



# Village Voice February 2023

**Copy Date for next Edition 26<sup>th</sup> March 2023**

Village Voice is published by Llanpumsaint Community Information Exchange [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk), email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk). Please send items to [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk) or post to Bodran Felin, Llanpumsaint SA33 6BY



Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice and our website [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk). We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.

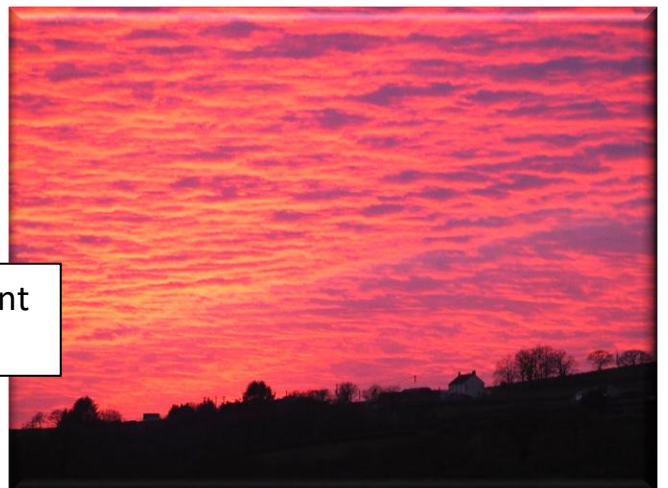


Starlings enjoying the sunset at Aberystwyth pier  
(Clare Bishop)



Sunset in Llanpumsaint  
(Carolyn Smethurst)

Another sunset in Llanpumsaint  
(Clare Bishop)



# Dates for your Diary

## One-off Events

- February 9, 16, 23 Thursdays, **Art in warm space**, Village Hall, 10-2 pm
- February 15 Wednesday, **Pub quiz and curry**, Railway Inn, 8 pm
- March 10 Friday, **Prosecco and Pudding Fashion Show**, Village Hall, 8 pm
- March 25 Saturday, **Treasure Hunt**, starting at Village Hall, 2-4 pm
- March 31 Friday, **Community star gazing**, Village Hall and park, 5-11 pm

## Weekly Events

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

## Regular Faith Events – All welcome!

- **Llanpumsaint Church:** Morning Prayer at 9.00 on Wednesdays and 9.00 on Sundays
  - Godly Play, Tuesdays, 4-5 pm Stories, Activities and Snacks for Children and their grown ups from 3.45 -4.45 pm in school term time
  - **DOTs Youth Group** for Young People aged 10 up, Llanpumsaint Church, usually Thursdays, 5.30 – 7.30 pm
- **Llanllawddog / St Celynin Bronwydd:** 11.00 on Sundays  
For further details, please contact Rev'd Gaynor 01267 253158  
[Gaynorjones-higgs@cinw.org.uk](mailto:Gaynorjones-higgs@cinw.org.uk) or check out our Facebook page: Llanpumsaint Bronwydd and Llanllawddog Churches
- **Caersalem Chapel:** For details of services, please contact Mrs Eleri Morris (Secretary) 01267 253895
- **Ffynnonhenry Chapel:** For details of services, please contact Danny Davies (Treasurer) 01267 253418, Mr Gwyn Nicholas (Secretary) 01267 253686
- **Nebo Chapel Services:** For information, please contact Meinir Jones (Secretary) 253532

## Weekly Village Services

- Monday, 12-2 pm **Mobile Vet** (Village Hall)
- Tuesday 2-3.45 pm **Post Office van** (opposite pub)
- Wednesday:
  - 10.45 – 11.45 **Library van** (Village Hall and opposite pub)
  - **Baker** household delivery (Tel 07971 740505),
  - **Fish** household delivery (Tel 07779 987305)
- Thursday, **Fruit and veg** household delivery (Tel 07969 047045)
- Friday, **Post Office van** 1-3 pm (opposite pub)

# Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)



Happy New Year to all Park users! On 24<sup>th</sup> December our annual Santa Parade was back in full swing for the first time since Covid. It was fantastic to see so many new and old faces whilst going around the village and in the hall for a mince pie and some mulled wine afterwards.

The start of a new year for the Llanpumsaint 100 Club will be with us in March, so we will soon be collecting money from anyone who wishes to take part for the forthcoming year. As per usual, the price for a whole year's worth of draws shall be £12.

Based upon the fundraising that we have undertaken over the past year, we are pleased to be able to donate £500 to our chosen charity DPJ Foundation. Our chosen charity for the next year will be announced soon.

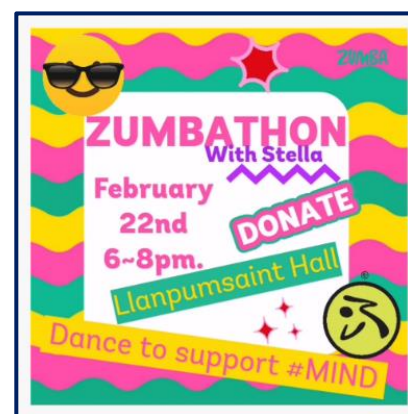
On Saturday 25<sup>th</sup> March, we shall be organising a Treasure Hunt, starting from Llanpumsaint Hall between 2pm and 4pm. The route will take approximately two hours to complete. Food and refreshments can be purchased from the finish venue, where a raffle will be drawn.

Our present stage of improvements is now coming to a close in the park, funded by the Brechfa Windfarm Fund, with four new picnic tables being installed around the play equipment, one of which will be wheelchair friendly. Hopefully the spring will bring some fantastic weather for everybody to make good use of the new equipment!

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

## Zumba in Llanpumsaint

If Zumba is more your style, these one-hour sessions take place on Wednesday evenings from 7-8 pm. We now have so much energy that we are taking on a two-hour Zumbathon challenge on 22 February from 6-8 pm. The sponsorship money raised will be donated to Mind.



## Salsa in Llanpumsaint



As the salsa sounds have resonated from the village hall every Tuesday night for the last four weeks, Mike's expertise and Pandora's grace on the dance floor has provided a group of villagers a unique opportunity to learn some moves to music. The dancing journey has been filled with fun and laughter, and already some routines are starting to take shape.

Partners are not required and what a great way to exercise. Each week we look forward to the next lesson and learning new steps. The proceeds of £225 from the January fund raiser is being donated to the Llanpumsaint Welfare and Recreation Association.

*Cathy & Huw Williams*

Absolute beginners and drop-ins welcome. For new students, your first class is FREE. Each week we repeat the salsa timing, and lead and follower turns. There is a theme to each month's lessons, so after 4 weeks you are comfortable with the moves before learning the next set. This way it is easy to jump back in if you miss one or two classes. For more information, contact Mike 07497 362846

## Skanda Vale Hospice

Skanda Vale Hospice in Saron, near Llandysul, is gearing up ahead of the re-opening of its monthly respite service in February.

The Hospice is currently a flurry of activity as staff and volunteers prepare for the return of in-patients for one week per month.

The Hospice will be welcoming up to six individuals with life-limiting illnesses to its fully-fitted facility, offering a much needed break to family, friends and loved ones – all completely free of charge.

Skanda Vale Hospice is unique in that the vast majority of its team – nurses, carers, kitchen staff, cleaners, office workers and gardeners – are all volunteers, offering their time, energy and expertise to help those in need of support for free. Ahead of the re-opening, the Hospice has launched a "1 night a month" campaign in a bid to encourage Health Care Support Workers and carers to donate one night of their time a month to caring for patients – with the support of the on-site Registered Nurse.

If you would like to get involved in volunteering in any of the many roles available – or know someone who might benefit from the care and support offered by the Hospice – please get in touch by calling 01559 371222, emailing [hello@skandavalehospice.org](mailto:hello@skandavalehospice.org) or by visiting [skandavalehospicehospice.org](http://skandavalehospicehospice.org)



# Llanpumsaint Community Council

The Community Council has set its budget for 2023/24, taking account of all legal and financial commitments (including Audit Wales fees) and its planned expenditure for 2023/24. The Council is pleased to confirm that, despite significant inflationary pressures, it has been able to draw on its reserves, in order to maintain its precept at the same level as last year, equating to £30 per year for a Band D property. Councillors agreed it was important to try to avoid increasing taxation in view of the real difficulties faced by many residents as a result of the ongoing cost of living crisis.

