



# Llais y Llan Awst 2020

Copi dyddiad ar gyfer rhifyn nesaf Gorffenaf – 28 2020

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 Lais y Llan  
**Cyflenwyr lleol sy'n barod i ddosbarthu neu archebu a chasglu**

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

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

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

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

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

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

**Siop Gwalia** - Ffonio a chasglu 01267 253249

**Chris Thomas** Abergwili - Ffonio a chasglu – 01267 238363

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

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

**Farmyard Nurseries** – Yn dosbarthu archebion 01559 363389

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

Daw'r criced yn ôl i Gnwyderi Bronwydd

Liz yn ôl i wasanaethu'r sychedig yn y Railwe



Rhagor Cyfnod o Lanpumsaint o'r awyr uwchben. Lle bendigedig i oroesi'r Cloi





Blodau pobi mewn cae



Dyma'r tomato fwyaf salw erioed



Dyma fagïen yn Llanpumsaint

### Neges oddi wrth Gyngor Sir Gar

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

Gallwch ychwanegu eich busnes i'r rhestr ar [covid19community@carmarthenshire.gov.uk](mailto:covid19community@carmarthenshire.gov.uk)

[<mailto:covid19community@carmarthenshire.gov.uk>](mailto:covid19community@carmarthenshire.gov.uk) gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn. Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

## Tina Conyard Ffotograffiaeth

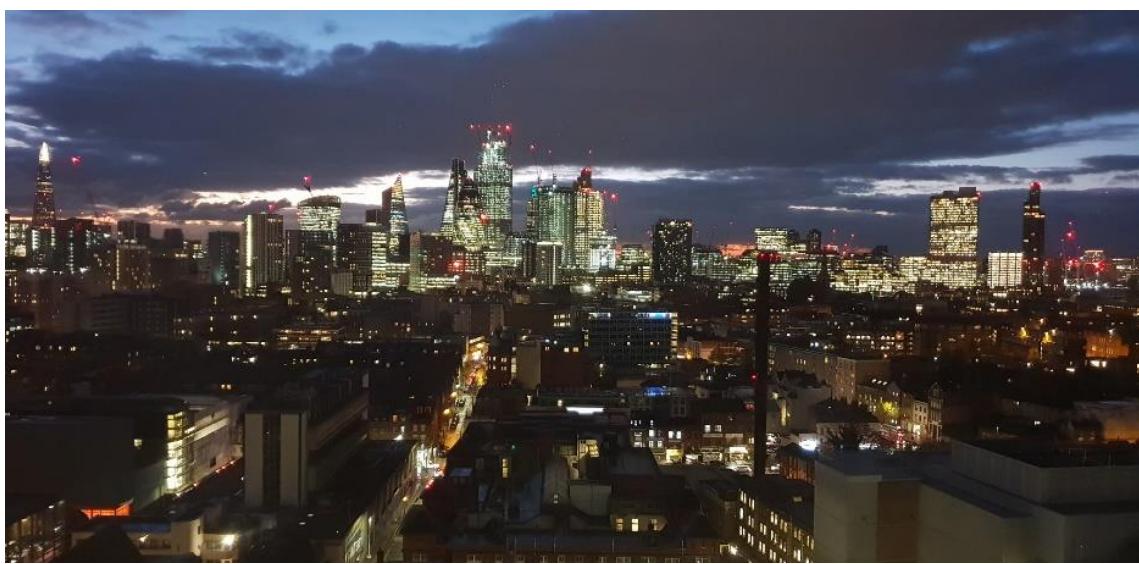
Gobeithio eich bod i gyd yn ddiogel ac iach yn y cyfnod anghyffredin yma. Ffynnu o hyd mae ein cylch o ffotograffwyr gyda'r aelodaeth wedi tyfu i 97, daw'r cant cyn hir yn siŵr i chi. Cynigwyd amrywiaeth o thema i'n cystadleuaeth wythnosol e.e. golygfeydd dinasol, Coed, Marwolaeth drysau a'r wythnos hon Y Môr. Bu'n ddiddorol gweld y gwahanol ddehongliadau i bob ohonynt. Un o'm hoff fu cyfraniad Sally Chitty, aelod lleol, o aderyn y pal yn pipo mas o'i nyth, ar y them Drysau.



Yn ystod yr wythnos daeth cyfraniadau led led byd, gan gynnwys porthladd Hong Kong ad Auckland.



Aeth y brif wobr i Tony gyda'r olygfa o Lundain liw nos o Ysbyty Sant Tomos.



Ewch i weld ein cylch ar - <https://www.facebook.com/groups/tinaconyard/> yno gallwch bori'ch ffordd drwy amrywiaeth i luniau o eiddo ein Cylch. Ymunwch a ni i fwynhau. Tina

## **Canolfannau Ailgylchu i agor drwy drefniant yn unig.**

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

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

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

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

## **Cyfeillion Ffon Macmillan**

Lansiwyd gwasanaeth newydd drwy’r Deyrnas Unedig gan Macmillan. Bydd hwn yn wasanaeth rhad ganddynt i ddioddefwyr cancr mewn cyfnod anodd Cyfeillion Ffon Macmillan (Macmillan Telephone Buddies).

Gall bwy gyda chancr fod yn brofiad unig ar unrhyw adeg yn enwedig mewn cyfnod o ynysu cymdeithasol. Felly gall y Cyfeillion Ffon gynnig clust wrando, cyfeillgarwch a chyfeirio’r claf at ganolfannau eraill o gymorth. Daw gwirfoddolwr hyfforddedig a phrofiadol mewn cysylltiad er mwyn cefnogi a chynnwl, gan drefnu galwad ffôn wythnosol ar amser cyfleus i’r ddau.

Os am elwa o’r gwasanaeth hwn cam neu ddu syml sydd angen (gweler isod). Croeso i’r dioddefwr gysylltu’n uniongyrchol neu rywun arall drwy gyniatad

- 1 Dilynwch y cysylltiad isod – <https://macmillan.org.uk/get-involved/campaigns/telephone-buddies>
- 2 Cofrestrwch gan gynnig rhai manylion sylfaenol.

