



Tidbit

Llanbister Area Community Magazine
Issue 2: September-November 2024

CONTENTS

Page	
3.	Welcome to Tidbit 2 Council Chamber News
6.	Carnival Achievement Back to School dates
7.	Llanbister School Governors Report
9.	Gardening Tips from Jude
10.	Best Kept Village Church Services
11.	Tidying the Town & litter picking
12.	Llanbister Quiz
13.	Llanbister Show
15.	Young Farmers
17.	Back to School Word Search
18.	Bread Pudding Recipe Autumn Cocktail
19&20.	Llanbister Community Council Minutes
20.	Quiz Answers
23.	Handy phone numbers

MUMS MATTER

events

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MIND's service helping
new mums combat
anxiety, depression
trauma, loss and the
expectations of
becoming a parent*

Short Mat Bowls

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for 6 weeks.

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Welcome to the 2nd edition of Tidbit

This is a free quarterly magazine for residents of Llanbister and surrounding areas, an initiative launched by Llanbister Community Council and free of charge. Apart from those delivered by hand to as many residents as possible, there will be additional copies available in The Lion Hotel, Llanbister Book Exchange, the Map Box at Grevodig, the telephone box at Crossways and Llanbadarn Community Shop. It will be full of reliable information about local groups and events and fun seasonal articles such as recipes, gardening tips, puzzles and quizzes.

Our thanks go out to all those who have placed an advert and those who have contributed to the 1st edition and ongoing into the future. We are on the look out for articles of specific local interest that can be added to future editions, including significant life events. Any such articles should be submitted to llanbistertidbit2@gmail.com (note, this replaces the previous email address), preferably in Word format or plain text, and handwritten/typed contributions to 1 School Meadow, Llanbister LD1 6TN, about 1 month before the next publication date to allow ample time for editing and printing.

DEADLINES

3rd Edition (December 2024 to February 2025): by 1st November, to go to the printers in mid-November 2024.

4th Edition (March 2025 to May): by 1st February, to go to the printers in mid-February 2025.

If you are interested in advertising a local business, the rate is £40 for the year. This is great value for money. Donations are also gratefully received and will go toward printing costs.

Payment & donations to: Llanbister Community Council 40 26 21 41048619

Closing date for inclusion in the next edition will be 1st November 2024.



COUNCIL CHAMBER NEWS

At the AGM in May I was elected to the position of Assistant Vice Chair of Powys County Council. PCC will unfortunately have to make substantial savings going forward to balance its budget: this will see services cut and some lost. I have secured a meeting for us with Emma Palmer, the chief executive of the Council

- the date is yet to be confirmed but it will give a chance for you to air your views on which services mean the most to you.

Together with Cllr Angela Davies I attended the parade of World Enduro stars at Rhayader and was at the start to watch the riders off.

Geoff Morgan



LilyRose

Wellness & Beauty

Will be in Llanbister Community Hub on:

Wednesday 5th September (10am-4pm)

Saturday 14th September (10am-4pm)

Thursday 24th October (10am-4pm)

Thursday 21st November (10am-4pm)

Thursday 12th December (10am-4pm)

Treatments Available

Back, Neck & Shoulder Massage (25 Minutes) £25.00

Shoulder, Neck & Scalp Massage (25 Minutes) £20.00

Back & Legs Massage (45 Minutes) £35.00

Full body Massage (60 Minutes) £45.00

***No walk-in appointments available you will need to pre-book**

Please contact Natalie on 07531483799 by phone call or by text.



SATURDAY
14TH SEPTEMBER
1-4PM

Tickets £20

AUTUMN WELLBEING RETREAT

An invitation to take a moment to unwind, with a serene afternoon dedicated to nurturing and pampering the body and mind.

