

Llais y Llan Rhagfyr 2015

Copi dyddiad ar gyfer rhifyn nesaf – 25 Ionawr 2016

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Bowlio pob Nos Lun a Nos Iau 7.30 – 9.30 o 3 Medi

Rhagfyr 9 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 16 Dydd Llun 12.30 Pryd o fwyd Nadolig Clwbgwili 60+ Tafarn Nantcelynen

Rhagfyr 24 Dydd Iau Gorymdaith Siôn Corn Noswyl Nadolig

Rhagfyr 25 Dydd Nadolig Pryd o fwyd 6 chwrs Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 31 Nos Iau Nos Galan Pryd o fwyd dathlu Tafarn y Rheilffordd Ffôn 253643

Ionawr 5 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ionawr 8 Nos Wener 7.30 Llanpumsaint Cynaliadwy Cyfarfod Blynyddol Neuadd Goffa

Ionawr 13 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Ionawr 14 Dydd Iau 1.00 Clinig Traed Neuadd Goffa

Ionawr 16 Dydd Sadwrn Cerdded o Coopers i Nebo, Bronwydd

Ionawr 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymryu Neuadd Goffa

Ionawr 30 Nos Sul 8.00 Cwis Hollybrook

Chwefror 2 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 6 Dydd Sadwrn 10.30 Cerdded o Llandysul i Bancyffordd

Chwefror 10 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Chwefror 27 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymryu Neuadd Goffa

Chwefror 27 Nos Sul 8.00 Cwis Hollybrook

Mawrth 1 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 27 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymryu Neuadd Goffa

*Neuadd Goffa Llanpumsaint a Ffynnonhenri
I logi'r Neuadd Goffa, ffoniwch Arwel Nicholas ar 01267 281365*

Nadolig Llaŵen a Blwyddyn Newydd Dda i'n holl ddarllenwyr

Village Voice December 2015

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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

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

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

December 9 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

December 16 Monday 12.30 Clwbgwili 60+ Christmas Meal Hollybrook Inn Bronwydd

December 24 Thursday Santa Parade, 1.30 from Nant y Ynys finishing at Railway Inn

December 25 Friday Christmas Lunch 6 Course Meal £55 pp, Railway Inn – few places available

December 31 Thursday New Years Eve Celebration Dinner Railway Inn, music later.

January 5 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

January 8 Friday 7.30 AGM Sustainable Llanpumsaint Memorial Hall

January 13 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

January 14 Thursday 1.00 Foot Care Clinic Memorial Hall

January 16 Saturday 10.30 Walk and AGM from Llanpumsaint via Nebo to Bronwydd

January 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

January 30 Sunday 8.00 Quiz Hollybrook Inn

February 2 Llanpumsaint Community Council Memorial Hall

February 6 Saturday 10.30 Walk from Llandysul to Bancyffordd

February 10 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

February 27 Sunday 1.45 West Wales Dowsers Bronwydd Hall

February 27 Sunday 8.00 Quiz Hollybrook Inn

March 1 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

March 27 Sunday 1.45 West Wales Dowsers Bronwydd Hall

Llanpumsaint and Ffynnon Henry Memorial Hall

To book phone Arwel Nicholas on 281365

Merry Christmas and a Happy New Year to all our readers

Christmas Toybox Appeal

I am writing to ask for your support for our 2015 Christmas Toy box scheme.

Carmarthenshire County Council Youth Service is organising the scheme, for the fifth year running, to help make Christmas easier for those in difficult financial situations. People are being asked to donate new toys for children and young people aged from birth to 16, for boys and girls. We want to do all we can to help families who cannot afford new toys for their children at Christmas. The intention is to help them avoid going into debt or going to loan sharks to bankroll presents. We would like to extend the scheme to the whole of Carmarthenshire and need the help of local councils, businesses and organisations to enable us to do this.

Collections points have been set up in:

Llanelli – Carmarthenshire County Council offices at Ty Elwyn and the Town Hall and the Llanelli Star office in Cowell Street

Carmarthen - Carmarthenshire County Council offices at County Hall and Spilman Street and the Carmarthen Journal offices in King Street.

Ammanford – Carmarthenshire County Council offices at Ammanford Town Hall and the Guardian office in Quay Street.

Or alternatively we can arrange to pick up the toys from your area, should you so wish.

We also ask if you know of any voluntary or community organisations in your area which are well placed to distribute the toys we collect. Toys are distributed to families and young people through a referral system of support networks throughout Carmarthenshire involving Children's Services, Schools, Housing Associations, Charities and support organisations.

Please could you let us know if you would be able to support our Christmas Toy box Appeal and help local families in need. Christmas is a time for giving and thinking of others, and the support this project provides will help hundreds of families in need this Christmas.

Should you wish to make a cash donation, please make cheques payable to Carmarthenshire County Council (Toybox Appeal) and send to the address above.

We hope people will be generous and help make a real difference for many families who are struggling at this time of year. Any help and support you can offer is greatly appreciated. Please contact either Chris Davis 07789 371151 / 01267 246040 / Marie Griffiths 07769 741970 / Huw Thomas 07880 504137 for further information or to arrange collections.

Thank you in anticipation of your support. We wish you a Merry Christmas.

Yours sincerely,

Cllr. Pam Palmer,
Deputy Leader

Chris Davis,
Principal Youth Officer

Sustainable Llanpumsaint and Llanpumsaint Allotment Association

Both Sustainable Llanpumsaint and Llanpumsaint Allotment Association will hold an AGM on Friday the 8th of January at 7.30pm in the Memorial Hall.

Violin Lessons Bronwydd based violin teacher has vacancies - all ages, all standards.

ESTA Member (European String Teachers Association)

Tel: 01267 253911 Mob: 07766 105122 Email: kaybowenis@gmail.com

Post Office Mobile Outreach Service – Layby opposite the Railway Inn, Tuesday 2.00 – 4.00, Friday 1.00 – 3.00pm

Apêl Teganau Nadolig

Annwyl Syr/Madam,

Rwy'n ysgrifennu atoch i ofyn am eich cefnogaeth ar gyfer ein Apêl Teganau Nadolig.

Mae Gwasanaeth Ieuencid Cyngor Sir Caerfyrddin yn trefnu'r cynllun yma am y bedwaredd flwyddyn er mwyn helpu gwneud y Nadolig yn haws ar gyfer y rhai sydd mewn sefyllfaoedd ariannol anodd. Gofynnir i bobl rhoi teganau newydd ar gyfer bechgyn a merched rhwng oedran genedigaeth a 16 oed.

Rydym yn awyddus i wneud popeth y gallwn er mwyn helpu'r teuluoedd yma sydd ddim yn gallu fforddio teganau newydd ar gyfer eu plant i'r Nadolig. Rydym yn bwriadu helpu er mwyn osgoi iddynt fynd mewn i ddyled neu i fynd at fenthycwyr arian didrwydded, er mwyn talu am anrhegion. Hoffwn ymestyn y cynllun yma i bob rhan o Sir Gaerfyrddin ac rydym yn gofyn am gymorth y cyngorau lleol, busnesau a sefydliadau er mwyn gallu gwneud hyn.

Mae pwyntiau casglu wedi cael eu sefydlu yn:-

Llanelli – Yn Swyddfeydd y Cyngor Sir yn Ty Elwyn a Neuadd y Dref ac yn swyddfa'r Llanelli Star yn Stryd Cowell

Caerfyrddin – Yn Swyddfeydd y Cyngor Sir yn Neuadd y Sir ac Heol Spilman ac hefyd yn swyddfa'r Carmarthen Journal yn Heol y Brenin.

Rhydaman - Yn Swyddfa'r Cyngor Sir yn Neuadd y Dref ac yn swyddfa'r Guardian yn Stryd y Cei neu gallwn drefnu casglu'r teganau, os ydych yn dymuno.

Hefyd, byddwn yn gwerthfawrogi eich cyngor am unrhyw gymdeithasau cyhoeddus neu wirfoddol yn eich ardal byddai'n fodlon helpu yn y broses o ddsbarthu'r teganau.

Mae'r teganau yn cael eu dosbarthu i deuluoedd a phobl ifanc drwy system gyfeirio o rwydweithiau cefnogi ledled Sir Gaerfyrddin gan gynnwys Gwasanaethau Plant, Ysgolion, Cymdeithasau Tai, Elusennau a sefydliadau cefnogi.

Fe fyddwn yn ddiolchgar dros ben pe allech roi gwybod i ni os gwelwch yn dda os ydych chi'n gallu cefnogi'n Apêl Teganau Nadolig ni er mwyn helpu teuluoedd lleol mewn angen. Wedi'r cyfan mae'r Nadolig yn amser i feddwl am eraill.

Os hoffech wneud cyfraniad ariannol, gwnewch sicciau yn daladwy i Gyngor Sir Caerfyrddin (Apêl Teganau) a'i anfon at y cyfeiriad uchod.

