



# CRWYS NEWS

The Newsletter of Three Crosses Community Council

Issue 38: October & November 2022, January & February 2023

## THE RETURN OF THREE CROSSES RAINBOWS...



**SEE INSIDE FOR MORE DETAILS ON  
OUR GIRLGUIDING RAINBOW UNIT!**

# LETTER FROM THE CHAIR OF THREE CROSSES COMMUNITY COUNCIL

Dear resident,

Thank goodness we can see that village life is now really returning to normal.

This could not be better exemplified than the activities on the Banc on July 16th.

On a glorious day, the school PTA held their annual fundraising fete in the afternoon. This was a huge success, as residents turned out to support it and enjoy everything that had been planned to make the afternoon so enjoyable. There is an article further on in this Newsletter reporting on the success of the afternoon.

In the evening, again with perfect weather, we had the Hog Roast, organised by the Community Council. I would like to thank Dai and Kath for providing the bar and the hog roast, as well as the band and the DJ who provided the entertainment, and of course my fellow Councillors, who planned, organised and ran the whole event.

In particular, we would like to thank you for supporting the event, as you turned out in force, with over 300 people there on the night. It is your attendance that makes the event a success and the organisers' efforts worthwhile.

It has been a real pleasure to see that the children's play area, since its upgrade, has continued to be widely used and enjoyed. Sadly, there has been some vandalism, and we are awaiting delivery of a seat to replace the one that was damaged.

In our last Newsletter, I reported that, following the May election, we had three Councillor vacancies. We have filled one of those vacancies, having co-opted former Councillor Daniel Jones, as he had not been able to submit his nomination form.

We were really pleased to receive four other expressions of interest from residents who would like to be co-opted, following the appeal in our last Newsletter. We will keep you updated in the next newsletter as to who your new councillors are, but in the meantime, we are very grateful for the support of these four individuals.



*Proctor Hood-Williams*

**Front page photo credit:** Annie Gallagher

## FROM YOUR NEW CRWYS NEWS EDITOR...

You can still sign up for our e-updates any time - just use the QR code or link on the right.

Do you have any great images taken in Three Crosses that we could use for future cover images? Please e-mail me if you do... [crwysnews@outlook.com](mailto:crwysnews@outlook.com)



<http://eepurl.com/hOEOtD>

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## THREE CROSSES COMMUNITY COUNCIL CLERK

Unfortunately, Joanne Fitton was not able to continue in the position of clerk due to a change in family circumstances. However, village resident Regan Craig has now stepped into the role. We will have more information for you in the next edition.

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## ...COMMUNITY COUNCILLOR UPDATE

We had a great response from local residents following our previous appeals. We are thrilled to announce that we've had so much additional interest that we're looking to co-opt two councillors, in addition to two advisory members of the council. Having such support from village residents is a huge bonus and will help the council to have a more diverse range of opinions for council discussion points.

Thank you to everyone who came forward!

We will feature more information on our new councillors and advisers in the next edition.

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## JOINERS PUB UPDATE

Many of you may have noticed that there is finally a change at the Joiners Arms - in addition to the sign that the pub is available for lease, there is also a sign indicating that it is for sale.

We haven't been able to get further information on this yet, but will hopefully be able to update you in the next edition. It is safe to say that we are all keen to have what is now a village eyesore turned around, if possible. Fingers crossed!

# CRWYS PTA NEWS

## Summer Fete:

This was the first summer fete since 2019, and what a fete it was. The weather was fantastic, the volunteers came out in force to help wherever they could, and the village green was alive once more!

We can't thank all our volunteers enough, as well as members of the village who attended the fete. Without all of you, it would not have been such a huge success. We hope everyone enjoyed the event and talks have already begun about next year's Summer Fete.

As always, our main priority each year for the fete is to raise money for the PTA, which then gets donated to Crwys Primary School. This year, our grand total raised was £1,313.84! Thanks to everyone for your support!