- ✦ Sumptuous self-compassion meditation and breathwork session
 - ✦ Powerful positive psychology and the greatness of gratitude
 - ✦ An introduction to gut health and maxing our wellness
 - ✦ Premium skincare experience for the ultimate glow
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- Please reserve treatment at time of booking Retreat ticket



Llanbister Community Hall
Llanbister Road
Llandrindod Wells
LD1 6SR

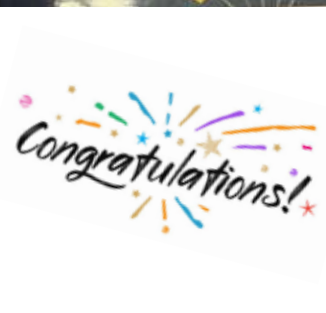
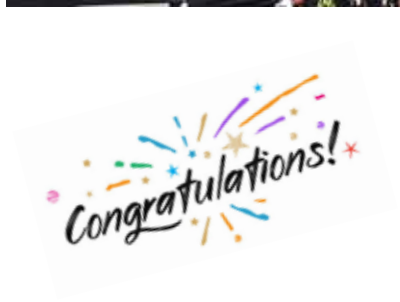


Amy 07534000951
Kirsty 07816231059

CARNIVAL ACHIEVEMENT



Llanbister School entered a splendid float into Rhayader Carnival in July and won first place for the Best Decorated Lorry. **CONGRATULATIONS!**



BACK TO SCHOOL

3rd September - Pupils return

Thursday 19th/Friday 20th September

– ‘Non-pupil’ Inset ((In-service Education and Training) days

Wednesday 6th November – Rags to Riches Collection

LLANBISTER SCHOOL GOVERNORS

As a governing body, we continue to be extremely proud of the *children* and the teaching and learning that takes place in Llanbister C. P. School primary school.

We have so much to celebrate as a school and a community and I think reading some of the achievements below, highlights how we are a *community primary school* and how we are so well supported by so many amazing people in our school community. Whether this be hearing pupils read, attending school trips, building raised beds, fundraising, visiting school to lead projects or attending a school function, the joint effort of everyone is recognised and contributes to making the school a success.

There are a few families that we will be saying farewell to as their children head to high school, we hope that Llanbister will be a very positive memory in the minds of these children and thank everyone for their dedication to the school.

Just a few of the achievements in the summer term are highlighted below:

- Maggie Trainer has visited the children as part of the Bronze Young Ambassador programme. The children in years 5 and 6 took part in some led P.E sessions and were left with some basketball hoops and new basketballs. I am sure the children will thoroughly enjoy using these in the future.
- Wayne Morris, the rugby officer, has visited to provide rugby training sessions for years 3-6. Many pupils past and present have gone onto to play rugby for Builth Bulls after these sessions and some have represented their Llanbister School at County level after being successful at South Powys trials.
- Dosbarth Gwas y neidr attended the cricket festival at Builth Wells cricket ground. The pupils represented our school fantastically and do us proud with all of their sporting talents.
- The whole school visited the Botanical Gardens for Wales, as part of their 'Grow with me' topic. The trip was supported by Governors Jen Bright and Rebekah Meredith. The pupils explored the large glass house and planted seeds and during spots day the pupils competed well and did themselves and the school proud.
- The children were lucky to have a visit to Moorcourt fruit farm, where they learned lots about growing a variety of fruits and bought some back to school to taste, make jams and smoothies with. The trip was supported by Governor Jen Bright and parent Rhianydd Gardner.
- Llanbister School held their Annual Sports Day at Llanbister show field with the pupils competing well and doing themselves and their school proud. Sports day wouldn't be sports day without the team of people behind the scenes working so hard to make the day a success. The pupils

of healthy school and Miss Wilson spend a lot of time organising equipment and certificates in advance of the day and without them the day would not have been so smoothly ran, thank you for your dedication and focus. A huge thank you must go to Paul and Liz Lewis for allowing us the use of their field for the day and to Llanbister Show committee for the use of the marquee and the organisation of tables, chairs and toilets. Thank you to Michelle for your support throughout the day and the PTA for their kind contribution of ice creams for each of the pupils. But most of all, thank you to all of the parents, carers, and members of the community for coming to cheer our little people on in the afternoon. It really was a fantastic day.

