

The Puffin



FREE community magazine • published quarterly

Number 55 • February 2026



Serving...

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

...and on-line

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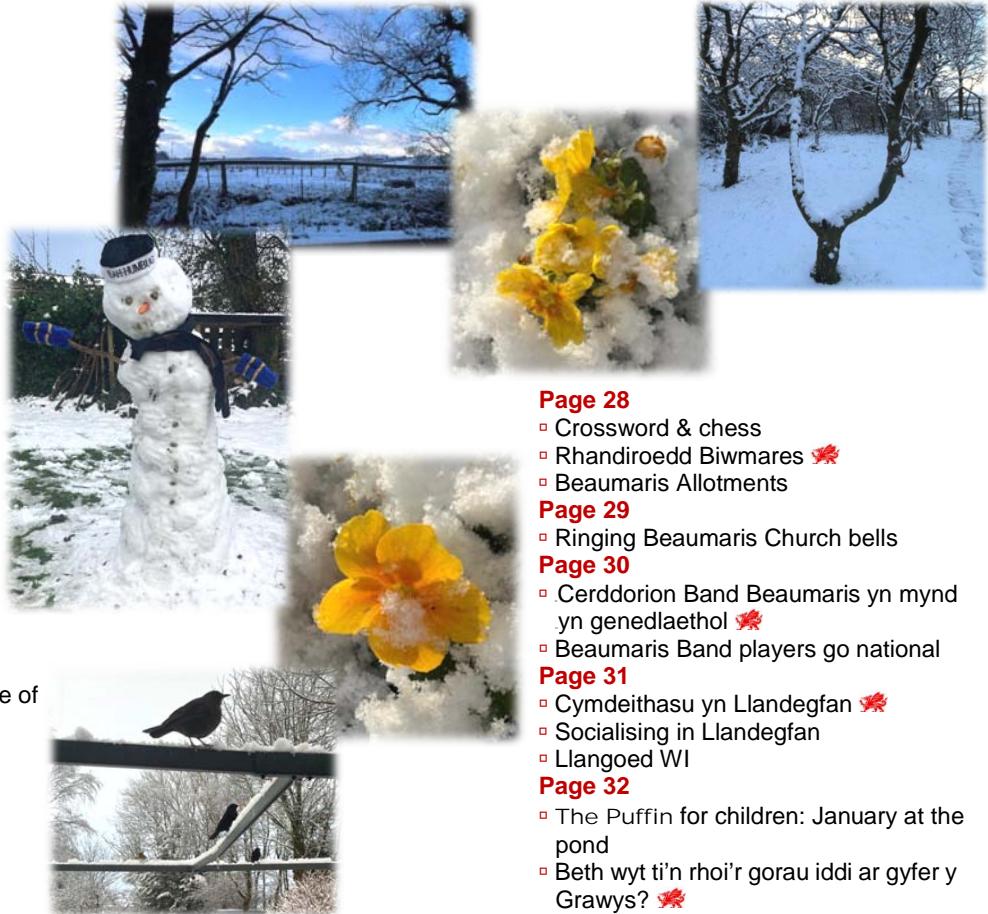
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☎ 01248 370797

✉ www.carersoutreach.org.uk

✉ help@carersoutreach.org.uk

✉ Unit G1, Intec
Parc Menai
Bangor
LL57 4FG



- **Anglesey & Gwynedd Widowed Group:** please note that this is *not* a dating site; the organisers are volunteers and the group is not a charity.

It's a group for widows and widowers aged over 50 (suggested age only) who live permanently in the Anglesey, Bangor and Caernarfon (Gwynedd) areas.

We meet for regular get-togethers: coffee, lunch, days out, leisure activities, evenings out, theatre, concerts, coach trips and so on, and holidays, UK and abroad, and cruises as well.

This is not a support group, just a group of people who have been through the loss of a spouse or long-term partner, and who can empathise with each other but are ready to start enjoying life again.

"We have acquired five new members through The Puffin!"

We use www.meetup.com for information about events and to keep in touch. Search Anglesey & Gwynedd widowed and you will find us.

We are a bilingual group, with membership at roughly 50/50, so we organise Welsh events as well as English.

If you'd like more information please contact me, Lyn Roberts.

☎ 07474 224246

✉ lyn2910@yahoo.co.uk

Bangor

- **Pontio:** Pontio is Bangor University's centre that offers an exciting and unique blend of arts and culture, innovation, education and community.

Pontio showcases the very best from the world of arts and culture, including drama, music, dance, and contemporary circus, local and international.

It serves as a focal point for students,

with new Students' Union offices and teaching and social spaces to be enjoyed by all, and adds significantly to the amenities in Bangor and the surrounding areas for the economic, social and cultural benefit of the University and of the wider community.

Pontio has been funded by Bangor University, with assistance from the Welsh Government, the European Regional Development Fund and the Arts Council of Wales.

✉ Pontio
Deiniol Road
Bangor
Gwynedd
LL57 2TQ

✉ info@pontio.co.uk

✉ www.pontio.co.uk

✉ Events
<https://tickets.pontio.co.uk/Online/default.asp>

✉ Pontio Bangor
www.facebook.com/PontioBangor/

✉ Box Office
01248 382828



Beaumaris

- **Clwb Rhwyo Beaumaris Rowing Club:** there's a long history of competitive rowing on the Strait. The Club runs taster events during April and September for people to learn about, and have a go at, rowing a Celtic. It doesn't matter if you've never rowed before; we'll show you the ropes.

Visit our website if you'd like to know more about us.

✉ www.beaumarisrowingclub.org.uk/



- **Royal Anglesey Yacht Club:** The Royal Anglesey Yacht Club (RAYC) can trace its roots back to 1802 when the Beaumaris Book Society was founded at Ye Olde Bulls Head Inn, Beaumaris.

In 1826 the Society moved to Green Edge, where the club house is today. Members of the Society played a prominent part in the Beaumaris Regatta of 1830 and in the years to come.

In 1885, the year after Bangor University was established, the Club became the RAYC after Queen Victoria granted it a Royal Warrant.

The RAYC has two adopted classes of heritage yacht: the Fife One Design and the Menai Strait One Design.

✉ Royal Anglesey Yacht Club
6/7 Green Edge
Beaumaris
Anglesey
LL58 8BY

✉ Royal Anglesey Yacht Club
<https://royalangleseyyc.org.uk>
✉ secretary@royalanglesey.org.uk



- **Hwylio Treftadaeth y Fenai:** mae Hwylio Treftadaeth y Fenai (HTF) yn Elusen Gofrestredig, wedi'i lleoli yn Gallows Point, Biwmares.

Un o brif flaenoriaethau HTF yw cadw'r hyn sydd yn ôl pob tebyg yn un o'r fflydoedd treftadaeth hynaf o gychod hwylio yn y byd, ar yr un pryd yn cynnig hwylio at ddibenion iechyd a lles.

Dewch i hwylio gyda ni, fel unigolyn neu fel elusen, sefydliad neu wasanaeth! Gallech elwa o hwylio er mwyn iechyd a lles, efallai fel profiad unigryw. Efallai y byddwch yn cael blas ar hwylio ac eisiau cymryd rhan yn fwy a hwylio'n rheolaidd!

Rydym wedi cynhyrchu ein rhaglen hwylio ar gyfer 2026, felly os hoffech ragor o wybodaeth e-bostiwr Victoria Craig at vcraig.mshs@yahoo.co.uk.



- **Menai Strait's Heritage Sailing:** Menai Strait's Heritage Sailing (MSHS) is a Registered Charity, based at Gallows Point, Beaumaris.

One of MSHS's main priorities is the preservation of what is probably one of the oldest heritage fleets of sailing yachts in the world, at the same time offering sailing for health and wellbeing purposes.

Come and sail with us, as an individual or a charity, organisation or service! You could benefit from sailing for health and wellbeing purposes, as a one-off experience, perhaps. You might just get the bug for sailing and want to get more involved and sail more regularly!

We've produced our sailing programme for 2026, so if you'd like more information please e-mail me, Victoria Craig, at vcraig.mshs@yahoo.co.uk.

www.seiriolalliance.co.uk/newsletters/

WELCOME TO

HARRY'S

COME AND SEE US at our unique setting at the historic Henllys Hall, just outside beautiful Beaumaris on the Island of Anglesey, where you will find a great choice of traditional and contemporary food and service with a warm Harry's welcome.

You'll find our restaurant a unique and unhurried place to enjoy our bistro style food, our award winning desserts and our specially selected wines.

If you are visiting Anglesey on a Sunday our lunches are very popular with visitors and Island residents.



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- **Beaumaris Film Night:** put the first Thursday of every month in your diary! Have a look below at what's coming in the next three months.

Refreshments are available from 7.00pm; the film starts at 7.30pm. Tickets are still just £5 each and are available in advance from reception, or telephone to book.

☎ 01248 811200

Volunteers are always welcome; please contact Stephen Marsden for more information.

☎ 07774 699685

Put these dates in your diary...

- **5 February:** *Scrapper* (2023), starring Lola Campbell, Alin Uzun, Cary Crankson.



After her mother's death Georgie, a 12-year-old living secretly alone makes money by stealing. Her estranged father turns up and forces her to confront reality. As they adjust, both find they still

have a lot of growing up to do. (1hr 24min; 12A)

- **5 March:** *Joy* (2024), starring Thomasin McKenzie, James Norton, Bill Nighy.



The amazing 10-year story of the first 'test-tube baby', told through the young embryologist, scientist and surgeon who unlocked the puzzle of infertility by pioneering in-vitro fertilisation (IVF). (1hr 58min; 12A)

- **2 April:** *The Friend* (2024), starring Bill Murray, Naomi Watts, Cléo Xhauffaire.



When New York writer/teacher Naomi Watts adopts and bonds with a Great Dane that belonged to friend and mentor (Bill Murray),

the dog's looming presence is a constant reminder of her friend's choices in both life and death. (1hr 59min; 15)

- **Clwb Bowlio Beaumaris Bowling Club:** Clwb Bowlio Beaumaris Bowling Club fielded eight teams last year, in five different Leagues.

We would like to welcome new members, young or old, male or female.

The Club is at Happy Valley, by the beautiful Beaumaris Castle.

For more information and/or a taster session please contact Dave Mathias, Secretary.

✉ davemathias49@gmail.com

☎ 07712 121147

▣ Beaumaris Bowling Club
<https://beaumarisbowlingclub.yolasite.com/>

▣ Beaumaris Bowling Club
www.facebook.com/people/Beaumaris-Bowling-Club/100063490482942/

- **RNLI: volunteers wanted!** The RNLI is working hard to make itself inclusive, with the Fundraising Team, shop helpers and crews all working together as a team. We'd welcome anyone who would like to volunteer in any capacity.

If you're interested do call in at the RNLI shop at the boathouse or telephone Valary Wakefield on 01248 811375.

Keep a lookout for notices in Beaumaris, and check Facebook regularly.

■ Beaumaris RNLI Lifeboat www.facebook.com/beaumaris.rnli.lifeboat/

■ Find my nearest lifeboat station <https://rnli.org/find-my-nearest-lifeboat-stations>



Lifeboats

- **Beaumaris Over 50s Club:** you're welcome to join us if you're 50+ and live in or near Beaumaris.

Club meetings take place at 2.00pm on the last Monday of the month.

Annual cost of membership is only £5; contributions are taken at each meeting towards tea/coffee and raffle prizes.

We extend a warm welcome to new and old members.

For more details, please contact the Chair, Mike Davies.

■ 01248 812157, 07483 827069

✉ dmikedmail@gmail.com

■ The Iorwerth Rowlands Centre
Steeple Lane
Beaumaris
LL58 8AE

- **Beaumaris Singing For Pleasure Group:** do you want to:

- Improve your memory?
- Relieve stress and anxiety?
- Boost your immune system?
- Improve your lung function?
- Uplift your mood?
- Make new friends?

...and, most importantly, have fun?

If the answer's YES, join us at the Iorwerth Rowlands Centre on Mondays, 11.00am-12.00 noon.

£2.50 per session, including tea, coffee, biscuits. New members will be very welcome!

For more information, please contact Mike Davies

■ 01248 812157, 07483 827069

✉ dmikedmail@gmail.com

■ The Iorwerth Rowlands Centre
Steeple Lane
Beaumaris
LL58 8AE

- **Beaumaris Cricket Club:** we welcome new members; our average age is somewhere around 50. If you'd

like to join us give one of us a call:

Chairman: Ian Gorst Jones,

■ 01248 811248

Captain: David Graves,

■ 07851 632881

Vice-Captain: Evan Hughes,

■ 07999 505001

Match organiser: Philip Lewis,

■ 07484 262297

■ www.facebook.com/people/Beaumaris-Cricket-Club/100057043976040/

- **Canolfan Hamdden Beaumaris Leisure Centre:** There's so much happening at the Canolfan!

Read more about what's happening on pages 18-19 and 24-25.

■ Canolfan Hamdden Beaumaris

Leisure Centre

Rating Row

Beaumaris

Anglesey

LL58 8AL

■ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

■ Canolfan Beaumaris
www.canolfanbeaumaris.org.uk/



- **Seiriol Good Turn Scheme:** if you live in the Seiriol Ward area (Beaumaris, Glanrafon, Llandegfan, Llanddona, Llanfaes, Llangoed, Llansadwrn and Penmon) the Seiriol Good Turn Scheme may be able to help you.

The services offered by the Scheme are provided by volunteers, and offer help to any person living in the Seiriol Ward who, due to illness, incapacity or some other need, may benefit from the help that is available.

If you feel that the Scheme could help you please telephone us and we will arrange a home visit to discuss your needs.

■ 01248 305014

Monday-Friday,

9.00am-5.00pm



- **Dancing at the Canolfan!** Want to learn to dance? You can dance but want to improve?

Come along to Caroline's friendly classes at Canolfan Hamdden Beaumaris on Fridays, 7.00pm-9.00pm; everybody welcome.

■ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

- **Bridge Club:** if you enjoy playing cards and think playing in a club would be fun, why not consider bridge?

If you're an experienced card player bridge may not be as difficult as you think if you have some help to get started. I'm an experienced player who would be happy to take on a few learners with a view to their playing in a local club quite quickly.

I'd also be happy to update and improve the knowledge of anyone who is a 'rusty' player keen to join others enjoying the game.

It's a small and friendly Club. We hold meetings each Monday morning.

For more information please phone me, Gayda Young, on 01248 564249.

- **Beaumaris Makers Market:** Castle Square, Beaumaris LL58 8AL (in front of the Castle Court Hotel).

■ Beaumaris Makers Market
www.facebook.com/beaumaris.makersmarket/

- **Beaumaris Artisan Market:** Rating Row, Beaumaris LL58 8AP (in front of the David Hughes Community Centre).

■ Beaumaris Artisan Market
<https://beaumarisartisanmarket.blogspot.com>

✉ beaumariswelshartisanmarket@outlook.com

- **Seindorf Beaumaris Band events:** Seindorf Beaumaris Band has been at the forefront of local music-making for over a century.

Follow our activities by keeping an eye on social media and local noticeboards, and turn to page 30.

■ Seindorf Beaumaris Band
Canolfan Gerdd

New Street

Beaumaris

Anglesey

LL58 8EL

✉ post@beaumarisband.org.uk

■ Seindorf Beaumaris Band
www.beaumarisband.org.uk

■ Seindorf Beaumaris Band
www.facebook.com/beaumarisband/



- **STOP PRESS Beaumaris Town Council:** turn now to our spread on pages 10-13 to read more about what's happening in our lovely and vibrant town!

www.seiriolalliance.co.uk/newsletters/

Gwalchmai

- **Eisteddfod Genedlaethol yr Urdd 2026/the Urdd National Eisteddfod 2026: Saturday 23 May-Friday 29 May, Anglesey Showground, Gwalchmai.**

The last time Eisteddfod yr Urdd crossed the bridge to Ynys Môn was in 2004, so the Urdd is looking forward to returning.

In addition to the competing, there will be exciting exhibitions and activities, and performance stages with dancers, live bands and groups entertaining every day.

✉ Anglesey Showground

Holyhead Road

Gwalchmai

Anglesey

LL65 4RW

✉ Cysylltu

www.urdd.cymru/cy/contact_us/

✉ Contact us

www.urdd.cymru/en/contact_us/

✉ Eisteddfod yr Urdd

Ynys Môn 2026: Cae Sioe Môn, 23-29 Mai 2026

www.urdd.cymru/cy/eisteddfod/mon-2026/

✉ Eisteddfod yr Urdd

Ynys Môn 2026: Anglesey Show Ground, 23-29 May 2026

www.urdd.cymru/en/eisteddfod/mon-2026/

✉ Syllabus: Eisteddfod

yr Urdd

www.urdd.cymru/files/4917/5794/1684/SYLL2026-003_1.pdf



Holyhead

- **Canolfan Ucheldre Centre:** Canolfan Ucheldre Centre has a lot to offer the residents of Anglesey and those further afield.

Ucheldre is one of the leading performing and visual arts centres in the country.

Find out about what's happening via the links below.

✉ Canolfan Ucheldre Centre

Millbank

Holyhead

Anglesey

LL65 1TE

puffinpages@gmail.com

Monday-Saturday

10.00am-5.00pm

Sunday

2.00pm-5.00pm

☎ 01407 763361

✉ box@ucheldre.org

☎ Box Office

01407 763361

✉ Ucheldre

<https://ucheldre.org>

✉ Ucheldre Holyhead

www.facebook.com/ucheldre.holyhead/



✉ secretary@neuaddbentrefllanddona.co.uk

✉ Neuadd Bentref Llanddona Village Hall
www.facebook.com/llanddonavillagehall/

✉ Cymuned Llanddona Community
www.facebook.com/groups/llanddona/

VH indicates that the event is at Neuadd Bentref Llanddona Village Hall.



- **Caffi Ni:** every Friday, 11.45am-2.00pm (VH).

Come and enjoy a home-cooked two-course meal and a drink in a relaxed and friendly atmosphere for only £9 per person.

A special roast dinner and dessert are available on the first Friday of every month.

All food is freshly prepared on the premises by volunteers.

Booking is advisable; please telephone Pat on 07768 018370.

- **Paned a Sgwrs:** every Tuesday, 2.00pm-3.00pm (VH).

Improve your Welsh-speaking skills with this small, friendly group over a complimentary paned/cuppa and biscuits.

Welsh speakers of all levels are welcome.

Sessions are informal so that people can drop in for a quick chat or stay for the full session if preferred.

For more information please contact Gill Vaughan or Sheila Healey.

☎ Gill Vaughan 07925 184476
Sheila Healey 01248 810619



- **Gong Bath:** the first Tuesday of the month, starting at 7.00pm (VH).

It's relaxation and meditation through sound...

Lying on a mat, you close your eyes and relax for an hour whilst being bathed in powerful sound waves.

(continued on page 14)

CYNGOR TREF BEAUMARIS YN GWEITHIO DROS Y GYMUNED



CEFNOGI DIGWYDDIADAU, TRADDODIADAU A DEMOCRATIAETH LEOL



Mae Cyngor Tref Beaumaris yn bodoli i wasanaethu pobl y dref - gan gefnogi bywyd cymunedol, nodi eiliadau pwysig yn ein calendr cyffredin, a sicrhau bod gan drigoloion lais clir mewn penderfyniadau lleol. Mae llawer o waith y Cyngor yn digwydd yn dawel drwy gyfarfodydd, cynllunio a gweithio mewn partneriaeth gyda sefydliadau eraill. Ond drwy gydol y flwyddyn, mae'r cynghorwyr hefyd yn falch o gefnogi digwyddidau a thraddodiadau sy'n dod a'r dref at ei gilydd ac yn adlewyrchu ymdeimlad cryf o hunaniaeth ym Meaumaris.

PWY YDY NI - BE' YDYN NI'N NEUD

Mae Cyngor Tref Beaumaris yn cynnwys 14 o gynghorwyr etholedig, yn cynrychioli wardiau ar draws Beaumaris a Llanfaes. Mae'r cynghorwyr yn drigolion lleol sy'n rhoi o'u hamser yn wirfoddol i godi materion ar ran y gymuned lleol, gan weithio'n agos i wella gwasanaethau a lles pawb yn barhaus.

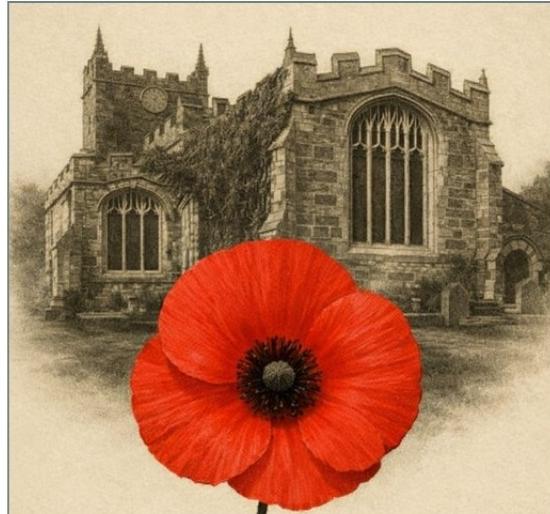
O seremoniau dinesig a digwyddidau cymunedol, i glinigau cynghorwyr a chyfarfodydd y Cyngor, mae ffocws bob amser ar gefnogi'r bobl sy'n byw ac yn gweithio ym Meaumaris. Yn aml, ein rol yw cefnogi, galluogi a chydlyn - gan helpu syniadau da i ddigwydd yn ddiogel ac yn llwyddianus.

NOSON TAN GWYLLT



Hoffai'r Cyngor Tref longyfarch y Pwyllgor Tan Gwyllt ar gyflwyno digwyddiad llwyddianus iawn. Diolch i gunllunio gofalus, gwaith tim a chefnogaeth y gymuned, cafodd y noson ei mwynhau gan drigolion ac ymwelwyr fel ei gilydd.

SUL Y COFIO



Roedd y Cyngorwyr a staff y cyngor yn falch iawn o fynychu gwasanaethau Sul y Cofio ar 9fed a 11eg o Dachwedd, ochr yn ochr â chyn-filwyr, aelodau'r lluoedd arfog a thrigolion lleol. Roedd y gwasanaeth yn gyfle i fyfyrion ac i ddiolch gan ein hatgoffa o'r gwerthoedd a rennir sy'n parhau i lunio bywyd dinesig ym Meaumaris, a phwysigrwydd cofio aberthau'r gorffennol er lles cenedlaethau'r dyfodol.

BEAUMARIS TOWN COUNCIL

WORKING FOR THE COMMUNITY



SUPPORTING EVENTS, TRADITIONS AND LOCAL DEMOCRACY



Beaumaris Town Council exists to serve the people of the town, supporting community life, marking important moments in our shared calendar, and ensuring residents have a clear voice in local decision-making. Much of the Council's work takes place behind the scenes through meetings, planning, and partnership with other organisations. Throughout the year, Councillors are also proud to support events and traditions that bring the town together and reflect Beaumaris' strong sense of identity.

WHO WE ARE - WHAT WE DO

Beaumaris Town Council is made up of 14 elected councillors representing wards across Beaumaris and Llanfaes. Councillors are local residents who volunteer their time to raise issues on behalf of the community, attend meetings and help guide local priorities.

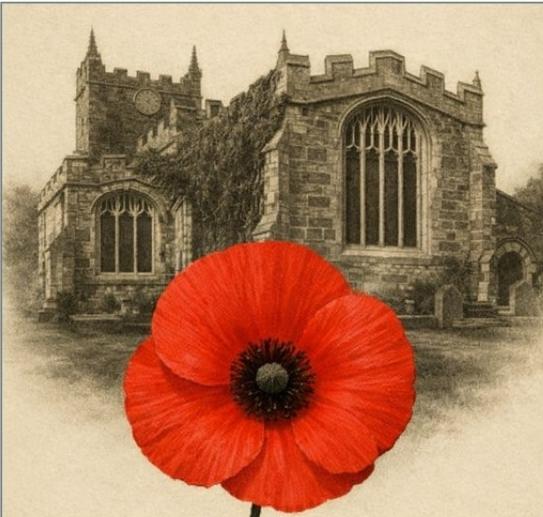
Often, our role is to support, enable and co-ordinate - helping good ideas happen safely and successfully. From civic ceremonies and community events to councillor surgeries and local representation, the Council's focus is always on supporting the people who live and work in Beaumaris.

FIREWORKS NIGHT



The Town Council would like to congratulate the newly formed Fireworks Committee on delivering a highly successful event. Thanks to careful planning, teamwork and community support, the evening was enjoyed by residents and visitors alike.

