

APRIL 2024 ISSUE 119

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The level of funding that you may receive is based upon the amount of carbon dioxide that will be saved by installing an energy saving measure. A survey of your property is necessary to calculate this funding. All funding offers are subject to survey. Please contact us to arrange a free, no-obligation survey.

More information on the Government's ECO funding scheme can be found on the OFGEM website:
<https://www.ofgem.gov.uk/environmental-programmes/eco/about-eco-scheme>

The Energy Company Obligation (ECO) is a government energy efficiency scheme in Great Britain to help reduce carbon emissions and tackle fuel poverty.

Further information can be found at **www.energysavinggrants.org**

Dear Readers,



Around about this time of year, when the sun makes more than a fleeting appearance, we all get excited that Spring has arrived. Then it starts blowing a gale, there's hail and the temperatures plummet and I realise it wasn't

Spring after all, but False Spring. Hopefully that time is passing, and I'm reminded that Spring is truly on its way when more outdoor events begin to happen locally. Slowly we all come out of hibernation so we can enjoy things like the Crickhowell Walking Festival (last month) and Talgarth Walking Festival which is coming up. The blooming of bluebells is on the horizon too, which surely heralds a period of milder (and hopefully sunnier) weather. However, if this does end up to be another false Spring, don't forget that there are loads of other indoor events taking place too, such as fabulous author events hosted by Book-ish as well as an amazing itinerary of arts and culture at Theatr Brycheiniog. Whatever the weather, there is something to do locally. Read all about it here!

Hannah

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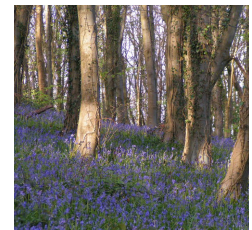
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Age Cymru, Peak Cymru, Theatr Brycheiniog

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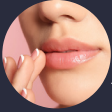


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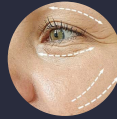
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NEW Money MOT – FREE support to master your finances for people aged 50+ in Powys



Would you like to improve your workplace numeracy skills, plan for retirement, increase your financial security, or just feel more confident with numbers? Age Cymru Powys can help you achieve your goals.



The Money MOT is a new service to help you take control of your money matters and improve your financial skills.

Age Cymru Powys will help you assess your current financial situation and plan for the future. Your personalised report will tell you what to prioritise and offer guidance on how to improve your financial wellbeing from midlife through to retirement.

The charity is offering fun group courses across Powys on money management topics including numeracy skills for:

- Maximising income
- Reducing expenses
- Budgeting
- Comparing prices
- In the workplace
- Using technology

Also on offer are Bitesize Drop-in Workshops and 1:1 support, including at your home if you're unable to attend a course. No IT experience or equipment is required.

Stephanie Griffiths, Financial Inclusion Officer at Age Cymru Powys, explains what help is available:

“With the current Cost-of-Living Crisis, many people are worried about their finances. We are ‘ON YOUR SIDE’ to increase your financial wellbeing with fun, friendly support in the way that suits you best.

Age Cymru Powys is visiting venues across Powys to help you make the most of your money matters – pop in and see us with any questions. Call to find out when we are next in your local area or register for a course.

And most importantly... Free tea, coffee, cake, refreshments will be available!”

Contact Stephanie Griffiths, Financial Inclusion Officer at Age Cymru Powys. *Age Cymru Powys, Old Warehouse, Parkers Lane, Newtown, Powys SY16 2LT. Call: 01686 623707*

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THEATR BRYCHEIN!OG

Tanio'r Ddraig and Swan Lake Act 2

Saturday 6th April | 7.30pm

Sunday 7th April | 2.30pm

Sunday 7th April | 7.30pm

£22 (+75p booking fees)

The Royal Ballet: Macmillan Triple [Live]

Tuesday 9th April | 7.15pm

£17.50(+75p booking fees)

Aled Jones – Full Circle

Friday 12th April | 7.30pm

Starting from £30 (+75p booking fees)

A Short History of Flowers: The Stories That Make Our Gardens

Sunday 21st April | 2pm

£17.50 (+75p booking fees)

Operation Julie

Wednesday 1st May – Saturday 4th May

Wednesday 1st May | 7.30pm

Thursday 2nd May | 7.30pm

Friday 3rd May | 7.30pm

Saturday 4th May | 2pm & 7.30pm

£35 (+75p booking fees)

The sell-out success is back to prog-rock the UK!



Theatr na nÓg and Aberystwyth Arts Centre present one of the most jaw-dropping true stories ever to come out of Wales... OPERATION JULIE.

Breaking Bad collides with The Good Life in this anarchic play with music from the 70's prog-rock, performed live on stage by 9 talented actor-musicians. It tells the incredible story of the undercover operation that resulted in dozens of arrests and the discovery of LSD worth £100 million, and smashed one of the most extraordinary drug rings the world has ever seen.

