

The Puffin

FREE community magazine • published quarterly

Number 37 • August 2021



Serving...

- Llangoed
- Glanrafon
- Penmon
- Beaumaris
- Llanfaes
- Llanddona
- Llandegfan
- Llansadwrn

...and on-line

SOME CHANGES AT The Puffin

John Nunn

As the saying goes, "it's an ill wind..." You'll have noticed some developments to **The Puffin** during the COVID-19 pandemic. Early on we worked with community organisations to bring you an edition completely devoted to the matter, the special COVID number of April 2020. Though details will have changed, this is still a good starting point to see what support is available.

You'll find all all numbers of **The Puffin** since February 2017 at www.seiriolalliance.co.uk/newsletters/.

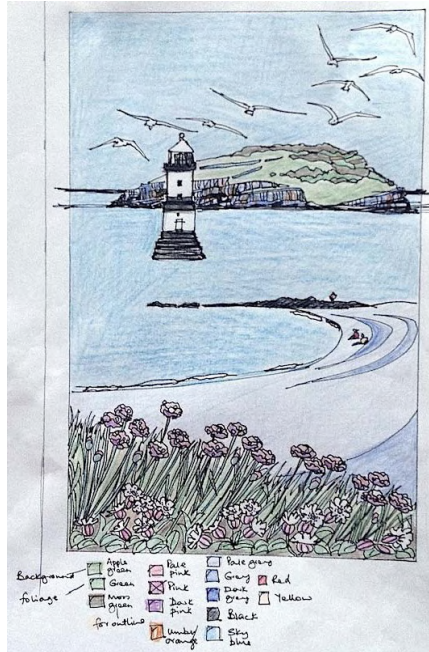
We were also fortunate enough to gain a number of donations and sponsorships which enabled us to print in colour, and a change of printer also improved the quality. Never ones to stand on our laurels we are now changing to a more magazine-style look, starting off with a smart cover and a few tweaks inside. Along with all this, however, there have been some inevitable downsides, the main one being that, while we used to deliver a copy of **The Puffin** to every home in our original catchment area – Llangoed, Penmon and Glanrafon – this was not possible under COVID-19 regulations.

We've taken two steps to mitigate this, by ensuring, firstly, that it is easily accessible on-line, and secondly, by increasing the number of outlets where you can pick up a paper copy. In response to requests from community organisations we have also extended our coverage area to include the whole of Seiriol Ward.

It would be impractical to attempt a home delivery to the whole of the Seiriol Ward area so, reluctantly, we have decided not to resume home deliveries in in our original catchment area. Accordingly, it is important that we thank the loyal band of supporters who have delivered **The Puffin** in winter, summer, rain and shine...thank you! You have enabled it to flourish and to extend, in quality, quantity and coverage. If any of you would like to continue your involvement with **The Puffin**, we desperately need more members to join the Editorial Team; have a look at our advertisement on page 18. You'll be made very welcome.

If you know of people who are mobility-challenged but who look forward to the arrival of **The Puffin**, do collect an extra copy from one of our outlets and drop it off for them. As usual, we will advise everyone in our catchment area when **The Puffin** is available by placing posters on lampposts.

'Look for the sign of **The Puffin**. It will return' (a misquote from Leslie Charteris's *The Saint* books).



The linocut process, from sketch to finished article...and front cover! (Pat Mowl)

Y CLAWR, LINOCUT A FI

Pat Mowl

'Rwyf yn arlunydd lleol sydd yn arbenigo mewn printiau linocut, ac yr oeddwn wrth fy modd pan ofnodd Andrew i mi os cai ddefnyddio fy mhrint o 'Penmon' fel clawr y rhifyn yma o **The Puffin**.

Pum mlynedd yn ôl deuthum ar draws printiau linocut ac o'r toriad cyntaf yr oeddwn yn gwybod mai dyma'r cyfrwng i mi. Nid yn unig fod yna y stwff arty, creadigol – cyfansoddiad, lliw, golau a chysgod – ond roedd yna agweddau dechnegol hefyd oedd yn apelio i'r rhan ohonof sy'n hoffi datrys problemau, y pos o drosglwyddo darlun i'r papur trwy leino.

Gall hwn fod yn broses hir a dyrns iawn, felly byddwn yn cyfyngu y pynciau i'r rhai sy'n arbennig i mi ac fydd yn fy ysbardynu i greu darlun drych-delwedd sy'n cael ei gymhwyso i'r bloc(iau) leino, yr holl ffordd drwodd i argraffu'r haen olaf â llaw ar y ddalen olaf o bapur archifol.

Mae Penmon yn arbennig iawn i mi. Bron ugain mlynedd yn ôl bu i mi gerdded 'Sialens y Ddau Oleudu' a cherdded 50 milltir o Benmon i Ynys Lawd. Wrth ddechrau y siwrne yr oedd yn fore braf a hyfryd a meddyliais am y mynach Seiriol Lwyd yn dechrau ar ei siwrne i gyfarfod ei ffrind, y golygfeydd o'i flaen yn disgleirio yn yr haul. Yn fy nychymyg gwelais Seiriol Sant fel dyn hapus, byr a boliog. Mae'n raid bod y pictiwr yma wedi aros yn fy meddwl gan fod Goleudy Trwyn Du yn fwy swmpus na'r goleudy cyffredin! Yr oeddwn hefyd eisiau golau disglair yr haul, felly rydyn ni'n edrych i lawr o'r graig, o dan awyr las tra yn eistedd ar gwmlw pinc o godwrth y môr a chlustog Fair. Beth fyddai well?

THE FRONT COVER, LINOCUT AND ME

Pat Mowl

I'm a local artist specialising in linocut printmaking, and I was delighted when Andrew asked if my print 'Penmon' could be used as the cover of this number of **The Puffin**.

I discovered linocut printmaking five years ago and knew the minute I made the first cut that I had found the perfect medium for me. Not only did it provide the arty, creative stuff – composition, colour, light and shade – but it had technical aspects that appealed to the nerd in me, the puzzle of conveying an image on to paper via lino.

This puzzle can prove to be a very long drawn out process and so I work only on subjects that are special to me, and that will sustain me as I work my way from creating a mirror image which is applied to the lino block(s), all the way through to manually printing the final layer on to the final sheet of archival paper.

Penmon has always been special to me. Nearly 20 years ago I completed the Two Lighthouse Challenge, walking the 50 miles from Penmon to South Stack. It was a beautiful morning as we set off and I thought of Seiriol the Fair as he walked to meet his friend, with the landscape before him bathed in sunshine. In my imagination St Seiriol was jolly, short and stout and I think this must have been in my mind when I started the Penmon print as the Black Point lighthouse definitely has a portly look about it, more so than your average lighthouse! I also wanted to feel bathed in sunshine so we are looking down from the cliff top, surrounded by blue skies and sitting on a cloud of pink sea campion and thrift. What could be nicer?

WHAT'S HAPPENING WHERE

It's back at last! In pre-COVID times *What's happening where* is where our regular quarterly round-up of what's on in the locality appeared, regular events and one-offs near home and further afield.

The Puffin is serving a wider area now, and is always looking for events to list, and this is a start. Inevitably we don't cover everything that's on, or might be on, so if you think that an event is missing and should be mentioned, please make sure that you let us know in good time; our contact details and submission deadlines are always given in *Editorial information and other 'useful to know' stuff* on the back page.

Please be sure to check that an event is still taking place before you attend; COVID-19 restrictions appear to be easing at long last, but everything could change at a moment's notice.

Don't forget to take a mask with you! It's amazing how easy it is to forget to take one...

Beaumaris

- **Beaumaris Film Night:** in pre-COVID times the Film Night took place on the first Thursday of the month at 7.30pm at Canolfan Beaumaris Leisure Centre. A return is still some way off, so keep your eyes on social media, telephone 01248 811200 or e-mail enquiries@canolfanbeaumaris.org.uk for more information.
- **Castle Players Amateur Dramatic Society:** we're looking to the future now, and hope to be able to put on a pantomime at Christmas if it is feasible to do so, and possibly a 'Welcome Back' Evening with buffet, quiz and entertainment during the autumn. For more information and contact details go to page 10.
- **Canolfan Beaumaris: Open Day:** there's a lot starting to happen! We're holding an Open Day on Sunday 12 September, 12.00 noon-4.00pm, to celebrate with our volunteers and team everything that we have to offer, and to invite all members of the local community to join us. For more information about our activities go to page 11.
- **Canolfan Beaumaris: fitness, dancing and sports:** for information about fitness classes, dancing classes and

sports sessions at Canolfan Beaumaris go to page 12 and page 13.

- **Canolfan Beaumaris: new sports programme:** we will be launching a new sports programme in September, which will include football and netball. Be sure to sign up at our Open Day!!

- **Canolfan Beaumaris: Pickleball Taster Day:** sessions for adults (£4.00) and children (£2.00), Sunday 26 September. Spaces are limited, so booking is essential. Come and try out this growing racket sport!

- **Pioneers Walking Group:** we're hoping to restart the Pioneers Walking Group some time in August. For more information please telephone Howard Jackson on 01248 810050.

Llanddona

- **Llanddona Table Tennis Group:** the Group is looking to restart in Neuadd Bentref Llanddona Village Hall on Mondays, 10.00am-12.00 noon, welcoming new players and old. The charge to cover hall costs is £10.00 per four weeks, paid by bank transfer. Let us know if you would be happy to play singles or doubles. If you're interested

or have any questions please e-mail us at markjsimpson@hotmail.com.

- **Llanddona Writing Group:** in pre-COVID times we met every other Tuesday at Neuadd Bentref Llanddona Village Hall. Please join us if you enjoy any sort of writing. For more information, please contact Stephen Marsden on 07774 699685, and go to page 9 to read more about the Group.
- **Llanestyn Tractor Rally:** Saturday 14 August, 12.00 noon, starting at Neuadd Bentref Llanddona Village Hall, with the opportunity to view tractors old and new, visit stalls, and buy snacks and raffle tickets. For more information go to page 9.
- **Caffi Ni:** Caffi Ni at Neuadd Bentref Llanddona Village Hall is closed for the summer, but reopening is planned for October, Wednesday-Friday. Go to page 10 for the Caffi Ni story.

Llangoed

- **Clwb Garddio Llangoed Gardening Club:** COVID has meant that Clwb Garddio Llangoed Gardening Club has not met as a group for so long now that, as far as 2021 is concerned, a decision has been made not to restart again until January 2022: that will be a new year, a new beginning and maybe a welcoming of new members as well! We used to meet on the third Monday of the month at 7.30pm. All will be welcome to join us; we'll contact members when we know more, and will pass on information via **The Puffin** and social media.

For more information please contact Ann Donlan on 07919031403 or Lyn Gallagher on 07857 697572.



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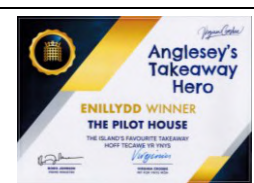
The Pilot House Café

Black Point, Penmon, Anglesey LL58 8RR

☎ 01248 490140 🌐 www.pilothousecafe.com/

Open daily from 10.00am until late in the season, and during daylight hours in winter

The Puffin says 'Thank you, *Pilot House Café*, for supporting us!'



- **Llangoed WI:** the next meeting will be on 1 September. Meetings begin at 2.00pm on the first Wednesday of each month in Llangoed Village Hall. We are a lively group of mixed ages, so, ladies, do feel welcome to join us.
- **Seiriol Men's Shed:** for men aged 18-108, the chance to meet and chat...all abilities are welcome! Every Thursday at 10.00am at our workshop by Haulfre Care Home. For directions and more information see page 18.

CANOLFAN IECHYD BIWMARES

Dr James Vousden, Dr Hywel Jones,
Dr Sarah Borlace, Dr Ifan Morgan

Hoffem rhoi diweddariad i'n cleifion o'r Ganolfan Iechyd.

Ymddiheuwn am fod yn dawel yn y cylchlythur dros y 12 mis diwethaf. Fel y gallwch ddychmygu, rydym wedi bod yn brysur iawn gyda materion arall. Yn gyntaf, mae'r pandemig COVID wedi creu patrwm gweithio heriol iawn ac yna mae'r cynllun brechu wedi cymeryd llawer o ymdrech i fod yn llwyddiant, heb son am geisio ail ddechrau gwasanaethau arferol.

Y diweddaraaf ar frechlynnau Fe frechwyd dros 2000 o gleifion yn y Ganolfan Iechyd ac yng ngartrefi ein cleifion eleni. Os gwnaethoch chi wrthod y brechlyn COVID-19 pan gafodd ei gynnig gyntaf, ond eich bod wedi newid eich meddwl ers hynny, gwnewch apwyntiad gan ddefnyddio gwasanaeth trefnu apwyntiadau ar-lein. Gallwch drefnu apwyntiad ar ddyddiad, amser ac mewn lleoliad sy'n gyfleus i chi. Mae clinigau ar gael mewn lleoliadau ar draws Gogledd Cymru ac mae apwyntiadau newydd yn cael eu hychwanegu yn rheolaidd. Ewch i'n gwefan ar gyfer ein gwasanaeth trefnu apwyntiadau ar-lein.