REMEMBRANCE SUNDAY



Councillors and staff were honoured to attend the Remembrance Day services on November 9th and 11th, alongside veterans, uniformed organisations, and residents. The services provided a moment of reflection and gratitude, reminding us of shared values that continue to shape civic life in Beaumaris, and of the duty to remember those whose sacrifice endures across generations.

CYNGOR TREF BEAUMARIS DIGWYDDIADAU CYMUNEDOL A'CH CYNGOR



DOD A PHOBL AT EI GILYDD A CHYNRYCHIOLI BEAUMARIS



UWCHBEN: RICHARD HOLT O FELIN LLYNON YN ARWAIN GORYMDAITH Y NADOLIG
A GOLEUADAU NADOLIG BEAUMARIS

HWYL YR WYL

Yn dilyn canslo trist Nadolig Fictoriadd Beaumaris, camodd staff y Cyngor Tref i'r adwy i drefnu 'Hwyl yr Wyl', gan sicrhau bod y dref yn dal i ddod at ei gilydd i ddathlu'r tymor y nadolig. Roedd y digwyddiad yn cynnwys gorymdaith Nadolig, stondinau bwyd a diod lleol, cerddoriaeth fyw, sglefrio ia a chwrlion, ac arddangosfa dron gyntaf Ynys Mon. Gwnaed y digwyddiad yn bosib drwy gefnogaeth gwirfoddolwyr, busnesau lleol, a grwpiau cymunedol, gan ddal ysbryd cymunedol cryf Beaumaris.

CEINIOGAU POETH

Mae'r traddodiad o Geiniogau Poeth yn parhau i fod yn un o ddigwyddiadau mwyaf nodedig Beaumaris, ac mae'r Cyngor Treg yn falch iawn o barhau i'w gefnogi. Unwaith eto, roedd y digwyddiad yn llwyddiant mawr. gan gysylltu'r gymuned heddiw a hanes a threftadaeth y dref. Dan arweiniad y Maer, Stan Zalot, daeth y seremoni a thrigolion at ei gilydd i gymryd rhan mewn defod ganrifoeedd oed sy'n unigryw i Beaumaris, ac sy'n atgyfnerthu ymdeimlad cryf o hunaniaeth leol, balchder cymunedol, a pharhad traddodiadau dros genedlaethau y dref hon ers canrifoeedd.

CADW MEWN CYSWLLT

Gall trigolion edrych ymlaen at lansio gwefan newydd y Cyngor Tref, sydd wedi'i chynllunio i wneud gwybodaeth yn gliriach ac yn haws ei chyrraedd. Bydd clinigau cynghorwyr hefyd yn cael eu cynnal yn rheolaidd o'r flwyddyn newydd ymlaen, gan gynnig cyfle anffurfiol a chyfeillgar i siarad yn uniongyrchol a'ch cynrychiolwyr lleol.



MAER Y DREF, CNG. STAN ZALOT

PWY SY'N CYNRYCHIOLI CHI?

Mae Beaumaris a Llanfaes wedi'u rhannu'n dair ward - Gorllewin, Canol a Dwyrain, gyda phob un yn cael ei chynrychioli gan Gyngorwyr Tref etholedig. Mae eich Gyngorwyr yno i wrando, codi materion ar eich ran, a helpu i arwain penderfyniadau lleol. Mae manylion y Gyngorwyr, eu wardiau, a sut i gysylltu a nhw ar gael ar fyrrdau husbysu Neuadd y Dref ac ar-lein.

BEAUMARIS TOWN COUNCIL

COMMUNITY EVENTS & YOUR COUNCIL



BRINGING PEOPLE TOGETHER AND REPRESENTING BEAUMARIS



ABOVE: RICHARD HOLT OF MELIN LLYNNON LEADING THE CHRISTMAS PARADE AND BEAUMARIS' ILLUMINATIONS

HOT PENNIES

Hot Pennies remains one of Beaumaris' most distinctive traditions and once again was a great success this boxing day. Led by Mayor Stan Zalot, the ceremony brought residents together to take part in a centuries old custom unique to the town.

The Town Council is proud to continue supporting traditions that connect today's community with Beaumaris' history and shared heritage, helping foster unity, continuity, and meaningful connections across generations in the town.

Right: Mayor Councillor Stan Zalot addresses the crowd from the balcony of the Bulkeley Hotel

STAYING CONNECTED

Residents can look forward to the launch of the new Town Council Website, designed to make information clearer and easier to access. Councillor surgeries will be also held regularly from the New Year and will offer a friendly, informal opportunity to speak directly with your local representatives.

WINTERFEST

Following the sad cancellation of Beaumaris Victorian Christmas, the Town Council staff stepped in to organise Winterfest, ensuring the town could still come together to celebrate the festive season. This event features a Christmas parade, food and drink stalls highlighting local produce, live music, an ice rink and Anglesey's first drone display. The event was made possible through the support of volunteers, local businesses and community groups, capturing the strong community spirit of Beaumaris and the town's enduring festive warmth.



WHO REPRESENTS YOU?

Beaumaris and Llanfaes are divided into 3 wards: West, Central and East, each represented by elected town Councillors. Your Councillors are here to listen, raise issues on your behalf, and help guide local decision making. Details of councillors, their wards, and how to contact them are available on the Town Hall noticeboards and online.

Please contact me, Steph Healy, for more information or to book a place.

07534 118899

pure.sound@outlook.com

- **Dru Yoga:** every Thursday, 9.30am-10.30am with Saroj (**VH**).

A gentle form of yoga involving a lot of stretching; can be done whilst sitting on a chair if needed.

Dru Yoga is suitable for beginners and advanced practitioners.

All are welcome: £5.00 per session.

- **Nifty 60s:** every Wednesday, 10.00am-11.00am (**VH**). Come and improve your core strength, flexibility, balance, mental and physical strength and mental wellbeing.

This successful class aims to reduce slips, trips and falls.

Begin your journey to a better version of yourself for only £2.00 per session.

There's no need to book: just show up!

- **Happy Hound Gang:** every Monday, 1.00pm-7.00pm (**VH**).

Puppy and dog training and socialisation, including dealing with problematic behavioural issues.

Booking a slot is essential; please contact Laura Sutton:

07588 651597

laura@happyhoundgang.co.uk

- **Clwb Ffermwr Ifanc Llangoed/ Llangoed Young Farmers Club:** meets every Monday, 7.45pm (in Llanddona, not in Llangoed) (**VH**).

[Wales Federation of Young Farmers Clubs](https://yfc.wales)
<https://yfc.wales>



- **Llanddona Writing Group:** thinking of a family memoir, or short story, or just the chance to do a little writing alongside friends?

We meet every three weeks on a Friday at 11.00am (**VH**).

We enjoy hearing from and encouraging each other, and maybe having a try at something new.

Why not come along and see...

If you'd like to know more, please contact Stephen Marsden.

07774 699685.



- **Llanddona Table Tennis Group:** we are a friendly social table tennis group who play every Monday, 10.00am-12.00 noon (**VH**). We welcome new players of any ability.

There are usually around 12 players of mixed abilities and roughly equal numbers of men and women. We have three tables and have bats and balls that everyone can use.

We play for most of the two hours, but do stop for tea/coffee halfway through.

Please contact Mark Simpson if you're interested or have any questions.

markjsimpson@hotmail.com

07785 762580



Turn to page 38 to read more about what's happening at Neuadd Bentref Llanddona Village Hall.

- **Village Knit Club:** every Monday at yr Owain Glyndŵr, at 7.15pm... looking forward to seeing you all!

For more information contact Meg Marsden.

07913 223435

- **Yr Owain Glyndŵr:** Community Pub Hero Award Winner 2024!

Contact us for information about what's on.

01248 810710

[Yr Owain Glyndŵr](mailto:YrOwainGlyndwr@llanddona.org)
Llanddona
Anglesey
LL58 8UF

contact@ogdllanddona.co.uk

[Cymuned Llanddona Community](https://www.facebook.com/groups/llanddona/)
www.facebook.com/groups/llanddona/

- **National Open Garden Scheme 2026:** here's a reminder...

The National Open Gardens Scheme is coming to Llanddona again on Saturday 11 July, with nine gardens participating. Put the date in your diary!

There'll be more news in the next issue of **The Puffin**.

See also page 19.



Llanfairpwll

- **Marquess of Anglesey's Column:** climb the column's 115 steps for

spectacular views over Anglesey, the Menai Strait and Snowdonia.

post@angleseycolumn.org

07748 807402

[Tŵr Marcwys/Anglesey Column](https://www.angleseycolumn.com)
www.angleseycolumn.com

[Marquess of Anglesey's Column](https://en.wikipedia.org/wiki/Marquess_of_Anglesey%27s_Column)
https://en.wikipedia.org/wiki/Marquess_of_Anglesey%27s_Column



Llangefni

- **Oriel Môn:** Llangefni is another place that's not on our immediate doorstep. Like Holyhead's Canolfan Ucheldre Centre, though, it has a lot to offer the residents of Anglesey and those further afield.

Oriel Môn is a museum and art gallery, and Oriel Kyffin offers exhibitions of national and international significance.

Find out about what's happening via the links below.

[Oriel Môn](https://www.orientmon.org/)
Rhosmeirch
Llangefni
Anglesey
LL77 7TQ

Opening times:

Tuesday-Sunday
10.00am-5.00pm

01248 724444

orielynsmon@anglesey.gov.uk

[Oriel Môn](https://www.orientmon.org/)
www.orientmon.org/

[Oriel Môn](https://www.facebook.com/orientmon/)
www.facebook.com/orientmon/



Llangoed

- **Neuadd Bentref Llangoed Village Hall:** built in 1910, Neuadd Bentref Llangoed Village Hall has been a central gathering point for the community for over 115 years.

Run entirely by volunteers, the Hall hosts a wide range of events, including concerts, wellbeing classes, workshops, children's playgroups, and now, a vibrant cinema programme.

www.seiriolalliance.co.uk/newsletters/

It is available for parties, functions and weddings.

Please contact us for more information or to make a booking.

✉ info@llangoedvillagehall.com

Visit our website and Facebook page for more details.

■ www.llangoedvillagehall.com

■ www.facebook.com/llangoed.villagehall

■ www.instagram.com/llangoed.villagehall

Sign up for our monthly newsletter!

■ www.llangoedvillagehall.com/subscribe

VH indicates that the event is at Neuadd Bentref Llangoed Village Hall.

Be sure to keep your eye on social media, notice boards and The Puffin for updates.



• Regular events (VH):

○ **Yoga:** Mondays, 6.30pm-7.45pm.
✉ emilykyleyoga@gmail.com

○ **Pilates:** Tuesdays, 9.30am-10.30am.
✉ andreascross@hotmail.co.uk

○ **Clog dancing:** Tuesdays, 7.30pm-8.00pm.
✉ info@llangoedvillagehall.com

○ **Latin Line Dance:** Tuesdays, 7.00pm-9.00pm.
✉ info@llangoedvillagehall.com

○ **Sinema Llangoed:** third Thursday of every month: doors open at 7.00pm, film starts at 7.30pm.

Join our monthly film club at Sinema Llangoed!

We present a carefully selected variety of Welsh-language films, historical classics and contemporary documentaries.

Visit our website to see the film programme and to purchase tickets.

■ Events at the Hall
www.llangoedvillagehall.com/events

○ **National Theatre Live at Sinema Llangoed:** we now show the full programme of National Theatre Live Screenings.

Visit our website to see the film programme and to purchase tickets.

■ Events at the Hall
www.llangoedvillagehall.com/events

○ **Citizens Advice + Gwreiddiau Môn Roots:** third Friday of every month, 9.30am-11.30am.

The Gwreiddiau Môn Roots project provides a range of services with its partners that aim to prevent homelessness and address the stigma and prejudice that homeless people face.



○ **Library Bus:** third Friday of every month, 10.30am-11.30am.



• Other events (VH):

○ **Piano Drowning at Sinema Llangoed:** Thursday 5 February: doors at 7.00pm, film at 7.30pm. Tickets £5.

A cinematic celebration of new music in North Wales. Highlights from three new music compositions inspired by Piano Drowning by Annea Lockwood, permanently installed in the pond at Plas Bodfa, Llangoed.

■ Piano Drowning at Sinema Llangoed
www.llangoedvillagehall.com/events/piano-drowning-sinema-llangoed

○ **Basket Weaving:** Saturday/Sunday, 7/8 February, 9.30am-4.30pm. Join Maggie Evans on this two day course: learn to weave either a traditional round shopping basket or a storage basket with integrated handles.

■ Basket Weaving - Gwehyddu Basged
www.llangoedvillagehall.com/events/basket-weaving-february

○ **West: a stage play by Owen Thomas:** Saturday 14 February, 7.00pm. Tickets £10. Perfect for Valentine's Day, the play explores the lives of two Welsh people who fall in love and decide to leave Wales in order to build a life in the New World.

■ West by Owen Thomas
www.llangoedvillagehall.com/events/west

○ **'Free Party' film + RAVE at Sinema Llangoed:** Friday 20 February: doors at 7.00pm, film at 7.30pm. Tickets £10.

Join us for 'Free Party', an independent documentary film of

the birth of the Free Party movement. At 9:00pm begins the Rave party with DJ Jovious

■ Free Party film at Sinema Llangoed
www.llangoedvillagehall.com/events/free-party

○ **Dylan Morris, St David's Day:** Saturday 28 February: doors at 7.00pm, music at 7.30pm. Tickets £10.

A night with singer Dylan Morris: hailing from the scenic coastal town of Pwllheli, Dylan is a powerhouse singer who's been turning heads across the UK.

■ Dylan Morris Concert
www.llangoedvillagehall.com/events/dylan-morris-2026

○ **World Cup Play-Offs: CYMRU LIVE:** Thursday 26 March: doors at 7.00pm, kick-off 7.45pm. Free.

Come watch the Cymru team at the World Cup! Screening LIVE on our 5-metre cinema screen.

■ World Cup Play-Offs: CYMRU LIVE
www.llangoedvillagehall.com/events/world-cup-play-offs-cymru-live

○ **Stars and their Consolations:** Sunday 29 March, 7.30pm. Tickets £10.

Experience ancient stories of the stars with a thrilling electro-acoustic soundscape. Greek myths of constellations are brought dazzlingly to life by two of the UK's titans of storytelling, Hugh Lupton and Daniel Morden.

Stars and their Consolations
www.llangoedvillagehall.com/events/stars-and-their-consolations

○ **Llangoed Flower and Vegetable Show:** here's a reminder! It's set for Saturday 4 July 2026, Llangoed Village Hall. Don't miss it!

■ Sioe Flodau Llangoed Flower Show
www.llangoedflowershow.com

✉ julie.upmeyer@gmail.com

■ Sioe Flodau Llangoed Flower Show
www.facebook.com/sioe.flodau.llangoed.flower.show/

See our spread on pages 20-21 for more information.

● **Aberlleiniog Sculpture Trail:** Saturday/Sunday 28/29 March, 11.00am-5.00pm. Free.

The Aberlleiniog Sculpture Trail

presents artworks, installations, performances, guided walks and community projects within the Aberlleiniog community woodlands, along the springs and rivers, around Castell Aberlleiniog Castle, on Traeth Lleiniog beach and at Neuadd Bentref Llangoed Village Hall.



The annual event is an exceptional confluence of local and national artists, naturalists, makers, local volunteers, neighbours and friends, coppice crafters, dog walkers and sea swimmers.

- **Aberlleiniog Sculpture Trail**
www.llangoedvillagehall.com/events/aberlleiniog-sculpture-trail-2026

- **Llangoed WI:** we meet on the first Wednesday of the month in Neuadd Bentref Llangoed Village Hall; meetings begin at 2.00pm.

We're a lively group of mixed ages, so, ladies, do feel welcome to join us.

Please contact our President, Mrs Christina Linford, for more information.

☎ 01248 490184

See also page 31.



- **Camau Bach:** Llangoed Village Hall, every Friday during term-time, 9.30am-11.00am: for babies, pre-school children and their carers.

☎ Rev Lesley Rendle 07817 873080

- **Llangoed Knitting Club:** we meet at the Pont y Brenin Hub on the third Monday of the month, 2.00pm-4.00pm. If you'd like to join us, contact:

Elizabeth Roberts
 Bodwyn
 Llangoed
 LL58 8NP

- **Boxes for Ukraine:** the time has come again to thank everybody for donating goods and knitted items for the Christmas boxes.

An amazing 429 boxes were sent from Moelfre on 12 November to Ukraine.

- **Seiriol Men's Shed:** we're a busy and active group, and meet on Tuesdays and Thursdays, 10.00am-1.00pm, in our workshop adjacent to Haulfre Residential Home, Llangoed.

From the direction of Beaumaris:

- Go through Llangoed, past Morrisons Daily on the right, and down the hill
- Go over the little bridge over the stream at the bottom and up the hill for about 200 yards
- Turn right at the *Gerddi Haulfre Gardens* sign into the Haulfre Residential Home car park and walk down the slope (to the right if you're facing Haulfre) towards the gardens
- Our premises are very close; our workshop is on the left, and our other premises are on the right.

Please park thoughtfully; the car park is used by others as well.

For more information, or if you'd like to join us, please contact:

☎ Steve Jones 07368 219048

✉ mensshedseiriol@gmail.com

- ✉ Seiriol Men's Shed

The Flat
 Gerddi Haulfre
 Llangoed
 LL58 8RY

- ✉ Seiriol Men's Shed

www.facebook.com/profile.php?id=61564967474652

See also page 35.



The front cover: scenes from the life of an aspiring artist

David Jones RCA

I think that **The Puffin**'s Editorial Team expect the designers of its covers to write a few words. I'm afraid I don't have much to say, except that my normal way of working is to do lots of scribbling until it looks right. In the case of this illustration the technique was to do a black and white drawing, scan it into my computer and add the colours using a rudimentary 'paint' programme. Instead, you might be interested to know what led to my choice of this precarious occupation.

All children draw and paint. Why their interest often falls away is a matter of some speculation among education professionals. My father was a builder (this was the 1950s) so there were often red-

undant plans available for me to draw on. My favourite subjects were large-scale war scenes which covered the whole of the reverse side. These were usually WW2 air/sea battles in which American and Welsh forces fought against Germans and Japanese (I wasn't encumbered by historic accuracy).

Later on in my teens I was an avid cinema-goer. In the Luxor, my local cinema in Menai Bridge, the programme changed three times a week; this meant that, in a week with a main feature film plus a supporting 'B' film, it was possible to see six films. Multiplied over a year, this was a lot of films (I was an addict). For some reason it was not uncommon for the character of an artist to be included in the cast. Artists were often portrayed as sympathetic characters; usually with a beard, dressed and standing casually in a check shirt, open at the neck. On the other hand, we (all my contemporaries) were expected to stand up straight, no slouching, no hands in pockets, the dress code a sports jacket, collar and tie. Furthermore, the artists I saw in films seemed to have no problems getting the girl. This was an Everest, the foothills of which I had yet to even approach (this, dear reader, was how thirteen-year-old boys saw the world).

So it was the image of being an artist that interested me before the idea of making pictures. Our school library had no art section until, that is, I found four or five over-size books too big to fit on the shelves. In them I found reproductions of work by the French Impressionists: double-page spreads of pure colour. I equate this experience with the first time I heard music through stereo headphones. I was gobsmacked. My gob was smacked. I was hooked (a new addiction). When it was time for me to choose a career direction and I said I wanted to be an artist there was a ripple of concern through my family and their friends (my family were middle/lower middle class, small business owners). There was soon a small queue offering to take me on as a trainee: in hotel work, in an architect's office, and with my father as a trainee quantity surveyor (with my level of arithmetic? I don't think so).

Despite his disappointment, and to be fair to him, he found a commercial artist in Caernarfon and arranged an interview for me. Mr Parry was the proprietor of a firm of about five people doing signs for shops saying 'special offer', 'two pence off', etc. This required considerable skill but it was not what I had in mind. In the interview lasting about thirty minutes, at least twenty minutes was taken up with Mr Parry ranting on about art colleges: that they taught drawing and painting, graphic design, product design, fashion and textiles, and much more, all of which were useless to him, and worse, they

gave the students the delusion that they could become artists and designers. On the way home I said to my father 'I want to go to art college'. I was then enrolled at the Birkenhead School of Art where I could stay with my Nain. The rest is geography.

■ David Jones RCA
www.davidjonesartist.com

Rali Tractor Llanddona

Lucy Low

16 Awst 2025: diolch yn fawr i bawb sy'n cynorthwyo â'r digwyddiad blynnyddol hwn ym mhentref Llanddona ac yn ei gefnogi. Codwyd £3,500 (swm anhygoel) ar ddiwrnod y digwyddiad, a chaiff yr arian ei roddi eleni i elusennau ac achosion da lleol.

Roedd gan Glwb Ffermwyr Ifanc Llangoed stondin yn cynnwys gweithgaredd 'Ffawdolwyn' i godi arian at y gweithgareddau y byddant yn cyfranogi ynddynt (yn lleol ac yn genedlaethol) drwy gydol y flwyddyn.



Y Cynghorydd a Mrs Jones yn mwynhau eu cŵn poeth!
 Councillor and Mrs Jones enjoying their hot dogs!

Roedd gan Eglwysi Sant Iestyn a Sant Dona stondin cacennau a chynnyrch.

Roedd gan **The Puffin** stondin lyfrau a phlanhigion hyfryd.

Bydd Cartref Nyrstio Haulfre a Blaen y Coed (canolfan i oe-dolion ifanc ag anawsterau dysgu) yn cael rhoddion.

Bydd Tir Dewi sy'n mynchy'r digwyddiad ac yn cynnig cy-morth i fynd i'r afael â phroblemau sy'n wynebu Cymunedau Ffermio ar Ynys Môn a thu hwnt hefyd yn cael rhodd.

Bydd elusen Clefyd Niwronau Modur (MND) yn cael rhodd eleni fel elusen a ddeviswyd sy'n agos at galon un o'n trefnwyr.

Y tywydd yw mantais pennaf trefnu'r digwyddiad ar yr adeg hon, ac roedd hynny'n neilltuol o wir eleni! Mae'r tywydd wedi bod yn dda yn gyson ond braidd yn rhy boeth ar brydiau, yn enwedig i'r sawl sy'n gwneud cacennau ar gyfer digwyddiadau megis y Daith Tractorau a digwyddiad Gerddi Agored NGS ym mis Gorffennaf. Stori arall yw honno!... ond a'i oedd yr unig un na wyddai na allwch wneud meringues yn ystod tywydd poeth?!

A beth am y tractorau...

Cawson ni ddiwrnod heulog a phoeth godidog. Roedd hynny'n wych i allu tynnu lluniau ond ddim cystal ar gyfer gywyr tractorau â chabiau heb systemau aerdymeru, nac ar gyfer cacennau (unwaith eto)! Roedd eli haul ffactor 50 a hylifau ymlid gwenyn yn hanfodol.

Dechreuodd y diwrnod yn nhafarn yr Owain Glyndŵr pan gaffod pawb roliau bacwn a phaned. Bu'r stondinau'n brysur drwy'r dydd. Gadawodd y tractorau am 11.00yb, gan stopi'n gyntaf hufen iâ trwy garedigwydd Liz Pritchard yng Nghaban y Traeth i lawr ar Draeth Llanddona. Yna, fe wnaethant groesi Parc y Ceirw a mwynhau ei olygfeydd gwych, trwy ganiatâd caredig Mr D Morris a Syr Richard Bulkeley. Cafwyd lluniaeth yn Haulfre gan Sioned a Dilys Roberts. Wedi hynny, cafwyd

puffinpages@gmail.com

taith ddifyr trwy Ffymares a Llandegfan, gan ddychwelyd i Llanddona i fwynhau mochyn rhost Hogs Môn a chwrw melyn da tafarn Owain Glyndŵr.

Fe wnaeth y Beirniad, Myrddin Roberts, ddyfarnu'r gwobrau canlynol:

- Y Tractor Hynaf: Now Roberts a'i Fergie Bach, 77 mlwydd oed.
- Y tractor sydd angen y sylw mwyaf: Sioned Roberts.
- Y Tractor Mwyaf Sgleiniog: Martin Bulkeley.
- Y Gyrrwr Mwyaf Trwsiadus: Justin Lovell.
- Y Tractor Addurnedig Gorau: Mr & Mrs Richard Parry, er bod rhai o'r balŵns wedi byrsto yn y gwres!
- Gwobr Arbennig y Beirniad: Dewi Williams, am y cyrn cerddorol efallai!