- Children in year 6 had their induction week at Ysgol Calon Cymru as part of their final transition. The leavers assembly was well supported and very emotional! Good luck to our year 6 leavers who we will miss greatly!
- Margaret Grieve has visited school and worked with our year 6 leavers to make a clay tile to display in the school as part of their leaving gift, a way to remember them all forever.
- As year 6 pupils prepared to transition to High School, we welcomed new learners to the school with children starting in reception having their first taster day in Dosbarth Gwenyn.
- The Llanbister Summer Fair followed the leavers assembly and as always was well supported and a great success.
- Many of the children and parents enjoyed creating a float at Rhayader Carnival, organised by our fantastic fundraisers. Once again, they won with their theme 'No farmers, No food'. What a fantastic way to showcase our school!

School Improvement and monitoring has continued through the Summer Term and all governors have been involved. This is supported by Kathryn Marshall our School Improvement Advisor.

The staff at the school are always looking for ways in which they can train to support learners further.

- Miss Wilson and Miss Powell have continued their training with Skip Cymru. This is an accredited course with the UWTSO. This course is fully funded by Powys Sports team.
- Miss Hammond continues to keep up with her supervisions that enable her to carry out her role as an Emotional Literacy Support Assistant (ELSA).
- As a governing body we would like to extend a huge thank you to the dedicated staff team in our school and hope they are all enjoying a well-deserved summer break.

GARDENING TIPS from Jude

Well, that was an interesting summer - at least we gardeners are used to anything and everything when it comes to the weather. As compensation for a mixed summer, let's look at what we can do to save a bit of cash in the garden.

Plants for free!

If like me you've noticed the price of plants, like everything, rising, you might want to get some extra plants for free from those already in your garden. The late summer and early autumn is a good time to take **semi-ripe cuttings**.

A semi-ripe cutting simply means that the stem you will use to turn into your cutting has not fully matured. The lower part of the stem will be hard and woody and the top part is this season's new growth which hasn't turned woody yet.

Semi-ripe cuttings are used to propagate hardy climbers like passion flower, shrubs like hebe and mahonia and herbs like lavender and rosemary.

Lets get started! Here's what you'll need: Secateurs or sharp knife, a plant pot, some compost and sharp sand, some hormone rooting powder (optional) and a plant label.

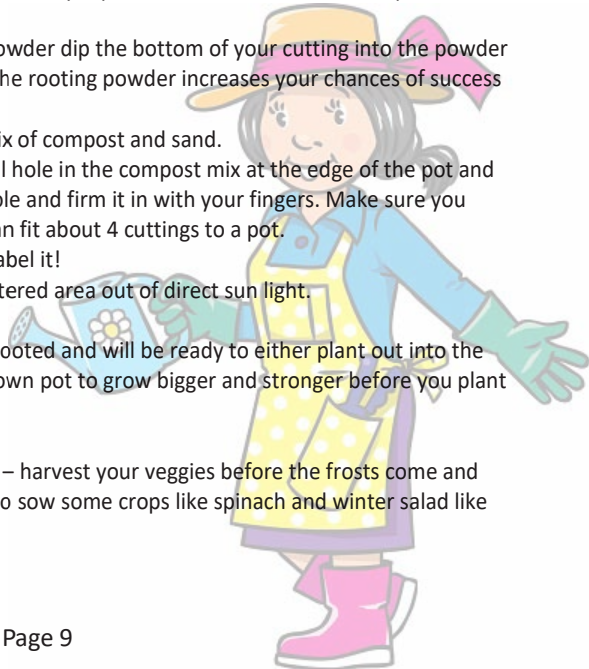
The basic method for semi-ripe cuttings is as follows:

- 1 Cut a 10-15cm (4-6 inches) piece from the plant. Remember it should have new growth at the top.
- 2 Trim the bottom just below the point where a leave grows, this is called a leaf node.
- 3 Then take off the lower leaves and the very top soft leaves. You should end up with about 4 leaves remaining.
- 4 If you are using hormone rooting powder dip the bottom of your cutting into the powder them gently shake off any excess. The rooting powder increases your chances of success but cuttings will grow without it.
- 5 Prepare a plant pot with a 50/50 mix of compost and sand.
- 6 Use a pencil or stick to make a small hole in the compost mix at the edge of the pot and gently push your cutting into the hole and firm it in with your fingers. Make sure you don't bury any of the leaves. You can fit about 4 cuttings to a pot.
- 7 Water the pot and don't forget to label it!
- 8 Put the pot in a greenhouse or sheltered area out of direct sun light.

