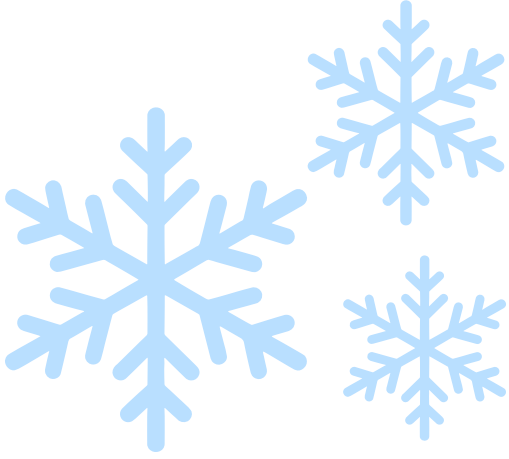




PENNARD LIFE

Autumn/Winter 2023
Pennard Community Council



WELCOME TO PENNARD LIFE

Welcome to the Autumn/Winter edition of Pennard Life - the newsletter produced by Pennard Community Council. The aim of this newsletter is to inform the community about what the council are doing and our future plans. We hope you find it interesting and informative.

Being mindful of the environment this newsletter has been produced using recycled paper and vegetable inks.

INCLUDED IN THIS EDITION :

- News about the new Community Hub and important environmental changes to the hall.
- The Gower Food and Drinks Festival scheduled for September 2024
- New wellbeing opportunities available in the community
- Who are the Pennard Peddlers
- Where to learn Welsh
- And lots more.....





PENNARD ENERGY FOOD AND TECHNOLOGY ASSISTANCE SCHEME (PEFTA) IS STILL AVAILABLE

As the cost of living crisis continues, Pennard Community Council is continually looking for new ways to help people in our area.

We would like to remind people of the PEFTA scheme which operates in order to make sure nobody goes hungry in our community for more information contact the Clerk on 07825 225567.

So far this year we secured grants worth £2500 from Pennard Charity and £1500 from Swansea Support Funds 2023/24 to buy food and essentials to help community members in what are difficult times for all of us.

We would like to take this opportunity to thank Pennard Charity and Swansea Council for their assistance, if there is anyone out there who wishes to help by making a donation, please contact the Clerk for information.



PENNARD PERIOD POVERTY

Remember that products are still available thanks to the funding received from Swansea Period Dignity Grant 2022/23. The free, reusable and eco friendly period products, these have been extremely welcome and are available as follows:

Re-usable products can be found at:
Pennard Stores

The Library

Well Pharmacy

Eco products are in the Toilets at
The Hall

Three Cliffs Coffee Shop

The Beaufort Arms

If you don't see them just ask they are available to all who need them.

No one should need to go without !!!



YOUR COMMUNITY COUNCIL

A little reminder of the members of your
Community Council

Cllr Keith Atkins MBE - Southgate

Cllr Rachel Carter - Southgate

Cllr Ralph Cook - Southgate

Cllr Darran Hickery (Vice Chair) -
Southgate

Cllr Lynda James - Kittle

Cllr Cari Jones - Southgate

Cllr Susan Rodaway (Chair) - Southgate

Cllr Steve Sheriff - Southgate

Cllr Will Smith - Southgate

Cllr Leanne Richards - Southgate

Cllr Elsbeth Rodaway - Southgate

Cllr Keith Roberts - Kittle

They are all doing their best for you and
the community. To contact any of them,
or the clerk, details are on our website:
www.pennardcc.org.uk

We currently have 1 vacancy in Kittle.

If you are interested in joining us and
would like to know more, get in touch
with the Clerk on 07825 225567 for more
details.



As well as our Councillors we also have
room for members of the Community to
join our Committees and Working Groups
as this gives a welcome and much
needed diversity to the knowledge and
experience of the teams. The following
Committees looking for members of the
community to join are:

- Planning
- Environment **FORWARD TO 2023-24**
- Land Management
- Hall

Under these committees there sit some
working groups who are tasked to look at
specific topics. Currently these are:

The Community Hub working group
The Hall Decarbonisation working group
The Community Garden working group
The Accessibility working group
The Climate Emergency steering group.