☑ Brechiad COVID-19: Trefnu apwyntiad ar lein www.bipbc.gig.cymru/covid-19/brechlyn-covid-19/brechiad-covid-19-trefnu-apwyntiad-ar-lein/

Newid i'r partneriaeth Wedi 30 mlynedd o waith caled mae Dr Vousden yn ymddeol o'r Ganolfan Iechyd ym mis Medi. Bydd colled mawr ar ei ol a gwyddom y bydd ei gleifion yn ogystal a'n tim yn drist o'i weld yn gadael. Mae o wedi bod yn weithgar iawn yn sefydlu gwasanaethau gwahanol yn y ganolfan Iechyd dros ei gyfnod hefo ni. Hoffwn ddymuno ymddeoliad hir a hapus iddo. Rydym yn ffodus i gael Dr Elliot Breaks yn ymuno â ni ym mis Medi. Efallai y bydd rhai ohonoch yn cofio Dr Breaks yn gweithio gyda ni yn 2019.

Gwasanaethau Iechyd Fe fyddwch wedi clywed llawer iawn yn y cyfryngau am sut mae mynediad i wasanaethau y GIG wedi newid ers dechrau y pandemig

COVID. Yn y Ganolfan Iechyd, 'roedd trefn i ddelio a phob cyswllt drwy alwad ffôn yn ôl yn bodoli cyn y pandemig, gan sylweddoli y gallem weithio yn fwy effeithlon drwy asesu i benderfynu beth yw'r weithred mwyaf. Bydd hyn yn parhau.

Ers dechrau y pandemig yr ydym wedi gweithio yn galed i gadw'r Ganolfan Iechyd mor ddiogel a bosib i'n holl gleifion a staff. Ynglyn a "agor i'f fyny", fel y mae llawer o bobl yn gwybod yn barod, nid ydym erioed wedi bod ar gau ac 'rydym wedi bod yn brysurach yn delio hefo nifer fwy o gleifion o gymharu a cyn y pandemig. Mae'r feddygfa yn brysurach nac erioed felly diolchwn i chi am fod yn amyneddgar.



Fe fyddwch yn deall mai yr pobl gwaelaf a fwyaf bregus sydd angen dod i fewn i'n gweld wyneb yn wyneb, felly ni fydd unrhyw newidiadau i'n trefniadau er yr wybodaeth am "agor i'f fyny" sydd yn y cyfryngau a chyhoedduswyd arall.

Pan fyddwch yn ein ffonio fe fyddwn yn holi ychydig o gwestiynau i sicrhau ein bod eich cysylltu a'r gweithiwr Iechyd fwyaf priodol. Gallwn eich cyfeirio at amryw o wasanethau gan gynnwys y fferyllydd, nyrs, ffisiotherapydd, awdiologydd neu ddeintydd. Dydi bob galwad ddim o rheidwydd yn cael ei gyfeirio at y meddyg.

Fe fyddwn yn parhau i ddelio a'n cleifion yn gyntaf drwy alwad ffôn neu drost fideo. O'r asesiad hynny byddwn yn penderfynnu os bydd angen eich gweld wyneb yn wyneb. Os y byddwch yn cael eich cyngori i ddod i fewn i'r Ganolfan Iechyd, byddwn yn eich tywys i fewn ac

allan gan un o'r tim. Byddwn yn disgwl i chi wisgo gorchydd gwyneb, golchi eich dwylo a cadw pellter cymdeithasol.

Mae ganddom "intercom" wrth y brif fynedfa. Mae hwn yno i hysbysebu eich bod wedi cyrraedd yn unig ond ni allwn drafod unrhyw wybodaeth gyfrinachol. Os yr ydych eisiau trafod unrhywbeth gofynwn i chi ein ffonio.

Os oes ganddoch fynediad i'r we, cofrestru am "Fy-lechyd Ar-Lein" ydi'r ffordd mwyaf hwylys a phrydlon i archeby eich prescripsiwn.

☑ Fy-lechyd Ar-Lein www.myhealthonline-inps2.wales.nhs.uk/web/ps/welcome

Mae 111 wedi disodli y gwasanaeth "tu allan i oriau" (pan fydd y Ganolfan Iechyd ar gau). Mae'r gwasanaeth yma hefyd ar gael ar y ffon neu dros y we ar gyfer anghenion meddygol a deintyddol.

Mae ein holl staff yn gweithio yn galed iawn ac yn gweithio i ganllawiau penodol. Gofynwn i holl ddefnyddwyr ein gwasanaethau i ddefnyddio iaith a thon priodol ac hoffwn atgoffa bod ganddom bolisi dim goddefgarwch yng nghydestun ymddygiad amherthnasol. Yr ydym yma i wasanethu felly diolch am fod yn amyneddgar.

BEAUMARIS HEALTH CENTRE

Dr James Vousden, Dr Hywel Jones,
Dr Sarah Borlace, Dr Ifan Morgan

We'd like to give our patients an update from Beaumaris Health Centre.

We are sorry that we have been quiet over the past 12 months or so, but we are sure you can appreciate that we have been extremely busy.

Due to the COVID pandemic, reorganising working patterns and medical services to ensure an effective and safe Health Centre for our patients and staff was very challenging, and following on from this the vaccination campaign created new challenges. More recently, we are striving to resume routine healthcare services, within the confines of the ongoing COVID situation.

Vaccination update We vaccinated over 2,000 patients in the surgery or at home earlier this year. If you turned down the COVID-19 vaccination when it was first offered, but have since changed your mind, please book an appointment using the on-line booking service. You can arrange an appointment at a convenient date, time and location. There are clinics available in locations across North Wales, and new appointments are being added regularly.

☑ COVID-19 vaccination: online booking www.bcuhb.nhs.wales/covid-19/covid-19-vaccinations/covid-19-vaccination-online-booking/

www.facebook.com/groups/llandona/

Partnership changes We would like to announce that Dr Vousden will be retiring from the practice in September after over 30 years at the practice. He will be greatly missed by us all, as we are sure many of our patients will. He has been instrumental in setting up many additional services within the practice over his time with us. We wish him a long and happy retirement.

We are lucky to have Dr Elliot Breaks joining us in September. Some of you may remember Dr Breaks working with us in 2019.

NHS services You will hear a lot in the media about how access to NHS services has changed since the start of the COVID pandemic. As you probably know the Health Centre had adopted a telephone triage service well before the pandemic. We realised that we could work more efficiently and help the patients that need us the most by first dealing with all cases over the telephone and making a plan with each patient on the most appropriate action needed. This has continued throughout the lockdown and will do so in the future.

Since the start of the pandemic we have strived to make the Health Centre as safe as possible for all our patients and our staff. In terms of opening up, as many people will know, we have never been closed, and in fact we have consulted with much higher numbers of patients than pre-COVID. We are busier than ever so please bear with us.

You'll appreciate that it's often the most vulnerable and poorly patients that need to come in to see us, so we will continue with the current system of "telephone first" despite announcements of opening up and changes in many public places.

When you contact us by telephone you will be asked a few questions to ensure you speak to the right health professional. This may not always be a doctor, and you could be signposted to a range of NHS services, including a pharmacist at the local chemist, a practice nurse, physiotherapist, audiologist, optician or a dentist.

We will continue to deal with patients for treatment and advice in the first instance over the telephone or a video call. Please be assured that we will always see patients face-to-face if we feel this is needed. If you are asked to come into the building you will still be escorted in and out by one of our team and you will still be expected to wear a face mask, sanitise your hands and socially distance when entering the building.

We have an intercom outside the front door; this is for you to announce when you arrive but our staff cannot discuss anything confidential in this way. Please phone the Health Centre if you need to speak to us.

puffinpages@gmail.com

If you have access to a computer, registering with MyHealth Online is the best and quickest way to order repeat prescriptions.

MyHealth Online
www.myhealthonline-inps2.wales.nhs.uk/web/ps/welcome

111 has taken over the out-of-hours service (when the Health Centre is closed) and is also available by telephone or on-line for routine medical and dental information.

All our staff are working very hard and working to agreed protocols; we ask that all callers use appropriate tone and language and remind everyone of our Zero Tolerance policy to unacceptable behaviour. We want to help you; please be patient.

LOCAL PLAYER!

Andrew Perrott, Lynne Hennessey

As part of Wales's UEFA EURO 2020 squad announcement, the Football Association of Wales (FAW) partnered



The Football Association of Wales has teamed up with Cadw to represent each of the 26 players in the Cymru squad for UEFA EURO 2020 at historic sites across Wales. Here's one of the #DreigiauCymru monoliths outside Beaumaris Castle, with Wayne Hennessey's plaque below it:

Chosen to represent Cymru at UEFA EURO 2020:
Wayne Hennessey
Gôl-geidwad/Goalkeeper
Gorau chwarae cyd chwarae
#dreigiauacymru

The 26 monoliths will remain in place until 5 September 2021 (Andrew Perrott)

with Cadw to launch an exciting initiative across Wales. 26 dragon monoliths, #DreigiauCymru, were installed at historical sites across Wales before the UEFA EURO 2020 squad announcement on 30 May 2021. Each player chosen to represent Wales at this summer's tournament was assigned a castle or historical site which fans can visit and log their progress as they aim to complete their digital sticker book on *Together Stronger.Cymru*. The FAW sees Welsh history, culture and language as a key part of its identity and the aim of the partnership is to raise awareness of

Wales's history whilst encouraging fans to visit the Cadw sites as part of an active lifestyle.

There is one such monolith at Beaumaris Castle, representing Wayne Hennessey. He's a cousin of Terry Hennessey, who earned 39 caps for Wales from 1962 to 1972. Born in Bangor and raised in Beaumaris, he began as a trainee at Manchester City but was released in 2003, whereupon he joined the youth academy at Wolverhampton Wanderers. After progressing through the ranks, he signed his first professional contract in April 2005. After remaining in Wolves' reserve and youth teams during the 2005-2006 season, he was sent on trial with Bristol City in July 2006 with a view to a loan move to gain first team experience, but was recalled to Wolves after an injury to their first-choice goalkeeper Matt Murray. He did go back to Bristol City in August 2006, however, on a one-month loan deal, but he did not make an appearance and returned to his parent club early due to an arm injury.

He was capped for Wales at under-17, under-19 and under-21 level. He once scored for the under-19 side with a 40-yard free kick against Turkey. He made his full international debut for Wales in a 2-2 friendly draw against New Zealand on 26 May 2007 and has since established himself as Wales's first-choice goalkeeper. He made his 50th appearance for Wales on 3 September 2015, and reached his 35th clean sheet with Wales on 3 September 2020 in a 1-0 UEFA Nations League win over Finland, to break the previous record held by Neville Southall. He was selected for the delayed UEFA Euro 2020 in May 2021, but was now second-choice to Ward, who had taken his place while he was injured.

He also played at Stockport County and Yeovil Town on loan. After his time at Wolves he ended up at Crystal Palace. To date he has 96 caps for Wales.

DEBT RESPITE SCHEME ('BREATHING SPACE')

Andrew Perrott

We've covered some of the effects of COVID-19 lockdowns in previous numbers of **The Puffin**, and the need to keep a lookout for yourself and others. In the last number we published an article by John Hay about how members of St John's Methodist Church in Bangor wanted to help their local communities to handle the economic climate.

The Debt Respite Scheme (Breathing Space) came into force on 4 May 2021. It will give a person with problem debts the right to legal protections from his/her creditors.

This article isn't intended to be a

Across

- 1 Cry (4)
- 3 Social network service (8)
- 9 Peaceful (7)
- 10 Spinning engine part (5)
- 11 Guest house (5)
- 12 The living dead (6)
- 14 Extra room (6)
- 16 Cotton (6)
- 19 Shoot up (6)
- 21 Fight (5)
- 24 Give (5)
- 25 Make move (7)
- 26 Island (8)
- 27 Begrudge another's property (4)

comprehensive guide, but to outline the scheme and give some links to sources of more detailed information.

How the scheme works There are two types of 'breathing space':

- **Standard breathing space:** this is available to anybody with problem debt. It gives him/her legal protections from creditor action for up to 60 days. The protections include pausing most enforcement action and contact from creditors and freezing most interest and charges on their debts.
- **Mental health crisis breathing space:** is available only to somebody who is receiving mental health crisis treatment, and it has some stronger protections. It lasts as long as the person's mental health crisis treatment, plus 30 days, no matter how long the crisis treatment lasts.

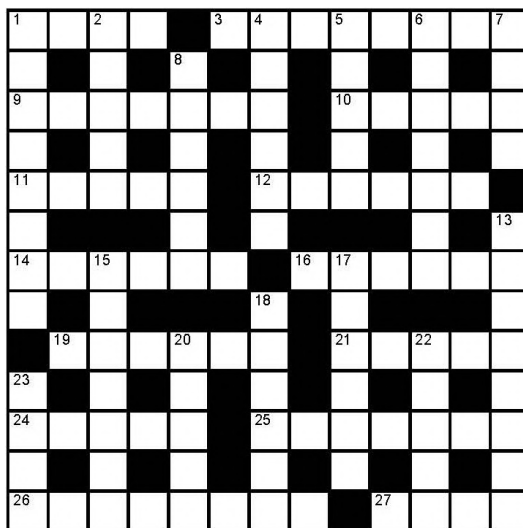
The covering legislation is The Debt Respite Scheme (Breathing Space Moratorium and Mental Health Crisis Moratorium) (England and Wales) Regulations 2020 (SI 2020 No 1311).

