



ABERHAFESP COMMUNITY NEWSLETTER

Charity No. 1043185 **WINTER 2022/23**

COMMUNITY CENTRE

I am writing this in a cold kitchen, looking out on a frosty garden. The dog has rushed out to chase a squirrel, and done a 6 foot skid on the ice. He enjoyed it so much that he repeated the performance. It just reminded me that those of us who are older, and with only 2 legs must be a bit more cautious!

We have had a good Autumn in the hall, as the pop-up coffee and chat mornings on the 2nd and 4th Fridays of each month, have been really popular, and we've all enjoyed them. The first one was on September 9th. Nigel and Rachel have also been doing the pop-up pub nights, in "The Wander Inn" with table tennis and darts being played as well as the drinks, crisps and nuts going down well. Many thanks to you two!

The traditional Harvest Supper on the 8th October was very successful, with about 90 people sitting down to a delicious cold supper, with the usual scrumptious puddings, and music from our new sound system at such a level that it was possible to talk.

On November 12th there was a big bowls tournament in the hall, and a member of one of the other teams suffered a cardiac arrest. The defibrillator from the front of the hall was used, and his life was saved. Also, we had the post code of the hall up in the foyer, which saved time when calling the ambulance. This just shows how important defibrillators are, especially in rural areas. Which is another reason for trying to keep our Welshpool Air Ambulance, as we're so far from a general hospital. Health wise, I feel we are the "poor relation" of Wales in Powys.

By coincidence, the coffee morning on Saturday November 19th had been designated as one to raise funds for the upkeep of our three defibrillators, and it was a marvellous morning, and very well attended, so thanks to everyone for their support. We had seven lovely stalls, with very festive Christmassy things – from flashing decorations, quilted presents, cakes, pictures, toys and John Williams' wooden gifts. As usual the brilliant bacon butties were one of our favourite things. We made a marvellous £580 which, with £130 still in the defibrillator kitty, should keep them going in pads and batteries for the next year.

The last thing on the Autumn agenda was the Quiz Night, on December 3rd, organised by John Bateson and his wife Alison. The quiz was a very interesting and unusual one, and quite hard but I think everyone enjoyed it, and the hall was full of happy people. As we hadn't sold tickets in advance, we had done a "guestimate" of the probable numbers, when doing the snack supper, but we were right at about 60, and full marks to all who turned out on such a cold nasty night. Full marks too to our "Quizmaster" himself and his wife, who cycled down with equipment for scoring the quiz carried on their backs. Thank you John and Alison!

The last thing is to wish everyone a very jolly and enjoyable Christmas, with lots of presents, and good eating and drinking with families and friends, and we can now look ahead to a Happy 2023.

Maddy Thornton: Chair

**JOIN US AT THE
'WANDER INN'
POP-UP PUB**

FRIDAY EVENINGS
BAR/TABLE/TENNIS/DARTS/
DOMINOES

from 6pm



**FRIDAY
MORNING
POP-UP**



10-12 noon

A warm space to meet and chat
2nd and 4th Friday of each month
(subject to occasional change)

COMMUNITY CENTRE HALL HIRE

So, you and your friends have a problem. You share a common interest, perhaps you might call it a common passion, but there is the need for suitable premises for that one evening a week when you all get together. Oh, there are various halls and rooms dotted around but do they really answer all your needs?

Perhaps you need a stage and lighting but you also need to accommodate an audience too, so the size of premises is important. Large numbers require adequate toilet facilities and somewhere to park off road, no one wants to walk far on a wet winter's night. Then there is the need for refreshment facilities even if it is just for a 'cuppa' at the end of your get together. Dancing, acting, singing? Then you will be needing a sound system and a hearing loop for those who struggle to catch everything that is said, and of course you don't want anywhere that is freezing cold and uninviting do you? An impossible ask, give up, no such place for miles around.

Oh yes there is!

