The Puffin

FREE community magazine ● published quarterly

Number 58 ● November 2026



Serving...

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

...and on-line

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Editorial: welcome to The (special) Puffin 58!

John Nunn

You may be looking at this bumper edition of **The Puffin** – our largest yet – and thinking to yourselves: 'Oh well, here it is, another edition...' Another edition indeed? It's more than that!

Seriously: this is a very special edition because, ten years ago, **The Puffin** 16 (June 2016) looked as if it might be the last one: the Team that had been producing it had decided to call it a day.

The present Editorial Team responded to the cry for help and took it on, and **The Puffin** 17 rolled off the presses in November 2016, a magnificent eight pages. Since then **The Puffin** has gone from strength to strength.

The images above track **The Puffin** from its predecessor, the Llangoed, Penmon and Glanrafon *Cylch Lythyr*/*News Letter*, via the first and last of **The Puffin**'s first incarnation, to August 2021, when it became a magazine.

The, *Cylch Lythyr/News Letter*, appeared on the scene in October 2000, serving Llangoed, Penmon and Glanrafon, and lasted until February 2006. It was succeeded by the first incarnation of **The Puffin**, which covered the period between August 2013 and June 2016.

Those of you reading **The Puffin** in Beaumaris and elsewhere may not know that those early editions were aimed just at Llangoed, Penmon and Glanrafon and were hand-delivered... yes, that's right, hand-delivered... to every address in those communities. If you are one of the loyal team of people who assisted with those deliveries give yourself a pat on the back: without your efforts **The Puffin** would likely not exist.

Following the demise of the Beaumaris newsletter, we were asked towards the end of 2019 to cover Beaumaris as well.

This resulted in too large an area and readership for door-to-door delivery to continue so **The Puffin** started the present system of designated outlets as well as a well-advertised online presence.

The Puffin started to cover Llanddona at about the same time, and Llandegfan and Llansadwrn followed early in 2020. This

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Get in touch! We want to hear from you

- **Your forthcoming events**: let us know if you're organising or taking part in an event!

  ✉ **puffinpages@gmail.com**

- **Your stories, articles and poems**: do you have an interesting or exciting story to tell, or a poem that you'd like us to publish?

  We'd love to feature it, bilingually if possible, so send us an e-mail, and a picture or two as well.

  ✉ **puffinpages@gmail.com**

- **Deadline**: please note that 1 January is the deadline for anything that you'd like us to feature in **The Puffin** 59, February 2027.

  There's more information about **The Puffin** in the last edition, page 47.

  ✉ **puffinpages@gmail.com**

- **Businesses**: why not advertise in **The Puffin**? Our rates are very competitive, starting from £32.00 for a quarter-page advertisement.

  ✉ **puffinpages@gmail.com**

- **The Puffin by post**: we don't offer a subscription service, but if you have problems obtaining a printed copy, send us an A4-sized stamped (£2.40) and self-addressed envelope to the address below and we'll be pleased to send you the latest issue:

  Andrew Perrott
  The Puffin by post
  Glangors
  Llanddona
  Anglesey
  LL58 8TU

gave it coverage of our 'pretty, pointy piece of Anglesey', the entire Seiriol Ward area.

The Puffin has grown steadily during the last ten years; the biggest change took place in August 2021 when it acquired a smart and colourful front cover and became a magazine: readers wait with baited breath to see what the next cover will feature! They're varied, all colourful, and have enabled us to showcase the work of local artists from time to time. Tweaks to **The Puffin**'s layout between the covers have given it a smarter look as well.

On its journey **The Puffin** has become a valued community magazine, and we, the Editorial Team members, love publishing it and being an important part of our vibrant community.

We support the community and the community supports us... it's a circular process. We've developed a reciprocal relationship with so many community groups and events, where **The Puffin** supports local events, and local fund-raising activities provide financial support to **The Puffin**. Annual events like the NGS Llanddona Open Gardens, Llangoed Flower Show and Rali Tractor Llanddona Tractor Rally show just how vibrant a community ours is.

One of our proudest moments occurred in April 2020, during the COVID pandemic, when we were selected to produce a Special Number of **The Puffin** (it was **The Puffin** 31, in fact, but not numbered thus). It was packed with useful and important information to enable people to cope with the crisis, and was delivered by Royal Mail to every address in the LL58 and LL59 Postcode areas.

Finally, as is our custom at this time of the year, it remains our task to wish all our readers...

NADOLIG LLAWEN A BLWYDDYN NEWYDD DDA!

MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Especially, we thank our readers, donors and advertisers and, of course, our outlets, without whom we couldn't survive. **The Puffin** has had hurdles along the way, but it has never missed a deadline. Long may it continue; it will certainly do so with your support!

Our 2026 Christmas cover

Andrew Perrott

Tilly Barker liked to watch the world while reclining on the back of the armchair in the window, but Little Lucy prefers the windowsill, which is where I caught her just before Christmas last year, looking as if butter wouldn't melt in her mouth.

'Aha,' I thought, 'this is just the photo for another of my famous/infamous art forgeries.' The deed followed the thought, and 2026's Christmas cover is the result.

I decided to cheat in a big way this year, skipping the various special-effect packages that I have. Instead, I asked ChatGPT: 'in the image please give the dog a Santa Claus-style red hat with bobble'.

The result was, in ChatGPT's own words: ' A cosy white terrier now wearing a festive red Santa hat with a fluffy white bobble'.



(L) The original photo and (R) with the red Santa hat; there followed some tidying, the removal of ornaments and a bit of tweaking before the 'create a Christmas card' step took place...

What's more, it even suggested that it create 'a warm watercolour Christmas-card version'. Could I refuse? No, and the result is our cover illustration.

Needless to say, no Westies were harmed during the production of this cover: Little Lucy was making the most of her perch, waiting for an excuse to bark at an approaching human, not that she needs much of an excuse to bark!

I told her that she'd feature on the front cover and gave her a treat...

What's happening where?

Note

We do our best to ensure that dates, times and so on are accurate. Information can change, though, so do check beforehand.

Editorial information and other 'useful to know' stuff

You'll find this on page 47 of **The Puffin** 57.

Canolfan Iechyd Beaumaris Health Centre

Please turn to page 27 for important information about:

- Encouraging all eligible patients to have their flu vaccination if they haven't had it already
- Health Centre closure dates over the Christmas period.

Anglesey, Gwynedd

- **Grŵp Natur Seiriol**: we are a small and friendly volunteer group helping to maintain local nature reserves, the footpaths within them and those giving access to them. We look after:
  - **Llanddona**: the common land and Llaniestyn Common
  - **Llandegfan**: the Cyttir Mawr nature reserve and Cylch Cyttir
  - **Llangoed**: the Aberlleiniog woods.

North Wales Eye Specialist Centre

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- NWESC is dedicated to delivering high-quality, patient-focused eye care with a strong emphasis on advanced cataract surgery. Using modern techniques and state-of-the-art technology, our experienced clinical team provides safe, effective procedures designed to restore clear vision and improve quality of life. From initial consultation through to aftercare, patients receive personalised support in a professional and welcoming environment.
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The work we undertake is mainly maintaining and improving footpaths and controlling vegetation to improve and preserve the habitat of the local nature reserves.

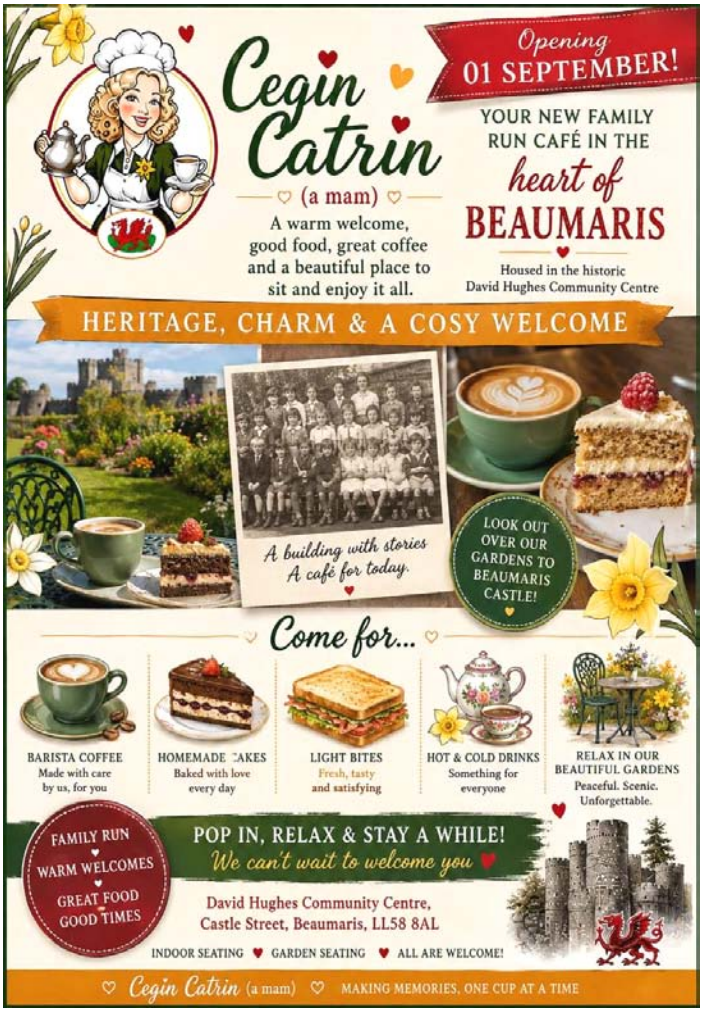
We meet on Tuesdays, 10.00am-12.30pm and 1.30pm-4.00pm, and rotate between the three areas.

- **A diary date for fungiphiles**! Mycologist Charles Aron will be undertaking a waxcap survey in Llanddona on Sunday 6 November, starting at 10.00am. Visit our Facebook page for more information; the link is given below.

Join us! Please get in touch if you would like more information or would like to come along and see what we do.

✉ Janet Robinson, Secretary
janetr172@hotmail.co.uk

💻 Grŵp Natur Seiriol
www.facebook.com/groups/1123620066159478/



We are funded by the National Lottery's Awards For All programme.

Turn now to page 39 to read more about what we've been doing recently.

GRŴP NATUR SEIRIOL COMMUNITY FUND

- **Coed Lleol/Small Woods**: established in 1988, Small Woods is the national organisation for small woodlands, and has a significant track record in managing Social Forestry projects: promoting sustainable management of small woodlands for social, environmental and economic benefit.

  Coed Lleol/Small Woods in Wales was established in 2002 and helps to improve the health and wellbeing of people in Wales through woodland- and nature-based activities.

  Our sessions are free and open to all, but booking is essential. We also deliver training in woodland management and nature-based activities. In Anglesey we are funded to run a range of six-week courses and one-off sessions, and we also run educational sessions in schools across Anglesey, supporting learning outside the classroom.

  For updates on any forthcoming events or sessions, e-mail Vivienne Plank to be added to our Anglesey newsletter:

  ✉ **vivienneplank@smallwoods.org.uk**

  Follow us on Facebook:

  💻 Coed Lleol Small Woods Anglesey
  www.facebook.com/CoedLleolAnglesey/

  or visit our website:

  💻 Coed Lleol/Small Woods
  www.smallwoods.org.uk/en/coedlleol/

CoedLleol SmallWoods

- **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**

- **PALS**: mae PALS yn grŵp cyfeillgarwch ar gyfer pobol dros 55 yng Nghwynedd ac Ynys Môn sy'n dymun cymdeithasu a mwynhau cwmni pobol eraill tebyg.

  Croeso i ddynion a ferched sengl, wedi ysgaru neu'n weddw ac efallai yn unig. **Ein harwyddair: 'Ein nod yw cyfarfod fel dieithriaid a gadael fel ffrindiau'.**

  Rydym yn gobeithio trefnu nosweith-iau lle gallwn gyfarfod a gwneud ffrindiau newydd. Rydym yn cyfarfod ar yr 28ain o bob mis am:

  🖃 Gwesty Carreg Bran Hotel
  Church Lane
  Llanfairpwll
  Anglesey
  LL61 5YH

  Am fanylion ynghylch sut i ymuno, ffoniwch fi, Eryl Casey (Cymraeg a Saesneg yn cael eu siarad), ar:

  ☎ 07743 777248

  Sylwer nad ydym yn safle dyddio.

- **PALS**: PALS is a group for people over the age of 55

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.

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dwelling in Anglesey and Gwynedd who like to be sociable and enjoy the company of other like-minded people.

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  💻 **www.carersoutreach.org.uk**

  ✉ **help@carersoutreach.org.uk**

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  Parc Menai
  Bangor
  LL57 4FG

Bangor

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

  It 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
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  ✉ **info@pontio.co.uk**

  💻 Pontio
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  💻 Pontio Bangor
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Beaumaris

- **Beaumaris Victorian Christmas**: Saturday/Sunday 28/29 November: come and celebrate the magic of Christmas in beautiful Beaumaris!

  There'll be something for everybody:

  o Horse and carriage rides
  o Festive markets
  o Live music
  o Santa's Grotto
  o Elf School
  o Christmas Parade
  o Christmas reindeers and donkeys

  ...and, of course, lots of Christmas Cheer!

  It's a weekend of tradition, community and festive fun, so don't miss it!

  Turn to pages 16-17 to see our colourful Victorian Christmas advertisement!

  💻 Beaumaris Victorian Christmas
  www.facebook.com/BeaumarisVictorianChristmas/

- **Seindorf Beaumaris Band**: it's almost Christmas Concert time!

  o Friday/Saturday 4/5 December, 7.00pm: get into a festive mood by coming along to one of our traditional Christmas Concerts at the Canolfan. We'll have you singing and swaying in your seats with music written for the Season!

    Tickets are available from Canolfan Hamdden Beaumaris Leisure Centre.

  o Sunday 6 December, 1.00pm: following the success of last year's performance, our Senior Band will once again play live to the lovely film *The Snowman*.

    Perfect for young and old alike!

    Tickets are available on-line via:

    💻 **www.ticketsource.com/seindorf-beaumaris-band**

    or use the QR code below:

  🖃 Canolfan Hamdden Beaumaris Leisure Centre
  Rating Row
  Beaumaris
  Anglesey
  LL58 8AL

  ☎ 01248 811200

(*continued on page 14*)

The Bulkeley Hotel

BEAUMARIS, ISLE OF ANGLESEY

Join us for a festive season full of joy



Festive Dining

Indulge in a culinary celebration with our sumptuous three-course festive dining; a symphony of seasonal flavours crafted to delight.

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Festive Party Night

Saturday 19th December

Gather friends, colleagues and loved ones and join us in our ballroom for a truly festive celebration at The Bulkeley. Enjoy a sparkling arrival drink, delicious three-course festive dinner. Then dance the night away with our resident disco.

£45 per person





Christmas Day

Experience Christmas in Georgian grandeur. Join us for a sumptuous three-course Christmas lunch, complete with a glass of fizz to toast the season.

£99 per person



Santa Claus is Coming to Town!

12th December · 11am–1pm

Christmas Eve · 24 December · 4pm–6pm

Make magical Christmas memories with a visit from the man himself, with Brunch with Santa!

£15 per child

For more details or to book our festive events scan the QR code

The Bulkeley Hotel | 19 Castle Street, Beaumaris, Isle of Anglesey, LL58 8AW | 01248 810415

BEAUMARIS TOWN COUNCIL
YN GWEITHIO DROS Y GYMUNED

YN CEFNOGI EIN CYMUNED A'CH CADW CHI'N GYFOES.



Wrth i'r hydref gyrraedd Beaumaris, mae digon i edrych ymlaen ato o hyd. O geir clasurol ar y Grîn i weithgareddau arswydus hanner tymor yn y Carchar a noson gyda'r clairweledyddion yn Neuadd y Dref, mae ein tref yn cynnig cyfleoedd i ddod at ein gilydd, mwynhau rhywbeth gwahanol a chefnogi grwpiau lleol. Yn y rhifyn yma, edrychwn yn ôl ar Rali Ceir y Trefi Caerog a rhannu manylion beth sydd ar y gweill. Gobeithio y byddwch chi'n ymuno â ni a mwynhau y digwyddiadau lleol.

RALI CEIR Y TREFI CAEROG



Ddydd Sul 27 Medi, croesawodd Beaumaris dros 125 o geir clasurol i'r Farian ar gyfer Rali Ceir Cylch Cyfeillgarwch Trefi Caerog Gogledd Cymru. Ar eu ffordd o Ddinbych i'r seremoni wobrwyo yng Nghaernarfon, arhosodd y ceir am ddwy awr, gan ddenu selogion ceir a phobl oedd yn pasio i gael golwg. Er gwaethaf y tywydd garw, roedd digon i'w edmygu a phawb wedi mwynhau diwrnod gwych.

NOSON SEICIG YN NEUADD Y DREF

Bydd Neuadd y Dref Beaumaris yn cynnal noson gyda'r clairweledyddion lleol Islwyn Wyn Owen ac Arwel Jones nos Sadwrn 14 Tachwedd, i godi arian i'n grwpiau Rainbows a Brownies lleol. Bydd y noson yn dechrau am 7pm, gyda thocynnau yn £12.50, gan gynnwys paned o de neu goffi ac un tocyn raffl. Bydd modd prynu rhagor o docynnau raffl ar y noson. Dowch draw am noson ddifyr a chefnogi'r grwpiau yma.

CALAN GAEAF YNG NGHARCHAR BEAUMARIS



Mae tymor Calan Gaeaf yn dod i Garchar Beaumaris drwy gydol wythnos hanner tymor mis Hydref! Bydd plant mewn gwisg ffansi yn cael dod i mewn am ddim, gyda digon o weithgareddau Calan Gaeaf i gadw ein hymwelwyr iau yn brysur. Dilynwch ein llwybrau arswydus, crwydrwch goridorau'r carchar a gweld beth sy'n llechu rownd y gornel. Bydd paentio wynebau hefyd a chyfle da i ddangos eich gwisgoedd mwyaf brawychus. Boed gennych wrach fach, anghenfil drygionus neu ysbryd sydd heb orffen ei waith, byddwn yn falch o'ch croesawu am hwyl Calan Gaeaf i'r teulu cyfan. Bydd y carchar ar agor rhwng 10am a 4pm drwy'r wythnos. Cadwch lygad ar ein gwefan a'r cyfryngau cymdeithasol am fwy o fanylion, a dewch draw yn barod am antur arswydus!

BEAUMARIS TOWN COUNCIL
WORKING FOR THE COMMUNITY

SUPPORTING OUR COMMUNITY AND KEEPING YOU UP TO DATE



As the leaves turn and autumn arrives in Beaumaris, there's still plenty to look forward to. From classic cars on The Green to spooky activities at the Gaol, jigsaw and puzzle swaps at the Town Hall, and an evening of mediumship, our town continues to offer opportunities to come together, enjoy something different and support local groups. In this edition, we look back at the Walled Towns Car Rally and share details of what's coming next. We hope you'll join us and make the most of the events taking place on your doorstep.

WALLED TOWNS CAR RALLY



On Sunday 27th September, Beaumaris welcomed over 125 classic vehicles to The Green for the North Wales Walled Town Friendship Circle Car Rally. Travelling from Denbigh to the prize-giving ceremony in Caernarfon, the vehicles stopped for two hours, attracting petrolheads, car enthusiasts and curious passers-by. Despite the inclement weather, there was certainly plenty to admire, and a great day was had by all who came along.

Night of Mediumship at the Town Hall

Beaumaris Town Hall will host a night of mediumship with local clairvoyants, Islwyn Wyn Owen and Arwel Jones on Saturday 14th November, raising funds for our local Rainbows and Brownies. The evening begins at 7pm, with tickets priced at £12.50, including tea or coffee and one raffle ticket. Further raffle tickets will be available to purchase on the night. Come along for an intriguing evening while supporting these much-loved local groups.

HALLOWEEN AT BEAUMARIS GAOL

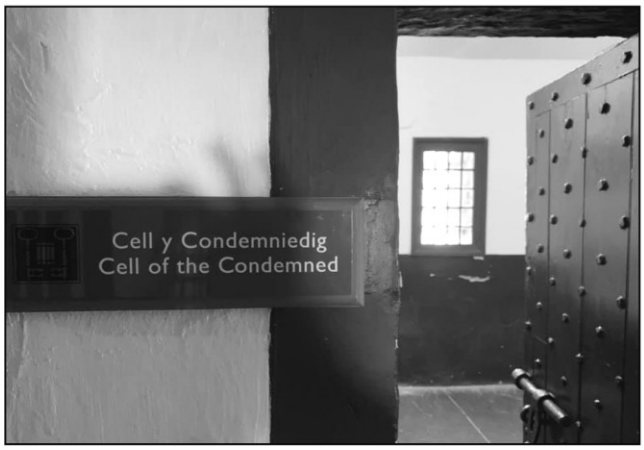


Spooky season is coming to Beaumaris Gaol throughout October half-term! Children in costume can enjoy free entry, with plenty of Halloween activities to keep our younger visitors entertained. Follow our spooky trails, explore the Gaol's atmospheric corridors and discover what lurks around the next corner. There will also be face painting and plenty of opportunities to show off your most frightening fancy dress. Whether you're bringing a little witch, a mischievous monster or a ghost with unfinished business, we look forward to welcoming you for some family Halloween fun. The Gaol will be open from 10am to 4pm throughout the week. Keep an eye on our website and social media for further details of the activities planned, and come along ready for a spooky adventure.

CYNGOR TREF BEAUMARIS

DATHLU EIN TREFTADAETH, A CHEFNOGI EIN CYMUNED NI

CARCHAR BEAUMARIS YN SERENNU AR S4C!



Yn ystod yr haf, croesawodd Carchar a Llys Beaumaris griw ffilmio 'Merched yr Iaith', cyfres S4C sy'n edrych ar hanesion merched gafodd eu carcharu am ymgyrchu dros yr iaith Gymraeg yn ystod y 1960au a'r 1970au. Roedd ein hadeiladau hanesyddol yn gefndir arbennig i'r bennod bwysig yma yn hanes Cymru. Mae'r gyfres yn cael ei darlledu yr hydref yma, ac rydan ni'n annog pawb i'w gwylio, gan ddathlu penderfyniad y merched yma a'u cyfraniad at y mudiad dros yr iaith Gymraeg.

CEFNOGAETH I GRWPIAU CYMENEDOL LLEOL

Ydych chi'n rhan o grŵp cymunedol yn Beaumaris neu Llanfaes? Mae Cyngor Tref Beaumaris yn dyfarnu grantiau o hyd at £2,500 ddwywaith y flwyddyn, ym mis Ebrill a mis Tachwedd, i gefnogi amrywiaeth o brosiectau gan gynnwys chwaraeon, bwyta'n iach a gweithgareddau cymunedol. Mae'r dyddiad cau ar gyfer ceisiadau mis Tachwedd bellach wedi mynd heibio, ond gall grwpiau ddechrau paratoi ar gyfer rownd mis Ebrill. Bydd ffurflenni cais a rhagor o fanylion ar gael ar ein gwefan yn nes at yr amser.



CADWCH Y DYDDIAD

Bydd Noson Tân Gwyllt Beaumaris yn cael ei chynnal ar 7 Tachwedd, ac yna bydd Nadolig Fictoraidd Beaumaris yn dychwelyd ar 28 a 29 Tachwedd. Mae'r ddau ddigwyddiad yn cael eu trefnu'n annibynnol ar Gyngor Tref Beaumaris ac mae disgwyl iddyn nhw ddenu nifer fawr o ymwelwyr i'r dref. Dilynwch gyhoeddusrwydd y trefnwyr eu hunain am fanylion llawn, amseroedd a'r diweddariadau diweddaraf.



