

# Gwernymynydd & Cadole

NEWYDDION Y PENTREFI / COMMUNITY NEWS

[Gwernymynydd.org.uk](http://Gwernymynydd.org.uk)

Ebrill / April 2025

## We're giving money away!

Do you know that the Village Centre Committee has money to give away? No? Then read on ...

In 1934 a Village Hall was built on Hafod Drive (the lane opposite the old Rainbow pub) using money raised by the local community. When it was sold in 1973/74, proceeds of the sale were used to create the Gwernymynydd Village Hall Fund (GVHF) and in 1974 a charity was established to ensure that the money would be used for the benefit of local people.

The GVHF closed in June 2024 and £1740, which was the remains of the original Fund, was transferred to the Gwernymynydd Village Centre, which is also a registered charity. A Village Hall Fund sub-committee manages the money, which is ring-fenced and available in the form of grants to support people living in Gwernymynydd or Cadole and to organisations based here. *Continued overleaf ...*

**Photos from 'Peter Pan' recently presented by the Gwernymynydd Pantomime Group.**



**WHAT'S ON AT THE VILLAGE CENTRE?**

**Find out at [gwernymynydd.org.uk](http://gwernymynydd.org.uk)**

**FOR VILLAGE CENTRE BOOKINGS, PLEASE CONTACT:**

**Kelsey Reed: [bookings@gwernymynydd.org.uk](mailto:bookings@gwernymynydd.org.uk)**

## **We're giving money away!** Continued ...

**WHAT CAN MONEY BE USED FOR?** The scope of the Fund is wide-ranging, with beneficiaries including: children and young people; elderly people; people with disabilities; people of a particular ethnic or racial origin; and charities and voluntary bodies.

In addition to helping general charitable causes, the Fund has also supported recreation and amateur sport, and environment, conservation and heritage initiatives. The village school has received money, as has the Village Centre (most recently for tables), the pantomime and the Bowls Club. Over the years, people have also asked for grants to help them to buy musical instruments and textbooks.

**HOW DO I APPLY?** The maximum grant that can be awarded to any applicant is officially £1000 but, given the relatively modest amount of money left in the Fund, it is unlikely that so much would be donated to a single applicant.

An application form is available from Bridget Meadway at [treasurer.gvc@gmail.com](mailto:treasurer.gvc@gmail.com).

Anyone wishing to apply must be prepared to explain what their goal is and what they expect a grant to help them acquire or achieve and should also consider how a grant might benefit the wider community.

The Village Hall Fund sub-committee will also want to know the total cost of a project, how much money has already been raised and what, if any, other funding has been applied for.

*A village history is available on the Community Council website at: [www.gwernymynydd.org.uk/booklet](http://www.gwernymynydd.org.uk/booklet)*

## **QUARRY UPDATE**

Situated at the bottom of Ffordd Glyndwr, the disused Cambrian Quarry is being filled with some 500,000 square metres of soil and building waste, with the aim of restoring the area so that it can be used by the local community.

Work is being carried out by ASH Resource Management (Cambrian Quarry) Limited, and the latest progress report by Director John Dennan reveals that the bat population living in the old mine workings and caves is flourishing.

There is a fine of £5000 or six months imprisonment for killing a bat, so to stop the caves from flooding and potentially drowning them, a new cave entrance has been created.

In other good news, the badger population is using an artificial sett which ASH built for them 10 years ago.

However, no great crested newts have been found on the site, despite there being two artificial ponds for them to breed in and ASH paying specialist ecologists to monitor for them twice a year.

ASH has now completed over 80% of the infilling and the site is nearing the final restoration point, with soil placing and planting soon to take place.





## NEWS FROM GWERNYMYNYDD CP SCHOOL

Godre'r Coed, Gwernymynydd, CH7 4DT; tel: 01352 756756; email: gmmail@hwmail.net.

Part of the Hafod Federation with Ysgol y Waun, Gwernaffield



### Welsh Week, World Book Day and British Science Week

We returned to school on 3<sup>rd</sup> March after half term and launched into a very busy fortnight. Our children took part in a range of activities celebrating our Welsh culture, looking at various artists, landmarks and traditions. World Book Day was celebrated with children dressing up in costume as their favourite book characters.



From 10<sup>th</sup> March, both schools in our federation will be working together on a wide range of activities all week with visiting professionals and workshops looking at 'all things science', from heat dissection, to making wormeries, to pond dipping, star domes, rocket and tower challenges and more - we plan to pack a lot in.

### Sunbeams Playgroup Plus - Early Entitlement, Playgroup, Toddlers, Wrap Around and After School Club

At the end of February, Rachel the manager moved on to pastures new; however we are thrilled to announce that Corey has taken over as manager. She has already made many changes to the setting and is planning activities for the month which will be advertised on the 'Sunbeams playgroup Plus, Gwernaffield' Facebook page. The room has had quite a transformation.

