

# The Puffin

**FREE** COMMUNITY NEWSLETTER FOR LLANGOED, GLANRAFON AND PENMON • ISSUE 26 FEBRUARY 2019

## ANOTHER YEAR...

February is upon us already... the Christmas festivities and the New Year seem to have happened a lifetime ago. It's not too late, though, for us to say '**Blwyddyn Newydd Dda/Happy New Year**' to all of our readers.

**The Puffin** cannot survive without the help that it receives from its friends and supporters, sponsors and donators, anonymous or otherwise. These include The Bull Hotel, Janet Bell Gallery, Bishopsgate House Hotel, the Tavern on the Bay, Echo Beach, Spar, Beaumaris, and McColl's, Llangoed, to name just a few...apologies to anybody whose name isn't mentioned; our anonymous supporters will know who they are!

To all of you: a big 'thank you' from all of us at **The Puffin**, and our best wishes for 2019.

The winter weather was unseasonably mild and surprisingly dry until the end of January, when it became much more wintry. For a flavour of it, feast your eyes on a couple of beautifully wintry-looking photographs of a few years ago from **The Puffin's** archives.

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## WHAT'S HAPPENING WHERE

Here's our usual round-up of what's on in the locality. It doesn't cover everything that's on, so if you think that an event is missing and should be mentioned, do let us know, please; our contact details and submission deadlines are always given on page 8.



December 2010: Castell Aberlleiniog, hiding behind the trees on a small hill off the path between Llangoed and Lleinio (J Briggs)



December 2010: looking from Mariandyrys, Llangoed, towards Puffin Island, with the Great Orme in the background (J Briggs)



31 December 2018: roll on 2019! Llanddona's new Village Hall in the making; see page 2 for an update (A Perrott)

## Llangoed:

- **Clwb Garddio Llangoed Gardening Club:** the third Monday of the month at 7.30pm, Llangoed Village Hall; see also page 2.
- **Martial Arts:** every Monday, Tuesday and Friday, all at Llangoed Village Hall:
  - (1) karate for 3-6-year-olds, 4.30pm-5.00pm
  - (2) karate for 7-12-year-olds, 5.15pm-6.00pm
  - (3) habit fitness class, 6.15pm-6.45pm
  - (4) adult kick-boxing, 7.00pm-8.00pm.
- **Knitting Club:** the third Monday of the month at Pont y Brenin hub, 2.00pm-3.00pm.
- **Clwb Ifanc Ffermwyr Llangoed Young Farmers Club:** every Monday, 7.30pm-9.00pm, in Llanddona (*not* Llangoed) Community Hub, Maes Gwyn. Telephone Delyth Owen on 01248 810385 for more information; see *Llanddona* below, and also page 3.
- **Llangoed WI:** the first Wednesday of the month at 2.00pm, Llangoed Village Hall; see also page 2.
- **Zumba:** every Wednesday, 6.30pm-7.30pm, Llangoed Village Hall.
- **Whist group:** alternate Thursdays, 1.30pm-3.00pm, Pont y Brenin Hub.
- **Seiriol Men's Shed:** for men aged 18-108: the chance to meet and chat. Every Thursday at 10.00am, Pont y Brenin Hub.

  
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- **Bingo:** the third Friday of the month at 7.00pm, Pont y Brenin Hub.

**Llanddona:**

- **Neuadd Bentref Newydd Llanddona New Village Hall:** the old Village Hall finally closed late last year, ending 84 years of service to the community with a bumper Christmas Fair on 1 December. This means that organisations that used to use it are taking a rest or are using an alternative venue for the time being.

Works to the new Village Hall – the old primary school – started before Christmas. External works were well under way within days, including the construction of access ramps.

At the time of writing it is hoped that the new premises will be opened in the spring/early summer, so keep your eyes open locally and on Facebook for updates: <https://www.facebook.com/groups/Llanddona/>.

- **Anglesey & Caernarfon Dog Training Club:** usually meets every Wednesday at Llanddona Village Hall at 8.00pm, but is taking a break until the new Village Hall opens in the spring; the monthly dog walk towards the end of each month is still taking place. For more information contact Andrew Perrott at [ajbperrott@yahoo.co.uk](mailto:ajbperrott@yahoo.co.uk).
- **Llanddona Book Reading Club:** the second Tuesday of the month at the Owain Glyndŵr pub. For more information contact Kirsty Simpson at [kirstyalisonsimpson@hotmail.com](mailto:kirstyalisonsimpson@hotmail.com).
- **Village Knit Club:** every Monday at the Owain Glyndŵr pub at 7.00pm. For more information contact Meg Marsden on 07913 223435.

