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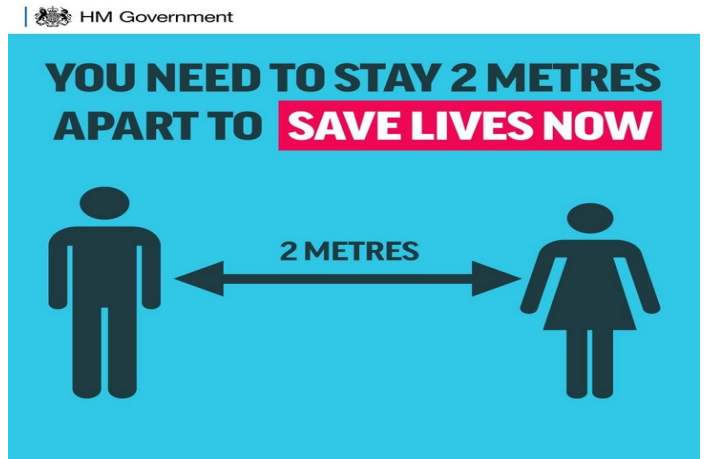
ABERHAFESP COMMUNITY NEWSLETTER

Spring 2020

CORONAVIRUS STAY SAFE EVERYONE



Residents and parents are urged to follow the Government's revised social distancing guidelines and anyone who is experiencing symptoms should continue to follow Public Health Wales advice which can be found here: <https://phw.nhs.wales/.../latest-information-on-novel-corona.../>



ABERHAFESP YOUNG FARMERS

CALL US FOR HELP

CONGRATULATIONS

Aberhafesp were **WINNERS OF THE NATIONAL FEDERATION OF YOUNG FARMERS' "CLUBS OF THE MONTH"**

The first Club of 2020. [January 2020](#)

See our [Facebook](#) page

Our boys recently won the Plus One group competition in the annual drama festival in Montgomeryshire, and we also did a joint drama night in Trefeglwys raising £150 for the club.

We had hoped to hold an Easter Bingo night but unfortunately the decision had to be made to cancel it due to the Coronavirus outbreak.

Other events that have been postponed were as follows:

Friday 20th March, the Youth Forum trip to Jump In
Sunday 22nd March, The Festival of Public Speaking.

COMMUNITY CENTRE NEWS

Notice: Due to the Coronavirus outbreak and government directives, the decision has been made to close the Community Centre until further notice.

This means we have cancelled our VE day celebration party, Friday night table tennis, short mat bowls, and the annual sports night. We hope to arrange another celebration later in the year – a “Back to Normal” night. Also to celebrate the end of the great toilet roll crisis!

Also, what a miserable start to the year the weather gave us! One of the most depressing sounds must be that of water dripping from the ceiling, and landing with a distinctive “plop”! Thank goodness we had the drainage system outside the hall updated. Other interesting news is that a well known local farmer had his oil tank “blown” off its base, and dumped at his front door!

However, we did have a wonderful coffee morning on February 29th in aid of the Wales Air Ambulance, on a morning when the weather was lovely for us. It was very well attended, the car park was heaving, and everyone enjoyed it. Apparently, the aroma of bacon reached the car park. We were able to give the charity an excellent £400, so thank you to all our helpers, and to you all for your support.

Even if we are unable to do many of our normal activities we can still garden, go walking etc. When gardening this week, two beautiful swans flew over on their way to the Fachwen Pool, other birds were in full song, and all round the garden new growth was appearing, undeterred by any of the above. Perhaps it will do us all good to slow down a bit and reflect. I remember a poem I learned at Junior School, which sums it all up:

*“What is this life, if full of care
We have no time to stand and stare”*

Keep well if you can, everyone, and let us hope we get through it as soon as possible.

See our [Facebook](#) page.

Maddy Thornton

LOCAL GATHERING

During the third week in March I was thinking about “self isolation” for the elderly and how it would change our lives. So I wondered what other people thought with the help of my daughter Jan, to people in Aberhafesp Hall and Hillcrest and a little bit “self isolation”: I felt that what we all miss is usually get from weekly group activities. We email and I understand that regular phone calls set up by different local groups. My suggestion Village Green taking a chair and our own getting on?” all the while keeping 2m apart. On agreed it was a good idea and we would do it again.



and decided to put a note through letter boxes, my immediate neighbourhood around farther afield. The note was a personal view of seeing people for a chat which is what we can, of course, all keep in touch by phone and to the lonely and isolated have already been was that we meet weekly in the open air on the refreshment and say “Hello, how are you Friday 20th March twelve of us turned up and

So, the plan was, weather permitting, from Friday 27th March, we meet every Friday at 10.30am for an hour. The idea was for an informal gathering which could develop into more than just a chat; perhaps a few exercises, brisk circuits of the green, even maybe a sing song.