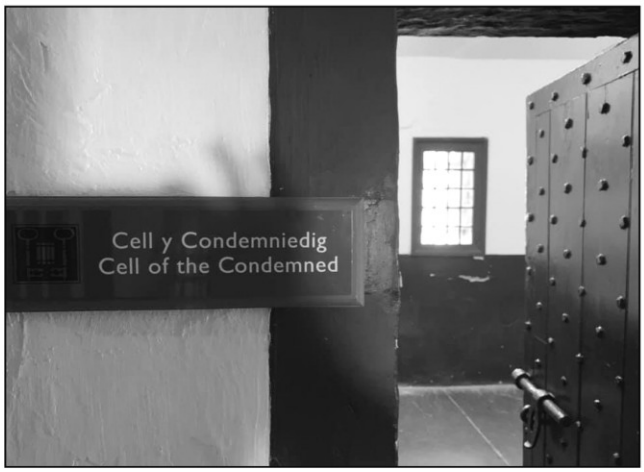
SUL Y COFIO

Bydd Beaumaris yn dod at ei gilydd ddydd Sul 8 Tachwedd i anrhydeddu'r rhai a gollodd eu bywydau wrth wasanaethu eu gwlad. Bydd coffâd Sul y Cofio yn dechrau gyda gwasanaeth eglwys am 10am, ac yna gwasanaeth byr wrth gofeb ryfel y dref. Mae croeso cynnes i drigolion ac ymwelwyr ymuno â ni i gofio a myfyrio, gan gydnabod aberth cenedlaethau'r gorffennol a phwysigrwydd parhaol heddwch. Gyda'n gilydd, ni a'u cofiwn hwy.

BEAUMARIS TOWN COUNCIL

CELEBRATING OUR HERITAGE, SUPPORTING OUR COMMUNITY

LIGHTS, CAMERA, ACTION AT BEAUMARIS GAOL !



This summer, Beaumaris Gaol and Courthouse welcomed filming for Merched yr Iaith, an S4C series exploring the stories of women imprisoned for campaigning for the Welsh language during the 1960s and 1970s. Our historic buildings provided an atmospheric backdrop for this important chapter in Welsh history. Showing this autumn, it's a series we encourage everyone to watch, celebrating these women's determination and their contribution to the Welsh language movement.

SUPPORT FOR LOCAL COMMUNITY GROUPS

Are you involved with a community group in Beaumaris or Llanfaes? Beaumaris Town Council awards grants of up to £2,500 twice a year, in April and November, supporting a range of projects including sport, healthy eating and community activities. The deadline for November's applications has now passed, but groups can prepare for the April round. Application forms and further details will be available on our website nearer the time.



Dates for the Diary

Beaumaris Bonfire Night takes place on 7th November, followed by the return of Beaumaris Victorian Christmas on 28th and 29th November. Both events are organised independently of Beaumaris Town Council and are expected to attract large numbers of visitors to town. Please follow the organisers' own publicity for full details, timings and the latest updates.



REMEMBRANCE SUNDAY

Beaumaris will come together on Sunday 8th November to honour those who lost their lives in service to their country. Remembrance Sunday commemorations will begin with a church service at 10am, followed by a short service at the town's cenotaph. Residents and visitors are warmly invited to join us in remembrance and reflection, recognising the sacrifices made by generations past and the lasting importance of peace. Together, we will remember them.

(*from page 8*)

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.

🖃 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/

- **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/

  See also page 42.

- **Beaumaris Cricket Club**: we welcome new members; our average age is somewhere around 50, a few younger and some older! 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/**

- **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.

  🖃 Canolfan Hamdden Beaumaris
  Leisure Centre
  Rating Row
  Beaumaris
  Anglesey
  LL58 8AL

  ☎ 01248 811200

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

  ☎ 07774 699685

  Put these dates in your diary:

  - **5 November**: *Rebuilding* (2025), starring Josh O'Connor, Lily LaTorre, Meghann Fahy.

    After wildfires take his ranch, a cowboy winds up in a FEMA camp. He finds community with others who lost homes, while reconnecting with his daughter and ex-wife. (1h 36 min; PG)

  - **3 December**: *Tuner* (2025), starring Leo Woodall, Dustin Hoffman, Alisen Richmond-Peck.

    A talented piano tuner who suffers from hyperacusis discovers an unexpected aptitude for cracking safes, turning his life upside down. (1h 47 min; 15)

  - **Early 2027**: **The Puffin** will have gone to print before the films for the New Year have been arranged so be sure to keep an eye on Canolfan noticeboards and social media.

    Leaflets with details of the next set of films will be available at December's Film Night.

- **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.

  - 30 November: Singing for Pleasure (see below) and Christmas Items
  - December: no meeting
  - 25 January: Annual General Meeting

  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

- **Clwb Rhwyfo 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.

  ✉ **brclubsec@gmail.com**

  💻 **www.beaumarisrowingclub.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.

  ☎ 01248 564249.

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

  Read more about it on pages 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/

- **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

- **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

- **Hwylio Treftadaeth Afon Menai**: mae Hwylio Treftadaeth Afon Menai (HTAM) yn Elusen Gofrestredig, wedi'i lleoli yn Gallows Point, Biwmares.

  Un o brif flaenoriaethau HTAM 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 2027, felly os hoffech ragor o wybodaeth e-bostiwch Victoria Craig.

  ✉ **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!

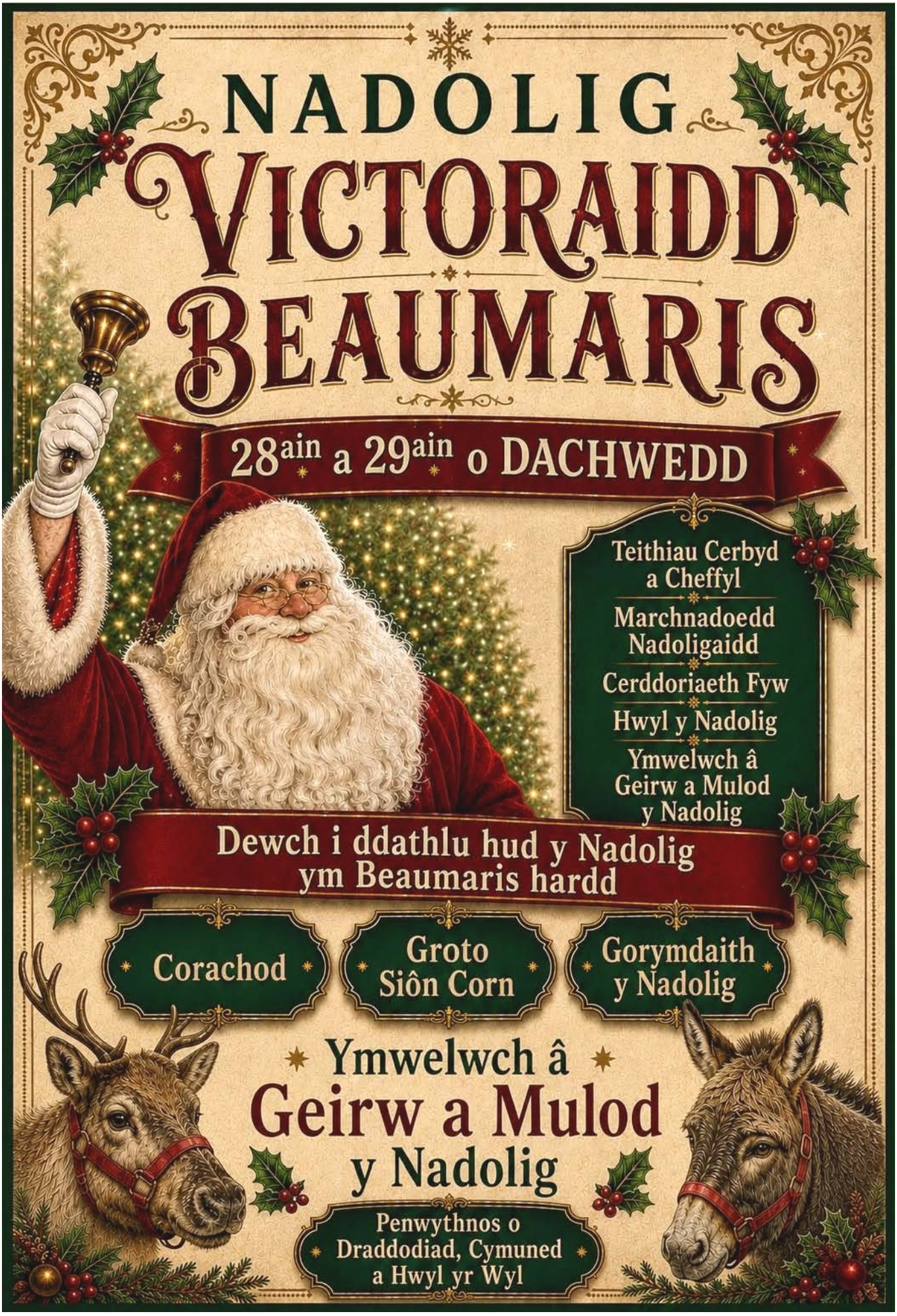
  We've produced our sailing programme for 2027, so if you'd like more information please e-mail me, Victoria Craig.

  ✉ **vcraig.mshs@yahoo.co.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 as the University College of North Wales, the club became the RAYC after Queen Victoria granted

(*continued on page 18*)


NADOLIG
VICTORAIDD
BEAUMARIS
28ain a 29ain o DACHWEDD
Teithiau Cerbyd a Cheffyl
Marchnadoedd Nadoligaidd
Cerddoriaeth Fyw
Hwyl y Nadolig
Ymwelwch â Geirw a Mulod y Nadolig
Dewch i ddathlu hud y Nadolig ym Beaumaris hardd
Corachod
Groto Siôn Corn
Gorymdaith y Nadolig
Ymwelwch â
Geirw a Mulod
y Nadolig
Penwythnos o Draddodiad, Cymuned a Hwyl yr Wyl


BEAUMARIS
VICTORIAN CHRISTMAS
28TH & 29TH NOVEMBER
HORSE & CARRIAGE RIDES
FESTIVE MARKETS
LIVE MUSIC
CHRISTMAS CHEER
VISIT CHRISTMAS REINDEERS & DONKEYS
COME CELEBRATE THE MAGIC OF CHRISTMAS IN BEAUTIFUL BEAUMARIS
ELF SCHOOL
SANTA'S GROTTO
CHRISTMAS PARADE
VISIT CHRISTMAS REINDEERS & DONKEYS
A WEEKEND OF TRADITION, COMMUNITY & FESTIVE FUN

(*from page 15*)

the club a Royal Warrant.

The RAYC has two adopted classes of 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**

- **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 by the pier on Beaumaris Green or telephone Valary Wakefield.

  ☎ 01248 811375.

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

  o The Puffin**'s history of the RNLI**: the very delayed final instalment will appear in The Puffin 59.

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

  💻 Find my nearest lifeboat station
  https://rnli.org/find-my-nearest/lifeboat-stations

- **Clairvoyant Night**: Beaumaris Town Hall, 14 November, 7.00pm till late! Entry £12.50, including refreshments.

  With Islwyn Wyn Owen and Arwel Jones: insight, guidance, and supporting a great cause: our rainbows and Brownies!

- **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**

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

  💻 Beaumaris Makers Market
  www.facebook.com/beaumarismakersmarket/

Holyhead

- **Canolfan Ucheldre Centre**: Holyhead may be 'over there' on the other side of Anglesey, but Canolfan Ucheldre Centre has a lot to offer the residents of Anglesey and those further afield.

  Ucheldre is a leading performing and visual arts centre housed in a former convent chapel that sits within its own grounds and gardens.

  Find out about what's happening at Canolfan Ucheldre Centre via the links below.

🖃 Canolfan Ucheldre Centre
Millbank
Holyhead
Anglesey
LL65 1TE

Monday-Saturday
10.00am-5.00pm
Sunday
2.00pm-5.00pm

☎ 01407 763361

✉ **box@ucheldre.org**

💻 Ucheldre
https://ucheldre.org

💻 Ucheldre Holyhead
www.facebook.com/ucheldre.holyhead/

Llanddona

- **Neuadd Bentref Llanddona Village Hall**: we are a small and dedicated group of Committee Members and volunteers. We would love to welcome more people on board!

  The Hall is available for hire. Please contact us if you would like more information or to make a booking.

  ✉ **secretary@neuaddbentrefllanddona.co.uk**

  ☎ 07733 176004, 07768 018370

  🖃 Neuadd Bentref Llanddona
  Village Hall
  Llanddona
  Anglesey
  LL58 8TS

  💻 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.

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

Mae angen GWIRFODDOLWYR arnon ni!
Mae angen CHI!

Ymunwch â ni fel GWIRFODDOLWR!

Rydym yn grŵp cyfeillgar, a byddwn yn eich croesawu'n gynnes, p'un a allwch roi diwrnod neu fwy yr wythnos neu dim ond awr neu ddwy o dro i dro

Cysylltwch â
Pat 07768 018370 • Miriam 07733 176004
am fwy o wybodaeth neu
os hoffech ymuno â ni!

Neuadd Bentref Llanddona Village Hall

We need VOLUNTEERS!
We need YOU!

Please join us as a VOLUNTEER!

We're a friendly group, and will welcome you with open arms, regardless of whether you can give a day or so a week or just an hour or two here and there

Please contact
Pat 07768 018370 • Miriam 07733 176004
for more information or
if you'd like to join us!

Yr Owain Glyndŵr, Llanddona, Ynys Môn LL58 8UF

We're a Community Award-winning family-run pub in the heart of Llanddona, offering delicious food; family-friendly and dog-friendly, there's sports on TV, background music, a warm fire and a cosy atmosphere.

A cosy meal for two? A table for twelve? A full-room booking for up to 50 people? We can meet your requirements. We cater for family functions and Christmas dinner parties as well, and there's accommodation upstairs, with five smart ensuite rooms for the perfect weekend getaway.

Autumn and winter at yr Owain Glyndŵr

Autumn colours, winter just round the corner: there's always a warm welcome at yr Owain Glyndŵr. Feel at home with some great food from our "special deals" menu. We have a fine selection of beers, wines and spirits as well.

Our bar...

Monday-Thursday: 5.00pm-11.00pm
Friday: 10.00am-11.00pm
Saturday: 12.00 noon-11.00pm
Sunday: 12.00 noon-10.00pm

Our kitchen...

There's a full menu each evening, and our Chef's "Specials"!

Monday: closed
Tuesday: 5.00pm-8.30pm: "Pie Night", with a tasty choice of pies
Wednesday: 5.00pm-8.30pm: "Home-Made Curry Night"
Thursday: 5.00pm-8.30pm: "Burger Night", with our Chef's home-made steak mince beefburgers
Friday: 10.00am-8.30pm: now with "All Day Breakfasts" and our "Fish Friday Specials" available from 12.00 noon.
Saturday: 12.00 noon-8.30pm, now offering a full menu through the afternoon and our "Home-Made Pizza and Steak" deal from 5.00pm
Sunday: 12.00 noon-3.00pm: Sunday Roast Dinner only.

We cater for vegetarian and vegan options, with most foods also available to take away on request.



Forthcoming events and dates to remember!

- **From 25 November:** Christmas Party menu and party bookings... so why not book your Christmas Dinner Parties at yr Owain Glyndŵr?
- **19 December:** Festive Carols by the fire with Beaumaris Brass band from 7.00pm.
- **20 December:** Farmers' Christmas Gathering, an evening for all local farmers and friends to come together to celebrate Christmas with a free buffet and live music from Traed Moch Môn.
- **26 December:** Brrr! Join us, one and all, for our Boxing Day Swim at Traeth Llanddona Beach.
- **31 December:** It's our New Year's Eve Fancy Dress and disco!

From all of us at yr Owain Glyndŵr...

"Nadolig llawen a Blwyddyn Newydd Dda! "
"Merry Christmas and a Happy New Year!"

Enquiries and bookings

☎ 01248 810710
✉ **mwilliams21061974@gmail.com**

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

  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:

  ☎ 07768 018370

  NOTE Caffi Ni will close on Friday 11 December and will reopen on Friday 8 January 2027.

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

  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 contact Gill Vaughan or Sheila Healey.

  ☎ Gill Vaughan 07925 184476
  ☎ Sheila Healey 01248 810619

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

  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 practioners.

  All are welcome: £5.00 per session.

- **Nifty 60s** VH: every Wednesday, 10.00am-11.00am.

  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!

- **Clwb Ffermwyr Ifanc Llangoed/ Llangoed Young Farmers Club** VH: meets every Monday, 7.45pm.

  NOTE In Llanddona, not in Llangoed!

  💻 Wales Federation of Young Farmers Clubs
  https://yfc.wales

- **Llanddona Writing Group** VH: 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.

  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 Writing Group

- **Llanddona Table Tennis Group** VH: we are a friendly social table tennis group who play every Monday, 10.00am-12.00 noon. 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

Llanddona Table Tennis Group

- **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

- FREE **Defibrillator and First Aid Training** VH: 3 November, 7.00pm-9.00pm.

  St John Ambulance will be holding a free Defibrillator and First Aid Training Session.

  For more information please contact:

  ☎ 07768 018370 Pat
  ☎ 07733 176004 Miriam

  💻 St John Ambulance
  www.sja.org.uk

St John Ambulance

- **Christmas Fair** VH: 12 December, 10.30am-2.30pm.

  Refreshments, including hot dogs, sausage rolls and cakes.

  With an appearance by Father Christmas!

  Stalls £10.00. Booking is essential; for more information and to book, please contact:

  ☎ 07733 176004 Miriam

- FREE **Christmas Concert** VH: 17 December, 6.30pm (door), 7.00pm (start of concert).

  Beaumaris's Singing for Pleasure Group will be making a return visit, with piano accompaniment. Please join us and enjoy the Christmas Spirit!

  There'll be free tea, coffee and a mince pie.

- **Yr Owain Glyndŵr**: a Community Pub Hero Award-winning family-run pub in the heart of Llanddona.

  We offer delicious food during the week with mid-week specials, including Pie Night, Burger Night, Curry Night, chef's specials, Fish Friday deals, and home-made pizza on Saturday evenings and home-cooked Sunday dinners.

  There's a wide selection of beers, wines, spirits, our exclusive Llanddona Witches Ale, and much more!

  With seating for up to 84 people and a new covered beer garden outside we offer a family- and dog-friendly place to eat, drink and socialise.

  We cater for family functions with buffets and Christmas dinner parties, and there's room upstairs with five smart rooms for the perfect weekend getaway.

  ☎ 01248 810710

  🖃 Yr Owain Glyndŵr
  Llanddona
  Anglesey
  LL58 8UF

  ✉ **mwilliams21061974@gmail.com**

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

Llanfairpwll

- **Marquess of Anglesey's Column**: climb the column's 115 steps for spectacular views over Anglesey, the Menai Strait and Eryri/Snowdonia.

  ✉ **post@angleseycolumn.org**

  ☎ 07748 807402

  💻 Tŵr Marcwis/Anglesey Column
  www.angleseycolumn.com

  🖃 Marquess of Anglesey's Column
  Parc Tŵr
  Llanfairpwll
  Anglesey
  LL61 5NJ

  🕐 Wednesday-Sunday
  April-September: 9.00am-5.00pm
  October-March: 10.00am-4.00pm

TŴR MARCWIS ANGLESEY COLUMN

- **Plas Newydd**: Plas Newydd is a Grade 1 listed house and garden situated on the banks of the Menai Strait.

  The film *Madfabulous* was inspired by the life of Henry Cyril Paget, the 5th Marquess of Anglesey, whose home it was.

  It was filmed at Plas Newydd house and garden in 2024, with exterior scenes shot across the lawns, the house and the Menai Strait, as well as at the jetty, terraces and croquet lawn, while interior filming took place in the Gothick Porch and Gothick Hall, along other locations in North Wales, including Penrhyn Castle and garden.

  ✉ **plasnewydd@nationaltrust.org.uk**

  ☎ 01248 714795

  💻 **www.nationaltrust.org.uk/visit/wales/plas-newydd-house-and-garden/**

  💻 Madfabulous and Plas Newydd
  www.nationaltrust.org.uk/visit/wales/plas-newydd-house-and-garden/madfabulous-film-at-plas-newydd

  🖃 Plas Newydd
  Llanfairpwll
  Anglesey
  LL61 6DQ

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or download a copy at **www.jonesholidays.co.uk**

🕐 Saturday, Monday
June-October: 10.30am-11.30am, 12.30pm-1.30pm

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
  Rhosmeirch
  Llangefni
  Anglesey
  LL77 7TQ

  Opening times:

  Tuesday-Sunday
  10.00am-5.00pm

  ☎ 01248 724444

  🖂 **orielynysmon@anglesey.gov.uk**

  💻 Oriel Môn
  www.orielmon.org/

  💻 Oriel Môn
  www.facebook.com/orielmon/

ORIEL MÔN

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.

  The Hall 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/llangoedvillagehall**

  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.

Neuadd Bentref Llangoed Village Hall

- **Regular events VH**:
  - **Yoga**: Mondays, 6.30pm-7.45pm.

    🖂 **emilykyleyoga@gmail.com**
  - **Pilates**: Tuesdays, 9.30am-10.30am.

    🖂 **andreacross@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.

    GWREIDDIAU MÔN ROOTS · cyngor ar bopeth citizens advice Ynys Môn
  - **Library Bus**: third Friday of every month, 10.30am-11.30am.

    CYNGOR SIR YNYS MÔN ISLE OF ANGLESEY COUNTY COUNCIL

- **Other events VH**:
  - *The Cabinet of Dr Caligari*, the famous 1920 silent film, with live music.
    Sinema Llangoed
    Saturday 14 November; tickets £10.00
    Doors 7.00pm, film 7.30pm

    💻 **www.llangoedvillagehall.com/events/cabinet-of-dr-caligari**
  - *Sarah McQuaid*: a night with Sarah McQuaid, a singer-songwriter known for her rich, emotive voice and distinctive blend of folk, Celtic and contemporary acoustic music.
    Saturday 21 November; tickets £10.00
    Doors 7.00pm, music 7.30pm

    💻 **www.llangoedvillagehall.com/events/sarah-mcquaid**
  - *Jochen Eisentraut Trio*: the Welsh-German pianist/singer and composer Jochen Eisentraut presents his unique combination of meditative, atmospheric piano and songs in Welsh, English and various other languages.

Friday 27 November; tickets £15.00
Doors 7.00pm, music 7.30pm

💻 **www.llangoedvillagehall.com/events/jochen-eisentraut-trio**

- NEW **Llangoed's Little Library** VH: there's a new place to find your next good read in Llangoed!

  A Little Library has recently opened, offering a simple community book swap for everyone to enjoy. It's just outside the entrance porch, difficult to miss because it's painted bright red.

  Read more about it on page 41.

- **Llangoed WI** VH: we meet on the first Wednesday of the month; 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, Christina Linford, for more information.

  ☎ 01248 490184

  Read more about our recent activities in The Puffin 59.

- **Camau Bach** VH: 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 Community Hub, Pont y Brenin, Llangoed LL58 8LS 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

  Read our 'thank you' message in The Puffin 59.

- **Seiriol Men's Shed**: we're a busy and active group, and meet on Tuesdays and Thursdays, 10.00am-1.00pm, in our premises adjacent to Haulfre Residential Home, Llangoed. We have a well-equipped workshop and a part of the gardens with beds and polytunnels.