Y Tractor Addurnedig Gorau
 The Best-Decorated Tractor

Cynlluniwyd a lluniwyd y gwobrau gan aelodau Sied Dynion Seiriol, Llangoed.

Wedi'r daith, cawsom noson o adloniant byw i glo'i'r digwyddiad, gan artistiaid lleol hynod o ddawnus: Miv, Kev a Dave, Elli a Carwyn, Traed Moch Môn ac Adelphi.

Diolch yn fawr iawn i bawb, ac edrychwn ymlaen at ddigwyddiad flwyddyn nesaf!



Llanddona Tractor Rally 2025

Lucy Low

16 August 2025: a big shout out to everyone who helps and supports this annual event in the village of Llanddona. A fantastic figure of £3,500 was raised on the day, the money being donated this year to local charities and good causes.

Clwb Ffermwyr Ifanc Llangoed Young Farmers Club had a stall with a Wheel of Fortune to raise money for the activities that they participate in throughout the year on a local and national level.

The Churches of St Iestyn and St Dona had a cake and produce stall.

The Puffin had a delightful book and plant stall.

Donations are made to Haulfre Nursing Home and Blaen y Coed, a centre for young adults with learning difficulties.

Tir Dewi who come to the event and provide support and help with the problems facing Farming Communities on Ynys Mon and further afield.

Motor Neurone Disease (MND) are receiving a donation this year as a charity chosen close to the heart of one of our organisers.

The benefit of organising an event, particularly this year, was

the weather! It had been consistently good, if not a little too hot, especially for making cakes, for events like the rali Tractor rally and the NGS Open Garden event in July. That's another story!... but was I the only person who didn't know that you couldn't make meringues in hot weather?!

Now back to tractors...

We had a gloriously hot, sunny day, great for photos but not so great for tractor drivers with cabs and no air con, and not so great for cakes (once again)! Factor 50 and wasp repellent were a must.



Detholiad o dractorau
A selection of tractors

We started the day off at yr Owain Glyndŵr with bacon baps and a panned. Stalls were busy all day. The tractors left at 11.00 am, the first stop being for an ice cream courtesy of Liz Pritchard at the Beach Cabin down on Traeth Llanddona Beach, then it was on to cross over the Deer Park with its fantastic views, by kind permission of Mr D Morris and Sir Richard Bulkeley. Refreshments were provided at Haulfre by Sioned and Dilys Roberts. This was followed by a jolly through Beaumaris and Llandegfan, returning to Llanddona for a hog roast by Hogs Môn and liquid refreshments at yr Owain Glyndŵr.



Y Tractor Hynaf
The Oldest Tractor

The Judge, Myrddin Roberts, awarded prizes for:

- The Oldest Tractor: Now Roberts with a 77-year-old Fergie Bach.
- Tractor in most need of TLC: Sioned Roberts.
- Shiniest Tractor: Martin Bulkeley.
- Best Dressed Driver: Justin Lovell.
- Best Decorated Tractor: Mr & Mrs Richard Parry, even though some balloons had burst in the heat!
- Judge's Special Award: Dewi Williams, maybe for the musical horns!

The prizes were designed and made by Seiriol Men's Shed, Llangoed.

All this leads us on to an evening of live entertainment to round off the event, all from local artists with great talent: Miv, Kev and Dave, Elliw and Carwyn, Traed Moch Môn and Adelphi.

We say a big 'thank you' to everyone, and let's look forward to next year!

Gŵyl Rhedeg Biwmares 2025

Steve MacVicar

Ar ddydd Sadwrn 13 Medi cymerodd dros 160 o blant 3-12 oed ran yn y rasys y tu mewn i Gastell Biwmares. Roedd yn brynhawn heulog sych (bron!). Ar ddydd Sul 14eg Medi fe arhosodd y glaw i ffwrdd a chwblhawyd y ras 10K gan 169 o redwyr a'r hanner marathon heriol fryniog gan 57.

Mae'r Wyl Rhedeg yn ddigwyddiad "nid er elw" ac fe'i trefnir gan Rhedwyr Ffordd Tref Biwmares, Môn Actif a Chanolfan Hamdden Biwmares. Bydd yr arian a godir o'r digwyddiad yn mynd tuag at achosion da lleol.



(Debbie Roberts)

Cododd digwyddiad eleni £5,000 a dosbarthwyd fel a ganlyn:

- Cronfa Datblygu Canolfan Biwmares: £1,500
- Offer a Hyfforddiant ar gyfer Digwyddiad 2026: £1,500
- Cronfa Chwaraeon Ysgolion Lleol 2026: £1,200
- Clwb Ffermwyr Ifanc Llangoed: £300
- Hwyliau Treftadaeth y Fenai: £200
- Band Seindorf Beaumaris: £100
- Cynllun Tro Da Seiriol: £100
- SSAFA: £100



(Carole Richardson)

Ni allai'r trefnwyd gynnal y digwyddiad yma heb gefnogaeth enfawr gan bawb a gymerodd ran. Diolch yn arbennig i Mat a Mel o Neptune Fish & Chips, ein prif noddwr, pob gwirfod-dolwr, Cyngor Tref Biwmares, yr holl staff yng Nghastell Biwmares, CADW, staff Canolfan Iechyd Biwmares am ddarparu clawr cymorth cyntaf, TDL Events a ddarparodd yr amseriad, Syr Richard Williams-Bulkeley a'r staff Ystâd Baron Hill, Jayne, ein Cyfarwyddwr Ras o Farathon Eryri, Carwyn Jones, Athletau Cymru, Steve Edwards, Phil Hen, Cyngor Sir Ynys Môn, Spar, ABC Powermarine, Asda, Gwesty Castle Court, Coed Môn, Go Design, Griffiths Construction, HPB Henllys, Clwb Ffermwyr Ifanc Llangoed, Hwyliau Treftadaeth y Fenai, Sunbelt Rentals, Tesco, Ysgolion Gynradd Beaumaris/Llandegfan/Llangoed a phawb yr ydym wedi'u colli allan, am eu

cymorth i wneud y penwythnos yn bosibl ac mor gofiadwy.

Gwobrau Môn Actif 'Digwyddiad y Flwyddyn 2025'

Rydan ni mor falch i ddweud bod Gŵyl Rhedeg Biwmares wedi ennill un o wobrau Môn Actif 'Digwyddiad y Flwyddyn 2025'! Diolch o galon i Môn Actif am drefnu noson wych yn y Ganolfan Hamdden Biwmares!



(via Steve MacVicar)

Gŵyl Rhedeg Biwmares 2026

Mi fydd Gŵyl Rhedeg 2026 eleni ar 12/13 Medi. Os ydych am gofrestro a manteisio ar ffi mynediad "cyntaf i'r felin", ewch i'n gwefan a chliciwr ar y botwm "Online Entry" neu ewch i'r ddolen ganlynol. Helpwch ni godi mwy na £5,000 yn 2026!

■ Neptune Fish & Chips Beaumaris RunFest
www.beaumarisrnfest.co.uk/

■ Beaumaris Run Fest 2026/Gŵyl Rhedeg Biwmares 2026
<https://in.tdlentries.co.uk/2026-beaumaris-rnfest>



Beaumaris RunFest 2025

Steve MacVicar

On Saturday 13 September over 160 children aged 3-12 years took part in the races inside Beaumaris Castle. It was a dry sunny (almost!) afternoon. On Sunday 14 September the rain stayed away and the 10K race was completed by 169 runners and the challenging hilly half-marathon by 57.

The RunFest is a not-for-profit event and is organised by the Beaumaris Town Road Runners, Môn Actif and Canolfan Hamdden Beaumaris. Money raised from the event goes towards local good causes.

This year's event raised £5,000 which has been distributed as follows:

- Canolfan Beaumaris Development Fund: £1,500
- Equipment and First Aid Training for 2026 Event: £1,500
- Local Schools Sports Fund 2026: £1,200
- Llangoed Young Farmers Club: £300
- Menai Strait's Heritage Sailing: £200
- Seindor Beaumaris Band: £100
- Seiriol Good Turn Scheme: £100
- SSAFA: £100

The organising team couldn't put on the event without a massive amount of support from everyone involved. Special thanks go to Mat and Mel of Neptune Fish & Chips, our principal sponsor, every volunteer involved, Beaumaris Town Council, all the staff in Beaumaris Castle, CADW, staff from Beaumaris Health Centre for providing first aid cover, TDL Events who provided the timing, Sir Richard Williams-Bulkeley and the Baron Hill Estate staff, Jayne, our Race Director from Marathon Eryri, Carwyn Jones, Welsh Athletics, Steve

puffinpages@gmail.com

Edwards, Phil Hen, Isle of Anglesey Môn County Council, Spar, ABC Powermarine, Asda, Castle Court Hotel, Coed Môn, Go Design, Griffiths Construction, HPB Henlys, Llangoed Young Farmers, Menai Strait's Heritage Sailing, Sunbelt Rentals, Tesco, Beaumaris/Llandegfan/Llangoed Primary Schools and everyone we have missed out, for their help in making the weekend possible and so memorable.

Môn Actif Award for 'Best Event of the Year 2025'

We're so proud to say that Beaumaris RunFest won one of the categories at the Môn Actif Awards for 'Best Event of the Year 2025'! Thank you to Môn Actif for arranging such a fantastic presentation event at Canolfan Beaumaris.

Beaumaris RunFest 2026

This year's RunFest 2026 is being held on 12/13 September. If you want to enter and benefit from "early bird" entry fees, please go to our website and click on the "Online Entry" button or go to the following link. Help us raise more than £5,000 in 2026!



(via Steve MacVicar)

■ Neptune Fish & Chips Beaumaris RunFest
www.beaumarisrnfest.co.uk/

■ Beaumaris Run Fest 2026/Gŵyl Rhedeg Biwmares 2026
<https://in.tdlentries.co.uk/2026-beaumaris-rnfest>

National Garden Scheme 2025: what a year!

Kay Laurie & Heather Broughton, Joint County Organisers, Gwynedd & Anglesey

What a year 2025 was for the Open Gardens in our corner of Wales! It's time for us to say a big 'thank you' to participants and visitors for their wonderful support last year. We distributed over £3.8 million to beneficiaries in 2025. It was a fantastic season of open gardens, tea, cake and, occasionally, downpours.

For Llanddona Village Gardens, at least, it was 'too hot'! Our gardens seemed reluctant to go to sleep and towards the end of 2025 we were being swept by storms and torrential rain.

Once again we have again broken our fundraising record for Gwynedd and Anglesey, raising the amazing sum of a few pennies under £41,000. Here are a few figures:

- We welcomed 5,435 visitors, give or take a few
- The sale of refreshments contributed £9,207
- Plant sales contributed £6,069
- Additional donations to the tune of £1,000 were received as well.

Keep your eyes on social media in 2026 for information about this year's Open Gardens. There will be more information in **The Puffin** 56, May 2026. Copies of the North Wales booklet will be available from libraries and tourist information centres from March 2026.

(continued on page 22)

SIOE FLÔDAU LLANGOED FLOWER SHOW

Celebrating the flowers, vegetables, cookery, arts and crafts created by makers of all ages. Dathlu'r blodau, llysiau, coginio, celf a chrefft a grewyd gan wneuthurwyr o bob oed.

To enter, show rules, sponsor a category and more information please visit: I gystadlu, ar gyfer rheolau'r sioe, noddi categori, a mwy o wybodaeth ewch i:

www.llangoedflowershow.com

Llangoed Village Hall

Saturday, 4th of July, 2026
public view: 2:00 - 5:00 pm

Entry Deadline - Tuesday, 30 June

Neuadd Bentref Llangoed

Dydd Sadwrn, 4 Gorffennaf, 2025
2:00 - 5:00 yp agor i'r cyhoedd

Dyddiad Cau Mynediad - Dydd Mawrth 30 Mehefin



questions? **cwestiynau?**
julie.upmeyer@gmail.com



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

There's nothing quite like a village show - the buzz, the friendly rivalry, the trophies, the creativity! Llangoed has been putting on its show in Llangoed Village Hall for over 50 years. We're now one of only four shows still going strong on the island. Last year we were thrilled to receive over 500 entries from more than 200 entrants spanning every generation.

A copy of the 2026 brochure is included in this issue of the Puffin, also available at Morrisons Llangoed and Beaumaris Library. Full info: www.llangoedflowershow.com



We need your help - for £10 you support the prize monies and ribbon for a show category of your choice. What will you sponsor...Cucumbers? Rose? Chutney?

We can't wait to welcome the makers and growers of the Seiriol Ward to the 2026 Llangoed Flower Show!



Facebook: facebook.com/sioe.flodau.llangoed.flower.show
 Instagram: instagram.com/llangoedflowershow
 Newsletter: llangoedflowershow.com/subscribe
 Website: llangoedflowershow.com

Does dim byd yn debyg i sioe bentref - y bwrlwm, y gystadleuaeth gyfeillgar, y tlysau, y creadigrwydd! Mae Llangoed wedi bod yn cynnal ei sioe yn Neuadd Bentref Llangoed ers dros 50 mlynedd. Rydym bellach yn un o ddim ond pedair sioe sy'n dal i barhau'n gryf ar yr Ynys. Y llynedd roedden ni wrth ein bodd yn derbyn dros 500 o geisiadau gan fwy na 200 o ymgeiswyr o bob cenhedlaeth.

Mae copi o lyfryn 2026 wedi'i gynnwys yn y rhifyn hwn o'r Puffin, ac mae hefyd ar gael ym Morrisons Llangoed a Llyfrgell Biwmares. Gwybodaeth lawn: cy.llangoedflowershow.com

Mae angen eich help arnom - am £10 rydych chi'n cefnogi gwobrau ariannol a rhuban ar gyfer categori sioe o'ch dewis. Beth fyddwch chi'n ei noddi...Ciwcymbrau? Rhosyn? Siytni?



Allwn ni ddim aros i groesawu gwneuthurwyr a thyfwyr Ward Seiriol i Sioe Flodau Llangoed 2026!



■ The impact of National Garden Scheme garden visits in 2025: record donations show the power of gardens and garden visits for good causes
<https://ngs.org.uk/record-donations-show-the-power-of-gardens-and-garden-visits-for-good-causes/>

■ Impact report 2025 [15 pages]
<https://indd.adobe.com/view/b867caca-5e40-4d86-81eb-e19466b45611>

■ Donations made at the end of 2025 garden season [1 page]
https://ngs.org.uk/app/uploads/2025/12/All-donations-16_9.jpg



THE ISLAND OSTEOPATH

Osteopathic care for adults, babies and children from your local family Osteopath

@ Seiriol Wellness Centre, Canolfan Beaumaris & Beaumaris Library, LL58 8AL

Back pain
Joint pain
Shoulder pain
Sciatica
Babies and children
Sport injuries
Fibromyalgia
Neuralgia
Tension

OSTEO YR YNYS

Book online at: www.theislandosteopath.com or www.osteoyrnyss.com Tel: 07986 340578

Welcome to Wellness

Patricia Lennan

Stepping into 2026, as with every new year, many of us feel the need to recalibrate, evaluate our health and lifestyle, and, of course, make those resolutions we rarely keep.

In the stillness of the season, the earth rests and often, after the Yuletide celebrations, we too can feel the need to rest and look after ourselves to improve our fitness, especially with the lure of spring and summer ahead, seasons of vitality and movement.

As many of you know, the Seiriol Wellness Centre has been offering therapies for over three years now, and all the therapists are very committed to providing a professional and helpful service to the community. This facility has been made possible due to the dedication and inspiration of many at Canolfan Beaumaris. As a result of its success, plans are underway for

an expansion, which will include the addition of more treatment rooms and activities.

To help raise funds towards this, a crowdfunding page has been set up. The crowdfunding message is about keeping wellness activities on the doorstep, accessible to the community, plus:

- Helping people to live well for longer.
- Improving the community's carbon footprint.
- Creating a space next to the revamped gyms for a five-star service.
- Encouraging more therapists to offer services.
- Expanding a range of activities.

All of the therapies available at the Seiriol Wellness Centre are now well respected as CAMS (Complementary or Alternative Medicine) by the mainstream medical profession. They are used in some healthcare settings, such as pain clinics and

Acupuncture
Vivien Shaw PhD Dip Ac MBAcC

Vivien is a professional acupuncturist with over 30 years' experience. She specialises in helping with pain relief and anxiety disorders.

Call or email to see if acupuncture could help you
vivienshaw3@gmail.com
07971 536205

<https://seiriolwellnesscentre.co.uk/acupuncture>
<https://www.nhs.uk/conditions/acupuncture/>

hospices. Reflexology, massage and Aromatherapy, for example, are being increasingly used in cancer and palliative care, offering comfort, care and stress relief, amongst other benefits.

Physiotherapy, of course, has been part of NHS treatment since the NHS was set up in 1948. Osteopathy is now fully regulated by law in the UK as a healthcare profession, under the Osteopaths Act 1993.

Acupuncture and other therapies mentioned above have voluntary regulation, but all therapists should be accredited by a professional organisation if practising in a healthcare setting. However, the availability of these therapies is generally very limited within the NHS, and most therapists are in private practice.

Finding a trusted therapist can be very confusing for some people, so we are very lucky to have a team of caring and very

professional therapists on our doorstep, and hopefully, with your support, this Team will grow and continue to offer an excellent service.

In future issues of **The Puffin**, we'll explore each therapy in more depth, explaining how each one can benefit the individual.

The Team would like to thank all those who have supported them during 2025 and wish everyone a happy and healthy 2026.

Wellness: the differences between flu and the common cold

May Blossom

It's that time of year, and quite a few of us will have had a reminder about having a flu jab...

Flu symptoms typically appear suddenly and are more severe,



Snowdonia Physiotherapy

A new physiotherapy clinic in Beaumaris with Denry Aal, Chartered Physiotherapist



- Muscle and Joint Pain
- Sprains and Strains
- Tendon Problems
- Arthritis
- Sports Injuries
- Work-Related Injuries
- Rehabilitation following Orthopaedic Surgery, Fractures and Joint Replacements

Get in touch to see how we can help:
07900 339605

Seiriol Wellness Centre,
Beaumaris Library, LL58 8AL

snowdoniaphysiotherapy.co.uk



Denry Aal is registered with the Health & Care Professions Council (PH84906) and is a member of the Chartered Society of Physiotherapists.



The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 65,000 chartered physiotherapists, physiotherapy students and assistants.

often including a fever, aches and exhaustion that make it hard to function.

In contrast, colds tend to develop gradually, are less severe and primarily affect the nose and throat, with symptoms like sneezing and a runny nose, though they can also include a cough and mild fatigue.

Flu (influenza)

- **Onset:** symptoms appear suddenly, often within a few hours.
- **Severity:** causes more severe symptoms and makes you feel very unwell, often requiring you to stay in bed.
- **Fever:** often includes a high fever (38°C or higher).
- **Aches and fatigue:** intense muscle aches and significant fatigue are common.

Other symptoms: may also include headaches, chills and, in children, sometimes nausea, vomiting or diarrhoea.

puffinpages@gmail.com

Common cold

- **Onset:** symptoms develop gradually over a day or two.
- **Severity:** causes milder symptoms, making you feel under the weather, but usually allows you to carry on with your normal activities.
- **Fever:** a fever is rare, or if present, is usually mild.
- **Aches and fatigue:** muscle aches and fatigue are mild or absent.
- **Other symptoms:** primarily involve a runny or blocked nose, sore throat and mild cough and sneezing.

This is for information purposes only. For medical advice or diagnosis you should consult your pharmacist or health professional.

'Man flu'

'Man flu' is a common third variety. The symptoms often include gross exaggeration (**The Puffin**'s typesetter is scandalised by such an assertion).

Wellness: the Common Ailments Service

Andrew Perrott

The Common Ailments Service (CAS) is a scheme offered by local pharmacies that provides patients with free NHS advice and treatment for a range of minor illnesses.

- **Common Ailments Service (CAS) – Information for Members of the Public**
www.wmic.wales.nhs.uk/common-ailments-service/

How to gain access to the CAS

You may gain access to the CAS through your local pharmacy. A pharmacist will be available to have a short consultation with you before advising you on how best to treat your illness.

If you are suffering with an eye condition, you should visit your local optometrist (optician) first. He/she can provide you with a free NHS eye exam. There's more information to be found via the links below.

- **Optician Services**
<https://111.wales.nhs.uk/localservices/?s=Optician&pc=n&sort=default>
- **Eye Care Wales**
www.nhs.wales/sa/eye-care-wales/

Who can gain access to the CAS

The CAS aims to help people who have a minor illness by providing treatment and advice. There are 27 conditions covered by the service. If your illness is not covered by the service, your pharmacist can still provide you with advice.

Anyone who is staying in Wales for at least 24 hours after visiting the pharmacist can use the service.

Information leaflets

There are patient information leaflets available for all of the ailments covered by the CAS; they are listed below.

The leaflets should be used only if your pharmacist has advised you about your/your child's condition.

- Acne
- Allergic rhinitis
- Athlete's foot
- Back pain (lower)
- Chickenpox
- Cold sores
- Colic
- Conjunctivitis
- Constipation
- Diarrhoea
- Dry eye
- Dry skin
- Dyspepsia
- Haemorrhoids
- Head lice
- Ingrown toenail
- Mouth ulcers
- Nappy rash
- Oral thrush
- Ringworm and intertrigo
- Scabies
- Sore throat



EIN GWOBRAU

**Blwyddyn Newydd, Dechrau
Newydd!**



**Ymgynghoriad Ffitrwydd: Blwyddyn
Newydd, Chi Newydd**

Cyfarfod ag un o'n Hyfforddwr Personol am ymgynghoriad 1:1 i drafod sut y gall 2026 fod yn ddechrau taith tuag at chi iachach.



Pas campfa misol

Mae pas campfa misol yn rhoi mynediad i chi ddefnyddio unrhyw gampfa ar unrhyw adeg pan fo'r ganolfan ar agor yn ystod mis Ionawr, Chwefror neu Fawrth 2026.



**Asesiad Ffitrwydd a Chynllun
Ffitrwydd**

Derbyniwch ymgynghoriad ffitrwydd a chynllun ffitrwydd wedi'i lunio ar y cyd ag un o'n hyfforddwr personol sy'n gweithio yn un o'n campfeydd.



Aelodaeth campfa am flwyddyn

Mae aelodaeth campfa am flwyddyn yn rhoi mynediad i chi ddefnyddio unrhyw gampfa ar unrhyw adeg pan fo'r ganolfan ar agor.

**MAE CANOLFAN
BEAUMARIS YN CYNHAL
YMGYRCH CYLLIDO
TORFOL!**

Prif amcan yr ymgyrch yw dangos i gyllidwyr posb i fod gan ein prosiect gefnogaeth gan y gymuned.

Gallwch ddarllen mwy am ein hymgyrch ar ein tudalen Crowdfunder.

Sganiwch y cod QR



Neu ewch i wefan Crowdfunder a chwiliwch am ein prosiect:
Cefnogi Pobl i Fyw'n Dda am Gyfnod Hirach.

**SUT GALLWCH CHI
HELPU?**

Rhoi cyfraniad

...fel unigolyn drwy Crowdfunder.

Mae angen 100 o gefnogwyr arnom i wneud cyfraniad er mwyn denu cyllid cyfatebol gan Chwaraeon Cymru.

Rhoi cyfraniad

...fel grŵp neu fusnes.

Nid oes ffi blatfform gan Crowdfunder, ond mae'n gofyn am rodd (tip). Defnyddiwch yr opsiwn 'rhodd arferol' i nodi swm, a all fod yn sero.

**Cynnal eich digwyddiad
codi arian eich hun**

Bydd ein hymgyrch cyllido torfol yn dod i ben ar 11 Chwefror, ond mae'n bosibl y caiff y dyddiad hwn ei ymestyn.

**Cyfnewid cyfraniad am
wobr**

Gweler ein gwobrau yma.

Am ragor o wybodaeth, ewch i'n tudalen codi arian.

Gobeithiwn y byddwch yn ein cefnogi i drawsnewid ein canolfan yn gyfleuster modern, cynaliadwy, addas i'r diben ac yn sero net.

EIN GWOBRAU



A month's Child Pass

Give your children or grandchildren aged under 16 free entry to try a variety of our age-suitalble children's activities during March 2026 (excludes gymnastics and trampolining).



**Gold Star Membership of the
Canolfan**

A year's full membership of the Canolfan to attend the gym and any or all activities delivered by the centre.

Community Dance (Ceilidh)

The culmination of our Crowdfunding campaign is our Community Ceilidh, to be held on Saturday 7 February.

Tickets available as a reward through our Crowdfunding page, or at reception.





OUR REWARDS

New Year, New You!



