



Hillcrest Christmas 2020

ABERHAFESP COMMUNITY NEWSLETTER

WINTER 2020/21 Edition

From the Editor: Well here is yet another edition of our village newsletter, unsurprisingly with limited news. However, I do hope you enjoy reading what I have been able to put together while there are still so many restrictions and hope that you were all able to enjoy Christmas, despite the Government making last minute changes to the rules/laws.

Happy New Year to you all, hoping that 2021 will be a better year

COMMUNITY CENTRE

Wishing everyone a very much happier New Year! As there is no news, I thought it would be good to remember what has been done at the hall in the last few years, with your help and support.

The mens' loos were totally gutted, calling in the men in white suits to remove the asbestos properly, as some of it was loose. A few of the floor tiles matched those in the kitchen, so were used to fill in the hole under the old cooker: They spent some time in bleach first!

The kitchen was updated thanks to a grant from the Big Lottery Fund, and we bought ourselves the refurbished hot cabinet. The dishwasher and blinds were bought with a donation from the Happy Circle when it closed – very generous of them. The kitchen, adjacent passage, foyer and doors in the main hall were decorated by members of the committee and community. The drains around the front and side of the hall were refurbished, and a new gravel path laid, improving access to the rear, and saving damp going into the hall fabric. Two new windows and back door were put into the kitchen, and the leaking from the roof by the side of the kitchen was addressed by the bottom few feet of the joists being replaced, and new guttering put on. The outside of the Portakabin had a coat of paint in 2019, and we have the paint to put another coat on in 2021, hopefully.

A grant from the Sports Council of Wales provided a second table tennis table, two kurling sets and a dart board, and a third table tennis table was donated. Some new and very attractive labels have been put on the inside foyer doors, made by John Williams. The rotten cladding has just been replaced by the front door. The kitchen table was a bargain buy from a Montgomery auction.

I would like to thank Powys County Council for their very generous donation of £10,000 this year to help us through the pandemic, as of course we have had no income. This has saved us a lot of worry when the usual bills come in.

I can confirm that the hall has been well maintained throughout these past months and we are all looking forward to being able to go back in so that we can enjoy each others company again soon.

Maddy Thornton

PERSONAL NOTES

As Christmas cards started to arrive at Crossroads in December, four friends who suspected that they had had the virus in December 2019 and January 2020, even though it had no name at that time, all said they had never felt so ill in their lives. One of them tested positive to an antibody test in June.

It has made me think that if the world is going to continue with unlimited air travel for recreational and business purposes, the WHO must surely have a responsibility to monitor, impartially, emerging diseases like Covid, and it should be designated a crime against humanity to keep such diseases quiet until it is too late to control the spread.

Some good things resulted from Covid. We all realise now, to some degree, how it feels to be isolated, which should make us more understanding of those who are in that sorry state all the time, especially those who are also disabled.

It has proved how invaluable the phone is – there is nothing like a chat to a friend in person, when one is isolated. Far better than emails.

It has been good to end each month solvent. No meals out, trips to the pub, or spending sprees, and using far less fuel in vehicles has made a huge difference, though I think we would far rather be enjoying living up to our means!

We are indebted to the many kind people who have stepped up to support the safety and comfort of others, in many walks of life – we shall remember them. It must also be said that a small number of firms and organisations have hidden behind the Covid and www.com shields to excuse incompetence and laziness – we shall remember them too!

Stay safe! I am going to grab the first vaccine offered with both hands, though in this case it will be in one arm, and hope this will be the way back to some semblance of normality.

Maddy Thornton.

The Covid summer was a good one for gardeners. Urged to “Stay at home” I grew more vegetables mainly thanks to neighbours who gave me small plants of different varieties of my usual runner beans and tomatoes as well as kale and broccoli. The long hours of daylight were spent tending, watering, talking to, every new shoot, each new bud and flower that appeared.

“Community” has been the word of the year, we were told to Stay at Home and forego all our usual social activities held in village halls, churches, etc. Out of these restrictions grew a new sort of “Community”; the spirit was the same but the structure changed, it was prompted by practical people with good ideas, fuelled by social media and resulted in volunteers all over the country who banded together to serve and help those in isolation and need.

We who live in the country were made to appreciate how fortunate we are; fresh air, few people, views of hills, wide skies. We thought of the city dweller, whole families in small flats, concrete and brick for a view, crowds and the constant worry of just how to get by.

We became familiar with words like Zoom and SAGE. With the daily Coronavirus up-dates, we became more aware of the differences between the governments within our United Kingdom. Old words like Brexit faded from the news then returned with a rush in December and we breathed a sigh of relief – for now.

