

Welcome to the March edition of the Chronicle. Scheduled work on Deri Woods is due to start according to the Ancient Woodland Restoration plan prepared by Coed Cadw and the Woodland Trust. This will see some thinning of non-native conifers and beech to allow daylight to the ground and encourage the succession of oak and other native saplings. There will also be some felling of ash trees with ash dieback disease. The temporary closure of the leisure centre was reviewed and lifted. As a community, we need to ensure we use the facilities on our doorstep to keep them viable. We're keen for ideas on how we can utilize the facilities we have. Those that can, please support events within the community and come and mingle with your neighbours. There are a couple of warm hubs running during the winter, one run by the church and the other due to start in the institute. – Ian Davies, Chair

Croeso i rifyn mis Mawrth o'r Cronicl. Mae'r gwaith sydd wedi'i amserlennu ar Goed y Deri i ddechrau yn unol â'r cynllun Adfer Coetiroedd Hynafol a baratowyd gan Goed Cadw a'r Ymddiriedolaeth Coetiroedd. Bydd hyn yn arwain at weld ychydig o waith teneuo ar gonwydd heb fod yn gynhenid a choed ffawydd i ganiatáu i olau dydd gyrraedd y ddaear ac annog olyniaeth glasbrennau derw a choed cynhenid eraill. Cynhelir ychydig o waith cwmpo coed ynn sydd â chlefyd coed ynn. Cafodd y cynnig i gau'r ganolfan hamdden dros dro ei adolygu a'i dynnu'n ôl. Fel cymuned, mae angen i ni sicrhau ein bod yn defnyddio'r cyfleusterau sydd ar garreg ein drws i wneud yn siŵr eu bod yn gallu parhau. Rydym yn awyddus i dderbyn syniadau ar sut y gallwn ddefnyddio'r cyfleusterau sydd gennym. Os y medwrch, dewch i gefnogi digwyddiadau o fewn y gymuned a dod a chymysgu gyda'ch cymdogion. Mae ambell i ganolfan gynnes yn cael eu cynnal yn ystod y gaeaf, gyda hyb yn cael ei gynnal gan yr eglwys a'r llall i ddechrau yn yr institiwt. - Ian Davies, Cadeirydd



Llanfair Caereinion Town Council Defibrillator locations

- 1) Mount Field (clubhouse wall)
- 2) High Street (telephone box)
- 3) Watergate Street by Maesglas (telephone box)
- 4) Market Square (Black Lion pub)
- 5) Leisure Centre (outside wall)
- 6) Doctors Surgery (inside)
- 7) Institute (back of building)

Cyngor Tref Llanfair Caereinion Lleoliadau'r diffibrilwyr

- 1) Cae Mownt (wal adeilad y clwb)
- 2) Stryd Fawr (blwch ffôn)
- 3) Stryd y Dŵr gan Maesglas (blwch ffôn)
- 4) Sgwâr y Farchnad (tafarn y Llew Du)
- 5) Canolfan Hamdden (wal allanol)
- 6) Y Feddygfa (y tu mewn)
- 7) Yr Athrofa (yng nghefn yr adeilad)

Llanfair Caereinion Town Council News

DERI WOODS



There is a lot happening in Deri Woods. The Friends of Deri Woods volunteers continue with maintenance and have a specialist contractor working on thinning some of the trees to allow others to grow. This is all in line with the adopted bio-diversity plan which can be found on the Council's website.

THE GOAT FIELD



A number of trees have ash dieback and are due to be felled in spring by a specialised contractor. The area concerned is just inside the woods as accessed from the town end. Notice will be given with details of temporary restrictions once a start date is known

YOUTH CLUB



The town council has gained a grant from Award for all Wales in the sum of £9,950 to help set up a youth club. Preparations for the project to be set up and running over the next few months are well underway.

CAEREINIION LEISURE CENTRE



No doubt all have heard about the review that is to be undertaken by Powys County Council regarding the centre. The town council intends to work closely with the county council to resolve the issue and give the centre a sustainable future, retaining its services for the town.

TOWN WI-FI



The county council approached the town and community councils with an offer of free wi-fi for the town. This would be of great benefit for those visiting and walking around the town. The go-ahead has been given with no cost to the town for the facility.

SUNDIAL RETURNING



There was (some years ago) a sundial on a stone plinth to the left of St Mary's church main entrance. This has been missing but a replacement has been found. This is to be put in place very soon, it may even be there by the time you read this issue of the Chronicle.

COUNCIL BUDGET



The Council set its budget for the year 2023/2024 with the increase kept to 5% even with high inflation at this time. The budget allows for maintaining services as well as provision for a number of new projects. The full budget report can be found on the council's website.

COUNCIL SITE INSPECTIONS

Town council properties and street furniture are inspected weekly and records are kept. Any repairs are noted and action is taken as required. These are available to view under, "Documents" at www.llanfairtowncouncil.co.uk

Newyddion Cyngor Tref Llanfair Caereinion

COED Y DERI



Mae llawer yn digwydd yng Nghoed y Deri. Mae gwirfoddolwyr Ffrindiau Coed y Deri yn parhau gyda gwaith cynnal a chadw ac mae contractwr arbenigol yn gweithio ar deneuo rhai o'r coed er mwyn caniatáu i eraill dyfu. Mae hyn oll yn unol â'r cynllun bioamrywiaeth a fabwysiadwyd, y gellir ei ganfod ar wefan y Cyngor.

CAE'R AFR



Mae clefyd coed ynn ar nifer o'r coed ac mae disgwyl iddynt gael eu cwmpo yn y gwanwyn gan contractwr arbenigol. Mae'r ardal dan sylw yn union y tu mewn i'r goedwig ger y fynedfa o ochr y dref. Rhoddir rhybudd gyda manylion am y cyfyngiadau dros dro unwaith y byddwn yn gwybod y dyddiad dechrau.

CLWB IEUENCTID



Mae cyngor y dref wedi ennill grant oddi wrth Arian i Bawb Cymru ar gyfer swm o £9,950 i helpu sefydlu clwb ieuencid.

Mae paratoadau yn mynd rhagddynt yn dda ar gyfer sefydlu a chynnal y prosiect dros yr ychydig fisoedd nesaf.

CANOLFAN HAMDDEN CAEREINION



Does dim amheuaeth fod pawb wedi clywed am yr arolwg sydd i'w gynnal gan Gyngor Sir Powys ynglŷn â'r ganolfan.

Bwriad cyngor y dref yw gweithio'n agos gyda'r cyngor sir i ddatrys y mater a rhoi dyfodol cynaliadwy i'r ganolfan, gan gadw ei gwasanaethau ar gyfer y dref.