## Christmas Fayre:

We are delighted to confirm that we are planning a Christmas Fayre on Friday 2nd December. It will be held in the main school hall after school hours. There will be some external traders in addition to our own stalls, games, and a raffle. You can also meet some of Santa's Elves who will help you write your letter to Father Christmas and then post it in their special Santa Mail Box!

This event is open to all who wish to attend. Times will be confirmed closer to the day.

## January unwanted gifts:

After the busy festive season, we will again be appealing for any unwanted Christmas gifts. These will be kept and put aside ready to use in the Summer Fete.

If anyone has any unwanted gifts they would like to donate to us, please get in touch with a member of the PTA, and we would be happy to take them off your hands. Alternatively, you can contact us on [CrwysSchoolPTA@gmail.com](mailto:CrwysSchoolPTA@gmail.com)

## Rags to Riches:

Our latest collection for Rags to Riches was on 19th October. We raised a grand total of £134.48.

Again, a massive thank you to all who contributed towards this total. The support we receive from the village is very much appreciated.

## Help Raise Money:

Did you know we are part of Amazon Smile? If you search for our charity "Crwys Parent Teacher Association" on Amazon, every time you make a purchase, Amazon will donate 0.5% of your purchase total.

We are also registered with Easy Fundraising, which is similar Amazon Smile. If you go through that site and use our Crwys Primary School PTA name as your chosen charity, each brand/shop you choose to buy from will donate a percentage of your purchase total to us.

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## SATURDAY NIGHT ON THE BANC

We welcomed well over 300 residents to our Saturday Night on the Banc event on July 16, 2022. After initially selling out of tickets well in advance of the event, we were thankfully able to allow more residents to join us. On the night, as the weather was kind to us, the Health and Safety maximum numbers for the marquee did not restrict us as people could (and did!) sit outside.

Residents enjoyed the hog roast and barbeque, as well as a bar hosted by Dai and Kath, with music put on by the band Four Fold, followed by our DJ.

In our first Saturday Night on the Banc event since 2019, we had a huge



amount of enthusiasm and support with villagers thanking the Community Council and letting us know what a fantastic time was had by all.

As always, we kept prices as low as possible to try to encourage attendance. The costs of the event far exceed the income, but the costs are subsidised by the Community Council for this fantastic community event.

We look forward to seeing you all next year, most likely for the last weekend in June... date TBC... watch this space!

**Thank you to all who supported and attended!**



# THREE CROSSES CHAPEL



## SERVICES

2nd Sunday: Communion Service

Last Sunday of the Month: All English Service

*In other services all of the sermons and some hymns are in English*

Remembrance Service: Sunday **13th November**  
at 10.30am

Carols by Candlelight: Thursday **8th December**  
at 7.00pm with the  
Salvation Army Band

Christmas Readings & Carols: Sunday **18th December** at  
10.30am

Christmas Day Service: **25 December** at 9.30am

We hope to reinstate Sunday School-style events for our children to enjoy and we welcome suggestions for suitable times.

We are also hoping to launch a Community Hub offering tea / coffee and a chat. If you are interested in volunteering as a helper please contact Janet Wright 07974 007757

Our Big Vestry has recently been refurbished (see pictures below). If you would like to discuss hiring this facility please contact Janet Wright on 07974 007757.



**Before**



**After**



**After**



**After**



**After**



**After**

We are keen to support reinstatement of the community Film Club.  
We have the space and previously requested facilities.

# GIRLGUIDING IN THREE CROSSES MAKES A LONG-AWAITED COMEBACK!

**By Ria Banscherus, Unit Leader, 1st Three Crosses Rainbow Unit.**

The 1st Three Crosses Rainbows has returned to the village after several years and is the only surviving Girlguiding unit on the north side of Gower! The re-opening of the unit is a significant step towards rebuilding the future of Girlguiding in the area which once had thriving Rainbow, Brownie and Guide units.