Rydym yn gobeithio bydd pobl yn hael er mwyn helpu i wneud gwahaniaeth go iawn i lawer o deuluoedd sy'n cael trafferth ar yr adeg hon o'r flwyddyn. Cysylltwch â naill ai Chris Davis 07789 371151/01267 246040, Marie Griffiths 07769 741970 neu Huw Thomas 07880 504137 am ragor o wybodaeth neu i drefnu casgliadau.

Diolch i chi ymlaen llaw am eich cefnogaeth. Dymunwn Nadolig Llawen i chi.

Cofion,

Y Cynghorydd Pam Palmer,

Yr Is-Arweinydd

Chris Davis,

Prif Swyddog Ieuencid

Llanpumsaint Cynaliadwy a Chymdeithas Rhanddeiliaid Llanpumsaint

Mi fydd Llanpumsaint Cynaliadwy a Chymdeithas Rhanddeiliaid Llanpumsaint yn cynnal eu Cyfarfod Blynyddol ar Nos Wener, yr 8fed o Ionawr am 7.30, yn y Neuadd Goffa.

Codi Arian Hawdd Os ydych yn siopa ar y We yna gallwch helpi i godi arian i'r ysgol drwy gofrestri ar www.easyfundraising.org.uk/causes/LlanpumsaintPTA neu gysylltu ag Emma Brown

MAE POB EILIAD YN CYFRI!!!!

Mae pob eiliad yn cyfri pan yr ydych chi yn cael ataliad y galon. Mae rhyw 8000 o fobl yn cael ataliad y galon y tu allan i'n hysbytai bob blwyddyn a dim ond rhyw 3% sydd yn goroesi. Mae diffibriliwr yn medru ail ddechrau y galon yn ystod ataliad y galon ac yn achub bywyd. Pan ei ddefnyddir mae rhifau y rhai sydd yn goroesi yn cynyddu i 50% ond mae ymateb cyflym yn hanfodol.

Beth yw diffibriliwr?

Dyfais electroneg yw diffibriliwr sydd yn rhoi sioc i'r galon pan mae curiad afreolaidd gyda'r galon neu wedi stopio yn sydyn. Mae diffibriliwr yn rhoi sioc drydanol ynni uchel sydd yn galluogi y galon i guro yn gyson a normal eto. Mae yn ddyfais achub bywyd ac yn achub miloedd o fywydau dros y byd i gyd bob blwyddyn.

Beth yw Diffibriliwr Cyrraeddawy i'r Cyhoedd neu" PAD"

Diffibriliwr sydd ar gael i'r cyhoedd yw hwn ac fe'i gwelir mewn safleoedd cyhoeddus. Fel arfer fe fydd ar rhyw wal mewn blwch bychan. Mwy na thebyg yr ydych wedi ei weld wrth deithio o amgylch y wlad.

Sut yw ddefnyddio?

Mae yn haws iawn i'w ddefnyddio er nad yw pob un yr un peth maent yn gweithredu yr un ffordd. Os dewch ar draws rhywun sydd ddim yn anadlu neu yn anadlu yn ansicr y peth mwyaf pwysig yw deialu 999 a dechrau adfywio'r galon a'r ysgyfaint Os ar ben eich hunan cariwch ymlaen i adfywio'r galon a'r ysgyfaint a pheidio mynd i nôl y diffibriliwr. Pan yn bosibl danfonwch rhywun arall i nôl y diffibriliwr. Unwaith mae'r diffibriliwr wedi ei agor y cyfan sydd rhaid i chi wneud yw gwrando ar y cyfarwyddiadau llafar. Does dim eisiau hyfforddiant i'w ddefnyddio.

Beth yw'r gwahaniaeth rhwng Ataliad y Galon a Thrawiad ar y Galon.

Ataliad y galon sydyn yw cyflwr pan mae'r galon yn stopio curo yn sydyn ac yn annisgwyl. Pan fydd hyn yn digwydd nid yw'r gwaed yn cyrraedd yr ymenydd ac organau pwysig arall. O achos hyn mae'r person yn mynd yn anwybodol a fel arfer yn achosu marwolaeth os na fydd y claf yn cael triniaeth o fewn munudau. Nid yw yr un peth a thrawiad ar y galon. Mae trawiad ar y galon yn digwydd pan fydd gwaed yn cael ei rwystro i fynd i rannau o gyhyrau y galon Yn ystod trawiad ar y galon mae poen difrifol yn y frest ac yn lledaenu i'r gê, breichiau a'r cefn. Mae'r poen nid bob amser yn llym ond yn debyg iawn i ddwrn wedi ei glensio ac yn gwasgu ar y frest. Yn ystod trawiad ar y galon nid yw y galon yn stopio yn sydyn. Beth bynnag fe all ataliad y galon sydyn ddigwydd yn ystod trawiad ar y galon a hefyd ar ôl ac yn ystod adferiad o drawiad ar y galon. Gyda thrawiad ar y galon mae'r claf fel arfer yn ymwybodol ac yn medru dweud am ei symptomau.

Mae pobl sydd a chlefyd y galon, clefyd y siwgr neu unrhyw gyflwr tebyg yn fwy tebygol i gael ataliad y galon sydyn a thrawiad ar y galon. Beth bynnag fe all hyn ddigwydd i bobl o unrhyw oedran gan gynnwys ieuenctid. Mae yn digwydd yn aml i fobl sydd yn edrych yn holliach a dim hanes o glefyd y galon yn eu teuluoedd o gwbl. Mae cyfuniad o Cywasgedd y Frest a defnydd cyflym o'r diffibriliwr a hefyd ymateb cyflym yr ambiwlans yn meddwl bod nifer y rhai sydd yn goroesi yn codi i 50% - 60%. Mae pob eilaid yn cyfri.

Felly mae Diffibriliwr yn hanfodol i Lanpumsaint rhagofn i unrhyw un yn y pentref i gael ataliad y galon. Gall gostio hyd at £1500 ac mae yn rhaid codi arian er mwyn cael un yn y pentref a hefyd hyfforddi cymaint o fobl ac sydd yn bosibl ar sut i'w ddefnyddio yn gywir. Os hoffech ymuno a grwp bychan i gael Diffibriliwr yn y pentref cysylltwch a Mike Poston ar 253725 neu Carolyn Smethurst ar 2533087 os gwelwch yn dda

Remembered at last

On Remembrance Sunday, which fell on the 8th of November this year, a large congregation assembled once more at the Memorial Hall in Llanpumsaint. The first Memorial Stone had been unveiled there in 1948 for the three victims of the Second World War, namely - John Elwyn Thomas Pantiouar, Evan Lloyd Thomas Blaencors and Percy Thomas Gwarcwm. At that time there had been no reference to the First World War.

In 2014, following research by Arwyn Thomas, a second stone was placed in memory of three who had made the ultimate sacrifice between 1915 and 1917. They were – Benjamin Davies Cwmcreigiaufach, Emrys Morris School House and Henry Howells Penllwynuchel. Following the release of further information by the Authorities further research revealed that another three, from the First War, deserved to be remembered in Llanpumsaint. Co-operation between the Hall Committee and Community Council saw the erection of a further stone to commemorate - Daniel Lewis Bwlchyrhyd, William John Bowen Penllwyniorwg and John Griffiths Waunfawr. The new stone, which blends well with the other two, was dedicated during the Remembrance Service by Alun Evans, former Archdeacon of Carmarthen, who conducted proceedings. Further information regarding all 9 victims of war can be viewed at the Memorial Hall.

CYLCH MEITHRIN BRONWYDD Addysg Blynyddoedd Cynnar/Early Years Education

We have been busy in the Cylch over the past few weeks preparing for our Christmas Concert and Coffee Morning on 4th December. The term's themes have been Food, Thanksgiving, Autumn and "Celebrations". The children have enjoyed a variety of activities on those themes. At this time of year, we as a Cylch would like to thank everyone who has supported us this year with our fundraising activities. Thank you to everyone who helped us to collect Carmarthen Journal tokens in the Spring. A cheque for £576 was received from the newspaper in August. A notable sum of tokens were collected. Thank you also, to everyone who supported our Cheese and Wine evening in May, and to all who contributed towards Auntie Ceri's sponsored walk in June.

In October a sponsored bike ride was held for the children. The weather was favourable and the children enjoyed taking their bikes outside the hall. We thank PCSO Martin Dickinson for visiting the Cylch and for his assistance with the control of traffic!