Aberhafesp Community Hall

Suitable for	Dance, choral activities, yoga, aerobics, musicals, acting, keep fit, birthday parties, christenings, funeral wakes, retirements, handicraft, quiz nights, whist drives, lectures and talks, conferences and team building activities, promotions and demonstrations, model clubs, etc.
The Hall offers	Tarmac parking for thirty cars, plus grassed overflow in summer months. Adequate toilet facilities plus baby changing. Modern sound system with hearing loop. Very well equipped kitchen. Stage with curtains and lighting. Excellent floor, heating and lighting. Able to accommodate up to 100 people. Defibrillator mounted next to the main entrance. A Fully licenced bar is available for hire on request.
The cost	£15 per hour for single or spasmodic bookings. Block bookings, for example, perhaps once a fortnight during the winter months, can be arranged at beneficial rates.

Booking forms are available from: Graham Green 01686 651225 graham.green2@btinternet.com

Note: We also have an 8x4mtr marquee and a 6x3mtr gazebo for hire for off site private functions. For details and booking forms contact: Nigel Hamer 01686 650702 nigelhamer68@hotmail.com

ST GWYNOG'S CHURCH

We continue our services which are held on the first Sunday of the month at 9am (Holy Communion) and the third Sunday at 9.30am (Morning Prayer) and we look forward to seeing you.

We will in January be holding our joint service with Rhydfelin at 2.30pm on 29th January in St Gwynogs.

We also hold an 11am short service on the second and fourth Wednesdays of the month.

Morning Prayer on second Wednesday and Holy Communion on fourth Wednesday.

We were very blessed with the weather for our outdoor Remembrance service on 13th November. We were delighted that members of the Community were able to join us and we thank Pat Beck for carrying the cross down to the Memorial, as well as Peter for the commendation, Christine for the epitaph and Richard as the time keeper.

We continue to enjoy the Fair Trade coffee mornings each month. We will not be having a coffee morning in January but we are hoping to have our snowdrop teas in January/February but no dates yet as we don't know when the snowdrops will wake up!



At the December coffee morning we were delighted to present Joyce and Mike Hughes with a bouquet of flowers - a late celebration for their 50th Wedding Anniversary. Joyce was the main founder of the Fair Trade shop and Mike our Barista making coffee.

We would also like to thank all our helpers and cake providers who all work so hard. We thank you for your help and continued support for the coffee mornings.

Thank you to everyone who helped and supported us at our Christmas services and to the community for supporting us over the past year.

Click [this link](#) to view the amazing film giving a history of how the Fairtrade Coffee mornings were started.

LOCATIONS OF REGISTERED DEFIBRILLATOR AND PROCEDURES



To access the AED box you have to **Telephone 999 or 112**
 Request an ambulance and tell them your location (see below for post code of the nearest defibrillator) Ambulance control will give you a **CODE to open the defibrillator box**
 Follow the instructions. Paramedics will be on the way to administer the next stage of the resuscitation process.
Due to insurance purposes the Code is not displayed on the boxes

**ENTRANCE TO HILLCREST,
 ABERHAFESP
 SY16 3HL**

**ON THE WALL OUTSIDE THE
 COMMUNITY CENTRE
 SY16 3HT**

INSIDE THE OLD PHONE BOX IN BWLCH-Y-FFRIDD SY16 3HX

Each Defibrillator needs 10 non-rechargeable Duracell Ultra Batteries at a cost of **£59.99** inc VAT

These only have a Lifespan of up to 5 years

Each Defibrillator needs Adult Pads at a cost of **£118.79** inc VAT with a lifespan of up to 5 years

Each Defibrillator needs Paediatric Pads for Children 1to 8 years old, at a cost of **£111.59** inc VAT

These only have a Lifespan of up to 18 months

The current list of Pads will need to be renewed before these expiry dates

HILLCREST

ADULT(28/1/27) CHILD(26/11/23)

COMMUNITY CENTRE

ADULT(3/10/26) CHILD(26/11/23)

BWLCH-Y-FFRIDD

ADULT(3/10/26) CHILD(3/10/23)