*We have many keen children, so if you feel there are ways we can work with the community, please contact the school office on 01352 756756 or gmmail@hwmail.net.*

## IMPROVE YOUR FITNESS WITH PILATES, by Lucy Palmer - [lucypalmerspilates.co.uk](http://lucypalmerspilates.co.uk) - 07816776230

As I've been a weekly fixture in the Village Centre for 15 years it's probably about time I introduced myself and share what we do at 6pm every Monday evening!

I've been involved in sport and conditioning training for 48yrs, (yes, I know that ages me instantly!) but it's an inherent part of who I am and goes some way to explain the passion I have to keep people moving and strong. My first steps into teaching fitness was when I was an ice skater who found myself enjoying teaching the off-ice conditioning sessions.



The passion for this grew throughout my years on world tours as a professional ice skater. Whilst working with Disney in Australia I came across Pilates for my own training. It was a revelation that these exercises that were so subtle and controlled gave such targeted results. On retiring from skating I decided to train specifically in Pilates with extensive learning in anatomy and physiology.

Fast forward many years of teaching later and I have helped train so many people to reach their movement goals.

So what is Pilates? It's a relaxed controlled approach to exercise working on strengthening the all-important core muscles whilst building mobility. It's not a new craze or fad workout, it really does work. Over a hundred years ago Joseph Pilates devised a set of exercises that worked both mind and body. During this time his teachings grew into a global phenomenon. Joseph was ahead of his time and predicted that one day everyone would have heard of his exercises. It certainly looks like his prediction is true!

I've been lucky enough to teach a class in the Village Centre for many years now, seeing the Centre continuing its growth and importance as an integral part of the community. Our Monday evening class is a warm and welcoming group proving that there's more to exercise than just the physical gains, but also the social and wellbeing benefits.

If you'd like to join our friendly class on Mondays at 6pm please get in touch. The class is suitable for all levels as the exercises are easily adapted as you work at your own pace. Everyone can enjoy the session regardless of fitness levels at any age. Come and feel the benefits from Pilates in your daily life as you walk with more poise, your back becomes stronger, muscles tone and strengthen transforming the way you look and feel.

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### VILLAGE PLANTERS GET A SPRING MAKEOVER

Many thanks to the P&A Woodworks Garden Centre for supplying plants and compost for the village planters, and also to professional gardener Mike Meadway for keeping them looking tidy.







# SUNBEAMS PLAYGROUP

Y Waen, Gwernaffield, Mold CH7 5DP

We offer playgroup, Early Entitlement, Wrap around and After School Club.

Funding is available for 30 hours free childcare as well as Flying Start.

If you would like any details or want to pop along for a visit, please email Corey on [Sunbeams171@outlook.com](mailto:Sunbeams171@outlook.com) or ring on 07584168425.

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### DON'T FLUSH THOSE WIPES AWAY!

People are politely asked not to throw wet wipes and similar products down the toilet.

Some local residents have recently had to call out Welsh Water to deal with blocked drains and have been told that there are 'loads' of wipes in the main sewers.



Because drains in the village flow into each other, it's difficult to pinpoint where the problem is originating - but that doesn't make it any less serious: one lucky resident was told they were just 24 hours away from having toilet waste backing up into their house.

Wet wipes are the biggest cause of blockages on its network, says Welsh Water, which urges people to dispose of all wipes, cotton buds and sanitary products in the bin, not down the loo.

So please be considerate when disposing of wipes and other materials - and remember that not properly getting rid of wet wipes could mean that one day it's your house that gets stinking waste coming up through the drains.



## “Hi, I’m Adam!

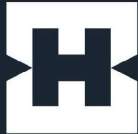
Having heard great things from Hadlow Edwards’ Operations Manager, Kate, I have recently moved to the village and I wanted to take a moment to introduce myself.

As a financial planner, I help people to navigate everything from budgeting and saving to retirement planning and saving for the next generation. Money matters can sometimes feel overwhelming, so my aim is to simply be a resource for anyone who has questions. Whether it’s about putting a plan in place or thinking ahead to the future, I will be more than happy to chat to you and support you in creating a bespoke financial plan for you and your family.

I will be sharing a few financial tips in this newsletter, but more than anything, I just want you to know that I am here if you ever need a bit of no-jargon guidance and straightforward conversation around your finances.

Please feel free to contact me on [adam.tilston@sjpp.co.uk](mailto:adam.tilston@sjpp.co.uk) or feel free to say hello if you spot me around the village!”

*-Adam*



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SJP Approved 04/03/2025

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Printed by Fairway Design to Print LLP,

Units 23-25 Manor Industrial Estate, Bagillt Road, Flint, CH6 5UY.

Many thanks to John Fenwick and his team for all their help.