



RHAYADER COMMUNITY



NEWSLETTER

SUMMER 2023

WELCOME



Welcome to the second issue of the Rhayader Community Newsletter, brought to you by The Arches' and our wonderful group - The Writing Room.

The purpose of the newsletter is to keep both local residents and visitors informed of goings on in and around our lovely town. It will be a space for local businesses and community groups to advertise their services and events, and an opportunity to showcase both creative writing talents, local historical information and a spotlight on things such as volunteering.

How often?

The newsletter will be released on a quarterly basis:
Spring - March
Summer - June
Autumn - September
Winter - December

Advertising Fees

To enable us to provide the newsletter free of charge for people to read, we will be offering an advertising package for local businesses and charities/not-for-profit groups.

Single issue advert

£7

1/4 Page (A6 Vertical/Portrait)

Annual Advertising Subscription £20

1/4 Page (A6 Vertical/Portrait) - one advert per issue (4 issues a year)

All adverts must be submitted in the form of a PNG or JPEG file. Please contact us if you have any issues in doing so and we'll see what we can do to help.

Local groups can contact us to have their regular activities added to our 'Town Activities and Events Calander' which will feature in every issue, for free.

Please email emma@rdcs.org.uk with all advertising queries.



PAST EVENTS

April saw our monthly Writing Room take place here at The Arches, with an array of activities to inspire creativity. We held an Easter Treasure Hunt for children at the beginning of the school holidays, with lots of children taking part in the lovely sunshine, and our two Easter bunnies greeting them, and giving out prizes upon their return.



On the same day, we supported Emma & Phil in their Spring Campaign raising funds for the Cystic Fibrosis Trust, when they held a cake stall outside the shop, the funds of which went towards Phil's London Marathon sponsorship.

In **May**, we participated in the town's celebrations for the coronation of King Charles III, by again producing a treasure hunt. This time it had a royal theme and took participants all around town in an attempt to help King Charles find his way. The entrants were handed back to us here

at The Arches, marked and then the correct entries' names were popped in a hat and the winner was chosen at random. Well done to Livvy Reeve for winning the lovely prize!

May also saw one of our big events take place - a Eurovision Fanzone held at The Lost ARC on Saturday, 13th. The night was a fabulous success and we'd like to extend our sincere thanks to Glenda, Paul, Len, Bobbie, Kim and all at The Lost ARC for their wonderful hospitality on the night and their support in planning and organising.

The day itself was another gloriously sunny one, and several hours of fun went into preparing competitions, decorating and setting up the room. As guests arrived they were signed in before being sign posted to the raffle and games which could be purchased at a small additional cost. The large screen - hired from 'Fuelled By Cake' in Llandrindod Wells was fantastic, and provided us all with a great view of the Eurovision Song Contest as it was streamed live from the BBC. The delicious Tapas served went down a treat and everyone had fun using their score cards, paddle boards and answering the trivia, match-up and picture round questions. 'Lucky Dip Spot Prizes' ranged from plaques, and



EVENTS NEWS

bottles of both alcoholic and non-alcoholic beverages. We also managed to get our hands on some super Eurovision gin glasses which were given as prizes for Best Dressed attendee (won by the fabulous Kelly Leafe who wore head-to-toe sparkle!), a door entry spot prize, included in the overall winner's Sweepstake prize, and given to the people who's countries came second and third in the sweepstake. The evening raised a fantastic £841.20 for the services we provide here at The Arches. On the 15th May our monthly Writing Room group met again, with a lovely session using old footage of the Rhayader May Fair to inspire writing. The footage is filmed by a gentleman called Dixie Glasgow [Robert Maclean Glasgow] who returned to Rhayader, his birthplace, for a holiday from his life in New York where he'd moved to with his parents as a youngster. If you'd like to take a look at the footage for your own interests, it is available online via: <https://player.bfi.org.uk/free/film/watch-may-fair-at-rhayader-1927-online>

A shorter version is also available on YouTube, with Toby Hay playing guitar in the background. Search for Toby Hay 'Mayfair at Rhayader 1927' - it's well worth a watch! We also welcomed a new member, and all had a discussion surrounding ideas for future Writing Room activities.

On the third and final Bank Holiday Monday in May - the 29th, we hosted a Car Boot & Tabletop Sale at The Smithfield, raising funds for the transport department of The Arches. In total there were a good number of cars, vans and tables in attendance and a fabulous £100 raised!



Fundraising Update

So far this year, we have raised a fantastic **£1778.70** through our events department, with lots more in the pipeline for the year ahead. See our 'Upcoming Events' page for further information.





UPCOMING EVENTS

We have lots of events lined up for the whole community. Take a look at our 'Upcoming Events' section to find an event that suits you!