Having the opportunity to become a Guide in Three Crosses thirty years ago was where I first met Joanne Allder, better known as 'Skip'. After the closure of her units during COVID (Skip ran both Brownies and Guides in the village), we are delighted to have convinced her to return to Guiding for a new generation of girls to benefit from her experience and dedication just as I, and previous Three Crosses Brownies and Guides, once did. I can still remember practising pitching a tent in her garden prior to my first Guide camp experience!

Rainbow units promote adventure and develop vital life skills, resilience and confidence in girls aged 4-7. Within four weeks of opening the unit, we were overwhelmed by the excitement of the girls, parents and village community to see Girlguiding return to Three Crosses once again.

Our next challenge is to get our Brownie unit back up and running as Girlguiding units are completely reliant on volunteers. If you have an hour to spare each week and would like to be part of a team empowering the next generation of girls, we would absolutely love to hear from you, whatever your skills or experience!

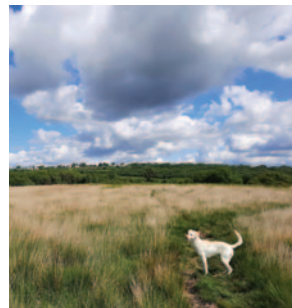
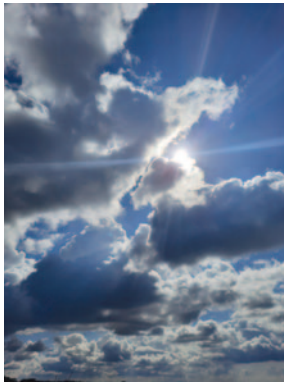
If you would like further information on 1st Three Crosses Rainbows please get in contact with me via email [threecrossesrainbows@gmail.com](mailto:threecrossesrainbows@gmail.com)



Ria Banscherus (right) and Joanne Allder aka "Skip" (left) with the Rainbow girls

# MISSING SPRING? HERE ARE SOME GREAT REMINDERS...

Our readers had more great spring photos that got lost in the Crwys News “junk” folder (which they definitely are not!), so for a brief reminder of some of the spring joys as we head into autumn, here are some more fantastic images for you from our readers...



## Photos

*(centre, then top left and clockwise):*

Laura Hughes-Dowdle,  
Laura Rees, Laura H-D,  
Will Evans, Laura H-D,  
Will Evans, Simon Treharne,  
Will Evans



# NORTH GOWER FOOD HUB, YOUR LOCAL FOOD BANK



North Gower Food Hub was set up during lockdown to meet the needs of local residents who were unable to access food safely. These days those same individuals steer the activities of a small food bank which serves clients throughout Gower. They are supported by volunteers who collect and distribute donations received from collection points in churches, shops, schools, supermarkets (eg the main Co-op in Killay) and from individuals.

Clients receive a pack each week delivered by a volunteer. We have covered areas from Dunvant down to Port Eynon. As you will understand, it is not always easy for someone to access a food bank, so deliveries are a really important part of our work. Our clients come from all walks of life and we are often faced with heartbreaking situations. Delays in benefits are sometimes the cause of food poverty and others could be experiencing a sudden loss of income or ill health.

At these times support from a food bank can become essential.

In Swansea, in addition to food banks, each area is served by a local authority-appointed Local Area Coordinator who can confidentially advise clients and help them find the support they are entitled to receive. The area coordinator for Three Crosses is Brian Farr, who we featured in a previous edition of Crwys News. He can be contacted on 07815 012 804 or email [brian.farr@swansea.gov.uk](mailto:brian.farr@swansea.gov.uk)

If you or someone you know needs support from the Food Hub, you can contact any of the following:

[northgowerfoodbank@gmail.com](mailto:northgowerfoodbank@gmail.com)