A new year, new you fitness consultation

Meet with one of our Personal Trainers for a 1:1 consultation and find out how 2026 could be the start of a new healthier you.



A monthly gym pass

A monthly gym pass gives you use of any gym at any time the Centre is open during the month of January, February or March 2026.



Fitness Assessment and Fitness Plan

Receive a fitness consultation and fitness plan devised with one of our personal trainers working in one of our gyms.



A Year's Gym Membership

A year's gym membership gives you use of any gym at any time the centre is open.

CANOLFAN HAMDDEN

BEAUMARIS IS CROWDFUNDING!

The main objective is to demonstrate to potential funders that we have community support for our project.

You can read about our campaign on our Crowdfunder page.

Scan the QR code



or go to the Crowdfunder website and search for our project *Helping People to Live Well for Longer*.

HOW CAN YOU HELP?

Donate

...as an individual through Crowdfunder.

We need 100 supporters to make a donation to attract match funding from Sport Wales.

Donate

...as a group or business.

Crowdfunder has no platform fee, but it does ask for a tip. Use the 'custom tip' option to enter an amount, which can be zero.

Hold your own fundraiser

Our crowdfunding ends on 11 February, but this date could be extended.

Exchange a donation for a reward

See our rewards here.

For more information go to our fundraising page.

We hope you will support us to transform our place into a modern fit for purpose sustainable net zero facility.

OUR REWARDS



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- Teething
- Threadworms
- Urinary Tract Infection

- (UTI)
- Vaginal thrush
- Warts and verrucas



Wellness: music and dementia

Andrew Perrott

Music is an important part of life for many of us, including those living with dementia, from encouraging memories using specific songs to using music to communicate and connect with others. This article should help you understand the benefits of music therapy and how it can impact the brain.

What is music therapy?

Music therapy involves a trained person working with an individual or a group, using music to help them express themselves and communicate with others.

For some people with dementia, music therapy has been shown to improve their thinking, feeling, perception, mood and behaviour. It can be used as part of a care plan.

In many areas, there are music and singing groups for people with dementia, and care homes often run music-based activities too.

You can also search for music therapy services and independent music therapists.

Music Therapy in the UK

www.bamt.org/music-therapy/music-therapy-in-the-uk

How music can affect the brain and body

Research shows music can help reduce heart rate and blood pressure, relieve muscle tension and help people manage pain.

It can also trigger feel-good hormones called endorphins, which may ease depression, anxiety and agitation.

Music can have a positive impact on people's mental abilities, too, improving:

- Attention and concentration
- Cognition (thinking)
- Memory
- Speech and non-verbal communication skills.

All of these processes can be impaired by dementia, making music extremely beneficial for people with the diagnosis.

The benefits of music for people with dementia

Listening to or engaging in music – for example, by singing, dancing or playing instruments – can help people with dementia develop and maintain relationships with others and improve their wellbeing. There are many ways in which music can provide joy to someone with dementia.

Memory

Music can help a person with dementia to connect with the past by evoking memories, feelings and emotions that he/she might otherwise find hard to express.

For example, he/she may find it easier to recall memories when they hear pieces of music that are significant to them – perhaps a favourite song from the past or a lullaby he/she used to sing to their children.

Comfort

Certain types of music can reduce distress, and can be particularly comforting, particularly classical music or pieces from a person's past, such as favourites from a happy time in his/her life.

Stimulation and engagement

Music can help to encourage mental stimulation and encourage a person to engage.

Carers and family can help while listening to music by:

- Holding the person's hand
- Tapping to the rhythm
- Singing or humming along
- Moving or dancing with him/her.

Music can also help to encourage physical exercise, dance and movement.

What music to play

Songs from someone's life: it's important to choose music that the person knows and enjoys, as he/she will be more likely to react positively to it.

You can do this by asking him/her or other family members and friends what they like, or by trying out music that was popular in the person's youth or within his/her cultural background.

Start with quiet, gentle music and see how the person reacts.

Tips for listening to music with someone with dementia

Music can be used in a group or individually, at home and in care settings. You could try:

- Listening and singing along to favourite pieces of music
- Listening to music played through headphones
- Taking part in a music or singing group or choir
- Playing instruments
- Listening to a live performance
- Compiling a personal playlist that he/she can listen to on a smart speaker, mobile phone or tablet
- Watching a favourite musical
- Listening to a radio station that plays music from the past

Memory recall

You can use pictures or photos alongside the music to reminisce and share memories; this can also help the person to tell his/her story and share his/her personal history.

Incorporating music into routines as a carer

It can be particularly helpful to use music when undertaking personal care, to help reduce distress.

Challenges of music therapy for people with dementia

When to stop: if the person seems uncomfortable or distressed, try something different; it may just be that he/she doesn't like that particular music or song, but remember that music can also trigger negative emotions or bad memories.

If this happens, the best response is to turn off the music and sit with the person to offer comfort and reassurance.

Sources of support

If you need advice on music and dementia, or any other aspect of dementia, contact the Dementia Helpline.

Admiral Nurse Dementia Helpline
www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-dementia-helpline/

0800 888 6678
 Monday-Friday 9.00am-9.00pm
 Saturday, Sunday 9.00am-5.00pm

helpline@dementiauk.org

The Dementia UK website gives all manner of useful information.

Dementia UK
www.dementiauk.org

❑ Music and music therapy for people living with dementia
www.dementiauk.org/information-and-support/living-with-dementia/music-and-dementia/

❑ Music and dementia [12 pages]
www.dementiauk.org/wp-content/uploads/dementia-uk-music-leaflet.pdf

Llandegfan's Ploughman

Jane Cherrett, Angela Ungoed Hughes

The large painting, known locally as 'The Ploughman', used to hang in yr Hen Ysgol, Llandegfan's National Church School, established in Victorian times. In 1890, the school moved into a new, larger building on adjacent land. Yr Hen Ysgol then became the Parish Room. The painting is still a familiar work to many parishioners who responded to our Facebook request for memories: 'It was always there, for Band of Hope, Sunday School, Beetle Drives, Tea Parties, Jumble Sales, Scout, Guide, Cubs, Brownie meetings, etc.' In 2022, the church put the building up for sale. Today, yr Hen Ysgol is still there, but is now a private residence. The painting is church property and had to be moved, and it came to St Tegfan's for safe keeping.



The Ploughman, now hanging on the west wall of St Tegfan's north transept (public domain)

The Ploughman is painted in oil on canvas, to a high standard with some excellent brushwork. Unfortunately, it is now in a dirty, dilapidated state, and we have not been able to put a name to the artist as no signature is visible. It is mentioned several times in the Church minute books over the years, but there is no indication as to how it came to be in yr Hen Ysgol.

Through lengthy research, however, our findings indicate that its appearance is linked to the Great War of 1914-1918. The subject matter, composition, colour and style suggest that it was painted between 1910 and 1920. Its large size, 222cm x 77cm, indicates that it was painted to be in a public place rather than a domestic setting. In the painting, a ploughman and a team of horses dominate the scene, in the act of ploughing up fresh grassland.

These key points indicate that The Ploughman was painted as a piece of visual propaganda in response to David Lloyd George's 1917 Bill. This 'Plough Policy' or 'Ploughing Up Campaign' mandated farmers to plough fallow and disused land to grow food crops. By 1917, German submarines were sinking ships and blocking trade routes so much that Britain was running out of food. Lloyd George's War Cabinet took charge of farming policy, introducing radical, but necessary, changes to turn pasture land into arable production.

This policy was met with hostility in some quarters, but to ensure the success of this very ambitious project, the backing of the war-weary British Public had to be gained. One of the means of persuasion was through mass-media poster art, commercial art and paintings. For example, the Ministry of Information produced 'Work on the Land', a series of prints entitled Ploughing, Threshing, Drilling, Potato planting and Burning Couch Grass demonstrating the various activities in action.

Another series, entitled 'The Great War: Britain's Efforts and Ideals', showed the work of eminent artists whose work recorded Britain at war on the Home Front. These works were exhibited by the Fine Art Society in London in 1917, then

widely reproduced in newspapers as prints for the public to buy. All this was to raise civilian morale and to remind people of their patriotic duty, particularly in the area of food production.

Ploughing previously fallow land is notably hard, physical work, especially so using the fairly simple manual ploughs of the time. Young men were already serving in the forces in great numbers. Only the elderly, women and children were available to work the land. In 1917 and 1918 many police officers were temporarily released to work as agricultural labourers for two months, in March and April. All police at the time were recruited for their height and chest measurement. These, big, beefy men were needed to 'put their hands to the plough'.

One of the big changes to agriculture was the introduction of the Women's Land Army in March 1917. Girls and women of different backgrounds aged 18 and over were recruited to work on the land or in forestry. The importance of the Land Army is highlighted by the fact that one of the most famous posters of the war was Henry George Gawthorn's recruitment poster of 1917 entitled 'God Speed the Plough and the Woman who Drives it'. In 1918 the British painter Cecil Aldin was commissioned by the Imperial War Museum's Women's Work Committee to paint 'Land Girl Ploughing'. This painting has many features in common with the Ploughman; for instance, its dimensions are similar, 110cm x 244cm, and the scene it portrays: a woman working two heavy horses, ploughing up pasture, with fields of ripening crops in the distance. These are the only elements in both paintings and would have conveyed a clear message to a viewer at the time: that the people in the paintings were performing their patriotic duty.



Cecil Aldin: A Land Girl Ploughing (1918) (Imperial War Museum)

By 2023, the decision was made to apply for grants to clean and restore The Ploughman, but unfortunately we were unsuccessful; we even applied to television's *The Repair Shop*. Despite these setbacks, the work has been reframed, and it was unveiled again at the Harvest Festival Service in St Tegfan's in October 2025 on the West wall of the north transept. There was no wall large enough in the Parish Hall, which is where many people thought it should go.

It remains a part of Llandegfan's history, but the search continues to find the artist and who hung it in yr Hen Ysgol.

If you have any information about the painting, or about the 'Plough Up Campaign' in this area, we'd love to hear from you.

✉ fjcherrett37@gmail.com

❑ The Police as Ploughmen

<https://everydaylivesinwar.herts.ac.uk/2018/01/the-police-as-ploughmen/>

❑ 'Police as Ploughmen': Temporary Release to Help Farmers in the Food Crisis of First World War Britain
www.tandfonline.com/doi/full/10.1080/14780038.2021.1958443#abstract

Gwyddbwyl... chess

Fianchetto 66

It's high time that I referred to the Welsh word for chess in this column. Literally translated as "wood wisdom", gwyddbwyl was mentioned as far back as the 13th century in the Mabinog-

Across

- 1 Roman city in England (4)
- 3 Internet identity (8)
- 9 Renaissance jacket? (7)
- 10 Relative (5)
- 11 Orange pigment (5)
- 12 Recent member (6)
- 14 A shred of cloth (6)
- 16 Make straight (4,2)
- 19 A courting man (6)
- 21 Agues (anag) (5)
- 24 Spoon (5)
- 25 Full of energy (7)
- 26 Gernman boozer? (4,4)
- 27 Change text (4)

ion (or Mabinogi), an epic collection of Welsh folklore and mythology that is at least 800 years old. Originally an oral tradition, with its dragons and Arthurian references, it's thought to have been an inspiration for famous works such as Lord of the Rings and Game of Thrones.

Consisting of eleven tales within which are four main Branches, the Mabinogion is a medieval gem worthy of further study, if only for its mix of romance, tragedy, fantasy and humour, as enchanting today as it was centuries ago and featuring incredible characters such as the shapeshifter Pwyll, Blodeuwedd, a woman conjured from wild flowers, and Gwydion a cunning and deceitful magician.

My favourite, however, is the Giant King Brân, who appears in the second Branch as the "Blessed Crow" or "Raven King of Britain" and leads an army across the Irish Sea to rescue his sister by literally walking through the water because of his enormous size. In the battle that ensues Brân is mortally wounded, but in the throes of death instructs his men to cut off his head and return home with it.

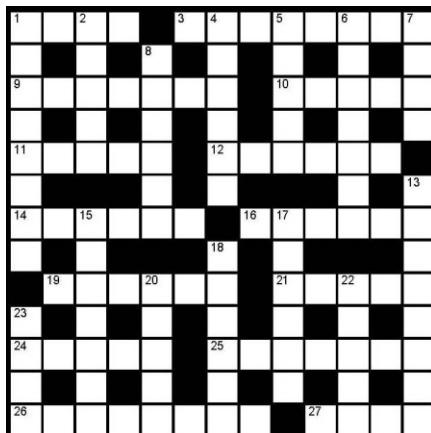
Brân's head is taken to Harlech and continues to speak, eventually ending up on a beach to ward off invaders!

I'm not alone in my fondness for this mythical character. Mark Threadgill, Portmeirion's Head Chef, used a recreation of Brân's disembodied head as a prop for one of his signature dishes when he represented Wales in the 2023 Great British Menu on BBC2. The prop itself still resides within the Dome Museum at Portmeirion, but when I took the image that accompanies this article, King Brân's head didn't engage me in conversation.

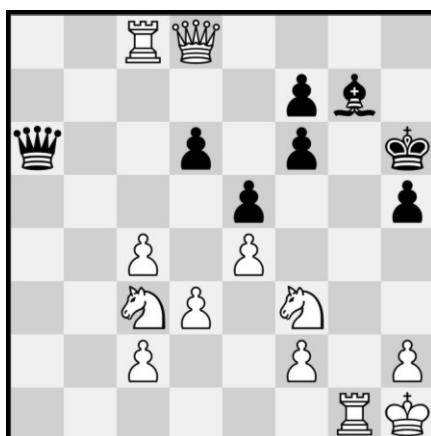
My puzzle in this issue is taken from the last few moves of a game that I played just after taking the picture, a game that concluded in regal style with a checkmate beginning with a queen sacrifice. It is white to play and mate in two.

- Mabinogion
<https://en.wikipedia.org/wiki/Mabinogion>
- The Mabinogion
www.mabinogion.info

The Governor's Quick Crossword no 23



Fianchetto 66's Chess no 14



The solutions are on page 38.



King Brân's head in Portmeirion's Dome Museum (Fianchetto 66)

- Unveiling the Mabinogion Myths: Wales' Legendary Tales of Magic
<https://forgottenwales.com/unveiling-the-mabinogion-myths-wales/>
- Portmeirion Cymru: Arddangosfa'r Gromen
<https://portmeirion.cymru/dome>
- Portmeirion Cymru: The Dome exhibition
<https://portmeirion.wales/dome>

- 1 Cast aspersions (8)
- 2 Verified fact (5)
- 4 Demonstrations? (3-3)
- 5 Regenerate (5)
- 6 A benefit to a location (7)
- 7 Level (4)
- 8 Assert (6)
- 13 Boxing punch (8)
- 15 To move heavily (7)
- 17 Lizard (6)
- 18 Ribald (anag) (6)
- 20 Gnashers (5)
- 22 Has a gun (5)
- 23 Excess flesh (4)

Rhandiroedd Biwmares

Jonathan Keymer

At y rhandir cymunedol oedd pawb yn gyfrous iawn i gael eu cynwys yn y gystadleuaeth yn Tesco Bangor dros yr haf. Gaethon ni y newyddion ffantastig bod £500 ar ddod aton ni. Bydd yn cael ei wario ar ffens newydd arddull ransh a llwybrau hygrych gwell. Diolch yn fawr, Tesco!

Mewn newyddion eraill, gaethon ni hyfforddi safeguarding diolch i'r bobl dda at Medrwn Môn. Bydd hyn yn ein helpu i gynnal sesiynau gwirfoddoli yn ddiogel yn y plot cymunedol yn 2026 a thu hwnt.

Dros y gaeaf mae y gwelyau tyfu yn gorffwys ar ôl blwyddyn gynhyrchiol. Cafodd cnydau gwyrdd y gaeaf eu hau (tares a ffa maes) a bydd y rhain yn cael eu torri'n ôl a'u cloddio i'r pridd yn y gwanwyn. Dwi wedi cadw hadau o'r ddau lysieuhn mwya llwyddiannus llynedd, Cosse Violette ffa dringo porffor a Crown Prince pwmpen, i'w hail-hau eleni.

Os oes gynnoch chi ddiddordeb mewn gwirfoddoli, e.e. helpu i wneud mwya o welyau uchel ta hau cnydau eleni ta ychydig o chwynnu, cysylltwch â ni yn beaumarisallotmentsociety@outlook.com.

Tyfu hapus!



Beaumaris Allotments

Jonathan Keymer

At the community allotment we were very excited to be included by Bangor Tesco in their instore charity competition during the summer and have just been given the brilliant news that an extremely generous gift of £500 is heading our way. It will be spent on a new ranch-style fence and improved, accessible pathways on the plot. Thank you, Tesco!

In other news, in December we received safeguarding training courtesy of the good people at Medrwn Môn, which will enable us to more safely accommodate future volunteers who come to work or just enjoy spending time at the commun-

community plot in 2026 and beyond.

Over winter, the growing beds are resting following a productive year. Winter green crops (tares and field beans) have been sown that will be cut back and dug into the soil in early spring. I have saved seeds from last year's two most successful vegetables, Cosse Violette purple climbing beans and Crown Prince squashes, to be resown for 2026.

If you are interested in volunteering, whether it's helping build some more raised beds, sowing this year's crops or even just doing some weeding, please contact us at beaumarisallotmentsociety@outlook.com.

Happy growing!

Ringing Beaumaris Church bells

Rick Keeves, Tower Captain, Beaumaris Church Tower

Beaumaris's Church of St Mary and St Nicholas dates from the fourteenth century, but it was not until 1819 that a ring of bells was hung in the bell tower in the British style that developed after the reformation of King Henry VIII. The church bells in Beaumaris are mounted in a large oak frame on the third floor of the tower, each bell being hung on a headstock and supported by the frame with bearings. The headstock is fastened to the full-circle timber wheel from which a bell rope hangs down to the ringing chamber on the first floor of the tower; see the annotated picture below.



The parts of a church bell
(Rick Keeves)

In 1819 there were originally six bells, the lightest weighing 5½ cwt (c.280kg) and the heaviest, the Tenor bell, 12 cwt (c.610kg) and tuned in F#.

These bells were cast and installed by the bell-founder William Dobson from Downham in Norfolk. Each bell has an inscription, and that on the Tenor tells us "These Bells were the gift of Thomas James Warren Bulkeley, Lord Visc. Buckeley 1819".

In 1904/1905 two lighter bells were added by Barwell Founders of Birmingham into an extended frame to make this a ring of eight bells, the lightest of these, the Treble, being 3¾ cwt (c.190kg).

Between 1819 and 1905 the art of bell-ringing developed significantly, and in November 1905 the first Peal was rung on the Beaumaris Bells. It took just under three hours for the band of ringers from the North Wales Association to ring 5,040 changes of a method called Grandsire Triples.

A Peal was originally defined as 5,040 changes where, on every bell stroke, the order of the bells is different, this being the maximum number of permutations in which seven bells can be ordered.

Grandsire Triples is one of the old "tunes" or, in bell-ringing puffinpages@gmail.com

terminology, "methods", which is rung with seven working bells with a Tenor covering behind by eight bell-ringers.

Church bells are musical instruments, but the way in which they are rung is different. With other types of instruments, you would play notes in an order to produce a tune; however, that order can follow any sequence and there is no restriction other than producing something that sounds nice. With church bells the weight of the bells and the time taken for the wheel to rotate limits the changes to the ordering of the bells. For example, with five working bells being rung, you would start with an order of 1 2 3 4 5 (this is called rounds), with even spacing between the sound of each bell. The limitations of weight and time prevent the order being changed other than by swapping two bells at a time, so 1 2 3 4 5 might go to 2 1 4 3 5 where two sets of adjacent pairs are swapped, and the next change might be 2 4 1 5 3 where two different pairs of adjacent bells are interchanged.



Some of the workings in the bell tower

Another difference with other forms of music is that church bells are not rung with sheet music in front of you, so the example above illustrates two simple changes to go from 1 2 3 4 5 to 2 1 4 3 5 to 2 4 1 5 3; can you imagine trying to remember the order with 5040 changes? Quite simply, you couldn't!

When learning to bell-ring you would firstly be taught in one-to-one teaching sessions how to handle and ring a bell on its own; once this has been mastered you would progress to ringing with others in rounds. The next step would be "call changes", where one ringer (the conductor) calls out a simple change of the order swapping the position of two bells with each call. Once a ringer has mastered call changes he/she can progress to ringing methods.

The simplest and easiest form of method ringing is known as Plain Hunt, whereby swapping pairs of bells in the example given, after five changes you would go from 1 2 3 4 5 to 5 4 3 2 1, and after a further five changes you would be back to 1 2 3 4 5, so 10 changes; so Plain Hunt on five bells enables 10 changes. Let us look at the treble or number 1 bell: it starts off in place 1, then place 2, 3, 4 then 5. One further blow in fifth place and it will start to come down towards the front in place 4, 3, 2, 1. It is this place movement that a learner will be asked to remember, which is much easier than the order of the bells it follows!

To extend the principle of swapping pairs of bells and enable more changes, different methods will have variations built in a plain course when the treble bell is at the front. These methods are illustrated in books, probably the most famous of which is called *Diagrams* by Jasper Snowdon. These diagrams show the pattern of the working bells, and this is commonly referred to as the Blue Line.

To extend the number of changes still further the conductor will call additional variations called Bobs and Singles which will

be illustrated alongside the Diagram for the method.

This all seems very complicated, and yes, the theory may be complicated, but in practice you don't need to be able to read music, nor do maths other than count. On the physical side of things, don't think you need large muscles because the bells are so heavy; there are ringers as young as 12 who ring as well as those in their 80s or more. Age is not a barrier. What you do need to learn is the handling of the bell, rope sight (the ability to see the other bell ropes) and your order and when you start ringing methods to remember the Blue Line.



Teacher and pupil! Rev Huw Butler having a go at ringing at a recent Tower open day

If you have any thoughts about wanting to have a go at ringing, or just have a look, please get in touch; our e-mail address is below. We practise on a Monday evening and are always willing to show people the ropes! You may like it but won't know if you don't try. There is a warning, however: bell-ringing can be addictive!

✉ beaumarisbellringers@gmail.com

Cerddorion Band Beaumaris yn mynd yn genedlaethol

Tim May, Cadeirydd, Band Seindorf Beaumaris

Mae Band Seindorf Beaumaris yn falch iawn o gyhoeddi bod saith o'u cerddorion wedi llwyddo i gymhwys i chwarae gyda Band Pres leuenctid Cenedlaethol Cymru (NYBBW) ar gyfer 2026. Bydd Goronwy Cwyfan, Catrin Gwilliam, Elin Gwilliam, Sam Lindenbaum, Iestyn Seiriol, Gwion Williams a Lleu Williams yn ymuno â'r band ar eu cwrs preswyl y flwyddyn nesaf, lle cānt eu hyfforddi gan rai o brif arbenigwyr ym maes bandiau pres.

Mae Iestyn hefyd wedi bod yn llwyddiannus yn ei glyweliad ar gyfer Band Pres leuenctid Cenedlaethol Prydain, a bydd Imogen May yn ymuno â Band Plant Cenedlaethol Prydain.

Mae ymuno â'r bandiau mawreddog hyn, sy'n caniatáu dim ond y cerddorion ifanc gorau o bob rhan o'r wlad i ymuno, yn anrhydedd fawr, ac mae pawb ym Mand Seindorf Beaumaris yn hynod falch o'u llwyddiant. Mae'r NYBBW yn cynnwys tua 50 o chwaraewyr, ac mae cyfrannu nifer mor sylweddol o chwaraewyr o un band yn gyflawniad nodedig, yn sgil ymroddiad a gallu ein cerddorion, y gefnogaeth a roddir i deulw band Beaumaris gan yr arweinwyr a'r rhieni, a haelioni ein cynulleidfa oedd.

Mae gan Fand Seindorf Beaumaris hanes hir o feithrin talent gerddorol ifanc o'r ardal leol, ac mae'n derbyn chwaraewyr o

The Puffin 55 • February 2026

chwech oed ymlaen wrth iddynt symud drwy ein bandiau lau, Canolradd ac leuenctid. Mae nifer o aelodau'r band ieuencid hefyd yn chwarae gyda'n Band Hŷn, ac mae llawer o gynaelodau wedi mynd ymlaen i fod yn gerddorion proffesiynol.