The Council is also making good progress with improving its governance arrangements to ensure it meets all its legal obligations.

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

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

Our next meeting is on 14<sup>th</sup> March 2023, 8pm in the Village Hall. All are welcome!

## West Wales Dowsers

Dowsing is a useful and interesting practice almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowsers to search for

water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check

for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven.

Why not come along and find out for yourself? We can usually find time at the end of our meetings to give a short lesson, or better still come on a field trip.

Meetings are held at 1.45 pm for 2pm start at Bronwydd Hall:

- February 26<sup>th</sup>: Ros Briagha 'Building a Dolmen' (a dolmen or portal tomb is a type of single-chamber megalithic tomb, usually consisting of two or more upright megaliths supporting a large, flat horizontal capstone or 'table'. Most date from early Neolithic and were sometimes covered with earth of smaller stones to form a tumulus.
- March 26<sup>th</sup>: AGM
- April 23<sup>rd</sup>: Author and Speaker, Ian Pegler – The Nanteos Grail: The Evolution of a Holy Relic. Ian is a member of West Wales Dowsers and he has co-authored this fascinating

book. The theft of the Nanteos Cup from a private home in Wales in 2015 – and its even more remarkable recovery two years later – made the headlines in most major newspapers and featured on BBC Crimewatch. People who had never heard of the cup began asking what it is – a question that has occupied people for the past three hundred years, since word of this mysterious vessel first began to filter out to the world. Now it is on display to the public, for the first time since the nineteenth century, at the National Library of Wales. Read more: <https://www.amazon.co.uk/Nanteos-Grail-Evolution-Holy-Relic/dp/1398106224>

Annual Membership is £12 a year. Entrance is £5 for members and £6 for non-members including a welcome cuppa and biscuits. Prospective members are welcome to attend two meetings

before joining. No equipment is necessary, just bring yourselves. (NB Please note these details may change after the AGM). Please see our Facebook page for updates or website: <http://westwalesdowers.org.uk> or ring Sandy on 01267 253547 or [westwalesdowers@gmail.com](mailto:westwalesdowers@gmail.com)

## Warm Social Space in Village Hall and Arts Care Gofal Celf



The warm space in the Hall has been running weekly on Thursdays from 10-2 pm for over two months. New connections are being made and old acquaintances renewed over bowls of homemade soup, and games of table tennis and dominoes.

In February the warm space will linking up with artists from the Arts Care Gofal Celf, which is supported by the Brecha Forest West Wind



Farm Community Fund project, Stories From The Forest. This is a programme of free art workshops, running from 4 February to 20 May and open to all in the Brechfa and surrounding areas.

Thursdays 10-12 noon in the Village Hall: Materials provided free of charge!

- 16<sup>th</sup> February: Watercolours for beginners
  - 23<sup>rd</sup> February: Willow weaving and bird feeder crafts
- Come along and try your hand at something new! All welcome.

**The Village Hall committee is looking for new trustees to join the committee. If you are interested in finding out more, contact Pamela Jones, Chairperson (07815119073) or Clare Bishop, Secretary (07940065630).**

# Llanpumsaint and Nebo Short Mat Bowling Club



The second half of the season is now underway and January saw us play our local rivals Bronwydd away and two weeks later at home. After two hard-fought and enjoyable evenings Bronwydd took the win at their home venue whilst Llanpumsaint did the same at the Village Hall. We now look forward to the Roy Bowen Memorial matches between the Clubs at the end of the season.

Six of our members took part in the County Red Card pairs competition at the end of January. Ian and Ioan took part in their first tournament and played very well. Dafydd and Jill went through to the plate quarter finals. Rhys and Catrin also played for the first time together and were runners up in the Shield competition.

Well done to all three pairs you did the club proud.

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

Don't forget to check out our website [Llanpumsaintsmbc.org.uk](http://Llanpumsaintsmbc.org.uk) where you will find up-to-date information on the Club.

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

## Clwb Gwili Over 60s

It was gratifying to see so many members and prospective members attending the AGM in January. The Committee, after indicating their willingness to serve for a further year, were returned unopposed. Membership Cards were given out and it was exciting to see how busy a year this is going to be, especially with talk of reinstating our popular 'Turkey and Tinsel' trip. Fingers crossed!

- February 27th: St. David's Day Celebration with the Carmarthen Ukuleles – this proved to be a very popular event last year. Cawl plus excellent singing and musical accompaniment to honour our famous Saint.
- Monday 27<sup>th</sup> March – Mrs Val Newton: Theme to be confirmed.
- Monday 24<sup>th</sup> April: Bruce Wallace – History of a typical Welsh village

For further information call the Secretary: Val Giles: 01267 281194 – new members are welcome!

**Annual membership is now £10.**

## Bronwydd and District Gardening Club



Local visit to Llyngarreg gardens

We are an active Gardening Club and have been running for nearly 40 successful years. Our aim is to “Bring Gardeners Together” and we welcome any adult residents of Bronwydd and surrounding area plus those from further afield in Carmarthenshire too.

Our meetings always include a speaker on a variety of gardening and nature topics and we regularly organise visits to gardens. Our Annual Horticultural Show is very well-supported. We are pleased to be supported in the past by the National Lottery and, more recently, by the Brechfa Forest West Wind Farm Community Fund Grant Bach.

Our meetings are on the 3<sup>rd</sup> Tuesday of each month, February to November. 7.30 pm at Bronwydd Village Hall.

- February 21<sup>st</sup>: Paul O’Neill from Llwyngarreg on the development of his garden (with a visit planned for later in the Spring).
- March 21<sup>st</sup>: Laura Jones from the National Botanic Gardens will talk about Pollinators.

Please contact Sue Harte (Chair) on 01267 237777/ Maureen Evans (Treasurer) on 01267 236280 or Jane Prescott (Programme and Membership Sec) on 01267 230463

Membership £10 per year or Guest membership £2 per meeting; all are very welcome, for one meeting or many.

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

- Friday 24 February marks a year since the start of the war in Ukraine. Llanpumsaint Church will be open from 12 noon for prayer and reflection. Self-guided prayer stations and reflection activities will be provided. Open to people of all faiths or none.
- March 31 Friday **Carmarthen Ukulele Band** at The Holly Brook Inn, Fundraising event for St Celynin Church Bronwydd
- April 1 Saturday **Spring Fair in aid of Llanllawddog Church** at Llanllawddog Church Hall, 10-12 noon





# Llanpumsaint Heartbeat – Defibrillator Locations

There are 4 defibrillators in the Llanpumsaint Area, please check the location nearest to you.

- **Outside Village Hall SA33 6BZ**
- **Outside Railway Inn SA33 6BU**
- **On wall outside Henfryn, Ffynnon Henry SA33 6LD**
- **Outside the Vestry Nebo SA33 6HN**

All the defibrillators above are listed on “The Circuit”, a UK register which the Ambulance Service accesses if they get a call regarding an unresponsive casualty. So please check out the location nearest to you, and if ever you need to access a defibrillator you know where the nearest one is located.

An Automated External Defibrillator (AED) also known as a defibrillator or a defib is a device that can deliver an electric shock to a person who is in cardiac arrest. It is simple and safe to use and you do not need any training. The device will tell you exactly what to do and when and how to deliver a safe shock.