FLOWER ARRANGING with Jayne Griffiths

MONDAY, 12TH JUNE @ THE ARCHES
10am -11am OR 11:15am - 12:15am

£15 INCLUDING ALL MATERIALS & REFRESHMENTS

Create a stunning 'Cup & Saucer' arrangement.

Limited Numbers - Booking Essential
Email emma@rdcs.org.uk or call 01597 810921 to book

Chopsticks in the Sticks
Saturday, 1st July 2023
6:00pm @ Pant-y-Dwr Hall
An evening of delicious Chinese food prepared by The Arches' Cooking Clubs.
Eat-in or takeaway
Pre-booking essential
Contact Pippa or Annie:
annieevyevermore@gmail.com
pippaboss22@gmail.com

Would you like to see more cake stalls and/or car boot sales in Rhayader?
Let us know!

RHAYADER FIRE STATION
QUIZ NIGHT
RAISING FUNDS FOR RHAYADER NURSERY

THURSDAY
15 JUNE 23 | £7.50 per person / maximum of 4 per team. Including Food!

at The Eagles, Rhayader
Doors open at: 18:00
Quiz starts at: 19:00

To book a table please call:
The Eagles 01597 821706

MUSIC BINGO ROUND FEAT. DJ SQUIFF

ARE YOU READY FOR A
SUMMER
Party in the Park?
BBQ BONANZA
SATURDAY, 5TH AUGUST
A FUN EVENT FOR ALL THE FAMILY

3PM @ THE SCOUT HUT
WAUN CAPEL PARK, RHAYADER

MORE DETAILS COMING SOON

RAFFLE
GAMES
MUSIC



UPCOMING EVENTS

ARE YOU READY FOR A

SUMMER

Garden Party?

ENTRY
£5* PER PERSON

MUSIC BINGO & COCKTAIL NIGHT

WITH NEIL REES

**SAT, 26TH AUGUST
8PM @ THE LOST ARC**

OLD DRILL HALL, BRIDGE STREET, RHAYADER
*ENTRY INCLUDES 5 ROUNDS OF THEMED MUSIC BINGO. *BONUS BOOZE ROUND & COCKTAILS CHARGED AT ADDITIONAL COST.

TICKETS ON SALE SOON

RAFFLE
BONUS BOOZE ROUND
BAR



IN AID OF



Rhayader WI & the WI
INSPIRING WOMEN

Wednesday, 13th September 2023

@ Cwmdauddwr School

Doors open 6:30pm. Eyes down 7pm

- ▶ £2 entry fee (including refreshments)
- ▶ £5 per book (8 games)
- ▶ Raffle



The Arches

Rhayader Reindeer Run

Christmas 2023

Details TBC

The Arches

Christmas Quiz Night

Christmas 2023

Details TBC

The Arches

Christmas Craft Fair

November 2023

Details TBC

The Arches

Carols by Candlelight

Christmas 2023

Details TBC

PLUS LOTS MORE!

If you have an idea for an event that could benefit the community, as well as raise much needed funds, get in touch!

We are also happy to work with other local charities/ organisations and not-for-profit groups to collaborate events.



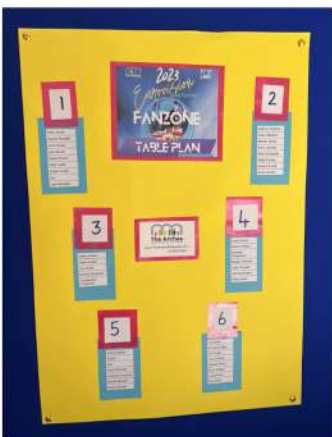
RHAYADER COMMUNITY
NEWSLETTER
SUMMER 2023



GALLERY



EUROVISION FANZONE @
THE LOST ARC - 13TH MAY 2023





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GALLERY

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The Arches
Supporting your community

#TeamArches

Staff & Volunteers @ The Arches Eurovision Fanzone, Saturday 13th May 2023



Rhayader's favourite week of the year - carnival week - is fast approaching, and as many of you will know, the week (or, rather a 'Radnorshire-style week' - consisting of nine days) takes a huge amount of planning. The Carnival Committee - or 'The Misfits' as they are affectionately known - is headed by chairman James Stuart, also known as 'Captain Carnival', who, when he's not wearing female clothes on stage in the winter pantomime, can be seen during the summer months wandering the streets in a bowler hat. We interviewed James to find out what it's like being 'Captain' of the best carnival in the world...

What first inspired you to join the carnival committee?

When I was 16 Pete Vaughan asked me to join a 5 aside team to play the event sponsors compact orbital gears. We had a chap called Paul dressed as Quasimodo in goal, Paul Bradley was dressed as a chicken, Neil Rees was dressed as a baby, Mervyn Harley was dressed as a bear, Pete was dressed in his usual German officers outfit and riding a bicycle and I was dressed as a bumble bee despite having one extra player we lost 2-0 but because the chicken scored a home goal we still, to this day, claim it was 1-1. After the game I went up to the castle karaoke and filled my collecting bucket up. I did the same on carnival day and because I raised the highest amount I was invited to the AGM to receive a box of chocolates as top collector and ended up on the committee.