Aelodau presennol a chyn-aelodau yn chwarae gyda NYBBW yn 2025. Yn 2026 bydd gennym hyd yn oed fwy o aelodau!
Current and past members playing with NYBBW in 2025. In 2026 we will have even more members!
(Matthew Jones)

Mae croeso cynnes bob amser i chwaraewyr newydd ymuno â'n Band Iau. Maent yn ymarfer nos Lun am 5.30 yn ein Hystafell Band ym Miwmares, a bydd offeryn yn cael ei ddarparu. Os byddai gan eich plentyn ddiddordeb mewn dysgu chwarae offeryn pres, cysylltwch â ni.

✉ post@beaumarisband.org.uk

Seindorf Beaumaris Band
www.beaumarisband.org.uk



Beaumaris Band players go national Tim May, Chair, Seindorf Beaumaris Band

Seindorf Beaumaris Band are delighted to announce that seven of their players have qualified to play with the National Youth Brass Band of Wales (NYBBW) for 2026. Goronwy Cwyfan, Catrin Gwilliam, Elin Gwilliam, Sam Lindenbaum, Iestyn Seiriol, Gwion Williams and Lleu Williams will join the band on their residential course next year, where they will be tutored by some of leading experts in brass banding.



Ein band ieuencid presennol yn paratoi i fynd ar y llwyfan ar gyfer ein Cyngor Nadolig
Our current junior band getting ready to go on stage for our Christmas

concert
(Maggie Williams)

Iestyn has also been successful in his audition for the National Youth Brass Band of Great Britain, and Imogen May will be joining the National Children's Band of Great Britain.

Joining these prestigious bands, which allow only the very best young players from across the country to join, is a great

honour, and everyone at Seindorf Beaumaris is very proud of their success. The NYBBW consists of around 50 players, and contributing such a substantial number of players from a single band is a notable achievement, due in no small part to the dedication and ability of our players, and the support given to the Beaumaris band family by conductors and parents, and the generosity of our audiences.

Seindorf Beaumaris Band has a long history of nurturing young musical talent from the surrounding area, and accepts players from the age of six onwards as they progress through our Junior, Intermediate and Youth bands. A number of our youth members also play with our Senior band, and many past players have gone on to become professional musicians.

There is always a warm welcome for new players into our Junior Band. They rehearse on Monday evenings at 5.30 in our Band Room in Beaumaris, and will provide an instrument. If your child would be interested in learning to play a brass instrument, please contact us.

✉ post@beaumarisband.org.uk

✉ Seindorf Beaumaris Band
www.beaumarisband.org.uk

Cymdeithasu yn Llandegfan

Siân Arwel Davies, Cydlynydd, Merched y Wawr

Criw Bore Iau

Mae'r Criw Bore Iau dros wedi ail-gychwyn ar ôl seibiant dros y gwyliau. Daw o leiaf ddua ddwysin draw a chael cyfle i sgrwsio a chyfarfod ffrindiau mewn lleoliad clyd a chynnes. Mwynhawyd Cinio Nadolig ardddegog yng Ngwesty'r Bulkeley i gloi'r tymor.



Criw Bore Iau yn Neuadd Blwyf Llandegfan
Criw Bore Iau in Llandegfan Parish Hall
(Siân Arwel Davies)

O bryd i'w gilydd, byddwn yn cymryd rhan mewn gweithgareddau codi arian, ac roedd y Criw Bore Iau yn falch o roi rhodd at gynhyrchu **The Puffin** (...and **The Puffin** says a big 'Thank you!').

Merched y Wawr

Cymerodd Merched y Wawr hefyd fwrdd i werthu torchau bach Nadoligaidd yn Ffair Eglwys Tegfan a rhoddwyd cyfraniad at Eisteddfod yr Urdd Môn 2026.

Cynhelir rhagor o weithgareddau codi arian at y 'Steddfod dros y tymor nesaf yma.

Amser i Feddwl

Ar y dydd iau cyntaf a'r trydydd o'r mis, bydd rhai ohonom yn ymuno gyda grŵp Amser i Feddwl ac yn ystod Ionawr, byddwn yn gweld ail ran ffilm am Sant Paul yr Apostol.

Aelodau o Eglwys Sant Tegfan sydd yn arwain y sesiynau ac mae trafodaethau difyr iawnar y diwedd. Cyn mynd adref, byddwn yn mwynhau pryd o fwyd a phawb wedi cyfrannu rhywbedd blasus i'w fwyta!

Mae hwn yn gyfarfod dwy-ieithog ac mae croeso cynnes i unrhyw un ymuno.

puffinpages@gmail.com

Socialising in Llandegfan

Siân Arwel Davies, Co-ordinator, Merched y Wawr

Criw Bore Iau

Criw Bore Iau has started again after the break over Christmas. At least two dozen turn up to enjoy a paned and chat with friends in a warm and comfortable place. To close the term we enjoyed an excellent Christmas Dinner at the Bulkeley Hotel, Beaumaris.

From time to time we take part in fundraising events, and Criw Bore Iau was pleased to send a donation towards the publication of **The Puffin** (...and **The Puffin** says a big 'Thank you!')

Merched y Wawr

Merched y Wawr had a table at Tegfan Church Fair to sell small Christmasy wreaths and a donation was given towards Eisteddfod yr Urdd Môn 2026.

More fundraising events will be held during the coming months.

Food for Thought

On the first and third Thursday in the month, some of us remain to join in with the Food for Thought group, and during January we will be seeing the second part of a film about St Paul the Apostle.

The group is led by members of St Tegfan's Church, with a lively discussion at the end. Before going home, we enjoy a light lunch, with everybody contributing something tasty to eat!

This is a bilingual course and there is a welcome for anyone to come along.

Llangoed WI

Deborah Booth, Press Officer

November: in November, we were delighted to welcome back Lara Watson, who spoke to us about the importance of breathing (aside from the obvious!). Did you know that the nostril through which you breathe can alter your mood?

Lara finished with a relaxation session, which left our ladies feeling very Zen!

December: December was our Christmas party. We enjoyed crafts and carols, poetry and pies, and a jolly good time was had by all!

January: in our January meeting, we discussed the resolutions to be voted on this year. The resolutions are an important part of being in the WI: the resolution passed at the annual meeting is then the focus of the WI in action during the following year, and every member's vote counts.

January also saw our ladies off to enjoy their belated Christmas outing to the Bulkeley Hotel, where we all enjoyed a lovely meal.

We also all sallied forth to Llanfairpwll WI Hall to join in an all-island WI quiz night... the results are classified!

Future meetings

February: our meeting will be on Wednesday 4 February, and is our AGM. After the business is taken care of, we will be playing games.

March: our meeting will be on Wednesday 4 March, and is our celebration of St David's Day, and also a preview of the forthcoming year's programme... it's always exciting to see what we are going to be up to!

Joining the WI

Don't delay! Join today! You'll find contact details in *What's happening where?* on page 16.

Please contact our President, Mrs Christina Linford, for more details.

☎ 01248 490184

Don't forget: you can come to three meetings to "try before you buy!", so what's stopping you?



The Puffin for children: January at the pond

John Nunn

It was January. It was dull. It was cold. No, I take that back: it was brrr freezing!... but Ben and Simon, determined to make the most of the weather, whatever it was, had an idea.

"Hey," said Simon. "You know that big pond near to your home? I bet it's frozen solid. We could go skating."

"That's a wonderful idea," said Ben. "Just one thing wrong with it: we haven't got any skates."

In case you're new to these stories, Simon is a red squirrel and Ben is his best friend, a young badger. They live in the depths of a dark wood on Ynys Môn. Anyway, back to the story...

"That's not a problem," said Simon. "We can tie some bits of wood to our feet and slide across the ice." By this time Ben was beginning to get on board with the idea.

"I've got another idea, too," he said. "If we can find a couple of bits of curved wood and a smooth pebble we can play ice hockey." By this time Simon was jumping up and down with excitement.

"We need at least one other person," he said. "We need someone to go in goal. Then two of us can try to keep the puck (which he happened to know is what you call the ball, or in this case pebble, which you are trying to score with) and shoot at the goal when we have a chance. We'll have to take it in turns to be in goal, though."

"Let's try and find Ffion," said Ben... so the two friends ran through the woods calling for their friend Ffion Fox to join them. Regular readers of these tales will remember that Ffion has a first aid certificate, so the friends realised that might be useful, too. Eventually they found Ffion. She was definitely up for it and off they all went to the pond, wooden skates on their feet and makeshift hockey sticks in their hands.



"You be careful when you're aiming for goal," said Ffion. "Keep the puck low; I don't want to get hit in the head." Soon the woods were filled with shrieks of laughter as the three friends got into the swing of things. In fact the noise was so loud that before long their other friends Boris and Beti Beaver arrived.

"Hey," exclaimed Boris, "that looks like fun."

"Can we join in?" shouted Beti.

"The more the merrier!" bellowed Sammy.

Fortunately, as it turned out, a wise pair of eyes was watching the young friends playing from deep in the cover of a holly tree. It was Tomos, the tawny owl. Truth to tell, Tomos was a little bit worried.

"I know the ice looks thick," he said to himself, "but if it cracks there could be a very cold and damp creature stuck in the water and unable to get out." For once in his life, however, he couldn't think of anything to do except hope for the best and keep watch. After about half an hour, his worst fears were realised when, with a tremendous cracking sound, the ice right in the middle of the pond broke and Ben was tipped up to his snout in freezing water. Tomos immediately flew from his watch post and yelled to all the friends to get off the ice.

"Now," he ordered, "I want you to do exactly as I say. I know you're going to get wet and cold but it can't be helped. We're going to form a living chain. Lie flat on the ice and each of you hold onto the feet of the person in front. Simon, you're the lightest so you'll be at the front of the chain. If you take your hockey stick I think you can just about reach Ben."

They all did what Tomos had ordered and it turned out he was right: the end of the hockey stick just about reached Ben.

"Now, get hold of the end of Simon's stick and very carefully and slowly pull yourself over the ice and out of the pond."

"Rrrrightt oh!" shivered Ben, whose teeth were chattering so much he could hardly speak. Very, very carefully the friends managed to edge Ben out of the hole in the ice and slowly back to the bank, with each of the others following him back to safety.

Ffion always took her first aid duties very carefully, and of course had come equipped with a foil sheet to wrap around Ben and warm him up.

One of Tomos's friends had flown to tell the parents of the hockey players what had happened, and for once they were not cross. They remembered the days when they were young and had played in the same pond, and were just grateful that everyone was OK. They brought steaming hot drinks for everyone, so before long the friends had forgotten about the close escape they had just had and were excitedly recalling the championship level goals they had scored. It turned out that they had each scored the best goal!

As the saying goes: "All's well that ends well."

Beth wyt ti'n rhoi'r gorau iddi ar gyfer y Grawys? 🦁

Parch Huw Butler, Arweinydd Ardal Gweinidogaeth Bro Seiriol

Pryd bynnag y gofynnir y cwestiwn hwn i mi, rwyf bob amser yn meddwl am Mars Bars!

Y rheswm am hyn yw ei fod yn fy atgoffa o bregeth a roddwyd flynyddoedd lawer yn ôl gan Ficêr y plwyf lle cefais fy magu yng nghymoedd De Cymru, a wnaeth gyfeirio at rhoi'r gorau i fwyta Mars Bars dros y Grawys. Y peth rhyfedd yw nad wyl yn meddwl fy mod erioed wedi rhoi'r gorau i fwyta Mars Bars yn ystod y Grawys. Pam? Wel, nid am fod gennyl ryw fath o awydd annwall amdanyst, ac fe allai ymatal rhag Mars Bars am chwe wythnos fod â rhai manteision iechyd. Fodd bynnag, wrth ddilyn trywydd meddwl y Ficêr, deuthum i ddeall nad yw 'ympryddio' o reidrwydd yn ymneud â rhoi'r gorau i fwyd yn unig, nac unrhyw beth symbolaidd arall sydd, yn y pen draw, ddim yn gwneud llawer o wahaniaeth. Dim ond os yw'n gwneud gwahaniaeth go iawn i ni y mae disgylblaeth 'ympryddio' yn ystod y Grawys yn ystyrlon. Bwriad ympryddio yw dwysáu ein hymwybyddiaeth o'r hyn sy'n bwysig yn ein bywydau, yn erwedig yn ein perthynas â Duw, ag eraill, ac â'r byd a grawyd yr ydym yn byw ynddo.

Felly, pa fath o ympryddio all fod yn ystyrlon? Ympryddio rhag prysurdeb er mwyn stopio, meddwl a myfyrio; ympryddio rhag y bomio parhaus o'r cyfryngau cymdeithasol sy'n ein hamgylchynu; ympryddio rhag geiriau neu weithredoedd digaredig; ympryddio rhag diffyg diolchgarwch; ympryddio rhag sinigiaeth...

Aeth lesu allan i'r anialwch am ddeugain niwrnod a noson i 'ympryddio' oddi wrth yr holl bethau sy'n tueddu i fygwth byw cyflawnder y bywyd sydd, yn ôl dymuniad cariadus Duw, ar gyfer pob un o honom.

A fyddwch chi'n rhoi'r gorau i Mars Bars ar gyfer y Grawys? Os nad felly, tybed beth y gallech ystyried ymddyrio rhagddo? Mae'r Grawys yn dechrau ar Ddydd Mercher Lludw, 18 Chwefror 2026, gyda gwasanaeth arbennig am hanner dydd yn Eglwys Santes Fair a Sant Nicolas, Biwmares. Dyma gyfle i ddewis pa fath o 'ympryd' a all fod yn ystyrlon i chi wrth i chi deithio trwy ddeugain niwrnod y Grawys, gan offrymu gweddil y bydd yn eich arwain i fyw cyflawnder y bywyd sy'n addewid y Pasg.

Gellir dod o hyd i fanylion am yr holl wasanaethau a digwyddiadau ar wefan *Broseiriol* ac ar ei dudalen Facebook.

Os hoffech dderbyn ein bwletinau newyddion wythnosol am wasanaethau a digwyddiadau, neu os hoffech ragor o wybodaeth, anfonwch e-bost at y cyfeiriad isod.

✉ huwbutler@churchinwales.org.uk

■ Ardal Weinidogaeth Bro Seiriol Ministry Area www.broseiriol.net

■ Eglwysi Bro Seiriol Churches www.facebook.com/BroSeiriol/



What are you giving up for Lent?

Rev Huw Butler, Ministry Area Leader of Bro Seiriol

Whenever I am asked this question, I always think about Mars Bars!

The reason for this is that it reminds me of a sermon given many years ago by the Vicar of the parish where I grew up in the South Wales valleys who made reference to giving up Mars Bars for Lent. The strange thing is that I don't think I have ever given up eating Mars Bars during Lent. Why? Well, not because I have some kind of insatiable craving for them and abstaining from Mars Bars for six weeks may indeed have some health benefits. However, following the Vicar's train of thought, I came to understand that "fasting" isn't necessarily just about abstaining from food or any other kind of token thing which, in the scheme of things, doesn't really make much of a difference. The discipline of "fasting" during Lent is only meaningful if it does make some difference to us. Fasting is meant to heighten our awareness of what is important in our lives especially in our relationship with God, with others and with the created world in which we live.

So then, what kind of fasting may be meaningful? Fasting from busyness to stop, think, reflect; fasting from the constant bombardment of social media which engulfs us; fasting from unkind words or actions; fasting from ingratitude; fasting from cynicism...

Jesus went out into the desert for forty days and nights to "fast" from all of the things which serve to stifle living the fullness of life which is God's loving desire for each one of us.

Will you be giving up Mars Bars for Lent? If not, what may you consider fasting from, I wonder?

Lent begins on Ash Wednesday, 18 February 2026 with a special service at midday at the Church of St Mary and St Nicholas, Beaumaris. Here is an opportunity to choose whatever "fast" may be meaningful to you as you journey through the 40 days of Lent offering a prayer that it will lead you to live the fullness of life which is the promise of Easter.

Details of all services and events can be found on the *Bro Seiriol* website and Facebook page.

If you would like to receive our weekly news bulletins for services and events or would like further information please send an e-mail to the address below.

✉ huwbutler@churchinwales.org.uk

puffinpages@gmail.com

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■ Eglwysi Bro Seiriol Churches www.facebook.com/BroSeiriol/

Clwb Ffermwyr Ifanc Llangoed: blwyddyn arall wych! 🐾

Lucy Low

Dysgu, cystadlu, barnu ac chael hwyl... roedd bawb wedi entro ei gystadleathau wahon yn y Sioe Aeaf yng Nghae Sioe Mona efo entries dda iawn a bron pob dosbarth ac dyma oedd yr canlyniadau:

- Stocmon gyda'r mwyaf farciau yn Sioe Aeaf Môn 2nd Lois Jones
- Barnu Carcas Dan 16: 3^{ydd} Siôn Jones & Charlotte Morris Dan 18: 1st Lois Jones



Cyflwyniad Tarian HRM Hughes i Ffermwyr Ifanc Llangoed Presentation of the HRM Hughes Shield to Llangoed Young Farmers (Phil Hen)

- Barnu Gwartheg Tew Dan 16: 2nd Siôn Evans Jones & Oliver Morris
- Barnu Wyn Tew Dan 18: 2nd Lois Jones



Harri Glyn yn arddangos oen
Harri Glyn showing a lamb
(Anne Evans Jones)

- Barnu Gwartheg Tew Dan 16: 2nd Siôn Evans Jones & Oliver Morris
- Barnu Wyn Tew Dan 18: 2nd Lois Jones
- Addurno Log Siocled 1st Tomos Griffiths & Siôn Evans Jones

- Creu Calendr Adfent
1st Lois Jones
- Trimio Oen
3^{ydd} Siôn Alun Parry
- Dangos Oen
1st Harri Glyn Owen
- Basged Cynnyrch
1st Tomos Griffiths
- Creu Golygfa Nadolig
1st Tomos Griffiths
- Ffudge Cartref
1st Cian Rhys
2nd Lois Jones
- Pwdin Siocled Nadolig
3^{ydd} Tomos Griffiths

Cyflwynwyd Tarian HRM Hughes i'r clwb a bydd yn cael ei arddanagos gyda balchder yn Yr Hen Ysgol, Llanddona.

Roeddaelodau wedi cymhwysio i gynrychioli Ynys Môn yn y Ffair Gaeaf Frenhinol Cymru. Daeth Lois Jones yn ail a Barnu Carcas a Tomos Griffiths a Siôn Evans Jones pumed yn gyffredinol gyda'u Log Siocled addurnedig blasus. Cafodd y flwyddyn ei gorffen gyda chynhadledd hyfryd yn Yr Owain Glyndŵr ar gyfer pryd cinio Nadolig.

Edrychwn ymlaen a 2026!

- Clwb Ffermwyr Ifanc Llangoed YFC
www.facebook.com/p/Clwb-Ffermwyr-Ifanc-Llangoed-YFC-100082090825818/
- Clybiau Ffermwyr Ifanc Cymru: Pwy Ydym Ni?
<https://cffi.cymru/about-us/>
- Wales Federation of Young Farmers Clubs: Who we are
<https://yfc.wales/about-us/>
- Young Farmers' Clubs are the 'backbone' of Welsh rural communities
www.farmersguardian.com/news/4164612/farmers-clubs-backbone-welsh-rural-communities



Llangoed Young Farmers Club: another fantastic year!

Lucy Low

Learning, competing, judging and having fun... the finale to the year was the Winter Fair at Mona Showground with strong entries in all classes which produced the following results:

- Stockman with most marks at the Anglesey Winter Show
2nd Lois Jones
- Cattle Judging
Under 16: 2nd Siôn Evans Jones & Oliver Morris
- Sheep Judging
Under 18: 2nd Lois Jones
- Decorated Chocolate Log
1st Tomos Griffiths & Siôn Evans Jones
- Homemade Advent Calendar
1st Lois Jones
- Lamb Trimming
3rd Siôn Alun Parry
- Showing Lamb
1st Harri Glyn Owen
- Basket of Home Grown Veg
1st Tomos Griffiths
- Homemade Nativity Scene
1st Tomos Griffiths
- Homemade Fudge
1st Cian Rhys
2nd Lois Jones

- Christmas Chocolate Pudding
3rd Tomos Griffiths

The HRM Hughes Shield was presented to the club and will be proudly displayed at Yr Hen Ysgol, Llanddona.



Siôn Alun Parry yn tocio oen
Siôn Alun Parry trimming a lamb
(Anne Evans Jones)

Members had qualified to represent the whole of Anglesey at the Royal Welsh Winter Fair. Lois Jones came first for Judging in the Lamb Carcass Class, Tomos Griffiths and Siôn Evans Jones came fifth overall with their delicious, decorated chocolate log. The year was rounded off with a lovely get together at the Owain Glyndŵr for Christmas Dinner.



Siôn Jones a Tomos Griffiths yn barod i gystadlu yn Ffair Aleaf Frenhinol Cymru
Siôn Jones and Tomos Griffiths ready to compete at the Royal Welsh Winter Fair
(Anne Evans Jones)

Here's looking forward to 2026!

- Clwb Ffermwyr Ifanc Llangoed YFC
www.facebook.com/p/Clwb-Ffermwyr-Ifanc-Llangoed-YFC-100082090825818/
- Clybiau Ffermwyr Ifanc Cymru: Pwy Ydym Ni?
<https://cffi.cymru/about-us/>
- Wales Federation of Young Farmers Clubs: Who we are
<https://yfc.wales/about-us/>

- Young Farmers' Clubs are the 'backbone' of Welsh rural communities
www.farmersguardian.com/news/4164612/farmers-clubs-backbone-welsh-rural-communities

Seiriol Men's Shed: What is a Men's Shed?

Richie King

How many people know what a Men's Shed is, and what it does? Richie King is a member of Seiriol Men's Shed, and sent us this piece by Punch Jackson.

◆ ◆ ◆

A Men's Shed provides a space where men can connect with each other, share skills and support each other. It fosters a sense of community, promotes mental wellbeing, and offers opportunities for learning and collaboration.

Men's Sheds in your community can bring about several benefits:

- **Social connection:** Men's Sheds provide a social space where men can come together, share experiences and build friendships. This is particularly valuable for men who may be at risk of social isolation or loneliness.
- **Mental health and wellbeing:** the camaraderie and support found in Men's Sheds contribute to positive mental health outcomes. The environment allows men to openly discuss issues they may face, reducing the stigma associated with mental health challenges.
- **Skill development:** Men's Sheds offer a space for sharing and acquiring new skills. Whether they be woodworking, metalworking, gardening or other activities, these environments facilitate learning and skill development, promoting a sense of achievement.
- **Sense of purpose:** men often find a sense of purpose and fulfilment in contributing to community projects. Men's Sheds often engage in various community initiatives, providing members with a meaningful way to give back.



In April 2025 a group of Seiriol Men's Shed members enjoyed a visit to the Air Museum at Caernarfon Airport.

(Rich King)

- **Physical health benefits:** engaging in hands-on activities and projects at the Men's Shed can contribute to better physical health. It encourages movement and exercise, promoting an active lifestyle.
- **Retirement transition:** for men entering retirement, Men's Sheds can be instrumental in helping them navigate this life stage. It offers a structured and supportive environment where individuals can continue to be active and engaged.
- **Supportive environment:** Men's Sheds provide a non-judgmental and supportive atmosphere where men feel comfortable discussing their concerns. This can be especially important for those going through challenging life events.
- **Community-building:** Men's Sheds contribute to the overall strength and cohesion of the community. They

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serve as a hub for collective activities and collaboration, fostering a sense of community pride.

- **Inter-generational connections:** Men's Sheds often involve individuals from various age groups. This inter-generational interaction allows for the exchange of ideas, skills, and experiences, enriching the overall community fabric.
- **Positive impact on families:** as men benefit from the social and emotional support gained at the Men's Shed, this positive impact often extends to their families, creating a ripple effect in the broader community.

In summary, having a Men's Shed in your community can enhance social connections, mental wellbeing, skill development, and overall community resilience, making it a valuable addition to community life.

For more information, or if you'd like to join us, please contact:

☎ Steve Jones 07368 219048

✉ seiriolmenshed@gmail.com

■ Seiriol Men's Shed

www.facebook.com/profile.php?id=61564967474652

■ Seiriol Men's Shed

The Flat
Gerddi Haulfre
Llangoed
LL58 8RY



You'll find more information and directions on page 16.