If you are interested in joining any of
these teams and would like to know
more, get in touch with the Clerk on
07825 225567 for more details.



COMING TO A PLAYING FIELD NEAR YOU SEPTEMBER 2024

We are really pleased to be able to tell you that we are planning in conjunction with the events company who organise the Cowbridge Food Festival to bring the Gower Food and Drink festival to the village on the 7th of September next year. We are also looking at an outdoor cinema event so watch out for more news in future newsletters and social media posts

WE WELCOME THE RETURN OF OUR MONTHLY MARKET

Although Urban Foundry decided to pull out of running the market after only 3 months, we have agreed to work with new partners to restart the market in the new year. We will be opening the door to our new market on the first Saturday of every month, starting in February 2024.

If you are a seller or crafter interested in having a reasonably priced table contact the Clerk who will put you in touch with the new organisers.

PENNARD PLAY PARK

Good news for anyone who has struggled to get into the park with a wheel chair, mobility scooter or even a buggy. The Community Council has found a solution which will hopefully resolve some access problems. We have fitted a new RADAR key controlled wide gate at the Anderson Lane entrance. There is also going to be a RADAR Key controlled padlock on the main gate for ease of access there too. If you don't have a RADAR key, but need one, contact the Clerk.



Pennard Community Hall

What's on

Mon	<p>Bowls - pm</p> <p>Archery - eve</p> <p>Garden Society - eve (monthly)</p>
Tue	<p>Parent & toddlers - am</p> <p>Badminton - pm</p> <p>WI - eve 1st Tue monthly</p> <p>Yoga - eve</p>
Wed	<p>Badminton - am</p> <p>Yoga - eve</p>
Thur	<p>Art - am</p> <p>Dog training - eve</p>
Fri	<p>Pilates - am</p> <p>Rugbytots - pm</p> <p>Archery - eve</p>
Sat / Sun	<p>Various events</p> <p>Church - am 3rd Sun monthly</p>

FOR MORE INFORMATION CONTACT clerk@pennrdcc.gov.wales
07825 225567

ROLLER SKATING AT THE HALL



Did you know the Hall Floor is perfect for roller skating. If you fancy holding your own roller disco get in touch with the Clerk and book a session.

The Community Halls can be rented from as little as £13 per session

If you are interested in joining a class contact the Clerk on 07825 225567 for details

BE WILDLIFE AWARE THIS SEASON

If you're tidying the garden this weekend, remember to check for hedgehogs & other wildlife before mowing long grass, disturbing wild patches, or turning compost heaps, as they are ideal places for a hedgehog's nest!





WOULD YOU LIKE TO LEARN OR SPEAK MORE WELSH

Cymdeithas Gymraeg Llandeilo Ferwallt

A ydych chi'n siarad Cymraeg? Neu'n dysgu Cymraeg? Neu efallai eich bod chi'n dod yn ôl at yr iaith? Os felly, beth am ymuno â ni yng Nghymdeithas Cymraeg Llandeilo Ferwallt? Mae'r Gymdeithas yn cwrdd yn Neuadd Murton am 7 o'r gloch ar drydedd nos Lun y mis ac ein tymor newydd yn dechrau ar y 16eg o Hydref. Mae wastad croeso cynnes i aelodau newydd. Byddwch chi'n clywed siaradwyr diddorol, cael dysglaid, a gwneud ffrindiau newydd. I ddysgwyr, mae dod i gyfarfodydd y Gymdeithas yn gam bwysig ar eich taith iaith sy'n rhoi i chi'r cyfle i groesi'r bont i ymuno â'r gymuned Gymraeg. Peidiwch â phetruso - rhowch gynnig arni nawr!

Am fwy o wybodaeth cysylltwch â Wendy Davies (07814 287049), neu Martin Jones (07715 619523).

Bishopston Welsh Society

Do you speak Welsh? Or are you learning Welsh? Or perhaps you are coming back to the language? If so, what about joining us the Bishopston Welsh Society?

The Society meets in Murton Hall at 7o'clock on the third Monday of each month and our new season begins on 16th October. There is always a warm welcome for new members. You will hearing interesting speakers, enjoy a cuppa, and make new friends. For learners, coming to the meetings is an important step on your "language journey" which will help you to become part of the Welsh speaking community. Don't hesitate – give it a go now!