**We must continue to raise money at our village events
 to fund this vital equipment**



**Get your gutters cleared from the safety of the ground
Reaches over conservatories and all those awkward places**

No more ladders

**Telephone: Nigel Hamer 07870220845
Covers Newtown and surrounding areas.**

200 CLUB WINNERS

Winners drawn on 8th October 2022 at the Harvest Supper

£50	Mark Evans	Aberhafesp
£25	Mr & Mrs Garfield	Aberhafesp
£25	Mike and Margaret Jones	Aberhafesp
£25	Mo Woosnam	Aberhafesp
£25	Sarah & Steve Gibbons	Aberhafesp
£25	Steve Arrowsmith	Bwlch-y-ffridd
£15	Sue & Rob Williams	Aberhafesp
£15	Gaynor Davies	Aberhafesp
£15	Dr Moore	Aberhafesp
£15	Jayne Graham	Bwlch-y-ffridd

200 CLUB WINNERS

Winners drawn on 3rd December 2022 at the Xmas Quiz

£100	Nigel Hamer	Bwlch-y-ffridd
£75	Dot Penlington	Aberhafesp
£50	Jean & Mike Morgan	Llanwnog
£50	Nic Evans	Aberhafesp
£25	Oakley Richards	Aberhafesp
£25	Roy Hughes	Aberhafesp
£25	Mrs. Cowan	Aberhafesp
£25	Mr & Mrs. Breese	Aberhafesp
£25	Brian & Caroline Davies	Bwlch-y-ffridd
£25	Marian Wilson	Aberhafesp
£15	Mr & Mrs. Thompson	Newtown
£15	Patrick Fitzgerald	Newtown
£15	Mr & Mrs Pike	Aberhafesp
£15	Godfrey Evans	Aberhafesp



Philip Curnow Photography



Specialists in Commercial, Advertising, PR, Promotional, Sports and Event Photography. Full Nationwide Coverage.

Bryn y Groes, Aberhafesp, Newtown, SY16 3JQ

01686 688235

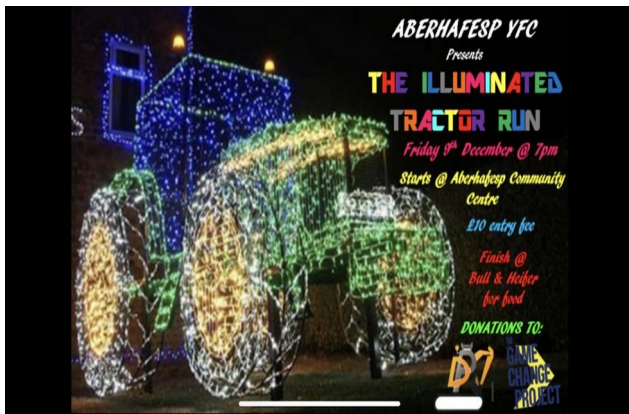
07734312180

www.philipcurnow.co.uk

SHORT MAT BOWLS

We have had a good start to our season by welcoming four new players to our club. Our League matches are in progress. We will be playing teams from Carno, Sarn, Bettws and Dolfor. Our club hosted the Singles Competition on 12th November, the first of the Saturday events, it was a long day with over thirty players taking part. Three teams entered the Pairs Competition at Carno with the Triples and Fours to follow over the coming months. We also run our own in house competitions throughout the season, a busy time ahead. If you would like to come along, we meet every Tuesday at 7.30pm at the Community Centre. Elaine Benbow 01686 625586

LOCAL YOUNG FARMERS



ILLUMINATED TRACTOR RUN SATURDAY 10TH DECEMBER

[See details on our Facebook page](#)



The route





GARDENING SERVICES AND MAINTENANCE

CONTACT: LEWIS JONES

Mobile: 07421836885

Email: greengreengrassgardener@gmail.com

Facebook: [Greengreengrass](https://www.facebook.com/Greengreengrass)

A.L.Benbow
The Office,
Waen Madoc,
Aberhafesp,
Newtown
SY16 3LR

albenbow@hotmail.co.uk

07929 313167



A L Benbow is a general builder with over 40 years' experience. All building work undertaken, to include but not limited to:

- New builds
- Renovations
- Barn conversions
- Garage conversions
- Extensions

UNIQUE WELSH STAYS



A collection of luxury properties for parties of all sizes

Book your next break at
www.UniqueWelshStays.co.uk

See our [Website](http://www.UniqueWelshStays.co.uk)