It was a year dominated by numbers; our screens were bombarded with them: hundreds, then thousands, even tens of thousands, to the point when the figures are almost incomprehensible. In 2021 there will be more statistics, hopefully ones with numbers of people vaccinated.

Final thoughts: just as the arrival of green shoots in Spring brought joy, today there are a few snowdrops in flower in the churchyard. And what of the young people of today? In years to come, will they talk about events in their youth as being “before Covid” just as their grandparents say “before the War”?

Anne Griffiths

CHRISTMAS 200 CLUB WINNERS

1st	£75	Owen grandchildren: Gilfach, Bwlch-y-Ffridd
2nd	£50	Mark & Melanie Jones: Aberhafesp
3rd	£25	Ioan Wilson: Penybanc, Aberhafesp
4th	£25	Mr & Mrs N. Jones: Tynybedw, Aberhafesp
5th	£25	Mrs Margaret Bromley: Aberhafesp
6th	£25	Mrs Partridge: Ffrydwen, Tregynon
7th	£15	Mike & Jean Morgan: Llanwnog
8th	£15	Sarah Holloway: Lluest, Tregynon
9th	£15	Mel Smith: Newtown
10th	£15	Mr & Mrs. Griffiths: Bettws Hall, Bwlch-y-Ffridd
11th	£15	Meurig Jones: Cwm, Aberhafesp
12th	£15	Clare Daily: Ty-newydd, Glanynant, Aberhafesp

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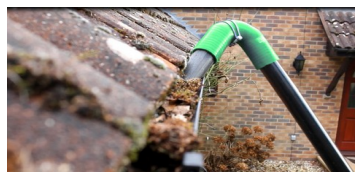
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REFLECTIONS OF UNCLE IVOR

After many years of fighting ill health sadly our uncle Ivor Davies, passed away on the 11th October 2020. Arranging a funeral in such 'strange times' proved challenging, however I am sure he would have been touched by how many people turned out to pay their respects on his final journey, passing landmarks important to him during his lifetime, their retirement home at Maes-y-dre, Alltffynnon farm and Aberhafesp Community Centre.

The community of Aberhafesp, local and wider farming life and local history had always been his biggest passion throughout his life. In the earlier existence of the newly built community centre in the late 70's he undertook many fund raising projects alongside fellow community fund raisers to generate money that is needed for the running of a hall. It was and is true today a very welcome venue for the local community not only benefitting the school then, but also a social meeting place for clubs and a place to hold entertainment for the area. In those earlier days one fund raising effort that people will remember was the 'Farm Festival' held at Red House farm in the late 80's. Ivor was the main co-ordinator of the vintage farm implements and tools were gathered together for display on the day. He also re-created the farm kitchen a display of the old pots, pans, cooker and fire grate used in bygone days with a display of butter making throughout the day done by Jean Jones and assisted by my mother Gaynor Davies.

He was Chairman of the Community Centre for several years. He worked alongside several different headmasters but notably Bob Davies who was a major driving force implementing major projects at this time. He was involved with the groundwork, when the school playground was extended to provide extra parking ground and a tennis court provided. With the community centre being linked to the school he was also involved with many of the school projects, one of which was with the children spreading lime and fertilizer, put down by a helicopter on Alltffynnon hill, because the steep hill ground was not accessible by an ordinary tractor. He loved entertaining an audience with his yodelling, accordion and mouth organ playing, and who can forget the dance of the sugarplum fairies in their pink tutu's and tights parading across the stage to the music. The other ballerinas being Erfyl Pugh and Alan Pryce, which was greatly appreciated by the onlooking audience at one of the 'Watchnight Socials' held on a New Years Eve. Always happy to give his time and financially supporting the centre he regularly gave a dressed goose and fruit hamper for Christmas draws over the years. Alma and Ivor also donated a table tennis table and equipment to the Young Farmers Club.

Probably his biggest legacy was the running of the 100 club with Alma. Together they practically travelled half of Montgomeryshire selling tickets to their regulars and over the years generated thousands of pounds for the centre. Those strong footings are equally important today, being a major fund raising part of the annual quota required for the running of the hall that has now grown to the 200 club.

His other interests included playing quoits for Bwlch-y-Ffridd, being one of the founder members of the history club and an active member of the Happy Circle, where he regularly drove his truck to provide transport for many of the members to enable them to attend meetings and go home afterwards.

His hard work and generous support over many years will live on in the centre's history. Ivor and Alma are now reunited. Rest in peace Uncle Ivor and Auntie Alma.