For more information, contact â Wendy Davies (07814 287049) neu Martin Jones (07715 619523).





We Need Your Help At The Community Garden

We are looking for volunteers to help us with our the Community Garden. Situated behind the Community Hall, we plan to develop a safe space where the community can take part in growing and sharing, as well as learning about ways to improve biodiversity and re-wild your own gardens. If you would love a veg patch but your garden is too small or you want to share your knowledge with like minded people, please give the Clerk a call.

Remembrance Sunday

Once again the Community Council was represented at the annual remembrance service at the Memorial Stone.

A big thank you to Cllr Keith Atkins MBE for laying a poppy wreath on behalf of the Council



YOUR COMMUNITY NEEDS YOU! COME AND VOLUNTEER

There are many ways in which you can help your community and make it a better place to live for all the residents. Many local people responded to our appeal for volunteers when the pandemic began. They helped to deliver medicines or do shopping for older and more vulnerable members of the community. they also simply rang people living alone for a chat. This work was greatly valued and has continued to this day.

We still need volunteers for all sorts of areas, such as:

- * Phone buddies - ringing an isolated person for a chat
- * Posting letters or parcels in the P.O.
- *Collecting medication from the pharmacy
- *Local shopping
- * Helping in the community garden
- * Delivering leaflets

If you can spare the odd hour here or there, please contact the clerk on Clerk@pennardcc.gov.wales 07825 225567



EXCITING NEWS REGARDING THE COMMUNITY HUB AND THE DECARBONISATION OF THE HALL.

In October the Community Council agreed to work with Down to Earth to kick off the development of the Community Hub to replace the pavilion and proceed with the decarbonisation of the Community Hall. We are very excited at the prospect of working with such a unique social enterprise and envisage the outcome will be both innovative and iconic in both look and sustainability.



The Down to Earth team will be Supporting us at each stage, from engagement with the community stakeholders on the design, through to coproduced community-led approach to construction. Building only with natural materials and Welsh timber – delivering the best possible building for people and nature.



In addition to the new look, the community hall will have PV panels as well as water collecting facilities such as water planters and rain gardens and perhaps a rapid EV charge point, adding to the overall decarbonisation.

Hearing Loop for the Halls

By the time this newsletter pops through your door, we will have had or be in the process of having a new hearing loop fitted in the Community Halls. This should make a big difference to anyone who is hard of hearing using the building. In addition, we hope to add some noise-cancelling panels as part of the other works being done at the hall to upgrade and improve the space.



NEW PILATES STUDIO IN PENNARD

Pili-Pala Pilates has just made its home-base at the small hall in Pennard's community centre, and will be for everyone as we grow and cater for different demographics.

Previously trading as Practical Pilates Ltd, we are the longest running Pilates school in Swansea, with over 40 years teaching experience between us.

Although we have large mat classes running in Killay, Westcross and Mumbles, we have been looking for the right space to create a bespoke equipment studio to hold small specialist classes. I am so excited that the space has found us and is in my local community.

Pilates is an exercise method which focuses on breathing, alignment and muscular endurance. It develops strong and flexible muscles whilst reducing muscle imbalance. Athletes and dancers love Pilates as it enhances their performance and reduces the risk of injury. Osteopaths, physiotherapists and general practitioners are recommending Pilates to help recover from injury as its low impact approach is safe for rehabilitation. We have our own in-house physiotherapist, so you'll be in safe hands, and can book private appointments for tailored sessions if preferred.

We offer 1:1 and 1:2 sessions on the reformer as well as small group mat classes. However, in the New Year, we will be installing and offering 'tower on the mat' making equipment on a mat more affordable.