If you are interested for your child to attend the Meithrin, we are open from Tuesday mornings to Friday mornings between the hours of 9.15am and 12.00 noon. We accept children from the age of 2 years old. Ti a Fi is held on Tuesday mornings and Friday mornings between the hours of 10.00am and 12.00 noon for parents/carers and children. Bring your child along to play and socialise. Cylch contact number: 07929 431652

Llanpumsaint Community Council

Carmarthenshire County Council has published a draft plan of how to better control the flow of traffic through the village. If you would like to see the plan, it can be viewed on the notice board situated at the Memorial Hall. Any comments concerning the plan can be forwarded to Philip Jones, Clerk to the Community Council, who can be contacted on 01267 253512 or email clerk@llanpumsaint.org.uk

All Llanpumsaint residents are welcome to attend any of the Community Council meetings. These are conducted mainly in Welsh, but there are full translation facilities available

Mobile Library – Every 4 weeks – for details phone 01267 224830

Transforming Mental Health Services in Hywel Dda

Hywel Dda University Health Board is working alongside the Local Authority, the 3rd sector and with service users and carers to transform mental health services in Hywel Dda, and we would really appreciate your views in doing this.

Mental health services in Hywel Dda are at present facing significant challenges in the recruitment of medical and nursing staffs. This is particularly the case for some of our outlying inpatient units where a significant amount of our available budget has been spent on bank and agency staffing. This has become the norm in some areas, caused in the main by long-standing recruitment difficulties to the outlying units. Some of our units are relatively isolated and staffs are managing patients with the greatest level of mental health needs without a large concentration of services around them to help support during busy times, or when managing people who have very complex and challenging needs. These are often not attractive environments for staff to want to work in and therefore recruitment continues to be a significant challenge in these areas.

Furthermore, the mental health needs of our society have changed over the last decade.

Treatment advances have seen many people who previously required hospital care being able to remain in their communities, supported by their families and friends and, when required, by services delivered by health, social care and third sector providers.

These challenges of recruitment and the drive for a more community facing service have provided us the opportunity to consider new models of mental health care, ones which at their core have a greater focus on the promotion of mental wellbeing, preventing the development of mental illness, reduce the stigma and discrimination associated with mental ill health, offer appropriate and easy access to care and treatment, and provide early intervention and timely treatment when needed. As such, our vision for the transformation of services is to develop a modern community mental health service that:

- is accessible by all 24hours a day – The person who needs help, or their supporters, can walk into a mental health centre at any time and establish a safe relationship to discuss their needs and agree immediate support;
- has no waiting lists – The first contact will take place within 24hours after the request, with planned meetings to follow that agree the support and treatment available taking into account individual choice;
- moves away from hospital admission and treatment to recovery and time out – The service will provide night hospitality from one night to several weeks to address the crisis during periods when there is higher need for protection and / or to support the needs of the family. The enhanced community service will provide additional support, following a stay in hospital, to help facilitate an earlier return home;
- provides time out – Therapeutic day services will provide the individual with access to the care and support that they need.

To find out more about these, or if you would like to be a member of the project group to come to your group/organisation or to talk to you individually about the engagement process and the solutions being explored, please contact Angie Darlington at West Wales Action for Mental Health (WWAMH) 01267 238367 - director@wwamh.org.uk, Libby Ryan-Davies at Hywel Dda University Health Board (HDUHB) 01267 244985 - elizabeth.ryan-davies@wales.nhs.uk or Sam Dentten at Hywel Dda Community Health Council 01970 623000 - Sam.Dentten@waleschc.org.uk

Additionally, further information is available on the following websites: www.wwamh.org.uk, www.hywelddahb.wales.nhs.uk/mentalhealth, www.communityhealthcouncils.org.uk/hyweldda

Pwyllgor Lles ac Adloniant, Llanpumsaint.

Cynhaliodd yr uchod Bryd o Fwyd Elusennol yn Nhafarn y Rheilffordd ar Dachwedd 12 2015 a gwerthwyd 32 o docynnau. Bydd elw y noson yn mynd tuag at brynu dwy fainc newydd a fydd yn cael eu gosod yn y Cae Chwarae yn union ar ôl i Ddŵr Cymru orffen eu gwaith.

Diolch yn fawr i bawb am eu cefnogaeth yn enwedig i Jayne, Mike a Nick am y pryd bwyd bendigedig a hefyd am y cwis hwylus iawn.

Fe fydd **Gorymdaith Sion Corn** yn cael ei chynnal eleni eto ar Noswyl y Nadolig. Fe fydd yr orymdaith a fydd yn dechrau yn Nant yr Ynys am 1.30y.p. ac yn cael ei harwain gan Sion Corn a'i gart llusg. Fe fydd wedyn yn teithio o amgylch y pentref gan aros Yn Nhafarn y Rheilffordd, Bryn y wawr, Siop Penbontbren, Yr Eglwys, Bro Cerwyn a Pharc Celynin gan orffen yn Nhafarn y Rheilffordd. Cenir carolau yn ddwy -ieithog ar hyd y daith. Fe fydd Sion Corn a'i gynorthwyr yn cyfarfod a'r plant yn ei Groto tua 4.15y.p. Fe fydd cawl a mins pei ar gael i'r cefnogwyr hefyd ar ddiwedd y daith. Bydd elw Casglaid y Bwced yn y dafarn yn cael ei roi eleni i'r elusen ddewisiedig sef Ambiwlans Awyr Cymru.

Os hoffai unrhyw un gyfrannu gwobr tuag at y raffl a fyddech cystal a chysylltu a'r Ysgrifennydd sef Derick Lock ar 253524.

Clwb Cant Llanpumsaint

Yng nghyfarfod mis Tachwedd o Bwyllgor Llës ac Adoniant Llanpumsaint fe dynnwyd y rhifau lwcus a dyma restr o'r enillwyr am fisoedd Hydref, Tachwedd a Rhagfyr 2015.

Hydref	1af	Rhif 67	£20	Lynsey Jones
	2il	Rhif 57	£10	Eifion Saer
	3ydd	Rhif 6	£5	Sandy Mather
Tachwedd	1af	Rhif 86	£20	Florrie Rees
	2il	Rhif 61	£10	Eirlys Lloyd
	3ydd	Rhif 56	£5	Angharad Harding
	3ydd	Rhif 63	£5	Lewis Richards
Rhagfyr	1af	Rhif 59	£100	William Marshall
	2il	Rhif 78	£50	Rita Gilham
	3ydd	Rhif 46	£25	Meinir Jones
	3ydd	Rhif 1	£25	Derick Lock
	4ydd	Rhif 5	£15	Nick Stoneman
	4ydd	Rhif 101	£15	Val Jenkins

Yn y pumed safle enillodd y canlynnol wobwr o £5 yr un:-

Rhif 22 - Rosina Davies, Rhif 61 - Eirlys Lloyd, Rhif 45 - Dylan Jones,

Rhif 96 - Will Fitzsimon, Rhif 53 - Bryn Jones, Rhif 28 - Mathew Jameson

Rhif 48 - Gordon a Barbara Cable, Rhif 51 - Jack a Sheila Nuttall

Rhif 56 - Angharad Jones.

Tynnir y rhifau lwcus eto ym mis Ionawr 2016 ond ni bydd un o gwbl ym mis Chwefror pan fydd y Trysorydd yn danfon allan Lythyron Adnewyddiad ynghyd a'r Adroddiad Blynnyddol

Os am ragor o wybodaeth cysyllter a Derick Lock, Trysorydd ar 253524

Ymddiriedolwyr Neuadd Goffa Llanpumsaint a Ffynnonhenri.

Roedd cynulleidfa deilwng iawn yng Ngwasanaeth Sul y Cofio a gynhaliwyd yn y Neuadd pan dadorchuddwyd Carreg Goffa ychwanegol gyda enwau tri arall o Lanpumsaint a gollodd eu bywyd mewn rhyfeloedd. Talwyd am hon gan y Cyngor Cymuned leol.

Roedd y Noson Deyrnged i Abba gan Bjorn Again yn lwyddiant ysgubol gyda phob tocyn wedi ei werthu mis cyfan cyn y digwyddiad. Cafodd pawb noson arbennig.

Gobeithir cynnal noson debyg yr un amser blwyddyn nesaf gyda theyrnged i "Queen"

Manylion pellach i ddilyn.

Cynhaliwyd Bingo Nadolig yn y Neuadd ar nos Wener Rhagfyr 4ydd 2015 am 7.30y.h. Roedd gwobrau ariannol hael iawn a raffl. Marlene Wareham oedd yn galw y rhifau.

Digwyddiadau Rheiffordd Stêm Gwili

Trenau Stêm Hudol Sion Corn

Beth allai fod yn fwy hudol na mynd yn y tren i Grotto Santa y Nadolig hyn?

Anrhegion hael i'r plant, Sion Corn ddwy-ieithog, sieri a mins pei (oedolion) cwdyn bwyd i'r plant a hefyd adloniant. Mae'n bwysig archebu sedd ymlaen llaw.

Newydd i 2016 Te hwyr gyda "Prosecco"!