  From the direction of Beaumaris:

  - o Go through Llangoed, past Morrisons Daily on the right, and down the hill
  - o Go over the little bridge over the stream at the bottom and up the hill for about 200 yards
  - o 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
  - o 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/profilephp?id+61564967474652

Eglwysi Bro Seiriol Churches

- **Services**: a list of services in the Bro Seiriol area for Remembrance Sunday, Armistice Day and the Christmas period is given on page 33.

  See also page 48.

  ✉ **huwbutler@churchinwales.org.uk**

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

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

Wellness: acupuncture at the Seiriol Wellness Centre: an interview with acupuncturist Vivien Shaw

Patricia Lennan

The Seiriol Wellness Centre, Beaumaris, a project birthed in 2022, has grown into a successful multi-therapeutic practice, offering a range of therapies for people of all ages.

Over the next several issues of The Puffin, we shall look at how each therapy works and meet the individual therapists. In this issue, acupuncturist Vivien Shaw, one of the Centre's initiators, tells us how she was inspired to pursue a career in acupuncture, an integral part of Traditional Chinese medicine that has been used for over two thousand years.

P Thanks for joining me, Viv. I understand that you helped set up the Wellness Centre in Beaumaris and have been practising acupuncture there for the past four years.

V Yes, that's right. It was an idea that Shan MacVicar and I cooked up during COVID. The therapy room was built between the two lockdowns and was ready just at the end of the second one. I was the first practitioner to work there but was soon followed by a therapist offering therapeutic massage, aromatherapy, and reflexology, an osteopath, a physiotherapist, a reiki healer and an NHS podiatrist. The number of services gradually grew; as a result, it's been so successful that we were able to bid for and luckily received some funding to develop the service even further.

P What encouraged you to study acupuncture?

V I qualified over thirty years ago, and at the time I was trying to decide what I wanted to do in life. I realised that what was most important to me in a job was that I would always feel I was growing, always being challenged; there would never come a point when every day would be the same as the one before. For me, acupuncture has been amazing. I am still learning; I am still developing, and I learn so much from my patients too.

P Did you study Traditional Chinese Acupuncture?

V Yes, at the time in the nineties I studied at one of the two available colleges; I did a full-time course for three years which included working in a clinical setting and working under supervision. After I completed the course, my col-

(*continued on page 26*)

NEWYDDION

CLWB GWYLIAU

Rydym wrth ein boddau i rannu'r newyddion gwych bod ein Clwb Gwyliau i blant bellach wedi'i gofrestru'n swyddogol gydag Arolygiaeth Gofal Cymru (AGC).

Mae hwn yn garreg filltir gyffrous i'r Canolfan, ac yn gyflawniad gwych i'n Clwb Gwyliau.

Mae'r Clwb Gwyliau yn rhedeg bob gwyliau ysgol,
9.00yb-5.00yp.



GWEITHGAREDDAU WYTHNOSOL

Clwb Bridge Beaumaris
Dydd Llun
9.30yb-12.00 hanner dydd

Bore Coffi Seiriol
Dydd Mawrth
9.00yb-12.15yp

Ymwybyddiaeth Ofalgar
Dydd Mawrth
1.00yp-2.30yp

Gymnasteg i Blant
Dydd Mawrth
4.00yp-4.45yp
Dydd Mercher
4.00yp-4.45yp

Trampolinio
Dydd Mercher
4.00yp-5.00yp
Dydd Iau
4.00yp-5.00yp

Clwb Scrabble
Dydd Mercher
2.00yp-4.00yp

Grŵp Babanod
Dydd Iau
10.00yb-11.30yb

Disgo Sglefrio
Dydd Sadwrn
10.00yb-11.15yb

BETH SY'N DOD I FYNY?

MARCHNAD NADOLIG

Dydd Sul
29 Tachwedd



Gyda Groto Siôn Corn
yn Eglwys y
Santes Fair a Sant Nicolas,
Beaumaris

SEINDORF BEAUMARIS BAND

Cyngerdd

Dydd Gwener
4 Rhagfyr
Dydd Sadwrn
5 Rhagfyr

Seindorf Beaumaris Band

Cyngerdd

Perfformiad o
The Snowman

Dydd Sul
6 Rhagfyr



NOSON SOUL

Dydd Sadwrn
12 Rhagfyr
7.00yn-1.00yb

Bydd y bar ar agor yn
arbennig tan 1.00yb!

ADLONIANT GYDA'R NOS

Chwilio am noson bleserus allan?
Ymunwch â ni am ein

Bingo

Nosweithiau Ffilm



Nosweithiau Cwis



Mae gennym rywbeth at ddant pawb!

MONTHLY ACTIVITIES

Noson Ffilm
Dydd Iau cyntaf y mis
Noson Cwis
Dydd Gwener cyntaf y mis
Bingo
Pedwerydd dydd Gwener, bob yn ail fis
Ffair Hen Bethau
Trydydd Sul o'r mis

SIOE ADAR

Dydd Sadwrn
2 Ionawr 2027



Wedi'i chyflwyno gan CBS Biwmares a'r Cylch, mae prif sioe adar Gogledd Cymru yn dychwelyd am flwyddyn arall!

Bydd amrywiaeth wych o adar i'w gweld, ac mae'r sioe yn agor i'r cyhoedd am 1.30yp.

Oedolion £2, plant am ddim.

CODI ARIAN

Gallwch helpu i gynyddu nifer y ceisiadau gan Ganolfan Biwmares i roddion easyfundraising.

Gallwch ennill rhodd o £250; bydd pob cefnogwr newydd sy'n ymuno yn cael ei gynnwys fel cofnod!

Cofrestrwch yn
www.easyfundraising.org.uk

☎ 01248 811200 ✉ enquiries@canolfanbeaumaris.org.uk
www.canolfanbeaumaris.org.uk/ www.facebook.com/canolfan.beaumaris.7/

HELPING PEOPLE TO LIVE WELL FOR LONGER

Canolfan Hamdden Beaumaris

NEWS

HOLIDAY CLUB

We're delighted to share the fantastic news that our Holiday Club for children is now officially registered with the Care Inspectorate Wales (CIW).

This is an exciting milestone for the Canolfan, and a wonderful achievement for our Holiday Club.

The Holiday Club runs every school holiday, 9.00am-5.00pm.



WEEKLY ACTIVITIES

Beaumaris Bridge Club
Monday
9.30am-12.00 noon

Seiriol Coffee Morning
Tuesday
9.00am-12.15pm

Mindfulness
Tuesday
1.00pm-2.30pm

Kids' Gymnastics
Tuesday
4.00pm-4.45pm
Wednesday
4.00pm-4.45pm

Trampolining
Wednesday
7.30pm-9.00pm
Thursday
4.00pm-5.00pm

Scrabble Club
Wednesday
2.00pm-4.00pm

Baby Group
Thursday
10.00am-11.30am

Roller Disco
Saturday
10.00am-11.15am

WHAT'S COMING UP?

CHRISTMAS MARKET

Sunday
29 November



With Santa's Grotto
in the Church
of St Mary and St Nicholas,
Beaumaris

SEINDORF BEAUMARIS BAND

Concert

Friday
4 December
Saturday
5 December

Seindorf Beaumaris Band

Concert

Performance of
The Snowman

Sunday
6 December



SOUL NIGHT

Saturday
12 December
7.00pm-1.00am

Bar opening specially extended until 1.00am!

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Looking for an enjoyable evening out? Join us for our

Bingo



Film Nights



Quiz Nights



We have something for everyone!

MONTHLY ACTIVITIES

Film Night
First Thursday of the month

Quiz Night
First Friday of the month

Bingo
Fourth Friday, every other month

Antiques Fair
Third Sunday of the month

SIOE ADAR

Saturday
2 January 2027



Presented by Beaumaris & District CBS, North Wales's premier bird show returns for another year!

There will be a wonderful variety of birds on display, and the show opens to the public at 1.30pm.

Adults £2, children free.

FUNDRAISING

You can help increase Canolfan Beaumaris's entries into easyfundraising's giveaway to win a £250 donation; every new supporter who joins is an entry!

Sign up at
www.easyfundraising.org.uk

☎ 01248 811200 ✉ enquiries@canolfanbeaumaris.org.uk
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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.

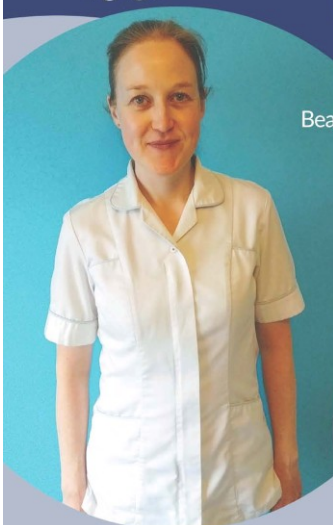
Denry Aal is registered with the Health & Care Professions Council (PH84906) and is a member of the Chartered Society of Physiotherapists.

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Fibromyalgia
Neuralgia
Tension



OSTEO YR YNYS

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SCAN ME

(*from page 23*)

lege became part of the University of Westminster, and the course was upgraded to a degree. The gold standard across the profession is now a degree-level course, although there are quite a lot of people who do shorter courses as well.

P What would you say are the main benefits of acupuncture?

V It's drug-free; this is what attracts many people. It has virtually no side effects. Very occasionally someone may get an adverse reaction or a small bruise. Compared to many drugs, the side effects are minuscule. In a world where your options are to take drugs or not, acupuncture can be a really good option.

P Yes, that's interesting and reassuring, as some people think the treatment can be painful.

V It's not that you don't feel it, but I go very slowly and carefully, and an experienced practitioner becomes very adept at applying the needles.

P Are there any contraindications, reasons to avoid the treatment?

V Not really. Acupuncture works for about 80% of people, so the worst-case scenario is that 20% may not get much benefit, but the majority do respond well.

P What are the main conditions which you tend to treat?

V I treat a lot of back pain, and I often see cancer survivors. We don't treat cancer, but people may have effects from the treatment, such as chemotherapy and radiotherapy. They may have lymphoedema, neuropathy, headaches or stomach problems. We can help to support people through their treatment and the side effects. Bad hips, post-operative pain too, and a range of musculoskeletal problems; I see a lot of these.

P How does it actually work?

V Well, there is no simple answer to that; it is still under intense investigation, but if you look at FMRI (Functional magnetic resonance imaging) scans you can see areas of the brain light up, areas which manage pain, when needles are inserted into certain points along meridians which run through the body. We can now also quantify how the blood supply will improve to support wound healing. These are two main areas where there is clear scientific evidence. Many clinical trials have been conducted, and NICE guidelines now suggest it can help with migraine.

P So, this is really proving that it was an effective treatment over two thousand years ago. Even though at that time, and through subsequent ages, no one could explain scientifically how it worked.

V Yes, there is an intuitive part to that; if people are still doing it two thousand years later, it certainly must yield positive results.

P Would you use it alongside other treatments?

V Yes, absolutely. The majority of people I see may be taking pharmaceuticals, or they may be seeing a physio or osteopath or other type of therapist depending on their condition. It's so non-intrusive that you can safely use it alongside other forms of treatment.

P It's also regulated now, isn't it? Can doctors refer to a private acupuncturist?

V There is one professional body, of which I am a member, the British Acupuncture Council, which is registered with the Professional Standards Authority, a government body which regulates all healthcare professions. There is a link on the NHS herbal medicines and complementary therapies page that takes you to the Professional Standards Authority, where you can check a practitioner. Not all acu-

GIG CYMRU NHS WALES | Canolfan Iechyd Beaumaris | Beaumaris Health Centre

BRECHIAD FFLIW

Ydych chi wedi trefnu eich yn chi?

- Sydd yn drwm ei pwysau gyda BMI dros 40
- A chyflwr coeliac
- plant 2-3 oed erbyn 31 Awst 2022
- a chyflwr iechyd tymor hir
- Pawb dros 65 erbyn 31 Mawrth 2026 (hyd yn oed yn holliach)
- Pawb sy'n feichiog
- Gofalwyr

Erbyn I ddarllen hwn, byddwn wedi rhoi y mwyafrif o'n brechiadau. Peidiwch ag oedi i drefnu un chi- drwy ateb eich gwahoddiad tects, trefnwch ar lein (drwy'r NHS Wales app) neu ffonio 01248 810818.

FLU VACCINATION

Have you had yours yet?

- Anyone with a BMI above 40
- Anyone who is coeliac
- All children aged 2-3 years (age at 31 August 2026)
- If you have a long-term health condition
- Everyone turning 65 years by 31 March 2026 (even if fit and healthy)
- Those who are pregnant
- Carers

By the time you read this we will have given most of our vaccines. If you haven't had yours yet, reply to your flu invitation text, or book easily on-line (using the NHS Wales app) or phone 01248 810818.

DYDDIADAU CAU DROS Y NADOLIG

Bydd Canolfan Iechyd Beaumaris ar gau

- 6.30yp dydd Iau 24 Rhagfyr 2026 hyd at 8.00yb dydd Mawrth 29 Rhagfyr 2026
- 6.30yp dydd Iau 31 Rhagfyr 2026 hyd at 8.00yb dydd Llun 4 Ionawr 2027

Os byddwch angen meddyg galwch 111.

CHRISTMAS CLOSURE DATES

Beaumaris Health Centre will be closed

- from 6.30pm on Thursday 24 December 2026 until 8.00am on Tuesday 29 December 2026
- from 6.30pm Thursday 31 December 2026 until 8.00am Monday 4 January 2027

If you require a doctor during this time, please ring 111.

CANOLFAN IECHYD BEAUMARIS HEALTH CENTRE

Canolfan Iechyd Beaumaris Health Centre
Rating Row
Beaumaris
Ynys Môn/Anglesey
LL58 8AL

☎ 01248 810818
01248 810333 Emergency Line

✉ **beaumaris@wales.nhs.uk**

British Acupuncture Council Member



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Vivien Shaw PhD Dip Ac MBAcC

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vivien@vivienshaw.co.uk

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https://seiriolwellnesscentre.co.uk/acupuncture
https://www.vivienshaw.co.uk

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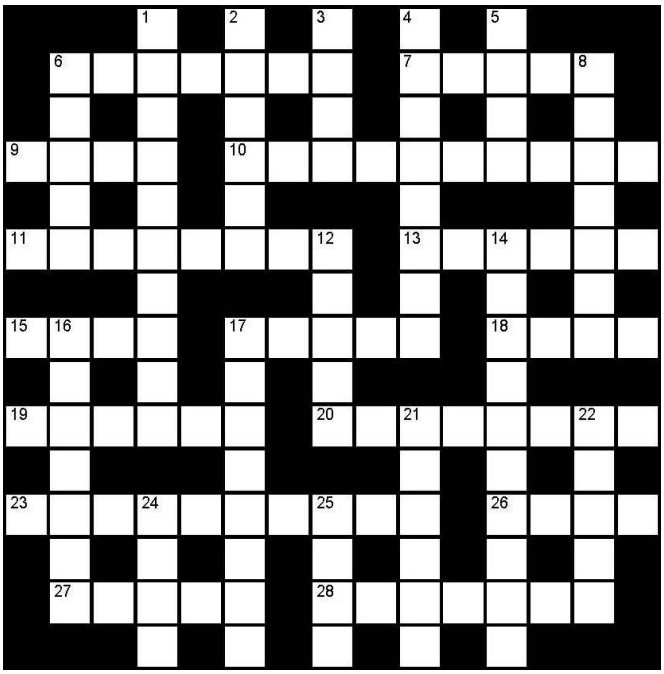
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Visit www.pmhtherapies.co.uk for more information
Contact kate_macaulay@outlook.com

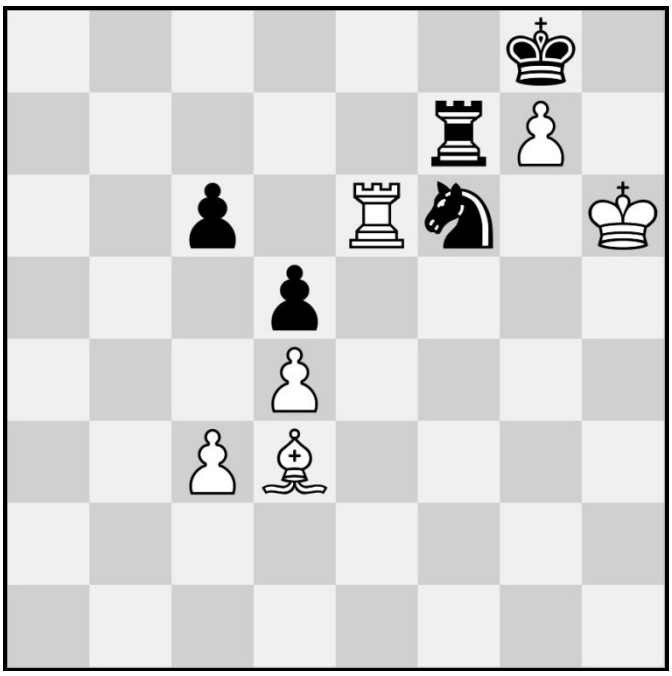
Find Kate at

OriginOsteo
15 Church Street
Beaumaris
Anglesey
LL58 8AB

The Governor's Quick Crossword 26



Fianchetto 66's Chess 17



Across

6 Ornate (7)
7 Gnashers (5)
9 A5 maybe (4)
10 Exam (6-4)
11 Medical ear exam equipment (8)
13 Football (6)
15 Run away (4)
17 Got better (5)
18 Belonging to us (4)
19 Easy (6)
20 Used in court cases (8)
23 Good pick (4-6)
26 Star (4)
27 Cut a sheep's wool (5)
28 Pain (7)

Down

1 Patronise (10)
2 Italian region on the Adriatic (6)
3 Funeral fire (4)
4 Under tension (8)
5 Retain (4)
6 Icy stuff (5)
8 Arrogance (7)
12 Weird (5)
14 Knot (5,5)
16 Female English footballer (7)
17 County (8)
21 Region (anag) (6)
22 Make identical copy (5)
24 Told a porkie (4)
25 Pace (4)

The solutions are on page 38

puncturists are on that register. You can be certain that those listed there are the ones that have done the three-year degree level gold standard training. Doctors can now suggest visiting this website to patients but cannot refer directly to an individual private acupuncturist.

P It seems the Wellness Centre has grown into a very successful venture. You mentioned earlier that new developments are in the pipeline.

V Yes, I'm very pleased that we can look forward to expanding in the future. We have plans to open more treatment rooms within Canolfan Beaumaris, to enable us to offer a wider range of therapies to the local population.

P Thank you, Viv, for providing an interesting insight into your work and the future of the Seiriol Wellness Centre.

◆ ◆ ◆

Vivien Shaw PhD Dip Ac MBAcC
✉ **vivien@vivienshaw.co.uk**
💻 **www.vivienshaw.co.uk**
☎ 07971 536205

💻 Canolfan Lles Seiriol Wellness Centre
www.seiriolwellnesscentre.co.uk
www.seiriolwellnesscentre.co.uk/acupuncture

🖃 Canolfan Lles Seiriol Wellness Centre
Canolfan Iechyd Beaumaris Health Centre & Beaumaris Library
Rating Row
Beaumaris
Anglesey
LL58 8AL

💻 British Acupuncture Council
https://acupuncture.org.uk

💻 Professional Standards Authority: Check a Practitioner
www.professionalstandards.org.uk/practitioners?page=1

💻 NICE National Institute for Health and Care Excellence
www.nice.org.uk

💻 NHS herbal medicines and complementary therapies
www.nhs.uk/tests-and-treatments/herbal-medicines-and-complementary-therapies/

CANOLFAN LLES SEIRIOL
WELLNESS CENTRE

Chess: Gladstone's Library

Fianchetto 66

Not far from the Flintshire/Cheshire border at the heart of the historic village of Hawarden lies Gladstone's Library, the only residential library in the land. It was known until 2010 as St Deiniol's Library/Llyfrgell Deiniol Sant.

Built in the Edwardian era, thanks to public subscription and a bequest from four-times Prime Minister William Gladstone, this unique institution has 26 bedrooms, where guests can sleep under the same roof as 150,000 books, 20,000 of which are from Gladstone's original collection. It is the UK's only Prime Ministerial Library and serves as the national memorial to William Ewart Gladstone. It is home to a large collection of printed items and archives that reflects Gladstone's main interests in history, literature, theology, and politics.

Peer through one of the stone-mullioned windows of the Gladstone Room and you'll spy a chess table. This is no random addition, as Gladstone was known to be a keen player, par-

ticularly with his wife and friends.

Many of his "Gladstonians" also competed under the auspices of the House of Commons Chess Club, a tradition that continues to this day, my brother-in-law himself having participated in the H M Treasury Competition.

Whether you're tempted by a game on the Gladstone Library chess table, are a closet bibliophile or simply wish to have a look at this hidden Welsh gem, it's well worth a visit. You don't need to be a serious theologian like the original subscribers, or even sign up to be a modern day "Reader", you can simply book lunch or an afternoon tea at the "Food for Thought" restaurant within this splendid Grade I Listed building. That's what I did.

Our puzzle this issue is taken from one of my own games. The material is almost equal, but white has an open 'c' file. This is where all the action has taken place so far and is a clue to the location of the final two moves. It is white to play and mate in two.

NOTE We are very sorry to have to tell our readers that this will be Fianchetto 66's last chess puzzle for **The Puffin**. The pressures of work are to blame.

The Puffin says a big 'thank you': Fianchetto 66 came on the scene in **The Puffin** 42, November 2022. We're sure that his puzzles have acquired quite a following, and for those of a less elevated cranial capacity (like **The Puffin**'s typesetter, whose mind just doesn't work in a chess-solving way...) the accompanying articles on their own have made such interesting reading, and they will be missed.

Is there anybody among **The Puffin**'s readers who would like to take on the task of producing a quarterly chess puzzle and article? If so, please e-mail us at **puffinpages@gmail.com** and you'll be welcomed with open arms.

💻 Gladstone's Library
www.gladstoneslibrary.org

💻 Gladstone's Library
https://en.wikipedia.org/wiki/Gladstone%27s_Library

Cadw'n ddiogel y Nadolig hwn

Neges gan Brif Gwnstabl Heddlu Gogledd Cymru, Amanda Blakeman KPM

Wrth i'r Nadolig nesáu, bydd llawer ohonom yn edrych ymlaen at dreulio amser gyda theulu a ffrindiau, mwynhau digwyddiadau lleol a gwneud y gorau o'r tymor gŵyl.

Rydym yn ffodus i fyw yn un o rannau mwyaf diogel y wlad. Mae cymunedau ledled Ynys Môn a Gogledd Cymru yn llefydd lle mae pobl yn gofalu am ei gilydd, ac mae lefel troseddu yn parhau'n gymharol isel. Mae hynny'n rhywbeth y dylem i gyd fod yn falch ohono.

Fodd bynnag, er bod y Nadolig yn gyfnod llawen o'r flwyddyn, gall hefyd greu cyfleoedd i droseddwyr. Gall ychydig o ragofalon syml helpu i'ch cadw chi, eich teulu a'ch eiddo'n ddiogel, a sicrhau y bydd y tymor gŵyl yn cael ei gofio am yr holl resymau cywir.