WI-FI Y DREF



Roedd y cyngor sir wedi cysylltu â'r cyngorau tref a chymuned gyda chynnig o wi-fi am ddim ar gyfer y dref. Fe fyddai hyn o fudd enfawr ar gyfer y sawl sy'n ymweld ac yn cerdded o amgylch y dref. Rhoddwyd cymeradwyaeth i hyn heb unrhyw gost i'r dref ar gyfer y cyfleuster.

DEIAL HAUL YN DYCHWELYD



Roedd deial haul (y chydig flynyddoedd yn ôl) ar blinth carreg i'r chwith o brif fynedfa Eglwys y Santes Fair. Mae hwn wedi bod ar goll ond mae deial newydd wedi'i ganfod a chaiff ei roi yn ei le yn fuan iawn. Efallai y bydd yno erbyn yr amser y byddwch yn darllen y rhifyn hwn o'r Cronicle.

CYLLIDEB Y CYNGOR



Mae'r Cyngor wedi pennu ei gyllideb ar gyfer y flwyddyn 2023/2024 gyda'r cynnydd yn parhau ar 5% hyd yn oed gyda chwyddiant uchel ar yr adeg hon. Mae'r gyllideb yn caniatáu ar gyfer cynnal gwasanaethau ynghyd â darparu nifer o brosiectau newydd. Gellir canfod adroddiad llawn y gyllideb ar wefan y cyngor.

AROLYGMON SAFLEOEDD Y CYNGOR

Caiff eiddo a dodrefn stryd cyngor y dref eu harchwilio'n wythnosol gyda chofnodion yn cael eu cadw. Mae unrhyw atgyweiriadau'n cael eu nodi a bydd camau gweithredu'n cael eu cymryd fel sy'n ofynnol. Mae'r rhain ar gael i'w gweld dan "Dogfennau" ar www.llanfairtowncouncil.co.uk

St Davids Day / Dydd Dewi Sant



As you're reading this edition of the Caereinion Chronicle, the beautiful celebration that is St David's Day, or Dydd Dewi Sant, is well underway. As our community embraces the different parts of the world that we each come from, St David's day is a chance for us to truly embrace and admire everything Welsh. I'm sure at this time many parents are gearing up to help their children practice for the National Eisteddfod, farmers across the community are well underway with lambing and hopefully, the spring flowers are fully bloomed, but with all this busyness, I hope you find time to relax and enjoy the celebrations.

St David is the only native-born patron saint of Britain and Ireland and was the founder of churches and settlements across Wales, Brittany and Southwest England. He made the famous pilgrimage to Jerusalem bringing back a stone that now sits on an altar at St David's Cathedral. St David was said to perform miracles, and although he died on the 1st of March in 589, his legacy still goes on. In his last speech to his followers, it is believed that he said the now very popular Welsh phrase, 'gwnewch y pethau bychain mewn bywyd' meaning 'do the little things in life.'

And so we should do the little things as we continue to celebrate his legacy. As a community, let's have spirit, generosity and kindness to our neighbours and our friends and let us appreciate the little things that we have that make us the proud community that we love. So as you read this, share a smile with the people you see, a laugh with the people you love, and as St David said, do the little things in life.

Sarah Astley.

Dydd Dewi Sant

Fel y byddwch yn darllen y rhifyn hwn o Gronici Caereinion, fe fydd dathliadau hyfryd Dydd Dewi Sant neu Wyl Dewi yn mynd rhagddynt yn brysur. Fel y bydd ein cymuned yn cynnwys y gwahanol rannau o'r byd o le y byddwn yn hanu, mae Dydd Dewi Sant yn gyfle i ni wirioneddol gofleidio ac edmygu popeth Cymreig. Ar yr adeg hon, rwy'n siŵr fod nifer o rieni yn paratoui i helpu eu plant i ymarfer ar gyfer Eisteddfod Genedlaethol yr Urdd, bydd ffermwyr ar draws y gymuned yn ddiwyd iawn gyda'r wyna ac fe fydd blodau'r gwanwyn, gobeithio, yn dechrau blodeuo'n llawn. Ond gyda'r holl brysurdeb hwn, rwy'n gobeithio y byddwch yn dod o hyd i amser i ymlacio ac i fwynhau'r dathliadau.

Dewi Sant yw'r unig nawddsant cynhenid a aned ym Mhrydain ac Iwerddon ac ef oedd sylfaenydd eglwysi ac aneddiadau ar draws Cymru, Llydaw a de orllewin Lloegr. Gwnaeth bererindod adnabyddus i Jerwsalem gan ddod â charreg yn ôl sy'n eistedd erbyn hyn ar allor Cadeirlan Tŷ Ddewi. Dywedir bod Dewi Sant yn cyflawni gwyrthiau, ac er iddo farw ar y 1af o Fawrth yn 589, mae ei etifeddiaeth yn parhau. Yn ei araith olaf i'w ddilynwyr, credir iddo ddweud yr ymadrodd Cymreig poblogaidd iawn erbyn hyn sef 'gwnewch y pethau bychain mewn bywyd'.

Ac felly dylem wneud y pethau bychain wrth i ni barhau i ddathlu ei etifeddiaeth. Fel cymuned, gadewch i ni gael ysbryd, haelioni a charedigrwydd tuag at ein cymdogion a'n ffrindiau, a gadewch i ni werthfawrogi'r pethau bychain sy'n ein gwneud yn gymuned falch yr ydym yn ei charu. Felly fel y byddwch yn darllen hyn, rhannwch wen gyda'r bobl y byddwch yn eu gweld, gan chwerthin gyda'r bobl rydych yn eu caru, ac fel dywedodd Dewi Sant, gwnewch y pethau bychain mewn bywyd. - Sarah Astley.

From St Mary's Church



We are now well into the New Year and Snowdrops are appearing along with lots of green shoots and buds heralding longer and warmer days as we move into Spring. There are already lambs in the fields and it will not be long before most of our farmers disappear into the lambing sheds for the main lambing season, always a tough time and so we hold them all in our prayers.

In the church we are approaching Lent, traditionally a time to give up something, but maybe this year we could collect an item of food every day to give to the Foodbank via the box in church or put a few pennies in a jar for things we are thankful for, for example, 5p if we have a TV or 2p for every tap in the house and so on, one thing per day. The money collected could then be given to charity.

We intend to have a Lent get-together every week, beginning on 1st March, looking at Faith, Hope and Love using an interactive video course from the Diocese. Details later. At the end of Lent is the celebration of Easter where we will look at various ways of preparing and celebrating, including Easter flowers in memory of loved ones, services of reflection, a Passover Meal and the creation of an Easter Tree for everyone to decorate.

Looking ahead we have the Coronation of the King on 6th May so we hope to have a flower festival in the church over that weekend to tie in with other events in the local community.