Nature Notes: geese and cyclamen, links with Christmas

Roz Hattey

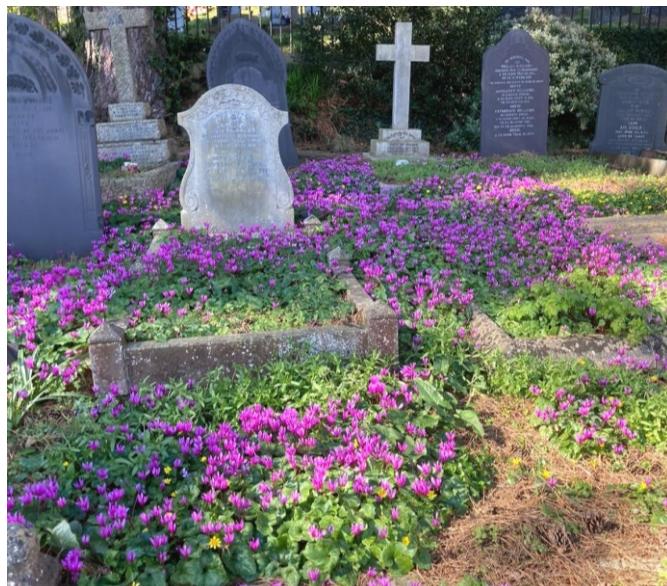
Geese and cyclamen? Not a word association game, but they both have links with Christmas, the first for much longer than the other. Over many centuries in this country domestic geese were fattened for Christmas dinners, well before turkeys appeared from North America. Goose fat was used not only in cooking but also, in earlier times, to smear over people's bodies as extra insulation under their winter clothing! Wild geese would also have been shot or otherwise dispatched for Christmas feasts.



Several varieties of cyclamen in my garden
(Roz Hattey)

In some European countries the underground 'corms' of wild cyclamen plants were known as 'sow bread' as pigs liked to grub them up and eat them. This may well have helped to pro-

duce tasty pork for Christmas festivities! Corms are thick, rounded plant stem bases lying just below the soil surface and with buds and scaly leaves. They store food for the plants and produce new shoots every year, in the same way as bulbs and tubers.



Beaumaris Cemetery: part of the extensive carpet of dark pink cyclamen flowers amongst the headstones in the top left corner
(Roz Hattey)

I'm writing this on the sixth day of Christmas: the traditional song says, 'Six geese-a-laying' were the gift to be given to a sweet-heart. A couple of days ago I walked up Henllys Lane on a gloriously sunny morning, when the mountains were draped in soft, white cloud, and watched a large flock of Greylag geese spread out across the rough pasture, grazing. Well over a hundred birds had gathered to feed, as they often do here in winter. They eat the tubers, roots, leaves, stems and seeds of grasses and, on wetter ground, of sedges and rushes, too. The geese are also socialising with plenty of cackling and honking and moving around within the flock. A few are resting, heads under wings, but there are always some which are alert, long necks raised serenely, looking out for any threats to the flock. If you stop to watch them for too long, more and more heads go up and they gradually move away. Most domestic geese are descendants of the Greylag.



Greylag goose, *Anser anser*, Rosenheim, Bayern, Germany
(Christoph Moning, <https://macaulaylibrary.org/asset/63379971>)

This year there is also a smaller flock, around sixty birds, of Canada geese, which sometimes mingle with the Greylags. These are easily identified by their black necks and heads with a white chin-strap. These geese were introduced from North America in the 17th century as a striking addition to large lakes on country estates. They are now widespread in public parks. Canada geese have deep, trumpet-like calls. The following day, around sixty curlew had joined the geese. Fascinating to watch as they insert their long, curved bills into the soil, probing for earthworms.

In the still air these last few days the sound of two Great-spotted Woodpeckers drumming in turn on adjacent trees can be clearly heard. These rapid bursts of drumming are done with their strong bills, often on hollow tree trunks and rotten branches to enhance the sound. The drummings are known as the woodpecker's 'song' as they can sound quite instrumental. Most drumming takes place in late winter and early spring when it is part of territorial and courtship behaviour. The drumming I've heard this week, with one bird apparently answering another one close-by, seems to be out of season.



Family of Canada geese, *Branta canadensis*, Ontario, Canada
(Fabian Roudra Baroi, https://commons.wikimedia.org/wiki/User:Fabian_Roudra_Baroi)

Returning to cyclamen. A welcome pre-Christmas gift from a neighbour of a pretty, dark pink potted cyclamen, reminded me that I had only used greenery to decorate indoors. My variegated holly had had very few berries this year and the blackbirds had devoured most of the red berries on the cotoneasters. Nowadays many people want to have colourful plants or flowers indoors to join the tinsel and other Christmas decorations.

Poinsettias, with their large, scarlet bracts, have become very popular and so have cyclamens. Garden centres have had fine displays of all sorts of flowering cyclamen, in a wide range of pinks, mauves, purples and reds. The large flowering varieties are hot-house cultivars and have blooms of 5-10cm or more. They make a substantial, elegant and long-lasting winter house-plant if kept in a cool place, out of direct sunlight.

We also buy the smaller, hardy cyclamen which can be grown outdoors in gardens and window-boxes. The height of these plants is only 10-12.5cm, with much smaller, shuttlecock-like flowers. The petals are sharply reflexed, making an eye-catching flower-shape. Many of these flowers are sweetly scented. The original 'miniature' cyclamens are wild species, native almost exclusively to Mediterranean countries. There are 23 species with just one species native to Somalia. The Spanish species is thought to be extinct. Some species are spring-flowering, others flower in autumn or winter. The name cyclamen comes from the Greek word 'kyklos' which means circle, referring to the round corm from which the plant grows. In past times cyclamens were linked to love, sex and fertility and were sometimes used in traditional love potions across Europe. Cyclamen seeds are sugary and attract foraging insects which carry them away from the parent plant and help the population to spread further afield. The plants are dependent on insects pollinating them as the corms do not divide or produce off-sets as, for instance, daffodil bulbs do.

As well as their beautiful little blooms, wild cyclamens also have attractive foliage which varies between species. The leaves are round, oval or heart-shaped with green and silver patterns on the upper side and green or red colouring on the underside.

About ten years ago I enjoyed a return visit to Crete, this time with 'Nature Trek', led by an excellent field botanist. Between days of trekking into the rugged mountains and along stretches of unspoilt coastline in northern Crete we also went searching

for several species of wild cyclamen. Some populations were thought to be declining owing to increasingly dry conditions on the island. The grazing land and some of the woodland we walked through that September really did look parched.

If you want to admire a quite spectacular display of spring-flowering cyclamen locally, you only need to go to the cemetery in Beaumaris! In the top left corner, just below the metal fence under the pine-trees, you can admire an extensive carpet of dark pink flowers amongst the headstones, where someone's original plants have spread outwards by seed and provided joy for us all.

■ Greylag goose
https://en.wikipedia.org/wiki/Greylag_goose

■ Canada goose
https://en.wikipedia.org/wiki/Canada_goose

■ Cyclamen
www.kew.org/plants/cyclamen

■ RSPB Handbook of British Birds (5th edition, Jan 2021)
Peter Holden, Richard Gregory
ISBN 978 1 47298 026 7
Bloomsbury Wildlife Guides
www.bloomsbury.com/uk/search/?q=RSPB%20Handbook%20of%20British%20Birds%20

Cyclamen, indoor and outdoor

May Blossom

In the home: cyclamen are a wonderful choice for continuous colour in your home during the cold winter months. The flowers are very often scented and come in a variety of pinks, reds and white.

Place them in cool bright indirect light to keep them looking at their best. Ensure that they are not too close to a cold window as this can damage the leaves. Keep away from direct sunlight. If they are in a warm room the leaves will turn yellow and the flowers will quickly fade. Keep them at 10°C-18°C to prolong the flowers.

They should be watered when the compost begins to feel dry. Do not let plants sit in water. Cut/twist fading flower stems at their base to encourage new growth and repeat flowering for many weeks. Feed every two weeks.

In the garden: the much-loved hardy winter-flowering species, *Cyclamen coum*, flowers in mid to late winter, bearing petite blooms in deep magenta, pink, or white.

It forms low clumps of rounded, ivy-green leaves, often with silver patterns, and is tough and reliable, shrugging off bad frost and even blooming through snow. It will self-sow gradually to create delightful carpets of winter colour, especially under shrubs or at the base of leafless trees.

There'll be more about garden cyclamen in **The Puffin** 56.

Feed the birds!

May Blossom

It's winter, and the going can be tough for birds... so please remember to feed them and provide them with a source of fresh water during the cold winter months.

Why not try different feeds from your normal supply to see which birds are attracted to them? It is remarkable how quickly birds realise that their menu has changed!

Lucy Low's Puffin Pie column

Lucy Low

I was approached by a certain member of **The Puffin**'s Editorial Team (who shall remain nameless apart from to say that he has a little woolly white dog called Lucy) to start a cookery column. Why moi? I asked myself and everyone else, I have

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no idea as I am definitely not a professional qualified cook, but I have made a number of sponge cakes over the years!

That said, I do love food! and I love to cook, the kitchen is definitely my happy place. I dream about food, plan meals and think up recipes when I am struggling to get to sleep at night, then try my ideas out on my poor unsuspecting but always hungry family the next day. My main philosophy is; simple homemade food, using fresh local ingredients.

I am so lucky to be living in Môn Mam Cymru, the breadbasket of Wales, where there are lovely fresh ingredients available to source and use, not to mention living on a farm, using Tomos's fresh farm eggs in all my cakes, his carrots in carrot soup and beetroot in my pickles and chutneys, so...

I've succumbed to the request to kick-start the new feature off with a tried and tested recipe (one of Andrew Perrott's mother's standard-setters), and hope that many readers of **The Puffin** will enjoy it and make the *Puffin Pie* column a success.

We look forward to receiving your sweet or savoury recipes, tips, photos or even restaurant reviews. We hope this makes your baking a happy place and that we all "mange tout, mange tout!" (Derek Trotter, *Only Fools and Horses*) or, on a healthier more profound note, "eat to live, not live to eat" (famous quote by Molière/Socrates/Benjamin Franklin).

Brown stew, a real winter warmer

Ingredients:

1½ lb good stewing steak
a couple rashers smoked streaky bacon, chopped
½ pint brown ale
¼ pint red wine
jar pickled walnuts
2 onions
½ bunch celery
mushrooms
carrots
good pinch of herbes de Provence/mixed herbs
1 clove garlic, crushed
olive oil
salt
black pepper, freshly ground
flour/cornflour
1 or 2 chicken stock cubes
mushroom ketchup
½ small bottle tomato ketchup (optional)

Instructions:

- Cube the meat and marinade it overnight in the wine and brown ale with the herbs.
- Chop the onions, slice the celery and other vegetables and brown well in olive oil with the garlic and chopped bacon.
- Drain the meat, keeping the marinade, and brown it well in batches in olive oil.
- Put everything into a large ovenproof casserole and bring to a simmer; the tomato sauce serves to 'sharpen' the flavour without making it taste tomatoey.
- Add about ½ tablespoon of flour/cornflour mixed in a little water, to thicken it slightly.
- Put in the oven on gas mark 1, 275°F/140°C for 3 hours, or transfer to a slow-cooker, using the high/auto setting, for 3 hours.
- Quarter the pickled walnuts, discarding the liquid, and put them into the stew about 30 minutes before serving.
- Watch it towards the end of 2½-3 hours; the meat will fall apart if it becomes too tender.

It's an adaptable recipe; vary the quantities, add bits and pieces to it to suit your taste. Serve it with creamed potatoes

and carrots; mash the carrots in with the potatoes à la stwnch rhwdan if you like. Add dumplings to it. The permutations are many and varied.

There's no photograph: a stew is a stew; it's usually brown, and it's not particularly exciting to look at... it's the aroma and the taste!

Serves 3-4 people.

A Bridge Too Few...

Ray Parsons

A Bridge Too Few

They went and closed the Menai Bridge, our main route into town,

They went and closed the Menai Bridge for fear it may fall down.
Now I don't know the full story, but from what I have read,

This is the gist of the things that have so far been said.

They found rust around the bolt holes of the bolts that take the strain

Of the bits that hold the bars that hold the road beneath the chain.

The claim of faulty workmanship will be dismissed no doubt,

After two hundred years the warranty has probably run out.

Bridge engineers were consulted (and they know all the tricks),

But everyone agreed it was tricky, with no quick and easy fix.

It was a problem just to locate all the necessary bits,

We went metric years ago and nothing in stock fits.

The amount of government funding had to be resolved,

And of course the bridge is listed so CADW had to get involved.

A general meeting was arranged, when all heads got together,

Then of course nothing could get started until the better weather.

With risk assessment and health'n'safety information to impart,

It was another month or two before things could even start.

If big enough grants had been obtained (surely by now we're due one)

We could make this bridge pedestrian and build ourselves a new one. No one seems to know just how long it's going to take to fix,

We only hope they've finished painting by twenty twenty-six.

A Bridge Too Far

The repairs on Bangor Pier

Cost a fair bit, that is clear.

If they'd spent a bit more,

And gone shore to shore,

We'd have another way off here.

A Bridge Too Far-Fetched

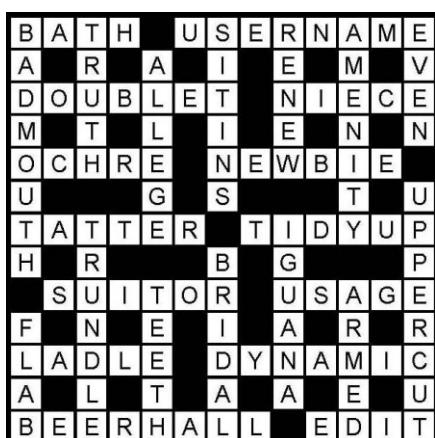
If a third bridge is once more denied
Disappointment will be hard to hide.

At Britannia Bridge bottleneck

They could add a third deck,
Or hang another lane off each side.

The Governor's Quick Crossword

no 23: solution



Fianchetto 66's Chess no 14: solution

1 Qh8+ Bxh8

2 Rh8#

In plain language, the white queen moves four spaces to the right, putting the black king in check. Black has no option but to take the white queen with the bishop. After this striking queen sacrifice, white is then able to move the uppermost white rook five spaces to the right delivering a resounding checkmate.

Storm names for 2026

Andrew Perrott

As we were typesetting **The Puffin** 55 doom and gloom appeared to be the order of the day with Storm Goretti looming on the horizon.

The Met Office put in place a range of amber and yellow weather warnings nationally, with forecasts suggesting that some areas could see up to a foot of snow and winds reaching speeds of 70mph.

We were lucky. We had snow and cold, but none of the conditions that affected much of the country.

⚠ 2025/26 storm names		
Amy	Hannah	Oscar
Bram	Isla	Patrick
Chandra	Janna	Ruby
Dave	Kasia	Stevie
Eddie	Lilith	Tadhg
Fionnuala	Marty	Violet
Gerard	Nico	Wubbo

Source: Met Office

A while ago British, Irish and Dutch weather experts announced the list of names for the 2025-2026 'storm season', which will run until 31 August 2026. Of the list of 21 names, each of the national partners contributed seven, with some names chosen from public submissions. The 2025-2026 storm naming season began in September 2025, although the first named system did not

arrive until October, when Storm Amy affected the UK.

Storm Benjamin came next, but it largely impacted France, meaning that the name was assigned by Météo-France rather than by the Met Office. Storm Claudia followed in November 2025, with the name selected by Spain's national weather agency, AEMET.

The Met Office returned to its own list in December, naming the next storm Bram.

Storm Goretti was named by Météo-France because the worst impacts were expected to be felt in France and the surrounding region before it moved towards the UK.

No storms are named with the letters Q, U, X, Y, and Z because it is challenging to come up with six appropriate names (one for each of the six rotating lists), beginning with those letters.

The Met Office (UK), Met Éireann (Ireland) and KNMI (the Netherlands) name storms in the UK. This naming process is designed to make the public more aware of severe weather events and to ensure that people take necessary precautions when such storms are forecast. Seven names are chosen by each service, alphabetically, alternating between male and female names.

A storm is named when it is expected to have a significant impact, particularly if it is forecasted to bring strong winds, heavy rain, or snow that could cause substantial damage or pose a risk to life.

■ What will the storm names be for 2026 as Storm Goretti strikes?
www.standard.co.uk/news/uk/what-are-storm-names-for-2026-b1179182.html

Neuadd Bentref Llanddona: crynodeb darluniadol o rai digwyddiadau diweddar

Robert Macaulay, Debbie Oulton

Blwyddyn Newydd Dda! Dyma grynodeb darluniadol o rai digwyddiadau diweddar

Nifty 60s: mae'r dosbarthiadau poblogaidd hyn yn cael cymorthdal, ac maent wedi'u hanelu at helpu pobl hŷn i wella eu ffitrwydd ac osgoi baglu a chwympo.



Mae'r dosbarthiadau hyn yn boblogaidd iawn, fel y gwelwch!

These classes are very popular, as you can see! (Debbie Oulton)

Cynheir dosbarthiadau bob dydd Mercher, 10.00yb-11.00yb.

www.seiriolalliance.co.uk/newsletters/

Noson Galan Gaeaf: Cynhaliwyd ein digwyddiad Noson Galan Gaeaf ar 26 Hydref, gyda Debbie Oulton yn darllen 'Y Bys Troed Mawr'. Dilynwyd hyn gan helfa drysor i ddod o hyd i'r bys troed!



Debbie Oulton yn darllen 'Y Bys Troed Mawr'
Debbie Oulton reading 'The Big Toe'
(Debbie Oulton)

Ffair Nadolig: cynhaliwyd ein Ffair Nadolig flynyddol ar 22 Tachwedd.



Yr Asynod Nadolig
The Christmas Donkeys

Roedd dau o'r uchafbwyntiau yn cynnwys y Asynod Nadolig a'r teithiau ceffyl a char yn y pentref.

Noson Gôr: Cynhaliwyd Noson Gôr hyfryd ar 10 Rhagfyr, a fwynhawyd gan dŷ llawn.



(Debbie Oulton)

Cinio Nadolig: roedd ein Cinio Nadolig 2025 mor boblogaidd fel ein bod wedi cynnal dau, ar 5 a 12 Rhagfyr!



(Debbie Oulton)

Cawsom bawb a fynychodd amser braf iawn.

puffinpages@gmail.com

Ioga: mae ein dosbarthiadau ioga wedi'u talu'n rhannol gyda Saroj yn boblogaidd iawn.



(Debbie Oulton)

Cynhelir dosbarthiadau bob dydd iau, 9.30yb–10.30yb.



Llanddona Village Hall: a pictorial round-up of some recent events

Robert Macaulay, Debbie Oulton

Happy New Year! Here's a pictorial round-up of some recent events.

Nifty 60s: these popular classes are subsidised, and are aimed at helping older people to improve their fitness and avoid trips and falls.



Gwnaeth tywydd braf yr haf diwethaf gadw'n heini yn yr awyr agored yn hwyl!
Last summer's beautiful weather made keeping fit outdoors fun!

(Debbie Oulton)

Classes take place every Wednesday, 10.00am-11.00am.

Hallowe'en: our Hallowe'en event took place on 26 October, with Debbie Oulton reading 'The Big Toe'. This was followed by a treasure hunt to find the toe!



'Y Bys Troed Mawr'
'The Big Toe'
(Debbie Oulton)

Christmas Fayre: our annual Christmas Fayre took place on 22 November.

Two of the highlights were the Christmas Donkeys and horse-and-carriage rides in the village.



Taith ceffyl a char yn pasio trwy'r pentref
A horse-and-carriage ride passing through the village

Choral Evening: a delightful Choir Evening took place on 10 December, enjoyed by a full house.



Mike Davies wrth y bysselfwrdd
Mike Davies at the keyboard
(Debbie Oulton)

Christmas Dinner: our 2025 Christmas Dinners were so popular that we held two, on 5 and 12 December!



Everybody who attended had a very enjoyable time.

Yoga: our subsidised yoga classes with Saroj are very popular.

Classes take place every Thursday, 9.30am-10.30am.

Llanddona: CPRW's Best Kept Rural Bus Stop Award 2025

Andrew Perrott, via John Briggs

John Briggs, a former member of **The Puffin**'s Editorial Team, told me about this just as **The Puffin** 54 was going to print in October.

Last year the Welsh Countryside charity, CPRW, announced its new *Best Kept Rural Bus Stop* award, a light-hearted initiative that celebrates the quiet, often overlooked corners of the Welsh country-

(continued on page 45)

Debt: some sources of information and help

Introduction

In **The Puffin** 40 we looked at debt. We'd already dipped our toes into debt's murky waters when **The Puffin** was honoured to be selected in April 2020 as the means of broadcasting COVID-related information to residents in the LL58 and LL59 Postcode areas of Anglesey.

The parlous state of the UK's economy means that the problem of debt is coming to the fore once more. There has been an alarming increase in the cost of so many day-to-day basics, like utilities and food, so we've decided to update our look at the subject. Here it is.

Important notes

We don't pretend to be financial wizards, and we're not attempting to give advice of any sort. We've simply dipped into some on-line sources of assistance, steering well clear (with a couple of exceptions) of private companies, to give a flavour of what is available.

The information given in this article is not intended to be comprehensive. There's so much useful information and help about debt on-line, and we can do no more than give a representative sample of what is available.

Sources of information

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

We searched on-line using the following criteria:

*sources of debt advice uk
sources of debt advice wales
sources of debt advice anglesey
personal debt uk*

and came up with a great deal of useful information and links. You'll see that many of the links cover the same subjects, and most appear to do a thorough job of it.

Searching on-line

Before starting your search, think about the help and/or advice that you need, everything that you need to know, in fact, and make a 'shopping list'... and remember to do what we did: make a note of your search criteria in case you need to return to them.

Licenced practitioners

You should be aware that some forms of debt assistance may require

licenced practitioners to be put into effect. These include bankruptcy and Debt Relief Orders (DRO).

- **Telephone numbers:** we've given some telephone numbers in this article, and you may well find more as you search on-line for information.

We hope that you find the information in this article useful.

◆ ◆ ◆

Banks and building societies

We searched on-line using the following criterion:

help with bank debts uk

Banks and building societies are a specialist subject so we can do no more than list a few useful sources and advise that a person with financial problems really should contact his/her bank or building society as soon as possible.

See the links below, and go to the pages indicated in **red** for more detailed information.

• Age UK

■ Debt help and advice
www.ageuk.org.uk/information-advice/money-legal/debt-savings/debt-advice/

• Bank of England

■ What do I need to know about debt?
www.bankofengland.co.uk/explainers/what-do-i-need-to-know-about-debt

• Citizens Advice B

■ Check your options for getting out of debt
www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/check-your-debt-options/

• Gov.uk B

■ Options for dealing with your debts
www.gov.uk/options-for-dealing-with-your-debts

■ Benefits

www.gov.uk/browse/benefits

• MoneyHelper C

■ Help if you're struggling with debt
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/help-if-youre-struggling-with-debt

• MoneySavingExpert D

■ Debt problems & help available:
What to do & where to get support
www.moneysavingexpert.com/loans/debt-help-plan/

• National Debtline D

■ Free, impartial debt advice and support
<https://nationaldebtline.org>

• StepChange Debt Charity E

■ Get debt help: Our free debt advice
www.stepchange.org/how-we-help/debt-advice.aspx

• Turn2us E

■ Turn2us
www.turn2us.org.uk/get-support/information-for-your-situation/debt

• Which?

■ Free debt advice contacts
www.which.co.uk/money/credit-cards-and-loans/how-to-deal-with-debt/free-debt-advice-contacts-ahulr3I9BIn1

■ There are too many banks and building societies to list here. You'll find information and telephone numbers on your bills, statements and other paperwork.

Business Debtline

Business Debtline is a charity run by the Money Advice Trust. It is a free debt-advice service for the self-employed and small businesses in England, Wales and Scotland.

There are guides, factsheets, budgeting tools and sample letters to help you write to your creditors, and debt advice is available by using its webchat service or by calling its helpline.

■ Business Debtline

www.businessdebtline.org/

■ 0800 197 6026
Monday-Friday 9.00am-8.00pm

Christians Against Poverty

Christians Against Poverty (CAP) provides free debt help and local community groups across the UK.

CAP's services are run with local churches, and provide practical and emotional support and show people that there's always hope.

CAP was founded in 1996, and has lifted thousands of people out of poverty. As the name suggests, CAP is run by Christians, but it is for everyone: it is not a surreptitious attempt to convert people to Christianity, just a Christian-run organisation that wants to help.

A click on *Get help* will take you to *Get help near you*; scroll down and enter a Postcode, and that's likely to show that the nearest CAP Debt Centres are in Bangor and Llanfairfechan.

A

- ❑ Christians Against Poverty
www.capuk.org

Citizens Advice

For over 80 years Citizens Advice has been helping millions of people every year with free, independent and expert advice across the broadest range of areas, from money and debt to benefits, housing, energy, work and so much more.

In 2024-2025 it helped over 2.71 million people with one-to-one advice.