By the spring your cutting will hopefully have rooted and will be ready to either plant out into the ground or be ready to be potted on into their own pot to grow bigger and stronger before you plant them out.

Other things to do in the garden in September – harvest your veggies before the frosts come and save seeds for next year. It's also not too late to sow some crops like spinach and winter salad like Mizuna.

Happy gardening from Jude at Rock House!



BEST KEPT VILLAGE GROUP

The aims of the group are...

- To improve and keep tidy the public green spaces within the village (not including the grass cutting areas), for the benefit of local people and visitors
- To provide and maintain tubs, troughs etc. with flowers and insect-attracting plants
- To encourage residents to be involved in ongoing work

Many people in the village contribute to its character with their own gardens but everyone is welcome to join in with brightening the 'non-private' features. Meetings take place occasionally and things are discussed by email and WhatsApp to plan the work and allocate tasks. Interested? Please contact:
Chairperson & Acting Secretary: David Strachan 01597 840757
Treasurer: Tonia Greene. Group email: bloomingllanbister@outlook.com

Upcoming activities

Autumn will mainly see us replenishing compost in the planters and troughs, planting Spring bulbs, weeding the Silent Soldier bed (below the War Memorial) and planning the usual decorated wooden Christmas Trees to be placed around the village. We are always open to new ideas and helpers, even just one-off with the bigger tasks.

CHURCH SERVICES

1st September 2024

Llandegley 9.30am. Holy Eucharist.
Llanbadarn Fawr 11.00am. Holy Eucharist.

8th September 2024

Llanbadarn Fynydd 3.00pm. Holy Eucharist
Llandegley 6.00pm. Evening prayer & Sunday School

Sunday 15th September 2024 3.00pm

St Cynllo's, Llanbister - Harvest Festival in church followed by tea and cake in the Community Hall

Pound Chapel - afternoon service every Sunday at 2.00pm

Remembrance Sunday gathering will be on

Sunday 10th November at Llanbister War Memorial with a 2 minute silence at 11.00am.

TIDYING THE TOWN!

BUS STOP BLITZ

The Community Council organised and called for volunteers on Sunday 11th August to cut, strim, prune and sweep the area around the



bus stop and the bus shelter itself. There was an excellent turnout and afterwards the team retired to the hall for well-deserved drinks and hot dogs.

LITTER PICK

The Community Council have invested in 8 sets of litter picking kit for our community.

The next organised litter picks are on:

- **Sunday 20th October 2024 at 10:00 am** - meeting at the War Memorial
- **Sunday 5th January 2025 at 10:00 am** - meeting at the War Memorial

They will be the 5 mile loop again but if you want to join/leave us part way round that's OK. If you're planning to join us **please contact Sue Cox**, Rock House, Llanbister. 07759546054 to confirm and to say where you'll meet us (the start or part way round). As we have some fab members of our community doing litter picks near their properties we don't need a monthly formal one.

The kit can be borrowed at any time if individuals or groups want to clean up a specific area in the village.

Future dates will be added to the Village Noticeboard and social media.

TIDBIT QUIZ

DISNEY FILMS



1. Name the 2022 film about a family of explorers, the Clades, as they attempt to navigate an uncharted and treacherous land?
2. What type of animal was Honest John in Pinocchio?
3. What is the name of the villain fixated on wanting a Dalmatian skin coat?
4. Who was the step-sister of Anastasia and Drizella?
5. Name the 7 Dwarfs in Snow White?
6. What is the name of the demigod who helps Moana?
7. Name the film about a selfish prince who is transformed and all his staff are turned into household objects after refusing a rose in exchange for shelter?
8. In which film did Ariel make a deal with the sea witch Ursula to become human for 3 days?
9. What was the name of the Indian Rock Python that was feared for his mesmerising dance?
10. In Frozen where does Elsa and Anna live?