Moranda on 07903 335 154

John on 01792 390105

Debbie on 01792 386339

We are also on Facebook, search for North Gower Food Bank



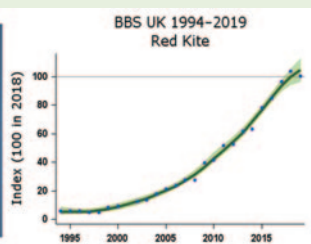
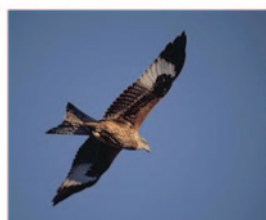
# LOCAL WILDLIFE TO SPOT THIS WINTER

Article by Hazel Nichols, village resident and  
Associate Professor in Biosciences at Swansea University

Although it's tempting to stay wrapped up indoors, spending time in nature boosts our wellbeing. Woodland animals are easier to see as trees have shed their leaves, and everything looks extra special with a frosty backdrop! Here are four species to watch out for to give us a cheery boost through the winter months.

## 1. RED KITES

Although they can be seen all year, they are particularly conspicuous over winter, particularly around the coast. They never fail to impress me with their graceful acrobatics, and can be easily recognised by their forked tails. They are also a great conservation success story in the UK. In



Medieval times, they were very common and were valued for their ability to clear up waste scraps left by people; they were even mentioned several times by Shakespeare. However, they were virtually extinct by the 1940s due to persecution, with just a handful of pairs left. Conservation measures to stop persecution, along with reintroductions into the UK in 1980s and beyond has boosted their populations (see the graph above), and they are now once again a common sight in Wales. To get an up-close look, head to an official feeding site; there is one near Llandeilo.

## 2. GREY SEALS

Did you know that 95% of Europe's grey seals live around the UK coast? Another conservation success story, their numbers were as low as just 500 individuals in the UK 100 years ago, but now number over 120,000. They breed in the autumn, with mothers



leaving their fluffy white pups on rocky beaches while they forage out at sea. They are easily disturbed while hauled out on rocks, so keep a distance, especially if you have dogs. Entanglement in marine litter is a big threat to seals, so why not participate in a local beach clean? There are lots to choose from, including some run by the National Trust, which manages quite a lot of our local coastline:

<https://www.nationaltrust.org.uk/beach-cleans-wales>

### 3. ROBINS

Robins are one of the UK's favourite birds, which is no surprise given their bright plumage and trusting nature. Robins are particularly easy to find in winter as they are one of the few birds that sing all year round, not just in the breeding season. Their winter warbling helps them to defend a territory and attract a mate, making an early start on breeding in the spring. Unlike most other small birds, they are often active in half-light and are the first to start singing in the morning and last to stop in the evening.

They can even be triggered to sing in the middle of the night by flood lights and street lights. Their populations are thought to be quite stable but they are vulnerable to cold winters, where they can lose 10% of their bodyweight in a night. They therefore benefit from us leaving bird food out for them (although clean your feeders regularly to avoid spreading disease).



### 4. HAZEL CATKINS

After supplying us (and the squirrels) with some lovely nuts in autumn, hazel trees carry on giving. Hazel catkins, like little cigars, are exposed by the autumn leaf fall. In January, they begin to transform into yellow lamb's-tails. These are the male flowers, which disperse copious amounts of yellow pollen using the wind. The tiny female hazel flowers are difficult to spot - watch out for tiny specks of hot pink against the grey palette of winter.



# CRWYS COMMUNITY WOODLAND AUTUMN UPDATE

by Mary Rees

The woodland volunteers have again been very busy maintaining our community woodlands to a high standard. This has resulted in the Woodland receiving the green flag recognition again for 2022. The woodland is managed sensitively for the use and enjoyment of all and it is sad to see that our wildlife wall has been de-constructed yet again and the logs burnt in the forest school area. Please can I ask those who are responsible to stop this senseless vandalism and respect what we have here in our village.



As you may have seen, major works have been underway to re-establish our wetland/pond area, a very important habitat; this was necessary due to the invasive nature

of the burr reed, resulting in loss of open water and a massive reduction in our dragonfly/damsel fly population. The woodland is used by so many of our local residents, and we are constantly thinking of ways to improve your experience. We have created a butterfly walk and, in the spring, we will be putting up interpretation boards. We will again be dressing the woodlands for our annual Christmas sensory walk, with switch-on date likely to be around 16th December.