For many of us, the last year has been challenging and times have been hard to get through and some are still facing difficulties. The church is open every day as far as possible if you need a quiet space to just be and take stock. We are also happy to pray for you. Please let us know if you want us to pray for anything either by leaving a note in the prayer book on the table by the door or by email JaneJames@cinw.org.uk .

A sleeping world emerges to new possibilities,
weakening winter's icy grip,
and birdsong and bleating lamb announce
to all the promise
that in due season creation bursts into life.
And whilst leaves that fell in winter lie upon the
ground,
soon to feed the earth,
in nature's wondrous cycle of death and rebirth,
within the tree is a stirring of new growth.



- Found on: <https://www.faithandworship.com>

Oddi wrth Eglwys y Santes Fair

Rydym wedi symud ymlaen ymhell i mewn i'r Flwyddyn Newydd erbyn hyn ac mae'r Lili Wen Fach yn ymddangos ochr yn ochr â llawer o egin gwyrdd, gyda'r blagur yn cyhoeddi dechrau'r dyddiau hirach a chynhesach fel y byddwn yn symud tuag at y Gwanwyn. Mae ŵyn bach eisoes yn y caeau ac ni fydd hi'n hir tan y bydd mwyafrif ein ffermwyr yn diflannu i mewn i'w siediau wyna ar gyfer y prif dymor



wyna, sydd wastad yn amser anodd felly maen nhw oll yn destun ein gweddiâu.

Yn yr eglwys, rydym yn agosáu at y Grawys, sef amser yn draddodiadol i roi'r gorau i rywbeth, ond efallai eleni y gallem gasglu eitem o fwyd pob diwrnod i'w roi i'r Banc Bwyd trwy flwch yn yr eglwys neu roi ychydig geiniogau mewn jar ar gyfer pethau rydym yn ddiolchgar amdanynt, er enghraifft, 5c os oes gennym deledu neu 2c ar gyfer pob tap yn y tŷ ac ati, sef un peth y diwrnod. Yna gellid casglu'r arian i'w roi tuag at elusen.

Rydym yn bwriadu ymgynnull ar gyfer y Grawys pob wythnos, gan ddechrau ar y 1af Mawrth, i edrych ar Ffydd, Gobaith a Chariad trwy ddefnyddio cwrs fideo rhyngweithiol oddi wrth yr Esgobaeth. Mae manylion i ddod yn ddiweddarach. Ar ddiwedd y Grawys mae dathliad y Pasg lle byddwn yn edrych ar amrywiol ffyrdd o baratoi a dathlu, gan gynnwys blodau'r Pasg er cof am anwyliaid, gwasanaethau o fyfyrddod, Pryd o Fwyd y Pasg a chreu Coeden y Pasg i bawb ei haddurno.

Gan edrych ymlaen, mae gennym Goroniad y Brenin ar y 6ed Mai felly rydym yn gobeithio cael gŵyl flodau yn yr eglwys dros y penwythnos hwnnw i gyd-fynd â digwyddiadau eraill o fewn y gymuned leol.

I nifer ohonom ni, mae'r flwyddyn ddiwethaf wedi bod yn heriol ac mae adegau anodd i ddod trwyddynt gyda rhai yn dal i wynebu anawsterau. Mae'r eglwys ar agor pob diwrnod cyn belled ag sy'n bosibl os ydych angen lle distaw i fyfyrion ac ystyried. Rydym yn hapus i weddio drosoch chi. Rhowch wybod i ni os ydych chi eisiau i ni weddio ar gyfer unrhyw beth trwy naill ai adael nodyn yn y llyfr gweddi ar y bwrdd wrth y drws neu trwy anfon neges e-bost at JaneJames@cinw.org.uk.

St Mary's Clock



Hello everyone. The clock on St. Mary's Church has been a key part of our community since 1885. As many may remember a public meeting was held in November to discuss how we could get the clock working again. Since that time, several positive things have happened.

A committee has been formed with members from the local community, St. Mary's Church and the Town Council, they are currently meeting regularly.

The committee now has an updated quotation from the specialist company needed to make the repairs, they have been to the church and surveyed the clock. They have been able to identify the problem, which fundamentally is a bent spindle, also the wooden framework that supports the clock, is rotten and will need replacing.

The good news is that they reported the clock was otherwise in good condition. However, they will need to remove the clock and take it to their works in Derby to carry out the repair required. Whilst the clock is missing the necessary carpentry work will be done, and once completed the clock can be re-installed. Our target is to have completed this process in time to ring in New Year 2024.

The committee now has the task of raising the funds to allow this to happen. We need to raise £10k, to cover the costs of the repairs and to allow for ongoing maintenance in the future.

The committee is optimistic that available grants will meet much of this, however, the clock is such a key part of Llanfair we know that local businesses, as well as the wider community, will want to be part of the fundraising effort. To get the clock working by the end of the year we need your help to make it happen.

You can help in a number of ways:

1. Do you have an interesting or unusual idea, that would raise funds?
2. Would you like to assist in running an event?
3. Come along to fundraising events.
4. You could make a donation.

If you would like to donate towards the restoration of the clock you can do so in the following ways: -

Bank Transfer/BACS - Email the Chair, Sue Whitehouse at sue.whitehouse@outlook.com or Treasurer, Sam Webster alsamkelsie@aol.com

To donate visit our Just Giving page: Crowdfunding to "Bring Back Our Bong" on JustGiving

Or if you would prefer to send a cheque contact Sue at sue.whitehouse@outlook.com or call 07815099949 for details of where to send it.

Cloc y Santes Fair



Helo bawb. Mae'r cloc ar Eglwys y Santes Fair wedi bod yn rhan allweddol o'n cymuned ers 1885. Fel y bydd nifer yn ei gofio o bosibl, cynhaliwyd cyfarfod cyhoeddus ym mis Tachwedd i drafod sut y gallem gael y cloc nôl yn gweithio eto. Ers hynny, mae nifer o bethau positif wedi digwydd.

Mae pwyllgor wedi cael ei ffurfio gydag aelodau'r gymuned leol, Eglwys y Santes Fair a Chyngor y Dref ac maen nhw'n cwrdd yn rheolaidd ar hyn o bryd.

Erbyn hyn, mae'r pwyllgor wedi derbyn dyfynbris diweddar oddi wrth gwmni arbenigol sydd ei angen i wneud yr atgyweiriadau ac maen nhw wedi bod i'r eglwys gan archwilio'r cloc. Llwyddon nhw i ddynodi'r broblem, sef gwerthyd wedi plygu yn bennaf. Mae'r gwaith ffram bren sy'n cefnogi'r cloc wedi pydru ac fe fydd angen creu ffram newydd.