**Beaumaris:**

- **Pioneers Walking Group:** every Wednesday, 2.00pm at the Canolfan Iorwerth Rowlands Centre, Steeple Lane. Telephone Howard Jackson on 01248 810050 for more information.
- **Beaumaris Film Night:** the first Thursday of the month at 7.30pm at the Canolfan Beaumaris Leisure Centre. Telephone 01248 811200 or e-mail [enquiries@canolfanbeaumaris.org.uk](mailto:enquiries@canolfanbeaumaris.org.uk) for more information.
- **Table top sale:** the first Sunday of the month, 10.00am-4.00pm, at the Canolfan Beaumaris Leisure Centre; refreshments are available. Telephone 01248 811200 or e-mail [enquiries@canolfanbeaumaris.org.uk](mailto:enquiries@canolfanbeaumaris.org.uk) for more information.

- **Antiques & collectors' fair:** the third Sunday of the month, 10.00am-4.00pm, at the Canolfan Beaumaris Leisure Centre; refreshments are available. Contact [morganfairs@hotmail.com](mailto:morganfairs@hotmail.com) or telephone 07516 277794 for information/bookings
- **Castle Players Amateur Dramatic Society:** *A Night at the Movies*, a homage to cinema and the 'glamour' of Hollywood and the Silver Screen at Beaumaris Town Hall, Friday 22 February and Saturday 23 February at 7.30pm; see also page 5.

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**CLWB GARDDIO LLANGOED GARDENING CLUB**

Another gardening year has started and, at the time of writing we have had some very mild and dry days to follow on from the dry and still Christmas period and start of the new year. Bulbs are well on their way and some people even have snowdrops in flower. The birds are starting to twitter, so let's hope that spring is on its way.

Llangoed Gardening Club ended 2018 with a very enjoyable meal at Harry's Bistro, and we look forward

now to a varied programme of speakers and visits for 2019, starting on 21 January with a presentation by Anna Williams from North Wales Wildlife Trust.

We wish all our members a very happy and healthy new year, and look forward to seeing you all. Meetings take place on the third Monday of the month at 7.30pm at Llangoed Village Hall. For more information please contact Jean Whitehead on 01248 490813.

(Keith Whitehead)

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**LLANGOED WI**

**November:** at our meeting on 7 November three of our members – Sue Flack, Jean Whitehead and Margaret Furlong – had a favourite item with them and gave us the story connected to them. This was very well done by each of them and was very interesting.

The winners of the competition were (1<sup>st</sup>) Chris Linford, (2<sup>nd</sup>) Beti Brimecombe, (3<sup>rd</sup>) Anne Lindley, and the winner of the raffle was Sue Flack.

**December:** at our meeting on 5 December we made a Christmas tree and decorated Christmas cards with Gwyneth Adams. She had a table full of all sorts of interesting and colourful bits and bobs to decorate our cards and a selection of different shaping/crimping paper scissors and a press for making stars, so there was a lot of fun.

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The winners of the competition were (1<sup>st</sup>) Olga Lloyd-Jones, (2<sup>nd</sup>) Margaret Charles, (3<sup>rd</sup>) Anne Lindley, and the winners of the raffle were Margaret Furlong and Stephanie Dummzer.

**January:** at our meeting on 9 December, Jane Marsh from the Woodland Trust gave us a very interesting and illustrated talk (with the voice of Sean Bean, no less), about the work of the Woodland Trust. It noted that Great Britain has the smallest percentage of woodland in Europe. As WI members of the Anglesey Federation of WIs, some of us have been participating in monitoring certain trees in our area over the past 12 months, choosing trees in the area by type as listed by the Trust, looking at their size by measuring them, and their health by observation and photographs.

The winners of the competition were (1<sup>st</sup>) Margaret Furlong, (2<sup>nd</sup>) Edna Price, (3<sup>rd</sup>) Jenny Martin Jones, and the winner of the raffle was Norma Martin.

**Meetings:** meetings begin at 2.00pm on the first Wednesday of each month in Llangoed Village Hall. We are a lively group of mixed ages, so, ladies, do feel welcome to join us.