Drwy ddilyn y camau hyn daw aelod o Macmillan mewn cysylltiad er mwyn dod i’ch adnabod yn well. Yna bydd yn dod o hyd i’r gwirfoddolwr mwyaf addas i chi, a bydd hwnnw’n rhoi caniad wythnosol i chi am hyd at 12 wythnos neu yn ôl yr angen. Peter McIlroy Rheolwr Gwasanaethau Ymarferol – Age Cymru Dyfed.

## Newyddion Eglwysig

Gwasanaeth Skype bob bore Sul Am ddeg o'r gloch

Bob bore Llun 10 – 11 o'r gloch – Eglwys Llanpumsaint ar agor i Weddiau Unigol

Gwasanaeth Cymun yn Eglwys Llanpumsaint - 2 o'r gloch - Rhaid bwcio ymlaen llaw oherwydd cyfyngiadau'r Cyfnod Cloi.

Bob bore Mawrth – 9 o'r gloch – Gwasanaeth Skype – Boreol Weddi

Bob Dydd Gwener – Cylch Zoom Ieuencyd o oed 10 i 17 – 3 o'r gloch.

## Eglwysi Llanpumsaint, Llanllawddog a Chelynin

Pleser oedd hi i ail agor adeilad Eglwys Llanpumsaint a chynnal gwasanaeth ar y 19eg o Orffenaf a ninnau wedi bod ar gau ers mis Mawrth oherwydd y Cyfnod Cloi. Ond cofiwn am ein cyfeillion a'n cymdogion sy'n dal i hunan ynysi ac felly'n methu bod gyda ni'n gorfforol.

Ni chaeodd yr Eglwys pan ddaeth y cyfnod Cloi oherwydd i ni drosglwyddo i'r We, ond profiad arbennig oedd hi i gyd-gyfarfod unwaith eto i gyd-addoli lle bu cymaint wrthi dros y canriffoedd.

Feddylies i fyth y byddai rhaid i mi fabwysiadu dull bwcio er mwyn cynnal gwasanaeth, ond dyna fe dyna yw drefn newydd mewn byd sydd wedi newid. Cyn i unrhyw eglwys agor bellach rhaid cael tri asesiad perygl, ymweliad wrth yr Archddiacon gyda dau swyddog Covid ar ddyletswydd, wedyn agor y drws. Byddem yn croesawu cymorth i stiwardio oddi wrth unrhyw un dros 16 oed, sydd wrth gwrs ddim yn hunan ynysi neu'n warchod rhywun felly neu'n byw gyda phobl felly. Dyma gyfle i'r to ifanc sy'n awyddus i wirfoddoli drwy Gynllun Dug Caeredin neu rywbeth felly. Sdim rhaid i chi fod yn Gristion a sdim rhaid i chi aros i ymuno yn y gwasanaeth chwaith, ond croeso os am wneud.

Rydym yn ymwybodol hefyd mae ni yw un o'r ychydig adeiladau yn yr ardal i agor am weddîo unigol a gwasanaethau, felly mae croeso i unrhyw rai sydd am ymuno a gweithgaredd ein hadeilad i ddod, beth bynnag eich daliadau crefyddol neu bersonol. Os yw'ch capeli ar gau neu i chi wedi arfer mynd i Skanda Vale dim ond bwcio sydd raid er mwyn ymuno a ni. Os ydy traddodiadau'r eglwys i weld yn ddryslyd neu ddiarth i chi, ac yn becso pa dudalen o'r Llyfr Gweddi a ddylid agor, dyma'r amser delfrydol i ddod i'r eglwys. I ni gyd yn dysgu shwd mae gwneud pethe yn y sefyllfa normal newydd, mae'n braidd yn od ond i ni gyd yn dysgu da'n gilydd sut le fydd yr Eglwys yn y dyfodol.

Mae'r canllawiau a'r cyngor yn newid bron yn ddyddiol, felly'r ffordd ore o gadw lan i'w ein dilyn ar Facebook.- <https://www.facebook.com/Llanpum,saintbronwyddandllanllawddogchurches>

Am wybodaeth bellach cysylltwch â'r Parch Gaynor Jones-Higgs [i\\_gaynor@hotmail.com](mailto:i_gaynor@hotmail.com)

[<mailto:i\\_gaynor@hotmail.com>](mailto:<mailto:i_gaynor@hotmail.com>)

01267 253158

## Clwb Chwe Deg 60+

Aeth y misoedd heibio ers i mi gysylltu â Llais y Llan. Yn anffodus aros yn ei unfan mae'r sefyllfa ynghyn a chyfarfodydd a theithiau. Tase'r Cyfod Clôi heb ddigwydd mi fydden erbyn hyn fod wedi mwynhau ein pum diwrnod yn Lerpwl, a ninnau wedi edrych ymlaen cymaint iddo. Gobeithio wir ar draul amser y cawn ail gydio yn ein cyfarfodydd a'n teithiau. Ar ben hyn ni fu'n bosib cynnal ein pwylgora i drafod dim. Felly tan weld dyddiau gwell cadwch yn iach ac yn ddiogel. Peter Giles - Cadeirydd clwb Gwili Chwe Deg Bronwydd.

## Cymdeithas Rhandiroedd Llanpumsaint.

Yn arddwyr i ni'n cwyno'n fythol am y tywydd ac fel y mae'n effeithio ar ein cynnrych, ac felna mae eleni eto. Er hynny'r ni'n hunain sydd wedi profi'r newid mwya'. Gwaeth yr holl wlybaniaeth yna ddechrau'r flwyddyn lenwi ein cyflenwad dwr a daeth hyn yn dderbyniol iawn yn y tywydd sych ddilynodd. Daeth gwelliannau eraill a chawsom dwnnel poli newydd ynghyd ag offer a chanie dwr, i gyd drwy haelioni Cronfa Fferm Wynt Brechfa. Dywedodd cyfaill i mi nad oedd am fod yn arddwr oherwydd "*they earn a meagre celery, come home beet and just want to read the dahlia pepper, turn-ip the sheets, en-dive into bed. He also used to be terrified of growing fruit trees - until I told him to grow a pear!*".