Os ydych allan yn siopa, ceisiwch beidio â gadael bagiau, pyrsiau na ffonau symudol heb neb i ofalu amdanynt, hyd yn oed am eiliad. Cadwch bethau gwerthfawr o'r golwg a byddwch yn ymwybodol o'r hyn sy'n digwydd o'ch cwmpas, yn enwedig mewn mannau prysur. Os ydych yn cario anrhegion yn ôl at eich car, rhowch nhw yn ddiogel yn y gist cyn mynd i'ch cyrchfan nesaf, a pheidiwch byth â gadael eitemau gwerthfawr yn y golwg.

Gartref, gwnewch yn siŵr bod drysau a ffenestri wedi'u cloi bob tro y byddwch yn mynd allan, hyd yn oed os mai dim ond am gyfnod byr. Gall amseryddion ar oleuadau roi'r argraff bod rhywun gartref os ydych i ffwrdd yn ymweld â pherthnasau neu'n mwynhau gwyliau Nadolig. Os cewch ffonau newydd, tabledi neu anrhegion gwerthfawr eraill, ystyriwch eu cofrestru a chadwch gofnod o'u rhifau cyfresol. Gall hyn fod o gymorth os cânt eu colli neu eu dwyn.

Mae siopa ar-lein wedi dod yn rhan bwysig o'r Nadolig i lawer o deuluoedd. Yn anffodus, mae twyllwyr yn gwybod hyn ac yn aml yn manteisio arno. Byddwch yn ofalus gyda negeseuon e-bost, negeseuon testun neu hysbysebion ar y cyfryngau cymdeithasol nad oeddech yn eu disgwyl, yn enwedig y rhai sy'n cynnig bargeinion sy'n ymddangos yn rhy dda i fod yn wir. Lle bo modd, siopwch drwy fanwerthwyr dibynadwy ac osgowch glicio ar ddolenni o ffynonellau anhysbys. Cofiwch fod troseddwyr yn aml yn fedrus iawn wrth wneud i negeseuon ymddangos yn ddilys.

Bydd llawer ohonom hefyd yn derbyn mwy o ddanfoniadau nag arfer. Os na fyddwch gartref, ystyriwch drefnu i barseli gael eu gadael gyda chymydog dibynadwy neu mewn man diogel. Mae sgamiau danfon yn parhau'n gyffredin, felly gwiriwch yn uniongyrchol gyda'r manwerthwr neu'r cwmni danfon os ydych yn ansicr ynghylch neges rydych wedi'i derbyn.

Mae'r Nadolig hefyd yn gyfnod pan all cymdogion helpu ei gilydd. Os sylwch ar unrhyw beth anarferol yn eich cymuned, ymddiriedwch yn eich greddf a rhowch wybod i ni. Mae gofalu am ein gilydd yn parhau i fod yn un o'r ffyrdd gorau o atal troseddu a chadw ein cymunedau'n ddiogel.

Bydd ein swyddogion a'n staff yn gweithio drwy gydol cyfnod yr ŵyl, ddydd a nos, i gadw pobl yn ddiogel ac i gefnogi'r rhai sydd ein hangen. Os oes gennych bryderon, siaradwch â'ch tîm plismona cymdogaeth lleol, a fydd bob amser yn hapus i helpu a rhoi cyngor.

Os oes angen cysylltu â Heddlu Gogledd Cymru, ffoniwch **999** mewn argyfwng neu os yw trosedd yn digwydd ar hyn o bryd. Ar gyfer materion nad ydynt yn rhai brys, ffoniwch **101** neu rhowch wybod am wybodaeth drwy ein gwefan, **www.northwales.police.uk**. Gallwch hefyd gysylltu â'ch tîm plismona cymdogaeth lleol drwy wefan Heddlu Gogledd Cymru.

Ar ran pawb yn Heddlu Gogledd Cymru, hoffwn ddymuno **Nadolig heddychlon, hapus a diogel a Blwyddyn Newydd dda** i holl ddarllenwyr **The Puffin**.

💻 Heddlu Gogledd Cymru
www.northwales.police.uk/cy-GB/
North Wales Police
www.northwales.police.uk

Staying safe this Christmas

A message from Chief Constable Amanda Blakeman KPM, North Wales Police

As Christmas approaches, many of us will be looking forward to spending time with family and friends, enjoying local events and making the most of the festive season.

We are fortunate to live in one of the safest parts of the country. Communities across Anglesey and North Wales are places where people look out for one another, and crime remains relatively low. That is something we should all be proud of.

However, while Christmas is a joyful time of year, it can also present opportunities for criminals. A few simple precautions can help keep you, your family and your property safe and ensure that the festive season is remembered for all the right reasons.

If you are out shopping, try not to leave bags, purses or mobile phones unattended, even for a moment. Keep valuables out of sight and be mindful of your surroundings, particularly in busy places. If you are carrying gifts back to your car, lock them

away in the boot before reaching your next destination and never leave valuable items on display.

At home, make sure doors and windows are locked whenever you go out, even if it is only for a short time. Timers on lights can give the impression that somebody is at home if you are away visiting relatives or enjoying a Christmas break. If you receive new phones, tablets or other valuable gifts, consider registering them and make a note of serial numbers, which can help if they are ever lost or stolen.

On-line shopping has become a major part of Christmas for many families. Unfortunately, fraudsters know this and often take advantage. Be cautious of unexpected e-mails, text messages or social media adverts offering deals that seem too good to be true. Whenever possible, shop through trusted retailers and avoid clicking on links from unknown sources. Remember, criminals are often skilled at making messages appear genuine.

Many of us will also be receiving more deliveries than usual. If you are not going to be at home, consider arranging for parcels to be left with a trusted neighbour or in a secure location. Delivery scams remain common, so always check directly with the retailer or delivery company if you are unsure about a message you have received.

Christmas is also a time when neighbours can help neighbours. If you notice anything unusual in your community, trust your instincts and let us know. Looking out for one another remains one of the best ways to prevent crime and keep our communities safe.

Our officers and staff will be working throughout the festive period, day and night, to keep people safe and support those who need us. If you have concerns, please speak with your local neighbourhood policing team, who are always happy to help and offer advice.

If you need to contact North Wales Police, call **999** in an emergency or if a crime is in progress. For non-emergency matters, call **101** or report information via our website at **www.northwales.police.uk**. You can also contact your local neighbourhood policing team through the North Wales Police website.

On behalf of everyone at North Wales Police, I would like to wish all readers of **The Puffin** a peaceful, happy and safe Christmas and New Year.

💻 Heddlu Gogledd Cymru
www.northwales.police.uk/cy-GB/
North Wales Police
www.northwales.police.uk

Banking hubs: there's one in Holyhead

Editorial Team

Banks have been vanishing steadily from our towns and cities for some years, and are almost non-existent in Anglesey. Bangor has a fair number, but for how long is anybody's guess.

Banking hubs are a relatively recent facility. They 'offer easy access to face-to-face cash and banking in the heart of communities across the UK'. They are owned by Cash Access UK and operated by the Post Office.

The nearest banking hub to our area is in Holyhead.

🖃 62 Market Street
Holyhead
Anglesey
LL65 1UN

🕐 Monday-Friday
9.00am-5.00pm
Saturday, Sunday
Closed

Community banker availability:

- Monday: Barclays
- Tuesday: NatWest
- Wednesday: Lloyds, Halifax, Bank of Scotland
- Thursday: HSBC
- Friday: Santander

Bankers may be unavailable during lunchtime.

Note that customers of all major banks and building societies may gain access to cash services from the banking hub counter, which include:

- Cash withdrawal/deposit: notes and coin
- Cheque deposit
- Utility bill payment
- Account balance checking
- Change collection: registered business customers

Services and limits may vary across banks. Some banks may charge for certain services. Customers should check with their bank for details.

Customers may also talk to a community banker from your bank on the day their bank is in the hub. There is a private space where customers may talk face-to-face about more complicated banking enquiries like payments and transfers, managing their account, and how to use on-line banking.

Community banker availability varies between hubs and is based on local demand, so customers should check which community bankers are in their local hub.

There is also a banking hub in Abergele.

💻 Cash Access UK
www.cashaccess.co.uk

💻 Holyhead (Anglesey)
www.cashaccess.co.uk/hubs/holyhead-anglesey/

The story of Rona Rose

Kath Tere

Those of you who read **The Puffin** 57, August 2026 will recall that there was an article about how The Grove in Beaumaris's Castle Street came by its name.

At the end of the article I invited anyone else whose establishment might have a back story that might interest our readers to get in touch and I'd produce an article for **The Puffin**.

Almost before the ink was dry Simone from Rona Rose boutique in Beaumaris got in touch. This is her story.

◆ ◆ ◆

"When Gwyn, my husband, and I were considering a name for our boutique, we knew we wanted a name that held deep significance and would remind us of the passion, belief, and fun we have for our new venture. It was then that I realised it had to be a name that had been on my mind since we made the decision to pursue our dreams.

"That name was Rona Rose: why? Because Gwyn's mum, Rosie, and my Nanna, Rona, would have been our biggest cheerleaders! My Nanna adored clothes and spoiled me at every opportunity. She was the one who bought me all the clothes and shoes my Mum and Dad said no to.

"Gwyn's mum Rosie shared a love for fashion, sparkle, and had owned a successful dress shop named Rosemary's in Llandudno Junction for many years. She was most definitely the most glamorous and on-trend 80-year-old I have ever known.

"The love we hold for these two beautiful and amazing ladies

Life's too short for boring outfits!

Rona Rose

WWW.RONAROSE.CO.UK

Good clothes.
Great mood.
Sorted.

CONFIDENCE IS THE BEST OUTFIT.
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Stylish, confident & comfortable fashion for every woman, in sizes S–4XL.
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for daily outfit inspo, new arrivals & a little bit of sass!

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HAND PICKED WITH LOVE
GORGEOUS GIFTS
EVENTS & EXPERIENCES
PERSONAL SHOPPING

Real women. Real style. No rules.

Be you. We've got the rest.
FIND US ON MARGARET STREET, BEAUMARIS

inspired our name, and we know that, if they were still with us, they'd have been in the shop, keeping us on our toes.

"We dedicate Rona Rose to the memory of these two beautiful women. We miss you both, but we know you are always with us, and no doubt moving things around in the boutique at this very moment: Rona Rose… always in our hearts."

"Interestingly, there are other links. This Rona Rose boutique in Margaret Street, Beaumaris was previously a butcher's and a hair salon; my mother-in-law Rosie's boutique was in their family home, and had also been a butcher's owned by my father-in-law Don, and then a hair salon run by Rosie, and then becoming a boutique. It feels as if Rona Rose was meant to be, following identical paths with our family."

◆ ◆ ◆

As before, if any other retailer in our lovely corner of Anglesey feels that there's a back story that might interest readers of **The Puffin**, e-mail **puffinpages@gmail.com** and Kath Tere will be in touch to hear it.

💻 Rona Rose
www.ronarose.co.uk

Nature notes: birds about town

Roz Hattey

Beaumaris has some interesting, long-established residents, both people and birds. Some birds are more welcome than others, but they are now all part of our community and provide fascinating viewing.

Jackdaws, *Corvus monedula*, are very social birds and are often seen walking and hopping around town looking for scraps. When their young have fledged in late summer (some from a nest in my neighbour's chimney-pots) they congregate in a large flock, calling loudly to each other: a sharp but cheerful 'tschack' from which they get their name. Late in the day our local flock wheels round the town, landing and chattering on the roof-tops, before settling down to roost for the night, often in the Castle chestnut trees.



A jackdaw perched on a rock
(Efrem Efre: www.pexels.com/@efrem-efre-2786187/)

One of our regular summer visitors, the swift, *Apus apus*, arrives in May and can often be seen and heard, now only in small numbers, flying and feeding above the town. Sometimes you are suddenly made aware of their approach by loud, high-pitched screaming calls as a group of low-flying swifts zooms past. In recent years six swifts regularly arrive in May and when the young fledge there are then usually twelve to fourteen birds flying together.

For the second year running, at least one swift was spotted leaving the main nest-box on the front of the Canolfan, and immediately afterwards one bird made six approaches to the access hole and went into the box on the seventh approach. Lovely to know that this confirms they are indeed considering nesting there, probably next year. Six swift boxes were put up high on the Canolfan several years ago and recordings of their calls played each summer to try and attract them.

Turn to page 34 to read more about Anglesey's swifts in an article by Ben Stammers, North Wales Wildlife Trust's (NWWT) Wildlife and People Officer.

Another insect-eating summer migrant from Africa which regularly resides in the town is the house-martin, *Delichon urbica.* These birds generally nest in colonies, building their cup-shaped mud nests on the outer walls of buildings, especially under the eaves of houses. The main colony of house-martins in Beaumaris has been nesting for some years on a tall, double-fronted building in Castle Street. There are now around twenty active nests which are used from year to year. These delightful little birds are to be seen on summer evenings flying around the buildings as they return to their nests. During the day they sometimes fly low over the promenade and foreshore feeding on insects, and on warm evenings they flit around high above the town catching aphids, midges, flies and beetles. Their calls sound quite metallic, a hard 'prrit'. When their young have fledged – they can have two or three broods – there are forty or fifty martins in the air. Sometimes people stand to watch them at the front of Victoria Terrace as they socialise and hunt insects along the stone ledges and parapets.



A cluster of house-martin nests under the eaves of a building
(Peter Togel: www.dreamstime.com/house-martin-feeding-chicks-round-mud-nest-image457997499)



House-martins collecting mud pellets for nest-building
(Georg Wietschorke: https://pixabay.com/photos/bird-nature-nest-construction-7217636/)

The most obvious, and probably the least popular, of our bird neighbours is the herring gull, *Larus argentatus.* These large, handsome and noisy birds are experienced opportunists, taking advantage of the town's facilities. They are provided with plenty of easy-reach food: overflowing bins, unattended café leavings and unguarded ice-cream cones or bags of chips. They have a good choice of nest-sites, too, on our chimneys and roof-tops.

If you watch carefully though, you may see a few gulls still engaged in their natural feeding behaviour: stamping rapidly



Remembrance Sunday
8 November 2026

✶ ✶ ✶ ✶ ✶

10.00am Service of Remembrance, Church of St Mary & St Nicholas, Beaumaris

10.45am Act of Remembrance, Beaumaris War Memorial

2.00pm Act of Remembrance, Llanddona War Memorial



Mae Sul y Cofio yn gyfle i gofio'r gwasanaeth a'r aberth a wnaed gan bawb sydd wedi amddiffyn ein rhyddid ac wedi diogelu ein ffordd o fyw.

Remembrance Sunday is an opportunity to remember the service and sacrifice of all those who have defended our freedoms and protected our way of life.

Armistice Day
Wednesday 11 November 2026

✶ ✶ ✶ ✶ ✶

10.45am Act of Remembrance, Beaumaris War Memorial, Church of St Mary & St Nicholas, Beaumaris

Gwasanaethau Nadolig 2026

Biwmares
S Fair & S Nicolas

- **29 Tachwedd** 5.00yp: Gwasanaeth Traddodiadol Fictoraidd o Wersi a Charolau
- **6 Rhagfyr** 11.00yb: Gwasanaeth Teuluol: Dathlu Santes Fair a Sant Nicolas
- **14 Rhagfyr** 6.00yp: Gwasanaeth Carolau Teuluol gydag Ysgolion Biwmares a Llangoed
- **15 Rhagfyr** 6.00yp: Cyngerdd Nadolig gyda Chantorion Menai
- **20 Rhagfyr** 11.00yb: Gwasanaeth Carolau
- **24 Rhagfyr** 3.00yp: Gwasanaeth Crib y Nadolig i Deuluoedd
- **24 Rhagfyr** 11.00yn: Màs Hanner Nos
- **25 Rhagfyr** 11.00yb: Cymun Bendigaid y Nadolig a Charolau

Llanddona
S Dona

- **13 Rhagfyr** 9.30yb: Gwasanaeth Carolau

Llanfihangel Din Silwy
S Mihangel

- **6 Rhagfyr** 3.00yp: Gwasanaeth Carolau Canhwyll

Llangoed
S Cawrdaf

- **13 Rhagfyr** 9.30yb: Gwasanaeth Carolau'r Advent
- **24 Rhagfyr** 8.00yn: Cymun Bendigaid Noswyl y Nadolig a Charolau

Llangoed
Neuadd Bentref Llangoed Village Hall

- **13 Rhagfyr** 2.00yp: Carolau Caffi

Llaniestyn
S Iestyn

- **20 Rhagfyr** 9.30yb: Cymun Bendigaid y Nadolig a Charolau

Penmon
S Seiriol

- **13 Rhagfyr** 9.30yb: Gwasanaeth Carolau
- **25 Rhagfyr** 9.30yb: Cymun Bendigaid y Nadolig a Charolau

Eglwysi Bro Seiriol Churches

Christmas Services 2026

Beaumaris
St Mary & St Nicholas

- **29 November** 5.00pm: Traditional Victorian Lessons and Carols Service
- **6 December** 11.00am: Family Service: Celebrating St Mary & St Nicholas
- **14 December** 6.00pm: Family Carol Service with Beaumaris & Llangoed Schools
- **15 December** 6.00pm: Christmas Concert with Cantorion Menai
- **20 December** 11.00am: Carol Service
- **24 December** 3.00pm: Family Christmas Crib Service
- **24 December** 11.00pm: Midnight Mass
- **25 December** 11.00am: Christmas Day Holy Communion and Carols

Llanddona
St Dona

- **13 December** 9.30am: Carol Service

Llanfihangel Din Silwy
St Michael

- **6 December** 3.00pm: Candlelit Carol Service

Llangoed
St Cawrdaf

- **13 December** 9.30am: Advent Carol Service
- **24 December** 8.00pm: Christmas Eve Holy Communion and Carols

Llangoed
Neuadd Bentref Llangoed Village Hall

- **13 December** 2.00pm: Café Carols

Llaniestyn
St Iestyn

- **20 December** 9.30am: Christmas Holy Communion and Carols

Penmon
St Seiriol

- **13 December** 9.30am: Carol Service
- **25 December** 9.30am: Christmas Day Holy Communion and Carols

Eglwysi Bro Seiriol Churches

with their feet on short grass like on The Green to bring earthworms to the surface or swimming round in shallow water below the promenade, peering down into the water, then diving suddenly and bobbing up with small fish. Some gulls also walk between the boulders at low tide and toss clumps of seaweed around as they search for small crabs, shrimps and other invertebrates. Herring gulls could probably still survive very well without us, but we do make urban life very attractive to them, despite their chicks and juveniles facing many perils on our streets.

Marianne Taylor's book, *The Gull Next Door: a portrait of a misunderstood bird*, looks at these under-appreciated birds. She discusses the herring gull, Britain's best-known and most persecuted gull species, whose numbers are declining at an alarming rate. Many gull species are struggling to survive in the wild places they naturally inhabit, which is why they are now exploiting the opportunities of human habitats.

An extraordinary observation was made by Harry Black, an ornithologist, near Rhosneigr on the evening of 25 August. He witnessed a huge flock of more than twenty thousand swallows and house-martins gathered over the reed-beds around Llyn Maelog. No doubt they were feeding, socialising and beginning to prepare to fly south for the winter. What a spectacle that must have been! Harry Black is doing an MSc at Bangor University, studying swift populations in North Wales, and has been helping with NWWT's research project.

💻 North Wales Wildlife Trust
www.northwaleswildlifetrust.org.uk

🕮 The Gull Next Door: a portrait of a misunderstood bird
Marianne Taylor
ISBN 978 0 69120 896 1
Princeton University Press (Oct 2020)
https://press.princeton.edu/books/hardcover/9780691208961/the-gull-next-door

Island leads the way to a swift recovey

Ben Stammers, Swyddog Bywyd Gwyllt a Phobl/Wildlife and People Officer, Ymddiriedolaeth Natur Gogledd Cymru/North Wales Wildlife Trust

I last wrote for **The Puffin** in 2023, talking about swifts' amazing airborne lives, as well as some of the challenges they face: *Sky-dwellers need a hand…*, **The Puffin** 45, page 18, **www. seiriolalliance.co.uk/newsletters/**. What's changed since then? Well, sadly, the overall decline in populations has continued; numbers are down by 76% since 1995, making swift the fastest-declining bird species in Wales. However, a few positive local developments are now giving some hope of a recovery.



Swift, Holyhead, 2026
(Ben Stammers)

Two of the nest-box colonies that North Wales Wildlife Trust (NWWT) helped set up on Anglesey seem to be bucking the national trend. Since 2023, we expanded the number of boxes on Bangor University's Ocean Sciences department in Menai Bridge, and this year, at least 20 out of 27 boxes were being used (up from 8 boxes in 2023). In Holyhead, where Stena helped us install boxes on their historic Marine Port building, at least 16 of 22 boxes have been occupied in recent summers. There are also now swifts in boxes on Ysgol David Hughes, Llain Cyttir estate in Holyhead and Canolfan Hamdden Beaumaris Leisure Centre where, this year, attraction calls played from inside a box seem to have done the trick.



Ocean Sciences Department, Menai Bridge
(Ben Stammers)



Audio-recorded swift box, Menai Bridge
(Ben Stammers)

These are encouraging signs, suggesting conservation measures *can* boost local swift populations – but to replicate these successes, we want to better understand what drives apparent decline in some areas and recovery in others. With that in mind, since 2023 NWWT has been working with the British Trust for Ornithology to research swift chick feeding rates using an innovative audio recording method. We hope to roll this out as a citizen science project that could gather information on insect availability in different locations and conditions. We've also been working with Bangor University, compiling maps of swift breeding records and nestbox sites across North Wales. Combining both these areas of research will hopefully inform future swift conservation and make it more effective; you can help by recording your swift sightings on Cofnod's *A swift recovery* page:

💻 **www.cofnod.org.uk/projects/swift-recovery**

Some swifts returned from Africa early in 2026 (24 April was a record for me), but cool weather through most of May seemed to stall nesting activity, and egg-laying dates were later than average. However, the summer heat from then on gave good insect-hunting conditions which swift parents took full advantage of, making up for the late start and fledging the majority of their chicks on time or even a little earlier than usual in July. There were worries about high temperatures affecting some nests (chicks were seen panting to try and lose heat), but overall, there seemed to be a good output of fledglings.

The value of nest-sites was underlined for me in June this year as I watched two swifts fighting over access to a hole in Amlwch. After a few minutes of vicious scuffling, they seemed to work out who had property rights, but apparently such bat-

tles can go on for hours, in some cases even leading to the death of one or both combatants. For birds that don't touch the ground apart from when nesting, a trusted site with an established flight-path in and out is clearly something worth fighting for.



Swifts fighting, Amlwch
(Ben Stammers)



Swifts, 2026
(Ben Stammers)

- North Wales Wildlife Trust
  www.northwaleswildlifetrust.org.uk
- British Trust for Ornithology
  www.bto.org
- Cofnod
  www.cofnod.org.uk

Ymddiriedolaeth Natur Gogledd Cymru
North Wales Wildlife Trust

Once Upon a Christmas Eve

Ray Parsons

It was the day before Christmas;
once again he was running late,
But instead of his usual cooked breakfast,
he found this note on his plate.
"Dear Nicholas, I'm sorry, I'm leaving.
I can't stay here anymore by myself,
With only the company of reindeer
and the occasional glimpse of an elf.
If only we had had children,
but we just did not get the chance,
Too busy, too tired or too far away,
you had no time for romance.
You never took off that ridiculous suit,
and you know that I hate facial hair,
When not with your elves in the workshop,
you were fast asleep in the chair.
Out 'til all hours every Christmas,
gone at a hell of a pace,
You'd creep back thoroughly exhausted
with a satisfied look on your face.
Reeking of mince pies and brandy,
carrying an old empty sack,
The reindeer totally knackered,
your clothes all dishevelled and black.
Well, I'm just about sick of your *Ho! Ho! Ho!*
I'm off to get me a life,
I'm running away with the milkman",
signed, "With love from your wife".
Now who would have thought it?
The milkman, young, fit and loose-limbed,
Taken his wife right at Christmas,
and forgot his pint of unskimmed.
The last thing that he needed,
on this his busiest day,
Now he must wash down
the reindeer and MOT the sleigh.
Adding to his growing workload,
enough to make him curse,
Though he didn't yet know it,
the day would only get worse.
The sleigh was rather noisy,
and pulling to the right,
Those damn elves had bent the runner,
off-roading again last night.
The frost had burst the heating
pipes and frozen up the loo,
One of the elves got frostbite
and was threatening to sue.
Christmas lists and letters,
to which he'd not replied,
The reindeer had escaped again
and scattered far and wide.
By evening all was sorted,
and everything was done,
With very little time to spare
before his midnight run.