(Anne Lindley)

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### CLWB IFANC FFERMWYR LLANGOED YOUNG FARMERS CLUB

**Amser prysur!** Rydym ni wedi cael amser prysur yng Nghlwb Ffermwyr Ifanc Llangoed. Rydym ni wedi cael ymwelad o'r Ambiwllans Awyr Cymru hefyd. Gwnaeth Elin Owen barti Calan Gaeaf wych gyda gemau i ni i gyd. A hefyd wnaethom ni mynd ar daith i Halen Môn, Brynsiencyn, mi naeth pawb cael hwyl yno.

Wnaethom ni hefyd cael noson cwis yn Clwb Rygbi Llangefni hefo i gyd o'r clwbiau eraill. Yn Rhagfyr wnaethom ni cael stondin yn

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yr hen Neuadd Bentref. Hefyd oedd yna cwpl o bobl wnaeth cymryd rhan yn y gwasaneth Nadolig yng Nghapel Peniel. Cinio Nadolig neis iawn yn y Liverpool Arms, Biwmares i gorffen y blwyddyn i ffwrdd.

Clwb Ffermwyr Ifanc Llangoed hefyd wedi gorfod dweud ei hwyliau diwethaf i'r hen Neuadd Bentref Llanddona. Rydym

ni'n lwcus iawn I cael ddefnyddio yr adran bwyllgor yn Maes Gwyn, Llanddona.

**A busy time!** We have had a busy time in Llangoed Young Farmers. Wales Air Ambulance came to speak to us. Elin Owen did a great Halloween party with games for us all. We went out on a trip to Halen Môn Brynsiencyn, which we really enjoyed. We also had a quiz night in Llangefni Rugby Club with all the other clubs. In December we had a stall in the old Village Hall. A couple of us also took part in a carol service and did some readings in the Capel Peniel Christmas Service.



Llangoed Young Farmers and members of the Wales Air Ambulance Team (via L Hennessey)



Llangoed Young Farmers at Halen Môn, Brynsiencyn (L Hennessey)

We had a cracking Christmas meal/party in the Liverpool Arms, Beaumaris, to end the year Llangoed Young Farmers also said goodbye to the Llanddona Village Hall. We've had a great time there over the years and we are very grateful to the Committee for its use. We are lucky enough to be able to carry on with Young Farmers in the Maes Gwyn hall in Llanddona.

(Amy Pritchard)

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### LLANGOED FOOTBALL CLUB: CHRISTMAS 2018 RAFFLE WINNERS

Here's a list of the winners of Llangoed Football Club's Christmas 2018 Raffle.

All prizes have been claimed.

- 1 £20 Midland Tapas voucher: Tracey (Llangoed number)
- 2 Sunday lunch for two, the Harp, Bangor (Beaumaris number)
- 3 £20 voucher Seawake Ribride trip: Trevor (Llandegfan number)
- 4 Afternoon tea for two, the Bulkeley, Beaumaris: Hannah (Llangoed number)



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- 5 Two vouchers, Flip Out Trampoline Park, Chester (Llangoed number)
- 6 Pair of John Deere child's overalls (mobile number)
- 7 £40 Vitaplex treatment: Steve (mobile number)
- 8 Bottle vodka (Llangoed number)
- 9 Bottle whisky: Kath (Beaumaris number)
- 10 Castle Garage petrol voucher: Dion (Llangoed number)
- 11 Christmas cake: Emma (mobile number)
- 12 Christmas cake: Craig (mobile number)
- 13 Wine: Wendy (Llangoed number)
- 14 Wine: Rhys (Beaumaris number)
- 15 Wine: John (mobile number)
- 16 Christmas pudding (mobile number)

A big 'thank you' to all for supporting the raffle and weekly draw!

(Owen Williams)

## BEAUMARIS ALLOTMENT SOCIETY: THE BAAFTAS

The 2018 BAAFTAs (Beaumaris Annual Awards for the Allotments) rounded off an eventful year.

The Beaumaris Allotment Society's final awards list is given below.