Mae garddio'n ffordd wych o ymlacio drwy ddianc bant o'n holl ofidiau dyddiol, felly dewch i ymuno a ni. Lleolir y rhandir ar hen iard yr orsaf go dderbyn a thafarn y Railwe. Daw gwybodaeth bellach oddi wrth Rosie, y Gadeiryddes, 07950411536 neu Ray, yr Ysgrifennydd 253157.

## Sbwriel Sbwriel Sbwriel

A sylwoch chi cyn gynted gychwynnwyd gwerthu bwyd i'w gario i ffwrdd dychwelodd sbwriel i'n heolydd lleol, gyda Rhiw Graig yn diodde' unwaith eto. Canie, poteli a gweddillion papur lapio wedi eu lluchio allan o gerbydau'n mynd heibio. Ydy'r bobl hyn yn meddwl fod yna rhyw fyddin o wirfoddolwyr fod glirio eu llanast? Sawl gwas bach sa nhw gatre? A ahwd mae nhw'n ymdopi gatre? Odi nhw'n defnyddio bin neu'n towli popeth i'r llawr? EWCH A'CH SBWRIEL GATRE OS GWELWCH YN DDA. Datganiad digon rhwydd i'w chofio ac un mae'r rhan fwyaf ohonom yn ufuddhau iddi!            Dave Turner

## Gwasanathau Capel Nebo

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

## Capel Ffynnonhenri

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

## Caersalem

Mae'r capel wedi ail-agor a byddwn yn cynnal oedfaon os byw ac iach ar y rhan fwy o Suliau. Os byddwch chi eisiau dod, plis a wnewch chi ffonio fi ymlaen llaw - 253895, Eleri Morris. Diolch.

# Cyngor Iechyd Cymuned Hywel Dda

## Newyddion

Gorchuddion Wyneb Sut a phryd y gallech chi wisgo gorchudd wyneb i amddiffyn y rhai o'ch cwmpas, os byddwch chi'n dewis gwisgo un.

### Beth yw gorchudd wyneb?

Prif ddiben gorchudd wyneb yw diogelu pobl eraill drwy leihau'r posibilrwydd y bydd COVID-19 yn cael ei 'drosglwyddo drwy'r awyr'. Nid yw'r person sy'n gwisgo'r gorchudd yn cael ei ddiogelu rhag cael ei heintio gan bobl eraill.

### Beth yw masg wyneb?

Mae masg meddygol sy'n ffitio'n dda wedi'i gynllunio i ddiogelu'r person sy'n ei wisgo rhag haint. Mae masgiau o'r fath yn hanfodol ar gyfer staff rheng flaen sydd mewn perygl o ddod i gysylltiad agos â chleifion sydd, neu a allai fod, wedi'u heintio â COVID-19.

O ddydd Llun 27 Gorffennaf 2020 bydd yn rhaid gwisgo gorchudd wyneb ar drafnidiaeth gyhoeddus yng Nghymru. Ble a phryd y mae'r gofyniad yn gymwys?

Mae'r gofyniad yn gymwys i bob cerbyd trafnidiaeth gyhoeddus caeedig gan gynnwys bysiau, coetsys, trenau, tramiau, fferiau ac awyrennau (lle byddant yn hedfan o Gymru neu'n glanio yng Nghymru). Mae hefyd yn gymwys i dacsis a gwasanaethau i dwristiaid, fel rheilffyrdd mynydd a bysiau gwibdeithiau. Dylid gwisgo gorchuddion wyneb am y daith gyfan ar drafnidiaeth gyhoeddus. Mae hyn yn golygu bod angen eu gwisgo o'r foment y byddwch yn dal y bws, trêu ac ati hyd nes y byddwch wedi disgyn

. Diweddarwyr: <https://llyw.cymru/y-gofyniad-i-wisgo-gorchuddwyneb-ar-drafnidiaeth-gyhoeddus-yng-nghymru>

Ymweld â'r ysbyty yn ystod yr achos o coronafeirws: canllawiau wedi'u diweddar gan Lywodraeth Cymru 15.07.2020 I gael y wybodaeth ddiweddaraf am sut y gall y GIG gynorthwyo ymwelwyr i ymweld â'r ysbyty mewn ffordd ddiogel a gynlluniwyd yn ystod pandemig coronafeirws, ewch i: <https://llyw.cymru/ymweld-ag-ysbytai-yn-ystod>

## Scam Newydd 02

Ddoe, 19eg O Orffennaf cawsom alwad ffôn o'n Banc i ddweud i'n Cyfrif Cyfredol gael ei hacio ac felly wedi ei rewi, oherwydd digwyddiad anarferol. Twyllwyr yn honni i fod o 02 wedi mynd a £30 o'n cyfri. Gan nad ydym yn delio gyda 02 dywedom mai twyll oedd hyn. Mae'n debyg i nifer o Fanciau eraill gael yr un drafferth. Bu'r twyllwyr yn cymerid symiau bychan, megis £20 neu £30 neu £40 o wahanol gyfrifon, ac ambell dro fwy nag unwaith.

Unwaith canfu'r Banc bet hoedd ar droed cymerwyd camau diogelwch i atal y twyll. Cawsom ein £30 yn ôl a rhoddwyd carden newydd i ni. Felly fydd rhaid canfod ffordd arall i dalu rhai biliau. Felly byddwch yn wyliadwrus gan archwilio'ch cyfri am unrhyw beth anghyffredin ac yn arbennig 02.

Cadwch yn iach ac yn ddiogel. Eich gwarchodwr twyll – Dave.

## **Cysylltu â Charedigrwydd – Ymgyrch newydd yn lansio heddiw**

Gall gweithredoedd caredig wneud gwahaniaeth mawr – dyna neges ymgyrch newydd sy'n cael ei lansio yn Sir Benfro, Sir Ceredigion a Sir Gâr heddiw (Dydd Gwener 17eg Gorffennaf).