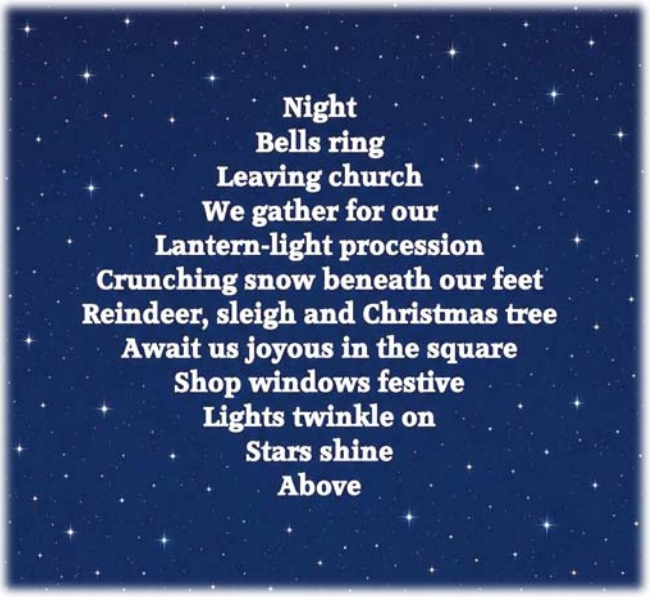


He could rest for half an hour,
or at least a quarter,
And soak his aching feet
in a bowl of nice hot water.
Tripping as he rushed to answer
urgent knocking at the door,

Water, bowl, Radox and Santa
were strewn across the floor.
The Christmas Fairy stood
over him smiling down with glee,
She'd come to present to him
an enormous Christmas tree.
It was then that Santa lost it.
With face fast turning puce,
He told that unfortunate fairy
just what she could do with her spruce.

Starry Night

Susanna Callaghan



Rali Tractor Llanddona Tractor Rally 2026: am ddiwrnod!

Lucy Low

Cyrhaeddodd 15 Awst 2026, ac roedd chweched Rali Tractor Llanddona ar ein gwarthaf! Roedd paratoi ar waith ym mhob cornel o Landdona: gwerthu tocynnau raffl, pobi cacennau, ymarfer cerddoriaeth (gyda Adelphi yn defnyddio Eglwys Sant Dona!), bacon butties, rhostiau porc a thractorau angen eu caboli a'u haddurno, ac ati!

O gert laeth cyflymaf Ernie yn y Gorllewin, sef Little Grey Fergie hen ffasiwn a gipiodd wobr, i dractor Sioned, wedi'i baentio'n binc i gefnogi ei helusennau dewisol, Breast Cancer Awareness a Phluen Wen, wrth iddi baratoi i gymryd rhan ym Marathon Llundain 2027. Yn gyfan gwbl, cymerodd 52 o dractorau, o bob maint, siâp ac oedran, ran mewn taith hynod lwyddiannus o amgylch ein cornel hyfryd o Ynys Môn.

Y canlyniad ariannol? Codwyd swm anhygoel o **£4,400** ar y diwrnod, a fydd yn cael ei rannu rhwng y mudiadau a'r elusennau lleol canlynol:

- **Eglwysi Sant Dona, Sant Iestyn a Sant Mihangel**: yn ogystal â chyfrannu at adfer ffabrig ein heglwysi hyfryd, efallai eich bod wedi sylwi ein bod wedi llwyddo i gadw trefn ar waith cynnal a chadw'r mynwentydd: maent wedi edrych yn daclus iawn eleni, ac rydym wedi cael nifer o sylwadau ffafriol. Fodd bynnag, mae'r gwaith hwn yn costio swm sylweddol o arian (dros £2,200 y flwyddyn) ac, ynghyd â chyfraniad hael gan Gyngor Cymuned Llanddona, mae'r rhodd gan y Rali Tractor yn sicrhau y gallwn barhau i ofalu am ein mynwentydd er budd pawb.

Eglwysi Bro Seiriol Churches

- **Clwb Ffermwyr Ifanc Llangoed**: maent wedi'u lleoli yn Neuadd Bentref Llanddona, yr Hen Ysgol, a byddant yn defnyddio'r arian (£250) tuag at hyfforddiant tynnu rhaff a phecyn offer.



Pinc a llwyd... tractor Sioned, wedi'i baentio'n binc i gefnogi'r elusen a ddewisodd, a Gert Laeth Cyflymaf Ernie yn y Gorllewin
Pink and grey... Sioned's tractor, painted pink in support of her chosen charity, and Ernie's Fastest Milk Cart in the West



- **Ysgol Gynradd Llangoed**: enwebodd Beth Lovell, enillydd y wobr am y Gyrrwr Wedi'i Wisgo Orau, Glwb Garddio'r Plant yn Ysgol Gynradd Llangoed. Bydd yr arian yn cael ei ddefnyddio i brynu compost a hadau.
- **Haulfre a Blaen y Coed**: mae Cartref Preswyl Haulfre a chanolfan Blaen y Coed i oedolion ag anawsterau dysgu yn garedig iawn yn croesawu gyrwyr y tractorau bob blwyddyn pan fyddant yn mynd drwy Langoed. Mae'r trigolion a'r gyrwyr yn mwynhau'r arhosfan ac ni fyddent am ei cholli!

Addysg Oedolion Cymru
Adult Learning Wales

- **Cynllun Tro Da Seiriol**: mae'r cynllun gwych hwn yn hwyluso teithio o gwmpas ein cornel adnabyddus o'r Ynys, ac mae'r cyfan yn cael ei redeg gan wirfoddolwyr er mwyn gwasanaethu'r gymuned.

Cynghrair Seiriol Alliance

- **LimBo**: dyma elusen a ddewiswyd i helpu i gefnogi plant a theuluoedd plant sydd â gwahaniaethau yn eu breichiau neu eu coesau. Mae teulu lleol yn dibynnu'n weithredol ar

y gefnogaeth hon ac wedi cymryd rhan mewn codi ymwybyddiaeth ac arian ar gyfer yr elusen hanfodol hon.

- The Puffin: rhoddwyd cyfraniad i'n cylchgrawn cymunedol ni ein hunain er mwyn helpu i sicrhau ei gyhoeddi a'i ddosbarthu yn ein cymuned ac ymhellach i ffwrdd... diolch yn fawr gan The Puffin!
- **Cymdaethas Amaethyddol Frenhinol Cymru**: mwynhaodd y rhai oedd ar stondin CAFC ymweld â'n Diwrnod Rali er mwyn codi ymwybyddiaeth y bydd Ynys Môn yn sir letyol Sioe Amaethyddol Frenhinol Cymru y flwyddyn nesaf.

Yn olaf... diolch enfawr i holl yrwyr y tractorau, yr Owain Glyndŵr, ein tafarn bentref wych, Hog's Mon, sy'n rhoi elw'r diwrnod o werthu eu rhostiau porc blasus, i'r rhai a ddarparodd gerddoriaeth ac adloniant, ac i'r holl gefnogwyr gwych o'r gymuned ac o ymhellach i ffwrdd, i bawb a gyfrannodd mewn unrhyw ffordd.

Diolch o galon... rydym yn edrych ymlaen at yr un nesaf!

Rali Tractor Llanddona Tractor Rally 2026: what a day!

Lucy Low

15 August 2026 arrived, and the sixth Rali Tractor Rally was upon us! There was preparation in every corner of Llanddona: raffle ticket sales, cake-making, music practice (with Adelphi using St Dona's church!), bacon butties, hog roasts and tractors needing polishing, decorating, you name it!



Mark Williams o'r Owain Glyndŵr gyda Rhys a Kelvin a'u cerbyd tân Bremach trwsiadus
Yr Owain Glyndŵr's Mark Williams with Rhys and Kelvin and their smart Bremach fire appliance

From Ernie's Fastest Milk Cart in the West, a vintage Little Grey Fergie, taking a prize, to Sioned's tractor, painted pink in support of her chosen charities, Breast Cancer Awareness and Pluen Wen, supporting her entry into the London Marathon 2027. In all, 52 tractors of all sizes, shapes and ages participated on a highly successful run around our lovely corner of Ynys Môn.

The financial result? The raising of a whopping £4,400 on the day, the proceeds to be divided between the following local causes and charities:

- **The Churches of St Dona and St Iestyn**: as well as going towards the restoration of the fabric of our lovely churches you may have noticed that we have managed to get on top of graveyard maintenance: the graveyards have looked really tidy this year and we've had numerous favourable comments. This work costs a considerable amount of money, however (over £2,200 per year), and with a generous contribution from Llanddona Community Council the donation from the Tractor Rally ensures that we can continue to look after our graveyards for everyone.



Neges Lucy Fach: 'Rydym yn recriwtio Diffoddwyr Tân Ar-Alwad rwan!'
Little Lucy's message: 'We're recruiting On-Call Firefighters now!'

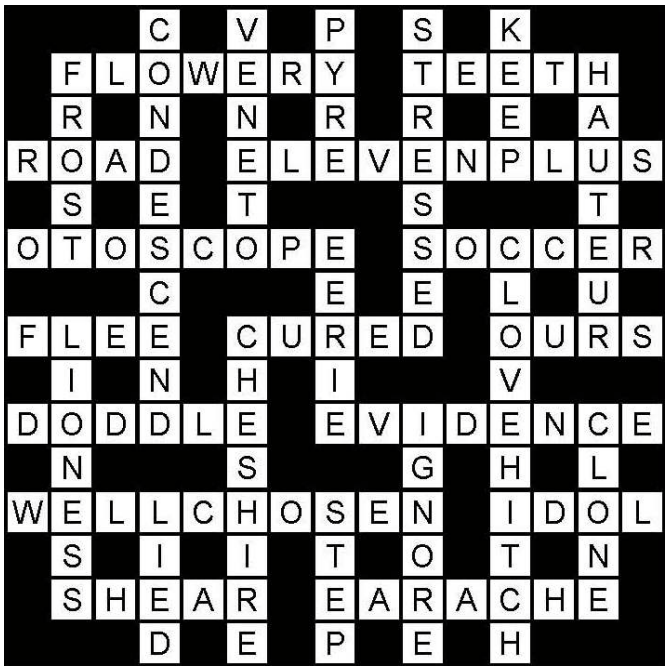
- **Llangoed Young Farmers Club**: they're based at Neuadd Bentref Llanddona Village Hall, yr Hen Ysgol, and will be putting the money (£250) towards tug-of-war training and kit.
- **Ysgol Gynradd Llangoed**: Beth Lovell, winner of the Best Dressed Driver, nominated the Kids' Gardening Club at Ysgol Gynradd Llangoed: the money will go towards compost and seeds.



Mae'r tractorau hynny ym mhobman!
Those tractors get everywhere!

- **Haulfre and Blaen y Coed**: Haulfre Residential Home and the Blaen y Coed centre for adults with learning difficulties kindly host the Tractor drivers every year when it passes through Llangoed; residents and tractors drivers enjoy the pit stop and wouldn't miss it!
- **Seiriol Good Turn Scheme**: this wonderful scheme facilitates travel in and around our well-known corner of the Is-

The Governor's Quick Crossword 26: solution



Fianchetto 66's Chess 17: solution

1 Rc8+ Rxc8 2. Rxc8#.

In plain language, the uppermost white rook moves two spaces upwards, putting the black king in check. The king cannot flee, so the left hand black rook is forced to capture the attacker. The remaining white rook is then free to march all the way to the top of the board, mating the black king.

land all run by volunteers to serve the community.

- **LimBo**: this is a chosen charity to help support children and families of children with limb differences: a local family actively needs this support and has become involved in raising awareness and funds for this vital charity.
- The Puffin: a donation was made to our very own community magazine to help its continued publication and circulation in our community and further afield... a big 'thank you' from The Puffin!
- **Royal Welsh Agricultural Society**: those on the RWAS stand enjoyed visiting our Rally Day to raise people's awareness that Ynys Môn will be next year's host county at the Royal Welsh Show.

Finally... a massive 'thank you' to all the tractor drivers, yr Owain Glyndŵr, our fantastic village pub, Hog's Mon, who donate the day's profits from the sale of their delicious hog roasts, the providers of music and entertainment and all of the fantastic supporters from the community and beyond, all who contributed in any way.

Thanks a million... we're looking forward to the next one!

Penwythnos Gwyl Rhedeg Biwmares, 12/13 Medi

Steve MacVicar

Cymerodd 134 o blant 3-12 oed ran yn y rasys y tu mewn i Gastell Biwmares ar brynhawn heulog sych (bron!). Ar ddydd Sul fe arhosodd y glaw i ffwrdd a chwblhawyd y ras 10K gan 160 redwyr a'r hanner marathon heriol fryniog gan 73.



(Lluniau CJ Photos)

Mae'r adborth gan y rhedwyr, eu cefnogwyr a phawb sy'n cymryd rhan wedi bod yn gadarnhaol iawn ac rydym eisoes yn cynllunio ar gyfer y flwyddyn nesaf. Mae croeso mawr i redwyr o bob gallu ac, os hoffech gymryd rhan yn y digwyddiad yn 2027 (11/12 Medl). Cadwch lygad am y manylion, a gyhoeddir yn fuan.

Mae'r Ŵyl 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 a'r digwyddiad yn mynd tuag at achosian da lleol a bydd manylion llawn yn cael eu cyhoeddi unwalth y bydd y cyfanswm a wnaed a'r digwyddiad wedi'i gwblhau.

Fodd bynnag, ni allai'r trefnwyr gynnal y digwyddiad heb gefnogaeth enfawr gan bawb a gymerodd ran. Diolch yn arbennig i Mat a Mel o Neptune Fish & Chips, eln prif noddwr, *pob* gwirfoddolwr, yr holl staff yng Nghastell Biwmares, CADW, staff Canolfan lechyd Biwmares am ddarparu clawr cymorth cyntaf, TDL Events a ddarparodd yr amseriad, Syr Richard Williams-Bulkeley a staff **Ystâd** Baron Hill, Jayne, eln Cyfarwyddwr Ras a Farathon Eryri, Maer Dref Rhian Jones, Cyng Carwyn Jones, Cyng Alun Roberts, Athletau Cymru, Steve Edwards, busnesau lleol, Cyngor Sir Ynys Môn, Cyngor Tref Biwmares, Spar, ABC Powermarine, Asda, Gwesty Castle Court, Coed Môn, Go Design, Griffiths Construction, HPB Henllys, Clwb Ffermwyr Ifanc Llangoed, Menai Strait's Heritage Sailing, Grŵp Natur Seiriol, SadSac Design, UNITE, Seiriol Serenity Garden, Sunbelt Rentals, Tesco, Ysgolion Cynradd Beaumaris/ Llandegfan/Llangoed *a* phawb yr ydym wedi'u colli allan, am eu cymorth i wneud y penwythnos yn bosibl ac mor gofiadwy.

💻 Neptune Fish & Chips Beaumaris RunFest **www.beaumarisrunfest.co.uk/**

Beaumaris RunFest Weekend, 12/13 September

Steve MacVicar

134 children aged 3-12 years old took part in the races inside Beaumaris Castle on a (thankfully!) dry sunny afternoon. On the Sunday the rain stayed away, too, and the 10K race was completed by 160 runners and the challenging hilly half-marathon by 73.

The feedback from the runners, their supporters and everyone involved has been very positive and we are already planning for next year. Runners of all abilities are very welcome. It is being held on 11/12 September 2027. Look out for more information soon!

The RunFest is a not-for-profit event and is organised by the Beaurnaris Town Road Runners, Môn Actif and Canolfan Hamdden Beaumaris. Money raised from the event will go

towards local good causes, and full details will be published once the total made from the event has been finalised.

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, 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, Town



(Carole Richardson)

Mayor Rhian Jones, Cllr Carwyn Jones, Cllr Alun Roberts, Welsh Athletics, Steve Edwards, local businesses, Beaumaris Town Council, Ynys Môn County Council, Spar, ABC Powermarine, Asda, Castle Court Hotel, Coed Môn, Go Design, Griffiths Construction, HPB Henllys, Llangoed Young Farmers Club, Menai Strait's Heritage Sailing, Seiriol Serenity Garden, Grŵp Natur Seiriol, SadSac Design, UNITE, 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.

💻 Neptune Fish & Chips Beaumaris RunFest
www.beaumarisrunfest.co.uk/

Mike: in memoriam

Robert Macaulay

Church cat or Church Street cat? Mike was known as both. He was a handsome, friendly, fluffy individual, and spent his life


Mike hard at work in Church Street, waiting for somebody to greet…
(Sam Roberts)

greeting visitors to The Hair Lounge or the Church of St Mary and St Nicholas… and anyone else who was lucky enough to be in the vicinity.

Poor Mike met an untimely end in a 'road traffic accident' late in September.


He put everything into his greetings when he found somebody!
(Sam Roberts)

Rev Huw Butler kindly suggested a small grave off the Church's southern path which can be seen in the picture below.


Mike's epitaph reads: 'bless Mikey church cat'
(Robert Macaulay)

✸ Mike: you will be sorely missed ✸

Grŵp Natur Seiriol: a busy few months

Mike Stops

Since the last issue of **The Puffin** Grŵp Natur Seiriol has been busy in the Seiriol area. Below are some examples of what we've been doing.

Llanddona

With assistance from the North Wales Wildlife Trust and Tir a Choed, both funded by Isle of Anglesey County Council's Area of Outstanding Natural Beauty Team, we've mown the common land in the village and rolled the bracken on Rhos Llanestyn. Both activities are designed to help the heathland and

wildflower areas regenerate.

Rhos Llaniestyn is a Site of Special Scientific Interest (SSSI): it is lowland wet heath, an increasingly rare habitat in the UK. Bracken rolling weakens the plant and over time allows heathers and native plants to absorb more sunlight to re-establish themselves.

In the village, the parcels of common land are being managed to become rich in wildflowers. If left, Rhos Llaniestyn and the village common land would become scrub woodland. We've also installed some steps on the footpath between Ponc y Felin and Neuadd Bentref Llanddona Village Hall.



The new Llanddona footpath steps
(Janet Robinson)

With support from Llanddona Community Council we held a Community Session on moths and wildflowers in August which was well attended.

Llandegfan

We've cleared trees and gorse from the eastern area of Cyttir Mawr to regenerate the heather-rich heathland habitat that existed there in the past. There is now a seating area and a rough path around the edge of the land.

With support from Cwm Cadnant Community Council we held a Community Session at the Parish Hall, making Squirrel feeders and willow swifts.



Community Session participants with their squirrel feeders and willow swifts
(Mike Stops)

Llangoed

We repaired part of the boardwalk bridge over Afon Lleiniog on the path behind Llangoed Village Hall. The old parts had begun to rot and were becoming a trip hazard to people using the path. We also erected some benches by the path up to Castell Aberlleiniog.

Fungal Foray

We held our second Fungal Foray in Llangoed's Aberlleiniog woods on Sunday 20 September. It was led by mycologist Charles Aron, and more than 70 people were there, from ages 3 to 83!. The number and variety of fungi were amazing; this year seems to have been particularly good for fungi-spotting if the variety in our local woods and heathlands are anything to go by.



What a variety! The result of our Fungal Foray on 20 September
(Janet Robinson)

Charles Aron will be undertaking a waxcap survey in Llanddona on Saturday 7 November, starting at 10.00am. Visit our Facebook page for more information; the link is given below.

Join us!

We're a friendly group and enjoy our time on Tuesdays, 10.00am-12.30pm and/or 1.30pm-4.00pm in the open air in our beautiful local areas, so please get in touch if you would like more information or would like to come along and see what we do.

✉ Janet Robinson, Secretary
janetr172@hotmail.co.uk

💻 Grŵp Natur Seiriol
www.facebook.com/groups/1123620066159478/

We are funded by the National Lottery's Awards For All programme.

GRŴP NATUR SEIRIOL

COMMUNITY FUND

Clwb Ffermwyr Ifanc Llangoed: tymor 2026

Lucy Low

Roedd 2026 yn dymor arall llawn gweithgarwch di-baid, hwyl a sbri!

Yn Rali'r Ffermwyr Ifanc ar Faes Sioe Môn, Mona, ym mis Mehefin, bu aelodau ein Clwb yn cystadlu ar bob lefel, o ddylunio arwydd hysbysebu yn darlunio Tom Jones i gystadleuaeth smwddio, gwaith coed, crefftau, pobi, trefnu blodau,

beirniadu da byw, ac uchafbwynt llawer o hyfforddiant dwys ar gyfer y gystadleuaeth tynnu rhaff.



Mehefin: Aelod o Dîm Rali'r Ffermwyr Ifanc, Hedd Myrddin Roberts, yn rhoi'r cyffyrddiadau olaf i ystafell a addurnwyd i ddathlu 90 mlynedd o'r Ffermwyr Ifanc, gyda chyfraniadau gan ffermwyr ifanc a hŷn o'r ardal
June: Yong Farmers' Rally Team Member Hedd Myrddin Roberts putting finishing touches to a room decorated to celebrate 90 years of Young Farmers, with contributions from young and older farmers from the area
(Ann Evans Roberts)

Fe enillon ni a chymhwyso ar gyfer Sioe Frenhinol Cymru yn Llanelwedd ym mis Gorffennaf. Roedd y profiad o gystadlu yn y Sioe Frenhinol yn amhrisiadwy, ac er na chawsom ein gosod, rydym wedi dychwelyd gyda'r nod o ddechrau hyfforddi eto'n gynnar a chynilo ar gyfer crysau tynnu rhaff iawn!



Charlotte Morris, Lois Evans Jones, Ann Evans Jones a'r Cyng Carwyn Jones: aelodau Clwb Ffermwyr Ifanc Llangoed yn gwirfoddoli wrth y ddesg mynediad
Charlotte Morris, Lois Evans Jones, Ann Evans Jones, Cllr Carwyn Jones: Llangoed Young Farmers volunteering at the entrance desk
(Rhian Jones)

Roedd y flwyddyn yn llawn ymweliadau diddorol a theithiau fferm, a dathlwyd gyda phizza a rownd o golff gwallgof yn Llangefni cyn gwyliau'r haf. Ym mis Awst, aeth y gwaith codi arian yn Rali Tractor Llanddona yn dda, ac mae hynny, ynghyd â rhodd garedig gan Rali Tractor Llanddona tuag at ein hyfforddiant tynnu rhaff a'n cit newydd arfaethedig, yn hwb mawr i'r clwb.

Rydym yn edrych ymlaen at ailgychwyn ym mis Medi gyda rhaglen brysur, ac yn gobeithio cystadlu mewn amrywiaeth o gystadlaethau yn Sioe Aeaf Môn ar Faes Sioe Môn.