We rely totally on contributions via the 100+ club, Community Council grant and individual gifts; without this support we could not continue with the on-going development of our community woodland, the Christmas event, or safely maintain the woodland for your use. If anyone knows of a local business that would like to help out with the purchase of batteries for this community event we would love to hear from you.

Mary Rees 07977 557039

## CRWYS PLAYGROUP

**Crwys Playgroup runs on a Tuesday at the Community Centre from 9.30 to 11.30am.**

We welcome pre-school children, babies and their families for £3.00 per session. This includes tea/coffee, free play, snack time and rhyme time.



## CO-OPTED GOVERNOR REQUIRED



### CRWYS PRIMARY SCHOOL ARE YOU INTERESTED IN MAKING A DIFFERENCE TO YOUR LOCAL SCHOOL?

Do you want to make a difference to your local school community? Do you have an interest in education? Do you have good business / finance skills? Do you have knowledge of HR, Health & Safety or managing premises?

If so, being a Co-opted governor at Crwys Primary School could be just the role for you.

Crwys is a very popular small school with a wonderfully friendly, caring and supporting staff and an enthusiastic and equally dedicated governing body. Our school motto is "Be All You Can Be!" and we all work together to ensure that every child in our care is happy and safe and to offer them every opportunity to learn and to succeed during their time with us.

Co-opted governors can make the link between the world of work and education and constructively support the success of

their local school. You don't have to be an expert in education or have any prior connections with the school, and we welcome interest from all walks of life to bring different perspectives and views. These roles are a rewarding and effective way of making a voluntary contribution to the lives of local young people.

The role typically requires attendance at two meetings per term and visits to school or school activities that enable you to learn about Crwys Primary. Free training is provided in the role and duties of governors.

If you are interested, please contact Tracy Burnell, Clerk to the Governors at the school on 01792 872471 who will send through a short application form for you to complete and return. She can also put you in touch with the Chair of Governors to discuss the role. Applications by 16 December 2022.

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## CDSA 100+ CLUB

If you enjoy using the woodlands for dog walking, sport, nature walks etc., and are not already a member of our 100+ club, please think about joining. Not only will this financially help the charity, but also gives you a chance of winning a prize at our annual Christmas draw.

To join the 100+ club you set up a standing order using the details below and email your details (name, address and number of entries) to maryreesxxx@talktalk.net so I can enter you into our Christmas draw.

Each entry is £10, half of which is returned in prizes and the other half to support the charity. The more we raise the bigger the prize fund. Since COVID restrictions, we have

not reinstated our door to door collections. Draw takes place around 13th December so please let me know if you are joining the club. Last year we had 148 entries, and it would be amazing if we could increase this number!

Name of account: **Crwys and District Sports association**

Account sort code: **30-95-46**

Account number: **07709617**

I would like to take this opportunity to thank the volunteers for their hard work and ongoing support.

If you would like to be more involved or have any ideas please, as always, contact me 07977 557039. There are many ways in which you can help out. Thanks, Mary

## WHAT'S ON EVERY WEEK IN THREE CROSSES

*In the current climate, we advise you check with the organiser in advance before attending for the first time in case the session is not running for any reason, or there are restrictions on numbers.*

**All events are at the Community Centre unless stated otherwise**

Day	Event	Time / Place
Sundays	Communion Service on 2nd Sunday and English Speaking on 4th Sunday	10.30am at the Chapel
Mondays	Pilates - Emma 07766 477308 Beginners class TBC - please contact Emma if interested	6.30pm - currently full 7.45pm - beginners
Mondays	Zumba call Tina on 07814 161475	6:30pm - Online
Mondays	Bingo for the over 18s	7.00pm - Coed Lan Centre
Tuesdays	Playgroup - Sian Spencer 07890 383843	9.00am - 11.15am
Wednesdays	Knitters & Natters - 875858	1.30pm - Coed Lan
Thursdays	Zumba- call Tina on 07814 161475	12:30pm Chapel Vestry
Saturdays	Zumba- call Tina on 07814 161475	10:15am Chapel Vestry