What do you love most about carnival?

For me its seeing people return home. As the week goes on more and more old faces return to the streets of Rhayader and knowing they are coming back for carnival gives you such a lift. Carnival is a big family tradition for many and its so good to see families come back together.

The other moment I love is when we turn up North Street at the end of the procession and the road is clear of traffic I then know that all the stressful parts of the week are over and I can start to enjoy carnival day. When I get to the traffic lights I get down on the floor and kiss the ground and throw my hat in the air that's the job done!

Which year did you become chairman and why do you wear the bowler hat?

I became chairman when Emma was Carnival Queen in 2005! We only had a committee of 4 at the time. We did a recruitment campaign and that's how we ended up having such a fantastic committee.

Tell us the story behind the infamous bowler hat.

Well... it started because someone used to call me the sheriff because I seemed to always know what was on go in town, so as a joke I dressed as an old western sheriff that year loved the hat so after that I looked for outfits to go with the hat.



Pictured:
A Family
Affair:
James' sister
- Anneka,
Dad - Viv
and late
Mum -
Alvine, have
always been
huge
carnival
supporters.



When does the preparation for the carnival begin?

We have already booked the arena acts for 2024! It's an all year round task and people are often shocked when we tell them we are going to a carnival meeting in November or December but with so much to sort we have to meet all year round. The committee are a great bunch who work so hard.

What's the hardest thing about Carnival?

I guess as I get older its harder to keep up with the physicality of lifting and shifting all our equipment, but for me the hardest part is getting the convoy around town on carnival day. I have to focus so hard on giving all the road management commands down the radio that I can miss people waving and saying hello as I pass. I have perfected the art of closing the different sections at the right time but it only takes one car to mess the job up.

When the procession and the event at the Groe are over on the big day itself, what do you do to relax?

I normally get home about 7pm on carnival day if I am lucky I may have already had my first cider down the Groe before getting home but if not I normally shut the windows and curtains have some food and a cider before crashing for the evening. I'm normally up the next morning at 6am to help the clean up.

What is your one wish for the carnival in the future?

I want it to run at least another 120 years! we're proud of our 120 year history and long may it continue. The carnival ship has been captained by some great folks over the years and I hope we have some great folks step forward in the future to take the helm.

**Join James, his band of Merry Misfits,
the community of Rhayader and
visitors from far and wide during
Rhayader Carnival Week - 15th - 23rd
July 2023**



If you have a story you'd like to share, whether about an experience in our community or further afield, please contact us by emailing emma@rdcs.org.uk



Mayor's Report

Rhys Thomas (07843477890 or rhys@rhayader.gov.wales)

First of all, I would like to thank everybody for their good wishes following my successful appointment as Mayor and Chair of Rhayader Town Council. It is a huge honour and I hope that I can keep promoting this fantastic community far and wide. One piece of feedback I have had, is that as a council we don't seem to get the news to all demographics of our community, therefore I have asked for a column here to highlight some of the things we are doing or have recently done as a Town Council.

Dolgerddon Hall

We have been working hard since the fire to make sure this asset is not lost for good. Recently we heard that the leaseholder has relinquished the property back to Powys CC. We are working hard to understand the plans Powys has moving forward to make sure we have a say in what happens in the future.

Coronation Weekend

I would personally like to thank all of those who took part in the coronation event, we had a fantastic turnout at all events really showing how strong our fantastic can-do community is.

Nant Rhydhir Pollution Report

The Town Council was notified of a pollution report coming from Nantrhydhir brook, this has been reported to NRW and we await a response to the findings.

Pump Track Promotion to Millions

After a chance conversation with a journalist regarding Pump Track Wales, I was asked if they could film a clip for the recent Eurovision Song Contest. I was pleased to see that the clip was used prior to the Italy performance and Rhayader was broadcast to over 162 million viewers! Thank you to all who took part in the filming.

Doctors Surgery

Surgery manager Jane Jones recently very kindly gave up her time to answer Council's questions on the surgery. Currently, the surgery is looking to bolster the GP numbers and we have urged them to advertise as soon as possible in order for the town to have a strong GP presence. Please be aware the surgery now has a new booking app and are working closely with the pharmacy, please get in touch with them for more information!



Any questions, please get in touch!



CHARITY SHOP DONATIONS

One man's trash,
May be another man's
treasure,
But we're here to make
cash,
Not just for pleasure!
Before you donate,
Please ask yourself this:
Is it good quality,
Something you'd miss?
Is it clean and tidy?
In perfect condition?
Would it catch your
eye?
Does it sparkle and
glisten?
If you answered yes,
Then please bring
them in.
If you answered no,
They'd be best in the
bin!