Wednesday 1st May there will be a post-show talk with Andy Roberts' author of 'In Search of Smiles'; Geinor Styles writer and director of Operation Julie plus special guest.

Thursday 2nd is a BSL performance.



[theatrbrycheiniog](https://www.instagram.com/theatrbrycheiniog)



TheatrB



@Brycheiniog

Theatr Brycheiniog, Canal Wharf, Brecon, LD3 7EW
Box Office: 01874 611 622 | www.brycheiniog.co.uk

THEATR BRYCHEINIOG

Garden historian, TV and radio presenter and independent researcher, Advolly Richmond presents *A Short History of Flowers: The Stories That Make Our Gardens* on Sunday 21st April. In this lecture Advolly explores tales of exploration, unrequited but also enduring love, botanical piracy and excessive hybridisation bringing these beautiful flowers to life.

Comedy Club returns on Friday 26th April! Get ready to eat, drink and laugh with an hilarious line-up starring Ben Robson, Colin Hoult and Ingrid Dahle. Working in partnership with Little Wander, this is a laugh out loud evening not to be missed. Join us for a delicious pre-show curry and enjoy refreshing drinks from our bar that will be open all evening, even during the show!

Wednesday 1st – Saturday 4th May sees *Operation Julie* return to our stage, 2022's sell-out success *Breaking Bad* collides with *The Good Life* in this anarchic play with music from the 70's progrock, performed live on stage by 9 talented actor-musicians. It tells the incredible story of the undercover operation that resulted in dozens of arrests and the discovery of LSD worth £100 million, and smashed one of the most extraordinary drug rings the world has ever seen.

We would like to thank audience members and visitors for their patience while building work takes place at the theatr, exciting renovations are underway and we can't wait to share what has been going on in the near future!

For further information and booking, please contact our Visitor Experience Team on 01874 611 622. Or visit www.brycheiniog.co.uk



A kaleidoscope of entertainment waits to captivate your senses and elevate your spirits this spring at Theatr Brycheiniog!



Delve into the grace and elegance of ballet, where the artistry of movement and power of expression collide in mesmerizing dance spectacles. In addition to their celebrated annual production of *"The Nutcracker"*, Brecon Festival Ballet presents a new double bill Saturday 6th and Sunday 7th April titled *Tanio'r Ddraig and Swan Lake Act 2*. Celebrating the breadth of Principal Choreographer Kenneth McMillian's one-act ballets, a spectacular live screening of *The Royal Ballet: MacMillan Triple* shows on Tuesday 9th April.



Prepare to hear Aled Jones like you've never heard him before in *Aled Jones – Full Circle* on 12th April. After 40 years in the business, Aled is looking back on a remarkable career with a one-man show, that will feature never-before-heard music, tales from the decades and for the first time, his story is told in his own words. It's time to come Full Circle.



TALGARTH WALKING FESTIVAL

2024

Friday 3rd to Monday 6th May



A May Spring Bank Holiday weekend
of walks in and around Talgarth
and the Black Mountains



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(search talgarthwalkingfestival)

Contact & Information: 07943 616453
www.talgarthwalkingfestival.org



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Talgarth Walking Festival

Friday May 3rd to Monday May 6th, 2024

Book your place for the 10th Annual Talgarth Walking Festival – Exploring the Black Mountains: the lesser-known side of the Bannau Brycheiniog National Park



The Talgarth Walking Festival, now in its landmark 10th year, invites walking enthusiasts and nature lovers to a three-day celebration from May 3rd to May 6th, 2024. This year's festival features 23 guided walks through the breathtaking Black Mountains, an area renowned for its unspoiled ridges, valleys, and a rich tapestry of cultural history.

The festival is set at the eastern edge of the Bannau Brycheiniog National Park, a region that has sparked the imagination of artists and writers like Bruce Chatwin, Owen Sheers, and JRR Tolkien. Each walk is expertly guided, offering participants not just a journey through the landscape, but an immersive experience into the stories, history, and natural beauty that define this enchanting area.

Highlighting the festival is an enlightening talk from Ben Rawlence, co-founder and CEO of Black Mountains College, an award-winning writer and former speechwriter. His talk, "Preparing for the Future: What a Place Can Teach You," promises to be an insightful exploration of the resilience to climate change and the importance of land-based learning.

Adding to the festivities, a spirited Ceilidh dance on Saturday night offers an opportunity for community gathering and celebration. In addition, a challenging fell race on Sunday caters to those seeking a more vigorous exploration of the Talgarth hills.