Y newyddion da yw iddynt ddweud fod y cloc mewn cyflwr da fel arall. Fe fydd angen iddynt symud y cloc fodd bynnag a mynd ag ef i'w gweithfeydd yn Derby i gynnal yr atgyweiriadau sydd eu hangen. Tra bydd y cloc oddi yno, bydd y gwaith saer angenrheidiol yn cael ei gynnal, ac unwaith y bydd hyn wedi'i gwblhau, gellir ail-osod y cloc. Ein targed yw cwblhau'r broses hon mewn amser i ddathlu'r Flwyddyn Newydd 2024.

Y dasg i'r pwyllgor nawr yw codi'r cronfeydd er mwyn caniatáu i hyn ddigwydd. Rydym angen codi £10k, i ddarparu ar gyfer costau'r atgyweiriadau ac i ganiatáu gwaith cynnal a chadw yn y dyfodol.

Mae'r pwyllgor yn optimistaidd y bydd grantiau sydd ar gael yn darparu ar gyfer llawer o hyn. Fodd bynnag, mae'r cloc yn rhan mor allweddol o'r Llanfair rydym yn ei adnabod fel ein bod yn gwybod y bydd busnesau lleol, ynghyd â'r gymuned ehangach, eisiau bod yn rhan o'r ymdrech codi arian. Er mwyn cael y cloc i weithio erbyn diwedd y flwyddyn, fe fyddwn angen eich help i wneud i hynny ddigwydd.

Gallwch helpu mewn nifer o ffyrdd:

1. A oes gennych syniad diddorol neu anarferol, a fyddai'n codi'r arian?
2. A fydddech yn hoffi helpu wrth gynnal digwyddiad?
3. Dod i ddigwyddiadau codi arian.
4. Gallech wneud cyfraniad.

Os hoffech gyfrannu tuag at adfer y cloc, gallwch wneud hynny yn y ffyrdd canlynol: -

Trosglwyddiad Banc /BACS – Anfonwch e-bost at y Cadeirydd, Sue Whitehouse ar sue.whitehouse@outlook.com neu'r Trysorydd, Sam Webster alsamkelsie@aol.com

I gyfrannu, edrychwch ar ein tudalen Just Giving: Codi arian tuag at yr ymgyrch Codi Arian "*Bring Back Our Bong*" ar JustGiving

Neu os byddai'n well gennych anfon siec, cysylltwch â Sue ar sue.whitehouse@outlook.com neu ffonio 07815099949 am fanylion am le i'w anfon.

Local girl represents Rygbi Gogledd Cymru

At the age of 12, Kelsie Webster, pictured right in her RGC kit, asked her parents if she could play rugby. Never having played before, she joined the boys at COBRA in the under-12's, halfway through the season. Although she had never played before, she soon found her position and remained until 14, when mixed teams were no longer allowed. Still with COBRA, she then joined the Rebels Girls Rugby Hub, run by the ladies' team who doubled as coaches.



As Kelsie grew older, fewer girls played rugby so she transferred to the under-15 girls' team at Oswestry Rugby Club where she was selected to play for the North Midlands squad. Her talents were recognised, and she was invited to join the Worcester Warriors Centre of Excellence, where she remains.

Recently she attended trials for RGC and was successful in being selected to represent them in their under-18 squad and has played against Cardiff Blues, Dragons, Scarlets and Ospreys.

Along with her parents, we wish Kelsie every success in her future in the rugby world, hoping she goes from strength to strength.

Right: Kelsie scoring a second try against the Ospreys which they won 29-8.



Merch leol yn cynrychioli Rygbi Gogledd Cymru

Yn 12 mlwydd oed, gofynodd Kelsie Webster, sydd yn y llun ar y dde yn ei chit RGC, i'w rhieni a allai chwarae rygbi. Er nad oedd erioed wedi chwarae o'r blaen, ymunodd â'r bechgyn yng nghlwb COBRA o fewn y tîm dan 12 oed, hanner ffordd trwy'r tymor. Canfu ei safle yn fuan, er bod chwarae rygbi yn newydd iawn iddi, a pharhau yno tan yn 14 mlwydd oed, pan nad oedd timau cymysg yn cael eu caniatáu bellach. Gan barhau gyda COBRA, ymunodd wedi hynny gyda'r Hyb Rygbi Merched Rebels, a gynhaliwyd gan y tîm merched hŷn a oedd yn gweithio fel hyfforddwyr hefyd.



Wrth i Kelsie dyfu'n hŷn, roedd llai o ferched yn chwarae rygbi felly trosglwyddodd i dîm merched dan 15 oed yng Nghlwb Rygbi Croesoswallt lle cafodd ei dewis i chwarae ar gyfer sgwad Gogledd Canolbarth Lloegr. Cafodd ei thalent ei gydnabod, a derbyniodd wahoddiad i ymuno â Chanolfan Ragoriaeth Worcester Warriors, lle mae hi'n parhau.

Yn ddiweddar, mae hi wedi mynychu treialon ar gyfer RGC ac roedd hi'n llwyddiannus wrth gael ei dethol i'w cynrychioli hwy yn eu sgwad dan 18 mlwydd oed, gan chwarae yn erbyn Gleision Caerdydd, y Dreigiau, y Sgarlets a'r Gweilch.

Ynghyd â'i rhieni, rydym yn dymuno pob llwyddiant i Kelsie yn y dyfodol o fewn y byd rygbi, gan obeithio y bydd hi'n mynd o nerth i nerth.

Ar y dde: Kelsie yn sgorio ail gais yn erbyn y Gweilch lle enillon nhw 29-8.



Encil Melangell

As you may have seen, there has been lots of busy action coming from Victoria House on Bridge Street, with the cobwebs having a dusting and the walls receiving a lick of paint, but what is happening in the old bakery?

Well, on Wednesday the 1st of March Encil Melangell, a Complementary Therapy Day Retreat, is opening at Victoria House. Organised by Amber Searle, the doors of Victoria House will be open once again for people to drop in and say hello, stop for a cup of tea or collect a bunch of daffodils to celebrate St David's Day.

Excited to see you all, Amber will be hosting another session on the 8th of May, taking part in 'The Big Help Out' by volunteering 30-minute reflexology sessions to those living locally throughout the day, please be aware that booking is essential.

Amber says, "since moving back to Wales in 2019, I have completed the DPJ Mental Health Foundation awareness training, and provided treatments for people accessing local mental health services and hospice support, in addition to individual clients and small groups."

For more information go to, www.encilmelangell.com

Advertise here for £20 per annum

**Contact: sarahastley@hotmail.com or
ursulagriffiths1953@gmail.com**

Encil Melangell

Fel y byddwch wedi'i weld o bosibl, mae llawer o weithgaredd prysur wedi bod yn digwydd yn Nhŷ Victoria ar Stryd y Bont, gyda gwe pry cop yn cael eu 'sgubo ymaith a'r waliau yn cael cot o baent newydd, ond beth sy'n digwydd yn yr hen fecws?