You do not need a code to access the defib, and the Ambulance Service will be there to advise while you are on the phone with location and use. *No formal “training” is required to use an AED, the 999 Dispatcher talks you through as does the Unit itself. Please visit [Lifesaver \(lifesaver.org.uk\)](https://www.lifesaver.org.uk) interactive scenarios any time – viewing these will give you confidence, and they are free and very informative.*

**Every year in Wales, over 6,000 people will have an out-of-hospital cardiac arrest. They often occur suddenly and without warning.** Your chance of surviving an out-of-hospital cardiac falls by 10% with every passing minute if somebody doesn’t have a go at performing CPR and using a defibrillator. In Wales, the survival rate following an out-of-hospital cardiac arrest is less than 5%. Compare this to England who have a survival rate of 10%, Scotland at 9% and in some European countries and USA cities it is around 25%.

Doing something is always better than doing nothing. It’s good to remember the simple steps of phoning 999, performing immediate cardiopulmonary resuscitation (CPR), using a defibrillator, and continuing CPR until the ambulance crew arrive. The longer the delay to starting resuscitation, the worse is the outcome.

By taking a few minutes to learn the basic CPR skills (<https://www.nhs.uk/conditions/first-aid/cpr/>), you can give someone the chance of life. It could be someone in your family, a friend, a neighbour, a colleague or a passer-by. Save a Life Cymru is encouraging everybody in Wales to learn CPR skills, either online or with face-to-face training so that you, your family and the wider community become confident of the steps to take when a person has a cardiac arrest.

Carolyn 0267253308

# Benefits to Llanpumsaint of Brechfa Forest West Wind Farm Fund

Thank you to everyone who has contacted me following the last issue of the Village Voice requesting specific spend on each project in the village and surrounding area receiving funding.

All funding awards are updated quarterly under our “Grant Allocations” section of fund website, and I’m always happy to be contacted directly to discuss spend. I’m also available to be booked for 1 hour funding surgery appointments if you would like to discuss a potential funding application you would like to make.

We are looking for a new panel member to represent the Llanpumsaint area; if you would like to enquire about becoming a panel member, choosing on the allocation of the funds locally, please contact me: Moishe Merry Brechfa Community Fund Manager (01239) 719238 or [mmerry@anturcymru.org.uk](mailto:mmerry@anturcymru.org.uk)

Llanpumsaint area has directly benefitted from over £200,000 of funding in the past four years distributed to the following projects:

- Llanpumsaint Community Information Exchange: Welsh Translation, printing costs and digitalisation of the Village Voice newsletter and stamps for delivery during pandemic **£15,300 (total for 5 years)**
- Ysgol Llanpumsaint PTA: IT equipment for an intergenerational project. **£8,510**
- Ysgol Llanpumsaint is also part of a £70k funding award for a project called Cynefin, supporting the development of the New Welsh Curriculum.
- Llanpumsaint Welfare and Recreational Committee: Support from a consultant for community engagement survey resulting in the upgrade of the park including new equipment, new benches, and emergency funding for replacing the fence after storm damage. **£48,143.81**
- Llanpumsaint Village Hall: Upgrade of building through work to tackle damp, construct a new ramp, and replace the boiler as well as covering the cost of a cleaner for 4 years. We have also paid for broadband, commercial dishwasher and microwave, table tennis and pool tables, an electric car charge point for the hall, and the warm space activities in the hall totalling **£29,879**. We’re also working with a consultant to support the hall, to change to LED lighting, introduce energy saving measures, and establish what repairs are required.
- Llanpumsaint Allotment Society: Disability accessible resources and recovering of the polytunnel after storm damage to support open days. **£4,526**
- Merched y Wawr Llanpumsaint: Community event to celebrate the anniversary of Merched y Wawr. **£500**
- Llanpumsaint Heartbeat: Defibrillator for community use **£2,000**
- Clwb Gwili 60+ club: Support for the residents of Llanpumsaint taking part **£875**
- Llanpumsaint Community Shop steering group: Feasibility study and community consultation into options for a community run shop in the village **£5,000**
- Cylch Bronwydd: Staff training, fencing for outdoor classroom, resources, storage solutions, and pandemic adaptation costs to move to Llanllawddog Hall and back to Bronwydd Hall again. **£14,454.45**

- Bronwydd and District Gardening Club: Support towards an intergenerational project, PPE and next year's event, costs only for participants from the funds area of benefit **£1,370**
- Llanllawddog Church Hall: Feasibility study from a consultant resulting in a grant award for installation of water supply and three phase electric, double glazing, CCTV, broadband, painting and storage. **£62,555.11**
- Windy Corner Garage and Gwalia Garage: Supporting deliveries to the vulnerable in Llanpumsaint during the pandemic **£2,500**
- Skanda Vale: Two defibrillators **£3,400**

You can keep up to date with projects funded, or apply for funds for your own community project, via our website: <https://brechfawestcommunityfund.org.uk/>

Or get in touch with Fund Manager, Moishe Merry, on Email: [mmerry@anturcymru.org.uk](mailto:mmerry@anturcymru.org.uk) or Telephone: 01239 710238

## Ysgol Llanpumsaint Parents & Teachers' Association (PTA)

On Friday 10<sup>th</sup> March the PTA and Llanpumsaint Hall Committee will be jointly hosting a **Prosecco and Pudding Fashion Show**. Calon Mam, Llawn Cariad, trinket and Golwg will be showing their items and goods.

Tickets are selling fast and are available through Pamela on 07815119073.

The PTA will also be selling tickets to win an Easter hamper. Keep an eye on the Ysgol Llanpumsaint Facebook page for information on how to buy tickets.

Many thanks to Calon Mam for sponsoring gifts bags for the pupils during a very important visit from Sion Corn before Christmas.

Also, many thanks to Tom Eldred Carpentry for donating supplies for the Christmas concert set.

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

Gwyneth Ayers



## Place names again

Some years ago I made four contributions to Village Voice on local place names which proved popular. These were later reproduced bilingually again in my 2017 book, *Cofio a Mwy (To Remember and More)*, highlighting the need to preserve and never change original names. I would now wish to draw attention to a recently published book entitled – *Place Names of Carmarthenshire* by Richard Morgan, published by Welsh Academic Press, Cardiff.

The author knows his way around expertly, being a former Archivist for Powys and Glamorgan. Whereas my work had concentrated on our locality highlighting the meaning and background of various house and farm names around Llanpumsaint and Bronwydd, Morgan has researched each village and hamlet of our Carmarthenshire county. Though the vast majority of names derive from Celtic roots, there are important and revealing Roman (Maredunum for Carmarthen), Irish (Cnwc) and English additions (like Tumble) along the route.

Those with Bryn (hill), Cwm and Glyn (valley), Esgair (ridge), Aber (mouth of river or stream), Ystum (bend in a river - Ystum Gwili) and Rhyd (ford), tell us something about the landscape. Llan originally denoted an enclosure but later followed by the name of a saint, marked the site of a church settlement. Much later many villages adopted the name of a local nonconformist chapel, as in Nebo, Hermon, Peniel and Bethlehem.

Whatever you look for in this book you'll find it! Together with background meanings he lists all the printed spelling variations for each example in an easy to locate alphabetical order. Below I reproduce some of his findings on places around us, illustrating how so many past writers unfamiliar with Welsh attempted to Anglicise what they heard.

- Llanpumsaint – Church of the five saints – Gwyn, Gwynno, Gwynoro, Ceitho, Celynin  
*1535 Llanypynsaynt - 1547 Llampemsaunt - 1608 Llanipimsaint - 1765 Llan y Pimp Sant - 1782 Llanpumsaint - 1831 Llanpumpsaint.*
- Ystum Gwili – Land enclosed by a bend in the river Gwili - (now Nebo)
- *1548 Istym Gwylly - 1811 Ystym Gwili.*
- Ffynnonhenri – Henry's well or spring
- *1752 Funnon Henry - 1795 Funnon Hendry - 1831 Ffynnon Hendry*
- Pencader - Hill shaped like a chair
- *1191c Pencadeir - 1595 Penkadeir - 1637 Pencadeyre*

It's a book to keep at hand and refer to whenever you wonder about any of our rich and varied county names.