As the festival celebrates its 10th anniversary, it continues to showcase the stunning scenery, legendary history, and diverse range of walks suitable for all ages

and experience levels. Beyond the walks, the festival encourages visitors to explore Talgarth's local shops, accommodations, and amenities, each offering a unique taste of the area's charm and hospitality.

We invite you to secure your place in this remarkable event. Whether you're a seasoned walker, a history buff, or simply in search of a unique weekend getaway, the festival promises an experience like no other. Come and discover the magic of the Black Mountains and the vibrant community of Talgarth.

For more information and to book your walk, please visit www.talgarthwalkingfestival.org



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Can you help Crickhowell FC?



Founded in 1878, Crickhowell FC provides football to the communities of Crickhowell and surrounding areas for all age groups from under 6s through to senior football. The Club is aiming for women's football by the 25/26 season and to provide better accessibility to the clubhouse. However, in order to achieve this, massive changes need to be made at the club. They are now launching a campaign to improve facilities. See how you can help below...

The local community is at the forefront of what we do. We want to provide association football for as many people as possible, whilst providing facilities that give the community an opportunity to enjoy a high standard of football in comfort.

Away from the football, our facilities are used by multiple other groups. Crickhowell FC host the area annual bonfire night which attracts around 1000 people from the surrounding areas. As well as the funds raised from our annual bonfire night in November, we are planning a Race Night in the Clarence Hall in Crickhowell on 19 April. We will also be fund raising at every home fixture

and hosting a 5 aside tournament at the ground. We will also be applying for funds from the Cymru Football Foundation to assist with a large chunk of the development. The ground also holds the Crickhowell Car Boot sale, which is held in the dryer months of the year.

Our home pitch, the Elvicta football Ground, is the heart of our club and the community. Unfortunately we have had many setbacks with severe flooding and the lack of income like many with the COVID pandemic.

We are always looking to improve both on and off the field, but for the club to continue progressing, we need to continue to improve our home. We now want to make the ground more comfortable for spectators and more accessible for those that have mobility issues.

How we'll spend the money raised

The ground has many projects that we want to undertake but the three most significant ones are:

- Including an access ramp, as we currently have stepped access -
- Extending our current clubhouse to include additional facilities for both females and disabled ablutions.

- Increase the size of the internal/ external seating area and the bar.

How you can play your part

There are four simple ways to help us reach our target, and make this project a reality.

1. Make a pledge.
2. Spread the word.
3. Offer rewards. Get involved if you are a local business by donating things we can offer to our supporters. We will give you a shout out!
4. Fundraise for us.

You can learn more about the project, and how you can get involved by visiting: <https://www.crowdfunder.co.uk/p/crickhowell-fc-development-campaign-fund>

Adam Tester





Crickhowell Walking Festival 2024 – Wet Weather, but High Spirits

The 16th Crickhowell Walking Festival ran from 9th- 17th March and was maybe the wettest yet, but though walkers were dampened, their spirits definitely were not. A programme of 81 walks, from a 2 mile riverside stroll to a 17 mile high level challenge round the Llanbedr Horseshoe, was successfully delivered for the hundreds of walkers from far and near who

joined the Festival to banish their winter blues – including two who dropped in from Ottawa. Then there were the 50 hardy folk who took up the TM5 challenge – up and down Table Mountain as many as five times in the day, the youngest being ten-year old Oliver with his dad. There was also a fine selection of navigation skills’ workshops and evening events.

Why do all this? Hundreds of pounds were raised to help the important work of this year’s annual charity, Brecon & District MIND. And of course, the Festival raised thousands for Crickhowell Resource and Information Centre. With no public funding, this is vital to sustain the Charity’s work in supporting the local community, its economic health and the Arts.

Crickhowell is firmly established as one of the best and biggest British walking festivals, and all achieved by about 100 volunteers who led walks, gave talks and workshops and managed the admin behind the scenes. The CWF Committee sends a huge thank you to them all, and to the local businesses who sponsored walks. Work has already begun of fixing next year’s weather and CWF 2025 will run from 8th-16th March. Get the dates in your diary now and keep an eye on:

www.crickhowellfestival.com.



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APRIL 2024 EVENTS CALENDAR

30TH MARCH

BRECON VINTAGE ANTIQUE, CRAFT & COLLECTABLES MARKET

There will also be an on-site cafe for when you need a break from browsing the hall packed with traders old and new

9am-4pm, Brecon Market Hall

3RD APRIL

Book-ish Event AN EVENING WITH ERIN KELLY & C.L. TAYLOR



Erin Kelly and C.L. Taylor will be discussing *The House of Mirrors*, and *The Guilty Couple*.

All tickets include a glass of wine or soft drink upon arrival.