I acknowledge that this is not an option for everyone, especially for those who have medical conditions and for those who look after them. We all have to be careful. No one wants to take unnecessary risks, and also it is important to recognise that we are all different and some would not want to do this sort of thing anyway.

Well that has all changed now following the announcement of a 3 week lock down. So we cancelled the 27th and have postponed the whole idea for now and hope to resurrect it in the future. Thank you to those who braved the cold wind that whistled across the Village Green on the 20th and also for the encouraging comments I received from others.

Anne Griffiths, Aberhafesp Hall – **STAY SAFE EVERYONE**

ST. GWYNOG'S CHURCH

Services at St.Gwynog's: We are experiencing some very difficult unprecedented times at the moment. We have been asked to close the church until further notice. Also the printed copy of **Cedewain** for those of you who receive it will not be delivered this month, but there is a PDF document available and [here](#) is a link to it if you have Adobe installed.

We do hope that along with Rhydfelin Church and the YFC we can all support those in isolation etc. As there won't be any church services or activities in our churches or community for some weeks it is important that we make every effort to care for the spiritual welfare of our people as well as their well-being in general. In approaching those who are of a Christian faith we could offer to pray together over the telephone or other means of communication.

There is also the opportunity for those who are able to, to help with shopping, posting, prescription collection etc. There wouldn't be the need for human contact as arrangements could be made re delivery.

Would you like to be part of this important ministry?

If so please let us know as soon as possible by emailing or ringing

Pam Thompson: pamcrusty@gmail.com/ 091686 627959 or

Elinor Francis: egfrancis27@gmail.com/01686 689966 and notify us how you wish to be involved, i.e.

1) Recipients of regular contact by a member of our churches or community

2) By being willing to contact 3-4 people on a regular basis

3) By providing a shopping/prescription etc. service.

If you need pastoral support of a priest/minister please contact

Rev Nia Morris: niawyn1000@yahoo.com/07833302312 who will arrange this. You can view a 9 minute Youtube service recorded at All Saints [here](#). 🙏

There is also a Facebook page you may find useful: [Newtown NETWORK – CODID-19.](#)

Fairtrade Coffee Shop: We have taken the difficult decision not to hold our monthly coffee mornings for at least the next 3 months. You will see our usual notice board when we feel it is appropriate to restart them. We are disappointed that we have had to make these changes but we need to make sure that everyone is kept safe. We enjoy these gatherings very much and hopefully you do as well.

Snowdrop and Tea: We were disappointed this year that we were only able to hold one snowdrop tea but thank you to all who came and supported it. We have been able to raise £160 for charity and this has been sent to Rekindle, Small Steps – our local charity that helps young people.

Keep Safe: Do keep safe and in touch with your family, friends and community. See our [Facebook](#) page

RHYDFELIN CHAPEL

We are experiencing some very difficult unprecedented times at the moment. The Chapel is now closed until further notice. We do hope that along with St. Gwynog's and the YFC we can all support those in isolation etc.

Rhydfelin Chapel is situated about a mile along the road that goes up past St. Gwynog's church in Aberhafesp towards the Fachwen Pool. It is situated back off the road to the right, down a narrow track to the brook and back up the other side to the chapel.

History:

On May 20th 1791 the first service was held in Rhydfelin Chapel. There were sixteen members who had been meeting at the house called Rhydfelin but the fellowship had grown too large to meet there. They had therefore, at greater expense than any of them could afford, decided to build their little chapel. The Rev David Evans, Dolau-Nantmel, was instrumental in the building of the chapel. Travelling from Donau to Rhydfelin today, some 30 miles, is nothing but, in the 1780s and 90s such a journey would have been arduous and demanding. A traveller at the time said that, in other counties, he could manage six miles an hour on horseback but that, in Montgomeryshire, he would be lucky if he could cover two, so we are lucky today that Rev David Evans was prepared to make that journey regularly each week. Angela Owen.