Llangoed Young Farmers Club: the 2026 season

Lucy Low

2026 was another non-stop, action-packed, fun-filled season of activities.

The Young Farmers Rally at Anglesey Showground, Mona in June saw our Club members competing on every level from designing an advertising sign depicting Tom Jones to an ironing competition, woodwork, crafts, baking, flower arranging, stock judging and the culmination of a lot of intense training for the tug-of-war competition.



Cystadleuaeth goginio i baratoi pryd dau gwrs; cyflwynodd Clwb Ffermwyr Ifanc Llangoed ddau dîm: Morgan Jones, Osian Jones, Gwilym Jones a Siôn Hughes
Cookery competition to prepare a two-course meal; Llangoed Young farmers entered two teams: Morgan Jones, Osian Jones, Gwilym Jones and Siôn Hughes
(Ann Evans Jones)

We won and qualified for the Royal Welsh Show at Builth Wells in July. The experience of competing at the Royal Welsh was invaluable, and although we were not placed we've come back with the aim to start training again early and saving up for the proper tug-of-war shirts.

The year was filled with interesting visits and farm tours, and we celebrated with a pizza and game of crazy golf in Llangefni before the summer holidays. In August, fundraising at the Llanddona Tractor Rally went well, that and the kind donation from the Llanddona Tractor Rally towards our tug-of-war training and proposed new kit is a big boost to the club.

We're looking forward to starting up in September with a busy schedule, and hope to enter a variety of competitions in the Anglesey Winter Show at Anglesey Showground.

Llyfrgell Fach newydd i Langoed

Julie Upmeyer

Mae lle newydd yn Llangoed i ddod o hyd i'ch darlleniad nesaf! Mae Llyfrgell Fach newydd wedi agor yn Neuadd Bentref Llangoed, gan gynnig cyfnewidfa lyfrau gymunedol syml i bawb ei mwynhau.

Mae'r syniad yn hawdd: cymerwch lyfr, gadewch lyfr, rhan-

nwch lyfr. Mae croeso i unrhyw un alw heibio, pori'r silffoedd a mynd â llyfr adref sy'n dal eu llygad. Os oes gennych lyfr rydych wedi gorffen ag ef ac yr hoffech i rywun arall ei fwynhau, ychwanegwch ef at y casgliad.

Mae'r Llyfrgell Fach yn enghraifft hyfryd o brosiect cymunedol sydd wedi dod yn fyw gyda chymorth llawer o bobl. Rhoddwyd y cwpwrdd gan Alison, ac yna cafodd ei drawsnewid gyda chymorth Steve Jones, dylunydd gyda Seiriol Men's Shed, a Richard Hughes, a'i peintiodd. Cerfiodd Gareth Phillips yr arwydd pren hardd, tra bu Wendy Davies yn cydlynu'r prosiect a thîm Neuadd Bentref Llangoed yn dod o hyd i gartref parhaol iddo.



Mae'r Llyfrgell Fach goch lachar yn anodd ei methu!
The bright red Little Library is difficult to miss!
(John Draper)

Mae'r silffoedd eisoes yn llenwi, a bydd y llyfrau'n newid wrth i bobl ddefnyddio'r gyfnewidfa, felly dylai fod rhywbeth gwahanol i'w ddarganfod bob tro.

Y tro nesaf y byddwch yn mynd heibio Neuadd Bentref Llangoed, galwch draw i gael golwg. Cymerwch un, gadewch un, neu dewch i weld beth sydd ar y silffoedd.

Darllen a chyfnewid hapus!

Neuadd Bentref Llangoed Village Hall

A new Little Library for Llangoed

Julie Upmeyer

There's a new place to find your next good read in Llangoed! A Little Library has recently opened at Llangoed Village Hall, offering a simple community book swap for everyone to enjoy.

The idea is easy: take a book, leave a book, share a book. Anyone is welcome to stop by, browse the shelves and take home something that catches their eye. If you have a book you've finished with and would like someone else to enjoy, simply add it to the collection.

The Little Library is a lovely example of a community project brought to life by many helping hands. The cupboard was donated by Alison, then transformed with the help of Steve Jones, designer at Seiriol Men's Shed, and Richard Hughes, who painted it. Gareth Phillips carved the beautiful wooden sign, while Wendy Davies co-ordinated the project and the Llangoed Village Hall team found it a permanent home.

The shelves are already filling up and books will come and go as people use them, so there should always be something different to discover.

Next time you're passing Llangoed Village Hall, have a look inside. Take one, leave one, or simply see what's on the shelves.

Happy reading – and swapping!

Clwb Bowlio Beaumaris Bowling Club: a good season!

Dave Mathias, Secretary

Another bowling season has come to an end for Clwb Bowlio Beaumaris Bowling Club, with three main achievements:

- The Beaumaris Monday Night League team won the Whitworth Knockout Cup at the Caernarfon Bowling Club by beating the Criccieth Bowling Club in the Final.



(Dave Mathias)

- The Beaumaris Wednesday Night League team won the League Championship for the third year in succession.



(Dave Mathias)

- The Beaumaris Bowling Club team reached the final of the Gwynedd Bowling Association's Knockout Cup final at the Dwygyfylchi Bowling Club when, sadly, they narrowly lost to the Craig y Don Bowling Club.

Eglwys Sant Sadwrn: newyddion

Joan Woods

Neuadd Eglwys Sant Sadwrn

Mae Neuadd yr Eglwys ar hyn o bryd yn cael gwaith atgyweirio ar y to a gwaith cynnal a chadw cyffredinol, felly nid yw ar gael i'w llogi na'i defnyddio am y tro.

Bydd pob gweithgaredd dros y misoedd nesaf yn cael ei gynnal yn **Eglwys Sant Sadwrn**. Cadwch lygad am fanylion y gweithgareddau sydd i ddod ar hysbysfyrddau'r Eglwys a'r pentref, ac ar dudalen Facebook Llansadwrn.

Clwb Sadwrn a Sadyrnau Agored

Mae Clwb Sadwrn yn sesiwn anffurfiol i gael paned a sgwrs, a gynhelir ar drydydd dydd Sadwrn bob mis. Gobeithiwn ddychwelyd i Neuadd yr Eglwys unwaith y bydd y gwaith adeiladu wedi'i gwblhau.

Bydd yr Eglwys ar agor, nid yn unig i Clwb Sadwrn gyfarfod, ond hefyd i unrhyw un sy'n dymuno ymweld â'r eglwys, edrych o'i chwmpas a dysgu mwy am yr adeilad. A'r bonws ychwane-

gol yw y cewch luniaeth hefyd.

Cynhelir Clwb Sadwrn ar y dyddiadau canlynol:

- 21 Tachwedd
- Rhagfyr: dim cyfarfod
- 16 Ionawr 2027
- 20 Chwefror 2027

Eglwys Sant Sadwrn

Yn ogystal â gwasanaethau'r Eglwys, sydd fel arfer yn cael eu cynnal ar yr ail a'r pedwerydd Sul o'r mis, gobeithiwn y bydd modd i chi ymuno â ni yn ein digwyddiadau arbennig ac ar gyfer ein Gwasanaeth Carolau.

Nid yw'r dyddiadau wedi'u pennu eto, ond byddwn yn eu rhoi ar yr hysbysfyrddau ac ar y dudalen Facebook, fel y soniwyd yn gynharach.

💻 Pobol Llansadwrn People
www.facebook.com/groups/3140572646162274/

EGLWYSI BRO TYSILIO CHURCHES

St Sadwrn's Church: news

Joan Woods

St Sadwrn's Church Hall

The Church Hall is currently undergoing roof repairs and general maintenance, so is unavailable for hire or use and for the time being.

All activities over the next couple of months will be held in St Sadwrn's church. Please look out for details of forthcoming activities on the Church and village notice boards, and on the Llansadwrn Facebook page.

Clwb Sadwrn and Open Saturdays

Clwb Sadwrn is an informal coffee and chat session which is held on the third Saturday of each month. We hope to return to the Church Hall once the building work is complete.

The Church will be open, not only for Clwb Sadwrn to meet, but also for anyone who wishes to view and explore the church building, the added bonus being that you will be offered refreshments, too.

Clwb Sadwrn will be held on the following dates:

- 21 November
- December: no meeting
- 16 January 2027
- 20 February 2027

St Sadwrn's Church

Besides the Church services, which are usually held on the second and fourth Sundays of the month, we hope that you will be able to join us for special events and for our Carol Service.

The dates have yet to be announced, and will be placed on the notice boards and on the Facebook page, as previously mentioned.

💻 Pobol Llansadwrn People
www.facebook.com/groups/3140572646162274/

Don't trash rubbish!

Valerie Verbi-Jones

It's refuse collection day tomorrow, and here I am with an empty black bin and my recycling boxes outside the door filled with the correct weekly recycled plastics, paper, cardboard, bottles, jars and tins. My compost bin is full of kitchen waste and my green bin is chock-a-block with garden stuff.

To do this, I decline all plastic bags and diligently use 'bags for life'. I try to avoid anything wrapped in plastic and cellophane at the supermarket – almost impossible to do – and buy butter wrapped in paper, instead of margarine in plastic tubs... but I should be avoiding full fats to aid my cholesterol in order to cut down the risks of a possible stroke and so become a drain on an already overstretched NHS, so perhaps this is not such a good idea. Bread might come in plastic bags, but the bags are reusable in the fridge and freezer, and also for open packets of biscuits from going soft... and often they can be used time and time again before disposal.

My scissors, buttons, cottons, needles and pins are all neatly stacked in used takeaway cartons. My husband, who is an artist, finds the larger plastic lids on yoghurt pots very handy for mixing up paints. Wine bottle corks make great stopper tops for garden canes: it beats poking your eye out when bending over to weed. I make greetings cards from used ones and cut up old towels for dusters and dishcloths. Instead of using paper kitchen towels I make napkins from old duvet covers which can be washed, although a friend pointed out this was a waste of water and energy! All reasonable cast-off clothes and books go to the charity shops, although they have become rather picky of late, and if you order on-line, you will be familiar with the huge tide of bubblewrap and cardboard used to deliver it, even for ridiculously small items.

Cotteswold Dairy delivery milk in bottles twice a week to my doorstep; glass bottles can be reused up to 30-50 times before being efficiently recycled. Watching people leaving the supermarket with two large plastic bottles of milk makes my heart sink. Every person using two of these a week clocks up 100+ plastic bottles per household per year: just consider this on a national scale!

There is a shop in Bangor where you can refill plastics with washing up liquid and cleaning products as well as a variety of dry goods items, but this comes at a cost that I realise is simply not affordable to all... and, can anyone tell me why garden centres continue to supply plants in plastic pots that cannot be recycled?

Boots in Bangor take used blister packs and Morrisons takes some plastic bags and wrappers that cannot be recycled at home... but you have to drive or take the bus to do this, as we are being encouraged to drive less and walk more to aid the overheating environment. At 82, walking to Bangor is a step too far for me!

Yet despite all this, a pesky tide of plastic stuff that cannot be recycled keeps coming my way... so although my recycled bins might be full of all the right things, inevitably much of the wrong stuff goes to landfill and I'm loath to black bin it. So... where do I go from here? Whew, it's all so exhausting!

Surely, it's time to become more effective in making those who supply our goods do so in an appropriately environmentally suitable way! Over to them I say!

Anglesey's ospreys

Philip Snow

Anglesey is home to a good number of birds of prey like Peregrines, Buzzards, Kestrels, Sparrowhawks and even some Red Kites... and now, Ospreys!

In late August, the BBC's *Wales Today* programme covered the birth of two Osprey chicks on Anglesey, for the first time, according to conservationists. Ospreys had never been known to breed on Anglesey until this year, having returned to Britain generally to breed only in 1954, after they were wiped out by the early 20th century. Since then they have flown sporadically through Wales, including sightings on Anglesey since the mid-1960s. They did not breed at all in Wales again until the early 2000s. The only reliable record of Welsh-breeding 'fishy-hawks' is in 1604, although they were still common enough throughout Britain back then.

It was in the 1990s that several nesting poles began to be erected in Wales, most, now numbering over 35 in number, by the conservation group Friends of the Ospreys, and on private land, including recently on Anglesey.



Anglesey nest, 2026
(Philip Snow)

The two Anglesey chicks were hatched earlier this summer, and have since successfully left the nest, with hopes they may return. Friends of the Ospreys said they were "over the moon" at the news, and hoped that it pointed to a bright future for the species on the island. The adult Ospreys responsible for these chicks are one of about 300 breeding pairs in the UK, with about 20 in Wales: the adult male is from the Glaslyn nest near Porthmadog, and hatched in 2022, and his female partner is from a nest near Carrbridge in Scotland; she was born in 2024. 25 pairs bred and fledged a record 45 young in Wales this year, many on nest-poles.

Although they've not flown more than a few miles around their nesting sites, by mid-September most juvenile Ospreys set off to fly, unguided by parents, almost directly to Senegal and The Gambia in West Africa a journey of over 3,000 miles via Western Sahara Desert. One is known to have made it in 12 days, and it also had to learn to fish on the way!

The book *Osprey Dawn* will be available locally and from Philip Snow at **www.philipsnow.org**.

💻 'Historic' first as two osprey chicks born on Anglesey, experts say
www.bbc.co.uk/news/articles/cz7z3ld5r44o

💻 Friends of the Ospreys
Cyfeillion Gweilch y Pysgod
www.friendsoftheospreys.co.uk

✉ **philip@philipsnow.org**

Spotlight on local authors: Joy M Mawby

Patricia Lennan

This is the first in what I hope will be an occasional series that shines a spotlight on local authors. This article features Joy M Mawby, the author of three biographies set in World War Two.

◆ ◆ ◆

Joy grew up in Surrey and later became a teacher and headteacher. Throughout her career, she always encouraged children in their writing endeavours.

On retirement, she moved to Anglesey and was able to devote time to her own writing. She has run a local writing group, Copper Writers, for over ten years now. It was so named as it was originally held in Amlwch, once the heart of the copper industry.

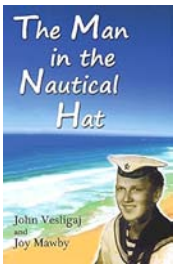
Joy has had several plays performed locally, and her poems and short stories appear in a variety of publications. She was also instrumental in producing two anthologies of local writers' work and in organising the first local writing festival.

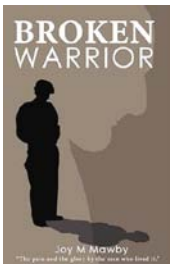
Her three biographies all depict the heartfelt and traumatic experiences of three separate characters in Eastern Europe during World War Two, inspired by first-hand accounts in memoirs that Joy said she had felt very lucky to come across.

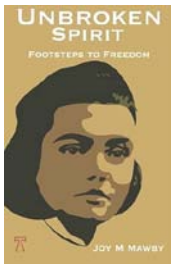
The Man in the Nautical Hat is about life in wartime Yugoslavia. The other two books, *Broken Warrior* and *Unbroken Spirit*, trace the very different stories of two Polish people caught up in the tumult of World War Two in war-torn Poland.

Broken Warrior follows the journey of Konstanty Dzierzek, a war hero, who manages to lead thousands of Polish citizens out of Soviet-held Poland to safety.

Unbroken Spirit tells the story of a young girl, Anna. She finds herself caught between two invading armies, Russian and German, desperately wanting to help fight the Soviets. Coming close to death on many occasions, she is saved by the human kindness of those she meets on her way. Finally, she achieves her ends against all odds, via prison, a labour camp, and a community farm.







🕮 Broken Warrior
ISBN 978 1 06864 451 1
Tweedlecoate Press (2025)
🕮 Unbroken Spirit
ISBN 978 1 91831 608 7
Tweedlecoate Press (2026)
https://tweedlecoate.co.uk

✉ **enquiries@tweedlecoate.co.uk**

The Man in the Nautical Hat is now out of print.

The Puffin for children: Half-term in the forest

John Nunn

Simon Squirrel and his friend Ben the Badger were sitting on the forest floor... let's face it, they were looking bored. You may wonder why: they lived in such a lovely forest, so how could they possibly be bored? The answer's very simple: it was half-term. From being reluctant to start school only a few weeks earlier they were now missing their new friends, many of whom didn't live that close to them.

"I'm so bored," said Ben.
"So am I," said Simon.
"Oh..." they wailed in unison, "what are we going to doooo...?"

The two friends continued to sit in sullen silence on the forest floor; then they heard a sound they both knew.

"Twit t'woo, where are you?" said a familiar voice. It was Tomos the Tawny Owl.
"Over here! Over here!" they yelled as loudly as they could. "We're both so bored!"

"Well," said Tomos, "this is your lucky day. I've got a job for you. You remember after all that hot dry weather we had such heavy rain?"
"How can we forget?" said Ben. "It flooded our sett... took my parents ages to clear up."
"We were OK," chortled Simon.
"No need to rub it in," said Ben. "It's OK for you..."
"Now, now, children," said Tomos. "No squabbling. The thing is, you see, the flood waters in the stream washed away the beavers' dam and they need help to rebuild it. Are you interested?"
"Fantastic!" the friends said together. "Boris and Beti Beaver are two of our best friends. They gave us such a great time on their boat in the summer. We'd love to help."
"Follow me, then," said Tomos as he flitted from tree to tree down to the river.

When they got there they couldn't believe the damage: there were just piles of mud everywhere and the water was roaring through what was supposed to be the Beavers' home.

"Sure you don't mind getting dirty?" asked Mr Beaver. The two friends just looked at each other and grinned; they'd be able to get filthy and their parents wouldn't mind as they would be helping do a good turn to the Beaver family. "Well," said Mr Beaver, "if you get those two shovels over there and start throwing mud over here, Boris and Beti can start putting the mud in the correct places where I show them."



The two friends set to with a will, and before you knew it, it was very hard to see where mud ended and animal began!

By the end of the day a really good start had been made on the repairs, and Simon and Ben promised to return the next day to carry on. As they made their way home they agreed that the holiday might actually turn out to be really good.

Best of all, their parents (whom Tomos had warned), far from being cross with them for getting so dirty, praised them for being so helpful.

• • • • • • • • • • • • • • •

Colofn Puffin Pie Lucy Low: 'ceginau tywyll' a mwy...

Lucy Low

Wrth stopio mewn canolfan arddio ar ein ffordd adref yn ddiweddar, fe wnaethom daro ar ffrind annwyl i ni a'i wraig, yn gwbl ddamweiniol, ac yn y diwedd cawsom baned gyda nhw. Mae'n gyfarwydd i ddarllenwyr The Puffin fel Fianchetto 66, gyda'i golofn wyddbwyll reolaidd. Yn anffodus, mae colofn wyddbwyll reolaidd Fianchetto 66 yn dod i ben, fel y darllenwch ar dudalen 28.

ystod ein sgwrs ddigymell, dechreuom drafod bwyd, bwytai, bwyd cyflym ac ati, a defnyddiwyd yr ymadrodd 'cegin dywyll', rhywbeth yr oeddwn yn teimlo oedd angen ymchwilio ymhellach iddo.

"Beth yw 'cegin tywyll'?" rwy'n eich clywed yn gofyn. Cegin heb fylbiau golau? Cegin dan ddylanwad ysbrydion dirgel sydd angen eu hallfwrw? Cegin sy'n cael ei rhedeg gan Wrachod Llanddona (rwy'n siŵr bod Betsan yn gwneud cawl arbennig o dda)?

Na. Nid yw'r un o'r rhain yn berthnasol. Darllenwch ymlaen...

Mae 'ceginau tywyll' (a elwir hefyd yn 'geginau ysbryd' neu 'geginau cwmwl') yn gyfleusterau sy'n tyfu'n gyflym ac sy'n bodoli ar gyfer paratoi bwyd yn broffesiynol, heb unrhyw staff bwyta na staff aros i'w hystyried, ac felly â chostau gorbenion isel iawn. Mae ceginau o'r fath yn darparu bwyd ar gyfer ei ddanfon, tecawê, digwyddiadau lletygarwch ar raddfa fawr, digwyddiadau preifat ac ati. Mae'r cyfleusterau cegin wedi'u lleoli mewn mannau cost-effeithiol, megis ystadau diwydiannol, gan wneud cynhyrchu prydau yn gost-effeithiol, ac yn aml iawn mae'r ardaloedd cegin yn cael eu rhannu gan wahanol frandiau bwytai.

Os yw'r cysyniad o **'**geginau tywyll/ysbryd/cwmwl**'** wedi codi eich archwaeth, cymerwch ychydig funudau i bori drwy'r dolenni hyn:

- What is a Dark Kitchen From Home? How To Open Business Model (UK Guide) **www.hellomag.co.uk/what-is-a-dark-kitchen/**
- Deliveroo UK opens giant new 'dark kitchens' in three London areas **https://londondaily.com/deliveroo-uk-opens-giant-new-dark-kitchens-in-three-london-areas**

Efallai na fydd eich bywyd byth yr un fath eto...

Nawr trowch i dudalen 46 am y ryseitiau...

Lucy Low's Puffin Pie column: 'dark kitchens' and more

Lucy Low

Whilst stopping at a garden centre on our journey home recently we bumped into a dear friend of ours and his wife purely by accident and ended up having a paned with them. He's familiar to readers of The Puffin as Fianchetto 66, with his regular chess column. Sadly, Fianchetto 66's regular chess column is coming to an end, as you'll read on page 28.

During our impromptu chat we started discussing food, restaurants, fast food, etc., and the phrase 'dark kitchen' was used, which I thought needed more investigation.

"What is a 'dark kitchen'?" I hear you ask. A kitchen with no lightbulbs? A kitchen under the influence of mysterious spirits in need of exorcising? A kitchen run by the Witches of Llanddona (I'm sure Betsan made a mean broth)?

No. None of these applies. Read on...

'Dark kitchens' (also known as a 'ghost kitchens' or 'cloud kitchens') are ever-growing facilities that exist to fulfil professional food preparation, with no dining or waiting staff to consider, so very low overheads. Such kitchens supply food for delivery, takeaways, large-scale catering hospitality events, functions and so on. The kitchen facilities are located in economical locations such as industrial estates, so make the production of the meals cost-effective, and quite often the kitchen areas are shared by different restaurant brands.

If your appetite has been whetted by the concept of 'dark/ghost/cloud kitchens' take a few moment to dip into these links:

- What is a Dark Kitchen From Home? How To Open Business Model (UK Guide) **www.hellomag.co.uk/what-is-a-dark-kitchen/**
- Deliveroo UK opens giant new 'dark kitchens' in three London areas **https://londondaily.com/deliveroo-uk-opens-giant-new-dark-kitchens-in-three-london-areas**

Your life might never be the same...

Now for the recipes... a few weeks ago **The Puffin**'s typesetter visited a South African kitchen, not a dark one, deep in the suburbs of Gravesend. His relationship with the owners of this kitchen goes back many years, starting at Leeds University in the early '70s.

Bobotie

Bobotie is a South African dish consisting of spiced minced meat baked with an egg-based topping.

It appears to be a variant of *patinam ex lacte*, a dish documented by the ancient Roman writer Apicius consisting of layers of cooked meat, pine nuts, and seasoned with pepper, celery seeds and asafoetida. The dish has been known in the Cape of Good Hope since the 17th century, when it was made with a mixture of mutton and pork.