Ymunwch a ni am ddathliad cynnar gyda gwahanaieth. Dewch a'ch teulu a'ch ffrindiau i gael gwledd. Fe fyddwch yn cael eich cyfarch gan wydriaid o "Prosecco" a wedyn gallwch ymlacio a mwynhau eich te yn ein coits arbennig gyda ffenestri mawr iawn.

Fe fydd y daith tua awr a hanner ac yn aros yng Ngorsaf Lwyfan Cerrig ble bydd arddangosfa o wagennau a cherbydau.

Oedolion £25 Plant (3-15) £15 (sydd yn cynnwys tocyn tren). Byrddau i ddau neu bedwar. Bydd y bar yn gweini diodydd a rhai ddi-alcohol i rai dan 18 oed. Mae yn ofynnol i fwcio ymlaen llaw i'r dathliadau a ganlyn:-

Sul. Ionawr 24 2016 Dydd Santes Dwynwen.

Sul Chwefror 14 2016 Dydd Sant Ffolant

Mawrth. Mawrth 1 2016 Dydd Gwyl Dewi.

Cinio dydd Sul i ddathlu Sul y Mamau Mawrth 6 2016

Beth am ddathlu yr uchod gyda phryd o fwyd pedair awr ar ein tren arbennig. Derbyniad gyda Bucks Fizz a wedyn pryd o fwyd pedwar cwrs sydd wedi ei goginio yn ein cegin pum seren tra bod y tren yn dilyn yr afon Gwili. Cewch goffi a mintys a siocledau dathlu i orffen. Oedolion £32.50 Plant (3-15) £20 (cynnwys tocyn tren) Fe fydd gwinoedd a diodydd ar gael yn ystod y siwrnai. Eto, bwciwch ymlaen llaw rhag ofn i chi gael eich siomi.

Clwb Bowlio LLanpumsaint a Nebo

Hyd yn hyn yr ydym wedi chwarae 6 gêm, 3 gêm adre a 3 oddicartref ac o ganlyniad wedi ennill 3 a cholli 3 yn yr adran gyntaf o Gyngair Bowlio Mat Byr Sir Gaerfyrddin.

Mae gennym 5 gêm arall i'w chwarae cyn y toriad dros y Nadolig a'r Flwyddyn Newydd. Os oes unrhyw un a diddordeb i chwarae dewch i'n noson ymarfer ar nos Lun yn Neuadd rhwng 7.30 a 9.30 yr hwyr. Does dim eisiau profiad, mae gennym hyfforddwyr profiadol wrth law.

Cewch ragor o wybodaeth oddiwrth ein Hysgrifennydd, Derick Lock ar 253524

Llanpumsaint and District Choir

There was an appreciative audience at the Annual Concert of the above choir which was held at the Tabernacle Chapel in Carmarthen on Saturday evening October 31 2015. In the first half the choir performed under the baton of Gwyn Nicholas Messe solennelle de Siente Cécile by Gounod. They were ably assisted by Jessica Robinson, Soprano, Rhodri Prys Jones, Tenor and Aled Edwards, Baritone. The organist as usual was Allan Fewster who was assisted by a string ensemble under the leadership of Mansel Hughes. In the second half the choir and artists performed miscellaneous items which was thoroughly enjoyed by all present. This was singing of a very high standard and the audience were most appreciative of the performance this being shown by the standing ovation at the end. Gwyndaf James, chairman of the choir welcomed everybody and he also proposed a vote of thanks. The choir members wish to thank everybody for their presence especially to the patrons who kindly support this event annually.

Clwb Cerdded Llanpumsaint Walkers Club

Our next walk will be on Saturday 16th January at 10.30am. We will walk from Coopers in Llanpumsaint, through to Nebo, then down through Bettws wood to Gwili Railway.

We have permission to walk down the railway to Bronwydd. Please have a hi-viz jacket or strap to wear on the railway.

We will go onto Hollybrook for our AGM and lunch.

On February 6th we will be walking from Pontweli to Bancyfford along snowdrop-lined footpaths. Park in Llandysul Carpark – we will leave at 10.30

New walkers are always welcome to join us – we are amblers, enjoying the company and the scenery. Please note, depending on the weather we may need to change arrangements, so please tell Carolyn Smethurst 01267253308, info@gwilimill.com if you want to join us on these walks so we can let you know if arrangements change.

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.

Ready for winter? Help us Wrap Up Wales - See our video at: <https://youtu.be/xTFwnuzyc2k>

With the cold weather just about upon us, Dŵr Cymru Welsh Water is asking you to join our 'Wrap Up Wales' campaign to help avoid the disruption and inconvenience that frozen water pipes cause many households and businesses. We are urging people to spend a few moments to protect their pipes from bursting and causing damage that can run into thousands of pounds.

As part of the campaign, there's an online test at www.WrapUpWales.com to see if your home or business is ready for winter and get a free lagging kit to protect outdoor pipes from the cold weather.

Railway Special Nights

Wednesday evening special is Steak Nights for 2 – 2x10oz Celtic Pride rump steaks with homemade chips and salad garnish plus a bottle of house wine for £25 per couple.

Please phone Railway on 01267 253643 to book.

Llanpumsaint Parish Church News

Services for December (including Christmas) 2015 and ongoing

We do hope you will be able to join us for some of our services over the Christmas period

6 th December	8.30 am	Holy Communion
13 th December	6.00 pm	Carol Service
20 th December	11.00 am	Morning Prayer
Christmas Eve	11.30 pm	Holy Communion (Midnight Mass)
Christmas Day	10.00 am	Holy Communion
27 th December	10.00 am	Holy Communion (Joint Service at Llanllawddog)

While we are awaiting the appointment of a new Vicar, it is anticipated that services will continue in the following pattern but please see the Church Notice Board in case of any changes.

First Sunday	8.30 am	Holy Communion
Second Sunday	11 am	Bilingual Holy Communion
Third Sunday	11 am	Morning Prayer
Fourth Sunday	11 am	Family Communion

Any fifth Sunday will be a service of Holy Communion jointly with Llanllawddog and St Celynin, rotating between the three Churches. More details will be on the Church Notice Board.

Ffynnonhenri Chapel

Details of services for the months of December 2015 and January 2016

December 13 2015	Christmas Service at 2.00p.m.	
	Tea to follow	
January 10 2016	Communion at 2.00 p.m.	Rev Wyn Vittle
January 31 2016	United Service at Graig Newcastle Emlyn at 5.00 p.m.	Rev Irfon Roberts

For further information please contact Danny Davies, Treasurer on 01267 253418 or Gwyn Nicholas on 01267 253686

Caersalem Baptist Chapel Llanpumsaint

Sunday 20th December at 2.30pm
Bilingual Carol Service led by the Rev Martin Williams
A very warm welcome to all
Contact Mrs Eleri Morris 01267 253895

Nebo Chapel

The following services will take place at Nebo Chapel:

December	6 th at 2:00pm	Rev John Morgan
	13 th 3:00pm	Christmas Service with Sunday School children and members.

For more information on the above, please contact Chapel Secretary, Meinir Jones on 253532.

CYLCH MEITHRIN BRONWYDD

Addysg Blynyddoedd Cynnar/Early Years Education

Rydym ni wedi bod yn brysur yn y Cylch yn ystod yr wythnosau diwethaf yn paratoi ar gyfer ein Cyngerdd Nadolig a Bore Choffi ar y 4ydd o Rhagfyr. Themau'r tymor yw Bwyd, Diolchgarwch, yr Hydref, a "Dathliadau". Mae'r plant wedi mwynhau amrywiaeth o weithgareddau ar y themau hyn.

Ar yr adeg hon o'r flwyddyn, hoffem ni fel Cylch ddiolch o galon i bawb sydd wedi ein cefnogi eleni gyda ein gweithgareddau codi arian. Diolch i bawb a bu'n ein helpu i gasglu tocynnau o'r Carmarthen Journal yn y Gwanwyn. Derbyniwyd sic o £576 ym mis Awst oddi wrth y papur newydd. Roedd rhif sylweddol o docynnau wedi cael eu casglu. Diolch hefyd i bawb a gefnogwyd ein Noson Caws a Gwin ym mis Mai, ac i bawb a gyfrannodd tuag at daith gerdded nodedig Anti Ceri ym mis Mehefin.

Ym mis Hydref cynhaliwyd reid feic nodedig ar gyfer y plant. Roedd y tywydd yn foddhaol a'r plant wedi mwynhau mynd ar eu beiciau tu allan i'r Neuadd. Diolchwn i PC Martin Dickinson am ymweld a'r Cylch i reoli'r traffig!