For this one farmer, his work is done.
His tools put away, his work on earth done.
The sun now setting, at the end of your day.
God's home is beckoning his journey now, this pathway.

Joyce Owen (with thanks for memories from Margaret Pugh)

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<http://phw.nhs.wales/covid-19-vaccination>





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RYDFELIN CHAPEL

Due to the Covid-19 restrictions, the chapel will remain closed until changes are announced by the Welsh government.

WOMEN'S INSTITUTE

What a difference a year makes.

This time last year we were looking back on an enjoyable and successful year. This year we could only meet in January, February and March. It was not until August that we were able to get together for a "socially distanced" meeting outside the Community Centre. We met outdoors again in September but thought it was taking things a little too far to brave the elements in October. We like our comfort and a warm cup of tea. Our secretary has done a great job keeping us in touch by emailing and posting out newsletters and keeping us informed with what is happening or rather not happening in our own W.I. and the county.

Some W.I's are having meetings on Zoom and we are invited to join them. We can watch a florist produce beautiful table decorations from the comfort of our arm chair, or we can make ourselves a cuppa and link into a virtual coffee morning. Grateful as we are for modern technology at this difficult time there is nothing to compare with the warmth and companionship we find from our "old fashioned" meetings at the Community Centre.

We have to look to what we can do from home and this year the county W.I. Eisteddfod has led to many of our members showing off their literary skills, writing short stories and poems. A limerick with the first line "Before I grow old and too weary" proved to be quite a difficult one to complete but there were many good entries.

Before Christmas we joined with other community groups and made some holly and ivy garlands to bring some festive cheer to the churchyard at St. Gwynogs.

Every W.I. looks forward to their Christmas lunch; again, another cancelled event.

Knowing how much we would miss the Christmas crackers some jokes were printed in the county newsletter.

- | | |
|--|--------------------------------------|
| *What comes in different sizes but is always only one foot long? | <i>A shoe</i> |
| *What is in the middle of nowhere? | <i>The letter "h"</i> |
| *Why did the pony need to gargle? | <i>Because it was a little horse</i> |
| *What type of car is the same frontwards and backwards? | <i>A racecar</i> |

We all hope we can resume our meetings when the Community Centre opens, so until then, from the members of Aberhafesp W.I. may we wish you a Healthy and Safe New Year.

Elaine Benbow, President.

LOCAL FARMERS


Young farmers are going through a tough time the same as everyone else during this pandemic, but that did not stop us raising money, socialising (virtually) and gaining new skills.

We held our AGM via Zoom with great attendance and the new team were elected as Gemma Owen Chairperson, Ellie Anne Lewis Vice Chairperson, Ffion Smith Secretary, Eden Grigg Social Secretary, Ruby Grigg Minutes Secretary, Angela and Alan Owen Presidents, and Pauline and Richard Jones as Vice Presidents. We all look forward to a strange and challenging year as a team to support one another and our community throughout this pandemic.

We have had a few club nights on Zoom including a cookie making night which was so much fun for all involved! Not forgetting also our members being involved in County events with Eryn our new member coming third in the county youth forum Christmas quiz which is amazing!

We would appreciate it very much if the community could share and get involved in our activities. We look forward to planning for the year ahead as YFC need the support from the community as much as you need the support from us!

Therefore keep an eye out for events coming up, Happy new year to you all from the Aberhafesp YFC.







6 Month Review – November 2020

Universal Credit issues up by 50% and employment queries rise by 40% as Powys residents face realities of Pandemic

Since day one of lockdown Citizens Advice Powys have provided a continuous advice service to residents helping them manage the impact of Covid-19.

In the last 6 months we've

-  **Answered 3,376 calls** from residents, an increase of 27%, and dealt with **8,158 issues**
-  **Obtained £2.1 million** of benefits on behalf of clients facing unemployment, debt and hunger
-  Recruited an **additional 6 volunteers** so we continue to **meet demand** in the community
-  Improved **mental health**; 70% of people surveyed say they are less stressed after help

"I could not have navigated the benefits system without the help of the CAB. I honestly don't know what sort of position I would be in without this service - I dread to think" (Client)

Adapting for the Future

Events this year could affect Powys residents adversely for years to come, so we've committed to **improving access to advice services and building our capacity to meet advice needs**. Right now we're working on

- Extending access to advice through our **secure video platform**, phone and webchat
- Launching a **new website** with additional contact capability such as the option to **email, make wi-fi calls and access a video drop-in service** from within the website
- Increasing access through our **Welsh Language Plan**
- **Piloting methods** to improve access for disabled people with **Accessibility Powys**

Core funding from Powys County Council, enables us to leverage an additional £500,000 from Government, Trusts and Foundations for services that help Powys residents combat poverty, deprivation and homelessness. Your support is needed now, more than ever.