- **The Joan Hopkin Award**  
*Junior Giant Pumpkin Grower of the Year*  
Winner: Jude Jarrett (plot 14a)  
Highly commended: Bethan Jarrett (plot 14a)
- **The Joan Hopkin Cup**  
*Heaviest pumpkin*  
Winner: Stroma Pallett (plot 6)
- **The Bulkeley Hotel Award**  
*Best scarecrow*  
Winners: Arfon & Belinda Thomas (plot 25)  
Highly commended: Beaumaris Beavers (plot 42)
- **The Happy Valley Pavilion Award**  
*Best newcomer*  
Winner: Steve Blight (plot 36a)
- **The Keevan and Jill Anker Award**  
*Tallest sunflower*  
Winner: Jill Anker (plot 3)
- **The Castle Garden Award**  
*Longest runner bean*  
Winner: Ian Davies (plot 49b)

(Jill Anker)

## CWLWM SEIRIOL: CONFENSIWN CREFFTAU BONDOCIO/COPPING CRAFTS CONVENTION

**Confensiwn Crefftau Bondocio:** mae prosiect Cwlwm Seiriol yn falch iawn o gyhoeddi y bydd ail Gonfensiwn Crefftau Bondocio Ynys Môn yn cael ei gynnal yn y warchodfa natur



19 October 2018: the BAAFTAs event at the Bulkeley Hotel, Beaumaris Left, going up: Kevan Anker, Stroma Pallett, Jill Anker, Arfon Thomas, Belinda Thomas Centre, going up: Bethan Jarrett (her brother Jude won the Junior Giant Pumpkin of the Year competition) on Fergal Jarrett's knees; Chrissie Newsham; Steve Blight Right, going up: Andrew Dixon (Chairman, Beaumaris Allotment Society); Ian Davies, Sulwen Roberts, Vanessa Greveson (J Anker)



17 November 2018: From left to right: Rhian Wyn Owen (RNLI); Matt Day (RNLI); Andrew Dixon (Chairman, Beaumaris Allotment Society); Paul Blackwell (RNLI); Claire Williams (Assistant Manager, The Bull Hotel, Beaumaris); Bill Hopkin (Beaumaris Allotment Society); Will Roberts (RNLI); Tony Green (Red Boat, Beaumaris) (J Anker)

- **The Janet Bell Award**  
*Best shed*  
Winners: Paul & Cheryl Howard (plot 32)
- **The Ronnie Parry Award**  
*For services to the Allotment Community*  
Winner: Chrissy Newsham (plot 27)
- **The C M Haynes Cup**  
*For outstanding commitment to the Allotments Society*  
Winner: Jill & Kevan Anker (plot 3, plot 21)

chwe throedfedd, ac ar y dydd lau a'r dydd Gwener bydd yr enwog Mandy Coates yn defnyddio pren helyg i wehyddu basgedi gyda myfyrwyr ei chwrs hyfforddiant. Bydd y niferoedd sy'n cael cymryd rhan yn y gweithdai hyn wedi'u cyfyngu (oddeutu 8 i bob sesiwn) a bydd pawb sy'n cymryd rhan yn cael mynd â'i gampwaith adref.

I gloi'r wythnos, ar y dydd Sadwrn, cynhelir Diwrnod Agored i'r cyhoedd a fydd yn cynnwys arddangosiadau, gweithdai a gwybodaeth ymarferol ar yr uchod, yn ogystal ag ar greu siarcol, chwilota a sgiliau byw yn y gwyllt, celf a chreffft ysgol goedwig, plannu coed a gwrychoedd, impio a thocio coed ffrwythau.

Bydd y rhai sy'n cymryd rhan yn y gweithdy yn dod yn fwy hyderus a chymwys o ran defnyddio, diogelwch a chynnal a chadw amrywiaeth o offer gan gynnwys bilwgau, cyllyll deugarn, tocwyr, sisyrnau tocio, cynion a cheffyll llyfnu. Byddant hefyd yn dysgu sgiliau goroesi syml, gan gynnwys cynnau tân, adeiladu cysgodfan a gwaith gof sylfaenol.

leol yn Llangoed.

Bydd y confensiwn yn para wythnos, gan ddechrau ar 10 Mawrth a chloi gyda diwrnod agored i'r cyhoedd ar ddydd Sadwrn 16 Mawrth. Y nod yw dathlu'r sgiliau traddodiadol sy'n gysylltiedig â'r hen ddull hwn o reoli coetir.