Os ydych chi a diddordeb i'ch plentyn fynychu'r meithrin rydym ni ar agor o ddydd Mawrth i ddydd Gwener rhwng 9.15 yb a 12.00 hanner dydd. Rydym yn derbyn plant pan maent yn ddwy oed. Cynhelir Ti a Fi ar fore ddydd Mawrth ac ar fore ddydd Gwener rhwng 10.00yb a 12.00 hanner dydd ar gyfer rhieni/gofalwyr a phlant. Dewch a'ch plentyn i chwarae ac i gymdeithasu. Rhif cysylltu y Cylch : 07929 431652

Gwersi Ffidil

Mae gan hyfforddwraig ym Mronwydd lefydd gwag – Pob oed! Pob safon!

Aelod o ESTA Cymdeithas Athrawon Llinynnol Ewrop

Ffon 01267 253911 Symudol : 07766 105122 E-bost kaybowenis@gmail.com

[<mailto:kaybowenis@gmail.com>](mailto:kaybowenis@gmail.com)

Clwb Cerdded Llanpumsaint

Bydd ein taith gerdded nesaf ar Sadwrn 16 Ionawr am 10:30. Byddwn yn cerdded o Coopers yn Llanpumsaint, hyd at Nebo, ac yna i lawr drwy Coed Betws i Reilffordd Gwili.

Mae gennym ganiatâd i gerdded i lawr y rheilffordd i Bronwydd. Os gwelwch yn dda cael siaced hi-sef neu strap i'w gwisgo ar y rheilffordd.

Byddwn yn mynd ar Hollybrook ar gyfer ein Cyfarfod Cyffredinol Blynyddol a chinio.

Ar 6 Chwefror, byddwn yn cerdded fron Pontweli i Bancyfford ar hyd llwybrau troed wedi'u leinio â lili wen fach. Barcio yn Llandysul Maes Parcio - byddwn yn gadael am 10.30

Estynnir croeso cynnes i gerddwyr newydd - cerddwyr weddol hamddenol i ni sy'n mwynhau'r golygfeydd. Cofiwch oherwydd ansicrwydd y tywydd weithiau rhaid newid trefniadau., felly os oes angen neu os am ymuno cysylltwch â Carolyn Smethurst 0126725330 info@gwilimill.com

Gwasanaeth Swyddfa Bost - gyferbyn â Thafarn y Rheilffordd ar ddydd Mawrth 2.00 -4.00 a dydd Gwener 1.00-3.00 y.h.

Clinig Gofal Traed

Dylai unrhyw gwsmeriaid newydd gysylltu â Gary ar unrhyw noson rhwng 6-8 y.h.ar 07789344488, a hefyd yn gwsmeriaid presennol sydd eisiau siarad gydag ef.

Bydd y clinig nesaf ar ddydd a 14 Ionawr.

Y Cofio'n gyflawn o'r diwedd

Ar Sul y Cofio, sef yr 8fed o Dachwedd, daeth cynulleidfa luosog ynghyd eleni eto i Neuadd Goffa Llanpumsaint. Codwyd y Garreg Goffa gyntaf yn 1948 i'r tri gollodd eu bywydau yn yr Ail Ryfel Byd; sef - John Elwyn Thomas Pantiouar, Evan Lloyd Thomas Blaencors a Percy Thomas Gwarcwm. Ni fu yna unrhyw gyfeiriad at y Rhyfel Gyntaf bryd hynny.

Yn 2014, yn dilyn ymchwil gan Arwyn Thomas, gosodwyd Carreg i dri aberthodd eu bywydau rhwng 1915 a 1917. Y tri oedd - Benjamin Davies Cwmcreigiaufach, Emrys Morris School House a Henry Howells Penllwynuchel. Pan ryddhawyd dogfennau pellach gan yr Awdurdodau daeth i'r wyneb fod yna dri ychwanegol yn haeddu eu cofio yn Llanpumsaint o gyfnod y Rhyfel Gyntaf. Drwy gydweithrediad Pwyllgor y Neuadd a'r Cyngor Cymuned aed ati i ychwanegu Carreg ychwanegol er cof am - Daniel Lewis Bwlchyrhyd, William John Bowen Penllwyniorwg a John Griffiths Waunfawr. Cysegrwyd y Garreg newydd gan Gyn- Archddiacon Caerfyrddin, Alun Ifans, oedd yn arwain y gwasanaeth. Mae'r tair carreg yn gweddu'n hwylus i'w gilydd. Gellir gweld manylion pellach am y naw dioddefwr yn y Neuadd Goffa.

Côr Llanpumsaint a'r Cylch.

Roedd cynulleidfa werthfawrogol iawn wedi dod ynghyd i Gyngerdd Blynyddol y Côr yng Nghapel y Tabernacl, Caerfyrddin ar nos Sadwrn Hydref 31 2015. Yn yr hanner cyntaf perfformiodd y côr o dan arweiniad Gwyn Nicholas, Messe solennelle de Sainte Cécile gan Gounod. Yn cynorthwyo'r côr oedd Jessica Robinson, Soprano, Rhodri Prys Jones, Tenor a Aled Edwards, Bariton. Yr organydd fel arfer oedd Allan Fewster gyda chymorth offerynnol o dan ofal Mansel Hughes. Yn yr ail hanner cafwyd eitemau amrywiol gan y côr a'r artistiaid gwadd. Croesawyd pawb yn gynnes gan Gwyndaf James, Cadeirydd y côr a fe hefyd a wnaeth y diolchiadau. Cafwyd cyngerdd o safon uchel iawn eleni eto a hoffai aelodau'r côr ddiolch i bawb am eu presenoldeb yn enwedig y noddwyr sydd yn garedig iawn yn cefnogi'r digwyddiad yma yn flynyddol.

Cyngor Cymuned Llanpumsaint

Mae Adran Priffyrdd Cyngor Sir Gâr wedi cyhoeddu cynllun draft ar sut mae cael rheolaeth well ar llif trafniadaeth drwy y pentref. Os am weld copi o'r cynllun, gweler copi ohonno ar hysbysfwrdd y Neuadd Goffa. Os oes gyda chi sylwadau ynglyn â'r cynllun, cysylltwch â Philip Jones, Clerc i Gyngor Cymuned Llanpumsaint, Phillip Jones ar 01267 253512 neu ar clerk@llanpumsaint.org.uk

Eglwys y Plwyf Llanpumsaint Gwasanaethau am y misoedd

Rhagfyr 13	6.00	Gwasanaeth Carolau
Rhagfyr 20	11.00	Boreol Weddi
Noswyl Nadolig	11.30 pm	Midnight Mass
Dydd Nadolig	10.00 am	Cymun Bendigaid
27 th December	10.00 am	Cymun Bendigaid (Joint Service at Llanllawddog)
Wrth aros am Ficer newydd rhagwelir i'r gwasanaethau barhau ar y patrwm canlynol. Gwyliwch hysbysfwrdd yr eglwys am unrhyw newidiadau.		
Y Sul cyntaf	8.30 y.b	Cymun Bendigaid
Ail Sul	11 y.b	Cymun Bendigaid dwyieithog
3dd Sul	11 y.b	Boreol Weddi
4dd Sul	11 y.b	Cymun Teuluol

Every Second Counts!!!

Every second does count when you're having a cardiac arrest. There are 8000 sudden cardiac arrests outside hospital in Wales every year, and only a 3% survival rate. A defibrillator is able to restart the heart during a cardiac arrest, and can save lives. When used, the survival rate can increase to 50%, but a speedy response is crucial.

What is a defibrillator or AED?

A defibrillator is an electrical device that provides a shock to the heart when there is erratic and irregular beating of the heart or the heart has suddenly stopped beating. A defibrillator provides a high energy electric shock to enable the heart to start beating normally and regularly again. It is a life saving device and saves millions of lives across the world each year.

What is a PAD?

A PAD is a Public Access Defibrillator which can be found in public places. It is usually attached to a wall in a briefcase sized box. You have probably seen them in many places as you travel around.

How to use a defibrillator

Defibrillators are very easy to use. Although they do not all look the same, they all function in a similar way. If you come across someone who is not breathing or is breathing erratically, the most important thing is to call 999 and to start CPR. If you are on your own, do not interrupt the CPR to go and get a defibrillator. When you can, send someone else to find one. Once the defibrillator is open, all you have to do is follow the spoken instructions. You do not need any training to use one.

What is the difference between CARDIAC ARREST and a HEART ATTACK?

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. The person loses consciousness and collapses. SCA usually causes death if it is not treated within minutes.

SCA is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, there is usually chest pain which can spread to the jaw, the arms or the back. The chest pain is usually but not always severe and is often described as tight as a clenched fist pressing inside the chest. During a heart attack, the heart usually does not suddenly stop beating. However, SCA may occur during a heart attack and can also happen after or during recovery from a heart attack. Unlike Cardiac Arrest or SCA, with a heart attack the patient usually remains conscious and can tell you their symptoms.