Tickets £10-£35

7:30pm, The Loft at Book-ish, 18 High St, Crickhowell

[Book-ish.co.uk/events](http://www.book-ish.co.uk/events)

6TH & 7TH APRIL

TANIO'R DDRAIG & SWAN LAKE ACT 2

Theatr Brycheiniog, Brecon

For ticket prices, times and booking info see advert on Page 6

6TH APRIL

BRECON CLASSIC MOTORCYCLE SHOW



9am-5pm, Brecon Market Hall

9TH APRIL

THE ROYAL BALLET: MACMILLAN TRIPLE (LIVE)

Theatr Brycheiniog, Brecon

For ticket prices, times and booking info see advert on Page 6

12TH APRIL

ALED JONES – FULL CIRCLE

Theatr Brycheiniog, Brecon

For ticket prices, times and booking info see advert on Page 6

16TH APRIL

Book-ish Event SUSAN STOKES-CHAPMAN - THE SHADOW KEY

Tickets £12 or £20 with book

7.30pm, Book-ish Loft, Crickhowell

www.book-ish.co.uk/events

19TH APRIL

RACE NIGHT

In support of the Crickhowell FC Development Fund

Tickets £10 or £8 in advance

Doors 6.30pm for 7.30pm start, Clarence Hall, Crickhowell

Tickets from Bacchus off licence or email

crickhowellfc@hotmail.co.uk

21ST APRIL

A SHORT HISTORY OF FLOWERS: THE STORIES THE MAKE OUR GARDENS

Theatr Brycheiniog, Brecon

For ticket prices, times and booking info see advert on Page 6

24TH APRIL

Book-ish Event DAVID NICHOLLS – YOU ARE HERE

Tickets £10 or £20 with book

7:30pm, Manor Hotel, Crickhowell

www.book-ish.co.uk/events

30TH APRIL

CHARITY QUIZ NIGHT

Join us for an evening of fun at The Foundry's Charity Quiz Night in support of Brecon & District Mind! Get your thinking caps on and gather your friends for an exciting opportunity to showcase your knowledge while contributing to a great cause.

Entry is just £2 per player, and rest assured, every penny raised through the entry fees will go directly to Brecon & District Mind. Your participation isn't just about the quiz; it's a chance to support a charity dedicated to providing vital support. *8pm, The Foundry, 8 Bell Lane, Brecon*

1ST – 4TH MAY

OPERATION JULIE

Theatr Brycheiniog, Brecon

For ticket prices, times and booking info see advert on Page 6

3RD-6TH MAY

TALGARTH WALKING FESTIVAL

The Talgarth Walking Festival is now in its 10th year. This year's festival features 23 guided walks through the breathtaking Black Mountains.

For more, see our article on Page 9.

Visit www.talgarthwalkingfestival.org

LOOKING AHEAD:

6TH JULY

SOUTH WALES SHIRE HORSE SHOW



Bailey Park Abergavenny

See Page 14-15

SOUTH WALES SHIRE HORSE SOCIETY

41ST ANNUAL SHOW

SATURDAY 6TH JULY AT BAILEY PARK, ABERGAVENNY

SHIRES and HEAVY HORSES/ MINIATURE HORSES and PONIES
Entries close for catalogue - 9th June 2024

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41st Annual Show



Photos from last year's show

Photo credit Ann Seymour Photography

Photography by Ann Seymour Photography

The South Wales Shire Horse Society's Annual Show was first held on the Royal Welsh Showground in 1984, before moving to Bailey Park, Abergavenny in 1985. The Show date is always the first Saturday in July. Since its inception it has gone from strength to strength.

Thanks to the dedicated men and women who love the Shire Horse, we get entries for the show from many parts of England and of course Wales!

The committee do sterling work to promote the show and ensure that all the exhibitors return home with an enjoyable day to reflect on.

Bailey Park as some of you will be aware is a very picturesque site with lots of tall trees to provide shade when needed.

We have certain classes on the day in which other heavy horses can take part, such as Suffolk Punch, Cleveland Bay and Clydesdales. All these breeds are very much at risk as are the Shires.

If you decide to come to our show you will be most welcome. On show day we try to please everyone. We have classes for Miniature horses, many owners support us each year. Other attractions include pony rides, a Punch and Judy show and many others, some still to be confirmed at the time of writing.

We have a number of dedicated people with catering stalls and many interesting trade and craft stands.

For the canine lovers there is also a Dog Show, which is always very popular.

So WELCOME one and all to the South Wales Shire Horse Society at Bailey Park on Saturday 6th July 2024. You will have a wonderful day, there really is something for all the family.

Parrys 20th Birthday Celebrations

And now to the future and hopefully, the next 20 years...



You may recall I wrote an article a few weeks ago covering the changes within estate agency in terms of additional information now required under the Consumer Protection Act, Parts B and C for Estate Agents. Essentially all sellers are obliged to disclose any material facts relating to the property they are going to sell and agents must carry out as much due diligence as possible. This will take more time at the outset preparing a property to launch to the open market but hopefully, this approach will, hopefully, ensure there are no surprises during the conveyancing process. The more information available at the outset will also provide the seller and agent to speak to the sellers' solicitor about any potential issues that may arise and ensure these are dealt with before a buyer is found.