We couldn't do it without you!

Charity Number 1094263. Contact Yasmin Bell CEO@powyslca.org

Increased Partnership working across Powys

Multi-agency support combining expertise and resources, is helping more people in Powys access advice and find the best way forward.

Our work with the **Community Connector Team** is increasing access to advice, especially for people who are **hard to reach**.

We're supporting **homeless people** in temporary housing, working through the **Housing Solutions Team**.

We're providing advice to substance misusers to aid their recovery, working with **Kaleidoscope** and the **Powys Area Planning Board**.

And, we're working with the **DWP to identify and assist people made redundant** to ensure they can access the services they need.

THE TRIALS AND TRIBULATIONS OF THE DOLLY-POSH

There that has got your attention hasn't it?

I knew it would. So what's all this about?

Sounds like some girl pop group.

No, it's about people like me, members of a large, downtrodden, ignored and completely uncatered-for minority group. We are the one in seven of the population, your left-handed brothers and sisters who have struggled thus far through life with back to front scissors, tin openers that don't, zips on the wrong side and so on.

You have never really given it much thought have you?

Go on be honest. No.

The pugilists amongst us are referred to as 'Southpaws' though why I have no idea. Someone will hasten to tell me I have no doubt, the answer is bound to be on the Internet. We get called 'Caggie Handers' and other less pleasant things. Over the years our backs get broad and our skins thicken but we take note of these things. One day we might organise and march down Whitehall waving placards and throwing bottles. We might even pull down the odd statue or two.

No we won't, nice peaceable souls at heart are us lefties. Remember that ultimate Southpaw Henry Cooper? Far too nice and gentle a man to be a heavyweight boxer.

But to return to our everyday problems. Cutlery is one for a start, the table is laid back to front. Actually I really mess things up here as I eat my first course right handedly and my second left. To put it another way I shove chips in with my left hand whilst holding the knife in my right but when it comes to apple pie and custard the spoon is clutched in the left hand. Trust me to screw things up.

I was equally mixed up on the cricket pitch as I held the bat right handedly but bowled 'left arm over the wicket'.

The same went when I joined the school shooting team, I held and fired the rifle just as a right hander would but had I been unfortunate enough to be of the generation who endured the trenches I would have plodded across No Mans Land with my bayonet pointing across my right shoulder just as Private Godfrey does at the end of 'Dad's Army' whilst the credits roll. I think most lefties are a bit mixed up, its through living in a predominately right handed world.

At school I was lucky in not being forced to write right handedly and in fact I can remember my first headmaster looking over my eight year old shoulder and seeing me using my left hand telling me that I would probably turn out to be artistic and that I was in good company as Winston Churchill was left handed. I must check that out some time, there must be a photo somewhere of Winston sat at a desk clutching a pen. And I do like brandy though you can keep the cigars.

The only person who ever seriously suggested that I might 'convert' was my father who was himself totally ambidextrous. Born left handed he had as a youngster broken his left wrist and whilst waiting for matters to get back to normal taught himself to use his right hand. He could swap a pen from one hand to the other half way through writing something and afterwards it was impossible to spot where the change had taken place.

It would have been a useful accomplishment but I was too lazy.

The working environment can be tricky as everything is designed by right handers and intended for the use of right handers. At the GPO Telephones training school I caused some consternation when the instructor saw me twisting wires anti clockwise instead of the text book clockwise and years later a manager told me I had failed a safety check as he had observed that the lettering on my pole climbing belt was upside down. Patiently I explained to him that I wore it left handedly and that was why it appeared to be upside down and if I tried to wear it right handedly I would surely fall to my doom whilst trying to operate the catch with my 'wrong' hand. I won that argument. All tools are of course right handed and so irritating to use. Power tools with locking buttons on the on/off switch are a particular annoyance as the button is on the side of the handle where the palm of your hand grips (if you are a leftie that is) and you are constantly accidentally switching the thing off.

My belt sander is worse owing to lack of space around the switch and I am faced with a choice of either holding it very clumsily in my right hand to switch it on and then transferring it across to my left whilst it is whirring away or else holding it upside down, starting it with my left and then gingerly turning it the right way up.

Things are just as bad in the kitchen. Any pan with a pouring lip is intended to be held and tipped with the right hand. If I tried that I would possibly end up in A & E.. Soup ladles are of course just the same. The knobs on the cooker infuriate me as the two that to my mind should logically operate the rear rings actually involve the front ones. I was able to adapt the refrigerator to open left handedly though which was nice. Used left handedly the controls on the food processor are away from me and the lettering upside down but I can live with that.