People who have heart disease, Diabetes or other chronic diseases are at higher risk for both SCA & heart attacks. However, SCA can happen at any age, including the young. It occurs in people who often appear healthy and have no known heart disease or other risk factors for SCA.

With the combined use of chest compressions and prompt use of a defibrillator together with a rapid ambulance response, survival rates increase dramatically up to an impressive 50-60%. **Every second counts.**

So we need a defibrillator available in Llanpumsaint just in case there is a cardiac arrest in the village. As it can cost up to £1500 we need to fundraise and we also need to train as many people as possible in CPR.

If you are able to join a small group to get a defibrillator in the village, please contact Mike Poston on 01267253725 , or Carolyn Smethurst on 01267 253308

Message From Police and Crime Commissioner

Please tell me how much you'd be content to pay for Dyfed-Powys Police through your Council Tax. Simply take my 60-second survey - then share it with contacts.

The policing element of your Council Tax – the precept – forms almost a half of the force's

annual budget. It's your money and your safety under discussion.

You'll be reassured to know that there are now more Dyfed-Powys Police officers in the community – and they're spending thousands more hours on the beat.

To take the 2016-17 precept survey go to <https://dpopcc.typeform.com/to/ILe4lM>

Christopher Salmon

Llanpumsaint & Nebo Bowling Club

At the time of writing we have played 6 games, 3 at home, 3 away, winning 3 and losing 3, in the first division of the Carmarthenshire Short mat Bowls league.

We have 5 more games before the Christmas and New Year break.

Anyone interested in trying their hand is welcome to come along to one of our Monday practice evenings from 7.30 – 9.30 pm. No experience is needed as qualified coaches are always available.

Further details from our Secretary, Derick Lock, on 253524

Llanpumsaint and Ffynnonhenry Memorial Hall Trustees

The recent Remembrance Day Service was very well attended at which a further Memorial Stone, paid for by the Community Council, was unveiled with names of three more Llanpumsaint Servicemen of the Great War.

Our recent Abba Tribute Evening by Bjorn Again was a complete sell-out over a month before the event, and an excellent evening was had by all.

We hope to arrange a Queen Tribute Evening around the same time next year – Watch out for details.

Our Christmas Bingo Evening in the Memorial Hall was held on 4th December from 7.30pm. There were generous cash prizes, and a raffle. Marlene Wareham was the caller.

Police News

Community speed watch schemes aim to share the responsibility for addressing speed related offending between the community, the police and other agencies. The intention of this scheme is not to prosecute offenders but to raise awareness of the impact of speeding in specific areas identified by the community who live there.

Carmarthen Neighbourhood Policing team are now in a position to open up this opportunity for members of the Llanpumsaint community and will be looking for volunteers to take part to help make this initiative a success.

If you are interested in taking part in this initiative, please contact your local community councillor or PCSO Martin Dickenson 8046 at Carmarthen NPT, Carmarthen Police Station 101, Ex 25344 / 25343

Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Rhagfyr 2015 a Ionawr 2016.

Rhagfyr 13 2015 Gwasanaeth Nadolig o dan ofal
 yr aelodau am 2.00 o'r gloch.
 Te i ddilyn

Ionawr 10 2016 Cymundeb am 2.00 o'r gloch Parch Wyn Vittle

Ionawr 31 2016 Gwasanaeth Undebol yn y Graig
 Castellnewydd Emlyn
 am 5 o'r gloch Parch Irfon Roberts

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

Capel y Bedyddwyr Caersalem, Llanpumsaint

Dydd Sul, 20fed Rhagfyr 2.30pm

Gwasanaeth Carolau dwyieithog dan ofal y Parch Martin Williams

Croeso cynnes i bawb

Rhif cyswllt: Mrs Eleri Morris 01267 253895

Capel Nebo

Mi fydd cwrdd yng Nghapel Nebo ar y dyddiadau canlynol:

Rhagfyr 13eg am 3:00 y.p Cwrdd Nadolig gan plant yr ysgol Sul a'r aelodau.

Am fwy o wybodaeth am yr uchod, gellir cysylltu a Meinir Jones, ysgrifenyddes y

Capel ar 253532.

Neges Oddi Wrth Comisiynydd Heddlu a Throsedd

I rifyn arbennig sy'n caniatáu i chi ddweud wrthyf faint fydddech chi'n fodlon talu am wasanaethau Heddlu Dyfed-Powys drwy eich Treth Gyngor.

Llenwch fy arolwg 60 eiliad o hyd – yna rhannwch ef â chysylltiadau.

Mae elfen blismona'ch Treth Gyngor - y praesept - yn ffurfio bron hanner cyllideb flynyddol yr heddlu. Eich arian chi ydyw a'ch diogelwch chi sy'n cael ei drafod.

Bydd hi'n dda gennych glywed fod mwy o swyddogion Heddlu Dyfed-Powys yn eich cymuned – ac maen nhw'n treulio miloedd o oriau'n fwy ar y bêt.

Am ragor o wybodaeth ynghylch praesept 2016-17

<https://dpopcc.typeform.com/to/ILe4IM>.

Cofion cynnes,
Christopher Salmon

Gweddnewid Gwasanaethau Iechyd Meddwl

Mae Bwrdd Iechyd Prifysgol Hywel Dda yn cydweithio â'r Awdurdod Lleol, y trydydd sector, yn ogystal â defnyddwyr gwasanaethau a gofalwyr i drawsnewid gwasanaethau iechyd meddwl yn ardal Hywel Dda, a byddem yn falch iawn o gael eich barn chi yn hyn o beth.

Ar hyn o bryd mae gwasanaethau iechyd meddwl Hywel Dda yn wynebu heriau sylweddol wrth recriwtio staff meddygol a nyrsio. Mae hyn yn arbennig o amlwg yn rhai o'n hunedau anghysbell i gleifion mewnol lle rydym yn gwario cyfran sylweddol o'r gyllideb sydd ar gael i ni ar staff cronfa ac asiantaeth. Dyma'r drefn arferol mewn rhai ardaloedd, o ganlyniad i anawsterau recriwtio hirdymor yn ein hunedau anghysbell. Mae rhai o'n hunedau'n weddol ddiaffordd ac mae staff yn rheoli cleifion sydd ag anghenion iechyd meddwl o'r lefel uchaf heb fawr o wasanaethau o'u hamgylch i allu cael cymorth yn ystod cyfnodau prysur, neu wrth reoli pobl ag anghenion cymhleth a heriol iawn. Yn aml nid yw amgylchedd o'r fath yn denu staff, felly mae recriwtio'n parhau i fod yn her sylweddol yn y meysydd hyn.

Yn ogystal â hynny, mae anghenion iechyd meddwl ein cymunedau wedi newid yn ystod y degawd diwethaf. Mae datblygiadau o ran triniaeth yn golygu bod pobl a fyddai fel arall wedi bod angen gofal yn yr ysbyty, erbyn hyn yn gallu aros yn eu cymuned, gyda chymorth eu teulu a'u ffrindiau, a gwasanaethau iechyd, gofal cymdeithasol a darparwyr y trydydd sector yn ôl yr angen.

Mae'r heriau recriwtio hyn a'r symudiad tuag at fwy o wasanaethau cymunedol wedi rhoi cyfle i ni ystyried modelau gofal iechyd meddwl newydd, rhai â nod craidd o ganolbwyntio'n well ar hyrwyddo lles meddwl, atal salwch meddwl rhag datblygu, lleihau stigma a gwahaniaethu sy'n gysylltiedig â salwch meddwl, cynnig gofal a thriniaeth priodol sy'n haws cael gafael arnynt, a darparu ymyrraeth gynnar a thriniaeth amserol pan fo angen. Fel y cyfryw, ein gweledigaeth ar gyfer trawsnewid gwasanaethau yw datblygu gwasanaeth iechyd meddwl cymunedol modern sydd:

- ar gael i bawb 24 awr y dydd – gall yr unigolyn y mae angen help arno, neu ei gefnogwyr, gerdded i mewn i ganolfan iechyd meddwl unrhyw bryd a sefydlu perthynas ddiogel er mwyn trafod anghenion a chytuno ar gymorth uniongyrchol;
- heb restrau aros - Ceir y cyswllt cyntaf o fewn 24 awr o'r cais, gyda chyfarfodydd cynlluniedig sy'n cytuno ar y cymorth a'r driniaeth sydd ar gael, gan ystyried dewisiadau'r unigolyn;
- yn symud i ffwrdd o aros yn yr ysbyty a thriniaeth tuag at wella ac 'amser allan' - bydd y gwasanaeth yn darparu lletygarwch dros nos o un noson i nifer o wythnosau dros gyfnodau o drallod pan fo angen diogelwch a / neu i gefnogi anghenion y teulu. Bydd y gwasanaeth cymunedol ehangach yn darparu cymorth ychwanegol, yn dilyn arhosiad yn yr ysbyty, er mwyn helpu i hwyluso mynd adref yn gynt;
- yn cynnig 'amser allan' – bydd gwasanaethau dydd therapiwtig yn rhoi'r gofal a'r cymorth sydd eu hangen ar yr unigolyn.