These are the main things that you need to know about how the breathing space rules will work in practice:

- During a breathing space, you will not be charged additional interest or fees of any kind. In addition, those to whom you owe the money to are not allowed to backdate any interest or fees after the breathing space ends.
- During a breathing space, all enforcement action must stop. This means that those to whom you owe the money to are not allowed to:

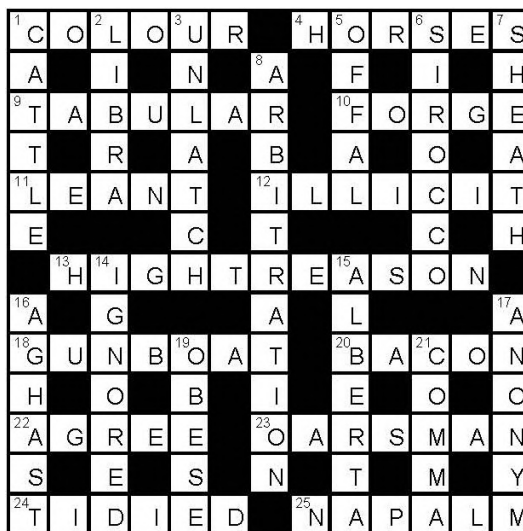
- Force you to pay the debt
- Contact you about enforcing the debt, except where this is required by other laws
- Apply to the Department for Work and Pensions for

QUICK CROSSWORD NO 6



The solutions to 'the Governor's' Quick crossword no 6 will be given in **The Puffin** 38 (it's set already and waiting to go).

QUICK CROSSWORD NO 5: SOLUTION



- deductions to be taken from your benefit payments to recover the debt
- Sell or take control of your property or goods
- Start any action or legal proceedings against you
- Disconnect your gas/electricity or try to install a prepay meter to recover energy debt

- Most debts are covered, but not all of them. You can get a breathing space only on certain 'qualifying debts', including:

- Credit/store cards
- Personal loans
- Payday loans
- Overdrafts
- Utility bill arrears
- Mortgage or rent arrears
- Council tax arrears

Breathing spaces do not cover secured debts (such as mortgages and car hire purchase agreements), debts incurred through fraud, any liabilities to pay fines imposed by a court for an offence, and some other kinds of debt.

How to ask for breathing space If you're consistently struggling with debts and having

Down

- 1 Celebration (8)
- 2 Spill (5)
- 4 On fire (6)
- 5 Computer memory device (5)
- 6 Not in (7)
- 7 Small vehicle (4)
- 8 Exhaust (6)
- 13 Extra-marital affair (8)
- 15 Chemical (7)
- 17 Fictitious person (6)
- 18 Take care (6)
- 20 Take steps (3,2)
- 22 Once more (5)
- 23 Open-mouthed (4)

problems meeting repayments, you may be eligible for breathing space. This is what you need to know:

- **You can't apply for breathing space directly:** you can get it only via debt help services, such as charities, certain local authorities (councils) and commercial debt advice companies...so ask! It's important to note that you cannot apply for breathing space on your own; it can be started only by a professional debt advisor or your council, if your council provides debt advice to its residents:

If you're seeing a debt advisor already, he/she should be able to help you to apply, although he/she will need to assess first whether breathing space is the most appropriate solution to help you.

If you're not already seeing a debt advisor or he/she cannot help, contact a debt help charity. Good options to try include Citizens Advice, StepChange, National Debtline and CAP but there are others, such as Money SavingExpert's free debt advice guide, which has a longer list.

It is important to be careful when looking for debt advice; the aim is to find non-profit debt-counselling help from somebody who is paid to help you, not to make money out of you. Debt help, loan consolidation, IVA and debt-wiping companies that advertise on TV or on-line are usually best avoided.

- **If you're getting treatment for a mental health crisis:** ask a mental health professional about breathing space. He/she can apply on your behalf if it's appropriate for you. Others, such as carers, mental health nurses and social workers can

also apply for you, but to do so they'll need a mental health professional to confirm that you're receiving crisis treatment.

Footnote I compiled this article using information that is available to anybody on the internet. It is the user's responsibility to ensure that information gathered from the article and links is right and appropriate for him/her.

More information Here are some useful links:

MoneySavingExpert: News
www.moneysavingexpert.com/news/

'Breathing space' scheme starts for those in problem debt
www.bbc.co.uk/news/business-56945218

Insolvency Service
www.gov.uk/government/organizations/insolvency-service

Debt Respite Scheme (Breathing Space) guidance
www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance

Citizens Advice: Debt solutions
www.citizensadvice.org.uk/debt-and-money/debt-solutions/

StepChange Debt Charity
www.stepchange.org

National Debtline: Coronavirus and your debt
www.nationaldebtline.org

Christians Against Poverty
www.capuk.org

MoneySavingExpert: Seek free debt help from charities
www.moneysavingexpert.com/loans/debt-help-plan/#help

THE BRITANNIA BRIDGE

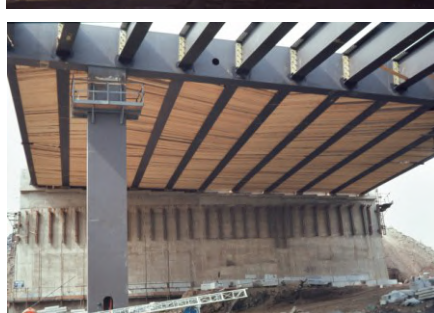
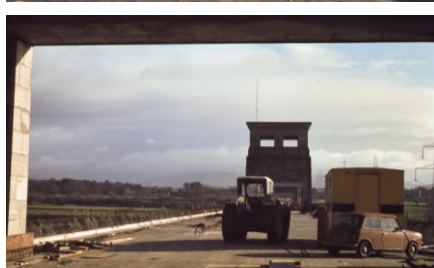
Andrew Perrott

Carol Jones of Llanddona was kind enough to send us some historic photographs that her father, Owen Myfyr Jones, took during the construction of the upper (road) tier of the Britannia Bridge in the 1970s, seven of which are shown to the right; what a historic record!

The Britannia Bridge was designed and built by Robert Stephenson as a tubular bridge of wrought-iron rectangular box-section spans for carrying the railway across the Menai Strait. As most readers will know, it was damaged badly by a disastrous fire in May 1970, after which it was determined that the damage to the tubes was so extensive that they were not realistically repairable.

It was decided to rebuild the structure in quite a different configuration, reusing the piers while employing new arches to support not one but two decks, as the 'new' Britannia Bridge was to function as a combined road-and-rail bridge. The

www.facebook.com/groups/llangoed



rebuilding took place in phases, the bridge being reopened initially in 1972 as a single-tier steel truss arch bridge, carrying rail traffic only. Over the next eight years more of the structure was replaced, allowing for more trains to run and a second tier to be completed.

The second tier was opened to road traffic in 1980, providing a much-needed second road crossing between the mainland and Anglesey.

CWLWM SEIRIOL: DIWEDDARIAD, HAF 2021

Delyth Phillipps, Swyddog Ymgysylltu â'r Gymuned/Community Engagement Officer

Yn ystod y flwyddyn ddiwethaf a mwy, rydym wedi sylweddoli pa mor werthfawr yw gallu cysylltu â natur a lleddfu straen, ac mae cerdded wedi rhoi ymdeimlad hollbwysig o ryddid inni, gan ein helpu i aros yn iach a rhoi hwb i'n lles

Mae'r haf yn gyfnod gwych o'r flwyddyn i ddarganfod y planhigion a'r anifeiliaid sy'n gwneud ein gwarchodfeydd natur lleol yn llefydd mor arbennig. Pwrpas Gwarchodfa Natur Leol yw gwarchod a chyfoethogi harddwch naturiol yr ardal leol er budd bywyd gwyllt a phobl. Mae harddwch naturiol yn cynnwys bywyd gwyllt brodorol (planhigion ac anifeiliaid), y dirwedd weledol ac arteffactau diwylliannol.

Mae tair gwarchodfa o'r fath i'w cael yn Ward Seiriol. Maen nhw'n cwmpasu ardal o oddeutu 40 erw ac yn cynnwys amrywiaeth o gynefinoedd bywyd gwyllt, gyda rhai o'r cynefinoedd hyn yn safleoedd o ddiddordeb gwyddonol arbennig. Ers pedair blynedd bellach mae prosiect Cwllwm Seiriol wedi bod yn gweithio'n agos gyda chynghorau cymuned lleol i reoli'r mannau hyn mewn modd a fydd yn cyfoethogi eu gwerth o ran bioamrywiaeth.

Hanfod y prosiect yw creu cyfleoedd i drigolion yr ardal ddod i adnabod eu hamgylchedd naturiol lleol rywfaint yn well a dysgu sut i reoli mannau gwyrdd o'r radd flaenaf er mwyn eu cadw mewn cyflwr ffafriol.

I'r rhai ohonoch sy'n mwynhau bod yn yr awyr agored a gwneud gweithgareddau ymarferol, rydym yn cynnig dwy sesiwn 'criw gwaith' bob dydd Mawrth. Dyma ffordd wych o gymryd rhan mewn gwaith cadwraeth ymarferol a dysgu sgiliau newydd gan fwynhau cwmni pobl eraill yr un pryd. Bydd help o unrhyw fath yn cael ei werthfawrogi'n fawr, ac ni fydd angen unrhyw brofiad blaenorol gan ein bod yn darparu offer, hyfforddiant a chymorth. Yr unig bethau y bydd yn rhaid ichi ddod â nhw gyda chi yw brwdfrydedd, dillad sy'n addas i'r tywydd, esgidiau gwaith neu wellingtons, a diod.

Ers mis Mai mae'r gwirfoddolwyr wedi bod yn mynd i'r afael â llawer o waith

cynnal a chadw ar lwybrau troed, ac mae'r llwybr cylchol newydd arfaethedig a fydd yn cysylltu ardaloedd preswyl Llandegfan â Gwarchodfa Natur Leol Cyttir Mawr bron iawn wedi'i gwblhau. Roedd llwybr troed sy'n dilyn Afon Brenin yn Llangoed, sef rhan o lwybr Cawrdaf, wedi tyfu'n wyllt ac roedd yn fwdlyd iawn mewn mannau, ond erbyn hyn mae'r gordyfiant wedi cael ei glirio, ac ar ôl mynd i'r afael â rhywfaint o waith draenio a thaenu tipyn o raeau, mae modd defnyddio'r llwybr hwn unwaith yn rhagor.

Roedd rhai plethwyr helyg yn yr ardal wedi gofyn am gael gwely helyg yng nghoetir Aberlleiniog fel y gellid tyfu a chynaeafu helyg o ansawdd da yn lleol. Daethpwyd o hyd i le ar gyfer hyn dan y ceblau trydan. Bellach, mae gwely helyg wedi'i blannu ac mae'r sbriggau helyg yn tyfu'n dda. Os oes gennych ddi-ddordeb mewn cymryd rhan yn y gwaith hwn, cofiwch gysylltu.

Rydym wedi bod yn cydweithio â phrosiect Dolydd Gwych Plantlife Cymru i godi ymwybyddiaeth o bwysigrwydd pryfed peillio a glaswelltiroedd sy'n doreithiog o flodau gwyllt yn Llanddona. Fel rhan o hyn cafodd Llwybr Blodau Gwyllt ei ddatblygu, a chafodd hwn ei lansio yn nigwyddiad Diwrnod Cenedlaethol y Dolydd ar 3 Gorffennaf. Diolch o galon i bawb a gymerodd ran yn y digwyddiad. Cadwch olwg ar Facebook i gael manylion am ddigwyddiadau sydd i ddod. Hefyd, rydym yn anfon gwybodaeth trwy e-bost at bawb sydd ar ein rhestr bostio, felly os hoffech gael eich cynnwys, rhowch wybod inni.

Mae aelodau Clwb Ieuencid Llandegfan wedi bod yn treulio amser yn dod i adnabod Gwarchodfa Natur Leol Cyttir Mawr ac yn adeiladu blychau ystlumod, a chawsant wyllo'r blychau hyn yn cael eu gosod yn eu lle yn y warchodfa. Mae'r blychau wedi'u cynllunio mewn modd a fydd yn ei gwneud hi'n bosibl eu monitro o'r ddaear heb darfu ar yr ystlumod. Ein gobaith yw cael mwy o bobl ifanc i gymryd rhan yn y math yma o brosiectau yn ystod y misoedd nesaf.

Mae'r sesiynau lles yng nghoedwig Aberlleiniog, sy'n rhan o Raglen Rhagnodi Gwyrdd Cwllwm Seiriol, wrthi'n cael eu cynnal ac mae'r rhai sy'n cymryd rhan ynddynt yn treulio amser yn dysgu am goed a phlanhigion y warchodfa, yn creu ac yn trwsio pethau yn y warchodfa ac yn dysgu sut i ddefnyddio deunyddiau naturiol sydd i'w cael yn y warchodfa. Hefyd, dangoswyd iddynt sut i gynnal a chadw offer a sut i ddefnyddio 'Tegell Kelly' (sylwer: nod masnach yw 'Tegell Kelly' ar gyfer math o stôf wersylla sy'n gallu berwi dŵr yn yr awyr agored o fewn 3-5 munud trwy ddefnyddio llond llaw o bethau megis priciau sych, moch coed, rhisgl a glaswellt sych fel tanwydd, ni waeth be fo'r tywydd!). Sgiliau defnyddiol y gellir eu rhoi ar waith mewn mannau eraill.