Gan ddefnyddio'r adnoddau naturiol, cynaliadwy sydd ar gael ar Ynys Môn, bydd yn gyfle i ddysgu technegau ar gyfer defnyddio deunyddiau a gasglwyd o goetiroedd wedi'u bondocio, gan gynnwys Aberlleiniog. Bydd y confensiwn yn annog pobl i ddefnyddio deunyddiau wedi'u bondocio, gan roi gwerth i gynnyrch coed lleol a hybu safleoedd newydd o goetiroedd wedi'u bondocio, a fydd yn gwella amrywiaeth ecoleg bywyd gwyllt a thirwedd Ynys Môn.

Yn ystod yr wythnos, cynhelir tri gweithdy deuddydd, gyda phob un ohonynt yn edrych ar ddefnyddio coeden benodol wedi'i bondocio drwy greu cynnyrch traddodiadol o'i phren. Ar y dydd Sul a'r dydd Llun, byddwn yn defnyddio pren onnen i greu gathiau hollt pum-bar gyda hoelion wedi'u gwneud â llaw. Bydd y sesiwn hyfforddiant yn cael ei gynnal gan James Carpenter o Goed Llwynonn. Ar y dydd Mawrth a'r dydd Mercher, bydd y meistr gwaith glasgoed, Mike Bithall, yn defnyddio pren cyll i ddangos sut i wneud clwydi 'defaid'

  
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Bydd marchnad crefftau lleol a lluniaeth ar gael hefyd.

Am fwy o wybodaeth neu i gofrestru ar unrhyw un o'r gweithdai, cysylltwch â Delyth Phillipp, Swyddog Prosiect Cwlwm Seiriol, ar 01248 725710 neu 07815 709240, neu drwy e-bostio [delyth@mentermon.com](mailto:delyth@mentermon.com).

### Coppicing Crafts

**Convention:** the Cwlwm Seiriol project is excited to announce that Anglesey's 2<sup>nd</sup> Coppice Crafts Convention will take place at the local nature reserve in Llangoed. This will be a week-long convention, starting on 10 March and culminating in a public open day on Saturday 16 March. The aim is to celebrate the traditional skills associated with this ancient form of woodland management.

Using the sustainable natural resources available on Anglesey, participants will be trained in techniques utilising the materials collected from coppiced woodlands, including Aberlleiniog. The convention will encourage the use of coppiced materials, giving value to local timber products and promoting new coppice woodland sites which will improve the diversity of Anglesey's landscape and wildlife ecology.

During the week there will be 3 two-day workshops, each specialising in the use of a specific coppiced tree by crafting a traditional product from its timber. On the

Sunday and Monday, ash will be used to create cleft 5-bar gates with hand forged nails; the training session will be run by James Carpenter of Coed Llwynonn. On the Tuesday and Wednesday, master greenwood worker Mike Bithall will be using hazel to teach the making of 6 foot 'sheep' hurdles and on the Thursday and Friday the renowned Mandy Coates will use willow to weave baskets with her training course students. These workshops will have a limited number of participants (approx 8 per session) and each will be able to take home their creation.

The culmination of the week, Saturday 16 March, will be a public Open Day that will include demonstrations, workshops and practical information in the above, as well as in charcoal making, foraging and bushcraft skills, Forest School arts and crafts, tree and hedgerow planting, fruit tree grafting and pruning.



Gareth, Mark and Jo in action at Cwlwm Seiriol's event last year at Llangoed (D Phillipp)



At last year's Woodland Festival, Plas Newydd, Llanfairpwll: making wooden spoons in a Cwlwm Seiriol workshop (D Phillipp)



Those participating will gain increased confidence and competence in the use, safety and maintenance of a variety of tools including billhooks, drawknives, loppers, secateurs, chisels and shave horse. They will also learn simple survival skills including fire starting, shelter building and basic blacksmithing. A local craft marketplace and refreshments will also be available.

For more information or to register for any of the workshops, contact Delyth Phillipp, Cwlwm Seiriol Project Officer, on 01248 725710 or 07815 709240, or e-mail [delyth@mentermon.com](mailto:delyth@mentermon.com).

(Delyth Phillipp)

### CASTLE PLAYERS: A NIGHT AT THE MOVIES

Our homage to the golden age of the cinema will take place at Beaumaris Town Hall on Friday 22 February and Saturday 23 February at 7.30pm. There will be cabaret-style seating, so why not book a table with friends?