Os hoffech ofyn i aelod o'r grŵp prosiect ddod i'ch grŵp/sefydliad i siarad â chi'n unigol am y broses ymgysylltu a'r opsiynau rydym yn eu hystyried, cysylltwch ag Angie Darlington o Gweithredu Gorllewin Cymru Dros Iechyd Meddwl (WWAMH) 01267 238367 – director@wwamh.org.uk, Libby Ryan-Davies ym Mwrdd Iechyd Prifysgol Hywel Dda (BIPHDd) 01267 244985 – elizabeth.ryan-davies@wales.nhs.uk neu Sam Dentten o Gyngor Iechyd Cymuned Hywel Dda 01970 623000 – Sam.Dentten@waleshc.org.uk

Yn ogystal â hynny, mae gwybodaeth bellach ar gael ar y gwefannau canlynol:

www.wwamh.org.uk, www.bihyweldda.wales.nhs.uk/iechydmeddwl,

www.communityhealthcouncils.org.uk/hyweldda.

Llanpumsaint Welfare and Recreation Association

The Association held its Charity meal at the Railway Inn on 12th November with 32 tickets sold. Funds raised from this event will be put towards the purchase of two new benches in the playing field which will be in situ once Welsh Water has vacated our land.

Many thanks to all who supported the evening and special thanks to Jayne, Mike and Nick at the Railway for a wonderful meal and the very entertaining fun quiz afterwards.

Our **Santa Parade** will once again take place on Christmas Eve. The Parade, headed by Santa in his sleigh, will leave from the top of Nant yr Ynys estate at 1.30pm, and will be stopping at The Railway, Bryn y Wawr, Penbontbren Stores, The Church, Llandre View, Bro Cerwyn, and Parc Celynin before returning to The Railway, singing carols in Welsh and English along the way.

Santa and his helpers will meet children in his Grotto on his arrival back at the Railway until 4.15pm. Soup and Mince Pies will be available to Supporters will be available to supporters free of charge at the end of the Parade.

Proceeds from the bucket collection and The Railway raffle will be given to the Association's nominated charity for 2015, Wales Air Ambulance.

Anyone wishing to donate a raffle prize please contact our Secretary Derick Lock on 253524.

Llanpumsaint 100 Club

At the November meeting of the Llanpumsaint Welfare and Recreation Association Trustees, the draws were made for the 100 Club for October, November and the Grand Christmas Draw. The lucky winners are as follows:

October	1 st	No. 67	£20	Lynsey Jones
	2 nd	No. 57	£10	Eifion Saer
	3 rd	No. 6	£5	Sandy Mather
	3 rd	No. 100	£5	Pearl Birch
November	1 st	No. 86	£20	Florrie Rees
	2 nd	No. 61	£10	Eirlys Lloyd
	3 rd	No. 56	£5	Angharad Harding
	3 rd	No.63	£5	Lewis Richards
Christmas Draw	1 st	No. 59	£100	William Marshall
	2 nd	No. 78	£50	Rita Gilham
	3 rd	No. 46	£25	Meinir Jones
	3 rd	No. 1	£25	Derick Lock
	4 th	No. 5	£15	Nick Stoneman
	4 th	No 101	£15	Val Jenkins

The following were all in 5th place and each won £5: Rosina Davies (22), Eirlys Lloyd (61), Dylan Jones (45), Will Fitzsimon (96), Bryn Jones (53), Matthew Jameson (28), Gordon and Barbara Cable (48), Jack and Sheila Nuttall (51), Angharad Harding (56).

The next draw will be in January but, as usual, no draw in February whilst I send out renewal letters and a yearly statement. Derick Lock 100 club Treasurer.

Towy Knitting Club held a very successful coffee morning on Saturday 17th October 2015 in Bronwydd Hall. The grand total raised was £530 and our grateful thanks go to all those who came along and supported us. We would also like to say a big 'Thank you' for the many kind donations that we received.

The proceeds will be shared equally between The Air Ambulance and Ty Cymorth.

West Wales Dowsers Society – Future Events

December – no meeting.

2016 January 24 - Sarah Howcroft, Shamanism and Drumming (TBC)

February 28 – Robert Nurayon-Taylor, Meditation and Mindfulness

March 27 – AGM and Film

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced 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 on Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves.

Further Information: Sandy 01267 253547 Ring for details.

Events at the Gwili Steam Railway

Santa Magical Steam Trains - December 12th, 13th, 19th, 20th, 22nd, 23rd & Christmas Eve

What could be more magical than riding the steam train to Santa's grotto this Christmas? Quality gift for every child, bi-lingual Santa, tot of sherry & mince pie (adults), Goodie Bag for children, live entertainment. Booking essential.

New for 2016, High Tea with Prosecco!

Join us for a very special High Tea with a continental twist for early season celebrations with a difference. Bring family and friends for a nostalgic treat. You will be greeted with a glass of Prosecco from the on board Bar, then relax and enjoy your High Tea in our specially adapted Bar Coach with large picture windows. The round trip takes one and a half hours with a stop at Llwyfan Cerrig Station where you can see wagons and carriages on display.

Adult £25.00, Child (3-15yrs) £15 (includes your train fare). Tables of two or four. On board bar serving local ales, ciders, wine and soft drinks. Under 18s will be offered a non-alcoholic alternative. Pre-booking essential for the following celebration dates:

Sunday 24th January 2016 - St Dwynwen's

Sunday 14th February 2016 – St Valentine's

Tuesday 1st March 2016 – St David's Day

Celebration Sunday Lunch - Mothering Sunday Day 6th March

Treat your Mother to a four hour, dining experience aboard the steam train in our vintage dining set. Starting with a Bucks Fizz reception, you'll be treated to a four course traditional Sunday Lunch cooked in our 5* hygiene rated kitchen car as the steam train follows the old branch line alongside the picturesque River Gwili. Finish with tea or coffee and mints and celebration chocolates. Adult £32.50, Child (3-15yrs) £20 (includes your train fare). On board bar serving local ales, ciders, wine and soft drinks. Pre-booking essential.

Barod am y gaeaf? Helpu Cadw Cymru'n gynnes.

Gweler ein fideo ar: <https://youtu.be/F0fzZNvkD88>

Gyda'r tywydd oer ar y gorwel, mae Dŵr Cymru'n gofyn i chi ymuno yn ein hymgyrch 'Cadw Cymru'n Gynnes'. Nod yr ymgyrch yw ceisio osgoi'r holl drafferth ac anghyfleustra y mae pibellau dŵr sy'n rhewi yn gallu eu hachosi i lawer o aelwydydd a busnesau. Rydyn ni'n annog pobl i dreulio ychydig funudau'n amddiffyn eu pibellau rhag rhwygo gan achosi difrod sy'n gallu costio miloedd o bunnoedd i'w drwsio.

Fel rhan o'r ymgyrch, mae prawf ar-lein, yn Gymraeg neu Saesneg, yn www.WrapUpWales.com i weld a yw'ch cartref yn barod ar gyfer y gaeaf a gallwch gael pecyn lagio am ddim i warchod pibellau y tu allan rhag y tywydd oer.

Cymdeithas Dewinwyr Gorllewin Cymru– Digwyddiadau

Digwyddiadau yn y dyfodol.

Rhagfyr 2015 Dim cyfarfod

Ionawr 2016 Sarah Howcroft “Shamanism a Drumming” (yw gadarnhau.)

Chwefror 2016 Robert Nurayon Myfyrdod a Ymwybyddiaeth Ofalgar

Mawrth 2016 Cyfarfod Blynyddol a Ffilm.

Mae darogan yn grefft ddefnyddiol a diddorol gall bron unrhyw un eu dysgu. Dywed ei bod yn deillio o'r Aifft neu hyd yn oed ynghynt mewn hanes. Mae nifer o gwmnïau yn defnyddio doniau rhai daroganwyr profiadol i chwilio am ddŵr, mwynau, olew, ceblau trydan ayyb. Mae rhai yn gwirio am straen daearegol yn ei amgylchedd; cred bersonol yw hyn sydd heb gael ei brofi yn wyddonol hyd yn hyn.

Pam na ddewch chi ddydd Sul i brofi am eich hun? Dewch i ymuno â ni yn Neuadd Bronwydd am 1.45 yp. Mae mynediad yn £4 y person gan gynnwys paned o de a bisgedi. Does dim offer yn angenrheidiol, dewch a'ch hunan.

Am wybodaeth bellach cysylltwch â Sandy: 253547

Rheilffordd Nosweithiau Arbennig

Bydd Jayne a Nick yn cynnal Noson Stêc i 2 bob dydd Mercher - 2 x10oz Celtic Pride stêc ffolen gyda sglodion cartref a garnais salad a photel o win tŷ; am £,25 y cwpwl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.