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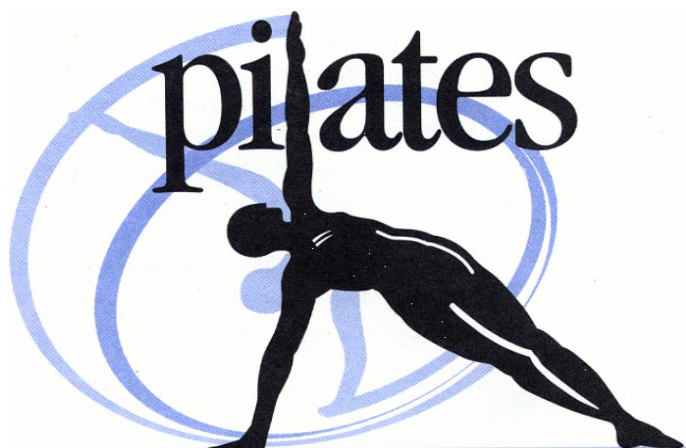
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Notice: At the time of publishing this newsletter :

Notice: All classes cancelled until further notice

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SHORT MAT BOWLS

Our Tuesday club nights have been well attended, with league matches being played before all sporting activities were cancelled. Our club were third in the Sir Drefaldwyn League and our Triples and Fours teams reached the semi finals of the Saturday competitions. A team of eight players had a successful day in Sarn in February winning the League Cup. Our end of season social evening and meal was held at Maesmawr Hotel, Caersws when presentations were made to the Club Pairs competition winners, Myra Williams and Richard Amey and runners up Corris Owen and John Nutting.

THE PENTRE WELL

Exposed during work in the grounds of The Old Rectory on the A4568



It is quite some time since I wrote about our “parish wells” that are marked on some earlier editions of Ordnance Survey maps.

These were situated at the side of our most used roads, in order that they would be quite accessible to the general population.

Before the general availability of water on tap, as it were, people depended on their supply of drinking water from wells such as the Pentre Well.

This would have supplied the whole population of the little hamlet, it would have been carried in a container, usually a bucket of sorts whether wooden, leather or metal, to be boiled for drinking purposes. People of years gone by were very inovative, and they would collect all the rain water that they could for washing purposes, or if there was a small stream running nearby from the hillsides around.

I have lived in an age of no universal piped supplies, when we depended upon a well, either on a natural spring or to catch surface water that sufficed most times, but in very dry summers we at the Cwm had to go to Old House about half a mile away, to a very good Parish Well, at the bottom of their orchard, it never went dry.

We were fortunate that Nant Rhyd Rhos-Lan ran through the farm yard for general use such as washing, and farm stock to drink.

There must be a very good spring feeding the Pentre Well, and I am sure that the water would have been wonderfully cool on a hot summers day coming from an underground source.

Many a cart horse or pony would have been given a drink from it as they pulled their cart or trap carrying goods either to or from the market at Newtown.

The blacksmith, Dick Swain in my time would have cooled his hot horse shoes in the tank by his bellows, it would have been filled from the well, likewise the cider press at Pentre House would have used the same supply at Autumn time.

A piped supply for the Pentre superceded the main Severn Valley piple line in the 70’s, this was a pipe that came from Fachwen Pool, it fed Aberhafesp Hall and the Church, and an associate pipe for the Rectory and the Pentre.

This was all done by private enterprise before the Montgomeryshire scheme came into being upon the construction of the Clywedog resevoir.

We must all remember that it was the women of the household that bore the brunt of those early water collection methods.

Michael Jones. Cwm Derw. SY16 3JD



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THE PEACEFUL SCHOOLS PROJECT

Some of you will be aware of the Peaceful Schools project already, but it has taken off so successfully in this area that you might like to know what is happening in our local primary schools, and of course we are always looking for more volunteers. It's a Quaker initiative but is not about Quakerism; in fact there is no religious content to the programme. It arose out of a concern about the levels of hostility in society, such as bullying (in schools, workplaces, on the street), violence in the media etc.

So we offer schools (free) programmes for years Two to Six going in either 1 hour a week for 6 weeks or 1 hour a day for a week. Pairs of volunteers work with a class, with the teacher present and involved in the programme. It is very basic conflict-resolution work, starting with the individual child and working outwards – feeling OK about ourselves, handling our own anger, being aware of how overlapping and complex are our 'in groups' and 'out groups'; then handling bullying and other people's point of view and the challenges of decision-making; and moving on to working co-operatively and mediation. For schools that have done the basic programme we are now expanding into peer mediation training. We do a lot of the work in circle time, everyone taking an equal part, using a mixture of talking, sharing, exercises and games. We use quiet periods and mindful breathing to give pupils the skills to handle their own stresses, and stories to focus attention on particular issues.