Cyn cloi, hoffwn sôn am ein prosiect gwyddoniaeth y dinesydd sy'n annog pobl leol i chwilio am goed Ynn nad ydynt wedi ildio i'r clefyd coed ynn, a chofnodi lleoliad a disgrifiad o'r coed yma ar ein tudalen arbennig ar wefan Cofnod. Yn dilyn sgwrs ar-lein gan Simon Hunt (Coed Cymru), cynhaliwyd tair sesiwn hyfforddi



Gwaith tîm gwirfoddol ar waith yn Rhos Llaniestyn/volunteer teamwork in action at Rhos Llaniestyn (Delyth Phillippis)



Simon Hunt yn rhoi sgwrs am ystlumod i Grŵp Ieuencid Llandegfan/Simon Hunt giving a talk about bats to the Llandegfan Youth Group (Delyth Phillippis)



yn yr awyr agored er mwyn dangos i bobl sut i ganfod arwyddion o'r clefyd a sut i fonitro coed sy'n ymddangos fel pe baen nhw'n iach. Bydd y gwaith hwn yn parhau dros y tair blynedd nesaf.

Os ydych yn ymddiddori mewn natur ac os hoffech gael mwy o wybodaeth am sut y caiff mannau gwyrdd eu rheoli yn yr ardal a sut y gall pobl gymryd rhan, byddem wrth ein bodd yn clywed gennych. Anfonwch e-bost at delyth@mentermon.com neu ffoniwch 07815 709240.

CWLLWM SEIRIOL: PROJECT UPDATE, SUMMER 2021

Delyth Phillippis, Swyddog Ymgysylltu â'r Gymuned/Community Engagement Officer

During the past year and a bit, the value of being able to connect with nature and de-stress has really hit home and walking has provided a much-needed sense of freedom, helping us to stay healthy and boost our wellbeing.

The summer is a great time of year to discover the plants and animals that make local nature reserves such special places. The purpose of a Local Nature Reserve (LNR) is to conserve and enhance the natural beauty of the local area for the benefit of wildlife and people.

Natural beauty includes native wildlife (flora and fauna), the visual landscape and cultural artifacts.

There are three such reserves within the Seiriol Ward which cover an area of approximately 40 acres and contain a variety of wildlife habitats, some of which are sites of special scientific interest. The Cwllwm Seiriol project has been working closely with the local community councils for the past four years to manage these in a way that enhances their biodiversity value.

The project is all about creating opportunities for local inhabitants to get to know the local natural environment a bit better and to learn how to manage high-quality green spaces to keep them in a favourable condition.

For those of you who enjoy being outdoors and getting hands-on, we offer two work party sessions every Tuesday. These are a great way to get involved with practical conservation work and learning new skills whilst enjoying the company of other people. All help is greatly appreciated, and no previous experience is necessary as we provide tools, training and support. All you need to bring is enthusiasm, weather-appropriate clothing, work boots or wellies and a drink.

Since May the volunteers have been getting to grips with lots of footpath maintenance tasks and the proposed new circular route that will link the residential areas of Llandegfan with the Cyttir Mawr LNR is nearing completion. A footpath that runs alongside the Afon Brenin in Llangoed, part of the Cawrdaf route had become seriously overgrown and was very muddy in places, but the encroaching vegetation has now been clearer and with some drainage work plus the application of gravel this route is useable again.

Some local willow weavers had asked about having a willow bed within the Aberlleiniog woodland so that good quality willow could be grown and harvested locally. A space was found for this underneath the power lines and a willow bed has been planted and the willow shoots are growing well. If this is something that you would be interested in getting involved with, please get in touch.

We have been collaborating with Plantlife Cymru's Magnificent Meadows project on raising awareness about the importance of wildflower-rich grasslands and insect pollinators in Llanddona. As part of this a Wildflower Trail was developed, and this was launched at the National Meadows Day event which took place on 3 July. A big thank you to everyone who took part in the event. Keep your eyes on Facebook for details of upcoming events. We also e-mail information to those on our mailing list,

so let us know if you would like to be included.

Members of the Llandegfan Youth Club have been spending time getting to know the Cytir Mawr LNR and making bat boxes which they watched being put in place in the reserve. These boxes are designed in such a way that they can be monitored from the ground without disturbing the bats. We are hoping to get other young people involved in these types of projects over the coming months.

The wellbeing sessions in Aberlleiniog woods which are part of the Cwlwm Seiriol Green Prescribing Programme are currently underway and participants are spending time learning about the trees and plants within the reserve, making and repairing things within the reserve and ways of using natural materials found in the reserve. They have also been shown how to maintain tools and how to use a Kelly kettle. These are all useful skills that can be applied elsewhere.

One final thing to mention is our citizen science project to encourage local people to look out for Ash trees that have not succumbed to Ash die-back disease and to record the location and description of these on our special page on the Cofnod website. Following an on-line talk by Simon Hunt (Coed Cymru), three training sessions were held outdoors to show people how to spot signs of the disease and how to monitor ones that seem healthy. This work will continue for the next three years.

If you are interested in nature and would like to find out more about how green spaces are managed in the local area and how local people can get involved, we would love to hear from you. Please e-mail delyth@mentermon.com or phone 07815 709240.

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WRITERS RETURN!

Stephen Marsden

Along with many other things COVID put paid to the fortnightly meetings of the Llanddona Writing Group for such a long time...but we had a solution!

Moving on-line, we still kept up our writing, sharing and commenting on each other's work by e-mail. Just during lockdown, we created a huge variety of pieces on 25 topics, from isolation to music, noise, strangers, secrets, children, greed, freedom and, recently, 'a spanner in the works'.

Since the start of July, though, we have been able to meet again, starting with a much awaited catch-up in the summer sunshine.

Whether you just like the idea of writing or are already into it, contact Stephen Marsden on 07774 699685 if you'd like to know more. We manage all sorts of

puffinpages@gmail.com

writing between us: memoirs, poems, short stories, blogs, articles, and even novels!



Llanddona Writing Group taking in the late-July sun... (Stephen Marsden)

• • • • • **'WELL-CHOUGHED!' ...OR 'CHOUGH IN The Puffin!'**

Jean Matthews

One benefit of not being able to travel anywhere has been the chance to spend more time watching wildlife locally and noting seasonal changes.

Over the last winter we regularly heard the distinctive call of the chough on our morning walk. The call is similar to that of a jackdaw, but if you're lucky enough to see the bird as well as hear it the shape of the wings and the curved orange beak are key identification features. We watched up to seven of



Compare and contrast...a ringed chough, above (Adrienne Stratford) and a jackdaw, below (stock photograph); the head and beak are quite different.



them pecking the ground for invertebrates in the sheep-grazed fields around Llanddona.

In February this year we noticed that two of the birds had been ringed. We got a blurred but decent enough photograph to submit to the Cross and Stratford Welsh Chough Project. The project covers north and mid-Wales and has been going on for over 30 years.

Over 6,000 chicks in have been ringed, using a combination of four coloured rings. This has produced some vital statistics about the life history of the birds.

Currently the oldest bird is a 23-year-old female. The birds don't always stay local; the longest distance travelled was by a young female which hatched in a north Anglesey nest in 2016 and was recorded over 200km away in Glamorgan later the same year and then returned to Anglesey the following spring. Others have been recorded on the Isle of Man, at Heysham on the Lancashire coast and on the Yorkshire Moors.

So, what about our pair of birds? It turns out that they were both ringed as chicks on the Great Orme; the older bird is the male, who will be 10 this year. They have now set up residence around this corner of Anglesey and are nesting on the coast. We'll look out for them later in the year and hope they'll be back to visit Llanddona again.

The project is keen to have reports of sightings: please send any records to adriennestratford@btinternet.com with as much detail as possible of any rings that you can see (colours and position: upper and lower, on each leg) and a photograph if possible.

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RALI TRACTOR LLANIESTYN

Lucy Low

Mae Eglwys Sant Iestyn, Llanddona yn trefnu Rali Tractor ddydd Sadwrn 14 Awst 2021 i godi arian at achosion lleol yn Llanddona yn ogystal ag ar gyfer atgyweirio'r eglwys.

Bydd yr hwyf yn cychwyn am hanner dydd yn Neuadd Bentref Llanddona Village Hall, gyda chyfle i weld y tractorau, ymweld â stondinau, a phrynu byrbrydau a thocynnau raffl.

Bydd cystadlaethau ar gyfer:

- Tractor wedi'i wisgo/addurno orau
- Tractor mwyaf budr
- Tractor hynaf
- Tractor sgleiniaf

Bydd y tractorau yn gadael tua 1.00yp gyda chasgliadau ar hyd y ffordd. Bydd y tractorau yn cyrraedd yn ôl at dafarn yr Owain Glyndŵr tua 3.30yp, lle bydd rhostio mochyn gan Hogs Môn, canlyniadau'r cystadlaethau a thynnu'n raffl. Bydd adloniant hefyd gan y grŵp Monsŵn, grŵp poblogaidd Cymreig sy'n canu amrywiaeth o ganeuon poblogaidd yn y Gymraeg ac yn Saesneg.

Mae llwybr arfaethedig rali'r tractor oddeutu 25 milltir o amgylch Llanddona, Biwmares a Llangoed, gan gynnwys darn oddi ar y ffordd! Bydd o leiaf dau farsial ym mhob lleoliad arwyddocaol ar hyd y llwybr gyda cherbydau yn y tu blaen

a thu ôl i gynnig cymorth petai angen.

Gobeithiwn wneud hwn yn ddigwyddiad cymunedol er budd pentref Llanddona a chyfrannu at achosion lleol. Ar ôl y 18 mis diwethaf gobeithiwn y bydd y digwyddiad hwn yn gallu dod â'r gymuned at ei gilydd mewn modd diogel a rhoi hwb i bawb. Bydd gorsafoedd glanweithdra ar gael gyda rheoliadau gweithredol glanweithdra, cynhelir asesiad risg iechyd a diogelwch maes o law a bydd swyddogion cymorth cyntaf yn bresennol.

📅 14/8 : Rali Tractor Llanddona Tractor Rally
www.broseiriol.church/post/rali-tractor-llaniestyn-tractor-rally

LLANIESTYN TRACTOR RALLY

Lucy Low

St Iestyn's Church, Llanddona is organising a Tractor Rally on Saturday 14 August 2021 to raise money for local causes in Llanddona as well as for repairs to the church.

The event will be starting at 12.00 noon at Neuadd Bentref Llanddona Village Hall, with the opportunity to view tractors, visit stalls, and buy snacks and raffle tickets.

There will be competitions for:

- The best dressed/best decorated tractor
- The dirtiest tractor
- The oldest tractor
- The shiniest tractor

The tractors will leave at around 1.00pm, with collections en route. Tractors will be arriving back at the Owain Glyndŵr pub at around 3.30pm, where there will be a hog roast by Hogs Môn, raffle and prizegiving. There will be entertainment from the group Monsŵn, a popular Welsh group who sing a variety of popular songs in Welsh and English.

The proposed route of the tractor rally is approximately 25 miles around Llanddona, Beaumaris and Llangoed, including an off-road section! There will be a minimum of two marshalls at all significant locations along the route with vehicles at the front and rear for help/breakdown assistance.

We hope to make this a community event for the benefit of the whole village and contribute to local causes. After the last 18 months we hope this event will be able to safely bring the community together again and give everyone a boost. COVID regulations will be adhered to, with sanitiser stations in place, a health and safety risk assessment will be carried out in due course and first-aiders will be present.

📅 14/8 : Rali Tractor Llanddona Tractor Rally
www.broseiriol.church/post/rali-tractor-llaniestyn-tractor-rally

CASTLE PLAYERS AMATEUR DRAMATIC SOCIETY

Jane Handy

Castle Players Amateur Dramatic Society was formed in 1987. From small beginnings the group has gone from strength to strength and, most importantly, has played a key role within the local community, bringing drama to a variety of events. Community projects include running the 'Hot Chestnut and Mulled Wine' stall at Beaumaris's Victorian Christmas Event, Poetry Readings at Beaumaris Food Festival, Drama at Beaumaris Festival Fringe, Hallowe'en Drama at Beaumaris Gaol, Dramatised Trials at Beaumaris Courthouse, and Street Theatre in White Lion Square.



Scenes from two recent productions by the Castle Players Amateur Dramatic Society: *The Railway Children*, above, and *The Crucible*, below (via Jane Handy)



We have a vast list of past productions, including *A Midsummer Night's Dream*, *Under Milk Wood*, *Blithe Spirit*, *The Crucible*, Alan Ayckbourn's *RolePlay*, *The Railway Children* and, of course, pantomimes. In addition, we've held 'Theme Evenings' such as '1960s Night', 'A Night at the Movies', Murder Mysteries, and so on, which include wine and buffet and entertainment.

Normally we put on three productions a year: spring, autumn and Christmas. The past year has been difficult for everyone and, like many other organisations, we've had to adapt to continue to perform and entertain. We discovered 'Zoom' and embraced the opportunity to do free-of-charge performances for our local audience, of plays and sketches written by members of the group, which were well received.

We are now looking to the future, and hope to be able to put on a pantomime at Christmas if it is feasible to do so, and possibly a 'Welcome Back' Evening with buffet, quiz and entertainment during the autumn. We are always delighted to

meet potential new members and if you are interested in getting involved we would love to hear from you. Castle Players offers so many opportunities, including acting, scenery painting, making costumes and props, lighting and sound and front-of-house, or just come along for the social side! We have been delighted to have given our younger members the opportunity to take part in live theatre, and some of them have gone on to train as professionals.