*Arwyn 2022*

## 16. Garden birds of Llanpumsaint



Red Kite, Alltgaredig (Clare Bishop)

Seventeen households took part in this year's village garden bird survey. In total we counted over 850 birds from 31 different species (up two from 2022) which landed in our gardens, excluding red kites and buzzards flying overhead. New species included a tree creeper and a pair of herring gulls. The average number of species visiting a garden is 12, (although a couple of households had around 20!), with an average of 30-50 birds visiting a garden.

Most of the top 10 species in the village are very similar to the RSPB's results for Wales in 2021: house sparrow, starling, blue tit, chaffinch, blackbird, robin, goldfinch and great tit. We differed in a couple of the top 10 spots: our list includes jackdaws and crows, whereas the overall picture for Wales includes magpies and wood pigeons.

Among the village list are three on the conservation red list (starling, greenfinch and herring gull) and six on the amber list (chaffinch, coal tit, dunnock, grey wagtail, house sparrow, magpie). There are also other birds in the village which are also of conservation concern: swift, house martin, goldcrest and skylark.

The warm social space in the Village Hall will be holding a willow weaving and bird feeder craft event on Thursday 23 February from 10-12 noon: all are welcome. This is the time of year to think about putting up bird boxes.

See <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build-a-birdbox/>

You may wonder where the flocks of starlings are heading when they fly into the sunset at around 4.30 pm every evening. Their overnight roost is in an extensive area of coniferous woodland lying 4 miles to the west of Llanpumsaint, adjacent to minor road from B4333 south of Newcastle Emlyn to Tycoch on A484 (Grid reference: East 233204 North 234259). It is well worth seeing the tens of thousands of starlings flying in from all directions, often accompanied by sparrowhawks and other raptors hoping for an easy supper. An iconic starling roosting spot is under the pier at Aberystwyth.

*Clare Bishop*

**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](http://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](mailto:info@llanpumsaint.org.uk)**

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

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# Llais y Llan Chwefror 2023

**Copy date 26 Mawrth 2023**

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk)

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

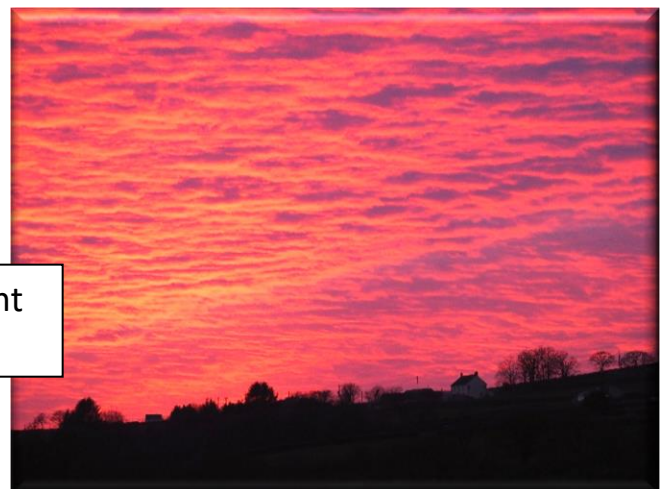


Drudwys yn mwynhau'r machlud ar Bier Aberystwyth  
(Clare Bishop)



Machlud haul yn Llanpumsaint  
(Carolyn Smethurst)

Machlud arall yn Llanpumsaint  
(Clare Bishop)





# I'ch Dyddiadur

## Digwyddiadau Unigol

- Dydd Iau Chwefror 9fed, 16eg a 23ain Celf yn y Cwtsh Neuadd Goffa 10yb hyd hanner dydd.
- Nos Fercher Chwefror 15fed - Cwis a Chyri yn y Railwe 8 o'r gloch
- Nos Wener Mawrth 10fed Sioe Prosecco a Phwdin 8 o'r gloch yn y Neuadd
- Sadwrn Mawrth 25ain Helfa Drysor Cannir Neuadd o 2 hyd 4 o'r gloch.
- Nos Wener Mawrth 31ain Syllu ar y Sêr 5 tan 11yh Neuadd a'r Maes Chwarae

## Digwyddiadau Addoli arferol

- **Eglwys Llanpumsaint** - Boreol Weddi am 9yb bob Dydd Mercher ac am 9.00 yb bob Sul.
  - **Chwarae gyda Duw** – 4 hyd 5 bob prynhawn Dydd Mawrth.
  - **Cylch DOT** - I ieuencid dros 10 oed yn Eglwys Llanpumsaint fel arfer bob Nos Iau o 5.30 tan 7.30.  
Am wybodaeth bellach cysylltwch â'r Parch Gaynor ar 01267 253158 neu [gaynorjones-higgs@cinw.co.uk](mailto:gaynorjones-higgs@cinw.co.uk)
- **Capel Caersalem** Cysylltydd Gwasanaethau Eleri Morris (Ysgrifenyddes) 01267 253895
- **Capel Ffynnonhenri** Cysylltydd Gwasanaethau Danny Davies (Trysorydd) 01267 253418 – Gwyn Nickolas (Ysgrifennydd) 01267 253686
- **Capel Nebo** Cysylltydd Meinir Jones (Ysgrifenyddes) 01267 253532

## Digwyddiadau Wythnosol yn y flwyddyn newydd

- **Bowlio Dan-do** yn y Neuadd Goffa – bob Nos Lun a Nos Iau – 7.30 - 9.30
- **Caffi Bach** yr Eglwys bob Dydd Mawrth o 11.30 - 2.30
- **Dawnsio Salsa** yn y Neuadd Goffa ar Nos Fawrth o 7 – 8.30
- **Zumba** yn y Neuadd Goffa ar Nos Fercher o 7 - 8
- **Safle Cynnes** y Neuadd Goffa Bore Iau – o 10 – 2

## Gwasanaethau plwyfol wythnosol

- Llun Hanner dydd hyd 2o'r gloch Y **Fet Symudol** Neuadd Goffa
- Mawrth Fan y **Swyddfa Bost** – Ger y tafarn (**amser?**)
- Mercher:
  - 10.45yb hyd 11.45 **Llyfrgell Symudol** Neuadd + Ger y tafarn
  - Pobydd **Bara** i'r tŷ (07971 740505)
  - Fan **Pysgod** i'r tŷ (07779 987305)
- Iau **Ffrwythau a Llysiau** i'r tŷ (07969 047045)
- Gwener 1-3 Fan y Swyddfa Bost ger y Tafarn

## Pwyllgor Lles ac Adloniant Llanpumsaint (Y Cae Chwarae)



Blwyddyn Newydd Dda i bawb sy'n defnyddio'r Maes Chwarae. Ar Nos Wyl Nadolig dychwelodd Gorymdaith Siôn Corn yn frwdfrydig am y tro cynta' ers y clefyd Corfws. Braff fu hi weld cymaint o hen wynebau a rhai newydd hefyd, wrth deithio o amgylch y pentref ac wedyn yn y Neuadd am y gwin cynnes a'r mins peis.

Daw cyfnod y Clwb Cant yn ôl yn Fis Mawrth felly byddwn yn cyn hir yn casglu arian oddi wrth bawb sydd am gystadlu yn y flwyddyn newydd. Fel arfer bydd ymaelodi am y flwyddyn ddim mwy nag £12. Yn dilyn ein hymgyrch codi arian yn ystod y flwyddyn aeth heibio pleser fu trosglwyddo £500 i'n Helusen ddewisol sef Sefydliad DPJ. Cyn hir byddwn yn cyhoeddi ein helusen ddewisol am y

flwyddyn nesaf. Trefnir Helfa Drysor ar Sadwrn 25ain o Fawrth, i gychwyn o Neuadd Llanpumsaint rhwng 2 a 4 o'r gloch. Taith o ryw ddwy awr fydd hi, gyda'r cyfle o brynu'r ddiod a'r lluniaeth ar derfyn y daith, lle tynnir y raffl.