Bwriad **Cysylltu â Charedigrwydd** ydy creu dealltwriaeth am les a dylanwad caredigrwydd arnom ni ein hunain, ac eraill yn ein cymuned.

“Mae astudiaethau gwyddonol wedi dangos fod gweithredoedd caredig yn gwneud gwahaniaeth mawr i les a fod caredigrwydd yn dda i chi,” dywed Rebecca Evans, Uwch Sywddog Iechyd Cyhoeddus o Iechyd Cyhoeddus Cymru.

Pan mae pobl yn gweld buddion eich caredigrwydd, mi fyddant yn cael eu hysbrydoli i gymryd rhan, sy'n creu adwaith cadwyn positif,” ychwanegodd Wyndham Williams, Swyddog Datblygu Sir Benfro – Cysylltwyr Cymunedol A Mwy o Gymdeithas Gwasanaethau Gwirfoddol Sir Benfro

Fel rhan o'r ymgyrch, mi fydd y partneriaid rhanbarthol yn datblygu rhwydweithiau cymunedol cryfach er mwyn creu amgylchedd ble mae gweithredoedd caredig yn gallu ffynnu a digwydd yn naturiol.

“Y bwriad ydy ysbrydoli pobl i fod yn ddinasyyddion fwy gweithgar, a'u hannog i gymryd camau postif i frwydro yn erbyn unigrwydd yn eu hardal lleol,” dywedodd Tessa Hodgson, Aeold Cabinet Gwasanaethau Cymdeithasol yn Sir Benfro.

Mi fydd y gwaith yn seiliedig ar ddull o weithio rhwng cenedlaethau, sy'n helpu cysylltiadau newydd i ddatblygu'n naturiol rhwng pawb ag unrhyw un yn ein cymunedau.

“Mae ganddon ni gyd rhywbeth i'w gynnig, rhywbeth all wneud gwahaniaeth i bobl o'n cwmpas. Gall un weithred penodol fod yn ddibwys i ni, ond gall wneud byd o wahaniaeth i berson sy'n teimlo'n unig.”

Mae **Cysylltu â Charedigrwydd** wedi deillio o raglen datblygwyd o fewn y Cronfa Trawsnewid Gorllewin Cymru Iachach. Cyngorau Sir Benfro, Sir Ceredigion a Sir Gaerfyddin, Cymdeithas Mudiadau Gwirfoddol Sir Ceredigion a Sir Gâr, Bwrdd Iechyd Prifysgol Hywel Dda, Iechyd Cyhoeddus Cymru, Partneriaeth Gofal Gorllewin Cymru ydy'r partneriaid

### **Cysylltu â Charedigrwydd Pump Neges Allweddol**

- Mae caredigrwydd i bawb** – Mae caredigrwydd yn gynhwysol, nid yw'n gosod rhwystrau ac nid yw'n gwahaniaethu – mae ar gyfer pawb!
- Mae caredigrwydd yn dda i ti** – Mae ymchwil feddygol wedi profi fod bod yn garedig a derbyn caredigrwydd yn cael effaith gorfforol gadarnhaol arnom
- Mae caredigrwydd yn ein cysylltu** – Mae'n dod â ni at ein gilydd ac yn ein helpu i rannu
- Mae caredigrwydd yn ein hamddiffyn** – Profwyd fod bod yn garedig a derbyn caredigrwydd yn ein helpu i fyw bywydau hirach ac hapusach.
- Mae caredigrwydd yn ysbrydoli** – Pan fydd eraill yn garedig rydym yn fwy tebygol o fod yn garedig ein hunain

### **Ac me'n dechrau gyda UN person, CHI.**

Ymunwch â ni i weithredu ac i ddysgu mwy am ymgyrch Cysylltu â Charedigrwydd yng Ngorllewin Cymru, a'r dylanwad gall caredigrwydd cael ar ein hunain ac ar ein cymunedau.

**Cofrestrwch heddiw a gnewch addewid i ddyfodol fwy caredig.**

**Mae'n dechrau gyda chi**

#CysylltuâCharedigrwydd

[cysylltuacharedigrwydd.cymru](#), <https://twitter.com/CysylltuConnect>

Carmarthenshire <https://www.facebook.com/groups/1103307530047266>

<https://connecttokindness.wales/>

<https://cysylltuacharedigrwydd.cymru/>

#CysylltuâCharedigrwydd #ConnectToKindness

Susan Smith Cysylltydd Cymunedol a Swydd **Gaerfyddin**

Email: [susansmith@cccpartners.org.uk](mailto:susansmith@cccpartners.org.uk), Tel: 01269 830061

## **Bowliau DanDo Llanpumsaint a Nebo.**

Gobeithio i'n haelodau gadw'n iach a heini drwy'r cyfnod anodd yma. Disgwyl am newyddion i ni i gyfeiriad yr WSBMA a chymdeithas Dan Do Si Gar i ddeall pa bryd fyddwn yn cael dechrau chwarae unwaith eto. Clywsom yn barod fod Cystadleuaeth Ynysoedd Prydain oedd bod ddigwydd yn Lloegr ym mis Tachwedd, chystadleuaeth Y Deg Uchaf yn Hydref, i'll dau wedi eu gohirio tan 2021.

Cofiwch gadw mewn cysylltiad â'n gwefan am y newyddion diweddaraf am y Clwb. Cyn gynted a daw newyddion am ail ddechrau chwarae byddwn yn gosod neges ar ein gwefan.

Mae'r Clwb yn cyfarfod i ymarfer yn y Neuadd bob Nos Lun a Nos Iau o 7.30 hyd 9.30, hyd Fis Ebrill. Croeso i chwaraewyr newydd rhwng 11 a 99 oed, oherwydd mae gennym hyfforddwyr profiadol wrth law i addysgu ac annog. Am wybodaeth bellach ewch at ein Cadeirydd Dereck Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474.