✉ castleplayersads@outlook.com

🌐 www.castleplayersbeaumaris.org.uk

📄

📄 www.facebook.com/CastlePlayersBeaumaris/

NEUADD BENTREF LLANDDONA VILLAGE HALL: CAFFI NI

Dayle Evans

Roedd Caffi Ni yn syniad Pat Hughes a Sarah Walczak o Bwyllgor Neuadd y Pentref. Ei brif nod oedd annog pobl o bob oed o Llanddona a'r ardaloedd cyfagos i fynd allan ac ymweld â Neuadd Bentref Llanddona Village Hall i gael sgwrs a dal i fyny, paned a rhywbeth i'w fwyta mewn amgylchedd sy'n ddiogel rhag COVID. Mae'r cyfyngiadau symud wedi bod yn slog hir a chaled i lawer o bobl, yn enwedig y rhai sy'n byw ar eu pennau eu hunain a'r rhai â phroblemau iechyd meddwl. Credai Pat a Sarah y byddai Caffi Ni yn help i'r bobl hyn ac i eraill yn y gymuned.

Roedd yn braf gweld sut roedd y rhai a ddaeth yn sgwrsio, yn chwerthin ac yn rhannu straeon. Byddai pob wythnos yn gweld rheoleidd-dra yn dychwelyd; mewn gwirionedd byddent yn archebu bwrdd ar gyfer yr wythnos nesaf i sicrhau y byddai ganddynt dabl gan fod y niferoedd yn Neuadd Bentref Llanddona Village Hall yn gyfyngedig oherwydd canllawiau COVID-19. Roedd cael seddau y tu allan hefyd yn llwyddiant ysgubol, cyn belled â bod pobl yn barod am unrhyw dywydd! Gwnaed yr holl fwyd yng Nghaffi Ni yng ngehgin y Neuadd, ac fe'i paratowyd yn ffres. Roedd y "Meal Deals" yn llwyddiant mawr, a dywedodd pobl nad oedd angen coginio cinio yn nes ymlaen. Cynigiodd Caffi Ni wasanaeth tecawê hefyd fel y gallai pobl fwynhau te hufen braf neu Meal Deal yn eu cartref eu hunain. Mae Caffi Ni ar gau ar gyfer yr haf ond mae ailagor wedi'i gynllunio ar gyfer mis Hydref, bob dydd lau a dydd Gwener.

NEUADD BENTREF LLANDDONA VILLAGE HALL: CAFFI NI

Dayle Evans

Caffi Ni was the brainchild of Pat Hughes and Sarah Walczak of the Village Hall Committee. Its main aim was to encourage people of all ages from Llanddona and the surrounding areas to

www.seiriolalliance.co.uk/newsletters/

get out and visit Neuadd Bentref Llanddona Village Hall for a chat and a catch-up, a cuppa and something to eat in a COVID-safe environment. Lockdown has been a long and hard slog for a lot of people, especially those living alone and those with mental health issues. Pat and Sarah thought that Caffi Ni would be a help to these people and to others in the community.

It was nice to see how those who came chatted, laughed and shared stories. Each week would see regulars returning; in fact they would book a table for the next week to ensure that they'd have a table as numbers in Neuadd Bentref Llanddona Village Hall were limited due to the COVID-19 guidelines. Having outside seating was also a huge success, as long as people came prepared for any weather! All of the food at Caffi Ni was made in the Hall's kitchen, and was freshly prepared. The "Meal Deals" were a great success, and people said that there was no need to cook dinner later. Caffi Ni also offered a takeaway service so that people could enjoy a nice cream tea or Meal Deal in their own home.

Caffi Ni is closed for the summer but reopening is planned for October, every Thursday and Friday.

• • • • •
CANOLFAN BEAUMARIS: DIWRNOD AGORED

Karen Begley

Wrth i ni ddechrau agor eto, hoffai Canolfan Bwmares gwrrd â phawb eto a chlywed gennyhych beth hoffech chi gennym ni!

Os ydych am i rywbeth ddigwydd yn y Ganolfan a bod eraill sy'n meddwl yr un peth, byddwn yn gwneud popeth o fewn ein gallu i wneud iddo ddigwydd...rydym yma i drigolion ardal Seiriol ac yn awyddus i ddatblygu ein cynnig i chi.

Diwrnod Agored Rydym yn cynnal Diwrnod Agored yn y Ganolfan rhwng 12.00 hanner dydd a 4.00yp ddydd Sul 12 Medi. Byddwn yn datlu gyda'n gwirfoddolwyr a'n tîm bopeth sydd gennym i'w gynnegid a gwahodd pob aelod o'r gymuned leol i ymuno â ni. Dewch i weld beth sy'n digwydd yn eich Canolfan Hamdden, a manteisio ar y cyfle i siarad â'n hyfforddwy, diddanwyr a gwirfoddolwyr.

Hwyldaith Beic Seiriol Rydym hefyd yn cynnal y dechrau a'r gorffen ar gyfer Hwyldaith Beic Seiriol ar yr un diwrnod: gweler yr hysbysiad am fanylion.

• • • • •
CANOLFAN BEAUMARIS: OPEN DAY

Karen Begley

As we start to open up again, Canolfan Beaumaris would like to meet up with everyone again and also hear from you what you would like from us!

www.facebook.com/groups/llangoed

If you want something to take place at the Canolfan and there are others that think the same we will do all that we can to make it happen...we are here for the residents of the Seiriol area and keen to develop our offer to you.



Caffi Ni, Neuadd Bentref Llanddona Village Hall: a sampler... (via Dayle Evans)

Open Day We are holding an Open Day at the Canolfan between 12.00 noon and 4.00pm on Sunday 12 September. We will be celebrating with our volunteers and team everything we have to offer and invite all members of the local community to join us. Come and see what is happening at your Leisure Centre, and take the chance to speak to our coaches, entertainers, and volunteers.

Seiriol Alliance
BICYCLE FUN RIDE

Sunday 12th Sept 2021

10.00 AM START **CANOLFAN BEAUMARIS**

MONEY RAISED WILL GO TOWARDS COMMUNITY CENTRES AND SPORT FACILITIES IN LLANDEGFA, LLANSADWRN, LLANDDONA, LLANGOED, LLANFAES AND BEAUMARIS

Choice of 3 Routes:

BACH (12 Miles)	£5
CANOLFAN (20 miles) and BRYNIOG (27 miles)	£10
UNDER 18 YEARS OLD	FREE!

(ENTRY FREE FOR ANYONE COLLECTING £30 OR MORE SPONSORSHIP!)

REFRESHMENTS PROVIDED AT COMMUNITY CENTRES ON THE RIDE + Beaumaris Silver Band, Live Music, & Canolfan Open Day!

ENTER AND PICK UP YOUR SPONSORSHIP FORM AT CANOLFAN BEAUMARIS

(01248 811200 / enquiries@canolfanbeaumaris.org.uk) OR YOUR LOCAL COMMUNITY CENTRE

Seiriol Bicycle Fun Ride We are also hosting the start and finish for the Seiriol Bicycle Fun Ride on the same day: see the notice for details.

• • • • •
CANOLFAN BEAUMARIS: MY STORY
 Mark Creegan

I was first diagnosed with Primary Progressive MS back in 2015; it seems a lifetime away now. Everything that I do

today revolves around the Leisure Centre in Beaumaris. I even got involved with the MS Society there when I met Susannah.

My art came purely by chance when my wife found an old sketchbook of mine in the loft. When I was 13 years old I had won a drawing competition in my local newspaper. All of this was still in the sketchbook...I thought nothing of it, but when I went into the Canolfan the next day there was an art class being advertised. The rest is history, as they say.

I started to paint. I had never painted before; I just used to sketch. Marie-Rose, my tutor, and the rest of the class were really encouraging and supportive: I was 53 and was going to be in my first-ever Art Exhibition! Since then I have done my own Art Exhibitions, which I called 'A Glimmer of Hope', all of which are for the MS Society, just to say 'thank you'.

My favourite medium is acrylic; it's exciting, passionate, vibrant, all these and more. You can feel the pure energy just flowing from the canvas. It allows you to get totally absorbed in your work; you're totally oblivious to what's going on around you. It can take you to a different dimension, and at this moment we would all benefit from that...now, that's mindfulness.

Give it a go.

'A Glimmer of Hope': Art Exhibition
 My Art Exhibition started at the Canolfan on 5 July, and all are welcome. The proceeds from any works sold go to Gwynedd and Môn MS Society and Canolfan Beaumaris. Come and have a look!

• • • • •
CYNGHRAIR SEIRIOL ALLIANCE: DIWEDDARIAD

Steve Macvicar

Diweddariad Staff Canolfan

- **Llongyfarchiadau!** Yn gyntaf, llongyfarchiadau mawr i Warren, ein Rheolwr y Ganolfan, a Katie, ei wraig, ar enedigaeth eu mab Arthur ar 21 Mehefin. Newyddion gwych!

Llongyfarchiadau hefyd i Beth a adawodd y Ganolfan yn ddiweddar i ddatblygu ei gyrfa ym maes lletygarwch fel Dirprwy Reolwr ym mwyty enwog Catch 22 yn y Fali. Mae Beth wedi bod yn gweithio am radd mewn lletygarwch a Marchnata dros y dair blynedd diwethaf ac wedi graddio'r haf hwn. Da iawn, Beth. Dymunwn y gorau i chdi yn y dyfodol.

- **Swyddog Datblygu Cymunedol:** diolch i gyllid gan "Canllawiau'r Gronfa Integredig" Llywodraeth Cymru a chefnogaeth gan Adran Gwasanaethau Cymdeithasol Ynys Môn, Medrwn Môn a Chanolfan

Biwmares, mae Cynghrair Seiriol wedi gallu penodi Rhian Hughes yn Swyddog Datblygu Cymunedol cyntaf.

Bydd llawer ohonoch yn adnabod Rhian yn barod. Mae hi wedi bod yn weithgar iawn mewn gwaith cymunedol ers blynnyddoedd lawer, yn enwedig yn Llanddona. Dechreuodd weithio yn ei rôl newydd ar 14 Mehefin. Fel Swyddog Datblygu Cymunedol Rhian fydd yn gyfrifol am ddatblygu gweithgareddau cymunedol ar draws ardal Seiriol sy'n cynnwys pobl ifanc ac oedolion o bob oed.

Os oes angen help arnoch i ddatblygu gwasanaeth neu weithgaredd neu os oes gennych unrhyw beth yr hoffech ei drafod am eich cymuned, mae croeso i chi gysylltu â Rhian.

Mae ei manylion cyswllt fel a ganlyn:

☎ 07395 326572

✉ rhianseiriol@gmail.com

Canolfan Biwmares, Rating Row, Biwmares LL58 8AL

• Cynllun Prentisiaeth y

Llywodraeth: yn olaf, croeso mawr i'n prentis cyntaf! Mae Rhys wedi ymuno â ni ar Gynllun Prentisiaethau dwy flynedd gan y Llywodraeth ac mae'n edrych ymlaen at ddatblygu ei sgiliau gyda ni. Mae Rhys yn awyddus i ddatblygu ei gymwysterau fel hyfforddwr pêl-droed, ennill sgiliau mewn chwaraeon eraill, a bod yn gymwys fel hyfforddwr personol. Croeso, Rhys!

Cludiant cymunedol Mae Cynghrair Seiriol wedi bod yn rhedeg y Bws Mini Cymunedol ers 2017. Ers dechrau Cynllun Tro Da Seiriol ym mis Mawrth 2020 mae gennym hefyd fanc o yrwyr gwirfoddol sy'n gallu darparu cludiant i unigolion neu deuluoedd mewn angen naill ai drwy ddefnyddio'r bws mini neu gar y gwirfoddolwr ei hun.

Diolch i grant hael gan Lywodraeth Cymru a chefnogaeth gan y Gymdeithas Cludiant Cymunedol, mae'r Gynghrair wedi dod yn berchennog ar bws-mini, saith-sedd, cwbl drydanol! Mae'r Nissan e-NV200 newydd hwn wedi'i addasu'n arbennig i gario un defnyddiwr cadair olwyn hefyd.

Os ydych yn byw yn ardal Seiriol, angen help gyda chludiant, yn dymuno gwirfoddoli fel gyrrwr, neu eisiau gwybod mwy am ein gwasanaeth trafniadaeth gymunedol, ffoniwch Gynllun Troi Da Seiriol.

☎ 01248 305014 (Llun-Gwener, 9.00yb-5.00yp)

Beddau Rhyfel a Cofebion Seiriol

Rydym yn ddyledus i Bridget Geoghegan am ei holl waith caled i gasglu gwybodaeth fanwl am y Cofebau Rhyfel



Canolfan Beumaris

Fitness classes

Monday

Yoga 9.30am-10.30am with Katie
Pilates 11.00am-12.00 noon with Sam
Fit for all 1.00pm-2.00pm with Sam
Over-65s 2.30pm-3.30pm with Sam

Tuesday

Tai chi 10.00am-11.00am with Paul
Beginners over-65s 1.00pm-2.00pm with Sam

Wednesday

Joint strength 11.00am-12.00 noon with Sam
Pilates 1.00pm-2.00pm with Sam
Latin in Line 6.30pm-7.30pm with Caroline

Thursday

Gentle yoga 9.30am-10.30am with Katie
Pilates 1.30pm-2.30pm with Angie
Pilates 5.00pm-6.00pm with Sam
Step and tone 6.15pm-7.15pm with Sam

Friday

Circuits 1.00pm-2.00pm with Sam
Ballroom dancing 7.30pm-9.30pm with Caroline

Book on-line on



£5.00 members, £6.00 non-members
For more information call 01248 811200

Live zoom

Monday: Pilates 11.00am; Fit for All 1.00pm

Wednesday: Pilates 1.00pm

Thursday: Pilates 5.00pm; Step 6.15pm

Sports sessions

Monday

Badminton 4.00pm-5.00pm

Tuesday

Badminton 2.30pm-3.30pm
Pickleball 6.00pm-9.00pm

Wednesday

Badminton 2.30pm-3.30pm

Thursday

Table tennis 3.00pm-4.00pm

Friday

Pickleball 9.30am-11.30am

Book on-line on



Prices vary
For more information call 01248 811200

THE GET READY TO PLAY

well-being programme



The **GET READY TO PLAY** well-being programme gives you 12 changes over 10 weeks to help you live well for longer

10-week programme for a new better you

Thursdays 7.00pm-7.45pm
Fridays 10.00am-10.45am

For more information call 01248 811200
or e-mail neverquitplaying@outlook.com

a'r Beddau yn ardal Seiriol. Mae Bridget, gyda chymorth unigolion a sefydliadau lleol eraill, wedi ysgrifennu sawl dogfen am yr unigolion a enwir ar ein Cofebion Rhyfel lleol, hefyd rhai a fu farw yn ystod yr Ail Ryfel Byd a'r Rhyfel Byd Cyntaf sydd wedi'u claddu yn ein mynwentydd lleol. Mae'n awyddus i'w gwaith caled gael ei rannu â phawb er cof am yr holl bobl hynny a roddodd eu bywydau drosom ni.