Answers on page 20

CATCH UP CLUB

Club programme, Autumn 2024

The Club meets in the Community Hall



Date	Activity 1	Activity 2
04/09/24	High Sheriff - talk	Haircuts
18/09/24	Community Council - Jennie Turner	
02/10/24	Bracken Trust	Age Cymru. Money MOT
16/10/24	Bowls	
06/11/24	Quiz by David Horne	Haircuts
20/11/24	St John Ambulance	Nails
04/12/24	Wreath making	Carols with Llanbister School kids
18/12/24	Christmas lunch	

LLANBISTER SHOW

Llanbister Village Show normally takes place on the last Bank Holiday Monday in May and celebrated its 100th year in 2022, originating as a traditional agricultural show and local sports event. Money is raised from fees, sponsorship, programme advertising and occasional grants towards running and capital costs. A reserve is set aside as a contingency towards the cost of the following year and any surplus available is donated to local causes. Planning has to start in the Autumn. It is run entirely by hard-pressed volunteers so more bodies and brains are always needed not only on the day but at various times throughout the whole of the preparation period.

For volunteering and general enquiries, email llanbistershow@hotmail.com or phone the Secretary on 07598 101713. Meetings are usually held monthly from September to May/June and open to anyone interested.

Llanbister Show

Image from Pixabay



SHOUT OUT!

Llanbister Show Committee invites **YOU** to come along to the Community Hall on

WEDNESDAY 16th OCTOBER at 6.30pm

...to find out ways in which you can help to put on our Annual Show. Lots of opportunities available to join in, from doing a little when you can, to helping out on Show day, to taking on a role within the Committee and getting your voice heard on what you would like to see happen at the Show. It's fun and very rewarding. **ALL WELCOME.** Followed by the AGM at 7.30pm

WEALES WHEELS

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- ✓ 52 Seat Coaches
- ✓ 59 Seat Coaches
- ✓ 70 Seat Coaches

We also now provide private hire cars and minibuses ranging from 4 to 8 seats.

mjweale@btinternet.com

Weales Wheels are also now in partnership with JJ Travels to help provide day trips and overnight stays!

These Trips include...

- ✓ Theatre trips
- ✓ City breaks & Coastal breaks
- ✓ Various shows such as Malvern Flower Show

And much more...



Weales Wheels – 07766 743760

JJ Travels – 07398 144808



YOUNG FARMERS - A SUCCESSFUL YEAR

Cantal Young Farmers is a small youth organisation within the County of Radnorshire. Young Farmers is open to anyone between the ages of 10-28 and offers a range of activities and competitions for everyone from fencing, stock judging and flower arranging to public speaking and even disco dancing! Cantal YFC mainly have their meetings on a Monday evening in Llanbister Hall during which we often discuss events and competitions that have taken place and fundraising events for the year to help us find much needed funds, as well as organising a few trips to treat all club members for their hard work.

The club has been very busy since the start of this year as it was Cantal's turn to host the Radnor Young Farmers Rally Day, which was held in June at Upper Pentre Farm by kind permission of club stalwarts Gareth and Julie Rees. All members were very busy getting the rally site ready for a day of competitions including sheep shearing, singing and even an It's A Knockout competition to finish!

The day was a huge success, from start to finish. It started off with something we are not used to seeing in Llanbister... yes, the sun was actually shining! Cantal members started arriving at the site from 9 o'clock onwards for their competitions. All were very busy throughout the day, whether it was taking part in their own competition or cheering on our members. The club was keen to beat the achievement of seventh at last year's annual rally, filling in every competition that Radnor had to offer with many members coming away with great success, collecting cards of all colours and shapes!

After a tireless day of competing the moment we all been waiting for arrived - THE RESULTS! In our usual Cantal style and very fashionable red tops the crew gathered together as the list started to count down from 13. Down to 10 and we're over the moon to be inside the top 10 but as the list went further and we hadn't heard Cantal's name, we had begin to wonder - have they missed us? But as the top 3 were announced the Cantal cheer could probably be heard by local councillor Geoffrey and woken him up from one of his infamous power naps!! For anyone who wants to see the full results, please go to the Radnor YFC website where you will see a breakdown of all competitions and placings.