Mae ein cyfnod o adnewyddu'r Maes Chwarae, aranwyd gan Gronfa Les Coedwig Brechfa yn dirwyn i ben, gyda phedair bord bicnic ger i le chwarae, gydag un ohonynt yn addas i gadair anabl. Gobeithiwn am dywydd pleserus tua'r Gwanwyn er mwyn i bawb elwa o'r gwelliannau. Fel arfer mae'r Pwyllgor yn cadw llygad am wirfoddolwyr i gyfrannu at gynnal a chadw'r Cae Chwarae a chodi arian. Os allwch gynnig help llaw yna cysylltwch â ni ar wefan [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com) neu siaradwch ag Aaron Jones ar **07814157946** neu aelod arall o'r Pwyllgor am fwy o wybodaeth.

## Eglwysi Llanpumsaint, Celynin Bronwydd a Llanllawddog



Bydd dydd Gwener 24ain o Chwefror yn nodi blwyddyn ers cychwyn rhyfel Iwcrea. Bydd Eglwys Llanpumsaint yn agored am Weddi a Myfyrdod o hanner dydd ymlaen bryd hynny. Bydd lleoliadau unigol Gweddi a Myfyrdod wedi eu paratoi. Yn agored i bawb beth bynnag eu ffydd.

Nos Wener Mawrth 31ain – Band Ukeleli

Caerfyrddin – Tafarn Nantcelynen Bronwydd – Yr elw at Eglwys Sant Celynin.  
Sadwrn Ebrill 1af – Ffair Wanwyn Eglwys Llanllawddog 10yb tan hanner dydd.

## Hosbis Skanda Vale

Mae Hosbis Skanda Vale yn Saron, ger Llandysul, yn paratoi i ail-agor ei gwasanaeth seibiant misol ym mis Chwefror.

Mae'r Hosbis yn brysur iawn ar hyn o bryd wrth i'r staff a'r gwirfoddolwyr baratoi i groesawu cleifion mewnol am un wythnos y mis.

Bydd yr Hosbis yn croesawu hyd at chwe unigolyn sydd â chyflyrau sy'n cyfyngu ar eu bywydau i'n cyfleusterau tra addas, gan gynnig seibiant y mae gwir angen arnynt i deulu, ffrindiau ac anwyliaid – y cyfan yn rhad ac am ddim.

Mae Hosbis Skanda Vale yn unigryw gan fod y mwyafrif helaeth o'r tîm – nyrsys, gofalwyr, staff cegin, glanhawyr, gweithwyr swyddfa a garddwyr – i gyd yn wirfoddolwyr, yn cynnig eu hamser, eu hegri a'u harbenigedd am ddim i helpu'r rhai sydd angen cymorth.

Cyn yr ail-agor, mae'r Hosbis wedi lansio ymgyrch "1 noson y mis" yn y gobaith o annog Gweithwyr Cefnogi Gofal Iechyd a gofalwyr i roi un noson y mis o'u hamser i ofalu am gleifion – gyda chefnogaeth y Nyrs Gofrestredig ar y safle.

Os hoffech chi wirfoddoli mewn unrhyw un o'r cyfleoedd niferus sydd ar gael – neu'n adnabod rhywun a allai elwa o'r gofal a'r cymorth a gynigir gan yr Hosbis – cysylltwch â ni drwy ffonio 01559 371222, e-bostio [hello@skandavalehospice.org](mailto:hello@skandavalehospice.org) neu drwy ymweld â gwefan [skandavalehospicehospice.org](http://skandavalehospicehospice.org)



## Clwb Bowlio Dan- Do Llanpumsaint a Nebo



Rhys and Catrin

Bellach rydym yn ail ran y gystadleuaeth yn awr fe'm gwelwyd yn chwarae dwywaith yn erbyn ein cymdogion cystadleuol Bronwydd o fwn pythefnos. Wedi dwy noson o chwarae egniol ond pleserus Bronwydd aeth a hi lawr na ond ni ddaeth i'r brig adre'. Edrychwn ymlaen yn awr at gystadleuaeth cofiant Roy Bowen cyn diwedd y tymor. Bu chwech o'n haelodau yn cystadlu'r Parau Cardiau Coch y Sir ddiwedd Ionawr. Ian a Ioan fu wrthi i gychwyn gan chwarae'n dda iawn, ond aeth Dafydd a Jill ymhell i'r chwarteri. Dyma'r tro cyntaf 'i Rhys a Catrin gyd-chwarae gan lwyddo i ddod yn ail am y Darian. Da iawn chi'r tri par am ennill clod i'r Clwb.

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

## Dewinwyr Gorllewin Cymru

Cyfarfodydd i gwrdd am 1.45yp i ddechrau am 2 o'r gloch yn Neuadd Bronwydd Mae dewinio yn arferiad diddorol, a gall unrhyw un ei wneud. Credir iddo ddatblygu o'r Aifft neu hyd yn oed cyn hynny. Bydd nifer o gwmnïoedd yn defnyddio dewinwyr i ganfod dŵr, mwynau, olew neu wifrau trydan. Bydd rhai yn dewinio i ganfod iechyd eu bwydydd, neu olrhain straen geopathi eu hamgylchedd, ond ar hyn o bryd cred bersonol yw hyn heb fendith gwyddonol. Pam na ddewch chi atom i ddysgu mwy? Fel arfer mae gennym amser i siarad ar ddiwedd cyfarfod neu'n well fyth dewch gyda ni ar un o'n teithiau.

- Chwefror 26ain - Ross Briagha - Adeiladu Dolmen (math o feddrod symudol gyda'r ddwy garreg syth yn cynnal carreg wastad uwchben). Maent yn dyddio o'r Oes Neolithig gynnar gyda haen o gerrig a phridd uwchben yn ffurfio crug.
- Mawrth 26ain - Cyfarfod Cyffredinol blynyddol.
- Ebrill 23ain - Yr awdur a'r siaradwr Ian Pegler - Greal Nanteos - Esblygiad Greal Sanctaidd. Mae Ian yn aelod o ddewiswyr Gorllewin Cymru ac yn gyd-awdur o'r gyfrol ddiddorol hon. Gwnaeth lladrad Cwpan Nanteos o dy byw yng Nghymru yn 2015 ac yna ei achub dwy flynedd wedyn daro newyddion y dydd a chael sylw BBC Crimewatch hefyd. Felly gwelwyd nifer yn holi am hanes y cwpan - hyn sydd wedi ein hudo am dros dri chan mlynedd gynted daeth hynt y llestr dirgel yma'n destun trafod. Erbyn hyn mae'n weladwy gyhoeddus i'r cyhoedd am y tro cynta' ers y bedwaredd ganrif a'r bymtheg yn Amgueddfa Genedlaethol Cymru. Gallwch ddarllen mwy ar ac yn [https://www.amazon.co.uk/Nanteos-Grail-Evolution\\_Holy-Relic/dp/1398106224](https://www.amazon.co.uk/Nanteos-Grail-Evolution_Holy-Relic/dp/1398106224)

£12 am ymaelodi am flwyddyn ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpaned a bisgedi i'r fargen. £6 y tro os nad ydych yn aelod a hynny am ddau gyfarfod. 'Does dim angen cyfarpar jyst trowch Ian. Efallai bydd gwisgo mwgwd a chadw pellter yn ofynnol o hyd os nad oes cyflwr meddygol yn eich eithrio. Gwylwch ein gwefan - <<http://westwalesdowers.org.uk>> neu ffoniwch Sandy 01267 253547

## Clwb Gwili Chwedeg

Braf fu gweld cymaint o aelodau a darpar aelodau yn ein Cyfarfod Cyffredinol yn Ionawr. Yn dilyn eu cynnig i ddal ati ail-etholwyd aelodau'r Pwyllgor yn unfrydol. Dosbarthwyd y cardiau Aelodaeth ac 'roedd yn gyffroes sylwi pa mor brysur fydd y flwyddyn o'n blaen, ac yn arbennig y bwriad i ddychwelid at y daith Twrci a Thinsel. Byw mewn gobaith!