Citizens Advice Wales's website gives a great deal of useful information, and its *Debt and money* page gives links to advice, including:

- Help with the cost of living
- Help with debt
- Using a food bank
- Debt solutions
- Budgeting
- Mortgage problems
- Rent arrears
- Action a creditor can take
- Borrowing money
- Banking
- Pensions
- Getting financial advice
- Template letters to creditors
- Gambling problems
- Getting tax advice

- ❑ Citizens Advice Cymru
www.citizensadvice.org.uk/cymraeg/

- ❑ Citizens Advice Wales
www.citizensadvice.org.uk/wales/

- ❑ Debt and money
www.citizensadvice.org.uk/wales/debt-and-money/

- ❑ 0808 223 1144 (Welsh)
0808 223 1133 (English)

Llangefni office

Canolfan Ebenezer
Bridge Street
Llangefni
Anglesey
LL77 7PN

Opening times:

Tuesday, 9.00am-4.00pm
Wednesday, 9.00am-4.00pm

❑ 0808 278 7932

- ❑ Citizens Advice Ynys Môn
www.citizensadvice.org.uk/local/ynys-mon/

✉ angleseyca@gmail.com

Debt Advice Foundation

The Debt Advice Foundation is a registered national debt advice and education charity in England and Wales. Its main focus is on helping those who need advice and support, and it believes

strongly that improving financial literacy amongst the next generation of credit-users is vital to tackling unmanageable consumer debt in the UK.

It seeks to undertake these objectives through its free telephone debt-counselling service, which helps over 10,000 people every year, and through DebtAware, its award-winning debt-education programme for schoolchildren.

- ❑ Debt Advice Foundation
www.debtadvicefoundation.org

- ❑ Fact Sheet (1 page)
www.debtadvicefoundation.org/wp-content/uploads/2009/01/Debt-Advice-Foundation-Fact-Sheet_3.pdf

- ❑ DebtAware
www.debtaware.org

☎ 0800 043 4050

Dewis Cymru

Dewis Cymru has information that can help you to think about what matters to you, and also has information about people and services in your area that can help you with the things that matter to you.

A reason for its creation is the Social Services and Well-being (Wales) Act 2014, which came into effect in April 2016. This law is intended to make life better for people and their carers, by making sure people get the help they need to lead a good life.

A search is simple, via two search fields, *I'm looking for...* and *near...*

- ❑ Dewis Cymru
www.dewis.cymru

- ❑ Dewis Cymru
www.dewis.wales

Gov.uk

It's worth taking time to look through the various headings so that you miss no useful information.

- ❑ Get free debt advice
www.gov.uk/debt-advice

We found these main links:

- **Citizens Advice B**
- **Community Money Advice**

Community Money Advice (CMA) offers telephone, e-mail and face-to-face services in England, Wales and Scotland.

You can use the interactive map or enter your Postcode or postal town in the search facility to find your local CMA debt advice service.

Its advisors will be happy to help you. You can either telephone or use

the e-mail link to request an appointment

If you're not near a centre and you're in England or Wales, click *Get Started* in the bottom right of your screen to use CMA's contact form to put you in touch with an advisor directly.

- ❑ Community Money Advice
www.communitymoneyadvice.com/freedom-from-debt/get-help

• Debt Advice Foundation B

• MoneyPlus Advice

MoneyPlus Advice offers phone and email services, and has an on-line debt advice service.

☎ 0161 837 4754
Monday-Thursday: 8.00am-8.00pm
Friday: 8.00am-4.00pm

- ❑ MoneyPlus Advice
<https://moneyplusadvice.com>

• Money Wellness

Money Wellness offers telephone services and a wide range of debt solutions, including:

- Debt management plan
- Individual Voluntary Arrangement (IVA)
- Debt Relief Order (DRO)
- Debt consolidation
- Bankruptcy

All of its advice is confidential, practical and impartial.

☎ 0161 518 8285
Monday-Friday: 9.00am-8.00pm

- ❑ Money Wellness
www.moneywellness.com

• National Debtline D

• PayPlan D

• StepChange Debt Charity E

There are other sources of information as well:

- ❑ Help from your council if you're homeless or at risk of homelessness
www.gov.uk/homelessness-help-from-council

- ❑ Council and housing association evictions
www.gov.uk/council-housing-association-evictions

- ❑ Understanding the possession action process: guidance for tenants (contract holders)
www.gov.wales/understanding-possession-action-process-guidance-tenants-contract-holders-html

- ❑ Apply for sheltered housing
www.gov.uk/apply-for-sheltered-housing

■ Your rights to housing if you're under 18

www.gov.uk/your-rights-to-housing-if-youre-under-18

■ County court judgments for debt

www.gov.uk/county-court-judgments-ccj-for-debt

■ Apply to bankrupt someone who owes you money

www.gov.uk/apply-to-bankrupt-someone

■ Options for dealing with your debts

www.gov.uk/options-for-dealing-with-your-debts

Gov.wales

Like the Gov.uk website, the Gov.wales website looks a bit starchy, but it's worth taking time to look through the various headings.

There are three main links, which lead in turn to others:

- **Advicelink Cymru**

Advicelink Cymru is funded by the Welsh Government. It provides free, independent, impartial advice and support on social welfare rights to people in Wales, including:

- Welfare benefits
- Debt
- Employment
- Education
- Housing
- Discrimination

■ 0800 702 2020

Monday to Friday: 8.00am-7.00pm

Saturday: 9.00am-1.00pm

■ Advicelink Cymru

<https://advicelinkcymru.org.uk/cy/>

■ Advicelink Cymru

<https://advicelinkcymru.org.uk>

- **Citizens Advice B**

- **Dewis Cymru B**

- **MoneyHelper C**

■ Cael cyngor ariannol neu ddyled

www.llyw.cymru/cael-cyngor-ariannol-neu-ddyled

■ Get financial or debt advice

www.gov.wales/get-financial-or-debt-advice

Isle of Anglesey County Council

The *Consumer and legal advice* page is the only link that came up in our search.

■ Consumer and legal advice

www.anglesey.gov.wales/en/Residents/Consumer-advice/Consumer-and-legal-advice.aspx

It directs you to:

- **Citizens Advice B**

Citizens Advice's Consumer Helplines:

■ 0808 223 1144 (Welsh)
0808 223 1133 (English)

- **StepChange Debt Charity E**

Local authority: rent

We searched on-line using the following criterion:

help with council rent debts wales

We found these main links:

- **Citizens Advice B**

- **Gov.uk B**

- **MoneyHelper C**

- **Shelter Cymru**

If you are struggling to pay your rent, or are at risk of losing your home because you owe your landlord rent, don't ignore the problem or you could be evicted.

Bear in mind that the rules about eviction depend on the type of occupation contract you have, and that mortgage arrears and repossession are dealt with in a different way.

■ Arrears and dealing with debt
<https://sheltercymru.org.uk/housing-advice/paying-for-housing/arrears-and-dealing-with-debt/>

- **StepChange Debt Charity E**

Local authority: Council Tax

We searched on-line using the following criterion:

help with council tax debts uk

We found these main links:

- **Citizens Advice B**

■ Dealing with Council tax arrears
www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-urgent-debts/dealing-with-council-tax-arrears/

- **Gov.uk B**

■ Pay Council Tax arrears
www.gov.uk/council-tax-arrears

- **MoneyHelper C**

MoneyHelper stresses the fact that Council Tax is a priority debt, and must be paid.

- **StepChange Debt Charity E**

StepChange Debt Charity also stresses the fact that Council Tax is a priority debt, and must be paid.

If a person is struggling to pay it he/she should contact the local authority and ask it to agree to a payment plan.

Money Advice Trust

The Money Advice Trust is a national charity which helps people across the UK to tackle their debts and manage their money with confidence.

It supports individuals, the self-employed, small businesses, the free debt-advice sector and creditor organisations.

■ Money Advice Trust

www.moneyadvicetrust.org/

■ Households facing "double-whammy" of high inflation and looming tax rises
www.moneyadvicetrust.org/latest-news/households-facing-double-whammy-of-high-inflation-and-looming-tax-rises/

■ Government support 'helps a little' but energy rises 'hurt a lot'
www.moneyadvicetrust.org/latest-news/government-support-helps-a-little-but-energy-rises-hurt-a-lot/

MoneyHelper

MoneyHelper's trained and experienced debt advisors give free advice on matters such as:

- Benefits
- Family & care
- Money troubles
- Savings
- Everyday money
- Homes
- Pension & retirement
- Work

and there are links to a wide variety of other useful information, such as:

- Help if you're struggling to pay your bills
- Money and mental health
- Energy bills – what to do if you're worried
- How to make a budget
- Divorce and separation
- Self-assessment tax returns

■ HelpwrArian
www.moneyhelper.org.uk/cy

■ MoneyHelper
www.moneyhelper.org.uk/

■ Where to get free debt advice
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/debt-advice-locator

MoneyHelper's *Best ways to pay off your debts – England and Wales* page covers the different ways of dealing with debts if you're falling behind with day-to-day bills, loan and credit card repayments, or other financial commitments (such as your rent or mortgage) under these headings:

- A debt adviser will listen and help you make an informed decision

- What is a Debt Management Plan (DMP)
- Debt Relief Order (DRO)
- Individual Voluntary Arrangement (IVA)
- Bankruptcy
- Offer in full or final settlement
- Writing off your debts

■ Best ways to pay off your debts – England and Wales
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/options-for-clearing-your-debts-england-and-wales

☎ 0800 138 1677

Monday-Friday: 8.00am-6.00pm
 Bank Holidays: closed

Money and Pensions Service

The Money and Pensions Service is an arm's-length body sponsored by the Department for Work and Pensions, established at the beginning of 2019, and also engages with HM Treasury on policy matters relating to financial capability and debt advice.

■ Money and Pensions Service
www.moneyandpensionsservice.org.uk/

MoneySavingExpert

Martin Lewis's *MoneySavingExpert* website is a private company, and is a very useful source of all manner of financial information.

Subscription to its weekly e-mails is free; there's a link at the top of its home page. I used it to find out about Council Tax exemption on my home when I was a Registered Carer living away from my only or principal home, and was successful when all other research had failed to produce a result.

Martin Lewis's advice is simple: 'Talk to someone'.

The two news items below aren't that recent, but they're just as relevant now as they were when they were published.

■ Money expert Martin Lewis highlights debt-mental health link
www.bbc.co.uk/news/uk-wales-4471554

■ 'Speak to someone' debt advice from expert Martin Lewis (with short video)
www.bbc.co.uk/news/av/uk-wales-44722394

The *Debt problems: What to do & where to get help* page provides a comprehensive list of points to consider under several main headings, each with sub-headings:

- **Step 1: Assess how serious your situation is**

Are you in debt crisis?

Are you in a debt spiral?

- **Step 2: Make pain-free savings**
 Sort your spending
 Claim everything you're entitled to
 Cut the costs of your debt
- **Step 3: Make painful savings**
- **Step 4: If you're still struggling, get help from a debt charity**

Martin Lewis says this in no uncertain terms:

The **WRONG** people to go to...

Avoid any debt help or loan consolidation companies that advertise on TV or in some newspapers. Their job is to make money out of you, plain and simple.

While in the short term their plans will make your payments lower, in the long run it'll cost you dear. Avoid them. Don't touch them. Don't go near them.

It's well worth spending some time simply clicking on the various links because they lead in turn to a lot of other useful links.

■ Debt problems: What to do & where to get help

www.moneysavingexpert.com/loans/debt-help-plan/

The COVID pandemic is in the past, and some of the sources and information in its *Coronavirus Finance & Bills help: Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more* page may overlap with other information, but there's a lot of useful information given under four main headings, with sub-headings:

- Help if struggling with debts
- Help if you can't pay your rent, including eviction help
- Help with other household bills
- Warning – watch out for coronavirus scams

Again, it's well worth spending some time simply clicking on the various links to find out more.

■ Debt problems: What to do & where to get help

www.moneysavingexpert.com/loans/debt-help-plan/

Some of the sources and information in its *Coronavirus Finance & Bills help: Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more* page may overlap with other information, but there's a lot of useful information given under these main headings:

- Help if you're struggling with mortgage repayments

- Help if you're struggling with credit card debt or loan repayments
- Help if you're struggling to pay your rent-to-own, pawnbroker or buy now, pay later loan
- Help if you're struggling with payday loans
- Help if you're struggling with car finance payments
- Paying overdraft interest? You can get tailored support, which could include waiving interest or transferring the debt to a loan
- Help if you're struggling to pay insurance premiums

It's well worth spending some time simply clicking on the various links to find out more.

■ *Coronavirus Finance & Bills help:*

Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more

www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#credithelp

■ 10-minute benefits check

www.moneysavingexpert.com/family/benefits-check/

National Debtline

National Debtline is a charity that gives free and independent debt advice by telephone and on-line.

It does not cold-call and will not pass personal information to other companies.

There is a useful factsheet library, *A-Z debt advice*, with topics listed under various headings.

■ A-Z debt advice

https://nationaldebtline.org/get-information/guides/

■ National Debtline

www.nationaldebtline.org

☎ 0808 808 4000

Monday-Friday 9.00am-8.00pm
 Saturday 9.30am-1.00pm

Office for National Statistics

The *Debt* page gives information about the debt of UK households, broken down by financial debt and property debt.

■ Debt

www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/debt

PayPlan

Like *MoneySavingExpert* above, PayPlan is a private company, but its advice is free, impartial, and confidential.

PayPlan advises on solutions under these headings:

- IVA (Individual Voluntary Arrangement)

- Debt Management Plan (DMP)
- Self-employed IVA
- Bankruptcy
- Debt Relief Order (DRO)
- Debt Settlements
- Administration Order
- Debt Write-off

■ **PayPlan**
www.payplan.com

■ 0800 280 2816

Monday-Friday: 8.00am-8.00pm
 Saturday: 9.00am-3.00pm

Samaritans

The Samaritans *Other sources of help* page is a very useful source of information about various organisations, listed under these headings:

- Addiction
- Benefits and Rights
- Bereavement
- Carers
- Children and young people
- Counselling
- Crisis pregnancy
- Debt, poverty and social exclusion
- Eating disorders
- Emotional text support
- Health
- Housing and homelessness
- Loneliness and isolation
- Mental health
- Military
- NHS Staff (only)
- Older people
- Relationships
- Sexuality
- Sexual/domestic abuse (abused)
- Sexual/domestic abuse (abuser)
- Victims of crime

■ **Other sources of help**
www.samaritans.org/wales/how-we-can-help/if-you're-having-difficult-time/other-sources-help/

■ 116123

StepChange Debt Charity

StepChange says that it provides the UK's most comprehensive debt advice service.

It helps people with debt problems take back control of their finances and their lives. It helps people by:

- Providing free, confidential and expert debt advice and money guidance.
- Recommending the best solution or service for a person's circumstances.
- Supporting the person while he/she deals with his/her money problem for as long as help is needed.
- Campaigning on the behalf of people to reduce the risk problem debt and the harm that it causes.

Topics covered include:

- Debt management plan (DMP)
- Individual voluntary arrangement (IVA)
- Debt relief order (DRO)
- Bankruptcy
- Equity release
- Debt Arrangement Scheme (DAS)
- Sequestration bankruptcy
- MAP bankruptcy
- Protected trust deed

■ **StepChange Debt Charity**
www.stepchange.org

■ 0800 138 1111

Monday-Friday: 8.00am-8.00pm
 Saturday: 9.00am-2.00pm

TaxAid

The TaxAid guide on tax-paying is a useful source of information and advice.

■ **10 sources of information and advice**
www.taxaid.org.uk/guides/taxpayers/tax-debt/sources-of-information-and-advice

Turn2us

Turn2us is a national charity that provides practical help to people who are struggling financially. Anyone can be just a step – a missed pay-cheque or illness – away from a real financial crisis, which is why Turn2us can help people find the support that they need to get back on track.

- Its *Benefits Calculator* takes less than 10 minutes to complete and it will advise you which means-tested benefits you may be entitled to, including tax credits.
- Its *Grants Search* can help you look for funds that might be able to give you a grant or other types of help.

■ **Turn2us**
www.turn2us.org.uk/

Utilities: electricity, gas

We searched on-line using the following criterion:

help with gas debts uk

Most of the information that we found covers electricity and gas, and there's quite a bit of overlap with the information given in the links above.

• **British Gas Energy Trust**

Click *Help* at the top of British Gas's website front page, then scroll down to *Help categories*.

There's a series of boxes under the heading *Help categories*. Click on Bills and payments and you'll see a link to the British Gas Energy Trust, an independent charity funded by British Gas.

■ Hi there, how can we help?
www.britishgas.co.uk/help-and-support

■ The British Gas Energy Trust – help with energy debt
www.britishgas.co.uk/energy/help-with-bills/british-gas-energy-trust.html

The British Gas Energy Trust is there to help, regardless of which energy company you are with. It helps families and individuals struggling with energy debt across England, Scotland and Wales.

There's an assortment of links, and a set of steps:

- Step 1. Check you're getting what you're entitled to
- Step 2. Speak with your energy supplier
- Step 3. Get money and energy advice local to you
- Step 4. Applying for a grant

There's a lot of useful information to be found if you take the time to look at the various links, although it's easy to get lost among them.

• **Citizens Advice B**

Citizens Advice is an excellent source of information, including:

■ Grants and benefits to help you pay your energy bills
www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/

■ Get help if you're behind with your energy bills
www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/struggling-to-pay-your-energy-bills/

• **Gov.uk B**

• **StepChange Debt Charity E**

■ Help if you cannot pay gas and electric bills
www.stepchange.org/debt-info/gas-and-electricity-arrears.aspx

■ Government help with gas and electricity bills
www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx

• **Turn2us E**

■ Energy schemes - Help from your energy company
www.turn2us.org.uk/get-support/information-for-your-situation/energy-schemes/help-from-your-energy-company

There are too many electricity and gas companies to list here. You'll find information and telephone numbers on your account paperwork and bills.

Utilities: water

We searched on-line using the following criterion:

help with water debts uk

We found these main links:

Citizens Advice B

- WaterSure scheme – help with paying water bills
www.citizensadvice.org.uk/wales/consumer/water/problems-with-paying-your-water-bill/watersure-scheme-help-with-paying-water-bills/
- Check if you can pay less on your water bills
www.citizensadvice.org.uk/consumer/water/problems-with-paying-your-water-bill/help-with-paying-your-water-bills/

Dŵr Cymru/Welsh Water

- Help gyda'ch biliau
www.dwrcymru.com/cy-gb/help-with-your-bills
- Help with your bills
www.dwrcymru.com/en/help-with-your-bills

The Dŵr Cymru/Welsh Water Customer Assistance Fund is designed to help those in severe financial hardship to clear debt and get on top of their payments.

- Customer Assistance Fund Debt Support scheme
www.dwrcymru.com/en/help-with-your-bills/customer-assistance-fund

The HelpU tariff helps low income households by putting a cap on the amount that they have to pay for their water.

- HelpU tariff
www.dwrcymru.com/en/help-with-your-bills/helpu-tariff

F

STOP PRESS We spotted this BBC article as we reached the end of typesetting: 'Debt charities say they are receiving an influx of calls as people worry their financial situation has slipped towards becoming unmanageable.'

- 'Unprecedented' numbers seeking debt help post-Christmas, say charities
www.bbc.co.uk/news/articles/c0er4n1z0ro

If you would like to print a copy of this article, you will find it presented as the last six pages of the on-line version of **The Puffin** 55 at www.seiriolalliance.co.uk/newsletters/.

side that bring communities together.

CPRW believes that pride in place, creativity, and community spirit often bloom in the most unexpected spots, and what better example is there than the humble rural bus stop?

Whether it's adorned with colourful flower tubs, painted by local schoolchildren, or lovingly maintained by volunteers, these everyday spaces reflect the unique vibrancy of rural Wales.



Llanddona's award-winning bus stop...
(Meg Marsden)

Each CPRW branch was invited to nominate a bus stop that went above and beyond in bringing warmth, charm, and character to its community, be it a shelter that doubles as a noticeboard or

puffinpages@gmail.com

a place of rest for walkers, or simply a



beautiful symbol of local care. This wasn't just about neatness, but about connection as well.

The winners were announced in September 2025 and Llanddona's decorated bus stop, midway between yr Owain

Glyndŵr and Neuadd Bentref Llanddona Village Hall, was one of the top three!



...with its decorator, Meg Marsden
(Meg Marsden)

"We absolutely loved the Llanddona Bus Stop — it's full of character, colour, and community spirit! It was a really strong entry and scored 26 out of 35, earning a fantastic third place."

- YDCW (Ymgyrch Diogelu Cymru Wledig)
<https://cprw.org.uk/?lang=cy>

- CPRW (Campaign for the Protection of Rural Wales)
<https://cprw.org.uk>



The Puffin 55 • February 2026

Tailpiece: Little Lucy on being a year old, snow and other stuff

Little Lucy (dogtated to Andrew Perrott)

Dogtation Boss here: Little Lucy needed no asking to do some fresh dogtation. Her bezzie Edie decided that she'd had enough of Little Lucy's constant dogtating at her and handed over the reins to her... now Little Lucy takes over...

My Dogtation Boss told me that I must say a big 'thank you' to all of my readers for supporting **The Puffin**. I was going to do so anyway but he likes to think that he's the Boss... so here's the big

THANK YOU

to everybody who helps us by means of donations, grants, advertising, so many kind comments and, of course, reading us! **The Puffin** says it regularly, but 'we couldn't do it without you'!

You know that I had to have an operation in the summer. What a sight I was afterwards! Well, I've been a very good



This is me in the treadmill tank; they make the bit at the bottom go at different speeds and I have to walk to keep up with it...



All that splashing about makes me tired, so I go to sleep under an armchair when I get home...

girl with my exercises and at my hydrotherapy sessions at Mochdre Vets: my coat has regrown, and I can walk really well now, with just the odd hop now and then.

I've had eighteen hydrotherapy sessions so far, and there's just one more to go. I don't mind them, but they make me so wet, you know.

It was my birthday on 13 November. I was one year old and I had lots of treats. My bezzie Edie came to stay later that month while her boss went on holiday. Edie can be a bit of a grump, but she decided that she would play with me after all... then she wouldn't stop...



Edie had a lot of fun while she was on holiday...



...but she insisted on trying to lie on my windowsill while I was still on it

We had more fun at Christmas when I went to stay with her... and then something really exciting happened... snow!



We went for a walk in the snow; it was such fun until I saw the *thing* in the football field... I had no idea what it was, but I didn't like it...

What a lot of fun it was, all crisp and crunchy when I ran about in it, but it did make my feet cold!

It was fine until we went into the football field and I saw a *thing* standing there.

Well, what was I to do? The Boss looked at me. I looked at him and barked at it, but it did nothing. It didn't move, but it wasn't nice. It was even worse than big cardboard boxes!



The Boss walked up to the *thing* with me (I'm sure he was as scared of it as I was); he told me that it was a snowman but I don't think I believe him...

I did get close enough to sniff it. It didn't smell of much... and do you know what? Some of it was still there the next day! I barked at it to show how brave I was.



After the shock of that *thing* on the football field I had to take cover in a bed, just in case...

My friend Frances in London – I have friends all over the place, you know – sent the Boss a photograph of two feet of snow somewhere.



Two feet of snow somewhere (via Frances French)

Snowmen? Two feet of snow? I don't believe any of it!

Some local Facebook community links

- Anglesey Community Noticeboard/Hysbysfwrdd Cymunedol Môn www.facebook.com/groups/205528177434085/
- Friends of Beaumaris www.facebook.com/groups/521368261344315/
- Beaumaris Community Activities and Information/Gweithgareddau Bwmares www.facebook.com/groups/400365856820659/
- Ffrindiau Cwlwm Seiriol Friends www.facebook.com/groups/395263584239092/
- Cymuned Llanddona Community www.facebook.com/groups/lllanddona/
- Cymuned Llandegfan Community www.facebook.com/groups/1518554195120520/
- Ffrindiau Llangoed www.facebook.com/groups/1458577214379355/
- Cymuned Llangoed Community www.facebook.com/groups/Llangoed/
- Pobol Llansadwrn People www.facebook.com/groups/3140572646162274/
- Hysbysfwrdd Seiriol Noticeboard www.facebook.com/groups/1600203890233039/



B a r & B i s t r o
R h o s - o n - S e a

The Puffin

puffinpages@gmail.com
www.seiriolalliance.co.uk/newsletters/

DEBT: SOME SOURCES OF INFORMATION AND HELP

Debt: some sources of information and help

Introduction

In **The Puffin** 40 we looked at debt. We'd already dipped our toes into debt's murky waters when **The Puffin** was honoured to be selected in April 2020 as the means of broadcasting COVID-related information to residents in the LL58 and LL59 Postcode areas of Anglesey.