Wel, ar ddydd Mercher y 1af Mawrth, mae Encil Melangell, Canolfan Ddydd ar gyfer Therapiau Cyflenwol, yn agor yn Nhŷ Victoria. Wedi'i drefnu gan Amber Searle, bydd drysau Tŷ Victoria yn agor unwaith eto i bobl alw heibio a dweud helo, dod draw am baned neu gasglu tusw o gennin pedr i ddathlu Dydd Dewi Sant.

Bydd Amber, sy'n gyffrous i'ch gweld i gyd, yn cynnal sesiwn arall ar yr 8fed Mai, gan gynnig sesiynau adweitheg 30 munud o hyd i'r sawl sy'n byw yn lleol trwy gydol y dydd, felly byddwch yn ymwybodol fod cadw lle yn hanfodol.

Dywed Amber, "Ers symud yn ôl i Gymru yn 2019, rwyf wedi cwblhau hyfforddiant ymwybyddiaeth Sefydliad Iechyd Meddwl DPJ, ac wedi cynnig triniaethau i bobl sy'n cael mynediad at wasanaethau iechyd meddwl a chefnogaeth gan hosbisau lleol, yn ychwanegol at gleientiaid unigol a grwpiau bychain."

Am ragor o wybodaeth, edrychwch ar, www.encilmelangell.com

COBRA take on the Doddie Cup 555



Ten cyclists took on the challenge of riding the 555 miles from Cardiff to Edinburgh; a gruelling route via rugby clubs across Wales, England and Scotland; raising money for the My Name's Doddie Foundation, supporting their quest to find a cure and support families who have members suffering from MND. The club were approached by the foundation and have made it their nominated charity.

Congratulations to James Watkin, Gareth Smith, Duncan Hamer, Rob Evans, Jolyon Henry, Iestyn Pryce, Phil Birchall, Huw Tudor and Alun Humphreys for completing the course.

The group set off on the morning of Thursday 9th February, travelling via Meifod and finished on Saturday in time for the Scotland vs Wales Six Nations match. The chief supporter was Dee Watkin who completed three of the rides as part of the team and did the driving.

Prior to the challenge, a weekend of fundraising included donations and selling cakes at Youth matches, 70s/80s/90s fancy dress and raffle and bingo. £230 was realised at a quiz held at the Black Lion with ten teams competing. £8,500 has been raised which is hoped, through support from family, sponsors and the fantastic wider community that they live in to have a final figure exceeding £10,000. Anyone interested in supporting their worthy cause can do so through their JustGiving page.

<https://www.justgiving.com/team/COBRA>

COBRA yn cymryd rhan yn Her Seiclo Doddie Cup 555



Derbyniodd deg o seiclwr yr her o feicio'r 555 o filltiroedd o Gaerdydd i Gaeredin; taith lafurus heibio clybiau rygbi ar draws Cymru, Lloegr a'r Alban, gan godi arian ar gyfer Sefydliad My Name's Doddie, i gefnogi eu hymgyrch i ganfod gwellhad ac i gefnogi teuluoedd sydd ag aelodau yn dioddef o MND. Roedd y sefydliad wedi cysylltu â'r clwb a gwnaethpwyd yr elusen yn elusen enwebedig y clwb. Llongyfarchiadau i

James Watkin, Gareth Smith, Duncan Hamer, Rob Evans, Jolyon Henry, Iestyn Pryce, Phil Birchall, Huw Tudor ac Alun Humphreys am gwblhau'r cwrs.

Dechreuodd y grŵp ar fore dydd Iau gŵed Chwefror, gan deithio trwy Feifod a gorffen ar y dydd Sadwrn mewn amser ar gyfer gêm Chwe Gwlad Cymru yn erbyn Yr Alban. Y prif gefnogwr oedd Dee Watkin a gwblhaodd dair taith feicio fel rhan o'r tîm a gwneud y gwaith gyrru.

Cyn yr her, cafwyd penwythnos o godi arian yn cynnwys rhoddion a gwerthu cacennau mewn gemau leuentid, digwyddiad gwisg ffansi 70au/80au/90au a raffl a bingo. Cafodd £230 ei godi mewn cwis a gynhaliwyd yn y Llew Du gyda deg tîm yn cystadlu. Mae £8,500 wedi cael ei godi gyda'r swm yn codi i dros £10,000 gobeithio trwy gefnogaeth teulu, noddwyr a'r gymuned ehangach wych. Gall unrhyw un sydd â diddordeb mewn cefnogi eu hachos teilwng wneud hynny trwy eu tudalen JustGiving.

<https://www.justgiving.com/team/COBRA>

Knit and Natter



Is anyone free on Wednesday mornings?

If so, join in the fun at the Institute from 10 am to 12 pm to knit and or just natter. Every third Wednesday with plenty of patterns to share. Red wool is available to knit more poppies. We don't meet in July or August.

A big thank you to all those who knitted the lovely children's wear which has been donated to the Salvation Army.

Above: Mrs Shirley Jones displaying one of the colourful items with a member of staff.

Llanfair Caereinion W.I.

We meet at the Institute in Llanfair on the second Thursday of the month at 7 pm.

Our March meeting will be on the 9th when two of our members will be running a crafting evening, all materials will be supplied. The subject will be revealed on the night!

Why not come along, we are looking for new members, all are welcome.

Contact Chrissie Menzies on 01938 820495

Knit and Natter



A oes unrhyw un yn rhydd ar foreau dydd Mercher?

Os felly, ymunwch yn yr hwyl yn yr Institiwt o 10am hyd at 12pm i weu neu sgwrsio yn unig. Pob trydydd dydd Mercher gyda digonedd o batrymau i'w rhannu. Mae gwlan coch ar gael i weu mwy o babïau coch. Nid ydym yn cwrdd ym mis Gorffennaf nac Awst..

Diolch enfawr i bawb i fu'n gweu'r dillad plant hyfryd a gyfrannwyd tuag at y

Fyddin Iachawdwriaeth.

Uchod: Mrs Shirley Jones yn arddangos un o'r eitemau lliwgar gydag aelod o staff.

Sefydliad y Merched Llanfair Caereinion

Rydym yn cyfarfod yn yr Institiwt yn Llanfair ar yr ail ddydd Iau o'r mis am 7 pm.

Bydd ein cyfarfod ym mis Mawrth ar y 9^{fed} gyda dau o'n haelodau yn cynnal noswaith grefftau, gyda'r holl ddeunyddiau'n cael eu cyflenwi. Bydd y testun yn cael ei ddatgelu ar y nos!

Beth am ddod heibio, rydym yn chwilio am aelodau newydd ac mae croeso i bawb.