Yes Please:

We would be very grateful of the following items:

- Clean, fresh second-hand mens, women's and children's clothing
- New/nearly new clothing (with or without tags on)
- Brand new swimwear/underwear complete with hygiene labels
- Handbags, jewellery & shoes
- Small, working electrical appliances
- Homewares & bric-a-brac (clean)
- Collectibles & antiques
- Books
- DVD's, CD's & video games in working order
- Toys & Games
- Books
- Fresh linen



No Thank-you:

Regrettably, we CANNOT accept the following items:

- Dirty, stained or unwashed clothing
- Second-hand swimwear/underwear
- Broken or incomplete items
- Items with holes/rips/tears
- Personal safety equipment (crash helmets etc)
- Large electrical appliances
- Gym equipment
- Nursery & children's equipment (swing chairs etc)
- Children's car seats or pushchairs
- Soft furnishings without fire-safety labels (?)
- Real fur or ivory
- Furniture
- Magazines





POWYS COUNTY COUNCIL

**Angela
Davies
tells us
about
her role
as County
Councillor.**

It is a year since

I was elected to be your County Councillor, I am very grateful to all who put their faith in me. My thanks also must go to my fellow councillors and Council officers for all their support and guidance as I work hard to ensure that Rhayader is firmly on the radar at Powys County Council.

My role as your county Councillor has three main streams, firstly the work I do to help and support residents in Rhayader. Secondly, I work with my fellow county councillor's debating issues and making decisions that impact on residents across Powys. Thirdly, I sit on several council committees, this is where I get to hold officers to account, scrutinising policy and performance across a wide range of council services and make recommendation to Cabinet – it's about ensuring that residents and communities are at the heart of all we do.

I also sit on several working groups one of which will be looking at the review into Leisure services. Rising costs are a challenge for many local services and Freedom Leisure are not immune to this. I encourage you all to support our leisure centre by using it as much as possible. I am also looking to conduct a study into high street banking, as more branches close, we have to travel further afield to access face to face banking. I am interested in finding out what is happening in other areas. Are there other banking models that might help us here in Rhayader?

As promised during the election campaign I have been busy rolling up my sleeves – I can often be seen out litter picking, street cleaning, and speed watching – I am grateful to all the volunteers who help with these groups ... we can never have too many members if you are interested in joining, please let me know. I really enjoy working to help residents resolve problems – issues raised with me have been wide ranging and I attend as many local group meetings as I can – understanding the issues and challenges you face helps inform my work within the council.



The challenges faced by the continuing cost of living crisis cannot be understated so I remind you to check what support is available on Powys County Council's cost of living hub:

www.powys.gov.uk/costofliving.

There is a wealth of information about the support, help and guidance that is available both from Powys County council and other agencies, I am immensely proud to have been the instigator of this page.

I remind you that My "Councillor Grant Fund" – small grants of up to £150 are available to local community groups and I am delighted to have donated £950 this year to local groups including Rhayader Carnival, Messy Church, Rhayader Christmas Lights, Rhayader Nursery, Wellbeing Club and Rhayader Food Bank. Please email me for an application form.

My next Council Surgery is on Friday 9th June 2-4pm at Rhayader Library.

You can make an appointment or just pop in, but I am also happy to be stopped in the street for a chat. I will always try my best to help and support you.

I send you all my very best wishes and; look forward to serving you in the year ahead.

To speak to Angela about any concerns, queries or questions you may have, please do so by using any of the means below:

Address:

Cllr. Angela Davies,
Henfron,
Elan Valley,
Rhayader,
Powys,
LD6 5HE

Telephone:

Landline: 01597 811240.
Mobile: 07964 762 292

Email:

cllr.angela.davies@powys.gov.uk

Rhayader Speed Watch Group Needs You!



Are you concerned at the speed of vehicles entering and leaving our Town?

Can you spare a maximum of an hour a week to monitor vehicle speeds and report those exceeding the limits?

For further information, please contact:
Councillor Angela Davies
cllr.angela.davies@powys.gov.uk
07964 762292
or
David Evans
c.d.evans@btinternet.com
07967 390021



OUR SERVICES

COMMUNITY TRANSPORT

Dial-a-Ride

Dial-Ride provides transport in and around Rhayader in 'Carys', our wheelchair accessible VW Caddy. Membership is open to all residents for an annual fee and trip fares. Trips include to the surgery, dentist, shops, social clubs and hairdressers.

Community Car Scheme

Hospital, health-related and other social transport for residents who cannot drive themselves or get to appointments. The drivers are volunteers and receive a mileage allowance from passengers. Some passengers may be eligible for free, non-emergency patient transport or may claim back travel costs from the hospital.

Community Mini Bus

16-seater 'Archie' is used for outings both near and far; popular destinations include Hereford, Carmarthen and Aberystwyth, as well as the Elan Valley and Llandrindod Wells lake.