VICKERS Tree Surgery

& Arboricultural Services

01686 650514

Good Quality Top Soil for Sale

Collected or delivered
Phone

Steve Pryce

01686 688425/07802846487

SP Waste Disposal

Domestic septic tank emptying
Drain unblocking
High pressure jetting/washer
200 gallon tanker hire
Septic tank installation and maintenance
All areas covered
Call for no obligation quote or advice
01686 688425/07802846487

**Are you elderly, disabled (young or old) or just have
mobility problems?**

Then you need

DIAL-A-RIDE

Old Brew House, Ladywell Centre, Newtown, Powys, SY16 1AF: Charity No. 1005861

call or ring Steve Evans for up to date information on 01686 622566

HAMERBUILD

Nigel Hamer
General Builder
Home Maintenance
Bwlch-y-Ffridd



Supporting the Aberhafesp Community newsletter

WOMENS INSTITUTE

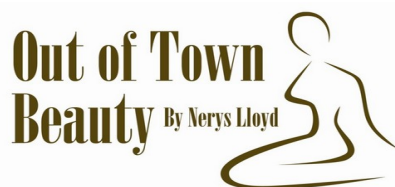
Aberhafesp WI continues to be well attended with some very interesting speakers to be heard. In October we were introduced to works of art and given tips of what to look for to recognise valuable paintings, it was a thoroughly enjoyable evening with Chris Dickinson sharing his expertise and bringing along a selection of art that he has collected over the years. Then in November we had our AGM where I was elected as this year's president and gaining the privilege of keeping you all informed about what we get up to. The speaker at the AGM was Eleri Williams who talked about the meaning of flowers. Eleri always proves to be an interesting and popular speaker and I understand the evening was very entertaining. We finished off our programme of 2022 with a talk from Lori who founded Coco Pzazz – a local chocolate business, this was a very tasty evening as we had to taste quite a lot of chocolate and even some fudge – very yummy!! It was also interesting to be reminded that they are an eco-friendly business organisation and support several charities, local and abroad, very inspirational.

Our sporting ladies entered the Short Mat Bowls coming away with 1st place (Jean and Joyce) and 2nd place (Elaine and Liz) after entering 4 teams, a fun day was had by all. We also took part in Kurling which again was a great day, but we weren't placed. Currently we are getting ready for dominoes and then darts in the New Year. We can often be found practicing at the pop-up coffee mornings in the Community Centre. We are a friendly bunch who are welcoming to anyone who would like to join us at any of our meetings where we provide a varied programme of speakers throughout the year. We meet in Aberhafesp Community Centre at 7pm on the first Thursday of each month.

Stephanie Benbow President: 01686629572



A salon/spa with tranquil surroundings Ideal for a relaxing or well needed massage



WE HAVE A WAITING LIST IF YOU WISH TO MAKE AN APPOINTMENT

Tel: 01686 610273 or 07813 151871

Email: info@outoftownbeauty.co.uk Website: www.outoftownbeauty.co.uk

Just 1.5 miles up the Bryn Lane (past the hospital), Newtown.

All treatments carried out by friendly therapists, time given to YOU, no matter what treatment

Dermalogica Facial Massage

Spray tanning Waxing

Ladies evenings And more.....

Pedicures

Manicures

Lash extensions

Spa packages

Group bookings (can include buffet and glass of wine)

Vouchers also available (perfect present)

10% Off

Bubbling Stove Bistro
HAFAN YR AFON, NEWTOWN

FRESH, SEASONAL & LOCAL PRODUCE

OPEN 7 DAYS A WEEK
9-4PM
(SUNDAY 9-3PM)

LOCAL VINYARD WINE

SPECIALITY TEA

DAILY SPECIALS

FRESHLY GROUND COFFEE

LARGE SELECTION OF GLUTEN FREE, VEGITARIAN & VEGAN

10% OFF YOUR ORDER AT BUBBLING STOVE BISTRO! PRINT OR BRING ALONG THIS VOUCHER TO CLAIM

See the 'Open Newtown' website

COMMUNITY COUNCIL

By the time you read this the SID (Speed Indicator Device) should be up and working in Aberhafesp village. This has been purchased by Aberhafesp Community Council. The device will be moved every few months within two locations in the village. The SID measures the speed of the oncoming vehicles and displays this to the driver. The SID also collects data on the speeds of vehicles which can be passed onto the Police or Go Safe as proof that there is a speed issue through the village. Hopefully the sign will help to deter speeding motorists.