Gallwch weld ei holl ddogfennau drwy fynd i wefan Cynghrair Seiriol.

🌐 www.seiriolalliance.co.uk

Ewch i dudalen 14 i gael rhagor o wybodaeth.

Diffibrilwyr cardiaidd Seiriol Mae yna bellach rwydwaith o ddiffibrilwyr cardiaidd ar draws Ward Seiriol diolch i unigolion hael, ymdrechion i godi arian cymunedol, a chyllid grant. Mae'r map ar tudalen 14 yn dangos yr holl ddiffibrilwyr sy'n hawdd eu cyrraedd i'r cyhoedd bob amser.

Sylwch fod diffibrilwyr hefyd ar gael yng Nghanolfan Biwmares, Canolfan Iechyd Biwmares, Gwesty Bulkeley, Cwrs Golf Henllys a HPB Henllys ond efallai na fydd y rhain ar gael 24/7.

Cystadleuaeth yr haf! Gwobr £50! Pa mor dda ydych chi'n adnabod eich diffibrilwyr?

Allwch chi gyfateb pob ffotograff ar dudalen 19 i'w rif cywir ar y map diffibrilwr?

Rhowch y rhif cywir yn y blwch ar waelod pob ffotograff, rhwygo oddi ar y dudalen, a phostio/rhoi eich atebion i *Gynghrair Seiriol, Canolfan Biwmares, Rhos Ardrethu, Biwmares, LL58 8AL.*

Cofiwch gynnwys eich enw, cyfeiriad a rhif cyswllt ar eich cofnod, a gwnewch yn siŵr bod eich cofnod i mewn erbyn 9.00am ar 6 Medi, oherwydd dyna'r diwrnod y bydd y raffl yn digwydd!

Sylwer: mae'r wobwr o daleb £ £50 i'w gwario mewn siop, bwyty neu fusnes lleol o'ch dewis o fewn ardal Seiriol, a ddyfernir i'r cofnod cyntaf wedi'i lenwi'n gywir o'r het ar 6 Medi.

CYNGHRAIR SEIRIOL ALLIANCE: UPDATE

Steve Macvicar

Canolfan Staff Update

• **Congratulations!** Firstly, massive congratulations to Warren, our Centre Manager, and Katie, his wife, on the birth of their son Arthur on 21 June. Fantastic news!

Congratulations also to Beth who recently left the Canolfan to further her career in hospitality as Deputy Manager at the renowned Catch 22 restaurant in Valley. Beth has been working for a degree in Hospitality

www.facebook.com/groups/llandona/

and Marketing over the past 3 years and graduated this summer. Well done, Beth. We wish you all the best in the future.

- **Community Development Officer:** thanks to funding from the Welsh Government's "Intergrated Care Fund" and support from Anglesey Social Services Department, Medrwn Môn and Canolfan Beaumaris, the Seiriol Alliance has been able to appoint Rhian Hughes as its first Community Development Officer.

Many of you will know Rhian already. She has been very active in community work for many years, particularly in Llanddona. She started work in her new role on 14 June. As Community Development Officer Rhian will be responsible for developing community activities across the Seiriol area involving young people and adults of all ages.

If you need help to develop a service or activity or if you have anything you wish to discuss about your community, please don't hesitate to contact Rhian.

Her contact details are as follows:

☎ 07395 326572
 ✉ rhianseiriol@gmail.com
 📍 Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL

- **Government Apprenticeship Scheme:** a big welcome to our first apprentice! Rhys has joined us on the two-year Government Apprenticeship Scheme and is looking forward to developing his skills with us. Rhys is keen to further his qualifications as a football coach, gain skills in other sports, and qualify as a personal trainer. Welcome, Rhys!

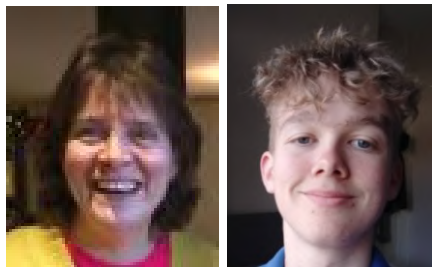
Community transport The Seiriol Alliance has been running the Community Minibus since 2017. Since the start of the Seiriol Good Turn Scheme in March 2020 we also have a bank of volunteer drivers who can provide transport for individuals or families in need either using the minibus or the volunteer's own car.

Thanks to a generous grant from the Welsh Government and support from the Community Transport Association, the Alliance has become the owner of a new all electric seven-seater minivan! This new Nissan e-NV200 is specially adapted to carry one wheelchair user as well.

If you live in the Seiriol area, need help with transport, wish to volunteer as a driver, or simply want to find out more about our community transport service please ring the Seiriol Good Turn Scheme.

☎ 01248 305014 (Monday-Friday, 9.00am-5.00pm)

Seiriol War Graves and Memorials We are indebted to Bridget Geoghegan for puffinpages@gmail.com



Rhian and Rhys (via Steve Macvicar)

Canolfan Beaumaris
 and **VENUES ALL** present
MICKI AS CHER



MICKI AS CHER is a highly professional tribute act to the Californian legend and features all of Cher's classics like *Believe*, *The Shoop Shoop Song*, *If I could Turn back Time*, *Gypsies, Tramps and Thieves* and, of course, the classic *I Got You Babe*. Additionally, the performance will include a set of well-known popular songs.

Micki has an uncanny likeness to Cher, vocally and physically, and creates an unforgettable show that is a must-see for any Cher fan.

Please note that, at the time of going on sale this show has to be a seated and distanced show, limiting the capacity of the venue. Should restrictions be eased, increased capacity and a disco may be added. All tickets will remain valid at the price purchased.

FRIDAY 24 SEPTEMBER 2021
 Doors open at 7.45pm
 Tickets £10 from the Canolfan
 ☎ 01248 811200

More than just a Leisure Centre

all her hard work in compiling detailed information about the War Memorials and Graves in the Seiriol area. With support from other local individuals and organizations, Bridget has written several documents about the individuals named on our local War Memorials and those who died during WW1 and WW2 who are buried in our local cemeteries. She is keen for her hard work to be shared with everyone in memory of all those people who gave their lives for us.

You can access all her documents by visiting the Seiriol Alliance website.

📄 www.seiriolalliance.co.uk

Go to page 14 for more information.

Seiriol cardiac defibrillators There is now a network of cardiac defibrillators

across the Seiriol Ward thanks to generous individuals, community fundraising efforts, and grant funding. The map on page 14 shows all the defibrillators that are easily accessible to the general public at all times.

Please note that there are also defibrillators available at Canolfan Beaumaris, Beaumaris Health Centre, Bulkeley Hotel, Henllys Golf Course and Henllys HPB but these may not be available 24/7.

Summer competition! How well do you know your defibrillators? Can you match each photograph on page 19 with its correct number on the defibrillator map?

Simply put in the correct number in the box at the bottom of each photograph (see the information below), tear off the page, and post/hand in your answers to *Seiriol Alliance, Canolfan Beaumaris, Rating Row, Beaumaris, LL58 8AL*.

Don't forget to include your name, address and contact number on your entry, and please make sure your entry is in by 9.00am on 6 September, because that's the day on which the draw will take place!

Note: the prize is of a £50 voucher to be spent at a local shop, restaurant or business of your choice within the Seiriol area, awarded to the first correctly filled entry drawn from the hat on 6 September.

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BALLROOM AT THE CANOLFAN

Caroline Egan

The Ballroom Dance Classes held at Canolfan Beaumaris have gone from strength to strength.

When I retired from full-time work I was asked to run dance classes there. Having been a professional dance teacher since the age of 21 (I know, just a few years ago) I decided it was time to pass on some of that knowledge to those who were interested in dancing.

All those learner-dancers I had when I started teaching at the Canolfan are now proficient dancers, and they have the confidence to step out on the dance floor for a Waltz, Tango, Foxtrot or Quickstep. They will even try out the Latin rhythms. I am immensely proud of their achievements and they continue to improve week by week. I couldn't wish for a nicer group of people to teach.

As a result of their success I am considering starting new beginner classes in September provided the interest is there.

If you would like to learn to dance (for whatever reason) then please contact me by phone or e-mail. I will take your details and contact you once I have made plans with the Canolfan. I can guarantee that you will learn to dance and have fun along the way.

Beddau Rhyfel a Chofeibion Seiriol Seiriol War Graves and Memorials

- 1 Mynwent Biwmares/Beaumaris Cemetery
- 2 Cenotaph Biwmares/Beaumaris Cenotaph
- 3 Ysgol Ramadeg David Hughes/ David Hughes Grammar School
- 4 Cofeb Llangoed/Llangoed Memorial
- 5 Capel Tŷ Rhys/Capel Tŷ Rhys
- 6 St Cawrdaf/St Cawrdaf
- 7 St Seiriol/St Seiriol



- 8 Cofeb Llanddona a Capel Peniel/ Llanddona Memorial and Capel Peniel
- 9 Cofeb Llansadwrn/Llansadwrn Memorial
- 10 Cofeb Llandegfan/Llandegfan Memorial
- 11 St Tegfan a Capel Barachia/ St Tegfan and Capel Barachia
- 12 St Tysilio/St Tysilio

Cofeb Rhyfel Capel Peniel, Llanddona Capel Peniel War Memorial, Llanddona

51 Ft. Sgt John Hudson Staples R.A.F.

Educated Beaumaris Grammar School; Pilot RAFVR 656008 no 25 Squadron; accidentally killed while on duty on March 22, 1943 age 28; buried in Churchyard of St Iestyn, Llaniestyn; son of John Price Staples & Jane E Staples of Cefn, Llaniestyn; his headstone shows a Mosquito plane

52 Corp. Robert Roberts R.A.

Corporal 1856870, Royal Engineers; killed in action May 30 1940 at the defence of Dunkirk age 38; buried in Coxyde Military Cemetery; son of John and Grace Roberts, husband of Jane Roberts of Menai Bridge, father of several children

53 Sec. Off. Benjamin Davies M.N.

Second Officer Merchant Navy, SS Monmouth Coast; vessel sunk from torpedo strike (U-1305) one survivor, 16 died; died April 24 1945 age 36; commemorated Tower Hill Memorial.



World War II not on War Memorial: burials in the Churchyards of St Dona, Llanddona and St Cawrdaf, Llangoed

54 Lt Robert William Hanmer Everett D.S.O., R.N.V.R.

Lieutenant Royal Naval Volunteer Reserve Fleet Air Arm, HMS Heron; flew Hawker Hurricanes from catapult ships; killed in air crash January 29 1942, age 40; buried in Churchyard of St Dona, Llanddona.

55 Driver Owen Roberts, Royal Army Service Corps, 5 Gordding Terrace, Died

Driver T/119929, Royal Army Service Corps; died on Tuesday 21st May 1940 probably of disease or wounds, age 28; buried in the Churchyard of St Cawrdaf, Llangoed; son of Moses and Ellen Roberts of Gordding Terrace, Llangoed; married to Myfanwy of Llanddona

Er Serchog Gof Am Ein Hanwyl Frodwyr A Gwympasant yn Y Rhyfel Mawr 1939-1945

Diffibrilwyr cardiaidd Seiriol Seiriol cardiac defibrillators

- 1 Castle Street (under the arch)/ Stryd y Castell (dan y bwa)
- 2 Mynedfa'r maes parcio "Green"/ The Green car park entrance
- 3 Caffi "Happy Valley"/"Happy Valley" Café
- 4 Gorsaf dân/fire station
- 5 Canolfan Gymunedol Llanfaes/ Llanfaes Community Centre
- 6 Canolfan Gymunedol Pont y Brenin/Pont y Brenin Community Centre



- 7 Ysgol Llangoed/Llangoed School
- 8 Neuadd Bentref Llangoed/ Llangoed Village Hall
- 9 Penmon Point Coastguard/ Gwylwyr y Glannau Trwyn
- 10 Glanrafon
- 11 Neuadd Bentref Llanddona/ Llanddona Village Hall
- 12 Llansadwrn
- 13 Ysgol Llandegfan/Llandegfan School
- 14 ABC Gallows Point

The COVID pandemic had a profound effect upon the dance classes. All those who attended without a partner found they could no longer attend unless they were prepared to dance on their own all through the class. I was aware that this was a disappointment for a number of my dancers so I decided to start Latin in Line. It was designed for people who had never danced, had no partner but wanted to give dancing a try...and those who had danced before but had no partner could satisfy their passion for dancing.