Ingredients

1 kg minced beef or mutton
1 medium onion, finely chopped
125ml (½ cup) seedless raisins (optional)
125ml (½ cup) blanched almonds (optional)
12.5ml (1 tablespoon) apricot jam
12.5 ml fruit chutney
1 slice white bread
10ml (2 teaspoons) butter or oil
3 eggs
250ml milk
25ml lemon juice
10ml (2 teaspoons) curry powder
5ml (1 teaspoon) turmeric
2 lemon or bay leaves
10ml (2 teaspoons) salt

Instructions

- Soak the bread in 125ml milk , squeeze to remove the milk and mix the bread with the minced beef
- Mix in all the other ingredients except the butter/oil, eggs, milk and leaves
- Melt the butter/heat the oil in a frying-pan and brown the meat mixture lightly in it; turn out into a casserole
- Beat the eggs and the rest of the milk together and pour over the meat; garnish with the lemon/bay leaves
- Bake in the oven for about 50 minutes at 180°C (350°F) until set

Serves 8; preparation 30 minutes; cooking 50 minutes.

💻 Bobotie
https://en.wikipedia.org/wiki/Bobotie

Melktert

Melktert, Afrikaans for "milk tart", is a South African dessert consisting of a sweet shortcrust pastry containing a creamy filling made from milk, flour, sugar and eggs. The ratio of milk to egg is higher than in a traditional Portuguese custard tart (pastel de nata),resulting in a lighter texture and a stronger milk flavour. Cinnamon is often sprinkled over its surface. The milk used for the custard can also be infused with a cinnamon stick before preparation.

Ingredients

Pastry

2 Cups flour
½ cup sugar
4 oz margarine/butter
1 egg
1 tsp baking powder
Salt

Filling

4½ cups milk
2 tablespoons flour
4 oz margarine/butter
3 eggs
1 cup sugar
2 tablespoons cornflour
1 teaspoon vanilla essence

Instructions

Pastry

- Mix the ingredients together
- Press the mix into the base of about three round tins
- Bake in a moderate oven until golden brown

Filling

- Mix the ingredients together
- Stirring all the time, bring to the boil until thickened
- Remove from the heat, stir in the vanilla essence and margarine/butter, beat rapidly until it's well-mixed
- Pour it into the cooked bases
- Sprinkle cinnamon on top
- Put into the fridge to cool





It's supposed to be eaten cool, but it's just as good when it's warm. It may not look exciting, but it really is very good.

💻 Melktert
https://en.wikipedia.org/wiki/Melktert

Cofnod: eich Canolfan Cofnodion Amgylcheddol Leol

Aisling May, Arweinydd y Tîm Data/Data Team Leader, Cofnod

Ydych chi wedi sylwi ar un o'r tagiau hyn yn ddiweddar wrth fynd am dro?



Os ydych wedi gwneud hynny, ond heb sganio'r cod QR eto, efallai mai nawr fyddai cyfle da i roi gwybod i Cofnod am unrhyw fywyd gwyllt rydych wedi'i weld yn lleol. Gallai eich cofnodion wneud gwahaniaeth.

Cofnod yw'r Ganolfan Cofnodion Amgylcheddol Leol (LERC) ar gyfer Gogledd Cymru. Ers 2005, rydym wedi bod yn casglu data am fywyd gwyllt o bob rhan o'r rhanbarth. Ar hyn o bryd, mae gennym dros 8 miliwn o gofnodion rhywogaethau, ac mae'r ffigur hwn yn cynyddu bob blwyddyn. Rydym hefyd yn cadw amrywiaeth o ddata am ardaloedd sy'n hollbwysig i fywyd gwyllt. Mae'r data'n cael eu darparu i gyrff cyhoeddus fel Cyfoeth Naturiol Cymru, awdurdodau cynllunio lleol fel Cyngor Sir Ynys Môn, ac ymgynghorwyr ecolegol, sydd oll yn cyfrannu

at warchod bywyd gwyllt yng Ngogledd Cymru.

Mae gan Cofnod dîm bach o staff, sy'n gweithio o'u cartrefi ledled Gogledd-orllewin Cymru ac o'n swyddfa ym Mharc Menai, Bangor. Rydym yn gweithredu fel sefydliad nid-er-elw.

Mae cofnodion rhywogaethau'n dod atom o amrywiaeth eang o ffynonellau, gan gynnwys sypiau mawr o ddata a gasglwyd gan arbenigwyr neu sefydliadau lleol, a chofnodion *ad hoc* a gyflwynir gan drigolion lleol ac ymwelwyr. Mae rhannu eich cofnodion am fywyd gwyllt yn sicrhau eu bod ar gael i'w defnyddio, ac nid oes rhaid i'r cofnodion ymwneud â rhywogaethau prin neu anarferol er mwyn iddynt fod yn bwysig. Yn anffodus, yn rhy aml o lawer, gall rhywogaethau sy'n gyffredin heddiw gael eu gweld yn llawer llai aml yn y dyfodol.

Y ffordd hawsaf o rannu eich cofnodion â ni, yn ogystal ag â'r arbenigwyr lleol a'r rhai sy'n gwneud penderfyniadau, yw defnyddio **System Cofnodi Ar-lein (ORS) Cofnod**:

- System Gofnodi Ar-lein/Online Recording System
  https://cofnod-ors.lerc.online/Login

Cofrestrwch i gael cyfrif am ddim – y cyfan sydd ei angen yw cyfeiriad e-bost a chyfrinair – ac yna gallwch ddefnyddio'r system hawdd ei defnyddio i gofnodi beth welsoch, a phryd a ble y gwelsoch ef. Os oes gennych lun, cofiwch ei uwchlwytho eich ychwanegu at ein rhestr bostio. Rydym hefyd yn cynnig ffocws misol ar rywogaeth benodol: rhywogaeth mis Medi oedd y Pry Copyn Gwenynog.

- Cofnod
  www.cofnod.org.uk
- Events
  https://www.cofnod.org.uk/events
- Species Focus – Wasp Spider (*Argiope bruennichi*)
  www.cofnod.org.uk/news/species-focus-wasp-spider

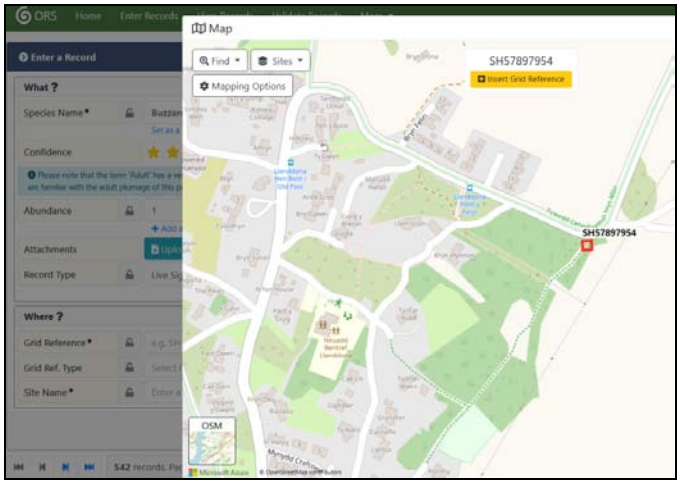
Cofnod: your Local Environmental Records Centre

Aisling May, Arweinydd y Tîm Data/Data Team Leader, Cofnod

Have you noticed one of the tags on the previous page recently while out and about on a walk?



Species Name	Date	Grid Reference	Site Name	Abundance	Record Type	Notes	Recorder
Buzzard (*Buteo buteo*)	06/09/2026	SH57897954	Llanddona	1	Live Sighting	Buzzard being scolded by two magpies in tree by footpath.	Aisling May



Mae'r tag a ddangosir uchod ar un o'r ddwy graig fawr ar ben y llwybr troed o gae pêl-droed Llanddona i groesffordd Llaniestyn
The tag shown above is on one of the two large rocks at the end of the footpath from Llanddona football field to the Llaniestyn crossroads

If you have, but haven't yet scanned the QR code, now might be a good opportunity to tell Cofnod about any wildlife you've seen locally. Your records could make a difference.

Cofnod is the Local Environmental Records Centre *(*LERC) for North Wales. Since 2005 we've been bringing together wildlife data across the region. We currently hold over 8 million species records and this figure is rising each year. We also hold a range of data on areas which are critically important to wildlife. Data are supplied to public bodies like Natural Resources Wales, local planning authorities like Isle of Anglesey County Council, and ecological consultants, all contributing to the conservation of wildlife in North Wales.

Cofnod has a small team of staff, who work from home across North-West Wales and from our office in Parc Menai, Bangor. We operate as a not-for-profit organisation.

Species records come to us from a wide variety of sources, including large batches put together by local experts or organisations, and *ad hoc* records entered by local residents and visitors. Sharing your wildlife records makes them available for use, and records do not have to be of rare or unusual species to be important. Sadly, all too often, today's common species may be far more infrequently seen in the future.

The easiest way to share records with us, and with local experts and decision makers, is to use Cofnod's Online Recording System (ORS):

- System Gofnodi Ar-lein/Online Recording System
  https://cofnod-ors.lerc.online/Login

Register for your free account – just enter an e-mail address and create a password – and use the user-friendly system to enter details of what you saw, when and where. If you have a photo, please upload it as part of the record, as this will help the local expert decide if they can confirm your record as correct; this is especially important for species which are more difficult to identify. It's easy to work out exactly where you were using the online mapping tools, including aerial photos,

There's an example above of a recent record I made in Llanddona.

All records are shared with relevant local experts, who are especially important to Cofnod, not only in terms of supplying data to us, but also in helping maintain high data standards.

gyda'ch cofnod. Bydd hyn yn helpu'r arbenigwr lleol i benderfynu a ellir cadarnhau eich cofnod, ac mae hyn yn arbennig o ddefnyddiol ar gyfer rhywogaethau sy'n anoddach eu hadnabod. Mae'r offer mapio ar-lein, gan gynnwys lluniau o'r awyr, yn ei gwneud hi'n hawdd nodi'n union ble'r oeddech chi. Gallwch hefyd fewngofnodi eto unrhyw bryd yn y dyfodol i weld eich cofnodion.

Uchod mae enghraifft o gofnod diweddar a wneuthum yn Llanddona.

Mae'r holl gofnodion yn cael eu rhannu ag arbenigwyr lleol perthnasol, sy'n arbennig o bwysig i Cofnod, nid yn unig o ran cyflenwi data i ni, ond hefyd o ran helpu i gynnal safonau data uchel. Gwirfoddolwyr yw pob un ohonynt, ac maent yn aml yn gynrychiolwyr Cynllun neu Gymdeithas Genedlaethol sy'n arbenigo mewn grŵp penodol o rywogaethau, megis adar neu famaliaid. Mae ganddynt rôl werthfawr iawn o ran gwirio llawer o'r cofnodion a gyflwynir drwy ORS Cofnod.

Mae gwefan Cofnod yn cynnwys manylion am lawer o ddigwyddiadau, arolygon a chyrsiau hyfforddi a allai fod o ddiddordeb i chi hefyd. Mae ein crynodeb e-bost misol yn rhoi manylion am yr hyn sy'n digwydd dros y mis neu ddau nesaf: pan fyddwch yn cofrestru ar gyfer ORS, gallwch ddewis cael

They are all volunteers and are often representatives of a National Scheme or Society which specialises in a particular species group, such as birds or mammals. They have a very valuable role in checking many of the records submitted through the Cofnod ORS.

Cofnod's website includes details of many events, surveys and training courses you might also be interested in. Our monthly e-mail digest provides details of what is happening over the coming month or so: when you sign up to the ORS you can choose to be added to our mailing list. We also provide a monthly species focus: September's species was the Wasp Spider.

💻 Cofnod
www.cofnod.org.uk

💻 Events
https://www.cofnod.org.uk/events

💻 Species Focus – Wasp Spider (*Argiope bruennichi*)
www.cofnod.org.uk/news/species-focus-wasp-spider

Cheques and chapbooks

Meg Marsden

Here's a photo of me feeling really chuffed whilst holding a



Me, the cheque and some of my chapbooks
(Meg Marsden)



cheque for £550, which was being sent off to the World Cancer Research Fund last month and was the total proceeds from the sales of my little chapbook, *Poetry's Power to Help me Heal*.

As a result of the shock of hearing I had breast cancer I did what I always do: I started to write about it. My chapbook, *How Poetry helped me to Heal*, was simply promoted by word-of-mouth, and was immensely cathartic for me, and it seemed to find a place in the heart of others, too.

I'd like to thank publicly all those family, friends and neighbours, who have inspired and helped in both practical and emotional ways over that period: I learned and experienced so much.

At the time of writing this, mid-October, I'm about to start my course of radiotherapy, but I'm delighted and grateful to say I am very well indeed.

Each chapbook is handmade and takes quite a time to put together, but should you be interested in buying a copy please email me at **megtcomms@icloud.com**.

◆ ◆ ◆

What is a chapbook? It's a small book comprising 16-20 pages, traditionally containing poetry, ballads, folk tales and political essays. The name comes from itinerant pedlars who sold them back in the 16th century in Europe. These days poets often use chapbooks to produce a themed work.

💻 Chapbook
https://en.wikipedia.org/wiki/Chapbook

💻 World Cancer Research Fund
www.wcrf.org

World Cancer Research Fund

Nadolig Llawen!

Parch Huw Butler, Arweinydd Ardal Gweinidogaeth Bro Seiriol

Tybed faint o gardiau Nadolig y byddwch yn eu derbyn eleni? Mae'n ymddangos nad yw'r un ohonom yn anfon cymaint o gardiau y dyddiau hyn, o ystyried cost gynyddol postio a hwylustod cyfryngau cymdeithasol a gwasanaethau negeseuon arlein. Ac eto, mae gan gardiau Nadolig ffisegol eu lle o hyd ac maent yn parhau i fod yn draddodiad Prydeinig poblogaidd, a ddechreuodd yn ystod oes Fictoria.



Cerdyn Nadolig cyntaf y byd i gael ei gynhyrchu'n fasnachol, wedi'i ddylunio gan John Callcott Horsley ar gyfer Henry Cole ym 1843.
The world's first commercially produced Christmas card, designed by John Callcott Horsley for Henry Cole in 1843
(Parth cyhoeddus/Public Domain)

Comisiynwyd y cerdyn Nadolig masnachol cyntaf ym Mhrydain ym 1843 gan Syr Henry Cole, a oedd yn was sifil, yn addysgwr ac yn ddyfeisiwr ac, yn ddiddorol, yn ddiwygiwr system bost Prydain, gan sefydlu'r 'Post Ceiniog'! Roedd cyfnod y Nadolig yn un prysur ar aelwyd y Coleiaid ac, wrth i bost heb ei ateb bentyrru, roedd angen ateb a fyddai'n arbed amser. Trodd Henry at ei gyfaill, yr artist John Callcott Horsley, i ddarlunio ei syniad.

Mae cynllun Horsley yn dangos tair cenhedlaeth o deulu Cole

yn codi llwnc destun yn y panel canolog, wedi'i liwio â llaw, ac wedi'i amgylchynu gan delltwaith addurniadol a golygfeydd du a gwyn yn darlunio gweithredoedd o roi; y neges ddeublyg oedd dathlu a charedigrwydd.

Yna comisiynodd Cole argraffydd i drosglwyddo'r cynllun i gardiau, gan argraffu mil o gopïau y gellid ychwanegu cyfarchiad personol wedi'i ysgrifennu â llaw atynt. Personolodd Horsley ei gerdyn ei hun i Cole drwy dynnu hunanbortread bach yng nghornel dde isaf y cerdyn yn lle ei lofnod, ynghyd â'r dyddiad 'Xmasse, 1843'.

Cyhoeddwyd y cerdyn hefyd a'i gynnig ar werth am swllt yr un, a oedd yn ddrud ar y pryd, ac mewn gwirionedd barnwyd bod y fenter yn fethiant masnachol.

Ond roedd y 1840au yn gyfnod o newid, gyda'r Tywysog Albert yn cyflwyno amryw o draddodiadau Nadolig Almaenig i'r cyhoedd Prydeinig, gan gynnwys y goeden Nadolig addurnedig. Yn ogystal, ysgrifennodd a chyhoeddodd Charles Dickens *A Christmas Carol* yn 1843, ac erbyn y 1870au roedd tuedd y 'Nadolig Fictoraidd' wedi hen ymsefydlu.

Fodd bynnag, nid oedd y cerdyn heb ddadlau, gan ennyn dicter y Mudiad Dirwest, a wrthwynebodd yn gryf i blant gael eu dangos yn yfed gwin! Yn ddiddorol, roedd cardiau Nadolig Fictoraidd cynnar yn osgoi motiffau crefyddol neu aeafol yn fwriadol. Yn hytrach, roeddent yn cynnwys blodau'r gwanwyn, tylwyth teg a delweddau o fyd natur i symboleiddio dyfodiad bywyd newydd a thywydd cynhesach! Nid tan ystod y 1860au y dechreuodd cardiau yn darlunio golygfeydd crefyddol ymddangos.

Ar ôl saib y llynedd, mae'r dathliad 'Nadolig Fictoraidd' yn dychwelyd i Beaumaris ar 28/29 Tachwedd, gyda nifer o ddigwyddiadau, gweithgareddau a gwasanaethau wedi'u hysbysebu yn y rhifyn hwn o The Puffin, gan gynnwys 'Ogof Siôn Corn' a nifer o stondinau a gweithgareddau yn Eglwys y Santes Fair a Sant Nicholas, ynghyd â gwneud llusernau ar gyfer Gorymdaith y Llusernau brynhawn dydd Sadwrn am 4.45pm ar y Lawnt wrth y Castell, gan fynd drwy'r dref a gorffen yn Sgwâr y Castell gyda Chanu Carolau. Bydd hefyd Wasanaeth traddodiadol Fictoraidd o Wersi a Charolau yn yr Eglwys ddydd Sul am 5.00pm.

Mae'r Nadolig yn gyfnod arbennig iawn yn Beaumaris, gan fod ein heglwys wedi'i chysegru i ddau sant pwysig iawn, y Santes Fair (mam Iesu) a Sant Nicholas (Siôn Corn, Esgob o'r 4edd ganrif) sydd, diolch byth, bellach ill dau yn ymddangos yn aml iawn ar gardiau Nadolig!

Os byddwch yn derbyn un sy'n darlunio'r naill sant neu'r llall, cymerwch eiliad i fyfyrio arnynt a rhyfeddu at ddyfodiad Iesu, gan ddod â goleuni cariad Duw i'r byd. Dewch draw i ymuno â ni yn y dathliadau!

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/

Eglwysi Bro Seiriol Churches

Christmas Greetings!

Rev Huw Butler, Ministry Area Leader of Bro Seiriol

I wonder how many Christmas cards you'll receive this year? It does seem that none of us is sending so many these days, given the rising cost of postage and the convenience of social media and on-line messaging formats, and yet, physical Christmas cards still do have their place and continue to be a well-loved British tradition originating during the Victorian era.

The first commercial Christmas card in Britain was commissioned in 1843 by Sir Henry Cole, a civil servant, educator, inventor and, interestingly, a reformer of the British postal system, setting up the 'Penny Post'. Christmas was a busy time in the Cole household, and with unanswered mail piling up, a timesaving solution was needed. Henry turned to his friend, artist John Callcott Horsley, to illustrate his idea.

Horsley's design depicts three generations of the Cole family raising a toast in a central hand-coloured panel surrounded by a decorative trellis and black and white scenes depicting acts of giving; the twofold message was of celebration and charity.

Cole then commissioned a printer to transfer the design onto cards, printing a thousand copies that could be personalised with a hand-written greeting. Horsley himself personalised his card to Cole by drawing a tiny self-portrait in the bottom right corner instead of his signature, along with the date 'Xmasse, 1843'.

The card was also published and offered for sale at a shilling a piece, which was expensive at the time, and the venture was actually judged a commercial flop.

But the 1840s were a period of change, with Prince Albert introducing various German Christmas traditions to the British public, including the decorated Christmas tree. In addition, Charles Dickens wrote and published *A Christmas Carol* in 1843, and by the 1870s the 'Victorian Christmas' trend was firmly established.

The card was not without some controversy, however, sparking outrage from the Temperance Movement, which strongly objected to children being shown sipping wine! Interestingly, early Victorian Christmas cards deliberately avoided religious or winter motifs. Instead, they featured spring flowers, fairies and natural imagery to symbolize the coming of new life and warmer weather! The first cards depicting religious scenes did not appear until during the 1860s.

After a break last year, the 'Victorian Christmas' celebration returns to Beaumaris on 28/29 November, with various events activities and services advertised within this edition of The Puffin, including Santa's Grotto and various stalls/activities at the Church of St Mary and St Nicholas, and lantern-making for the Lantern Procession on the Saturday afternoon at 4.45pm at Castle Green, through the town, ending at Castle Square with Carol Singing. There will also be a traditional Victorian Lessons and Carol Service at Church on the Sunday at 5.00pm.

Christmas is a particularly special time at Beaumaris, with our Church being dedicated to two very important saints, St Mary (the mother of Jesus) and St Nicholas (Santa Claus, a 4th century Bishop) who, thankfully, now both appear very frequently on Christmas cards!

If you receive one depicting either of these saints take a moment to reflect upon them and wonder about the coming of Jesus bringing the light of God's love into the world. Do come along and join the celebrations!

Details of all services and events can be found on the *Broseiriol* 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**

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

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

Hosbis Dewi Sant, Caergybi/St David's Hospice, Holyhead

Paul Bishop

Readers may recall that in July 2025 St David's Hospice announced its plan to close its four beds and to reduce staff numbers at Penrhos Stanley Hospital, Holyhead. This was to be a temporary measure to save £1.5 million, and took effect in October 2025. The Puffin has established that, sadly, the financial situation remains unchanged. Like all hospices in Wales, St David's Hospice is lobbying the Senedd for a multi-year financial settlement which will go some way to help its finances.

St David's Hospice has not received any additional funding to reopen the four beds at Penrhos Stanley Hospital and other temporarily reduced services, so they will continue to remain closed; however, they do retain a lease over the facility and will continue to utilise the Unit for limited outpatient and community-based services where appropriate and financially viable, and they will continue to investigate any future opportunities that may enable them to reopen the closed facilities.

In the meantime the Hospice will continue to accommodate inpatients at Llandudno and outpatients at Hafan Dewi Sant in Bangor and at Llandudno.

In 2024 the Hospice celebrated 25 years of providing high-quality respite and end-of-life care. Care is provided for people with a range of conditions, including cancer, motor neurone disease, Parkinson's disease and heart, renal and lung failure.

It costs £6 million a year to run St David's Hospice, with only 24% of the cost coming from the Welsh Government and the Local Health Board. The remainder of the running costs has to be raised from fundraising, donations, charity shops and the very kind people who remember St David's Hospice in their will. Hospice care will remain free for patients and their families. The Puffin will continue to monitor the situation and report any changes in future issues.

💻 Hosbis Dewi Sant
https://stdavidshospice.org.uk/cy/
St David's Hospice
https://stdavidshospice.org.uk

The Puffin's Editorial Team do 'culture'

Andrew Perrott

Some of The Puffin's readers may have seen adverts locally and on Facebook about candle-lit events being staged by a company, Lumos, in interesting and beautiful places, locally and further afield.