Community Promotional offer:-

If you live in Pennard, Southgate or Kittle area, you will qualify for a free 30 minute assessment to discuss your individual needs. Here we will show you the power of Pilates and advise you accordingly. Please email us to book an appt :-

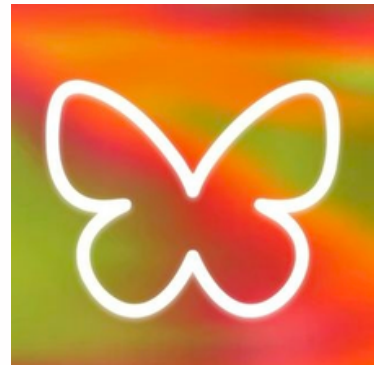
Email:- support@pili-pala.life

Please put #ICommunity in the header of the email.

We look forward to meeting you at the studio

Emma and the Pili-Pala Team

Website:- www.Pili-Pala.life



If you offer any "wellbeing activities" suitable for the small hall, or know someone who might be interested in providing some sessions, contact the Clerk.

PENNARD ACTIVE TRAVEL UPDATE

We need your help to improve active travel in the Pennard ward. PAT is an informal group of Pennard and Kittle residents, whose aim is to promote and improve active travel to and from Pennard. This includes enabling children to walk or cycle to school, making it safer and more pleasant to cycle to work or to shop and improving provision for horse-riders.

We recently met with Swansea Council Active Travel Officer who advised us that our next steps should be to demonstrate support for improving active travel in and to Pennard. We invite you to sign our petition showing that you want to see better walking and cycling provision in our community. We aimed for 300 signatures which is approximately 10% of our population and seen as good level of support. We have succeeded in this and are hoping to show a higher level of support.

If you would like to sign up to be a part of the campaign group please email us at pennardactivetravel@gmail.com.

To sign online go to: <https://www.change.org/p/support-pennard-active-travel?>

Or scan this QR code



BENCHES FOR THE VILLAGE



We are considering the purchase of oak benches for placement by the bus stop at the top of Linkside Drive, on the grass patch at the top of Heatherslade Drive and somewhere else suitable on Linkside Drive. It has been suggested to have a line of poetry engraved on the back. If you would like to suggest a favourite line, please contact the Clerk.

WALKERS ARE REALLY WELCOME IN PENNARD AND BISHOPSTON

Following a rigorous application process, which included gathering over 600 supporting signatures and canvassing support from Local Businesses, the National Executive Committee of Walkers are Welcome agreed to accept the joint application from Bishopston and Pennard. At an impromptu gathering, the team (Clive Scott, Jodie O'Brien and Nick Samuel) along with local councillors Lynda James and Lyndon Jones were presented with their certificate from Kate Ashbrook.

Kate Ashbrook, patron of the Walkers are Welcome Towns network said: 'We are delighted to welcome Bishopston & Pennard into the Walkers are Welcome family. This is such a beautiful area with splendid walking opportunities, and by becoming part of our network these communities will encourage more walkers who will bring greater economic benefit to local businesses. We wish Bishopston & Pennard every success in this new venture.'

Walkers are Welcome is a nationwide initiative launched in 2007 to be 'welcoming to walkers'. It has enabled the development of over 100 accredited Towns and Villages to assist with their communities' economic, physical health and wellbeing - through walking.

The aims of the group are to:-

- Attract all walkers to our area and provide excellent information on local walks
- Ensure that footpaths and facilities for walkers are maintained, improved and well signposted
- Contribute to local tourism plans and regeneration strategies
- Promote the health benefits of walking and increase participation
- Encourage the use of Public and Community transport

If you'd like to get involved in the group, please ring 07369299198 or via Facebook Walkers are welcome, Bishopston and Pennard. We can also be found on the Walkers are Welcome website: <https://walkersarewelcome.org.uk/waw-towns-wales>



THE “PENNARD PEDDLERS” OFF-ROAD CYCLISTS.

It is not a club, there are no rules or fees, just an ad hoc group of primarily local off-road mountain bikers, who cycle at their own risk for exercise and camaraderie, and usually end the rides at a pub!

The group started about 25 years ago, by fathers with kids at Pennard Primary School, but nowadays has riders of either sex, and from afar as Cardiff.

We usually do a Thursday evening ride from the Gower Heritage Centre, a monthly off-Gower day ride (Sat or Sun), and a long weekend annual tour (UK or Europe). We had our annual tour last month, around the Elan Valley (see pic) Message me if you want further info, or would like to join us.