So Parrys 20th birthday celebrations have been and gone. We had a super day celebrating with clients and as a team, a few photos here capture the fun we had.



Although we have introduced some technology over the past 20 years, we are looking to upgrade this significantly to try and avoid duplication and streamline the process. At the moment, we ask our sellers to complete a Property

Information Questionnaire (paper based) as part of the pre-market process, the sellers subsequently complete lengthy legal property information forms with their solicitor. We also download a Land Registry Title and Plan of the property to be sold and go through any covenants or restrictions and check the boundary plan and to confirm the registered owners. And finally, we ask our sellers to provide their Identification documents so we can comply with HMRC Anti Money Laundering legislation which requires estate agents to confirm the identity of sellers.

We are introducing a system where the seller will complete forms at the outset that are based upon the legal forms, hopefully reducing duplication and providing the sellers' solicitor with completed forms at the early part of the process. The new technology will allow the seller to download and confirm the Land Registry information is correct and also to confirm their identity. There will still be paper based forms and systems for people who would prefer to provide information this way.

This is just one example of technology we are introducing, however, our business is about people and our aim is to make us more efficient 'behind the scenes' to allow us more time to focus on our clients.

Our Showroom

We are very proud of our showroom and offices located in the historic Nevill Street opposite St John's Square with some fantastic small businesses as our neighbours. Last year we upgraded our showroom enhancing the historic features with oak panelling and re-designing so the showroom is a

comfortable environment where our clients, potential buyers and future clients can call in and discuss their property needs either sitting on the squishy sofa or in a private office. We have signed a new 10 year lease so have committed to a presence in Abergavenny town, we love being part of the community and are passionate about playing our part in keeping our beautiful town thriving whilst embracing change as our business evolves.



Our Team

The Parrys team all live and work locally, we have a wealth of experience within the team and importantly, a range of skills. Again, as the world changes, we are not all comfortable on camera presenting social media videos, we are not all able to use technology to its fullest, we are not all good at writing sales particulars, we are not all good at design and marketing, we are not all good at negotiating and progressing sales, but as a team, we have all these skills. We invest time and money in training, completing our Continuous Professional Development as required by the professional organisations of whom we are members and keeping on top of new legislation, local and national market trends, local planning applications – we want to be the team you can turn to when looking for advice about selling or renting your home.

Do watch this space over the coming months, we have a number of plans and projects, all with the aim of ensuring that our sellers, buyers, landlords and contract holders enjoy a smoother property journey and achieve their home moving hopes and dreams.

Change can be daunting, exhausting, fun and exciting. To quote Winston Churchill,



“To improve is to change; to be perfect is to change often”

And whilst we cannot claim to be perfect, at Parrys we want to be 'Ahead of the Curve'.

Heather Cook



Ahead of the curve



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Bluebells in Bloom



Legend has it that a field or wood full of bluebells is intricately woven with fairy enchantments, with fairies trapping anyone passing by, particularly children. It's unsurprising that a wealth of folklore surrounds these flowers, given that carpets of flowering bluebells are one of the most beautiful events in nature's calendar.

There are two types of bluebell to be found in the UK – native bluebells and Spanish bluebells and April & May are the time to get out and see them. They are a distinctive deep violet-blue flower with a nodding head and petal tips that curl back.

The best places to find bluebells are in ancient woodlands where a rich habitat supports a range of species. Bluebells

are important flowers for bees, hoverflies and butterflies, which feed on their nectar.

LOCALLY, THESE ARE SOME OF THE PLACES WHERE YOU CAN FIND BLUEBELLS:

Coed Cefn, a Woodland Trust wood



Llangattock Beechwood, Brecon Beacons National Park
Pwll-y-Wrach Reserve
Priory Groves, Brecon (next to Brecon Cathedral)

Bluebells Factoids!

In the Bronze Age, bluebell 'glue' was used to attach feathers to arrows

The Victorians used the starch from crushed bluebells to stiffen the ruffs of their collars and sleeves

Bluebell sap was used to bind pages to the spines of books

According to folklore, to hear a bluebell ring is a sign of impending death!





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The Director and RI is Heidi Charlton. She is responsible for ensuring that the company abides by legislation and is run in an efficient and ethical manner.

Heidi was born in Talgarth but spent many years living in London. After her mother's death in 2012, Heidi and her husband moved back to Wales. It was largely due to the reluctance of Heidi's father

to involve outside agencies in the care of her mother that inspired Heidi to set up 3 Circles Care. She aims to provide the standard of care and consistency of service that she would have wanted for her own mother.