Clwb Gwau Towy

Cynhaliodd y clwb uchod Fore Coffi llwyddianus iawn yn Neuadd Bronwydd ar Sadwrn, Hydref 17 2015. Codwyd y swm anrhydeddus o £530 a mae ein diolch i bawb am eu presenoldeb ac am eu cefnogaeth. Hoffem hefyd ddweud diolch yn fawr iawn i bawb am y rhoddion hael a dderbyniwyd.

Bydd yr elw yn cael ei rannu rhwng Ambiwlans Awyr Cymru a Thŷ Hafan

Y flwyddyn 1915 yn lleol.

Daeth tro ar fyd ym Mhantycelyn! Bu farw' r cigydd a sefydlwr yr holl farchnata, Dafi Ifans, ar y 19eg o Ebrill, gan adael y busnes i'w fab. Parhau dan arweiniad Defi'r mab wnaeth holl brysurdeb Pantycelyn hyd ei ymddeoliad yntau yn y 1960au.

Gwelwyd dylanwad y Rhyfel Mawr yn amlwg mewn amryw ffyrdd ar fywyd lleol. Aeth gwragedd eglwysi Llanpumsaint a Chelynin wrthi'n eiddgar i wnïo a gwau pob math o ddillad i'r milwyr a'u teuluoedd. Bu agor Ffestri newydd yng Nghelynin, Bronwydd, yn hwb i'r fenter. Gwelwyd ffatri Glanyrynys yn prysuro i ateb y galwadau cynyddol am ddillad milwrol, a bu raid hysbysebu am ddau wehydd ychwanegol. Cynigodd Defi Davies, Troedryaur, Les ar Gwili Mills, gan gadarnhau i'r holl beirannau fod mewn cyflwr da, a chynnig gosod pŵer nwy i mewn fel abwyd ychwanegol. Cyn hir byddai rhai o'r dillad hyn yn diferi o waed, llaid a ffrwydron ar dir estron.

Dros ben y wal gerllaw ffatri Gwili, yn yr ysgol, gwelwyd y plant yn dathlu wrth i Mr Johns, y Prifathro newydd, gyhoeddi gwelliant i'r iard chwarae - gosodwyd haen o gerrig man arni! Tybed a fyddai'r genhedlaeth bresennol yn gwerthfawrogi'r fath wynepryd wrth chwarae eu gemau pêl? 'Roedd yna newidiadau eraill ar droed hefyd, wrth i'r motobeics stwrlyd gyrraedd yr ardal. Aethpwyd a D J Thomas o Ystâd y Cawdor i'r Infirmary yn y dre, wedi iddo dorri ei goes wrth ddisgyn bant o'i feic. Tybed faint o gydymdeimlad gafodd e', gan ei fod yn casglu rhent ar y pryd?

Bu gŵyl Calan Hen yn eglwys Llandysul yn hynod o lwyddiannus eleni. Gyda siambr i'r organ a drws newydd i hwyluso'r ffordd mas o'r eglwys aeth pethau'n hynod o hwylus i'r tair ar ddeg o eglwysi fu'n cymerid rhan. Lawr ym Mronwydd y tafarndai oedd yn y newyddion. Gwnaeth Seimon Ifans, oedd yn weithiwr cwar ar y pryd, gais am drwydded i dafarn y Bronwydd. (Cofeb yn unig sydd ar ôl i nodi ei leoliad heddiw). Mynegodd yr Awdurdodau eu pryderon am allu ei wraig ifanc i ofalu am y lle pan nad oedd e' yno. Druan a nhw! Bu Sara Jen Ifans yn rhedeg y dafarn ymhell ar ôl dyddiau Seimon, hyd ei marwolaeth yn 1979, un o'r gwragedd tafarn enwocaf a mwyaf poblogaidd yn yr holl sir. Pan gaeodd ei llygaid dymchwelwyd hen Dafarn y Bronwydd. Bu 1915 yn drychinebus i dafarn arall yma, sef Y Carpenter's Arms (sefai ger y fynedfa bresennol i ystâd dai Troedryrynys, Bronwydd). Ymunodd yr Heddlu a'r gweinidogion lleol i wrthwynebu'r drwydded i barhau gwerthi cwrw yno. A chyda holl ddylanwad byddinoedd dirwest a chrefydd yn frwdfrydig unol aeth i edrych yn ddu i'r tafarn bach. Y peth mwyaf yn ei erbyn oedd ei leoliad, sef ychydig dros dair milltir o'r dre, felly gallai dynion sychedig Caerfyrddin gerdded yno ar y Sul a hawlio peint cyfreithlon. Gwrthodwyd y Drwydded a chau am byth wnaeth drws y Carpenter's Arms.

Blwyddyn anlwcus oedd hi hefyd i Sam Dafis, Crychddu, Nebo. Wedi ei ddala'n reidio beic heb olau yn Felinwen, mi wedodd wrth y Bobi mae newydd ddiffodd wnaeth y lamp. Dywedodd y plismon wrth y Llys nad o'dd y lamp wedi gweithio o gwbl. Dirwy o wyth swllt! Ond gwell lwc i Ben Ifans, Llwynyreos, pan ymddangosodd yn y Llys am gadw ei fab 11 oed adre o'r ysgol am wythnos. Derbyniwyd ei eglurhad fod gwir angen help ar y ffarm yn dilyn gorfodaeth i'w was ymuno a'r fyddin. Arwyn 2015

The Year 1915 locally.

It was change and no change at Pantycelyn. Founder David Evans died on the 19th of April to leave his thriving butcher trade and busy general shop to his son, also David Evans, who'd pursue the family business into the 1960's.

The War obviously featured prominently to affect local life in varied ways. Ladies at Llanpumsaint and Celynin churches busied themselves knitting and sewing all manner of clothing for soldiers and their affected families. No doubt the newly opened church Vestry at Celynin became a huge help in the venture. Glanryrnys Mill upped production to meet the spiraling demand for Army uniforms and had to advertise for 2 additional weavers. Daniel Davies of Troedyrour offered a Lease on Gwili Mills, confirming that all machinery was in good working order and even offering to install gas power. Such clothing would soon be destined to be soaked in blood, caked in mud and blown apart in the trenches.

Children at the school became very excited when Mr. Johns, the new Headmaster, announced an improved playground surface – chippings! Today's pupils wouldn't have been impressed – hardly the surface for ball games or hopscotch! Other changes were afoot as motor bikes began to roar around. D J Thomas of the Cawdor Estate fell off one in Llanpumsaint, breaking a leg and ending up in Carmarthen Infirmary. There might not have been much local sympathy because he was collecting rents.

Calan Hen (the old New Year church festival at Llandysul in early January) had been a great success this year. The installation of an Organ Chamber and provision of a new church exit door, had eased matters considerably for the 13 participating churches. Down in Bronwydd public houses were in the news. Simon Evans, then a quarry worker, had applied for the license of the Bronwydd Arms (see the plaque on the junction). The initial doubt the Authorities had regarding the ability of his young wife to run the place in his absence proved totally unfounded. Sarah Jane Evans ran it long after her husband's days until her own demise in 1979. The Bronwydd Arms was then sadly demolished. 1915 proved a bad year for the Carpenter's Arms (then situated at the entrance to the modern Troedryrnys estate in lower Bronwydd). Police and ministers of religion joined forces to object to the renewal of its License. With the forces of temperance and religion hounding the dreaded drink, the poor Carpenters Arms stood little chance. Trouble was it was just over 3 miles from town, so the thirsty could walk out to it from Carmarthen, claiming a legal Sunday pint. License refused and pub closed forever!

It proved an unlucky year for poor Samuel Davies, Crychddu, Nebo! Caught riding a bike at White Mill at midnight without lights; he told the Policeman that the lamp had just gone out. The officer examined it and declared to the Court that the lamp had never worked. Fined 8 shillings! Better luck for Benjamin Evans Llwynyreoos though, when hauled before the court for keeping his 11 year old son home from school for a week. The Magistrates accepted his explanation that he'd badly needed help on the farm, after his servant boy had been conscripted into the Army.

Arwyn2015

Foot Care Clinic The next clinic will be at 1.00pm on 14th January. New clients should contact Gary Robinson any weekday between 6 – 8pm on 07789344488, as should any existing client needing information.

<p align="center">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, Mobile 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB</p>	<p align="center">Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Christmas Menu Available Tel 01267 233521</p>
<p align="center">Siop Penbontbren Stores General Stores, Fish and Chips Fridays Mon – Thurs & Sat 8am – 3pm Friday 8am – 8pm Sunday 9am – 1pm Hair & Beauty Salon Tel: (01267) 253732</p>	<p align="center">Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267 253523 07973842681</p>
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