- Chwefror 27ain - Dathlu Dydd Gŵyl Dewi gyda Ukeleles Caerfyrddin - bu'n hynod o boblogaidd y llynedd. Bydd Cawl a digon o ganu i ddathlu ein Gŵyl Dewi.
- Llun Mawrth 27ain - Val Newton - testun i'w gadarnhau.
- Llun Ebrill 24ain - Bruce Wallace - Hanes Pentref Nodweddiadol Cymreig.

Ceir mwy o wybodaeth oddi wrth yr Ysgrifenyddes Val Giles 01267 281194 – Croeso i aelodau **Newydd am £10 y flwyddyn.**

## Hwb cymdeithasol cynnes yn neuadd y pentref



Mae'r hwb cymdeithasol cynnes yn y Neuadd wedi bod ar agor ar dydd Iau am dros dau fis nawr. Gwneir cysylltiadau newydd ac adnewyddiwyd cysylltiadau gyda hen gyfeillion dros fowlen o gawl, gemau o tenis bwrdd a dominos.



Ym mis Chwefror, bydd yr hwb cynnes yn cysylltu gyda artistiaid Arts Care Gofal Celf, sydd yn cael ei gefnogi gan Gronfa Cymunedol Fferm Wynt Coedwig Gorllewin Brechfa, Straeon o'r Goedwig.

Sesiynau celf rhad ac am ddim gan bobl greadigol as artistiaid lleol.

Dydd Iau 10 yb-12yb. Darperir yr holl ddeunyddiau – am ddim!

- 16 Chwefror Dyfrlliw I Ddechreuwy
- 23 Chwefror Gwehyddu Helyg a Chrefftau

**Mae Pwyllgor y Neuadd yn chwilio am Ymddiriedolwyr newydd i ymuno a'r Pwyllgor. Os am wybod mwy cysylltwch â Pamela Jones, Cadeirydd 0781519073 ne Clare Bishop Ysgrifennydd 07940065630**

# Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

*Prosecco a Phwlin*  
sioe ffasiwn fashion show

**£10**  
*tocyn/ticket*

**10fed Mawrth 7yh** **10th March 7pm**

**Neuadd Llanpumsaint Hall SA33 6BZ**

am docynnau / for tickets : Pamela 07815119073  
Holl elw tuag at CRhA Ysgol Llanpumsaint a Neuadd Goffa Llanpumsaint  
All proceeds to Llanpumsaint school PTA & Llanpumsaint Memorial Hall

Ar nos Wener, 10 Mawrth bydd y Gymdeithas, ar y cyd gyda Phwyllgor Neuadd Llanpumsaint, yn cynnal sioe ffasiwn Prosecco a Phwlin. Bydd cwmnïau Calon Mam, Llawn Cariad, tRHInket a Golwg yn arddangos eu heitemau a nwyddau. Tocynau yn mynd yn gyflym ac ar gael trwy Pamela ar 07815119073.

Bydd y Gymdeithas hefyd yn gwerthu tocynnau i ennill hamperi Pasg, cadwch lygad ar dudalen Facebook Ysgol Llanpumsaint am sut i brynu tocynnau.

Diolch yn fawr iawn i gwmni Calon Mam am noddï bagiau anrhegion i'r disgyblion ysgol yn ystod ymweliad pwysig gan Sion Corn cyn Nadolig. A diolch yn fawr iawn i'r Saer Coed Tom Eldred am roi rhodd o ddeunyddiau ar gyfer set cyngerdd Nadolig yr ysgol.

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



# Curad Calon Llanpumsaint

Lleoliadau'r Peirannau Adfywio Cofiwch fynd i'n gwefan Llanpumsaint

Mae yna 4 ar gael yn ardal Llanpumsaint - gwnewch yn siŵr eich bod yn ymwybodol ble maent

- Tu fas y Neuadd Goffa SA33 6BZ
- Tu fas Tafarn y Railwe SA33 6BU
- Ar y wal tu fas fferm Henfryn Ffynnonhenri SA33 6LD
- Tu fas Festri Capel Nebo SA33 6HN

Mae'r pedwar uched wedi eu cofnodi ar The Circuit cofrestr genedlaethol sydd yn weladwy i'r Gwasanaeth Ambiwlans os ydynt yn derbyn galwad brys. Felly gwnewch yn siŵr eich bod yn gwybod ble mae'r Adfywiwr agosaf atoch Cofiwch fynd i'n gwefan Llanpumsaintmbc.Org.uk am y wybodaeth ddiweddaraf.

Mae'n hawdd ei ddefnyddio ac nid oes angen hyfforddiant ymlaen llaw arnoch. Bydd y peiriant yn dweud wrthy ch yn gywir beth i'w wneud er mwyn creu'r sioc drydanol angenrheidiol.

Nid oes angen unrhyw god i agor yr Adfywiwr, ac mi fydd y gwasanaeth Ambiwlans yn gallu eich arwain i wneud beth sydd angen dros y ffon. Nid oes angen hyfforddiant ymlaen llaw cyn ei ddefnyddio oherwydd bydd yr AED a 999 yn eich tywys drwy'r broses. Gallwch ymweld â Lifesaver ([life-saver.org.uk](http://life-saver.org.uk)) ar unrhyw adeg. Gall y rhain fwydo eich hyder ac mae'r oll am ddim ac yn gymorth mawr.

Bob blwyddyn yng Nghymru mae dros chwe mil o bobl yn dioddef trawiad ,a hynny yn sydyn heb rybudd. Mae eich tebygrwydd o oroesi'r trawiad yn lleihau 10 y cant bob munud os na fydd yna rywun ar gael i ddefnyddio'r Adfywiwr. Mae llai na 5% yn goroesi yng Nghymru yn dilyn trawiad, o'i gymharai â 10% yn Lloegr, 9% yn yr Alban , ond mewn sawl gwlad yn Ewrop ac America mae'r ffigwr yn 25%.

Mae gwneud rhywbeth bob amser yn well na gwneud dim, gan gofio'r camau sylfaenol o ffonio 999 a mynd ati i roi CPR a chadw i ddefnyddio'r Adfywiwr nes cyrraedd yr Ambiwlans. Hwyraf gyd cyn cychwyn yr Adfywiwr gwaeth fydd y canlyniad. O hyfforddi sgiliau CPR (<https://www.nhs.uk/conditions/first-aid/cpr/>) gallwch arbed bywyd. Alle fod yn un o'r teulu, cyfaill, cymydog neu rywun yn mynd heibio. Mae arbed Bywyd Cymru yn annog pawb i ddysgu sgiliau CPR naill ar y lein nau wyneb yn wyneb, er mwyn i'ch teulu a'r gymuned yn hyderus i wybod beth i'w wneud pan geith rhywun ei daro.

*Carolyn 01267 253308*

# Sut Mae Llanpumsaint wedi elwa o Gronfa Elusennol Fferm Wynt Brechfa.

Diolch i bawb wnaeth gysylltu â mi yn dilyn y Llais y Llan ddiwethaf i ofyn am fanylion y gwariant ar y pentref a'r gymdogaeth ehangach. Mae'r holl wariant yn cael ei ddiweddarau'n gyson ar ein gwefan Grantiau, ond rwy'n hapus i dderbyn ymholiadau ynghyn a gwariant. Gellir fy llogi hefyd am awr i drafod cais newydd.