Cysylltwch â Chrissie Menzies ar 01938 820495

Walking Football



Are you taking the ...? that sounds ..., and why? What would cause these responses? Is it how much we charge at the gate to come and watch Llanfair United? Is it asking my football-hating wife if she fancies coming on an away trip to Bow Street FC on the train this season or is it like asking my late teen kids if they would like to help with the household chores?

The answer is none of the above, though it could easily be any of them, they are the replies when I suggest to my friends that they might want to try giving walking football a go.

To be fair, they were my answers until March 2022, but now I have the bug big time. For me, it's brilliant. Yes, I could technically play veteran's football, but I am not sure that I want to play on a full-size pitch and face the physical side of the game. So, it's a 5-a-side pitch,

no tackling, no running, no overhead height, and a lot of walking. I was very sceptical about trying it at first but I have been converted and can't understand why people who are my age, who have played and miss playing, don't give it a go. It may sound boring and you might think that you are too young to try it, but I would suggest to anyone reading this that if you still play running football, try walking football one day, maybe 5 minutes in a training session to see how hard it is, you are still thinking about your position, your teammate's position and making the correct pass, just without running.

Llanfair United FC has formed a team which will enter a league this season. We have had a few friendlies and really enjoyed them. Several members have been to training sessions with Wales over 50s and 60s and whilst no one has been selected to play this time around it does show that the opportunity is there to play for your national team.

- Paul Burns

Adfa & Cefn Coch Women's Institute

We don't often win prizes for our jam-making or cake-baking skills but we do like to have fun! We meet at Adfa Village Hall on the second Monday of each month at 7.30 pm.

March 13th - Sam Farr from Skin Care Bootique - learn about natural handmade soap and skincare, made by a local, family-run business.

April 10th - Watercolour Doodle - create your own easy and simple masterpiece for framing, or make cards & bookmarks with it.

Ladies are invited to join us for up to 3 meetings per year free of charge. Lifts could be arranged from Llanfair Caereinion with existing members. Contact Nicky Walters on 01938 810112 / Text or WhatsApp 07726268004

Pêl-droed Cerdded



Ydych chi o ddifrif ...? mae hynny'n swnio'n a pham? Beth fyddai'n achosi'r ymatebion hyn? Ai'r pris a godwn wrth y giât i ddod a gwylio Llanfair Unedig? Ai gofyn i'm gwraig sy'n casau pêl-droed os ydyw awydd dod ar daith oddi cartref i

Glwb Pêl-droed Bow Street ar y trê'n y tymor hwn neu a yw'n debyg i ofyn i'm plant yn eu harddegau hwyr os byddent yn hoffi helpu gyda thasgau o amgylch y tŷ?

Yr ateb yw dim o'r uchod, y gallai fod yn un ohonynt yn hawdd.

Dyma'r atebion pan awgrymaf i'm ffrindiau y byddent o bosibl eisiau rhoi cynnig ar bêl-droed cerdded.

A bod yn deg, dyma oedd fy ymateb tan fis Mawrth 2022, ond nawr rwyf wedi cael troedigaeth lwyr. I mi, mae'n wych. Ie, gallwn yn dechnegol fod yn chwarae pêl-droed hŷn, ond dydw i ddim yn siŵr fy mod eisiau chwarae ar gae maint llawn ac wynebu ochr gorfforol y gêm. Felly, mae'n gae 5 yr ochr, dim taclo, dim rhedeg, dim cicio'r bêl dros uchder y pen, a llawer o gerdded. Roeddwn yn amheus iawn am roi cynnig ond rwyf wedi cael troedigaeth ac ni allaf ddeall pam nad yw pobl o'm hoedran i, sydd wedi chwarae ac yn colli chwarae, ddim yn rhoi cynnig arno. Efallai ei fod yn swnio'n ddiflas ac efallai eich bod yn meddwl eich bod yn rhy ifanc i droi eich llaw ato, ond fe fyddwn yn

awgrymu i unrhyw un sy'n darllen hwn ac yn dal i chwarae pêl-droed, i roi cynnig ar bêl-droed cerdded un diwrnod. Efallai 5 munud mewn sesiwn hyfforddi i weld pa mor anodd ydyw, a ydych dal i feddwl am eich safle, safle eich cyd-chwaraewr ac yn gwneud y pas cywir, heb redeg yn unig.

Mae Clwb Pêl-droed Llanfair Unedig wedi ffurfio tîm a fydd yn cymryd rhan mewn cynghrair y tymor hwn. Rydym wedi cael ambell i gêm gyfeillgar ac wedi eu mwynhau o ddirif. Mae nifer o aelodau wedi bod i sesiynau hyfforddi gyda thimau dros 50au a 60au Cymru ac er na chafodd neb eu dewis i chwarae y tro hwn, mae'n dangos fod y cyfle yno i chwarae ar gyfer eich tîm cenedlaethol.

- Paul Burns

Sefydliad y Merched Adfa & Cefn Coch

Efallai nad ydym yn ennill gwobrau am ein sgiliau gwneud jam neu gacen ond rydym yn hoffi cael hwyl! Rydym yn cwrdd yn Neuadd Bentref Adfa ar yr ail ddydd Llun o bob mis am 7.30 pm.

13eg Mawrth - Sam Farr o Skin Care Bootique – dysgwch am sebon a deunyddiau gofal llaw naturiol a wneir â llaw gan fusnesau teuluol lleol.

10fed Ebrill – Sesiwn dwldo dyfrlliwiau – ewch ati i greu campwaith hawdd a syml eich hunan i'w fframio, neu wneud cardiau a nodau llyfr gyda'ch cynnyrch.

Gwahoddir gwragedd i ymuno â ni am hyd at 3 chyfarfod y flwyddyn yn rhad ac am ddim. Gellir trefnu lifftiau o Lanfair Caereinion gydag aelodau presenol. Cysylltwch â Nicky Walters ar 01938 810112 / Neges destun neu WhatsApp 07726268004

A Wedding for a Good Cause



As many know, our Harri was one of 3 boys airlifted from the bus crash at Llanfair School last May. The care and treatment that he received from the paramedics at the

scene and during the flight and then from the team at Alder Hey Children's Hospital was second to none. We were blessed to have such a wonderful service to rescue him within minutes of the accident.

After such a traumatising incident and a summer of caring for Harri, some much-loved friends finally managed to get Alun to agree to a wedding – something good to look forward to! It was organised at speed (nobody wanted to give him a chance to change his mind!!) and, having already lived together for a number of years, it was decided that instead of presents, people would be asked to donate towards Wales Air Ambulance.

Our small community is so grateful and thankful to have the Air Ambulance nearby that one small wedding raised £2350! Harri proudly took the money to the airfield last week and said thank you to two paramedics that looked after him.