Tickets are priced at £12.50 and will include a buffet supper and glass of wine (more available to purchase), as well as entertainment and a Movie Quiz. What more could you want on a dull February evening?

Tickets are available from the Bulls Head Hotel and Tinkers

& Belles, Castle Street, Beaumaris, or you may buy them on-line via <http://castleplayers.yapsody.com/>.

See our poster on page 6.

(Sharon Churchman Morris)

### OUR (NOT SO) NEW HOME IN LLANGOED

Just over three years ago we moved to Llangoed from Manchester where I'd lived for 45 years and my wife for her whole life.

Llangoed is just a bit different! Listening to the accents we hear about the place it is obvious that we're not the only 'incomers' to the area, though I know many of you have been here a lot longer than us. However, we also hear a lot of Welsh accents and language, so many of you are either local

  
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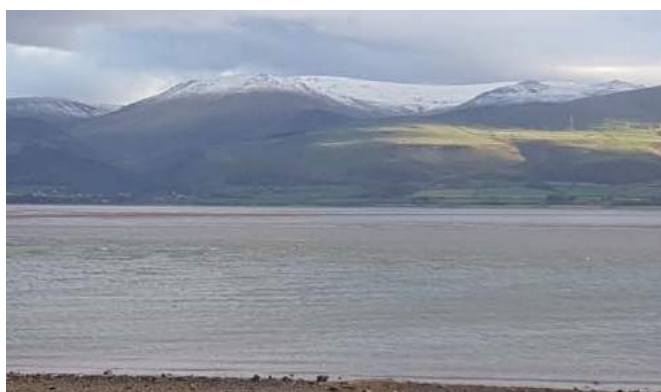
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born, or from Wales at least. I thought it might be interesting for you in particular to hear a few of our thoughts about our move: why we came and whether we have any regrets, for example.

I grew up in Devon, a part of the world to which, for all my life, people have headed for holidays. For me, though – as a teenager with hormones – it was a dump; there was nothing to do, and when you've seen one tree you've seen them all! To be fair, in later life I did appreciate my childhood home (in retrospect, definitely paradise on Earth), but it occurred to me that some of you, like me, might find it hard to know why outsiders find somewhere, which to you is just home, so appealing.

To be honest, it's a bit hard to know where to start. We lived in a very pleasant part of Manchester on a leafy lane overlooking a golf course, but if we wanted to go anywhere ...as soon as we got to the end of our road we were in heavy traffic, almost around the clock. We have been amused hereabouts to see the occasional road sign connected to road works advertising 'long delays'. What?! A long delay?! So far, we've had to wait perhaps five minutes. I can assure you that 'long delay' is a phrase which must be taken in context. The other day, too, I found myself in a traffic queue. There were two cars in front of me and at least one behind. Heavy traffic, indeed...and the temporary traffic lights are often set up to turn green as you approach as there is often nothing coming the other way. Bliss!

Then of course there is the scenery, which is stunning! For me after living for 40+ years in a flat part of Manchester I have to tell you that the hills can almost move me to tears. I had forgotten how important the rolling hills of Devon were to me. I know



Snowdonia from Anglesey: brrr...Abergwyngregyn, with Ffridd Ddu and Moel Wnion looking decidedly chilly (J Nunn)



What a contrast! The Dingle, Llangefni: tranquil reflections on a summer's day (J Nunn)

that not all of Anglesey is hilly but my part is. Did you like that: 'my' part? I cannot tell you the pleasure that writing that gave me. From our windows we can see glorious (what I think they call 'pastoral') scenery in one direction and Snowdonia and the Straits in the other direction.

Then there are the villages, towns and beaches of the area. Many Anglesey villages – and, indeed, Welsh villages generally – are not pretty in the conventional sense (well, in the Devon sense, anyway). In general, they're not beautiful little whitewashed cottages with roses around the windows and doors. They're often rather grey, but they have a sense of permanence about them.

They're built as working places and to last. Bangor may not be the biggest city in the UK but it has a hell of a High Street. With the student body in particular and its regular markets occupying the street, it has a feeling of bustling busy-ness about it.

Menai Bridge is a working town with everything you actually need available, including just about the world's best hardware shop. Our own village, Llangoed, is a welcome relief from the hecticness (I may have just invented that word) of holiday-time Beaumaris. I was fascinated to see children going to the playground dumping their bikes on the pavement outside in the knowledge that they would still be there when they get back...this from someone who, as a family of five, had at least four bikes stolen over a number of years. That's not to say that I don't appreciate Beaumaris, with such a wonderful atmosphere in season; I want to shout out 'I live here you know; I'm not a tourist' (what we used to call a 'grockle' in Devon).