## ***Curad Calon Llanpumsaint***

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

Tu fas Tafarn y Railwe SA33 6BU

Ar wal Fferm yr Henfryn tua Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo. SA33 6HN

Please contact Carolyn Smethurst for more information, 01267253308

## **Gofal Traed**

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

## ***Cyfarfodydd a gweithgareddau - Cae Chwarae Llanpumsaint***

Bydd y cae yn dal ar agor ond gofynnir i bawb ddarllen canllawiau'r Llywodraeth sydd i'w gweld ger pob Mynedfa. Noder – NI CHANIATEIR CWN YN Y CAE CHWARAE.

## Dihiryn neu arwr?

Tanlinellwyd sawl agwedd ar Hanes gan y dadleuon diweddar ynghyn a Chofeb Picton yn lleol a helynt un Edward Colstan ym Mryste. Mae'r ffin rhwng ffeithiau hanesyddol, credoau pobl a phropoganda, yn un niwlog ac amheus yn aml iawn. Fel arfer y fersiwn sy'n siwtio'r oes a llywodraeth y dydd yw'r Hanes a ddysgir mewn ysgolion. Felly'r efengyl yn ôl y concwerwr geir mor bell ag y mae Affrica, India, gwledydd yr Amerig a thu hwnt, a dyna a geir hefyd mor bell ag y mae'r Alban, Iwerddon a Chymru yn y cwestiwn. Sylwn hefyd pa mor aml mae'r oes sy/n dilyn yn gwrthod safonau, delweddau a gweithredoedd yr oes cynt. Tra bu'r caneuon am Rwl Britania yn boblogaidd tu hwnt tua 1900, erbyn heddiw mae Imperialaeth yn air brwnt. Yn y 18fed ganrif welai'r Cristion brwd ddim o'i le yn gwneud ei ffortiwn ar draul dioddefaint enbyd y bobl ddu mewn caethiwed. Daw problem arall wrth addoli rhyw arwr honedig. Mae llawer o wirionedd yn gweddi yr hen Eli Jenkins yn Dan y Wenallt," *nad oes bron neb yn hollol dda na drwg*". Codwyd Cofeb Picton i gydnabod ei ddewrder ym mrwydr Waterloo erbyn Napoleon yn 1815, wrth i'r oes honno ddewis anwybyddu pa mor greulon fu'r dyn i'r caethweision du. Ar wahanu i'r Fam Theresa a Nelson Mandela anodd canfod neb sy'n hollol dda, oherwydd 'roedd hyd yn oed ambell smotyn du ar ei sodlau Churchill. Ar yr ochr arall bu Shakespeare yn rhy llawdrwm ar y brenin Risiart y Trydydd

Yn lleol cadarnhaol yw'r cof am William Williams godwyd yma ar fferm Tredarren, y dyn dalodd am adeiladu Ysgol Llanpumsaint. Ond yn genedlaethol cysylltir ef yn gyson a Brad Y Llyfrau Gleision, yr Adroddiad mileinig a rhagfarnllyd hwnnw yn 1846 ar gyflwr Addysg yng Nghymru. Eto i gyd fel Aelod Seneddol dros Coventry dadleuodd yn fynych yn y Senedd yn erbyn yr arfer o chwipio yn y Llynges, a hefyd dros ryddid i'r Iwerddon, ond arhosodd yn ddall i rinweddau'r iaith a'r diwylliant Cymreig. Wedi dweud hynny rhaid nodi bydde croeso mawr iddo ar bob ymweliad 'nol yn Llanpumsaint, wedi codi'r ysgol, cath o gario reit rownd y pentre' unwaith. Erbyn heddi mae'r adeilad hwnnw'n cynnal ein hiaith. 'Nol yn y 1940au wedi'r Rhyfel edrychais dinasyddion newynog brefu fel Birmingham ar drapwyr cwningod gorllewin Cymru fel arwyr mawr, ond erbyn heddi bydde unrhyw un sy'n defnyddio trap cwningen yn debyg o weld ei hunan o flaen ei well yn y Llys. 'Nol at Picton! Beth am newid yr enw i Gofeb Moridunum? Dyna'r enw gwreiddiol osodwyd gynta' ar y dre gan y Rhufeiniaid yn ganrif gynta'. Ond arhoswch funud, ar y dde wedi pasio Tanerdy mae olion ampitheatr mwyaf Cymru lle tyrrai miloedd i weld y sioe. Nawr te beth ohonynt nhw'n weld?

*Arwyn2020*

## *Ysgol Llanpumsaint*

Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn [www.easyfundraising.org.uk/causes/llanpumsaintpta](https://www.easyfundraising.org.uk/causes/llanpumsaintpta) neu gysylltu ag Emma Brown. Os oes 'na rywun yn gallu



# Village Voice August 2020

**Copy Date for next Edition 28<sup>th</sup> September 2020**

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  
including the cost of posting 300 copies

## Local traders doing deliveries or order and collect

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

**Railway Inn** –Outside drinks only, Tuesday – Sunday see Facebook, or phone 01267 253643

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

**Pasture Perfect Meat** Nicky Esgair 07866 311740

Sausages and Bacon **Myrddin Heritage** 07468 453770

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

**Gwalia Stores** Phone and collect 01267 253249

**Chris Thomas** at Abergwili Phone and Collect 01267 238363

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

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

**Farmyard Nurseries** Delivering orders – 01559 363389

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

Cricket returns to Cnwcideri



Liz resumes serving at the Local



More Llanpumsaint from the Sky! If we do have to lock-down, we do have a beautiful place to do it!



Many thanks to John Hubert for these pictures.



Field of Poppies



Is this the ugliest tomato?



Glowworms in Llanpumsaint

For Sale. Double wooden bed. Slat based with centre support. Overall length 203cm. Fits standard double bed mattress (not included). Removable headboard attached to frame. Extended horizontal frame available, 9cm wide, attaches to sides. Only used a few times per year for a few days. £75 ono 01267 253993



For Sale. Large Aqua Oak Marine Fish Tank. To include Cabinet, Wave Machine, Heater, Pump and Hose, Protein Skimmer, LED lighting for main tank and sump and other accessories. Two sides of bottom cabinet painted in cream. Used but in excellent condition. Buyer collects. Genuine reason for selling. Reduced from £400... **NOW £300 ONO.** Please contact Tina on 01267 253119 for enquiries.