The Latin in Line has been a big success. It has provided everyone attending with the basics of Latin American dancing in addition to being a great form of exercise. There has also been a lot of fun along the way. These classes currently run on Wednesdays from 6.30pm until 7.30pm.

If you would like to give this form of dancing a go you could join us on Wednesdays by contacting the Canolfan. As before, I am considering starting new beginner Latin in Line classes in September if there are enough people interested. If you are interested do contact me.

*Dancing is a passion
Dancing is fun
Dancing is a great form of exercise
Dancing is sociable.
Let me pass on that passion*

Caroline Egan
☎ 07748 431815
✉ caegan55@yahoo.com

Canolfan Beaumaris
☎ 01248 811200
✉ enquiries@canolfanbeumaris.org.uk

WEEDS AND WILDFLOWERS

Poetry and photograph © Meg Marsden

Herb Robert, Hogweed and Harebell
Pink Campion, Ragged Robin and
Thyme,

Come, come, join the wild things
Enter into my rhyme
Sweet Violet, Thrift and Cow Parsley
Scarlet Poppies telling of glory
Come, come, join the wild things
Come and be part of my story.
Meadowsweet, Marguerite
Golden Buttercup, Daisy

The sun is low and the stream is lazy
The stately Rosebay Willow Herb
Tall grasses shedding their seeds
Foxgloves, Bird's-foot Trefoil
Wild things, wildflowers, wild reeds.
Goatsbeard and Indian Balsam
Red Clover, Shepherd's Purse

Come, come join the wild ones
Come get caught up in my verse.
And here's the Lords and Ladies
In the thicket the Common Rock Rose
Walk barefoot through the meadow of
wildflowers

And feel the grass as it blows.

www.facebook.com/groups/llangoed

LOOKING FORWARD NATURE

NOTES

Roz Hattey

After some fine, dry weather in late April, the month of May was a disappointment for most of us: cold and wet. Wales was reported to have had its wettest May for many years.



Walk barefoot through the meadow of wildflowers
And feel the grass as it blows (© Meg Marsden)

There were very few bees around, so despite a profusion of damson and pear blossom in my garden there is very little fruit developing. Other insects were in short supply as well, so across the country blue tits struggled to find enough caterpillars and aphids to feed their first broods of chicks. BBC's *Springwatch* reported that male pied flycatchers were not singing to establish their breeding territories, but were having to concentrate on finding food. Swallows, house martins and swifts were all late nesting.

I noted in my diary that 30 May was the first wonderful, clear start to a May day this year. Soon there was the scent of inter-tidal mudflats warming under the sun's rays and drifting up on a southerly breeze. The scent of wild honeysuckle and May blossom hung in the air and there was a sudden re-emergence everywhere of industrious bumble-bees. Swallows and house martins reappeared, too, feeding over gardens and nearby

fields. A small party of swifts was seen in Beaumaris more often now, screaming and flying overhead at breakneck speed. A male stonechat called, 'chac-chac', from the top of a gorse bush on Mount Field as he claimed his breeding territory. Eight young blue tits have been crowding onto my nut-feeder and flitting from branch to branch. June has given some much needed summer weather, helping wildlife and lifting our spirits.

There are, of course, many more serious challenges for us all to face, from Government down to communities and individuals. Focusing on environmental considerations, discussions about economic recovery from the COVID pandemic have included how opportunities might be created for more 'green' jobs. In negotiations for post-Brexit trade deals more sustainable farming and food production is being promoted in the face of future trade with more distant countries and some questionable farming practices.

The need for urgent measures to counter climate change looms over everything. Equally urgent and complex is the need to bring countries together to stem the worldwide destruction and degradation of natural ecosystems. Ways need to be found to enable habitats and species to recover wherever possible, so increasing biodiversity.

One of the ways we can contribute to this effort is to establish effective agri-environment schemes and to ensure adequate funding for them. These will replace schemes which used to be funded partly by the European Union under the Common Agricultural Policy, including the Countryside Stewardship scheme in England and Tir Glas (formerly Tir Gofal and Tir Cymen) in Wales. No details have yet been announced in Wales, but a few details of the English Environmental Land Management Scheme (ELMS) began to emerge early in June, including provisions for soil conservation, animal health and green energy.

All these agri-environment schemes include payments for standard measures such as preventing river pollution by runoff from farmland, especially from slurry, silage and fertilisers. They also need to identify, on individual farms, existing features of conservation value, especially key habitats and species. Payments can then be made for protecting, maintaining and enhancing, sometimes restoring, these features. With appropriate management, important habitats could also be extended and populations of vulnerable or rare species increased.

The key habitats to look out for on farms are unimproved grasslands, including flower/species-rich meadows; lowland

and upland heath; lowland and upland peatlands and other marshes; rivers, lakes and ponds; and broad-leaf woodlands, scrub and hedgerow networks.

Local farms were cutting and baling hay early last month, but these are improved grasslands, with very few other flowering plants. I recently met an ex-colleague who had just spent an enjoyable week surveying very different species-rich hay-meadows in the Elan Valley, mid-Wales. No fertilisers or herbicides have been put on these fields to protect drinking water in nearby reservoirs, so they are still full of insects and flowers which were once much more common, such as wood bitter-vetch (*Vicia orobus*), betony (*Stachys betonica*), great burnet (*Sanguisorba officinalis*) and lesser butterfly orchid (*Platanthera chlorantha*).

They represent 'traditional' hay meadows and are now rare and important enough to be Sites of Special Scientific Interest (SSSIs). Not many farms will still have species-rich meadows, but there is often potential on some parts of the farm to encourage more biodiversity by changing the grazing regime or reducing stocking levels, stopping applications of fertilisers and herbicides and, on arable land, leaving uncultivated corners or strips around field margins.

Farm payments can also provide for less silage to be cut in spring and early summer, leaving areas where the grass can grow up and provide cover for leverets (young hares) and developing chicks of lapwings, curlew and other birds.

Peatlands, such as upland blanket bogs and lowland bogs and fens, have been identified as crucial for carbon capture, so there should be strong Government incentives to protect them. Where they have been damaged by peat extraction or extensive drainage, payments can be made for infilling ditches and other restoration measures. Burning would be damaging, and grazing pressures might also need to be reduced.

The UK Government has said recently that there will be a ban on the sale of peat for garden use and perhaps for horticulture as well.

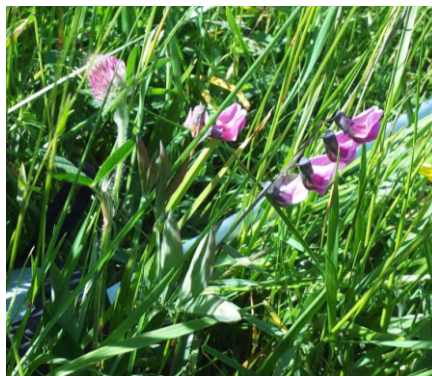
With the increasing intensity of rainfall (heavy downpours!) over recent years and more frequent flooding resulting from it, major funding will be needed for long-term water management schemes. Individual farms or groups of farms will need to be encouraged to play an important part in this. Schemes are already underway or under discussion to ensure that water is slowed down in its passage from hills and mountains through river valleys and flood-plains to the sea. Peatlands often play a key role in this, absorbing, retaining and holding back water for slow release downstream.

Allowing rivers to overflow safely onto natural flood-plain areas wherever possible will also be important. Farmers can be paid to change their livestock or arable management on these areas. Dredging of rivers might have to be reduced and more natural meanders and braids allowed to develop, again to slow down the flow and reduce the risk of flooding settlements

Afon Ogwen was severely dredged and deepened in the 1970s in an effort to improve adjacent peaty pastures in Nant Ffrancon, but in more recent years the National Trust has encouraged recovery to a more natural river profile and associated biodiversity.



June 2021: Rhos yr Hafod SSSI is located on the hillside to the north of Penygareg Dam in the Elan Valley. It is an outstanding example of herb-rich hay meadow and pasture land in which a number of uncommon plant species are very well represented (Karen Rawlins, Natural Resources Wales)



June 2021: wood bitter-vetch (*Vicia orobus*), a once-common meadowland flower. Wales is a global stronghold of the world population of this species though overgrazing and undergrazing has led to declines (Karen Rawlins, Natural Resources Wales)

Woodlands, hedgerows and dry-stone walls are important features in farm and hill landscapes and all have potential value for wildlife. Worldwide, woodlands and forests have huge importance for the climate as they utilise great quantities of carbon dioxide and produce oxygen during photosynthesis. They also protect soils and reduce the risk of soil erosion and devastating landslides. Only about 13% of the UK has woodland cover, and only half of this is comprised of native tree species, so there is great scope for improving this, partly by providing better incentives for farmers.

Payments can be made for planting new

woodlands and extending existing woodlands by either planting broad-leafed, preferably native, trees or by removing grazing and allowing natural regeneration to take place. Near Wern y Wylan there is a good example of this, where scrub woodland and young trees are replacing pasture as an extension to adjoining woodland.

A good thick mixed-species hedge is also valuable especially if it is part of a linked network of hedges and woodland. This allows small mammals like hedgehogs and other wildlife to move more easily around the countryside. Riverside trees and scrub also help to stabilise the banks and provide cover for otters.

Some farmers and other landowners have taken the plunge and set up rewilding schemes, with the aim of increasing biodiversity. Many involve voluntary conservation organisations such as the RSPB, National Trust or Wildlife Trusts. Some aim to re-establish particular habitats, but a few are accepting whatever develops when little or no management is undertaken.

One very daring, and by now famous, venture is on the Knepp Castle Estate (3,500 acres) in West Sussex, where the owners have given up their previously intensive farm management and put nature first by introducing small numbers of native grazing animals or traditional breeds to graze and browse the regenerating grasslands, scrub and open 'wood-pasture', released from the pressure of modern farming.

Over the twenty years or so of the project so far, there has been a phenomenal increase in biodiversity with the return of many breeding birds like the skylark, nightingale and peregrine falcon. Rare species, such as the turtle dove and purple emperor butterfly, have also arrived to breed. Under rewilding here soil carbon and organic matter have doubled.

Now we must wait to see just what our Governments are prepared to offer farmers for the new agri-environment schemes, and how many farmers will accept the payments for the challenges they entail.

Recommended reading

- Attenborough, David: *A Life on Our Planet* (2020, Ebury Press)
Lack, David: *Swifts in a Tower* (1956, 2018 (new edition), Unicorn)
Mabey, Richard: *Nature Cure* (2005, 2021 (new edition), Blackwell)
Moss, Stephen: *The Swallow: A Biography* (2020, Penguin)
Rebanks, James: *English Pastoral* (2020, Penguin)
Thomas Ellis, Alice: *A Welsh Childhood* (1990, Penguin)
Tree, Isabella: *Wilding* (2018, Picador)

2021...WE'RE COMING OUT OF LOCKDOWN

Anonymous

To the unknown person who sent this to us for publication in **The Puffin**... Thank you!

◆ ◆ ◆
We're coming out of Lockdown
And we've got to take it slow
If we don't stick to Boris's rules
What'll happen, we don't know

We can all meet in the garden
Or anywhere we choose
Just as long as we socially
distance
And not have a hug with our
booze

We'd love to get back to 'NORMAL'
Whatever 'NORMAL' is
So we can meet up where we
want to
And Grandparents hug their
kids

But things will be rather different
So many lives have changed
We're coming out of Lockdown
Life will never be the same

BANGOR ROTARY NEWS

Pauline Kenyon

Despite the COVID restrictions we've managed to continue to support organisations and local communities with some creative approaches wherever possible. In addition to some very valuable individual service by members – volunteering at local vaccination centres, driving people to hospital and helping out in members' localities – an ingenious 'virtual dog show' raised funds for Guide Dogs for the blind and Hearing Dogs for Deaf People.

The Club also supported a massive charity venture by assisting adventurous yachtsman Ken Fowler on his "Yodare Island Odyssey". Ken set himself the challenge of circumnavigating every British island in his bathtub-sized dinghy! Keen Rotary members helped Ken with shore-based support when he sailed round the many Anglesey islets and islands to help him raise considerable funds for Cancer Research and the Oakhaven Hospice in Lymington, in memory of his father, mother-in-law and four other family members.

Plans were also in place for August Bank Holiday Sunday on Beaumaris Green for our annual Charity Fair event, where local charities raise funds for their own organisations with children's games and activities, a dog show, tea tent and displays in the main ring.

Due to uncertainty about the current COVID situation, however, we feel it would be prudent to postpone this event until next year. It is disappointing but the health and safety of our members, the

puffinpages@gmail.com

people of Beaumaris and the visitors is a priority. We will, of course, continue to support local charities and the community in other ways during the year as and when we are permitted to do so.



Members of the Gwynedd Guide Dogs for the Blind Association with new President, Kate Maskall (second from left) and President Elect, Menna Gilbert (far right) (via Kate Maskall)

We shall be having a second charity auction later in the year, by the kind courtesy of Simon Bower and Morgan Evans Auctioneers, and members are currently searching for as many 'lots' as possible. If you have been decluttering and streamlining your home, like many folk during the COVID restrictions, and



Liz Millman's daughter's property in Victoria, Australia, after the storm; the photograph was used by the local Rotary District for their Disaster Relief Appeal (Liz Millman)



could offer us some useful donations, please contact Rotary Secretary Bob Maskall on 07932 149679 to discuss this and arrange collection. Last year our auction raised around £1,000 which was used to support many desperately-needed local ventures, including food banks, and we hope to match this once more.