At the last meeting the budget was set for 2023/4, it was agreed to help towards the cost of printing of the newsletter. Many thanks go to Marilyn for her hard work compiling the newsletter, as I am sure you all agree she does a fantastic job.

COMMUNITY COUNCIL MEETINGS

Aberhafesp Community Council covers the area of Aberhafesp, Bwlch-y-Fridd, Bethel and Rhyd-y-Felin.

A Community Council is governed by the Local Government Act of 1972. Here in Aberhafesp it consists of seven Councillors who sign a Declaration of Office and work on a voluntary basis for the good of the whole community. They are supported by a clerk who is employed to ensure the correct procedures are enforced and the smooth running of the Council in general.

Meetings are held on a **Wednesday evening in the Community centre**, and members of the public can attend any meeting, unless otherwise specified.

Notice of each meeting

is displayed for three clear days giving the date, the time, and the agenda.

They are posted on the notice boards at Bwlch-y-Fridd, Hillcrest Aberhafesp, the Community Centre and the telephone kiosk in Bethel.

Details of meetings can also be found on the

Community Council [Facebook page](#) and the **Community Council website**

You can access the latest *County Councillor monthly reports* as well as current *County planning applications*, where you can enter comments to support or object.

The decisions made at a meeting and also the attendees are posted on the website within a week of a meeting. The full minutes of meetings are only posted on the website after they have been approved by the Community Council which takes place at the start of the following meeting. For example minutes from a meeting in July would be approved in August, if a meeting was held then.

If you have an item you wish to add to the agenda please contact the clerk Rachel Hamer rachel.hamer72@hotmail.com. Come and just watch if you have an interest in anything on the agenda, or if you have anything you wish to bring to the attention of the council and you wish to speak at the meeting you need to ask the chairman.



Come and view some fab Scarfs, Scarf Clips, Jewellery, Gloves, Bobble Hats & Bamboo Socks at the Summerhouse in Newtown Powys, all WELCOME BY APPOINTMENT to give you plenty of time to browse

Contact: **Cynthia**

07727220362

email: scarf.heaven1@gmail.com

[Message our Facebook page](#)

ARTWORK FLOORS

28 yrs flooring experience

All types of flooring supplied & fitted

Carpets

laminare

LVT, vinyl

contact for a no obligation quote

0780 8817490

Email: Artworkfloors@yahoo.co.uk

[Find us on Facebook](#)

Vid2Usb

Professional Media Transfer Services

Dont let those Video memories fade away.

Let us bring them to life on DVD or USB for you to re-live.



Speedy Service

Quality Assured



Call: **07713 024470**

[See our Facebook Page](#)

THE GAME CHANGE PROJECT

FOOD GROWING GARDEN

We recently partnered with Keep Wales Tidy to secure a development package to set up a food growing garden at The Game Change Project (TGCP). The package was funded by Local Places for Nature and provided everything we needed to get started. Before the garden was installed, thanks to Localities Initiative funding, we were able to take two groups of young people, together with staff and volunteers to Cultivate in Newtown where they learned some basic horticultural and cooking skills. Following on from the training our participants got stuck in building raised beds, constructing a green house and laying paths. They were joined by members of MenShed, Newtown who came to lend a hand on Tuesday 27th Sept and really enjoyed working alongside our young people out in the fresh air. Under the guidance of the Keep Wales Tidy team, we completed the installation during the first week in October and planted our first crops. We are now looking forward to our third workshop delivered by Cultivate, this time at our brand-new food growing area at TGCP! This session will give us the knowledge we need to get the most of our plot and also upskill our staff and volunteers to take the project forward. The project will enable us to share food growing and cooking experiences with people of all ages, many of whom would not normally engage in outdoor activities. Our garden will be used by members of the veteran's community and other local groups who would benefit from social and wellbeing activities outdoors. An unexpected success of the project has been that it has made us much more aware of our environmental impact as an organisation. Almost all of our waste is now recycled, composted, or fed to the animals on our farm. Our aim is to become as self-sufficient as possible by using our own resources and wasting nothing!