And we have such positive results, from both staff and pupils. From form teachers: "I really appreciated the use of calming strategies and mindfulness." "Thank you for much for your time and patience. I shall definitely use the Communication Cycle and Anger Rules." And from pupils: "I know now how to calm myself down and I am happier at home." "I liked the games because we all got to say our feelings so it wasn't trapped in our bodies because you could let it out." "Talking about worries made me not scared." We vet volunteers but they don't need any particular qualifications and there is no upper age limit. We offer training and ongoing support and pay all expenses. The unrealised skills that volunteers have to offer emerge as they gain confidence with their first programme. And we find that once volunteers have done one programme they are hooked because it is so satisfying to see the change in the children.

Because schools that have had us in want us back, and we are taking on more schools each year, we would love to have more volunteers! If you think you might like to do this, one option is for you to sit in on a session to get an idea of how it works.

And/or if you would like more information please contact: Leigh Munton peapowys@gmail.com.
Phone: 01654761444; Mobile: 0795544226

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OLYMPIC GOLD AT ABERHAFESP

Many will be preparing to enjoy aspects of the next Olympics unaware that, 100 years ago, a young man whose parents lived at Aberhafesp took his place in the 1920 Olympics at Antwerp.

Canon Woosnam and his wife, Mary, semi-retired to the Rectory to take on parish priest duties for a decade after a senior career in the Anglican church.

A sad event took place in 1910 when the elder son, Charles Hilton Woosnam, died suddenly when serving in the 8th Hussars.

The parish room, later sold to invest in the church room, was funded by the Woosnam family. Canon Woosnam wished to retire to the Upper Severn Valley as the ancestors originated in the 1700's in the Trefeglwys area. Max (Maxwell), the younger son, would come to Aberhafesp during public school and university holidays and military leave. He would also visit with his wife and young family to see his parents in the 1920's and 1930's.

Maxwell was an excellent all-round sportsman. He was a noted soccer player taking an amateur role with the professional club of Manchester City. His forte (forty love) was tennis and he was selected for the 1922 Davies Cup.

He was selected for the 1920 Antwerp Olympics, so here is the answer. He won a gold medal for men's doubles and a silver for mixed doubles.

The Woosnam tomb is the angel on the west side of the church path. I am in contact with James Maxwell Woosnam, grandson, so detailed research is producing a most interesting story.

This will be collated into a power point presentation to be given later in the year.

So Aberhafesp has a gold medal, the nearest Llanidloes or Newtown has would be a bronze casting from the foundry.

There will be an extended article in the PenCambria magazine in the April 2020 issue.
Brian Poole.



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MOTHERS' UNION

Members enjoyed a post Christmas festive meal at the Waggon and Horses, Newtown on Sunday 12th January. Thirteen members and guests met for lunch to mark the end of the old 2019 programme. Thanks were expressed by Christine Cooper and Barbara Moelwyn-Williams for all the help given by the MU members with this programme of events.

Anyone interested in our MU group 2020 programme is warmly invited to come and join us in the Church Room at St. Gwynogs on the dates shown below. It is a Christian charity that supports and campaigns for families globally. With over 3 million members around the world, projects vary from farming initiatives, HIV/AIDS awareness and literacy in Africa to parenting groups, contact centres, work in prisons and family holidays in the UK.

Committee Co-ordinator: Barbara Moelwyn-Williams

Secretary/Enquiries: Liz Davies 01686 627735

Thursday April 16th 3pm

Thursday May 21st 3pm

Thursday June 18th 3pm

July

August

Thursday September 17th 3pm

October

November

December

Rev. Jeanette Wilkes (cancelled)

Lingen Davies Cancer Fund/Jane Trudgill (cancelled)

Stephanie Benbow (tba)

Summer trip

No Meeting

Motor Neurone Disease/Marian Wilson

No Meeting

No Meeting Wave of Prayer

No Meeting

WOMEN'S INSTITUTE

Our first meeting of the new decade took place on the first Thursday of the first month. It was very pleasing to welcome two new members. Our meeting was tinged with sadness as we remembered Audrey Lloyd who had recently passed away. As a young girl Audrey had lived at Melynygloch and although a member of Dolfor W.I. was a great friend to us all and her passing has left a huge gap in W.I life.

We were joined at our meeting by Roger Stone and Bill and Carol Gough who gave us a fascinating insight into bee keeping and honey production.