Our new Rotary year began on 1 July, with President Kate Maskall, at the helm and we have many exciting plans coming up for the future as we enter the 'new normal' and easier times. If you would like to have more information and be an active part of local service and events, make new friends and have a lot of fun, please contact Secretary Bob Maskall on 07932 149679. Rotary is open to all ages!

BEAUMARIS DOWN UNDER: THE HILLS ARE ALIVE...WITH THE SOUND OF CHAINSAWS!

Liz Millman

I'm writing from my emergency accommodation at Nellie Melba's Retirement Village.

Good wishes to friends and folk reading **The Puffin**, from friends and folk who read and enjoy **The Puffin** down here in Australia, and many thanks to the Editorial Team who keep us in touch with your local news.

It's winter time here in Victoria, although most days are mild with gorgeous winter flowers.

We had an awful storm one night in June which caused devastation in the Dandenong Ranges outside Melbourne. Hundreds of tall gum trees fell in the wind and many homes and cars were destroyed. Fortunately no one was killed, but many people had to seek emergency accommodation. My daughter's property was badly damaged, but her family are OK; she and her partner had bought it just before Christmas. Roads were blocked and people were without power for weeks. Police and emergency services responded quickly and this area of the National Park was shut off to tourists, as locals were helped with recovery initiatives.

The gardens and parks in Beaumaris were not affected, but beach levels changed as the waves eroded the sand.

A local Aboriginal elder conducted a 'healing ceremony' in Kalista, when people affected by this exceptional devastation came together at one of the emergency centres. These centres were set up to provide hot meals, charging facilities and internet links, and advice. It will take many months to rebuild properties, and once the heavy machinery has left the area, regrowth will restore the forest and tourists will be welcomed back.

The Dandenong Ranges area is home to many lyrebirds, which are great mimics, so locals reckon that even after the arborists have gone with their chainsaws, these amazing mimics will still recall the weeks when the Hills were alive to the sound of chain-saws.

My daughter, Sarah, and my granddaughter, Tilly, are taking good care of me until I can come back to Wales.

Good wishes to all, but especially to our European friends who are struggling on a massive scale with flood damage, and best wishes to all who are suffering the after effects of COVID and the ongoing challenges that we face all around our wonderful fragile world. These are certainly uncertain times!

The Puffin's Editorial Team needs YOU!

We enjoy what we do...we hope that you, our readers, enjoy what we do as well! There are just five of us, all men of a certain age. We need more members, not just to spread the load but so that we can become a more diverse Editorial Team as well. Do you think that you could put your talents to use by joining us and contributing to what we do? If your answer is YES, we'd love to hear from you, so please e-mail us at puffinpages@gmail.com with some details and we'll be in touch with you.



SEIRIOL MEN'S SHED

Mike Thomas

Like many organisations we have been hit hard by the COVID-19 pandemic.

There are only six of us at present; a few years ago we didn't know each other, and now we're friends in a community organisation with great potential. To exploit this potential we really do need more members.

What do we do? We get together on a Thursday morning; the first thing is always a brew, which goes down well with biscuits and a chat, a few jokes, perhaps. There's no time limit; darts or dominoes might follow, there might be work on a serious scale-model building, seeds to plant or pots to throw.

We try to do things which benefit our community, such as making the Girl Guides' boat seaworthy and fettling the noticeboard at Llangoed Village Hall, and we also do jobs to make a bit of money to keep us going.

This is a Men's Shed. It's easy going, and is owned and run by its members. We don't always limit our meetings to Thursday mornings, but it's a day when new men can be introduced to our way of doing things. There are checks and balances, and a respectful discipline is always present; we need that and our members require it.

If you are interested, or just mildly curious, come and see us on a Thursday between 10.00am and 12.00 noon, or phone Mike Thomas on 07941 103386.

To find us from the direction of Beaumaris:

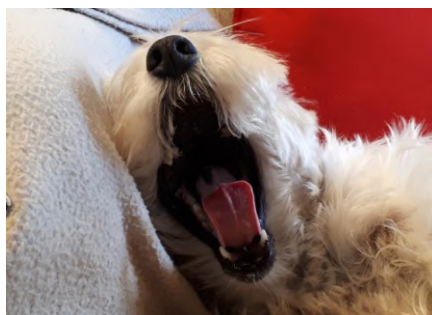
- Go through Llangoed, past McColl's on the right, and down the hill
- Cross over the little bridge at the bottom and continue up the hill for about 200 yards
- Turn right at the *Gerddi Haulfre Gardens* sign into the Haulfre residential home car park
- Walk down towards the gardens
- Our workshop is on the left.

PS: it's men only!...and please park thoughtfully.

SEIRIOL MEN'S SHED



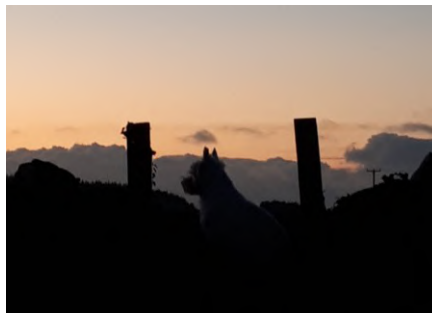
Seiriol Men's Shed members outside their workshop on a chilly morning late last month (Andrew Perrott)



It annoys the Boss when I yawn while he's cleaning my eyes... (via Tilly Barker)



I go in up to my middle... (via Tilly Barker)



In the evenings I sit on the garden wall to watch the ponies galloping about... (via Tilly Barker)

TAILPIECE: HERE'S MORE FROM THE WEARY WESTIE...

Tilly Barker (dogtated to Andrew Perrott)

The Boss tells me that I'm a lazy little b, but it's really just energy conservation. I do like sleeping, especially on an armchair.

The vet says that my eyes are no worse than they were a couple of months ago; they won't get any better, though, because I make almost no tears, and there's nothing that can be done about it. I don't have to have any more medications, which is good (that greasy protopic ointment was horrible, and made such a mess of my face...you've no idea, dahlings, no idea), just drops several times a day to keep my eyes lubricated, and the Boss can buy them on-line.

He cleans my eyes gently at least twice a day with warm water and cotton buds. The cleaning's all right, but I *hate* it when he combs my whiskers afterwards. My face is as clean and pretty now as it should be, though, and he puts drops in my eyes when I need them, and water drops if I become blinky in between; all the dust and pollen in the air doesn't help.

At the weekend we go to the beach at Gallows Point after he's been to buy a newspaper. I like that because he takes me down to the sea, even when the tide's out so that I can dunk myself. Do I swim?... not unless the waves knock me off my feet...but I can swim if I *want* to swim.

It's been very hot recently so I've been able to avoid saunteries (that's my version of *walkies*) until the evening when it's cooler. Sometimes we meet my friend Harvey, and we have a good sniff...

There are some ponies in the field behind my home and they often come over to see me, or just to be nosy. I sit on the garden wall and watch them, especially when they run about in the evening...then I run about as well, and bark at them. That's such fun, even though I can't see them very well, and sometimes run in the wrong direction.

Siop
Llandêg

♥ The shop at the heart of Llandegfan ♥

We support local producers, including Mercado by Midland and Central Bakery, Beaumaris

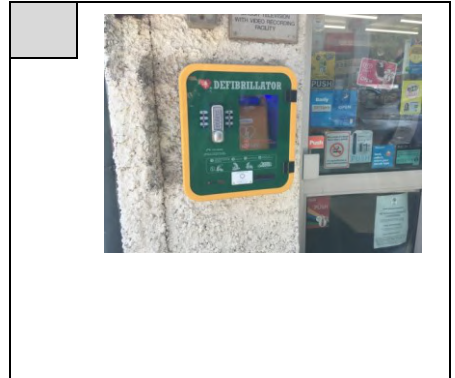
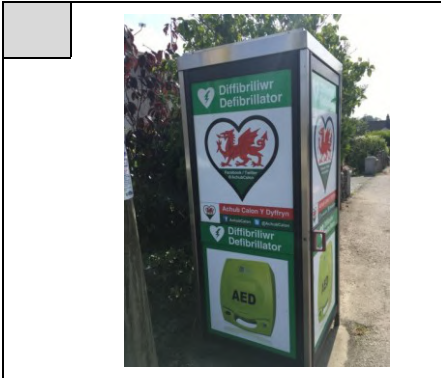
The Puffin says 'Thank you, Siop Llandêg, for supporting us!'

Siop Llandêg
Lon Ganol, Llandegfan
Anglesey LL59 5UA

☎ 07592 950159

✉ siopllandeg@yahoo.com

**Pa mor dda ydych chi'n adnabod eich diffibrilwyr?
How well do you know your defibrillators?**



Postio/rhoi eich atebion i
*Gynghair Seiriol, Canolfan Biwmares,
Rhes Ardrethu, Biwmares, LL58 8AL.*

Post/hand in your answers to
*Seiriol Alliance, Canolfan Beaumaris,
Rating Row, Beaumaris, LL58 8AL*

Enw/name	
Cyfeiriad/address	
Ffôn/telephone	

EDITORIAL INFORMATION AND OTHER 'USEFUL TO KNOW' STUFF

The Editorial Team

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John Briggs Owen Williams
John Nunn E-mail: puffinpages@gmail.com

Editorial Policy

- **The Puffin** is a community journal. It does not become involved in matters such as politics, local or national, but is intended to be a means of bringing people and communities together, celebrating our 'sense of community' and the beautiful part of the world in which we live, so please be kind, courteous and respectful. 'Hot' topics related to the local context are fine, but we ask that people respect the fact that alternative views may be valid as well.
- We welcome news, letters and interesting articles, in Welsh and in English, as long as they are attributed to an author; please don't send us anything marked 'not for publication'.
- The views expressed in **The Puffin** do not necessarily represent those of the Editorial Team.
- We review all items for material that is obviously libellous or offensive, but we cannot check for factual accuracy because we might not be sufficiently expert on the topic, and because of time constraints.
- If you have strong feelings about what is said, or is not said, in **The Puffin**, don't bottle it up: get in touch with us or join the group of volunteers who form the Editorial Team who enable its production.

General information and publication dates

- We will do our best to reply to your e-mails quickly.
- If you e-mail photographs and other pictures to us for inclusion in **The Puffin**, please send them in .jpg format if possible. If you send photographs or documents to us by post, be sure to enclose a stamped, self-addressed envelope so that we can return them to you after they've been scanned.
- The word count per column is c.300 (three-column page) and c.500 (two-column page).
- **The Puffin** is published in:
February: submissions by 10 January
May: submissions by 10 April
August: submissions by 10 July
November: submissions by 10 October

Submissions and donations by post

- We are happy to receive submissions – and donations, of course! – by post. Please send them to:
Andrew Perrott
Glangors
Llanddona
Anglesey
LL58 8TU
Mark the envelope **The Puffin** and enclose your address, an e-mail address and/or telephone number so that we can let you have an acknowledgement and a 'thank you'.
- If you would like to make a donation by bank transfer, our details are:
Bank: **NatWest**
Account name: **The Puffin**
Account number: **88609782**
Sort code **54-10-01**

Sponsorship and advertising

- Please contact us by e-mail if you would like to sponsor **The Puffin** or place an advertisement in it.

Where to pick up your copy of **The Puffin**

- **Beumaris**
ABC Service Station, Gallows Point, Beumaris LL58 8YH
Canolfan Beumaris Leisure Centre, Rating Row, Beumaris LL58 8AL
Central Bakery, 22 Margaret Street, Beumaris LL58 8DN
Ena's Newsagents, 24 Castle Street, Beumaris LL58 8AP
Spar, 11 Castle Street, Beumaris LL58 8AB
Town Hall (entrance lobby), Castle Street, Beumaris LL58 8AP
- **Llanddona**
The Owain Glyndŵr, Llanddona LL58 8UF
Wern y Wylan, Llanddona LL58 8TR: look for the labelled mailbox at Wern y Wylan Court
- **Llandegfan**
Siop Llandêg, Lon Ganol, Llandegfan LL59 5UA
- **Llangoed**
McColl's, China House, Llangoed LL58 8NW
- **Penmon**
The Pilot House Café, Black Point, Penmon LL58 8RR
- **On-line**
www.seiriolalliance.co.uk/newsletters/

Some useful contacts

Alcoholics Anonymous	0800 917 7650
Canolfan Iechyd Beumaris Health Centre	01248 810818
Canolfan Beumaris Leisure Centre	01248 811200
Dŵr Cymru/Welsh Water:	
water services and emergencies	0800 052 0130
sewerage services and emergencies	0800 085 3968
reporting a leak	0800 281 432
Electricity (SP Energy Networks):	
information about power cuts	0800 001 5400
Floodline	0345 988 1188
Gas: National Gas Emergency Service	0800 111 999
Isle of Anglesey County Council:	
Beumaris library	01248 750057
Children's Services	01248 810659
missed waste collections	01248 752722
NHS (NHS Direct closed in 2014):	
for non-emergency medical help	111
NSPCC:	
help for adults concerned about a child	0808 800 5000
help for children and young people	0800 1111
Police: non-emergency	101
Police Community Support Officer:	
Teleri Jones	07814 646320
Post Office:	
customer helpline	0345 611 2970
McColl's, Llangoed	01248 490056
Spar, Beumaris	01248 810326
RSPCA: daily, 9.00am-6.00pm	07490 642555
Samaritans:	
English language	116123
Welsh language	0808 164 0123
Ysbyty Gwynedd Hospital	01248 384384