- Lexi and Alun Davis Gelli Gethin



Priodas ar gyfer Achos Da



Fel y bydd nifer ohonoch yn gwybod, roedd ein Harri ni yn un o'r 3 bachgen a gludwyd mewn ambiwlans awyr o'r ddamwain bws yn Llanfair y mis Mai diwethaf. Roedd y gofal a'r driniaeth a dderbyniodd oddi wrth y

parafeddygon ar safle'r ddamwain ac yn ystod yr ehediad, ac yna oddi wrth y tîm yn Ysbyty Plant Alder Hey yn ail i ddim. Roeddem wedi ein bendithio i gael gwasanaeth mor wych i'w achub o fewn ychydig funudau o'r ddamwain.

Wedi digwyddiad mor trawmatig a haf o ofalu am Harri, llwyddodd ambell i ffrind annwyl iawn i gael Alun i gytuno i briodi o'r diwedd – rhywbeth da i edrych ymlaen ato! Trefnwyd y briodas yn gyflym (doedd neb eisiau rhoi cyfle iddo newid ei feddwl!!) a gan ein bod wedi byw gyda'n gilydd am nifer o flynyddoedd eisoes, penderfynwyd y byddem yn gofyn i bobl gyfrannu tuag at Ambiwllans Awyr Cymru, yn hytrach na rhoi anrhegion.

Mae ein cymuned fechan mor werthfawrogol a diolchgar i gael yr Ambiwllans Awyr gerllaw fel bod un briodas fach wedi codi £2350. Aeth Harri â'r arian yn falch i'r maes awyr yr wythnos diwethaf a dweud diolch i'r ddau barafeddy a ofalodd amdano.

- Lexi ac Alun Davis Gelli Gethin



Blast from the Past



Clockwise from centre front: Arwyn Evans, Emlyn Evans, Llinos Evans, Margaret Morris, Alwenna Williams, Gwyneth Griffiths, Gwylfa Griffiths, Elfed Morris and Alun Wiliams.

Submitted by Elwyn Griffiths.

If anyone has any historical photographs with relevance to Llanfair, please send them to Sarah Astley or Ursula Griffiths- Contact numbers found at the back of the issue.

Llun o'r Gorffennol



Clocwedd o'r blaen canol: Arwyn Evans, Emlyn Evans, Llinos Evans, Margaret Morris, Alwenna Williams, Gwyneth Griffiths, Gwylfa Griffiths, Elfed Morris ac Alun Wiliams.

Cyflwynwyd gan Elwyn Griffiths.

Os oes gan unrhyw un ffotograffau hanesyddol o unrhyw fath sy'n berthnasol i Lanfair, anfonwch hwy at Sarah Astley neu Ursula Griffiths- Gellir canfod rhifau cyswllt ar gefn y rhifyn.

St Davids Wordsearch



O V M E U F C Y D X F R C L C H Z H D S
 Z M R F O C I A C K P X Z R C L P Y P B
 E R F R X J F W E S N D Y M I J C J E X
 J L M I Q F C J N N N F E V O D C S D N
 V W L M O V I K S L J E N D Z A J U Y G
 T N Z D A Z H S F W C A S B W Z B N R G
 H M I G P R R Q S U C S Z L U G J O S B
 R L Y X Z T C U A C P T S Q W R T U W I
 S I N P D G L H G I I J A R G K G S Z N
 N T D R O P B F R J Q D G P L P U G R O
 V C A D H K A P G X E D G E A R L S G K
 X A I H A Y W G D K T V X S V T H H H O
 P Q J C S N Y Y W Q Y A C N I K P D D C
 F Y W T F U X N X A S F B Z T O U B P D
 W J D L B D H O J A Y K K O S L J F A O
 Q Z H F X Z C A I T S J U U E F I B T F
 R S L T N D W N I T C O C E F S G H R C
 L E G E N D T N O I T I D A R T E Q O Q
 G P D Q H J U W S M O R V F S B J L N K
 P L N A M M V S S J S Z S D H T V N A P
 E W A O M Y K L H O C O G R O O L K A W
 C G M O G E G V S K Y D A V I D F E J D
 A O C B E A L C L E M O A C X B X P O Z
 N B E L N H R U E D R F H W D W Z E G J
 Q B N J E P S D W R U F B P R Q S J Z S



Castle
 Cymru
 Dove
 Festival
 March
 Tradition



Cawl
 Daffodils
 Dragon
 Leeks
 Patron
 Wales



Community
 David
 Feast
 Legend
 Saint
 Welsh

VOLUNTEERING AT THE WELSHPOOL & LLANFAIR STEAM RAILWAY



The steam railway starts its season on 1st April running services between Llanfair Caereinion and Welshpool Raven Square providing. Full details of our season are shown on the website at www.wlfr.org.uk

As the season starts there are opportunities for volunteering and joining our wonderful band of friendly volunteers.

If you feel you would like to be part of this wonderful heritage railway now is your chance.

We are looking for volunteers in all sections but in particular the following:

Steam train drivers (previous experience required)

Operational staff (Guards, Station Managers)

Retail assistants (serving in our shops)

Heritage (stewards in our museum)

Track Gang

Mid-week maintenance gang

Full training given. No experience required for most roles.

If you feel the urge to find out more please contact us for more details by either:

Email: volunteerliaison@wlfr.org.uk

or telephone 07767 267830

or write to the railway at WLLR Llanfair Caereinion Station SY21 0SF.

Website www.wlfr.org.uk

Llanfair Caereinion Town Council
presents
The King's Coronation event's



Friday 5th May

Band, dancing, licensed bar and hog roast
at the Institute starting at 7pm

Inclusive price for entry & food is £12 a head

To book email Llanfairtownclerk@mail.com

Limited space so book early to avoid disappointment

Saturday 6th May

Coffee morning with the coronation on the big screen in the Institute
Youth Room

Saturday 6th May

Party with lunch in the Institute starting at 1pm. children's disco, bouncy
castle and more.

Sunday 7th May

9pm meeting in St Mary's Churchyard
Lighting of beacon



Full details at www.llanfairtowncouncil.co.uk



Excerpts from the newsletter of Russell George, SM

I was pleased to lead the debate in the Senedd on the proposed closures of the Welshpool and Caernarfon Air Ambulance bases. Most debates that are brought forward in the Senedd must be accompanied with a motion that is voted on. I was grateful for the many Senedd members across parties that supported the proposal calling for the Welsh Govt to work with its NHS partners and the charity to ensure that air ambulance bases in Welshpool and Caernarfon remain in operation. Sadly, this proposal was successfully amended by Welsh Government and its Senedd Members.

We are now waiting for the engagement process to start. This was due to start in early January. As soon as we have news of the start of the engagement process, I will be sharing this widely to ensure we get the maximum number of responses.