COOKING CLUB

Open to all ages to learn and share cooking skills, tips on nutrition, healthy eating and a chance to sit and enjoy good food together.

@The Lost ARC Cafe - Tuesdays 11am-2pm

@Pantydwr Hall - Wednesdays 6pm-9pm

Contact The Arches 01597 810921

MEMORY LANE

Our Memory Lane is a mixed age social group that keeps people in touch with their local community. The group is free to attend and meet twice a month on a Monday afternoon, from 2-4pm.

Please contact Julie on 01597 810
julie@rdcs.org.uk
for further information.

Cycling Without Age

Would you like to 'feel the wind in your hair' and explore Rhayader in Sheila the Trishaw? Contact Pippa to book your slot on our fantastic Tri-shaw, where fully trained pilots will take you on a journey to be remembered.



Rhayader Community Nursery

Open Monday to Friday 8am-6pm
In the grounds of Rhayader Primary School
our wonderful nursery offers quality childcare
for children 6 months to 5 years



Tel: 01597 810619

www.rhayadernursery.co.uk



WELLBEING GROUPS

MEMORY LANE

Our Memory Lane is a mixed age social group that keeps people in touch with their local community. The group is free to attend and meet twice a month on a Monday afternoon, from 2-4pm.

Recent sessions have included talks with both Councillor Angela Davies about community issues and our local PCSOs Gareth and Liz to discuss safeguarding.




If you would like any more information about Memory Lane, please do not hesitate to contact The Arches on 01597 810921.

LEG CLUB

We are now working with the District Nurses to relaunch the Rhayader Leg Club. The club is aimed at supporting people to keep their legs healthy, and anyone is welcome, particularly those with lower leg problems including wounds, varicose veins, skin tears, leg ulcers, swollen legs, eczema or dry skin. The club meets every Monday, (except for bank holidays) from 12:30-2:30pm at The Old School, Cwmdauddwr. This is a drop-in service, so appointments are not necessary.

WRITING ROOM




Supporting your community

Join us for The Arches' **Writing Room** 


Summer 2023

Monday, 3rd July
Monday, 21st August
Monday, 4th September



7 - 9pm @ The Arches

Come and enjoy a space to explore your creativity, share thoughts and ideas, discuss favourite authors, participate in writing activities or simply free-write at your own leisure.

We welcome ALL abilities- no writing experience necessary

BOOKING ESSENTIAL 

*All proceeds go towards funding Rhayader Community Newsletter
Limited Spaces Available
Contact Emma to book: 01597 810921
emma@rdcs.org.uk



CHARITY FOCUS

CYSTIC FIBROSIS FUNDRAISING CAMPAIGN

During the Spring issue of the Community Newsletter, we were proud to support Emma & Phil in their Spring Campaign raising money for the **Cystic Fibrosis Trust** - a charity that is close to our hearts here at The Arches.

As you may know, Phil ran the London Marathon and the eight events planned and hosted by the couple contributed massively towards his fundraising efforts.

Here, they have a few words to say and to update you on the total amount raised.

'We had a great time planning and organising all of the CF Fundraiser events for our Spring Campaign, and the efforts alongside our full time jobs (and life itself) were well worth it. Each event brought new people, and we are extremely grateful to each and every person who attended events, donated raffle prizes, helped to plan, volunteered on the day, provided venues and entertainment - **THANK YOU!** You all helped us to raise a FANTASTIC amount of money for the Trust, totalling at £7, 662! Special thanks go to Diane Lloyd, Lindy Jones, Elaine Jones and all at Llanidloes RFC for their huge amount of help & support in our Llanidloes events; Nancy Wozencraft, Kate & George Wozencraft for collecting raffle prizes and helping us promote;



Lee Price and all at The Crown Inn, Rhayader, The Arches & Cwmdauddwr School for allowing us to use their venues, Neil Rees & James Stuart for being our quiz masters, Slan Rees, Eirwyn Williams & Jane Rowe for the help with the Rhayader bingo event; Nikki & Darren Jarman & Jackie & all at The Waggon & Horses, Newtown for all their help at the Pie & Pudding Night and our Mum's - Mandy Coates & Menna Pugh for all their wonderful help & support, as always.'

Phil completed the marathon on Sunday, 23rd April 2023, in a fantastic 3 hours and 39 minutes. We're sure you'll join us in congratulating them both for their efforts.



MINI BUS TRIPS



Join us for our fabulous Mini Bus Trips - taking you to a variety of places, without the stress of getting yourself there.

Door-to-door service - we'll pick you up from your front door and drop you off at home afterwards.

Prices vary dependant upon destination - check our list for further info.

Non members £1.00 extra

Day trips - £5.00 deposit required to book your seat. Please note we are unable to allocate a seat until the deposit is paid.