## Tina Conyard Photography

I hope you are all managing to keep safe and sane during this most surreal time.

Our photography group continues to thrive and has increased its members to 97, just a few more and we reach the golden 100. We have had some interesting themes chosen for our weekly competition such as 'Cityscapes, Trees, Death and Doorway' with this week's theme being 'Sea'.

It has been wonderful to see such diverse interpretations of each entry.

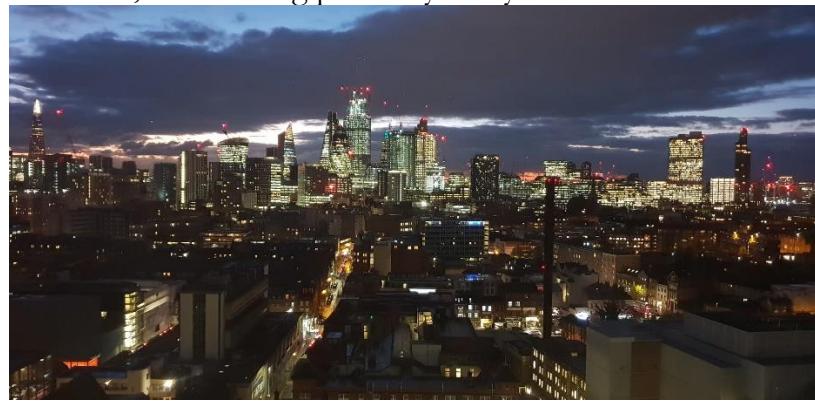


One of my personal favourites and a weekly winner was entered by Sally Chitty from our village who submitted a wonderful photo of a puffin peeping out of its nest for her take on the theme, 'Doorway'.

During the week with the theme Cityscapes we had photos from around the globe which included Hong Kong Harbour and Auckland:



However, the winning photo by Tony was a view of London at night taken from St Thomas's Hospital:



Please visit our group at <https://www.facebook.com/groups/tinaconyard/> where you are free to simply look through the wonderful selection of photographs posted by our members or why not join us and have fun with photography! **Tina**

## **From Carmarthenshire County Council**

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

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](#)

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

By working together we can help support our communities.

## **Llanpumsaint Heartbeat**

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

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

Outside the Vestry at Nebo SA33 6HN

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

## **Recycling Centres to re-open by appointment only**

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

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

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

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

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

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

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

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

## **LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION**

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

## Railway Inn

Thank you to everyone that has supported us while we have opened up our outside space.  
Due to the difficulty of regulating the 2 metre rule inside The Railway, we have decided that we are not opening the inside of the pub for the time being but will carry on outside. Closed on Mondays.  
We will not be doing take away Sunday Lunches for the time being – keep an eye on our Facebook page for updates. Thanks for your understanding. Wayne and Liz

## **Connect to Kindness - New Campaign Launched in July**

Simple acts of kindness can make a big difference – that's the message from a new campaign launched in Pembrokeshire, Ceredigion and Carmarthenshire on Friday, 17<sup>th</sup> July.

**Connect to Kindness** aims to create more understanding about the benefit and impact of kindness to ourselves and others in our community.

"Scientific studies have shown that simple acts of kindness make a big difference to wellbeing and that kindness is good for you," said Rebecca Evans, Senior Public Health Officer from Public Health Wales. "When people witness the benefits of your kindness, they will feel inspired to take part, creating a positive chain reaction," added Wyndham Williams, Community Connector Plus Officer from Pembrokeshire Association Voluntary Services

As part of the campaign, the regional partners will be developing stronger community networks in order to create an environment where acts of kindness can flourish and happen more easily.

"The aim is to inspire people to become more active citizens and take positive action to combat loneliness in their local area," said Tessa Hodgson, Cabinet Member for Social Services in Pembrokeshire.

"The work will be based on an intergenerational approach that helps new connections to develop naturally between everyone and anyone in our communities.

"We all have something to offer, something that can make a difference to others around us. One act may seem trivial to us, but could make the world of difference to a person who is feeling isolated."

**Connect to Kindness** has grown out of a programme developed within the Healthier West Wales Transformation Fund. The partners are Pembrokeshire, Ceredigion, and Carmarthenshire County Councils, the Pembrokeshire, Ceredigion and Carmarthenshire Associations of Voluntary Services, Hywel Dda University Health Board, Public Health Wales and the West Wales Care Partnership.

### **Connect To Kindness Five Key Messages**

1. **Kindness is for everyone** - Kindness is inclusive, it knows no barriers or discrimination and is for everyone!
2. **Kindness is good for you** - Medical research has proven that being kind and receiving kindness has a positive physical effect on us
3. **Kindness connects us** - It brings us together and helps us share
4. **Kindness protects us** - It has been proven that being kind and receiving kindness helps us live longer and happier lives
5. **Kindness is inspiring** - When others are kind we are more likely to be kind ourselves

And it starts with **ONE** person, **YOU**.

Join us to take action and learn more about the **Connect to Kindness Campaign** in West Wales and the **impact** that **kindness** can have **on ourselves and our communities**

**Register today and make a pledge to a kinder future.**

**connecttokindness.wales** - Sign up today

**It Starts With You** - #ConnectToKindness - <https://twitter.com/CysyltuConnect>

Carmarthenshire - <https://www.facebook.com/groups/1103307530047266/about/>

## **LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB**

I hope that all Members are keeping safe and well during this difficult time. We await news from the WSMBA and the Carmarthenshire Short Mat Bowls Association on how and when the short mat bowls season can re-commence. We have already heard that the British Isles Championships due to be held in England in November and the Top Team Competition which was to be held in October have been postponed until 2021. Don't forget to check out our website [Llanpumsaintsmbc.org.uk](http://Llanpumsaintsmbc.org.uk) for any updates on the Club. We will post any information on how and when the Club can resume playing as soon as we have any news.

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

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

### **New Scam - O2**

Yesterday (the 19<sup>th</sup> July), our Bank informed us that our Credit Account had been compromised and the account has been blocked. An unusual transaction had taken place.