*Have a Three Crosses event that's not featured above?*

*E-mail [crwysnews@outlook.com](mailto:crwysnews@outlook.com) or call/message 07713 487870*

**Community Centre Bookings - call Sandra Hutchings on 874080**

## COMMUNITY SHOUT OUT

I would like to give a shout out to my son in law, Mike Balsamo, from Pant y Dwr who undertook a gruelling 24 hour workout earlier this month and raised over £6000 for Dementia UK. He did this for his Dad who has vascular dementia and for my mother who has Alzheimer's. As a family, we are so proud of him!

Susan Lewis  
37 Llwynderw

**Well done Mike!**



# Local business feature



Each issue we would like to feature a local business for our readers to hear more about. We'll learn how they started, what they do, who they are, and all you need to know to support them and shop local.

This issue, we feature one of the village's newest businesses; one that has the village talking... and salivating!

**Business name: Good Food Gŵyr**

**Owners: Sophie Blatchford and Suzy Guiver**

Instagram: @goodfood\_gwyr

Facebook: Good Food Gŵyr

Phone: 07810 521132

E-mail: goodfoodgwyr@gmail.com

## **Sophie Blatchford tells all about Good Food Gŵyr...**

### **What made you want to start Good Food Gŵyr?**

I have always cooked a lot and loved doing so. In 2010 I went to Ballymaloe Cookery School in Ireland where I completed their 12-week cooking course and ever since then I have really wanted to start my own food business. But as the years went on and life got in the way, it never happened. Then earlier this year, the stars aligned. In conjunction with Coleg Sir Gar, Simon Wright, who runs Wrights Food Emporium near Carmarthen, set up a course called Cook24 to address the post-pandemic / post-Brexit crisis in staffing in the hospitality industry. The course aimed to teach people the basics of cooking, along with barista and wine training, as well as first aid, food hygiene and more - all in 24 days. Doing the course has been completely life-changing. It de-mystified the world of cooking and gave me so much confidence in my ability to cook as well as how to navigate setting up a business. The other important piece in the jigsaw was that an old, close friend of mine moved to Swansea and did the same Cook24 course, so we were both ready to put all our experience and knowledge into practise!

### **Who is your business partner?**

My business partner is Suzy Guiver. We have cooked together for many years for groups of friends and our ever-growing families. She moved to Swansea during lockdown after years of visiting Wales and working out how she could move her family here! Suzy worked for many years in the fashion industry, in a very practical capacity, as a pattern cutter. She therefore brings a brilliant combination of creativity and practicality to Good Food Gŵyr.

## **When did you start? How has business been since you started?**

We launched our first menu at the beginning of July 2022, and it has been a whirlwind since. The core of what we do, which has been such a pleasure since day one, is building relationships with local farmers and food producers. We've met so many lovely, passionate, knowledgeable people all over Gower and Swansea, all of whom could not have been nicer and more helpful. There is such a positive food community in this area, and we're so happy to be part of it.

We have two target markets for our business. The first are people who are coming to stay in holiday cottages in the area. We provide them with homemade food made with some of the best Gower ingredients, ready for them to pop in the oven and get on with their holiday and relax. This was the initial idea for our business, and one that has started to work really well. However, the more local people we spoke to, the more we realised that they also wanted our food! So we have lots of lovely regular customers too.

## **What has the local reaction been to Good Food Gŵyr?**

It has been really positive. A lot of people appreciate that we are cooking real food, with no nasties, and that we provide a better-value alternative to a takeaway or going out for dinner. We have had a lot of repeat business and lovely feedback too, which is encouraging. Our customers are really supportive of what we're doing.