Call us on 01597 810921 or pop in to book your place on our 2023 trips

Date:	Destination:	£:	Time:
16 May	Builth Wells	8.00	13.00
23 May	Welshpool & Coed-y-dinas	16.00	09.00
6 June	Llanidloes	8.00	13.00
20 June	Leominster & Ludlow	16.00	09.00
4 July	Aberaeron & Aberystwyth	16.00	09.00
11 July	Tea in The Valley	8.00	13.00
18 July	Machynlleth and Aberdovey	16.00	09.00
1 August	Llandrindod Lake	8.00	13.00
8 August	Newtown – Town & Morrisons	10.00	10.00
22 August	Merthyr Tydfil Retail Park	16.00	09.00
29 August	Builth Wells	8.00	13.00
5 September	Aberystwyth M&S /Tesco	16.00	09.00
19 September	Carmarthen	16.00	09.00
10 October	Abergavenny – Town and Market	16.00	09.00
31 October	Newtown – Town & Morrisons	10.00	10.00
14 November	Welshpool & Coed-y-dinas	16.00	09.00
5 December	Hereford Xmas Shopping	16.00	09.00
19 December	Brecon & Three Cocks	10.00	9.00



SPORT & RECREATION

RHAYADER RUNNING CLUB



Rhayader Running club celebrates its 40th Birthday this year!

Rhayader running club has members from Rhayader, Llandrindod and surrounding areas of all ages and abilities. We are a social running club and pride ourselves on our friendly, welcoming ethos.

We meet on Tuesday evenings alternating in Rhayader and Llandrindod and run a wide variety of routes, on road, tracks and trails. Runs are around 4- 6 miles taking approx. 1 - 1.5 hours. Lately we have been enjoying wonderful scent & displays of Bluebells. A post run beer is highly recommended!



Our Sunday morning runs are usually a little longer taking about 2 hours - at this time of year we particularly enjoy getting up in the hills where the views

are amazing, and there is always time for a photo. Our Sunday runs usually finish with a well-earned coffee and cake.



We run in all weather conditions, sunshine, rain, even snow and no matter what time of year we always seem to find a bit of mud!

Some of our members enjoy racing, be that 5k, 10k, half and full marathon, some enjoy endurance and ultra running, and some are social runners out for a pleasant jog, no runner is ever left behind, we all love to run and talk, and we support each other.

The Club organise events & we have just hosted our annual 5k races in the Elan Valley, our 10 miles race is in November and we have an annual club trip - this year we are off to Valencia to run Marathons & half marathons.

Membership to the club is just £5.00 for more information see our web site and Facebook page:

