu victims straight into bed, with orders to pile on all available clothing around the sweating body, as relatives pumped in liquid after liquid. That was how according to hearsay Dr Yorath saved so many lives then. To sum up we can conclude that our area escaped lightly out of that Spanish Flu epidemic. Let us all hope that history repeats itself this time around.

Arwyn 2020

Head to Toes Footcare. Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

| | |
|--|---|
| <p>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</p> | <p>Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521</p> |
| <p>G J Isitt & Son ROOFING Free estimates and advice All aspects of roofing undertaken We pride ourselves on our reputation 01267 253425 / 07770 818951</p> | <p>JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 07980 982025 Email: johnworkshop@hotmail.co.uk</p> |
| <p>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</p> | <p>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</p> |
| <p>Railway Inn Llanpumsaint Pub and Restaurant Open for take-away Sunday Roast Lunch Tel: 01267 253643 Or via Facebook Wayne and Liz</p> | <p>Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01267 290977 07966592183</p> |
| <p>Gwili Mill Llanpumsaint 5* self catering - Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays & team building www.gwilimill.co.uk 01267 253308</p> | <p>Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 <i>JRB & K Thomas</i> <i>Peniel Road Carms SA32 7DR</i></p> |

| | |
|--|---|
| <p>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</p> | <p>Gwalia Stores Peniel Road 01267 253249 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Vapes Newspapers and magazines</p> |
| <p>Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <u>Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning</u> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine</p> | <p>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</p> |
| <p>R. Thomas Electrical Services Electrical Installation And Maintenance Fully Part P Registered Phone Rob on 0777 2364553 Llys Onnen Carmarthen</p> | <p> 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</p> |
| <p>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</p>  | <p>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)</p> |
| <p> 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</p> | <p>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</p> |

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.