This year our post Christmas lunch was held at The Elephant and Castle Hotel, Newtown. After our meal a presentation was made to Doreen Lloyd for gaining the most points in our monthly competitions. A Quiz provided by Glenys Pryce completed an enjoyable afternoon.

Our February meeting was very well attended. Our speaker Zoe Swain entertained us with a light hearted talk about Morrisons supermarket explaining the layout of the store, it's producers and it's links with farmers.

Greek dancing in March

With some of our members enjoying our Funky Folk Dance session so much last year, Bethan Smith-Davies was asked to return to our March meeting. She did not disappoint, teaching us "sitting down ballet", followed by dancing to Singing in the Rain and ending the evening with a Greek dance. Sadly we did not have real plates to smash at the end, it's not quite the same with paper plates, all to do with Health and Safety we were told!

Our Darts team have used the Community Centre for their home games this year. Despite close games luck did not seem to be on their side, but the evenings were enjoyed and delicious refreshments were served by the home team to round off the evenings. Other results we have to report – Joyce Owen and Angela Welbourn were fourth in the Short Tennis and second in the Badminton.

We were looking forward to getting out and about this summer and had interesting trips planned but life has been put on hold indefinitely by this deadly virus. All W.I. activities have been cancelled and who knows what the future holds? We will have to take each day as it comes and do all we can to keep ourselves and our families safe.

Elaine Benbow.





Helping young people gain life skills, confidence and training

Life Skills in the Community

Do you need practical help around the home? Do you know of a community project that young people could be involved with?

We are looking for opportunities for young people to increase their confidence and practice life skills in the community. We want to connect the younger and older generations to share experience.

This service is FREE of charge and we can help with odd jobs, practical tasks and gardening.....



Phone Andrew
07966370293 for details

Young people are supervised at all times by DBS checked staff and volunteers

The Game Change Project, Llwydcoed Mill, Aberhafesp, Newtown, Powys, SY16 3JE
07966 370293/ 07766 606276 Email gamechangeproject@gmail.com Find us on Facebook.



Notice: Due to the Coronavirus outbreak Game Change will not reopen until September in line with schools. However, we intend to continue to promote and increase our online presence so that we can hit the ground running. There will also be a local giving page created, so that people can donate, and corporate team building is being introduced as another income stream to fund work with young people.



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Notice: At present I am doing home visits if anyone is in need. The last thing we need is people falling etc. Taking cross infection control very seriously of course. Anybody in desperate need can contact me, and we can make the decision on the best way forward, as it really depends on their medical condition.

FLOODING IN SOUTH WALES

In the wake of storms Ciara and Dennis in February Aberhafesp residents Irene and Laurie Williams from Rhydlydan sent out a plea for small items of cleaning materials and toiletries that could be donated to the Aberdulais Royal British Legion to help with the cleanup. There was an amazing response to this idea which resulted in a full carload being delivered, which was very well received. They were impressed and surprised that Irene and Laurie had travelled so far. Well done.



Could not fit any more in!



Our donation is on the floor

ABERHAFESP COMMUNITY CONTACTS

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Young Farmers Chair	John Wainwright Johnw95@msn.com	
Aberhafesp Community Council website	www.community-council.org.uk/ aberhafespcommunitycouncil	

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

COMMUNITY TRANSPORT IN SOUTH MONTGOMERYSHIRE

This is a scheme to help anybody who needs transport to take them to Hospital, Doctor, Dentist, Shopping, Day Care facilities etc.

Notice: Due to the Coronavirus outbreak there may be a limited number of drivers available.

There are seven drivers who are able to help at a charge of 45p per mile e.g. if you want to go to Shrewsbury hospital it would cost approximately £30 for a round trip.

The driver picks up and returns home after waiting during the appointment, however long it takes.

No money is paid to the driver, invoices are sent out after the trip. The driver will pass on any queries to the office if there are additional requirements. Phone 01686 629487 for more information. Opening hours Tuesday 9am-2pm.

Thursday & Friday 10am-4pm,

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Residents and friends of Aberhafesp and Bwlch-y-ffridd have submitted their email addresses to the editor of this newsletter giving permission for the distribution of quarterly issues of the newsletter plus occasional emails giving additional local news and/or information.

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NEXT ISSUE

The next issue of this newsletter will be published in **July 2020**. Please send any articles of interest to the Editor (mbedworth@gmail.com) no later than the **20th June**.

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

Note: Unfortunately it is **not possible to circulate printed copies of this edition.**