rhayaderac.org.uk

<https://www.facebook.com/RhayaderRunningClub>

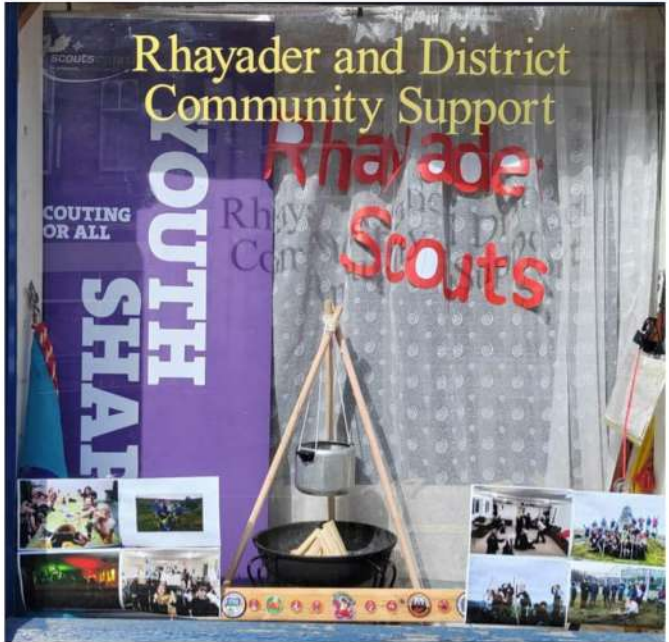


COMMUNITY

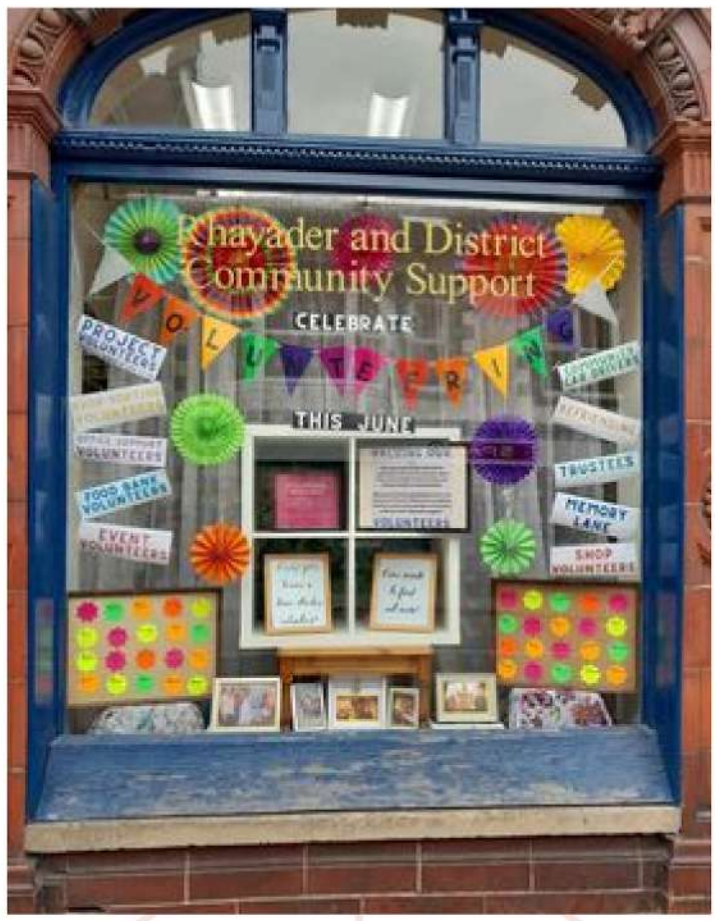
Our Community Window Displays initiative is designed to showcase other local community-based groups and organisations, giving them a focal point in a prime town centre location in which they can promote themselves. We have lots of lovely comments from passers-by about the displays.

In April we welcomed Rhayader Scouts,

During June, we are showcasing all the wonderful volunteers that help our services at The Arches to keep running, with our 'Celebrate Volunteering this June' display.



May saw Rhayader's 'Messy Church' produce a wonderful display:



We have availability remaining for August this year. The space itself is free, but if you require the use of one of our mannequins (if they are not being used by ourselves), these can be pre-booked for a small fee of £5 each.

If you are a community organisation or group that would like to use our space to advertise, please contact Emma by calling into the office or emailing emma@rdcs.org.uk

A TOUCH OF GLASS

Window cleaning and general maintenance

OVER 20 YEARS EXPERIENCE

Email rhysexames4658@gmail.com
 Phone/Text 07817919399

Service List

- Streak Free Window and Conservatory Cleaning
- General House and Building Maintenance

Any other queries, just ask.

No job too big. WCA approved.



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 Website: www.cliffwalton.co.uk

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Do you enjoy drawing and painting?
 Are you looking for a new hobby
 or perhaps to revive an old one?

**Drawing and painting
 is much more
 fun with friends**

Join us at Rhayader Art Group
 to enjoy making art with other
 like-minded people in an
 informal and friendly atmosphere.

Explore your creative side.
 Get inspiration, enjoyment,
 relaxation, and encouragement
 with of other interested people.
 We share ideas on art techniques,
 materials, styles, subjects, and more.
 There is an optional programme
 of themes and subjects to inspire you

People of all abilities are welcome.
 We meet every Wednesday
 from 2 to 4 pm at
 Cwmndauddwr Community Centre

Please come along on the day to give it a try or
 call Dave on 01597 810765 for more details

Rhayader Art Group

**ART
 CLUB**

Canolfan Hamdden Rhaeadr Gwy Rhayader Leisure Centre

something for everyone | rhywbeth i bawb



cysylltwch â ni heddiw
 contact us today
 01597 810355



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Powys Small Pet Pampering and Boarding


Are your small pets in need of some pampering or somewhere to stay while you're on holiday? Perhaps their claws need a trim, or your guinea pig is a bit smelly or has skin problems and would benefit from a bath or a groom?


I also offer fully insured boarding for guinea pigs, fully vaccinated rabbits and other small pets (hamsters, mice, fancy rats, gerbils, etc.)



Please get in touch if you'd like to use my services, I'm based just outside Crossgates.

 07966 947535

 fionawase@hotmail.com

 Powys Small Pet Pampering
Powys Small Pet Boarding

theWI
INSPIRING WOMEN

Rhayader WI

THE WI PROVIDES WOMEN WITH FUN, FRIENDSHIP AND THE CHANCE TO LEARN NEW SKILLS, GET INVOLVED WITH THE COMMUNITY AND PARTICIPATE IN A WIDE RANGE OF EXCITING ACTIVITIES.

JOIN OUR MONTHLY MEETING - LAST TUESDAY OF EACH MONTH,
7PM @ RHAYADER LEISURE CENTRE

FOR MORE INFORMATION, CALL OUR SECRETARY,
SYLVIA ON 01597 810765

 RHAYADERWI



It's time to
invite your
Family
home!