Elwodd ardal Llanpumsaint gronfa o dros £200,00 yn ystod y 4 blynedd olaf i'r mudiadau canlynol –

- Cyfnewidfa Gwybodaeth Gymunedol Llanpumsaint - , Costau cyfieithu, argraffu a digideiddio Llais y Llan a hefyd costau stamps i ddsbarthu adeg y Firws - £15,300 dros gyfnod o 5 mlynedd.
- Cyfarpar gweithredol i Ysgol Llanpumsaint drwy law'r Gymdeithas Rheini ac Athrawon - ££8,510. Mae'r Ysgol hefyd yn rhan o'r cywaith Cynefin sy'n cefnogi datblygiad y Cwricwlwm Cymreig newydd.
- Pwyllgor Lles ac Adloniant Llanpumsaint. Gwella'r Maes Chwarae a gosod cyfarpar newydd a chronfa arall i atgyweirio ffens yn dilyn storom - £48,143.81
- Neuadd Goffa Llanpumsaint. Gwella cyflwr yr adeilad drwy oresgyn lleithder, adnewyddi'r gwresogydd, a chostau glanhau am ddwy flynedd. Talwyd hefyd am y gwasanaeth Band Eang, golchydd llestri, byrddau Tennis Bwrdd a Pŵl, canolfan gwefr drydanol ger y Neuadd a sefydlu Cwtsh Cynnes yno - £29,879. Rydym hefyd yn cydweithio a'r Neuadd er mwyn newid eu goleuadau i LED, arbed ynni ac edrych at atgyweirio pethau eraill.
- Cymdeithas Rhandir Llanpumsaint. Mynedfa i'r Anabl, adnewyddi'r twnnel poli wedi'r storom, a chefnogi'r Dydd Agored - £4,526
- Merched y Wawr Llanpumsaint. Achlysur cymunedol i ddathlu pen blwydd y mudiad - £500
- Curad Calon Llanpumsaint. Peiriant Adfywio i'r Gymuned - £2,000
- Clwb Gwili Chwedeg Bronwydd – Cefnogi'r aelodau - £875
- Mudiad Llywio Siop Llanpumsaint. Arolwg dichonoldeb a chysylltu cymunedol i asesu posibiladau o gynnal Siop Gymunedol - £5,000
- Cylch Bronwydd. Hyfforddi athrawon, gwaith atgyweirio, ffens i'r Ystafell awyr agored, costau symud i Neuadd Llanllawddog ac yna dychwelid i Fronwydd - £14,454.45
- Neuadd Eglwys Llanllawddog. Costau'r Arolwg. Gosod cyflenwad dwr a thrydan, ffenestri dwbl a storfa. Cysylltiad cymunedol i ddefnydd yr adeilad Gosod CCTV, Band Eang a phaentio ac ystordy. £62, 555.11
- Garej Windy Corner a Garej Gwalia. Cefnogi cyflenwad bwyd i'r bregus yn Llanpumsaint adeg y firws - £2,500
- Sganda Vale 2 beiriant Adfywio - £3,400

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

Neu cysylltwch â rheolwr y gronfa Moishe Merry [Brechfa@anturcymru.org.uk](mailto:Brechfa@anturcymru.org.uk) neu 01239710238



# Cyngor Cymuned Llanpumsaint

Penderfynwyd ar gyllideb 2023-4 gan ystyried yr holl oblygiadau cyfreithiol ac ariannol (gan gynnwys taliadau Archwiliad Cymru) a'n cynllun gwariant am 2023-4. Da gennym gyhoeddi er yr holl chwyddiant, i ni drwy ddefnyddio'r arian wrth gefn fedri gynnal ein Harchebiant 'run fath a llynedd - hynny yw £30 am y Band D. Cytunodd y Cyngorwyr ei bod yn bwysig osgoi codi mwy yn wyneb yr holl heriau ariannol sy'n wynebu ein preswylwyr yr adeg yma

Mae'r Cyngor yn dal i chwilio am Clerc dros dro - cyflog £2,210 - £2,440 y flwyddyn, yn gweithio yn bennaf o adre ar oriau hyblyg. Dyma gyfle gwych i rywun lleol yn meddu ar sgiliau gweinyddol ac yn awyddus i gyfrannu i'r gymuned leol. Byddai bod yn ddwyieithog yn ddelfrydol ond nid o reidrwydd. Bydd hyfforddiant a chefnogaeth lawn ar gael ac am wybodaeth bellach gellir cysylltu ag Arwel Nickolas y Cadeirydd 01267 281365, neu'r clerc dros-dro Kumi Ariyasa [clerc.llanpumsaint@gmail.com](mailto:clerc.llanpumsaint@gmail.com) <<mailto:clerc.llanpumsaint@gmail.com>> neu 07799898002. Nid oes dyddiad cau ac felly ystyrir pob cais yn ôl y galw hyd a wneir apwyntiad.

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

[www.llanpumsaint.org.uk/communitycouncil/en](http://www.llanpumsaint.org.uk/communitycouncil/en) <[about:blank](#)> Cynhelir ein cyfarfod nesaf ar y Mawrth 14eg yn y Neuadd Goffa - Croeso i bawb!

*Kumi Ariyadasa, Clerc dros-dro*

## Salsa yn Llanpumsaint

Tra i sŵn y salsa atsain o'r Neuadd bob Nos Fawrth adeg y pedair wythnos olaf yma, bu arbenigrwydd Meic a gosgeiddrwydd Pandora ar y llawr dawnsio yn gyfle i'r pentrefwyr ddysgu symudiadau'r ddawns. Bu'r profiad yn llawn hwyl a sbri, ac erbyn hyn gwelir trefn yn datblygu. Nid oes angen partner wrth fwynhau ymarfer. Edrychwn ymlaen yn wythnosol at y wers nesaf a dysgu camau newydd. Mae'r elw o ymgyrch codi arian Ionawr, sef £225 yn cael ei roi i Bwyllgor Lles ac Adloniant Llanpumsaint.

*Cathy a Huw Williams*



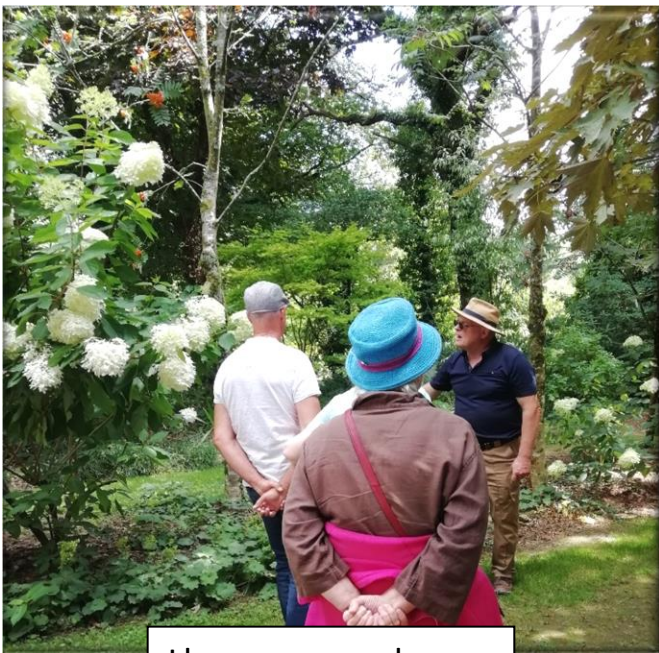
Croeso i'r dibrofiad ac unrhyw un sy'n troi fewn. Y dosbarth Am Ddim i'r rhai newydd. Byddwn yn ail wneud yn wythnosol amseri'r salsa a'r holl symudiadau. Mae yna them i wersi pob mis i'ch gwneud i deimlo'n gyffyrddus cyn symud ymlaen i'r nesaf. Fel hyn bydd yn haws camu'n 'nol pe baech wedi colli wythnos neu ddwy. Ceir mwy gwybodaeth wrth Mike ar 07497 362846

## Zumba yn Llanpumsaint

Os ydych yn tueddi fwy at y Zumba cynhelir y rhain ar Nos Fercher o 7 tan 8o'r gloch. Erbyn hyn wrth deimlo ffrwd o egni ein bwriad yw cynnal Her Zumbathon ar yr 22ain o Chwefror o 6 tan 8o'r gloch. Bydd yr elw a godir yn mynd i'r Elusen Mind.



