

Llanfechain Memorial Hall

News Bulletin

Keeping you in touch

Issue 54

May/June 2015

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The next edition of the newsletter will be out at the beginning of July so please send articles, photos etc by 26th June. Send to: nita.duff@btinternet.com

HAPPY BIRTHDAY!

Car Boot & Tabletop Sale on Llanfechain Recreation Field Saturday July 11th at 9 - 12am

Llanfechain Show are planning to hold a Car Boot & Tabletop Sale on 11th July. To book a pitch contact June on 828077 or Elizabeth on 828614.

FIVE YEARS OLD

As most of you know by now your Community Shop has generated a life of its own, so in this newsletter we have invited the Shop to write it's own article!

Hello everybody, whether I've seen you recently or not. You may not realise but I am five years old on June 7th. I know it only seems like yesterday when I was born and some people thought I would fade out or worse by now, but I am still going strong. I don't think I'm going to have a party but I am trying to do something special to celebrate those five years. So keep in touch with me particularly around my birthday. I'd like to thank all the Volunteers both past and present who have worked in the Shop or behind the scenes since we opened our doors. I know one or two people are considering becoming part of the team- they will be very welcome when they join in.

Last week Sarah Mayell from the Plunkett Foundation spent some time at the Shop with the Volunteers. Her planned visit will result in a report suggesting ways in which the Shop can build on its success to ensure a positive future. The Plunkett Foundation supports Community Enterprises throughout the UK, advising shops, pubs and other businesses. In Wales their work is part-funded through the Laura Ashley Foundation.

It's good to hear and learn from the experiences of other Community Shops up and down the country. Sarah took note of some of our innovations and strengths. The Volunteers and I look forward to seeing her ideas for our future.

IF YOU WOULD LIKE TO DONATE WOOL OR SUPPLIES TO THE KNIT & NATTER GROUP PLEASE CONTACT GWYNETH 01691 828394



Knit for Charity and raise funds for Age Cymru and local nursing homes

Last month we had our very first Knit and Natter group meeting, 8 of us came together and we had great fun sorting through wool, looking at patterns and, well, just chatting! If you would like to get involved just bring your knitting needles / crochet hooks and lets get started!

PS If you can't knit but still want to be involved, don't worry, you can, there will be people who can help you to learn to knit, or you can sew the hats and blanket squares together or JUST come and support us! Next meeting is on Friday 15 May at Llanfechain Hall, 1.00pm -3.00pm.

For more information contact Gwyneth on 01691 828394



CHEESE & WINE

Llanfechain Memorial Hall Saturday 13th June at 7.30pm

Following on from the success of the Cheese & Wine evening in March Llanfechain show committee are hosting another in June, but one with a difference. We are delighted to have the opportunity to present a musical evening with Mike Donkin & friends singing madrigals. It should really be a night to remember.

Tickets at £5.50 for adults and £3 for children include the usual wonderful refreshments and a glass of wine or orange juice and are available from Llanfechain Community Shop or by ringing June on 01691 828077 or Elizabeth on 01691 828614.



PLAS YN DINAS

fine ales & country dining

Not long to opening time! 01691 829055

JULIE'S MACMILLAN CAFÉ

**Monday 11 May at Julies House,
11 Maes Mechain, from 9am to 10pm**

There will be a friendly welcome, laughter, food, drink, preserves and marmalade and tabletop goodies for sale

Also

Car Boot and Coffee

**24 September 10am—Noon
at Llanfechain Memorial Hall**

£2 admission & free food & drink

Last year I raised around £600 for Macmillian Cancer Support, I would love to raise even more this year so please come and support this very worthwhile cause.

No one should face cancer alone. So when you need someone to turn to, Macmillan nurses are there but money is needed to make sure that they can support us, lets do our bit and have some fun too

News from the Gardening Club

The gardening club met on Thursday 15th April with 12 members present to hear Jill Cawthray's talk on "grasses"----I for one didn't know there were so many !!!!! And "yes" I bought one ! And Annette won a prize, a beautiful pot of Daffodils for her great knowledge on the subject of "grasses"

We are having a Plant Sale in the hall on Saturday 16th May starting at 10am AND all your favourite plants will be there for you to buy and refreshments to partake after spending so much money (joking)! Please come to both the plant sale and our next meeting on May 21st when Kristian Booth will be talking about English gardens. Shall we see you !??? Of course we will!!! Issidy 829232

The Quiz took place on Friday 17th April with 8 tables very well filled and excited!! There is always a buzz of excitement when everyone arrives and a very great unpacking of the goodies (food and wine etc) to help with the evenings hard work .The winners were the team with Marge Sturgeon and Maggie Holmes , Janet Turnbull and Maggie Jones the post (all the way from Llanfihangel). Our team made 87 which for us wasn't bad. I am useless except at writing the "words" !!!You always know when a team has thought of the right answer when screams of joy are heard !(not often from OUR table)

Doug was the usual great Quizmaster and Ron had thought up the quiz with his usual expertise.!!Please come and make a 9th table (and make my evening !!)--You would be MOST welcome Starts 8.00 PM in the hall on the 15th May Cheers!!!!!!SEE YOU THERE. From Haf 829232

News From Llanfechain Friendly Club

At our March meeting we had an unscheduled inspection by Environmental Health. The outcome of the assessment was that we are not allowed to prepare sandwiches, quiches, pizzas, sausage rolls and the like in our homes. They must all be prepared in the hall kitchen. As a result in future only savoury nibbles and cakes will be served for tea.