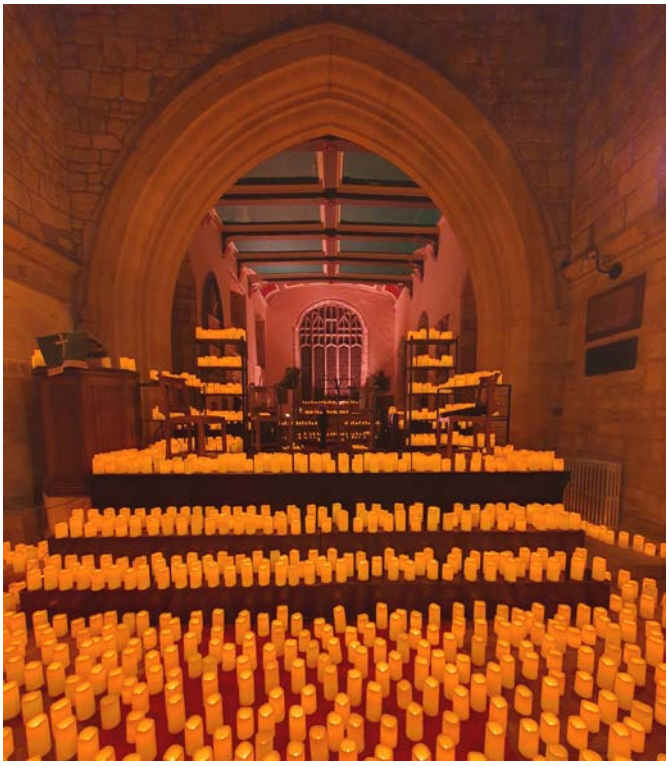
Lumos's website says:

> '*Lumos brings you enchanting concert experiences paying homage to world famous artists. We've partnered with spectacular locations & churches across the UK to deliver a concert experience that is nothing short of magical*.'

There were three days of events at our beautiful Church of St Mary and St Nicholas in Beaumaris: a *Coldplay Candlelight Experience* on Thursday/Friday 8/9 October, and a *Vivaldi & Mozart Candlelight Experience* on Saturday 10 October.

The Facebook advert piqued our interest, so my Editorial Team colleague Mavis and I decided to pay our money and go. We weren't disappointed.

Mavis chose Coldplay and I went for Vivaldi and Mozart. The beautiful Church of St Mary and St Nicholas, the sea of candles as far as the eye could see and some very accomplished musicians... all three combined flawlessly to give the lucky audience an absolutely magical experience. Unfortunately, we have room for only a couple of photographs, which really don't do justice to the event.





Suffice it to say, we'll be keeping our eyes open so that we don't miss the chance of repeating such a wonderful candle-light experience.

💻 Lumos Experiences
www.lumos-experiences.com

Tailpiece: Little Lucy on building sites, pyjama parties without pyjamas and foraging

Little Lucy (dogtated to Andrew Perrott)

Yes, dear readers, it's Little Lucy here again... the Boss (he may not know it but *I'm* the Boss in this household) had the effrontery to say that word 'd.....n' to me the other day, and refused to throw my ball for me until I'd done it. It's just as well that I'd been thinking about it already because life has been so exciting!

The Boss is building an extension on the back of my home! He tells me regularly that I'm an imposition because, he says, 'I neither toil nor do I spin', whatever that means. The sauce of it! I know he doesn't mean it, because he loves me, really. I think so, anyway, although he does use some choice words when I sit on his chest in the early hours. I think it's probably a

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SCAN TO BOOK

touch of sour grapes because this building lark is so much fun and I'm now a Site Supervisor and he's not... *and* I'm a Site Mascot as well.



It's a busy life being a Site Supervisor... I have to check *everything*, from piles of rubble (why do they need so much of the stuff?) to making sure that the bundles of battens are the right colour



I barked a lot at John the Builder and his colleagues when they started work, but that soon stopped because John *understands* me and knows that I have to investigate everything (AP: John understands that Lucy is one of the *nosiest* – and noisiest – Westies alive) and give it my 'Checked by Lucy' seal of approval.

The Boss was out on the tiles the other night (AP: I was *not*. I was at a musical event, and was being entirely respectable), so I went to a Pyjama Party with my pack across the lane. No pyjamas were involved, but we had a lot of fun.

He says I hog the middle of the bed; I don't, but I do like to spread a bit, or curl up in the crook of his arm. We stayed up till very late, and slept in the next morning as well.



There's nothing like a comfy bed, especially when the Boss isn't in it, but my pack can be a bit of a nuisance because they always want yet more play when I decide that I want a bit of peace and quiet after the rough'n'tumble



(Mavis Bishop)

I need to catch up on my beauty sleep because being a Site Supervisor is hard work. That means that I have to catch up with some off-duty zedding here and there... even a slate doorstep will do if there's nothing softer... it's a hard life for this poor Westie...



An off-duty zed between Site Supervisions...

Do you know what? I've discovered foraging! I was walking the Boss the other day and he stopped to talk to a friend so I had to do something (he does go on so), and I found hawthorn berries just where I could sample them.



Yum... foraging is such fun...

I like blackberries and strawberries, and those hawthorn berries were so tasty.

NO. 25



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Loneliness

Introduction

It's a surprising figure: more than 9 million people in the UK say that they feel lonely some or most of the time, so if loneliness is affecting your life, you're not alone.

The rising cost of living can be challenging for our mental wellbeing, causing stress, anxiety and isolation. If you're struggling with your mental health there are sources of help and guidance for you.

We've done some on-line research to see what sort of information there is, and you can read more about it below. It's not intended to be comprehensive, but it does give a good idea of the information and resources that are available, and many of the websites give links to other useful sources of information.

The sources are listed alphabetically, but in no order of importance or usefulness.

British Red Cross

The British Red Cross gives a wealth of useful information and links, including links to a short video, *How to tackle feeling lonely*, and a series of podcasts, *The kind place*.

💻 Get help with loneliness
www.redcross.org.uk/get-help/get-help-with-loneliness

There's also a comprehensive list of organisations in the UK that support people who feel alone, including some of those that are listed below.

💻 Where to go for help with loneliness
www.redcross.org.uk/get-involved/connected-communities/where-to-go-for-help-with-loneliness

Community centres

Community centres are public locations where members of a community gather for group activities, social support, public information and other purposes. They may be open for the whole community or for a specialised subgroup within the greater community.

In Seiriol Ward such locations include, but are not limited to:

Beaumaris

🖃 Canolfan Hamdden Beaumaris Leisure Centre
Rating Row
Beaumaris
Anglesey
LL58 8AL

☎ 01248 811200

✉ **enquiries@canolfanbeaumaris.org.uk**

💻 **www.canolfanbeaumaris.org.uk**

💻 **www.facebook.com/canolfan.beaumaris.7/**

Llanddona

🖃 Neuadd Bentref Llanddona Village Hall
Llanddona
Anglesey
LL58 8TS

✉ **llanddonavillagehall@outlook.com**

💻 **www.facebook.com/llanddonavillagehall/**

Llandegfan

🖃 Neuadd Plwyf Llangedfan Parish Hall
Bro Llewelyn
Llandegfan
Anglesey
LL59 5UL

💻 **www.cwmcadnant.com/neuadd-y-plwyf/**

☎ 01248 713501, 07375 299208

✉ **alun1965@btinternet.com**

Llanfaes

🖃 Llanfaes Community Centre
17 Hampton Way
Llanfaes
Anglesey
LL58 8LG

☎ 01248 812986

✉ **llanfaescommunitycentre@gmail.com**

💻 **www.facebook.com/LlanfaesCommunityCentre/**

Llangoed

🖃 Neuadd Bentref Llangoed Village Hall
Llangoed
Anglesey
LL58 8NY

💻 **www.llangoedvillagehall.com/**

💻 **www.facebook.com/neuadd.bentref.llangoed.village.hall**

Department for Culture, Media & Sport

Although it applies only to England the Department for Culture, Media & Sport's (DCMS) *Community Life Survey 2024/25* report is full of all manner of useful and interesting facts and figures.

It presents its information under three broad headings:

- Loneliness
- Indirect measures of loneliness
- Support networks.

It looks daunting, but click on the *Print this page* box at the beginning and you can save it as a 20-page .pdf document.

💻 Community Life Survey 2024/25: Loneliness and support networks
www.gov.uk/government/statistics/community-life-survey-202425-annual-publication/community-life-survey-202425-loneliness-and-support-networks

Home-Start

Home-Start works with families in homes and communities across the UK. Starting in the home, its approach is tailored to what the family needs: no judgement, just compassionate, confidential help and expert support.

A recent survey commissioned by Home-Start UK revealed widespread loneliness among UK parents, with 82% reporting that they have experienced feelings of isolation (YouGov, July 2024, 4,270 GB adults including 1,014 parents of children aged 18 and under). Demand across Home-Start's network has doubled and it is now supporting 32% more families than it did last year.

Last year Home-Start supported 76,750 children in nearly 59,000 families.

There are c.175 local independent Home-Starts working in the UK, offering support tailored to what families need. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need.

In 2024, Home-Start's data showed that the most common

family circumstances supported by Home-Start were:

- 56% of families with mental health challenges
- 35% being lone parents
- 33% of families struggling with debt and finance.

Home-Start also helps families through support groups, hosts day trips, Christmas parties and helps parents gain access to local services, and much more.

💻 Home-Start
www.home-start.org.uk

💻 Home-Start launches first ever TV advertising campaign
www.home-start.org.uk/we-answer-the-cries

💻 Find your local Home-Start
www.home-start.org.uk/find-your-nearest-home-start

Mental Health Foundation

The Mental Health Foundation's *Loneliness and Mental Health report* looks at what it is like to be lonely: its causes, consequences and the groups of people who are more likely to experience severe and enduring loneliness.

It looks at the strong links between loneliness and mental health and share the stories of nine people who often or always feel lonely. It considers the circumstances, situations and life events that can increase the risk of loneliness. It also sets out new findings around the public's understanding of loneliness and who it affects.

The report informs of some of the ways people cope with loneliness day-to-day and we explain why we need to address practical, structural and psychological barriers to connection if we want to reduce the burden of loneliness and prevent its impacts on mental health.

The report found that, while anyone can experience loneliness, certain risk factors increase the chances of severe and lasting loneliness that can affect mental health.

These include:

- Being widowed
- Being single
- Being unemployed
- Living alone
- Having a long-term health condition or disability
- Living in rented accommodation
- Being between 16 and 24 years old
- Being a carer
- Being from an ethnic minority community
- Being LGBTQIA+.

💻 Adroddiad y DU ar Unigrwydd ac Iechyd Meddwl
www.mentalhealth.org.uk/cy/our-work/research/loneliness-and-mental-health-report-uk

💻 Loneliness and Mental Health report - UK
www.mentalhealth.org.uk/our-work/research/loneliness-and-mental-health-report-uk

💻 Cyngor ar unigrwydd
www.mentalhealth.org.uk/cy/explore-mental-health/loneliness/help-and-advice

💻 Loneliness help and advice
www.mentalhealth.org.uk/explore-mental-health/loneliness/help-and-advice

🕮 All the lonely people [52 pages]
www.mentalhealth.org.uk/sites/default/files/2022-06/MHAW22-Loneliness-UK-Report.pdf

Home-Start

Many people feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience will be different. Some people describe loneliness as the feeling that they have when their need for social contact and relationships isn't met, but loneliness isn't the same as being alone.

A person may feel content without much contact with other people, but others may find this a lonely experience.

Some people may only feel lonely at certain times, but some people may experience chronic loneliness. This is a deep feeling of loneliness that goes on for a long time. They may be around others and still feel as if they are alone.

Some people might think that one needs to live alone to feel lonely, or that being lonely means not having many friends or family around them, but people can have lots of social contact and support and still feel lonely, especially if they don't feel understood or cared for by the people around them.

What causes loneliness?

Loneliness has many different causes. These vary from person to person, and people don't always understand what it is about an experience that makes them feel lonely.

Certain life events or experiences may make a person feel lonely, such as:

- Experiencing a bereavement
- Going through a relationship break-up
- Retirement
- Changing jobs
- Starting at university
- Experiencing mental health problems
- Becoming a parent
- Moving to a new area or country without family, friends or community networks.

A person may feel lonely at certain times of the year: around holidays like Christmas, Ramadan or Valentine's Day are examples.

Research suggests that some people are more vulnerable to loneliness than others if, for example, they:

- Have no friends or family
- Are estranged from their family
- Are a single parent or care for someone else, and find it hard to maintain a social life
- Belong to minority group and live in an area where there aren't many people with a similar background
- Are excluded from social activities because of mobility problems
- Don't have much money for certain social activities
- Are shielding because they are at risk of serious illness from COVID-19 or other conditions
- Experience discrimination and stigma because of a disability or long-term health problem, such as mental health problems
- Experience discrimination and stigma because of gender, race or gender or sexual identity
- Have experienced sexual or physical abuse, which may mean that they find it harder to form close relationships with other people.

💻 Unigrwydd
www.mind.org.uk/cy/gwybodaeth-a-chefnogaeth/unigrwydd/ynglyn-ag-unigrwydd/

💻 Loneliness
www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/

💻 Money and mental health
www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/

The Mix

The Mix offers free, confidential support, expert advice and a

welcoming community, all designed with and for young people under 25 years old.

It provides help with mental health, relationships, work, money and other matters whenever it is needed:

- One-to-one support from counsellors
- Live Support Groups
- Talking on its Community Boards or connecting with peers through its Peer Chat service
- Learning at one's own pace with its self-help tools
- Getting urgent help through *Shout and hear* real stories on *The Mix Six* podcast.

💻 The Mix
www.themix.org.uk

NHS

Loneliness has many different causes, and can affect people of all ages. It's often linked with things that could prevent a person spending time with other people, such as:

- Living or working alone
- Retirement
- Illness or disability
- Bereavement
- Moving to a new area, job, school or university
- Social anxiety.

A person does not have to be on his/her own all the time to feel lonely. Many people feel lonely in a relationship or while spending time with friends or family.

Other significant life events such as buying a house, having a baby or planning a wedding could also lead to feelings of loneliness.

A person might find it hard to explain to people why he/she feels this way, but talking to someone could help him/her to find a solution.

Evidence suggests there are 5 steps you can take to improve mental health and wellbeing:

- Connecting with other people
- Being physically active
- Learning new skills
- Giving to others
- Paying attention to the present moment (mindfulness).

Trying these things could help you a person feel more positive and able to get the most out of life.

The various NHS links are an excellent source of useful information and advice.

💻 5 steps to mental wellbeing
www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

💻 Feeling lonely
www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/feeling-lonely/

💻 Health Survey for England, 2024
https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/loneliness-and-wellbeing

Older people

Age UK

It's normal to feel lonely occasionally, but sometimes, loneliness can start to define a person's life and have a significant impact on his/her wellbeing, especially as a person ages.

Age UK's information and advice can help if a person is feeling lonely.

💻 Loneliness
www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/

🕮 Feeling lonely? What helped others and might help you 40 pages]
www.ageuk.org.uk/siteassets/documents/information-guides/ageukig64_feeling_lonely_inf.pdf

Independent Age

Founded 150 years ago, Independent Age offers a free advice service on social care and welfare benefits.

Its guides provide information on finances, staying independent and getting the most out of later life, while its befriending and practical support service provides companionship.

☎ 0800 319 6789

Monday- Friday
8.30am-5.30pm

💻 Advice guides, factsheets and leaflets
www.independentage.org/get-advice/advice-guides-factsheets-leaflets/england-wales

💻 Independent Age
www.independentage.org

NHS

Older people are especially vulnerable to loneliness and social isolation, and it can have a serious effect on health. There are ways, though, to overcome loneliness, even if a person lives alone and find it hard to get out.

Hundreds of thousands of elderly people are lonely and cut off from society in this country, especially those over the age of 75.

According to Age UK, more than 2 million people in England over the age of 75 live alone, and more than a million older people say that they go over a month without speaking to a friend, neighbour or family member.

People can become socially isolated for a variety of reasons, such as getting older or weaker, no longer being the hub of their family, leaving the workplace, the deaths of a spouse or friends, or through disability or illness.

Whatever the cause, it's shockingly easy to be left feeling alone and vulnerable, which can lead to depression and a serious decline in physical health and wellbeing.

Someone who is lonely probably also finds it hard to reach out. There's a stigma surrounding loneliness, and older people tend not to ask for help because they have too much pride.

It's important to remember loneliness can, and does, affect anyone, of any age.

💻 Loneliness in older people
www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/loneliness-in-older-people/

Re-engage

As people get older, their social circles diminish, and they find themselves with fewer and fewer people to turn to. Imagine realising one day that all one's friends and family have gone from one's life. Loneliness can be cruel, and it affects millions of people over 75 who live in social isolation.

Re-engage is a charity that holds regular free Sunday afternoon tea parties for people over the age of 75 who live alone. Users can be collected from their home and driven to a volunteer host's home for the afternoon.

Apply on-line or telephone Re-engage.

☎ 0800 716543

💻 Join a group or refer to a service
https://reengage.org.uk/join-a-group/

💻 Re-engage
https://reengage.org.uk

The Silver Line

Age UK's Silver Line is a free 24-hour telephone service for older people.

It offers friendship, conversation, and support to older people aged 55 and over. A person can telephone at any time and speak to a Silver Line team member, whether it be to exchange a quick "good morning" with someone, chat about how the your day has gone, or need a trusted listening ear to share his/her thoughts and feelings.

💻 The Silver Line
www.thesilverline.org.uk/who-we-are/

☎ 0800 470 8090

u3a

u3a (University of the Third Age) is one of the largest membership organisations in the UK.

It brings together people in their 'third age', allowing 'students' to develop their interests in an informal and welcoming environment. It covers hundreds of subjects, from birdwatching to Shakespeare.

💻 u3a
www.u3a.org.uk

Other useful links

There are links to other useful resources, including:

- Making the most of the internet
- Get involved in local community activities
- Getting out and about
- Helping others

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide, often through its 24-hour telephone helpline. The organisation itself is not religious.

☎ 116 123

💻 Samaritans
www.samaritans.org

WAY Widowed and Young

WAY is a charity that offers a peer-to-peer support network for anyone aged 50 or under when his/her partner has died.

A person doesn't have to face widowhood alone; he/she can join over 4,500 other young widowed people across the country who 'get it'.

If a person has lost his/her partner before his/her 51st birthday and lives in the UK he/she may join WAY. Joining costs £30 per year.

💻 WAY Widowed and Young
www.widowedandyoung.org.uk

Welsh Government

The nearest that a search for *Community Life Survey* produced was *National Survey for Wales*.

Astonishingly, a search for the Welsh equivalent produced a nil result.

💻 National Survey for Wales
www.gov.wales/national-survey-wales

Finally... Gen Z

💻 Gen Z experiencing loneliness more frequently than any other generation, research reveals
www.express.co.uk/life-style/health/2108568/gen-z-experiencing-loneliness

Generation Z, often shortened to Gen Z and informally known as Zoomers, is the demographic cohort succeeding Millennials and preceding Generation Alpha.

Researchers and popular media use the mid-to-late 1990s as starting birth years and the early 2010s as ending birth years, with the generation typically being defined as people born from 1997 to 2012. Most members of Generation Z are the children of members of Generation X, and it is predicted that many will be the parents of members of Generation Beta.

As children during the mid-late 2000s and 2010s, Generation Z was the first social generation to grow up with Web 2.0 and digital technology as an established commodity. From a young age, they have watched online videos and web series (often via YouTube), and played on-line games. As adolescents and young adults in the 2010s and 2020s, members of the generation were dubbed "digital natives", even if they were not necessarily digitally literate and might struggle in a digital or virtual workplace.

There is greater awareness and diagnosis of mental health conditions among Generation Z, and sleep deprivation is more frequently reported. Moreover, the negative effects of screen time in the late 2010s were most pronounced in adolescents, as compared with younger children. Youth subcultures have not disappeared, but they have been quieter. Nostalgia is a major theme of youth culture in the 2010s and 2020s.

💻 Generation Z
https://en.wikipedia.org/wiki/Generation_Z

The Puffin 58: omissions

Our apologies: **The Puffin**'s Typesetter slipped up when resetting a couple of pages. He removed the articles, reset the pages... and forgot about the articles.

We've put them on-line, and will print them in **The Puffin** 59, February 2027.

Llangoed Knitting Club: a 'thank you'...

Elizabeth Roberts

All of us at Llangoed Knitting Club would like to say 'thank you' to everybody who gave wool this year.

We have been very busy knitting scarves, hats, blankets, jumpers and hairbands for Ukraine.

We'd like to say 'thank you' as well to all those who donated toys and other things.

Everything has been sent to Moelfre where the ladies there will be putting them into Christmas boxes for sending off.

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, please contact:

Elizabeth Roberts
Bodwyn
Llangoed
LL58 8NP

Llangoed WI

Deborah Booth, Press Officer

August: there was no official meeting of the WI in August, but we did have a picnic (which turned into an indoor street party due to the threat of inclement weather!). There was lots of lovely food to share, which was produced by our members, and we all had a great time.

September: our September meeting was a craft-and-chat session, run by our very own Craftsperson in Chief, Sue Flack. Members decorated tea light holders with paint and pictures, and produced some lovely results.

October: in October, we were joined by Police Community Support Officer, Caitlin McGonigle, who gave our members some pointers about how to stay safe on-line, including how to recognise scams and how to find out if sites are legitimate or not. We all learnt a lot of very valuable information!

November: in November, talented author Alison Layland will be with us to tell us about her "Writing Journey", something we are all looking forward to.

Join us! Remember, you can come to three meetings, free of charge, to dip a toe in the WI waters. We're a great bunch of friendly ladies, who always extend a warm welcome to any visitors. If you are already a member of another WI, you can also come along to any meetings which interest you! We meet on the first Wednesday of every month at 2.00pm at Llangoed Village Hall, where there is plenty of parking and easy access.

For further information, please contact our secretary, Chrissy Newsham, on 07836 272488.

Gwasanaeth Tân ac Achub
Fire and Rescue Service

Gofalwch am eich gilydd y Nadolig hwn

Look after each other this Christmas

Dyma awgrymiadau am sut i gadw'n ddiogel:

- **Goleuadau Nadolig** – trowch nhw i ffwrdd gyda'r nos a gwnewch yn siŵr eu bod yn cydymffurfio â safonau diogelwch Prydain
- **Canhwyllau** – cadwch nhw i ffwrdd oddi wrth unrhyw beth llosgadwy a pheidiwch â'u gadael yn llosgi os nad ydych chi yno
- **Trydanol** – peidiwch â gorlwytho socedi a chofiwch ddiffodd offer pan nad ydynt yn cael eu defnyddio
- **Sigaréts** – sicrhewch eu bod wedi eu diffodd yn llwyr
- **Coginio** – cadwch lygad bob amser ar fwyd sy'n cael ei goginio!
- **Larymau mwg** – gwiriwch eu bod yn gweithio
- **Cynllun dianc** – gwnewch yn siŵr bod teulu ac ymwelwyr yn gwybod beth i'w wneud mewn argyfwng

Cymerwch amser i wneud yn siŵr bod perthnasau a chymdogion oedrannus yn iawn y Nadolig hwn. Gwnewch yn siŵr eu bod yn ddiogel rhag tân, yn ogystal â gofalu am eu lles.

Here are some top tips to stay safe:

- **Christmas Lights** – switch them off at night and make sure they conform to British safety standards
- **Candles** – keep them away from anything combustible and don't leave them burning if you are not there
- **Electrical** – don't overload sockets and switch off appliances when not in use
- **Cigarettes** – ensure they are completely extinguished
- **Cooking** – never leave unattended!
- **Smoke alarms** – check that they are working
- **Escape plan** – make sure family and visitors know what to do in an emergency

Take the time to check on elderly relatives and neighbours this Christmas. Make sure they are safe from fire, as well as checking on their well-being.

www.tangogleddcymru.llyw.cymru
www.northwalesfire.gov.wales