We came away with a tremendous overall second place, which is something the club had only dreamed of before the start of the day! So in usual young farmers style we had to celebrate such an occasion. With the trophy in hand the crew of members and club leaders pop down to the annual rally dance for a shandy or two, let's say! On the whole Rally Day was a huge success and we must thank all stewards and helpers for all their hard work.

We more recently had the club's Annual General Meeting on August 12th in Llanbister Village Hall. Anyone with any queries or questions, please contact our current club chairman and secretary **Adam Watson: 07979 980145** or **Jack Bradley: 07398 144808**.



"A Warm Welcome in the Hillside"

Ray & Janet Thomas

LION HOTEL

Llanbister

Llandrindod Wells

Powys LD1 6TN

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email: lionhotel_llanbister@btinternet.com

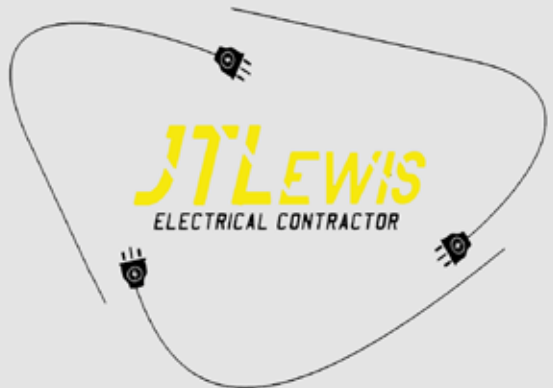
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BACK TO SCHOOL



Word Search



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PENCILS

ART

CRAYONS

RULER

BACKPACK

HOMEWORK

SCHOOL

BOOKS

MATH

SCIENCE



BREAD PUDDING *Dessert - from David Horne*

The following recipe is made from memory and as such all the measurements are approximate and can be adjusted to individual preference and taste

Ingredients

6 slices of any stale bread
6-8 oz of mixed fruit
4 oz light soft brown sugar
1 whole egg
1 tsp mixed spice

Method

Break up the bread into small chunks and soak in water overnight but not too sloppy:

Pre-heat oven to 180 degrees C

Grease an appropriate sized ovenproof dish

Add the remaining ingredients to the break and mix with a wooden spoon, add mixture to the dish and cook in the oven for approximately 1 hour. When cooked remove from the oven, allow to cool and set firm

Cut into wedges and enjoy! (Note, this is a great way of using up stale bread, odd crusts, etc).



Autumn Cocktail by Jenny

The following recipe is made from memory and as such all measurements are approximate and can be adjusted to individual preference and taste

Ingredients

20ml Lemon Juice
10ml Sugar Syrup
30ml Gin
Champagne
Ice
Strips of Lemon Zest

Method

Pour the lemon juice, sugar syrup and gin into a cocktail shaker then fill up with ice.
Shake well and strain into a champagne flute.

Top with a little champagne, leave to settle (as it will bubble up) then fill with more champagne. Swirl gently with a cocktail stirrer. Garnish with a strip of lemon zest

Mmmmmmmmm...enjoy!

Llanbister Community Council General Meeting minutes

Date: Thursday 4th May 2024 **Time:** 7:30pm **Venue:** Community Hub.

1. Apologies received:

2. Members Present: Catherine James (Chair), Tracy Lewis (Chair), Marc Williams (Vice-Chair) Darren Rogers, County Councillor Geoff Morgan, Catherine James, Wayne Bowen, Gareth Bowen, Jennifer Turner (Clerk).