The parlous state of the UK's economy means that the problem of debt is coming to the fore once more. There has been an alarming increase in the cost of so many day-to-day basics, like utilities and food, so we've decided to update our look at the subject. Here it is.

Important notes

We don't pretend to be financial wizards, and we're not attempting to give advice of any sort. We've simply dipped into some on-line sources of assistance, steering well clear (with a couple of exceptions) of private companies, to give a flavour of what is available.

The information given in this article is not intended to be comprehensive. There's so much useful information and help about debt on-line, and we can do no more than give a representative sample of what is available.

Sources of information

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

We searched on-line using the following criteria:

*sources of debt advice uk
sources of debt advice wales
sources of debt advice anglesey
personal debt uk*

and came up with a great deal of useful information and links. You'll see that many of the links cover the same subjects, and most appear to do a thorough job of it.

Searching on-line

Before starting your search, think about the help and/or advice that you need, everything that you need to know, in fact, and make a 'shopping list'... and remember to do what we did: make a note of your search criteria in case you need to return to them.

Licenced practitioners

You should be aware that some forms of debt assistance may require

licenced practitioners to be put into effect. These include bankruptcy and Debt Relief Orders (DRO).

- **Telephone numbers:** we've given some telephone numbers in this article, and you may well find more as you search on-line for information.

We hope that you find the information in this article useful.

◆ ◆ ◆

Banks and building societies

We searched on-line using the following criterion:

help with bank debts uk

Banks and building societies are a specialist subject so we can do no more than list a few useful sources and advise that a person with financial problems really should contact his/her bank or building society as soon as possible.

See the links below, and go to the pages indicated in red for more detailed information.

- **Age UK**

■ Debt help and advice
www.ageuk.org.uk/information-advice/money-legal/debt-savings/debt-advice/

- **Bank of England**

■ What do I need to know about debt?
www.bankofengland.co.uk/explainers/what-do-i-need-to-know-about-debt

- **Citizens Advice B**

■ Check your options for getting out of debt
www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/check-your-debt-options/

- **Gov.uk B**

■ Options for dealing with your debts
www.gov.uk/options-for-dealing-with-your-debts

■ Benefits

www.gov.uk/browse/benefits

- **MoneyHelper C**

■ Help if you're struggling with debt
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/help-if-youre-struggling-with-debt

- **MoneySavingExpert D**

■ Debt problems & help available:
What to do & where to get support
www.moneysavingexpert.com/loans/debt-help-plan/

- **National Debtline D**

■ Free, impartial debt advice and support
<https://nationaldebtline.org>

- **StepChange Debt Charity E**

■ Get debt help: Our free debt advice
www.stepchange.org/how-we-help/debt-advice.aspx

- **Turn2us E**

■ Turn2us
www.turn2us.org.uk/get-support/information-for-your-situation/debt

- **Which?**

■ Free debt advice contacts
www.which.co.uk/money/credit-cards-and-loans/how-to-deal-with-debt/free-debt-advice-contacts-ahulr3I9Bln1

■ There are too many banks and building societies to list here. You'll find information and telephone numbers on your bills, statements and other paperwork.

Business Debtline

Business Debtline is a charity run by the Money Advice Trust. It is a free debt-advice service for the self-employed and small businesses in England, Wales and Scotland.

There are guides, factsheets, budgeting tools and sample letters to help you write to your creditors, and debt advice is available by using its webchat service or by calling its helpline.

■ Business Debtline
www.businessdebtline.org/

■ 0800 197 6026
Monday-Friday 9.00am-8.00pm

Christians Against Poverty

Christians Against Poverty (CAP) provides free debt help and local community groups across the UK.

CAP's services are run with local churches, and provide practical and emotional support and show people that there's always hope.

CAP was founded in 1996, and has lifted thousands of people out of poverty. As the name suggests, CAP is run by Christians, but it is for everyone: it is not a surreptitious attempt to convert people to Christianity, just a Christian-run organisation that wants to help.

A click on *Get help* will take you to *Get help near you*; scroll down and enter a Postcode, and that's likely to show that the nearest CAP Debt Centres are in Bangor and Llanfairfechan.

- ❑ Christians Against Poverty
www.capuk.org

Citizens Advice

For over 80 years Citizens Advice has been helping millions of people every year with free, independent and expert advice across the broadest range of areas, from money and debt to benefits, housing, energy, work and so much more.

In 2024-2025 it helped over 2.71 million people with one-to-one advice.

Citizens Advice Wales's website gives a great deal of useful information, and its *Debt and money* page gives links to advice, including:

- Help with the cost of living
- Help with debt
- Using a food bank
- Debt solutions
- Budgeting
- Mortgage problems
- Rent arrears
- Action a creditor can take
- Borrowing money
- Banking
- Pensions
- Getting financial advice
- Template letters to creditors
- Gambling problems
- Getting tax advice

- ❑ Citizens Advice Cymru
www.citizensadvice.org.uk/cymraeg/

- ❑ Citizens Advice Wales
www.citizensadvice.org.uk/wales/

- ❑ Debt and money
www.citizensadvice.org.uk/wales/debt-and-money/

- ☎ 0808 223 1144 (Welsh)
0808 223 1133 (English)

Llangefni office

Canolfan Ebenezer
Bridge Street
Llangefni
Anglesey
LL77 7PN

Opening times:

Tuesday, 9.00am-4.00pm
Wednesday, 9.00am-4.00pm

☎ 0808 278 7932

- ❑ Citizens Advice Ynys Môn
www.citizensadvice.org.uk/local/ynys-mon/

✉ angleseyca@gmail.com

Debt Advice Foundation

The Debt Advice Foundation is a registered national debt advice and education charity in England and Wales. Its main focus is on helping those who need advice and support, and it believes

strongly that improving financial literacy amongst the next generation of credit-users is vital to tackling unmanageable consumer debt in the UK.

It seeks to undertake these objectives through its free telephone debt-counselling service, which helps over 10,000 people every year, and through DebtAware, its award-winning debt-education programme for schoolchildren.

- ❑ Debt Advice Foundation
www.debtadvicefoundation.org

- ❑ Fact Sheet (1 page)
www.debtadvicefoundation.org/wp-content/uploads/2009/01/Debt-Advice-Foundation-Fact-Sheet_3.pdf

- ❑ DebtAware
www.debtaware.org

☎ 0800 043 4050

Dewis Cymru

Dewis Cymru has information that can help you to think about what matters to you, and also has information about people and services in your area that can help you with the things that matter to you.

A reason for its creation is the Social Services and Well-being (Wales) Act 2014, which came into effect in April 2016. This law is intended to make life better for people and their carers, by making sure people get the help they need to lead a good life.

A search is simple, via two search fields, *I'm looking for...* and *near...*

- ❑ Dewis Cymru
www.dewis.cymru

- ❑ Dewis Cymru
www.dewis.wales

Gov.uk

It's worth taking time to look through the various headings so that you miss no useful information.

- ❑ Get free debt advice
www.gov.uk/debt-advice

We found these main links:

- **Citizens Advice B**
- **Community Money Advice**

Community Money Advice (CMA) offers telephone, e-mail and face-to-face services in England, Wales and Scotland.

You can use the interactive map or enter your Postcode or postal town in the search facility to find your local CMA debt advice service.

Its advisors will be happy to help you. You can either telephone or use

the e-mail link to request an appointment

If you're not near a centre and you're in England or Wales, click *Get Started* in the bottom right of your screen to use CMA's contact form to put you in touch with an advisor directly.

- ❑ Community Money Advice
www.communitymoneyadvice.com/freedom-from-debt/get-help

• Debt Advice Foundation B

• MoneyPlus Advice

MoneyPlus Advice offers phone and email services, and has an on-line debt advice service.

☎ 0161 837 4754
Monday-Thursday: 8.00am-8.00pm
Friday: 8.00am-4.00pm

- ❑ MoneyPlus Advice
<https://moneyplusadvice.com>

• Money Wellness

Money Wellness offers telephone services and a wide range of debt solutions, including:

- Debt management plan
- Individual Voluntary Arrangement (IVA)
- Debt Relief Order (DRO)
- Debt consolidation
- Bankruptcy

All of its advice is confidential, practical and impartial.

☎ 0161 518 8285
Monday-Friday: 9.00am-8.00pm

- ❑ Money Wellness
www.moneywellness.com

• National Debtline D

• PayPlan D

• StepChange Debt Charity E

There are other sources of information as well:

- ❑ Help from your council if you're homeless or at risk of homelessness
www.gov.uk/homelessness-help-from-council

- ❑ Council and housing association evictions
www.gov.uk/council-housing-association-evictions

- ❑ Understanding the possession action process: guidance for tenants (contract holders)
www.gov.wales/understanding-possession-action-process-guidance-tenants-contract-holders-html

- ❑ Apply for sheltered housing
www.gov.uk/apply-for-sheltered-housing

❑ Your rights to housing if you're under 18

www.gov.uk/your-rights-to-housing-if-youre-under-18

❑ County court judgments for debt

www.gov.uk/county-court-judgments-ccj-for-debt

❑ Apply to bankrupt someone who owes you money

www.gov.uk/apply-to-bankrupt-someone

❑ Options for dealing with your debts

www.gov.uk/options-for-dealing-with-your-debts

Gov.wales

Like the Gov.uk website, the Gov.wales website looks a bit starchy, but it's worth taking time to look through the various headings.

There are three main links, which lead in turn to others:

- **Advicelink Cymru**

Advicelink Cymru is funded by the Welsh Government. It provides free, independent, impartial advice and support on social welfare rights to people in Wales, including:

- Welfare benefits
- Debt
- Employment
- Education
- Housing
- Discrimination

☎ 0800 702 2020

Monday to Friday: 8.00am-7.00pm

Saturday: 9.00am-1.00pm

❑ Advicelink Cymru

<https://advicelinkcymru.org.uk/cy/>

❑ Advicelink Cymru

<https://advicelinkcymru.org.uk>

- **Citizens Advice B**

- **Dewis Cymru B**

- **MoneyHelper C**

❑ Cael cyngor ariannol neu ddyled

www.llyw.cymru/cael-cyngor-ariannol-neu-ddyled

❑ Get financial or debt advice

www.gov.wales/get-financial-or-debt-advice

Isle of Anglesey County Council

The *Consumer and legal advice* page is the only link that came up in our search.

❑ Consumer and legal advice

www.anglesey.gov.wales/en/Residents/Consumer-advice/Consumer-and-legal-advice.aspx

It directs you to:

- **Citizens Advice B**

Citizens Advice's Consumer Helplines:

☎ 0808 223 1144 (Welsh)
0808 223 1133 (English)

- **StepChange Debt Charity E**

Local authority: rent

We searched on-line using the following criterion:

help with council rent debts wales

We found these main links:

- **Citizens Advice B**

- **Gov.uk B**

- **MoneyHelper C**

- **Shelter Cymru**

If you are struggling to pay your rent, or are at risk of losing your home because you owe your landlord rent, don't ignore the problem or you could be evicted.

Bear in mind that the rules about eviction depend on the type of occupation contract you have, and that mortgage arrears and repossession are dealt with in a different way.

❑ Arrears and dealing with debt
<https://sheltercymru.org.uk/housing-advice/paying-for-housing/arrears-and-dealing-with-debt/>

- **StepChange Debt Charity E**

Local authority: Council Tax

We searched on-line using the following criterion:

help with council tax debts uk

We found these main links:

- **Citizens Advice B**

❑ Dealing with Council tax arrears
www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-urgent-debts/dealing-with-council-tax-arrears/

- **Gov.uk B**

❑ Pay Council Tax arrears
www.gov.uk/council-tax-arrears

- **MoneyHelper C**

MoneyHelper stresses the fact that Council Tax is a priority debt, and must be paid.

- **StepChange Debt Charity E**

StepChange Debt Charity also stresses the fact that Council Tax is a priority debt, and must be paid.

If a person is struggling to pay it he/she should contact the local authority and ask it to agree to a payment plan.

Money Advice Trust

The Money Advice Trust is a national charity which helps people across the UK to tackle their debts and manage their money with confidence.

It supports individuals, the self-employed, small businesses, the free debt-advice sector and creditor organisations.

- ❑ Money Advice Trust

www.moneyadvicetrust.org/

❑ Households facing "double-whammy" of high inflation and looming tax rises
www.moneyadvicetrust.org/latest-news/households-facing-double-whammy-of-high-inflation-and-looming-tax-rises/

❑ Government support 'helps a little' but energy rises 'hurt a lot'
www.moneyadvicetrust.org/latest-news/government-support-helps-a-little-but-energy-rises-hurt-a-lot/

MoneyHelper

MoneyHelper's trained and experienced debt advisors give free advice on matters such as:

- Benefits
- Family & care
- Money troubles
- Savings
- Everyday money
- Homes
- Pension & retirement
- Work

and there are links to a wide variety of other useful information, such as:

- Help if you're struggling to pay your bills
- Money and mental health
- Energy bills – what to do if you're worried
- How to make a budget
- Divorce and separation
- Self-assessment tax returns

❑ HelpwrArian
www.moneyhelper.org.uk/cy

❑ MoneyHelper
www.moneyhelper.org.uk/

❑ Where to get free debt advice
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/debt-advice-locator

MoneyHelper's *Best ways to pay off your debts – England and Wales* page covers the different ways of dealing with debts if you're falling behind with day-to-day bills, loan and credit card repayments, or other financial commitments (such as your rent or mortgage) under these headings:

- A debt adviser will listen and help you make an informed decision

- What is a Debt Management Plan (DMP)
- Debt Relief Order (DRO)
- Individual Voluntary Arrangement (IVA)
- Bankruptcy
- Offer in full or final settlement
- Writing off your debts

❑ Best ways to pay off your debts – England and Wales
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/options-for-clearing-your-debts-england-and-wales

☎ 0800 138 1677

Monday-Friday: 8.00am-6.00pm
 Bank Holidays: closed

Money and Pensions Service

The Money and Pensions Service is an arm's-length body sponsored by the Department for Work and Pensions, established at the beginning of 2019, and also engages with HM Treasury on policy matters relating to financial capability and debt advice.

❑ Money and Pensions Service
www.moneyandpensionsservice.org.uk/

MoneySavingExpert

Martin Lewis's *MoneySavingExpert* website is a private company, and is a very useful source of all manner of financial information.

Subscription to its weekly e-mails is free; there's a link at the top of its home page. I used it to find out about Council Tax exemption on my home when I was a Registered Carer living away from my only or principal home, and was successful when all other research had failed to produce a result.

Martin Lewis's advice is simple: 'Talk to someone'.

The two news items below aren't that recent, but they're just as relevant now as they were when they were published.

❑ Money expert Martin Lewis highlights debt-mental health link
www.bbc.co.uk/news/uk-wales-4471554

❑ 'Speak to someone' debt advice from expert Martin Lewis (with short video)
www.bbc.co.uk/news/av/uk-wales-44722394

The *Debt problems: What to do & where to get help* page provides a comprehensive list of points to consider under several main headings, each with sub-headings:

- **Step 1: Assess how serious your situation is**

Are you in debt crisis?

Are you in a debt spiral?

- **Step 2: Make pain-free savings**
 Sort your spending
 Claim everything you're entitled to
 Cut the costs of your debt
- **Step 3: Make painful savings**
- **Step 4: If you're still struggling, get help from a debt charity**

Martin Lewis says this in no uncertain terms:

The **WRONG** people to go to...

Avoid any debt help or loan consolidation companies that advertise on TV or in some newspapers. Their job is to make money out of you, plain and simple.

While in the short term their plans will make your payments lower, in the long run it'll cost you dear. Avoid them. Don't touch them. Don't go near them.

It's well worth spending some time simply clicking on the various links because they lead in turn to a lot of other useful links.

❑ Debt problems: What to do & where to get help

www.moneysavingexpert.com/loans/debt-help-plan/

The COVID pandemic is in the past, and some of the sources and information in its *Coronavirus Finance & Bills help: Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more* page may overlap with other information, but there's a lot of useful information given under four main headings, with sub-headings:

- Help if struggling with debts
- Help if you can't pay your rent, including eviction help
- Help with other household bills
- Warning – watch out for coronavirus scams

Again, it's well worth spending some time simply clicking on the various links to find out more.

❑ Debt problems: What to do & where to get help

www.moneysavingexpert.com/loans/debt-help-plan/

Some of the sources and information in its *Coronavirus Finance & Bills help: Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more* page may overlap with other information, but there's a lot of useful information given under these main headings:

- Help if you're struggling with mortgage repayments

- Help if you're struggling with credit card debt or loan repayments
- Help if you're struggling to pay your rent-to-own, pawnbroker or buy now, pay later loan
- Help if you're struggling with payday loans
- Help if you're struggling with car finance payments
- Paying overdraft interest? You can get tailored support, which could include waiving interest or transferring the debt to a loan
- Help if you're struggling to pay insurance premiums

It's well worth spending some time simply clicking on the various links to find out more.

❑ *Coronavirus Finance & Bills help:*

Help if you're struggling to pay mortgages & other debts, plus rental help, council tax and more

www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#credithelp

❑ 10-minute benefits check

www.moneysavingexpert.com/family/benefits-check/

National Debtline

National Debtline is a charity that gives free and independent debt advice by telephone and on-line.

It does not cold-call and will not pass personal information to other companies.

There is a useful factsheet library, *A-Z debt advice*, with topics listed under various headings.

❑ A-Z debt advice

https://nationaldebtline.org/get-information/guides/

❑ National Debtline

www.nationaldebtline.org

☎ 0808 808 4000

Monday-Friday 9.00am-8.00pm
 Saturday 9.30am-1.00pm

Office for National Statistics

The *Debt* page gives information about the debt of UK households, broken down by financial debt and property debt.

❑ Debt

www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/debt

PayPlan

Like *MoneySavingExpert* above, PayPlan is a private company, but its advice is free, impartial, and confidential.

PayPlan advises on solutions under these headings:

- IVA (Individual Voluntary Arrangement)

- Debt Management Plan (DMP)
- Self-employed IVA
- Bankruptcy
- Debt Relief Order (DRO)
- Debt Settlements
- Administration Order
- Debt Write-off

■ **PayPlan**
www.payplan.com

■ **0800 280 2816**

Monday-Friday: 8.00am-8.00pm
 Saturday: 9.00am-3.00pm

Samaritans

The Samaritans *Other sources of help* page is a very useful source of information about various organisations, listed under these headings:

- Addiction
- Benefits and Rights
- Bereavement
- Carers
- Children and young people
- Counselling
- Crisis pregnancy
- Debt, poverty and social exclusion
- Eating disorders
- Emotional text support
- Health
- Housing and homelessness
- Loneliness and isolation
- Mental health
- Military
- NHS Staff (only)
- Older people
- Relationships
- Sexuality
- Sexual/domestic abuse (abused)
- Sexual/domestic abuse (abuser)
- Victims of crime

■ **Other sources of help**
www.samaritans.org/wales/how-we-can-help/if-you're-having-difficult-time/other-sources-help/

■ **116123**

StepChange Debt Charity

StepChange says that it provides the UK's most comprehensive debt advice service.

It helps people with debt problems take back control of their finances and their lives. It helps people by:

- Providing free, confidential and expert debt advice and money guidance.
- Recommending the best solution or service for a person's circumstances.
- Supporting the person while he/she deals with his/her money problem for as long as help is needed.
- Campaigning on the behalf of people to reduce the risk problem debt and the harm that it causes.

Topics covered include:

- Debt management plan (DMP)
- Individual voluntary arrangement (IVA)
- Debt relief order (DRO)
- Bankruptcy
- Equity release
- Debt Arrangement Scheme (DAS)
- Sequestration bankruptcy
- MAP bankruptcy
- Protected trust deed

■ **StepChange Debt Charity**
www.stepchange.org

■ **0800 138 1111**

Monday-Friday: 8.00am-8.00pm
 Saturday: 9.00am-2.00pm

TaxAid

The TaxAid guide on tax-paying is a useful source of information and advice.

■ **10 sources of information and advice**
www.taxaid.org.uk/guides/taxpayers/tax-debt/sources-of-information-and-advice

Turn2us

Turn2us is a national charity that provides practical help to people who are struggling financially. Anyone can be just a step – a missed pay-cheque or illness – away from a real financial crisis, which is why Turn2us can help people find the support that they need to get back on track.

- Its *Benefits Calculator* takes less than 10 minutes to complete and it will advise you which means-tested benefits you may be entitled to, including tax credits.
- Its *Grants Search* can help you look for funds that might be able to give you a grant or other types of help.

■ **Turn2us**
www.turn2us.org.uk/

Utilities: electricity, gas

We searched on-line using the following criterion:

help with gas debts uk

Most of the information that we found covers electricity and gas, and there's quite a bit of overlap with the information given in the links above.

British Gas Energy Trust

Click *Help* at the top of British Gas's website front page, then scroll down to *Help categories*.

There's a series of boxes under the heading *Help categories*. Click on Bills and payments and you'll see a link to the British Gas Energy Trust, an independent charity funded by British Gas.

■ **Hi there, how can we help?**
www.britishgas.co.uk/help-and-support

■ **The British Gas Energy Trust – help with energy debt**
www.britishgas.co.uk/energy/help-with-bills/british-gas-energy-trust.html

The British Gas Energy Trust is there to help, regardless of which energy company you are with. It helps families and individuals struggling with energy debt across England, Scotland and Wales.

There's an assortment of links, and a set of steps:

- Step 1. Check you're getting what you're entitled to
- Step 2. Speak with your energy supplier
- Step 3. Get money and energy advice local to you
- Step 4. Applying for a grant

There's a lot of useful information to be found if you take the time to look at the various links, although it's easy to get lost among them.

Citizens Advice B

Citizens Advice is an excellent source of information, including:

■ **Grants and benefits to help you pay your energy bills**
www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/

■ **Get help if you're behind with your energy bills**
www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/struggling-to-pay-your-energy-bills/

Gov.uk B

StepChange Debt Charity E

■ **Help if you cannot pay gas and electric bills**
www.stepchange.org/debt-info/gas-and-electricity-arrears.aspx

■ **Government help with gas and electricity bills**
www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx

Turn2us E

■ **Energy schemes - Help from your energy company**
www.turn2us.org.uk/get-support/information-for-your-situation/energy-schemes/help-from-your-energy-company

There are too many electricity and gas companies to list here.
You'll find information and telephone numbers on your account paperwork and bills.

Utilities: water

We searched on-line using the following criterion:

help with water debts uk

We found these main links:

- **Citizens Advice B**

- WaterSure scheme – help with paying water bills
www.citizensadvice.org.uk/wales/consumer/water/problems-with-paying-your-water-bill/watersure-scheme-help-with-paying-water-bills/
- Check if you can pay less on your water bills
www.citizensadvice.org.uk/consumer/water/problems-with-paying-your-water-bill/help-with-paying-your-water-bills/

- **Dŵr Cymru/Welsh Water**

- Help gyda'ch biliau
www.dwrcymru.com/cy-gb/help-with-your-bills

- Help with your bills
www.dwrcymru.com/en/help-with-your-bills

The Dŵr Cymru/Welsh Water Customer Assistance Fund is designed to help those in severe financial hardship to clear debt and get on top of their payments.

- Customer Assistance Fund Debt Support scheme
www.dwrcymru.com/en/help-with-your-bills/customer-assistance-fund

The HelpU tariff helps low income households by putting a cap on the amount that they have to pay for their water.

- HelpU tariff
www.dwrcymru.com/en/help-with-your-bills/helpu-tariff

- **National Debtline D**

- Water arrears
<https://nationaldebtline.org/get-information/guides/water-arrears-ew/>

- **StepChange Debt Charity E**

- Get help with your water bills
www.stepchange.org/debt-info/help-with-water-bills.aspx

- **Turn2us E**

- Water schemes - Water companies (England and Wales)
www.turn2us.org.uk/get-support/information-for-your-situation/water-schemes/water-companies-england-and-wales

Finally...

Don't bottle it up!

Ignoring debt won't make it go away. There's an old adage: *a problem shared is a problem halved*. Discussing your problems with those to whom you owe money will often show that there is a solution available.

F

STOP PRESS We spotted this BBC article as we reached the end of typesetting: 'Debt charities say they are receiving an influx of calls as people worry their financial situation has slipped towards becoming unmanageable.'

- 'Unprecedented' numbers seeking debt help post-Christmas, say charities
www.bbc.co.uk/news/articles/c0er4n1zelro