Pete Sheldon

sheldonpw@yahoo.co.uk



If you are a member of a local group or activity, why not tell us a bit about it for inclusion in our next newsletter.

Pennard Play – Summer Forest School

During the summer holidays we ran our first Pennard play sessions, twice a week throughout August some 77 children attended a series of “Forest School “ session where children built dens, made necklaces from slices of wood and flowers, toasted marshmallows and made smores over a camp fire.

Below are some of the pictures taken showing just how much fun they had. This is definitely something we will be looking to do again and will be added to our youth provision project.

If any of your young people would be interested in attending look for further information on social media and give Sasha a ring on 07425 387994 to find out how to book a place.



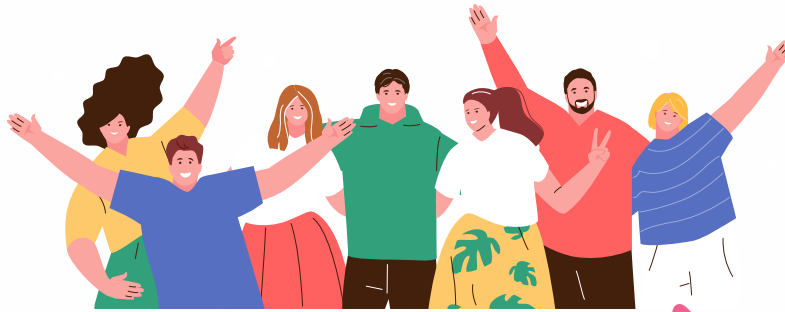
YOUTH PROVISION

We have recently appointed a Youth Leader from within the Community and hope to organise a fact-finding session with our young people to find out exactly what sort of activities they want to have.

This could include a youth club, cinema and board games nights.

If there is anyone else out there with youth worker qualifications, experience or just want to help out, contact the Clerk on 07825 225567

We are also hoping to form a Youth Council with an age range from 11 to 26, this will feed into the main Community Council and will look to present the needs and views of the young people in the community.



CHRISTMAS VISIT

We will be having a special visitor along with two elves coming round the village on Saturday 2 December at around 4.30pm after the Christmas market. We will also be switching on the Christmas lights that evening so you are all welcome to join us at the hall for a cuppa and a mince pie.



HOW ACCESSIBLE IS PENNARD?

Pennard Community Council's Accessibility Working Group is looking at general accessibility around the villages and want to find out how accessible Pennard is for its residents and visitors.

Physical barriers that can inhibit full accessibility include things like: steps, stairways, kerbs, exterior surfaces and paving, coastal and countryside paths, parking areas, building entrances and exits (including emergency escape routes), internal and external doors, gates, toilets and washing facilities, public facilities, lifts and escalators, floor coverings, signs, furniture, and temporary or movable items (such as equipment and display racks) and lack of hearing loops.

1. How accessible is Pennard Community Council area? Please circle what is true for you: *Very inaccessible, Inaccessible, Neither Inaccessible or accessible, Accessible, Very accessible*

2. Which local public buildings, shops, businesses and leisure facilities, do you find fully accessible and why?

3. Which local streets, parks and other public spaces do you find fully accessible and why?

4. Which local public buildings, shops, businesses and leisure facilities do you find less accessible and how would you want it changed?

5. Which local streets, parks and other public spaces do you find less accessible and how would you want it changed?

6. Which local public buildings, shops, businesses and leisure facilities, are completely inaccessible to you and why?

7. Which local streets, parks and other public spaces are completely inaccessible to you and why?

8. What changes would you like to see to make the local environment accessible for you?



Please answer the questions above by tearing out this page and leaving it at the following venues for collection: Beaufort Arms, Hot dog surf shop, Pennard Library, Pennard Pharmacy, Pennard Stores or Linkside Premier Stores Alternatively please complete the online survey by clicking the QR Code above.



JOIN OUR CHRISTMAS SHOPPING EVENTS



DECEMBER 2ND

10:00AM TO 4:00PM

LOTS OF LOVELY CRAFT STALLS

AT

PENNARD COMMUNITY HALL



BRING ALONG AN UNWRAPPED TOY OR
GIFT FOR OUR
CHARITY GIVE AWAY