The island appears to be



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absolutely cross-crossed with stunning walks. I've described a couple close at hand in earlier articles: the walk to 'our' local castle, Aberlleiniog, and the walk down to the sea from Caim.

We've also been totally seduced by the beauty of various parts of the coastal path, the nature reserves and the Dingle at Llangefni...and the beaches?...to die for! We've still a lot to discover and visit, but Llanddona, Newborough, Aberffraw, Penmon, Benllech, and so on, and often with cafés and restaurants serving tasty food, often produced locally.

I leave the best to last: as a small child I moved with my parents to a village in North Devon. When my parents left 27 years later they were still classed as 'incomers'! We're 'incomers' to this beautiful corner of the world, but have been made to feel so welcome by everybody, regardless of where, when and how, and in return we cheered on Wales at the Euros (admittedly easy to do since England gave up so soon!). So...if any of our readers are fellow 'incomers', well, aren't we lucky?

(John Nunn)

## THE CAMPAIGN TO END LONELINESS

When MP Jo Cox was brutally murdered on the streets of her Yorkshire constituency in June 2016 it probably appeared that her past achievements and her plans to tackle loneliness would die with her.

Her determination and energy had so impressed her colleagues, however, that two of them, Seema Kennedy (Conservative) and Rachel Reeves (Labour), took over the work of the Jo Cox Commission to tackle loneliness and worked with the dozen or so charities that Jo Cox had already co-opted, and its work has progressed steadily since then.

Loneliness is harmful to our physical health and mental health, as well as being a deeply painful experience. It is seen by many as one of the largest health concerns that we face, and has significant implications for health and social care services. Why? Here are some facts.

### Health risks

- Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day.
- Loneliness is worse for you than obesity.
- Lonely people are more likely to suffer from dementia, heart disease and depression.
- Loneliness is likely to increase your risk of death by 29%.



A stony beach, perhaps, but what a beautiful spot, no matter what the weather! Puffin Island and the lighthouse from the breach at Trwyn Du/Black Point, Penmon; the lighthouse has been unmanned since 1922, and was converted to solar power in 1996 (A Perrott)



Llanddona beach from the heights above it, looking in the direction of Red Wharf Bay and its uncrowded sandy beaches (J Nunn)

disease and depression.

- Loneliness is likely to increase your risk of death by 29%.

### Older people

- The number of over-50s experiencing loneliness is set to reach two million by 2025/2026; this compares with c.1.4 million in 2016/2017; a 49% increase in 10 years.
- There are 1.2 million chronically lonely older people in the UK.
- Half a million older people go at least five or six days a week without seeing or speaking to anyone at all.
- 51% of all people aged 75 and over live alone.
- 40% of all older people (about 3.9 million) say that the television is their main company.
- There are over 2.2 million people aged 75 and over living alone in Great Britain, an increase of 24% over the past 20 years.

### People of all ages

- A study by The Co-op and the British Red Cross reveals that over 9 million people in the UK across all adult ages (more than the population of London) are either always or often lonely.
- Research commissioned by Eden Project initiative *The Big Lunch* found that disconnected communities could be costing the economy of the UK £32 billion every year.

### Families

- A survey by Action for Children found that 43% of 17-25-year-olds who used its their service had experienced problems with loneliness, and that of this same group less than 50% said that they felt loved.
- Action for Children has also reported 24% of parents surveyed said they were always or often lonely.

### Disabled people

- Research by Sense has shown that up to 50% of disabled people will be lonely on any given day.

### More information

A lack of space prevents this article from doing more than touch on a subject that will almost certainly affect somebody that you know.

There's a lot of useful information on the Campaign's website, <https://www.campaigntoendloneliness.org/>, though, including some useful publications, so do take the time to look at it.

Age Concern's website, <https://www.ageuk.org.uk>, is another useful source of information.

(Andrew Perrott)



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**RIGHTS OF WAY:  
RESTORING THE RECORD**

Like many rural areas, our beautiful corner of Anglesey is crisscrossed by a maze of public rights of way. Some are well-used and others less so, and many are probably unused because they have faded from the collective memory.