Sian: 07766606276 [email: ask@gamechangeproject.com](mailto:ask@gamechangeproject.com)



About Newtown Food Surplus

OUR STORY

We started at the end of October 2021 with our first food share operating from our cabin on the Cultivate Community site at Pen Dinas, SY16 4HX near the Hafren Theatre and college in Newtown. This quickly grew to two food shares a week whilst also supporting local community groups like Newtown Community Cafe. With a team of 30+ enthusiastic committed volunteers we collect 7 days a week from several supermarkets.

BECOME A VOLUNTEER

With the aim of helping as many people as possible and making a difference to the environment, we are always looking for enthusiastic volunteers.

Contact: newtownfoodsurlus@gmail.com

We're open (usually) Monday and Fridays 10.30am to 12.00pm and have recently held shares in the Ladywell Hall at Ysgol Calon y Dderwen, Park Lane, Newtown.

Many of us are environmentalists who want to see Newtown as a pioneering town of food sustainability filling #BelliesNotBins.

It is for Everyone!!!

Please be aware that we are working with community groups as well, you are not taking food away from anyone.

We are **NOT a food bank**. We are about 'food-sharing', bringing community together, using the food for positive change in the community.

You 'pay as you feel', so if you're having a tough month it's free or you could donate your time and help. If you can afford to pay donations are very much welcome towards our running costs, help buy equipment etc and can 'pay it forward for others'.

[See our Facebook Page for up to date details of shares](#)

ABERHAFESP COMMUNITY CONTACTS

Newsletter Compiler	Marilyn Bedworth mbedworth@gmail.com	01686 689977
Community Centre: Chair	Maddy Thornton Maddythorton@icloud.com	01686 623310
Community Centre: Treasurer	Edward Parry edwardgparry@live.co.uk	01686 688346
Community Centre: Secretary	Joan Michel Joanvera.michel@gmail.com	01686 688550
Community Centre:		
Hall Bookings	Graham Green graham.green2@btinternet.com	01686 651225
Marquee/gazebo Hire	Nigel Hamer nigelhamer68@hotmail.com	01686 650702
Community Council Chair	Alwyn Nutting glascoed1@gmail.com	01686 650862
Young Farmers Chair	Lora Gethin loragethin2002@gmail.com	
W.I. President	Stephanie Benbow Stephaniebenbow@btinternet.com	01686 629572
Mother's Union	Barbara Moelwyn-Williams b.moelwynwilliams@btinternet.com	01686 6273290
Aberhafesp Community Council website	http://www.community-council.org.uk/aberhafespcommunitycouncil/	

This newsletter can be accessed from both the website and our [Facebook](#) page

GENERAL DATA PROTECTION REGULATION (GDPR)

Residents and friends of Aberhafesp and Bwlch-y-ffridd have submitted their email addresses to the compiler of this newsletter giving permission for the distribution of quarterly issues of the newsletter plus occasional emails giving additional local news and/or information. Consent for the use of personal details to be held for this purpose can be withdrawn at any time.

NEXT ISSUE

The next issue of this newsletter will be published in **April 2023**. Please send any articles of interest to the compiler (mbedworth@gmail.com) no later than the **20th March**.

Also: If you usually receive this newsletter as a printed copy through your letterbox and you have an email address please let the compiler know so that we can save on the cost of printing.

ADVERTISEMENTS



Annual cost of 4 quarterly issues

Quarter page black & white	= £25
Quarter page colour	=£35
Half page black & white	=£35
Half page colour	=£45
Full page black & white	=£65
Full page colour	=£85

Note: It is the income from advertisements that pays for the printing of these newsletters. So the more copies we distribute by email the less advertisements we will need to include.

**JANUARY 2023 PRICE INCREASE TO COVER
ADDITIONAL COST OF PRINTING**