Heidi's aim is to provide excellent care. She is aware that staff may make mistakes but is firm in her belief that problems will be dealt with and learned from rather than being "brushed under the carpet".

Whether you are looking for extra help around the home, assistance with personal care, or an alternative to hospital admission, Heidi knows that there is nothing quite like being in your own home.

3 Circles' Care at Home service offers you the choice to remain independent in the comfort of your own home, enabling your family and friends to be directly involved with your care, without compromising on quality of care.

Heidi's experience has taught her the need for professionalism in the provision of care. 3 Circles Care only recruits staff with suitable and verifiable references and a clear DBS check. Our clients can therefore be confident that our staff have been properly assessed and trained and are competent to perform their assigned roles.

Heidi believes that her high standards of professionalism and quality of service mean that 3 Circles Care offers an attractive package that is fair to employees and clients alike.

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Prevention is Better than Cure!

Strengthening your upper back and neck can help prevent rounded shoulders and poor posture

Most of us know that Pilates is proven to help with core strength, balance, and mobility but did you know that it can also help with your posture? As we age, habits we've picked up from long hours working at a desk, looking at screens and devices, or tending to young children and animals means that we spend much of our lives bent over with our shoulders rounded and our heads in a forward position. Over time this can develop into a 'widows stoop' with the head and chin leading the way and



lots of tension in the upper back, neck and shoulders.

The exercise below is one of my favourites to help strengthen the upper back and shoulders and with practice it can also help to relieve tension and pain in the upper back. Future proofing our bodies is one of my main goals, so that we can remain healthy and strong in our later years. I teach this exercise regularly in my local classes but you can also learn with me by joining my online community. It's an easy and affordable way to incorporate

Pilates into your daily life and your body will thank you for taking the time to look after it. Please get in touch if you'd like more information or subscribe to my online video library. I hope you take a few minutes try the exercise below and perhaps create a tiny habit to improve your posture!

Kate Thomas

Please consult with a healthcare professional before starting any new fitness programs, including Pilates. If you have any injuries, health conditions, or other physical limitations, it is important to seek medical advice beforehand. The information provided in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare professionals with any questions you may have regarding a medical condition.

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1
Lying on your front, arms at a 90 degree angle from your shoulder to elbow and elbow to wrist. Forehead and arms resting on the floor. Relax the whole body. Imagine an ice cube under your bellybutton and gently draw your tummy muscles up and away from the ice cube.



2
Take a breath in and as you exhale, lift your arms and head no more than 1 inch off the mat. Keep looking at the floor rather than lifting your chin. Just make sure you don't squeeze your bottom to help you. The arms and head should feel very heavy as you're using just your upper back and neck to hold this position.



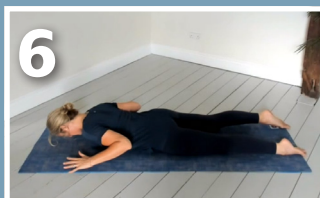
3
Take another breath in to hold and then as you exhale, draw your elbows towards your ribcage making sure the arms stay no more than 1 inch off the mat. They should just skim the floor. You are holding the weight of the head and arms as before and making sure you switch off the rest of the body.



4
As you inhale, extend your arms over your head like Superman. Once again, keeping close to the floor. It's important that you don't lift the back up high or strain but keep it small, Less is always more in Pilates. If your shoulders are tight or painful, take your arms to a wider V shape like the next picture.



5
It doesn't matter how far your arms reach, just keep moving them and bit by bit your mobility will improve with practice and consistency. All the while that little ice cube stays under the belly button and you want to keep your tummy away from it. Your lower body remains relaxed throughout.



6
Now repeat the sequence 6 times. Drawing the elbows right back towards the ribs as you exhale (pulling the shoulder blades down and away from your ears) and then extending them long over your head as you inhale. It's as if you're dusting the floor while you move the arms back and forth.