### **Why is using local food important to you, and what local suppliers do you use?**

We are fortunate enough to live in an area that is not only beautiful, but also produces some fantastic ingredients that we can use in our food. We want to support local farmers and producers which helps local people with sustainable jobs, keeping money in our community. We have produce that is of a really high quality, and you can genuinely taste the difference in the finished dishes. And it's better for the environment to use ingredients that haven't travelled huge distances to get to our ovens.

We can't get everything we need from Gower, and we have to strike a balance between what ingredients we can get and what people are willing to pay for. So we focus on the key ingredients; for example, all our meat comes from Gower. We use fantastic 100% pasture-fed beef from Gower Meadow Beef in Penmaen and our chickens come from here in Three Crosses! Gower Farm Poultry rear chickens outdoors in fields, slowly, so the taste and the texture of the meat is just incredible. All of our eggs for pastry and cakes come from Will's Gower Free-range Eggs, who most of you will know. All of our salad, and many of our vegetables come from across Gower; we use various suppliers depending on who has what available at different times of year.

### **What has your most popular dish been so far?**

We have two dishes that have been the most popular and so we'll be keeping them on the menu for as long as we can! People love our signature Chicken Pie, made from the fantastic Three Crosses chickens, with leeks and bacon and a butter shortcrust pastry lid. It's proper luxurious comfort food, a real winner. And then our classic Lasagne, made using the brilliant Gower Meadow Beef - a proper family favourite.

### **Is there anything you've done so far that you won't be repeating or any lessons you've learned?**

Goodness, we've learned so much along the way. We've discovered that there is so much support out there for starting a new business, on a local level through Swansea Council, and at a national one, with organisations like Business Wales. We've also learned that people are just so kind and helpful and are always willing to answer questions and share their knowledge.

### **Is there any advice you have for anyone else local thinking of starting their own business?**

Do it. It absolutely felt overwhelming at the start, but write a list and work your way through it. Speak to people! Everyone we've contacted about anything from food hygiene to packaging, to marketing and how to navigate social media, has been so positive and helpful.

When we first started our business we were really nervous about what people would think, but straight away we started getting really great feedback. The fact that we have so many repeat customers is really lovely. We're so happy that people like what we're doing and we love feeling like we're pulling a Good Food Gŵyr community together. We were also particularly pleased when Chef Stephen Terry (of The Hardwick in Abergavenny, and a regular part of Saturday Kitchen on ITV) came on holiday to Gower and ordered a Good Food Gŵyr feast to share with his family on the last night of his holiday. He loved it and was so complimentary about it all, which was a special moment for us.

***Well done Sophie and Suzy and we wish you all the best as your business grows!***

***Let us know who you'd like to see featured in our next issue!***





## THREE CROSSES WI

At the June Meeting a representative from Matt's Café came to talk about their important work providing services and meals to the homeless and lonely. This was of great interest to members who have been donating items to them over the last few years.

In **July** we had a strawberries and Prosecco social which was enjoyed by everyone. A number of members served in the tea tent at The Gower Show and we also entered the WI co-operative display



competition with Glastonbury as our theme. Three Crosses WI were awarded a "Highly Commended" for their entry.

For **September**, the theme was Harvest Home and members brought a selection of preserved chutneys, pickles and jams which were tasted along with cheese and bread. The recipes were shared with all members following the meeting.

Our speaker in **October** was Dave Davies who brought Jack, the Alsatian with him. Dave spoke about the work of the Guide Dogs charity, explaining the time and effort involved in training the dogs and introducing them to their owners. The pandemic has had a severe effect on their work. They are always looking for volunteers to help with a variety of aspects of their work, including guiding work with individuals who are facing blindness. A number of members put their names down to help:  
<https://www.guidedogs.org.uk/guide-dogs-cymru/>