## Clwb Garddio Bronwydd a'r Cylch



Llyngarreg gardens

Rydym yn Glwb Garddio prysur sydd wedi bod wrthi am ddeugain mlynedd lewyrchus. Ein bwriad yw dod a garddwyr at ei gilydd ac yn croesawu pawb o Fronwydd neu'r cyfagos, a hefyd ymhellach yn Sir Gar. Yn croesawu Bydd ein cyfarfodydd bob tro yn cynnwys siaradwr a'r bynciau'n ymwneud a garddio, ac rydym yn rheolaidd yn ymweld â Gerddi. Mae ein Sioe Arddwriaeth Flynyddol yn denu cefnogaeth amlwg.

F'em cefnogwyd yn y gorffennol gan y Loteri Genedlaethol ac yna wedyn gan Gronfa Elusennol Fferm Wynt Brechfa.

Cynhelir ein cyfarfodydd ar y drydedd Nos Fawrth bob mis yn Neuadd Bronwydd i gychwyn am 7.30 o'r gloch.

- Chwefror 21ain - Paul O'Neill o Llwyngarreg ar ddatblygiad ei Ardd, gydag ymweliad i ddilyn yn y Gwanwyn.
- Mawrth 21ain – Laura Jones o'r Gerddi Botaneg i siarad am Peillio.

Cysylltwch â Sue Hart (Cadeirydd) ar 01267 237777 neu Maureen Ifans (Trysorydd) 01267 236280 neu Jane Prescott (Aelodaeth a Rhaglen) 01267 230463. £10 y flwyddyn yw'r Aelodaeth gyda thal o £2 os am fynychu un cyfarfod yn unig.

## Rhagor am yr Enwau Lleodedd

Beth amser yn ôl cyfrannais bedwar darn ar enwau lleol ein hardal i'r Llais. Buont yn dderbyniol iawn i nifer o'r Di-Gymraeg sydd bellach wedi symud yma, a hefyd o ddiddordeb i'r Cymry hynny fuont yn gyfarwydd iawn ac enwau nad oeddent cynt wedi ystyried eu hystyr a'u tarddiad. Ail gyhoeddwyd yr erthyglau eto'n ddwyieithog yn fy llyfr Cofio a Mwy, gan danlinelli'r pwysigrwydd o gadw'r hen enwau a pheidio â'u fyth newid. Bellach hoffwn dynnu sylw at gyhoeddiad pwysig arall ymddangosodd yn ddiweddar, sef *The Placenames of Carmarthenshire* gan Richard Morgan o law'r Welsh Academic Press Caerdydd.

Yn gyn-Archifydd i Bowys a Morgannwg mae'r awdur yn arbenigwr ac yn hen gyfarwydd â'i faes. Tra yr oeddwn i yn fy ymchwil wedi canolbwyntio ar enwau tai a ffermydd yn ein hardal yma, mae Morgan wedi ymchwilio pob tref, a phentref yn Shir Gâr. Fel y tybiwch daw tua naw deg y cant ohonynt o wreiddiau Celtaidd a Brythoneg, ac mae wedi dilyn y gweddill. Cefndir Rhufeinig sydd i Maredunum (Caerfyrddin), mae Cnwc yn datgelu i'r Gwyddelod fod yma unwaith, ac mae yna leiafrif Seisnig sef Tumble a Cross Hands. Hawdd i'r Cymro adnabod arwyddocâd Glyn, Cwm, Bryn, Esgair, Rhyd ac Aber, gan wybod eu bod yn datgelu llawer am y dirwedd. Mae'r cannoedd o Llan yng Nghymru, a nifer ohonynt gydag enw Sant yn dilyn i ddatgelu sefydlu'r eglwysi cynnar. Ganrifoedd wedyn pan ddaeth Anghydfurfiaeth i'r bri gwnaeth nifer o bentrefi, megis Nebo, Hermon a Pheniel, dderbyn enw'r capel i'w hardal. Lle bynnag ydych am chwilio cewch yr ateb yma yn y gyfrol fanwl gynhwysfawr hon. Hawdd dod o hyd i bobman oherwydd mae'r holl enwau yn nhrefn y wyddor, gydag eglurhad am ei gefndir ac ystyr. Mae'r awdur hefyd wedi nodi'r gwahanol sillafu fu ar enwau'r pentrefi. Bydd hyn yn destun difyrrwch i ni'r Cymry Cymraeg wrth weld ymgais llawer i un estron wrth geisio Seisnigo yn hyn glywodd ei glust. Ychwanegaf rhai o'r rhai lleol yma isod -

- *1535 Llanypynsaynt - 1547 Llampemsaunt - 1608 Llanipimsaint - 1765 Llan y Pimp Sant - 1782 Llanpumsaint - 1831 Llanpumpsaint.*
- Ystum Gwili – Yr hen enw am ardal Nebo
- *1548 Istym Gwylly - 1811 Ystym Gwili.*
- Ffynnonhenri –
- *1752 Funnon Henry - 1795 Funnon Hendry - 1831 Ffynnon Hendry*
- Pencader - Bryncin ar siâp cadair
- *1191c Pencadeir - 1595 Penkadeir - 1637 Pencadeyre*

Mae yna lu o enghreifftiau eraill. Dyma lyfr i'w gadw wrth law a phori ynddo nawr ac yn y man fel bo'r galw, neu bob tro mae rhywle angen eglurhad

*Arwyn 2022*

## Adar Llanpumsaint y 2023

Cymerwyd rhannyn yr arolwg gan 17 lleoliad. Rhifwyd 850 o adar o 31 gwahanol fath (2 yn fwy na 2022) wedi glanio yn ein gerddi heb gynnwys y barcud coch na'r boda fu'n hedfan uwchben. Y math newydd oedd y dringwr bach a phâr o wylanod. Y cyfartaledd o ymwelwyr i'r gerddi oedd 12 gwahanol fath (er i un neu ddau leoliad dderbyn ugain) a rhwng 30 i 50 aderyn yn ymweld.

Mae'r deg math uchaf o adar yma'n weddol debyg i ganlyniadau'r RSPB am Gymru yn 2021; Aderyn y To, drudwen, titw Tomos las, Ji-binc, aderyn du, robin goch, nico a'r titw mawr. Buom yn wahanol yma mewn rhai canlyniadau o'r deg ucha'; mae'n rhestr ni yn cynnwys, Jac y do a brain lle mae un Gymru yn nodi piod a sguthanod.

Ymysg ein hymchwil mae yna dri ar Restr Goch Cadwraeth (drudwen, llinos werdd a gwylan y penwaig; a 6 ar y Rhestr Melyngoch(Ji-binc, titw penddu, lwyd y gwrych, Siglen lwyd, Aderyn y to a'r Bioden). Mae yna adar eraill yn y pentref sy'n achosi pryder cadwriaethol (Gwennol ddu, Gwennol y bondo, Dryw eurben, a'r Ehedydd).

Bydd y Cwtsh Cynnes yn y Neuadd yn cynnal achlysur gwau helygen a chreu safle bwydo adar ar ddydd Iau 23ain o Chwefror o 10yb hyd ganol dydd - croeso i bawb. Dyma'r adeg o'r flwyddyn i feddwl am osod blychau nythu allan. <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build0a-birdbox/>

Tebyg iawn eich bod yn dyfalu i ble mae'r drudwens yn mynd wrth iddynt hedfan i mewn i'r machlud bob nos tua 4.30 o'r gloch. Eu gwelyau dros nos yw'r goedwig conwydden rhyw 4 milltir i'r gorllewin o Lanpumsaint ger yr heol B4333 i'r de o Gastell Newydd Emlyn tua Thŷ Coch ar yr A484(cyfeiriad grid dwyrain 2333204 gogledd 234259).Mae'n werth gweld y miloedd ohonynt yn hedfan i bob cyfeiriad, gydag ambell i gudyll glas yn chwilio am i swper. Y nythfa enwocaf iddynt yw'r Pier yn Aberystwyth.

*Clare Bishop*



Barcud coch, Alltgaredig  
(Clare Bishop)