I'm typing this article on my laptop which of course has a built in mouse pad thingy (excuse the technical terms). Guess what? Yup, its designed for right handed use with the pad being off centre and optimized for the right hand and so consequently I have a habit of tapping the wrong part of the thing and causing mayhem.

At the beginning of this tale of woe I mentioned difficulty with zips which probably sounds ludicrous as after all its simply a case of pulling straight up isn't it? Well yes and no actually. You have possibly never really studied a zip but take it from me that the bit that travels up and down the zip, the bit that you pull, is attached to the right hand half of the zip as seen whilst looking down at it. No problem there if you are right handed, you push the left hand side into the travelling bit, hold the bottom of the garment with your left hand and pull up with your right. Nothing to it really. Now do it left handedly. Same thing, push left into right but now grab the bottom of whatever with your right hand and pull with your left. The travelling thing responds to the 'left' pressure and half way up chews its way into the material of the left hand side of the garment leaving you calling for wifely assistance and possibly a pair of pliers to release you.

And I won't even mention mens' underpants. Oh I just did. Well they are right handed too. Yes they are, honestly.

It's a hard life being dolly-posh.

Graham Green. Bwylch-y-ffridd



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Notice: *At present I am continuing to do 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.*

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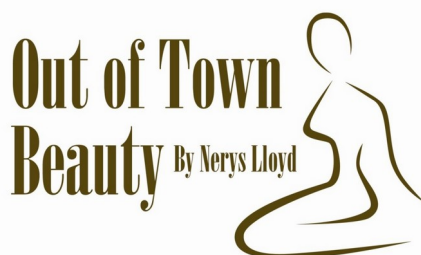
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ST GWYNOG'S CHURCH

They say that no news is good news: But this year has been so different from any that we have known before and we have had too much of the wrong sort of news. As it became unlikely that we would be able to hold our usual carol service indoors because the numbers would be restricted, we decided to hold an outdoor service instead on the Sunday before Christmas and Christine had the inspiration of decorating the churchyard. With many thanks to the church members and the community she got people knitting sheep, decorating cones, making garlands with the first line of carols. We had garlands of angels, bells and holly as well as ivy wreaths all around the churchyard, celebrating the 12 days of Christmas. Sadly the day before it was all due to take place new Covid restrictions were put in place and once again we had to cancel the service, although the decorations remained to be viewed over Christmas and New Year.



We were able to hold our Remembrance service outside and a crowd of socially distanced members of the community and church were present – even though we weren't allowed to sing! We are now closed for all services until further notice but we hope that it will be temporary and we can once again hold services inside the church.

A small group meet on a weekly basis to pray for our church and community and if you know of anyone who would like to have a prayer mentioned for them (in confidence) please contact either Pam on 07710438203 or the Rev. Nia Wyn Morris on 01686 951395.

You can view the Sunday services recorded at All Saints [here](#).

May we wish you all a happier and healthier 2021. Keep well and keep safe.

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MAMWLAD
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A free home visiting service to help the farming community in Powys to stay living at home safely and independently.

The Mamwlad project, funded by the Welsh Government is delivered by Care & Repair in Powys and Age Cymru Powys.

It is a service to help people over 50 in the farming community whether a farmer, farm worker or retired from farming to stay living at home safely and independently and to tackle loneliness and isolation.

HOW CAN WE HELP?

Care & Repair in Powys will take time to talk to you about your home and give advice on options to adapt, repair and maintain your home whether owned or rented.

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- Fire Safety check.
- Energy efficiency.
- Home safety and security.

Agreed works could be carried out by our own Minor Adaptations team and can also be funded by grants.

WE CAN ALSO HELP BY:

- Referring you to our technical team or an Occupational Therapist.
- Finding funding.
- Finding a reliable contractor.
- Providing technical advice and assistance in arranging work.
- Giving progress updates and check you are happy with the work done.

Age Cymru Powys can undertake a free confidential benefits check service and provide assistance with completing welfare benefit forms.

We also have access to other services to help you connect with others. This support may include:

- Befriending services.
- Mental Health support to reduce stress.
- Local support for practical help around the home.
- Later life goals planning and preparing for the future.
- Advocacy and supporting you to get your wishes heard.



For more information on the Mamwlad project and services available or for a confidential chat please contact us:

AGE CYMRU POWYS

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

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NEXT ISSUE

The next issue of this newsletter will be published in **April 2021**. Please send any articles of interest to the Editor (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 editor know so that we can save on the cost of printing.

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