



Ystwyth News

STOP!

Communities First are aware that posters are being removed on a regular basis. These take time and effort and are put together for the benefit of the community. Removal of these posters is a waste of valuable time and resources designated to us that is intended for positive use in this area.



Christmas Craft Fair

21st November
Ysbyty Ystwyth Village Hall
Contact Marjorie Luckhurst on 01974 282626

NEZIADD LISBIRNE LLANAFAN

CWIS A CHYRI/CURRY & QUIZ
(Curry kindly donated by The Light of Asia)

Nos Wener Tachwedd 20 November 2009
7.00 p.m.
Tocyn £6 ticket

Available from: 01974 282652 / 282664
01974 261382
Bring your own drinks
In aid of Huw Edwards' Wheelchair Fund

Christmas Dance

Live music and Bar
12th December 2009
Look out for posters for more information



Merched Ystwyth Open evening 22nd October 2009

All welcome
7.30pm

This year, activities have included, treasure hunt, floral art talk, visit to Rob Rattray, visit to Pengraig Farm and in November we are having a cookery demo by Orwig Davies. New members welcome. Please come along and see what we are up to!
Contact Lisa Edwards 01974 282331 for more information

Upland Villages of the Tregaron Area
communities first cymunedau yn gyntaf



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Neighbourhood Watch

Your local area now has a Neighbourhood Watch Scheme in place. Neighbourhood watch is a method of developing close liaison between households in a neighbourhood, the local police and the local authority. The aim is to help people protect themselves and their properties, to reduce the fear of crime and improve their local environment with improving:

- home security
- greater vigilance
- fostering a community spirit
- improving their environment



It is important that the Police and the Community work in co-operation and partnership to prevent and detect crime. For more information on the Watch group in this area please call the non-emergency number 101 and ask for details for your locations.

Get Out **Fit Fair** Get Active 2009

Thursday 29th October
10am-5pm
Pontrhydfendigaid Pavilion

FREE! Taster Sessions
For all ages...

- Climbing
- Reflexology
- Yoga
- Hip Hop
- Aerobics
- Healthy Eating
- Mini Football

and more.... contact....

Communities First Upland Villages of the Tregaron Area
Tregaron Memorial Hall,
The Square, Ceredigion SY25 6JL
01974 299038
peterb@ceredigion.gov.uk



Next Communities First meeting

20th October 2009
The Miner's Arms 7.30pm
All welcome

Amy Pateman is our local Cambrian News correspondent. Please phone 01974 282400