As well as meetings, we have been having Coffee Meet Ups at The Wildflower Café on a regular basis and are looking forward to some theatre trips in the coming months to see Fishermens Friends, Jersey Boys, The Best Exotic Marigold Hotel and The Mousetrap. Our new programme can be found on the Three Crosses website at :  
<http://threecrosses.org.uk/three-crosses-wi/>

**New Members always welcome - you can attend two meetings to give WI a try before joining. Contact Belinda 07884 126281- 6.45pm for a 7.00pm start.**

**Wednesday December 7 Christmas Social with Crafting**

**Wednesday January 4 Debra John as Amy Dillwyn - novelist and benefactor**

**Wednesday February 1 Brian Richards talks about Penllergaer Woods**

# WI Walking Group

(1st Saturday of the Month after the WI Meeting)

**June:** For June we were fortunate to have an evening walk with Barbara Parry who had spoken to us about the Clyne Valley. We followed an interesting route and saw many of the features she had described in her talk in May.



**July:** Walked from Park Mill up onto Cefn Bryn and then down to the beach and back up from Three Cliffs. A warm day with beautiful views and lots of other walkers out and about on the McMillan Mighty Hike. We finished with coffee at the Heritage Centre.

**September:** Starting from Cwm Ivy then up around the coast path towards Broughton and down on the beach and back up the hill. Coffee was enjoyed at Cwm Ivy Café on another beautiful day.



**October:** Our very own Mel Lloyd led us on a tour around what's left of the Hafod Morfa side of Swansea Copperworks which was very informative, learning about how important Swansea was in the history of copper. It was hard to imagine the hundreds of chimneys in the area, but we were all impressed by the quality of the industrial buildings, some of which are undergoing restoration.

**Saturday 5 November**

**Saturday 10 December**

**Saturday 14 January**

**Saturday 11 February**

**Reynoldston and back via Penrice**

**A day out**

**Langland & Caswell**

**Rhossili and Mewslade**

# Three Crosses Village Walking Group

## **New Members always welcome...**

The walks are monthly - usually on the 3rd Wednesday. We meet at the Community Centre at 9.15am to share cars to the start point. Walks are generally between 6 and 10 miles, finishing to be back in Three Crosses by mid-to late afternoon. If you are interested in being added to our email list, contact Belinda on 07884 126281 or Rayna on 07909 955305.

## **Next Walks:**

**Wednesday 16 November -  
The waterfalls near Pontneddfechan**

**Wednesday 14 December -  
Cheriton and a Christmas Lunch**

**Wednesday 18 January and Wednesday  
15 February - Route to be decided**

Information can also be found on our webpage at: [www.threecrosses.org.uk](http://www.threecrosses.org.uk) under the "Community" heading.

In May we travelled up to Carreg Cennan for a walk of 6 miles around the castle. Despite a poor forecast there was only one

shower and it turned into a lovely day, as the photograph shows.

In June, the group enjoyed a walk in the Reynoldston area.

In July we walked from Three Crosses down to Penclawdd and then back via Tir Cethin Cottages and across to Cilonnen covering 6 miles.

The September walk (7.4 miles) sought to cover part of the Gower Pilgrimage Way route – starting at St Gwynours Church across the top and the Morlais river and then down to the Marsh Road and back up over the top of Penclawdd.

This photo from the September walk shows how overgrown the paths have become during Covid and our "recces" have required energetic use of poles, scythes and secateurs!



# COMMUNITY COUNCILLORS

	Contact Details	Council Focus
	<p><b>Paxton Hood-Williams</b>                      50 Pant Y Dwr                      872038 / 07939 467566                      paxtonhw@gmail.com</p>	<p>Chairman                      City Matters                      One Voice Wales Rep</p>
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	<p><b>Daniel Jones</b>                      873951 / 07920 444933                      17 Pant Y Dwr                      dpjccc@hotmail.com</p>	<p>Assets / Infrastructure</p>
	<p><b>TBA- coming</b></p>	
	<p><b>TBA- coming</b></p>	
	<p><b>Annie Gallagher</b>                      20 Joiners Road                      07742 775190</p>	
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