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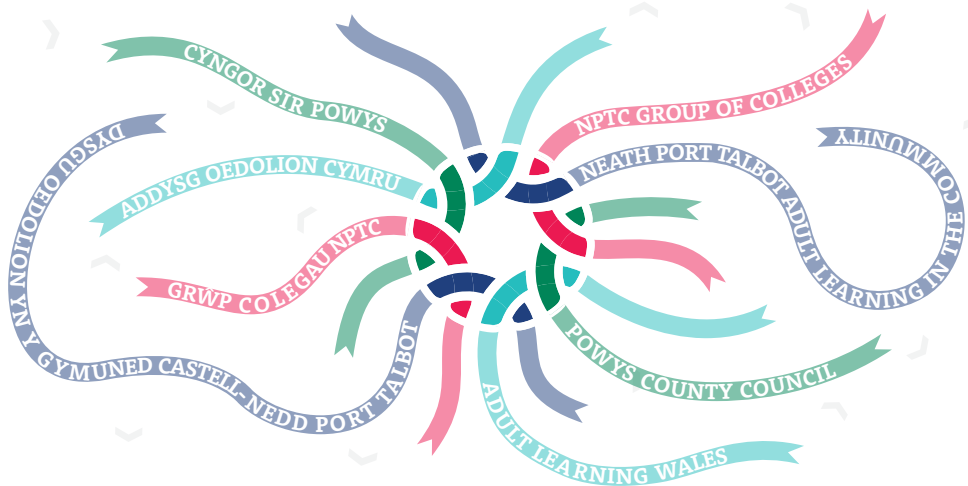
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Gwella sgiliau, hybu lles, ac ymgysylltu'n gymdeithasol trwy ddysgu gydol oes.

Mae'r partneriaeth hwn yn cynnig cyfleoedd addysg a dysgu i oedolion yng Nghastell-nedd Port Talbot. Maent yn canolbwyntio ar wella sgiliau a thwf personol, gan ddarparu ar gyfer anghenion addysgol oedolion yn y gymuned.



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Search **Powys Neath Port Talbot Adult Learning Community**

neu ffoniwch / or tel: **0330 818 8100**    

April Weather Outlook

by Jonathan Powell



With the new season fully into its stride, we can expect April to produce some temperatures to reflect the time as we slowly edge toward summer. However, general weather conditions for this second month of spring look anything but settled. Therefore, rain is very much on the agenda with some lengthy spells in the offing with at times, some strong winds. However, some settled spells also in the mix allowing for early flowering and general colour in the lengthening hours of daylight. In such conditions, some pleasant values with the backdrop of blue skies. It is possible that the pattern we see for April could well be the blueprint for May as well. April is expected to return average to above average rainfall, with temperatures above the average for the month.



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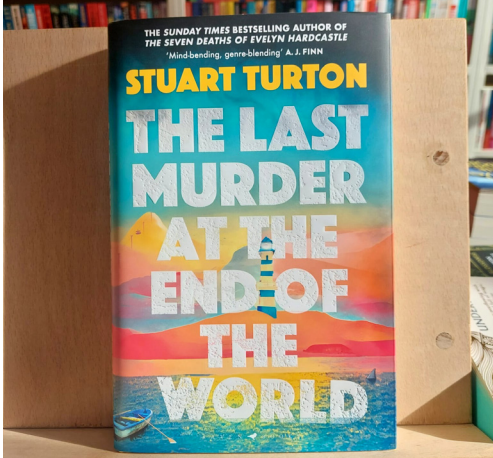


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Book Recommendations

This month's top literary picks from the talented booksellers at Book-ish



The Last Murder at the End of the World

Stuart Turton

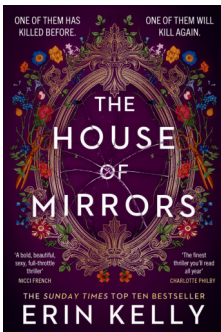
£20

Outside the island there is nothing: the world destroyed by a fog that swept the planet, killing anyone it touched. On the island: it is idyllic. 122 villagers and 3 scientists, living in peaceful harmony. The villagers are content to fish, farm and feast, to obey their nightly curfew, to do what they're told by the scientists.

Until, to the horror of the islanders, one of their beloved scientists is found brutally stabbed to death. And they learn the murder has triggered a lowering of the security system around the island, the only thing that was keeping the fog at bay.

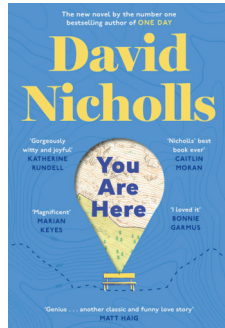
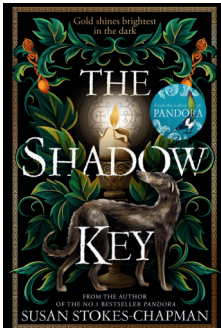
If the murder isn't solved within 107 hours, the fog will smother the island - and everyone on it.

But the security system has also wiped everyone's memories of exactly what happened the night before, which means that someone on the island is a murderer - and they don't even know it.