During December, I held a Cost of Living Fair jointly with Craig Williams MP. The Fair attended by a wide variety of organisations and companies sharing advice, tips and guidance with residents about how to manage rising costs. One of the organisations who attended was Hafren Dyfrdwy who had helpful hints about reducing water usage. Their new website www.getwaterfit.com compiles their guidance and includes the opportunity to order water-saving devices for your home.

On January 27th, Craig Williams MP and I were pleased to attend a breakfast meeting of the Farmers Union of Wales as part of their efforts to champion local produce.

FUW's Farmhouse Breakfast week reminds us of the importance of a balanced breakfast, the superb local produce that Welsh farmers can supply and of the need for politicians to discuss issues with the agricultural sector.

Dates for your Diary!



March-

1st- Encil Melangell opening in Victoria House

9th- 7 pm, W.I., Institute

13th- 7:30 pm, WI, Adfa Village Hall

15th- 10 am-12 pm, Knit and Natter in the Institute

April-

17th- 10 am-12 pm, Knit and Natter in the Institute

10th- 7:30pm, WI, Adfa Village Hall

Hall Hire Details-

The Institute: Contact Llanfair Institute Facebook/messenger or call

Pauline Bennett on 07814 274472

The Leisure Centre: 01938 810634

The Bowls Club: Contact Mark 07808804559

Rhiwhiriath Community Centre: Contact Arwel on 07890710153

Manylion Hurio'r Neuadd-

Y Sefydliad: Cysylltwch â Llanfair Institute Facebook/messenger

neu alw Pauline Bennett ar 07814 274472

Y Ganolfan Hamdden: 01938 810634

Y Clwb Bowlio: Cysylltwch ag Mark ar 07808804559

Canolfan Gymunedol Rhiwhiriath: Cysylltwch ag Arwel ar

07890710153

Cyngor Tref Llanfair Caereinion

Town Councillors/ Y Cynghorwyr Tref

<p>Cllr Ian Davies (Chair/Cadeirydd) Independent Annibynnol 01938 810602</p>	<p>Cllr Rob Astley (Vice Chair/Is- Gadeirydd) Independent Annibynnol 01938 810393</p>
<p>Cllr Sarah Astley Independent Annibynnol 07484 543020</p>	<p>Cllr Hazel Davies Independent Annibynnol 01938 810152</p>
<p>Cllr Cadvan Evans Independent Annibynnol 07813 194862</p>	<p>Cllr Viola Evans Independent Annibynnol 01938 810481</p>
<p>Cllr Ursula Griffiths Independent Annibynnol 07794 499202</p>	<p>Cllr Gareth Jones Independent Annibynnol 07713 988017</p>
<p>Cllr Melvin Jones Independent Annibynnol 07773 591895</p>	<p>Cllr Mark Owen Independent Annibynnol 07767 267830</p>
<p>Cllr Geraint Peate Independent Annibynnol 01938 810657</p>	<p>Cllr Sam Webster Independent Annibynnol 07711 293196</p>

Eich Cynghorydd Sir yw -Your County Councilor is
Cllr Gareth Jones- 07713 988017

Robert Robinson, Town Clerk/Clerc y Dref –

07767 267830

Council Meetings/Cyfarfodydd y Cyngor:

4th Monday of the month at 7pm/ 4ydd dydd Llun y mis am 7 p.m.

All meetings are held in the Youth Room of the Institute/ Cynhelir pob cyfarfod yn Ystafell Ieuenctid yr Institiwt Agenda and minutes on the website at/

Mae'r Agenda a'r Cofnodion ar y Wefan yn

www.llanfairtowncouncil.co.uk

M P FOULKES

Adfa

Newtown

Powys

SY16 3DB

Tel 01938 810255

Mobile 07751430701

Email terry.foulkes@virgin.net



**TOP TOWN
BARBERS**



High Street, Llanfair Caerinion SY21 0QS

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OPENING TIMES

Tuesday	9am - 6pm
Wednesday	11am - 7pm
Thursday	11am - 7pm
Friday	9am - 6pm
Saturday	9am - 4pm

LUNCH TIMES

Tuesday to Friday	2pm - 3pm
Saturday	12pm - 1pm



Treatment of sporting and non-sporting injuries

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Strength and Conditioning

Musculoskeletal Correctional Programmes

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Memorial Fingerprint Pendants

We believe that everyone should have a way to carry a little piece of someone they love with them, even when they have passed away.

We specialise in creating beautiful, bespoke silver pendants in memory of loved ones.

We hope that our jewellery brings some comfort and peace to our clients.

We are happy to answer any questions

Mel Bird 075 962 33 578

info@rayvenstudios.co.uk



POSITIVE FLAMES

HAND Poured IN WALES

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We create small batch, hand poured:

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- Wax Melts
- Reed Diffusers
- Luxury Body and Hand Soaps

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NEWSLETTER15

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Email: Carasmith17@hotmail.com

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Weddings, Gift Bouquets, Tributes

A J'S SALON
ANN & KATHY

APPOINTMENTS NOT ALWAYS NECESSARY

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Powys
SY21 0RZ
01938 811227



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Cuts | Blowdrys | Sets | Perms
Barbering | Colouring Techniques

BEAUTY

Waxing | Tinting | Gel Polish
Manicures & Pedicures | Eyelash lift | Henna Brows

OPENING HOURS

Mon 9-3 Tues 9-5 Wed CLOSED Thurs 11-8 Fri 9-5 Sat 9-3

Appointments not always necessary
Flexible working hours can be arranged

HOW TO FIND US

We are only a 5 minute drive from Llanfair Caereinion!

MID WALES ALPACAS
TREK & EXPERIENCE

07791792271 www.midwalesalpacas.co.uk info@midwalesalpacas.co.uk

Address: Mid Wales Alpaca, Llanfair Caereinion, Powys, SY23 3AA

Directions: We are located on the B4400, 500m south of the junction with the B4400. We are located on the B4400, 500m south of the junction with the B4400.

07791792271

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3PM - CLOSE

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5.30PM - 8PM

SATURDAY
12PM - 8PM

SUNDAY
12PM - 3PM



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Contact Rhianon

07508314807



Trefaldwyn Vets



M'S.R.C.V.S

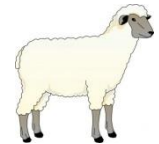
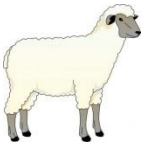
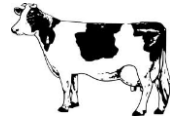
Veterinary Surgeons

Pool Road, Montgomery SY15 6EU

Tel: Montgomery: 01686 668234

Llanfair Caereinion: 01938 810087

Website: www.trefaldwynvets.com



Small Animal Surgery hours by appointment

Montgomery

Mon – Fri 0830-1800

Saturday 0900 – 1300



Llanfair Caereinion

Monday, Tuesday and

Thursday 0900 - 1630

Wednesday and Friday

1400 - 1630



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