Scammers pretending to be from O2 had taken £30 from our account. We do not have any dealings with O2 which is why we said that it was not genuine. It seems that lots of other Banks had reported the same issue. The scammers have taken small amounts from various accounts, £20, £30 and £40, some from the same account. Once our Bank found out, they put an extra check on the system to flag this up automatically. They are refunding the £30 and sending us a new card, which means of course, we have to find alternative ways to pay some bills.

So, be aware of this and check your accounts for any unusual activity, especially labelled O2.

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

### **Llanpumsaint School PTA - Easy Fundraising**

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

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

### **Nebo Chapel Services**

For more information please contact Chapel Secretary Meinir Jones on 253532

### **Ffynnonhenri Chapel**

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

### **Caersalem**

We have re-opened and hope to have a service most Sundays. If you'd like to come, would you be so kind as to let me know on 253895, Eleri Morris. Thanks

### **Clwb 60+**

Dear Friends, Several months have gone by since I last wrote to The Village Voice. Unfortunately, the situation remains the same as regards to the Club Meetings and day trips. If there had been no pandemic we would have, by now, also been for the planned 5-day break to Liverpool. Many of us were looking forward to it immensely. We can only hope that in time we will be able to resume with our monthly meetings and trips. We have also been unable, so far, to hold any Committee Meetings so until it feels safe to do so the situation will remain as it is. Until such time please take care and stay safe.

Yours sincerely, Peter Giles Chairman Clwbgwili 60+ Club Bronwydd

## **Church News**

Every Sunday Skype service of Morning Prayer -10am

Every Monday 10-11 Llanpumsaint Church building open for Private Prayer.

Service of Holy Eucharist @ Llanpumsaint Church building - 2pm Prior booking essential due to social distancing regulations.

Every Tuesday Skype service of Morning Prayer- 9am

Every Friday Zoom Youth group for young people 10-17 3pm

## **Llanpumsaint, Bronwydd (St Celynnin ) and Llanllawddog Church in Wales (Anglican Churches)**

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Last Sunday 19<sup>th</sup> July 2020 we were delighted to open our Church building in Llanpumsaint for public services after having shut the doors in March as the country went into lockdown. Although of course we remember our friends and neighbours who are still shielding or self-isolating and are not physically able to be with us at the moment.

Church never closed and during lockdown we rapidly moved our ministry on-line, but there was something special about being physically together again, sharing bread and wine in a place where over hundreds of years people have prayed before us.

Never did I think that I would have to operate a booking system for Church services, but as we move into the new normal that is the way we are currently having to operate. It takes at least three detailed risk assessments and a site visit by the Archdeacon for any church building to be fully operational and we must have two Covid stewards on duty every time the Church building is open. We would welcome offers of more help with stewarding from people over 16 years of age, who are not shielding, self- isolating or clinically vulnerable and are not living in the same household as someone who is. This might be the ideal opportunity for young people who are looking for volunteering opportunities for Duke of Edinburgh Award or similar. You don't have to be Christian to volunteer with us, you don't even have to sit in the service if you don't want to – but we'd love it if you did.

We are very aware that we are one of the first buildings locally to open for private prayer and collective worship so we would stress that everyone is welcome to make use of our buildings and services, people of any or no faith and of all denominations. If you are "Chapel "and your building isn't open yet or if you usually worship at Skanda Vale as long as you book, you are welcome to worship with us.

If the traditions of church confuse you or are simply alien , if you are worried about what page of the prayer book you are supposed to be on, now is the ideal time to come to church because we are all learning how to do things in the " new normal", it's new and a bit strange for all of us and we are learning together what Church will look like into the future.

Guidelines and advice are changing on an almost daily basis at the moment, so the best way to keep up to date with what's happening with our churches is to follow us on Facebook

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

For more information contact Rev'd Gaynor Jones -Higgs [j.gaynor@hotmail.com](mailto:j.gaynor@hotmail.com) 01267253158

## **CYLCH MEITHRIN BRONWYDD**

Enquiries relating to the Cylch to Verona (07929 431652)

### **Litter, litter, litter**

Did you notice that as soon as takeaways were allowed to sell food again, litter accumulated along the roads leading to the village, especially from the Graig. Cans, bottles and food wrappers again are being thrown out of cars when the contents have been consumed. These drivers and passengers must think that there is an army of people who follow them around to clear up their mess. How many servants do they have at home? I would love to see how they manage at home? Do they use a bin there, or do they just drop their rubbish on the floor.

**PLEASE TAKE YOUR LITTER HOME** – an easy to remember slogan, one most people follow without even thinking about it. Dave Turner

## **Llanpumsaint Community Council**

Well, the hive of the Community Council hasn't been buzzing of late; no surprises there I guess as Covid 19 has impacted on so many aspects of life as we knew it!

The Council is still seeking another member of the community to volunteer as a Councillor; yes, there is still a vacancy for an individual who would like to take part in the local democratic process!

Thankfully, payment for all costs related to the Community Council; such as paying for street lighting and their maintenance, community insurance etc. were postponed until July but now that the Councillors that were shielding are accessible, payments will be made before the end of the month.

Phil Jones 01267253512, [clerk@llanpumsaint.org.uk](mailto:clerk@llanpumsaint.org.uk)/communitycouncil

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

## **Hywel Dda Community Health Council - What's News**

**Face Coverings: Frequently Asked Questions** (Update by Welsh Government 27/7/20)

**How and when you could wear a face covering to protect those around you, if you choose to wear one.**

**What is a face covering?:** A face covering mostly acts to protect others by reducing 'airborne transmission' of COVID-19. It does not protect the wearer from infection by others.

**What is a face mask?:** Well-fitted medical masks are designed to protect the wearer from infection, and are vital for frontline staff who are at risk from close contact with patients who are, or may be, infected with COVID-19.

**From Monday 27 July 2020 it is compulsory to wear a face covering on public transport in Wales:**

Where and when do the rules apply?