Looking to the summer and some warmer weather members are looking forward to our summer outings which have been arranged as follows:

- 9 June – Bridgemere Garden Centre. Depart 10am
- 11 August – Plassey Craft Centre. Depart 10am

- 8 September – The Boathouse at Ellesmere Depart 1.45 p.m.

We also extend an invitation to everyone to our Cake and Coffee Morning which is to be held on Thursday 21st May in the Village Hall between 10am and noon. Why not join us for a chat and a slice of cake. There will also be the usual raffle. All proceeds will go to the Club funds.

If you would like to join the club or want further information please contact Elizabeth Yorke on 828614.

PS. Date of next meeting changed to 12 May.

LLANSANTFFRAID LEG CLUB

- What is a Leg Club?
- What happens at Leg Club?
- Who's involved at a Leg Club?
- Who can attend a Leg Club?

Leg Clubs are an initiative which provide local community-based treatment, health promotion, education and ongoing care for people, of all age groups, who are experiencing leg-related problems. Leg Club nurses work in a unique partnership with patients, volunteers and the local community. Working to best-practice guidelines, they provide a high standard of care in a social and friendly setting that promotes understanding, peer support and informed choice.

The Llansantffraid Leg Club, which meets every Thursday morning in

the Llansantffraid Village Hall between 9.00am and 12 noon, welcomes patients (Members) from all the local communities, including Llanfechain, Llanfyllin, Meifod, Llanrhaeadr, Llansantffraid, Carreghofa, Four Crosses, Llandrinio, Llanymynech....

Members are usually referred by their GP or Medical Centre staff if they need treatment, support and advice concerning problems with leg ulcers, swollen legs, varicose veins, skin tears, eczema or difficulties with walking.

The Leg Club Nursing team are employed by local Primary Care Trusts or Primary Care Organisations and the nurses incorporate the Leg Clubs into their everyday working practice.

The treatment is free and

refreshments are freely available, for which donations are welcomed. The volunteers at the Llansantffraid Leg Club organise weekly raffles and a variety of other fundraising events throughout the year to cover the costs of the hire of the hall, the refreshments, the provision of weekly exercise sessions for the patients and transport costs for members who need lifts.

To this end, we shall be organising a stall at a number of the local shows throughout the summer, including Llanfechain, and we look forward to meeting lots of people from our shared community. Please come and say 'Hello'.

For further information about our plans, please ring:- 01691 828274, 01691 839946 or 01691 831389

Diary

• **EVERY Monday Pilates at Llanfechain Hall**
9.00am-11.00am For more information—Rebecca T: 07791892821. E: sashas_mum@yahoo.co.uk

• **EVERY Monday MD Warriors, Martial Arts at Llanfechain Hall**
5.30pm—6.00pm session for under 5 year olds
6.00pm-7.00pm session for 6 to 14 year olds
7.00pm-8.00pm session for adults
T:Ron on 01691 828802

• **Every Tuesday Stretch and Relax with Yoga**
7.00pm-8.30pm at Llanfechain Hall. T: Jane on 01938 820511

• **First Tuesday in every month Llanfechain Friendly Club. Please note that the date of the next meeting has changed to 12 May.**
2.00pm at Llanfechain Hall. T: Elizabeth 828614

• **Every Wednesday Pilates**
9.00am-10.00am at Llanfechain Hall, class for Mixed Ability. For more information—Rebecca T: 07791892821. E: sashas_mum@yahoo.co.uk

• **Second Thursday in every month Llanfechain WI**
7.30pm at Llanfechain Hall T: Sarah on 07970 625405.

• **Third Thursday in every month Llanfechain Gardening Club**
7.30pm at Llanfechain Hall. T: Issidy 01691 829232 .

• **Last Thursday in every month Community Lunch**
Llanfechain School during term time, £4 to book call 01691 828537

• **First Friday in every month Whist Drive**
7.30pm at Llanfechain Hall. T: 01691 829081. All proceeds go to support Llanfechain Hall.

• **Third Friday in every month Quiz Night**
7.30pm for 8.00pm start at Llanfechain Hall. Bring your own drinks and nibbles. £5 per table of 5. Proceeds to Llanfechain Hall

• **Third Friday in every month Knit and Natter**
1.00pm—3.00pm Meeting room at Llanfechain Hall. Gwyneth on 01691 828394—next one 15 May!

• **First Saturday in every month St Garmons Church Coffee Mornings**
10.00am—noon at Llanfechain Hall

• **Tuesday 5 May**
Llanfechain Community Council at Llanfechain Hall, 7.30pm. T: 828542.

• **Monday 11 May**
Julie's MacMillan Café, Drop in from 9.00am-10.00pm. 11 Maes Mechain.

• **Thursday 21 May**
Cake and Coffee Morning, between 10am and noon at Llanfechain Hall.

• **Saturday 13 June**
Cheese and Wine, 7.30pm at Memorial Hall a musical evening with Mike Donkin & friends singing madrigals

• **Monday 22 June**
Llanfechain show meeting, 7.30pm at Memorial Hall

• **Saturday 11 July**
Car Boot & Tabletop Sale on Llanfechain Recreation Field Saturday July 11th at 9 - 12am

To advertise an item or event in this newsletter please contact the editor at nita.duff@btinternet.com Adverts cost just £5. This newsletter is provided by Llanfechain Memorial Hall Committee. Any revenue raised from the adverts goes towards the cost of printing the newsletter