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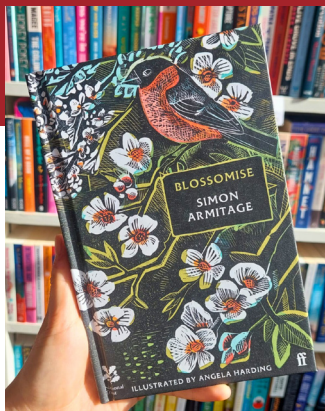
BOOK ONLINE: WWW.BOOK-ISH.CO.UK/EVENTS



The Earth Transformed: An Untold History

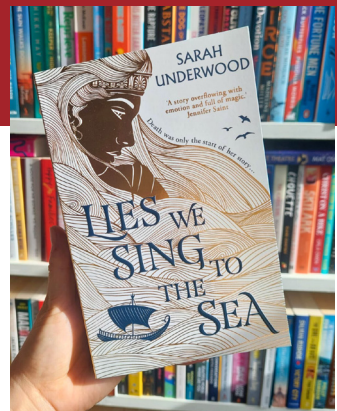
Peter Frankopan

£30
Wide-ranging, topical and revelatory, this monumental account from the author of *The Silk Roads* of how the natural world has shaped human history sheds fascinating new light on both today's climate crisis and the epochal shifts of the past.



Blossomise

Simon Armitage
£10
Blossomise celebrates the ecstatic arrival of spring blossom just as it acknowledges, too, its melancholy disappearance. Full of spirited pieces of imagination and language, the twenty-one poems hopscotch between intense momentary haikus that honour the Japanese traditions of the blossom festival and stand-alone lyrical pieces that take in the stylistic tones of ballads, hymns, songs, prayers and nursery rhymes.



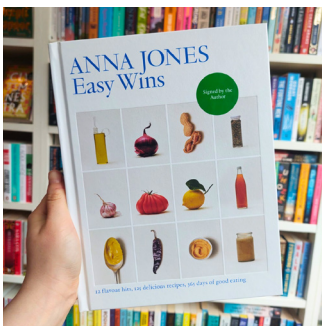
Lies We Sing to the Sea

Sarah Underwood
£8.99
In the cursed kingdom of Ithaca, each spring brings the hanging of twelve maidens, a gift to the vengeful Poseidon. But when Leto awakens from her death on the shore of a long-forgotten island, its enigmatic keeper Melantho tells her that there's only one way the curse can be broken. Leto must kill the last prince of Ithaca . . .
A sapphic YA fantasy romance inspired by Greek mythology, for all fans of *The Song of Achilles*



The Half Bird

Susan Smillie
£16.99
When Susan quit her job in London and set sail off the south coast of England on her beloved sailboat, Isean, she was unaware this spontaneous departure would lead to a three-year journey spanning several countries across the continent. With only the very basics on board, resourcefulness becomes an unexpected source of joy and contentment. The highs and lows of living in such an extreme way awakens a newfound appreciation for the beauty of her surroundings, for being safe - for just being alive.



Easy Wins

Anna Jones
£28
Anna takes 12 hero ingredients that are guaranteed to make your food taste great, with chapters on lemons, olive oil, mustard, tahini and more. She gives 125 all-new dishes that you will want to cook on repeat, like Double Lemon Pilaf with Buttery Almonds, Traybake Lemon Dhal, Miso Rarebit, and Cherry and Chocolate Peanut Butter Sundae. And there's practical advice on how to season and flavour, plus plenty of ideas for invaluable vegetarian swaps.

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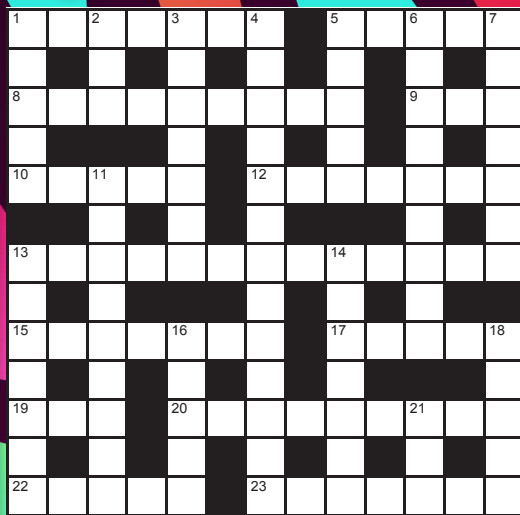
Quick Crossword

ACROSS

- 1 Denied (7)
- 5 Not ours (5)
- 8 Amazing (9)
- 9 Spot (3)
- 10 Nap (5)
- 12 Replies (7)
- 13 Nearly (13)
- 15 Mum's mother (7)
- 17 Healed (5)
- 19 Lodging house (3)
- 20 Ethereal (9)
- 22 Dizzy (5)
- 23 Convent (7)

DOWN

- 1 Disagreements (5)
- 2 Supporter (3)
- 3 Used for cleaning (7)
- 4 Insistence (13)
- 5 Sailboat (5)
- 6 Vests, boxers (9)
- 7 Fulfil (7)
- 11 Made clear (9)
- 13 Fishing (7)
- 14 Sale by bidding (7)
- 16 Covered with fine powder (5)
- 18 Hold up (5)
- 21 Employ (3)



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