The rules apply to all 'enclosed' public transport vehicles including buses, coaches, trains, trams, ferries and aircraft (where they take off or land in Wales). It also applies to taxis and to tourist services, such as mountain railways and excursion buses. Face coverings should be worn for the duration of the journey on public transport. This means they must be worn from when you get on the vehicle and they must stay in place until you get off.

Latest updates: <https://gov.wales/requirement-wear-face-covering-public-transport-wales>

**Hospital visiting during the coronavirus outbreak: guidance updated by Welsh Government**

**15.07.2020** - For updates on how the NHS can support hospital visiting in a safe and planned way during the coronavirus pandemic, visit:

<https://gov.wales/hospital-visiting-during-coronavirus-outbreak-guidance>

## **COVID-19 Children's Services Update 19/07**

When your child is ill or injured, it is very difficult to decide if/when to call your child's GP, NHS 111 or go to the Emergency Department.

Hywel Dda UHB have produced some guidance on accessing children's services within our three counties.

<https://hduhb.nhs.wales/news/press-releases/childrens-services-update-a-special-covid-19-message/>

Throughout this challenging time, we have done our best to keep you aware of changes to NHS services by constantly developing our email database and social media reach into our communities.

We are conscious that as yet we are unable to invite the public to our 'virtual meetings in public', but are working with our technical support team to overcome some practical issues.

Keep up to date by following us on Twitter, Facebook and our website for copies of our visiting reports, surveys, committee meeting minutes and more.

[www.communityhealthcouncils.org.uk/hyweldda](http://www.communityhealthcouncils.org.uk/hyweldda) 01646 697610 @HDDCHC

[hyweldda@waleschc.org.uk](mailto:hyweldda@waleschc.org.uk)

## **Macmillan Telephone Buddies**

A new service is being provided by Macmillan Cancer throughout the UK. There is now a new free service, which Macmillan has developed to support people living with and affected by cancer at this difficult time –**Macmillan Telephone Buddies**.

Going through cancer can be an isolating experience at any time, and especially when social distancing. Their **Telephone Buddy Service** offers a listening ear, befriending and signposting to Macmillan services and other local and national sources of further support. A trained and understanding volunteer will be matched up with someone who would benefit from their support, providing a weekly call – arranged at times to suit both parties.

For anyone who's interested in receiving this support, there are a couple of easy steps to take (as below). They welcome self-referrals or from a third party (with permission) on someone's behalf:

1. Follow the link below:

<https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>

2. Sign up to register interest by giving a few basic details

Following these steps, a Macmillan colleague will get in touch to find out more, and then find a Telephone Buddy volunteer who suits the support needs discussed. The Buddy will call weekly for up to 12 weeks, depending on needs and what works best.

**Peter McIlroy, Practical Services Manager Age Cymru Dyfed**

## **Llanpumsaint Allotment Association**

As gardeners we always moan about the different or extreme seasonal weather we encounter and the affects and difficulties there is upon our growing experiences. Whilst that remains the same for this year it has been us, not the plants, that have encountered the major unforseen issues.

The prolonged wet weather earlier in the year filled the increased number of containers we have on site, which was a real advantage when this was followed by the long hot period. Further improvements continue with the recent replacement of a second polytunnel, in addition to which further hand tools and watering cans have been purchased courtesy of the grant from Brechfa Forest West Wind Farm.

A keen gardening acquaintance of mine recently told me that he initially did not want to be a gardener because they earn a meagre celery, come home beet and just want to read the dahlia pepper, turn-ip the sheets , en-dive into bed! He also used to be terrified of growing fruit trees - until I told him to grow a pear!

Gardening is the greatest way to relax and get away from the worries and pressures of our daily lives for a while. Why not come and join us. The allotments are located in the old station yard opposite the Railway Inn. For any information about the Association contact Rosie (Chair) Tel: 07950411536, or Ray (Treasurer) [Tel:253157](#).

## Heroes and Villains

Recent controversy surrounding that Memorials to Thomas Picton in Carmarthen, Edward Colstan's in Bristol and others around, highlight more than one historical problem. The boundary between fact, beliefs and propoganda is both imprecise and moveable. History taught in schools invariably reflects that version which suits that age and governments of the day. It's the conqueror's version that gets told, be it about India, Africa, the Americas or beyond, and largely so regarding Scotland, Ireland and Wales. Often a succeeding age will react against the values and practices of a preceding one. Whereas Rule Britannia was perfectly acceptable in 1900 a century later imperialism is viewed as largely unacceptable. Many an 18<sup>th</sup> century Christian saw nothing wrong in making vast sums of money from the sufferings of the black people in the slave trade. A further problem arises when supposed heroes are put on pedestal. To quote Dylan, most people "*are not wholly bad or good ..*". Picton got his Carmarthen Monument for his military prowess at the Battle of Waterloo, at a time when society chose to ignore what a cruel and nasty slave owner he'd been. Or the reverse side Richard 3<sup>rd</sup> wasn't any where near as bad as Shakespeare made out. Apart from Mother Theresa and Nelson Mandela few historical heroes seem to escape unscathed, even war hero Winston Churchill's reputation carried some negative stains.

Locally William Williams born at Tredarren Llanpumsaint is rightly honoured for building our school, yet nationally he became villified for his association with that infamously prejudiced and falsified enquiry into education in Wales in 1846,now known as the Treachery of the Blue Books. As M P for Coventry Williams often showed liberal and humane traits, arguing in Parliament for the abolition of whipping in the Navy and supporting Irish independence, yet he had a blind spot as far as his native language and culture was concerned. Yet as the school benefactor he got a hero's welcome on each visit back to Llanpumsaint, once honoured by a procession and carried all the way around the village. Nowadays that School promotes Welsh. In the 1940's meat starved people in cities like Birmingham regarded West Wales rabbit trappers as great heroes, but anyone using a gin trap today would rightly find himself in court. Back to Picton, why not rename it the Moridunum Monument. After all that was the first name for Carmarthen town established by the Romans way back in the 1<sup>st</sup> century? But hang on! Just beyond Tanerdy garage lie the remains of the largest Amphitheatre in Wales seating thousands of spectators once sat. Now what were they watching?

*Amwyn 2020*

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