Many people will be unaware, like I was, that unrecorded and under-recorded historic public rights of way are in danger; they will be extinguished on 1 January 2026. We mustn't let them vanish through inertia; they're important, not just to us but to future generations as well, and a useful research guide is available for those who would like to do something about it: *Rights of Way: Restoring the Record* by Sarah Bucks and Phil Wadey.



Beaumaris: Castle Street in the mid-1960s, the National Provincial Bank, Bulkeley Terrace, on the right; not many cars in sight...compare this with the top photograph on page 8 of *The Puffin* 24 (A Perrott)

Visit <http://www.restoringtherecord.org.uk/buy> for more information.

(Andrew Perrott)

**BROADENING The  
Puffin'S APPEAL**

We hope that you enjoy reading *The Puffin*. Help us to broaden our appeal...

Do you have a favourite walk, a good recipe, a favourite activity or an unusual pastime, for example? Do you take part in any activity which you think might appeal to other readers? If so, please send us an article, by e-mail or by letter, in Welsh, English or, best of all, both;

your photographs are always welcome. If you write to us, please remember to give your contact details. Our e-mail address is [puffinpages@gmail.com](mailto:puffinpages@gmail.com).

**EDITORIAL INFORMATION**

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**EDITORIAL POLICY**

- We welcome news, letters and interesting articles, in Welsh and in English, as long as they are attributed to an author; please don't send us anything marked 'not for publication'.
- The views expressed in *The Puffin* do not necessarily represent those of the Editorial Team.
- We review all items for material that is obviously libellous or offensive, but we cannot check for factual accuracy; we simply don't have the time to do so.
- If you have strong feelings about what is said, or is not said, in *The Puffin*, don't bottle it up: get in touch with us or join the group of volunteers who enable its production.

**GENERAL INFORMATION AND PUBLICATION DATES**

- We will do our best to reply to e-mails quickly.
- If you e-mail photographs and other pictures to us for inclusion in *The Puffin*, please send them in .jpg format if possible; we publish (print) in black and white and (on-line) in colour.
- *The Puffin* is published in **February** (submissions by 10 January), **May** (submissions by 10 April), **August** (submissions by 10 July) and **November** (submissions by 10 October).

**SUBMISSIONS AND DONATIONS BY POST**

We are happy to receive submissions – and donations, of course! – by post. Please send them to *Andrew Perrott, Glangors, Llanddona, Anglesey LL58 8TU*; mark the envelope 'The Puffin' and enclose your address, an e-mail address and/or telephone number so that we can let you have an acknowledgement and a 'thank you'. If you would like to donate by bank transfer, the details are: bank: **NatWest**; account name: **The Puffin**; account number **88609782**; sort code **54-10-01**.

**SPONSORSHIP**

Please contact us via our e-mail address if you would like your business or organisation to sponsor *The Puffin*.

**SOME USEFUL CONTACTS**

|                                   |               |                                   |               |
|-----------------------------------|---------------|-----------------------------------|---------------|
| Alcoholics Anonymous              | 0800 917 7650 | Post Office: customer helpline    | 0345 611 2970 |
| Beaumaris Health Centre           | 01248 810818  | McCull's, Llangoed                | 01248 490056  |
| Beaumaris Leisure Centre          | 01248 811200  | Spar, Beaumaris                   | 01248 810326  |
| Dŵr Cymru/Welsh Water:            |               | National Gas Emergency Service    | 0800 111 999  |
| water services and emergencies    | 0800 052 0130 | NHS (NHS Direct closed in 2014):  |               |
| sewerage services and emergencies | 0800 085 3968 | for non-emergency medical help    | 111           |
| reporting a leak                  | 0800 281 432  | Police: non-emergency             | 111           |
| Electricity (SP Energy Networks): |               | Police Community Support Officer: |               |
| information about power cuts      | 0800 001 5400 | Teleri Jones                      | 07814 646320  |
| Floodline                         | 0345 988 1188 | RSPCA                             | 01407 720743  |
| Isle of Anglesey County Council:  | 01248 750057  | Samaritans:                       |               |
| Beaumaris library                 | 01248 810659  | English language                  | 116123        |
| Children's Services               | 01248 752722  | Welsh language                    | 0808 164 0123 |
| missed waste collections          | 01248 752860  | Ysbyty Gwynedd Hospital           | 01248 384384  |



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