3. Declaration of Interest.

4. Minutes of the Last Meeting(s) – Minutes of the 2nd May 2024 general meeting were previously circulated to all councillors. It was agreed they were an accurate record. Approved and Duly signed by Chair

5. Matters Arising from Minutes-

- a. Llanbister War Memorial - DR to arrange work to commence when weather improves
- b. Graveyard - A lease has been received and reviewed. Some minor changes are needed and the lease will need reviewing by solicitors. The Council are happy to sign this subject to the solicitors comments. Once complete clerk to add graveyard to the insurance policy.
- c. Community Engagement - The Community Council would like to set up a village magazine, it is felt that Llanbister could benefit from this project and as such work has already started with a hope to produce the first quarterly copy in June 2024. The Magazine will be called The Tidbit, articles have already been collated along with adverts paid for annually. Aztec Print in Llanidloes will print this. A volunteer group will be needed to sustain this project.
- d. Litter picking - Equipment has been ordered and delivered. GM to arrange photo opportunity and litter pick prior to the next meeting at 6.30pm
- e. Speedbump - work is in hand and will be undertaken once the weather improves.

6. Planning –

None

7. Correspondence.

- a. Request for funding from YFC - £100 approved

9. Finance - Balances as at 2nd May 2024

Savings Account - £ 1,099.80

Income (as part of above balance) £0

Community Account - £12,446.53

Income (as part of above balance) - £2309 Precept, £760 Grant

Outgoings as part of the above balance – £10 Bank charge

£178.15 Clerk's salary (Feb)
£26 Clerks expenses
£209.50 HMRC
£395.88 Insurance
£405 Audit Wales
£90 SJ Ingram Grasscutting
£81.29 Litter Picking Equipment

10. School Governor's Report.

Open Evening planned for 16th May to promote the school. Children are running a 'tuck' shop with goods baked by themselves. There is a planned trip to The Botanical Gardens later in May

11. Community Hall / Hub Report.

The Big Breakfast went very well with over 100 attending and profit was in excess of £400, £100 of this was given to St John's Ambulance. The Pool Team is practising for a forthcoming tournament in December. Events to be held in the near future : -

Speed Shear
Konga Evening
Monthly Quiz
Beer and Bowls
Monthly Whist Meet

12. Any Other Business.

- a. MW to request quote to re-site the noticeboard
- b. ROSPA - Annual playground inspection. Clerk to check if this has previously been completed
- c. MW will write letter to Highways regarding current issues, CJ to provide details
- d. A Community trip was suggested and will be discussed at the next meeting

Meeting Closed at 21.27

Date of Next meeting - Thursday 4th July 2024 at 7.30pm.

.....
ANSWERS TO TIDBIT QUIZ - ON PAGE 12

- | | |
|---|-------------------------|
| 1. Strange World | 6. Maui |
| 2. Fox | 7. Beauty and the Beast |
| 3. Cruella de Vil | 8. The Little Mermaid |
| 4. Cinderella | 9. Kaa |
| 5. Doc, Grumpy, Bashful, Sleepy,
Happy, Sneezy and Dopey | 10. Arendelle Castle |

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Powys, LD1 5BB

Tel: 01597 824114

**FAMILY RUN BUSINESS SINCE
2015**

Handy contact details

Age Concern	01686 623707
Bus information (Timetables etc)	www.traveline.info 0871 200 2233
Church in Wales - Rev Lance Sharpe, local Ministry Area Leader	07938 762570
Citizens Advice Bureau	0345 6018421
Dial-a-Ride Newtown	01686 622466
Dyfed/Powys Police Non-emergency	101
Emergency Services	999
Knighton Surgery	01547 528523
Library - Llandrindod Wells	01597 826870
Library - Newtown	01686 626934
Llanbister Community Council Clerk - Jennifer Turner	07534 990237
Llanbister CC Chair - Tracy Lewis	07495 827360
Llanbister CC - Website www.llanbister.org.uk - Facebook page 	Llanbister Community
Llanbister Community Hall Bookings - Helen Hughes	01597 840450
Llanbister School	01597 840258
Llandrindod Wells Hospital	01597 822951
Llandrindod Wells Surgery	01597 824291
Local Representative (Powys County Council) - Geoff Morgan	07495 503808
Mobile Post Office Thursdays 11.45 – 12.30	Lion Hotel car park
Orthopaedic Hospital, Gobowen	01691 404000
Rail Information 03333 211 202	tfw.wales/service-status/timetables & www.trainline.com/train-times (or via App)
Shropdoc out of hours (via NHS 111)	111
Vet - Ddole Road	01597 822044
Vet - Hafren	01597 851500
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