

## Dementia Matters Round-up

**“ In it together... ”**

... Friendship, support &  
advice despite isolation!



Issue 11 - August 2020

### Helping you to adjust to changes

*“Dementia Matters in Powys is for all those living with dementia and their families or carers. During this time of increased isolation we are here for you and will provide a listening ear, cheerful (even humorous) conversation and practical information and support. Any change can be challenging - even more so when you are already adjusting to the changes which accompany dementia and memory loss. Part of our ongoing support for you will be this regular ‘Round-up’ alongside phone-calls, emails and video chats”*

Contact us at [info@dmip.org.uk](mailto:info@dmip.org.uk)  
online [www.dmip.org.uk](http://www.dmip.org.uk) Tel: 01597 821166

On Zoom:-

Carers Support Groups

Llandrindod Mondays at 11am

Brecon Mondays at 2pm

Newtown Tuesdays at 11am

Ystradgynlais Tuesdays at 2pm

Carers Information Session (Powys) Wednesday  
26<sup>th</sup> August & 9<sup>th</sup> September 11am

Powys Virtual Meeting Centre

Every Thursday at 11am

20<sup>th</sup> August = Introducing ... Television!

27<sup>th</sup> August = Home is where the heart is

### Gwlad! Gwlad! - Did you know?

The hymn was originally written in 1856 by father and son Evan and James James from Pontypridd. Evan was a weaver by trade but also a poet. Legend has it that James came up with the tune while walking by the River Rhondda and gave it to his dad who then wrote the words - ‘Land of my fathers’.

Chorus

Gwlad! Gwlad!, pleidiol wyf i'm gwlad.  
Tra mor yn fur i'r bur hoff bau,  
O byddedi'r hen iaith barhau.

Translation

Home! Home! True I am to home.  
While seas secure the land so pure,  
O may the old language endure.

The first ever time an anthem was sung before a sports event was in 1905 when the unbeaten New

Zealand team came to play the Welsh National rugby team. The visiting team began with the Haka and Teddy Morgan (Welsh winger) responded with the anthem which the crowds joined in.



## Powys Places!

F C A C R I C K H O W E L L Y  
 U O G H N Y D D W N A L L I R  
 Y Y S T R A D G Y N L A I S E  
 C U K R X R A C S E N T A E M  
 L H L A P H B E T W C A R N O  
 L P L G T A B W R T W L C N G  
 A L A L L Y E T A O L Y O Y T  
 N O N A L A Y C D W L B L B N  
 I O F T Y D C G F N A O D R O  
 D P Y Y W E W Q E U N N R I M  
 L H L E N R M D L Q G T A D W  
 O S L L E W H T L I U B D G O  
 E L I Z P Z I L T G R S N E O  
 S E N O C E R B E P I E O A O  
 A W A M R O L L A N G O R S E

ABBEYCWMHIR  
 BUILTH WELLS  
 CRICKHOWELL  
 LLANFYLLIN  
 LLANGURIG  
 MONTGOMERY  
 OLD RADNOR  
 SENNYBRIDGE  
 TALYBONT  
 YSTRADFELTE  
 YSTRADGYNLAIS  
 LLANWRTYD WELLS

BRECON  
 CARNO  
 CRAI  
 LLANGORSE  
 LLANIDLOES  
 NEWTOWN  
 PENWYLLT  
 TALGARTH  
 WELSHPOOL  
 RHAYADER  
 LLANWDDYN

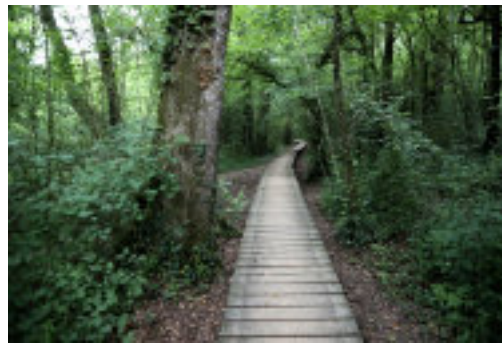


**Lake Vyrnwy** - N Powys. 40 mins drive from Welshpool. The dam has been supplying water to Liverpool since 1892.

Trout (Brown, Rainbow and Wild Brown) are fished in the reservoir. Bird watching (dippers and buzzards). One of the largest waterfalls in Wales - Rhiwargor. RSPB reserve (6 trails, between 1 and 9 miles and circular) now open (no facilities or hides). Living Stones Trail (15 churches and chapels across the 3 valleys).



**Montgomery Castle** - N Powys. 20 mins drive from Newtown. This site is open access and free with parking nearby. There are no toilets. The castle has perched above the Georgian town since 1223 when Henry 3<sup>rd</sup> needed to stamp down on Llywelyn the Great. The castle has withstood 3 attacks by Llywelyn and was finally broken during the civil war.



**Taf Fechan** - S Powys. 15 mins drive north of Merthyr Tydfil. This area can be accessed from Talybont on Usk or from Merthyr. The boardwalk is accessible for all and the nearby Old Barn Tea Rooms have sheltered outdoor seating along with a flock of Jays (amongst other birds!).

**Garwnant** - S Powys. 30 mins drive south of Brecon. This Natural Resources Wales Reserve has plenty of parking (fees apply) and a number of trails. The sculpture trail and the river path both have seating to let to catch your breath and take in your surroundings. The toilets are open and the cafe is offering a takeaway service with plenty of outdoor seating.