MID WALES

HOLIDAY

LETS



LOCAL
DEALS

MIDWALES HOLIDAY LETS.CO.UK



Volunteer run for nearly 40 years

Takes place on 1st Saturday in March so businesses can benefit from the hundreds of people the race brings to town.

We'd love some more Rhayader folk to help us organise the race.

Could you help us:

- Co-ordinate our volunteers
- Book things like potatoos or St John's or
- Take minutes at our meetings??

E mail Derek if you're interested:

rhayaderroundthelakes@gmail.com



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Danny Byrne

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WRITING ROOM

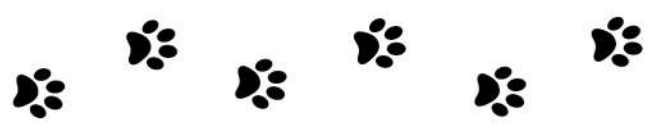
During our monthly Writing Room sessions, we take part in all sorts of activities.

One of our members, Lynda Rowe, has shared with us a blog she writes about her dog; 'Jim the Whippet' Take a look below:

The Adventures of **JIM THE WHIPPET**

Hello, I'm Jim! I live in Mid Wales with my human family, I am Welsh born in Pontypridd and grown up in Mid Wales, I've just turned two, and I live with 3 humans and my lovely humum, by the way that's my mum. There's also 2 cats, a very annoying loud yowelly cat called, Lulu, she's really grumpy and slashes me when I chase her, although I'm too quick for the silly thing. The other cat, Basil, he's ok, we rub along well, but he's not one for playing either, but they're ok. I love to go walking with my humum and love to run, I can outrun any dog I meet, (except a big Greyhound I met once, boy he was fast). Most of my walks are by the river, great to go in for sticks in the summer or for a quick drink anytime.

Humum says it's the River Why? I don't really get the name, what river is a question, I think these humans are a bit thick at times, good job I'm the clever one! I love to spend time with my humum and hudad, (my dad) sleeping on the sofa between them whilst my hudad watches some funny programme with a pair called Rodney and Del Boy. I love to cwtch up to my humum, she's really touchy-feely and is always kissing me and telling me she loves me, to be fair I love her too! I think I lead a very interesting life for a dog and want to share it with you in my blog, so if you are interested in in the life of a whippet, stay tuned for more 'Jim the Whippet' tales in the next issue of the Rhayader Community Newsletter!





MEET THE TEAM

Here at The Arches we have a fabulous team of people that help to keep the place running, both on the front line and behind the scenes.

Staff

- Lol Gellor - Chief Executive Officer
- Julie Davies - Participation Officer / Volunteer Co-ordinator
- Billy Lloyd - Transport Co-ordinator/Senior Driver
- Jane Davies - Cleaner & Donation Organiser
- Katie Pugh - Finance Officer
- Emma Coates - Fundraising, Events & Marketing co-ordinator
- Linda Knox - Clerical Support
- Natalie Vane - Senior Administrator
- We also work in conjunction with Sam Bibb at Mogwai Media.

Trustees

- Alinda Tyler - Chairperson
- Justin Lingard - Vice Chair
- Catherine Lea - Secretary
- Jon Matthews - Treasurer
- Ron Downey
- Jax Davies
- Trish Buchan
- Deborah Price

Also in attendance at trustee meetings are:

- Angela Davies (town councillor)
- Laurence Gellor - Chief Officer
- Julie Davies - Staff representative



Become a Volunteer

The Arches
Supporting your community

Volunteer Drivers Needed

CAN YOU HELP MAKE A DIFFERENCE?

FOR MORE INFORMATION

PLEASE CALL:

01597 810921

/EMAIL:

JULIED@RDICS.ORG.UK



From all at 'Team Arches', we would like to thank you for the continued support you give to us, whether by using our services, attending events, donating money and/or items for our charity shop, or simply popping in to say hello. We really do appreciate all you do for us.

The next issue of the newsletter will be available in the autumn.



We would like to wish Rhayader Carnival the very best for this year's Carnival Week, and especially the day itself, which falls on **Saturday, 22nd July.**

Carnival programmes will be available around town in the coming weeks.

**PLACE
YOUR
AD
HERE**

No, we haven't left this in by mistake - find out how to submit your advert below



Post. Man

**CALLING ALL LOCAL
GROUPS & BUSINESSES**

RHAYADER COMMUNITY



NEWSLETTER

Advertise your group, activity or business in the Rhayader Community Newsletter, and spread the word far and wide!

Single issue advert £7 1/4 Page (A6 Vertical/Portrait)

Annual Advertising Subscription £20 1/4 Page (A6 Vertical/Portrait) - one advert per issue (4 issues a year)

**AUTUMN ISSUE SUBMISSION DEADLINE:
FRIDAY, 25TH AUGUST 2023**



emma@rdcs.org.uk

ground or
vast.