

# MONMOUTH BRANCH NEWS



LLANDAFF AND MONMOUTH DIOCESAN ASSOCIATION OF CHURCH BELL RINGERS

Number 125 May 2021

Forthcoming Branch Events:

**All Branch and Association practices and events are on hold until further notice due to Covid-19 pandemic.**

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## Bells tolled in memory of HRH Prince Philip, Duke of Edinburgh

This issue contains details of a number of towers who tolled a single bell on one or more occasions to mark the death of HRH Prince Philip, Duke of Edinburgh, on 9 April, aged 99.



*(Image courtesy of [https://en.wikipedia.org/wiki/Prince\\_Philip,\\_Duke\\_of\\_Edinburgh#/media/File:Duke\\_of\\_Edinburgh\\_33\\_Allan\\_Warren.jpg](https://en.wikipedia.org/wiki/Prince_Philip,_Duke_of_Edinburgh#/media/File:Duke_of_Edinburgh_33_Allan_Warren.jpg))*

## Association Master's Mutterings

Since I wrote my last Master's Mutterings back in February the national public health picture has improved considerably. Vaccination rates are increasing daily whilst infection rates are currently declining. Various restrictions are being gradually lifted by respective governments as a result. This is all excellent news and I hope that this means that we'll be back ringing with one another again sooner rather than later. As I noted back in February, there has been a lot of thought going into the return of ringing. If you've not already had a look at the Survival and Recovery Toolbox then I'd very much recommend it. The Survival and Recovery Toolbox is available online here:

<https://ringingteachers.org/survival-and-recovery-toolbox>

As I write this, there have been a series of online presentations organised by the Central Council and Association of Ringing Teachers this week on several themes concerning the return to ringing. I've been

publicising these on the Association's Facebook Group and mailing lists.

The improving public health situation has meant that there has also been some relaxation in the guidance concerning ringing. For full details please see the Central Council website at:

<https://cccbr.org.uk/coronavirus/>

The key points are as follows:

- Ringing sessions should be arranged for six people in the first instance;
- Hands – Space – Face rules apply – face coverings, hand sanitising between ringing, 1m plus mitigations when ringing, 2m at all other times. Social distancing is still a key consideration and this may mean that, for some towers, the maximum number of ringers that can be accommodated is still less than six;
- Risk assessments should be updated for each tower, taking into account each tower's local circumstances (ventilation, proximity of ropes, access/exit etc.);
- Ringers should carefully consider their own personal risk and nobody is forced to return to ringing if they are uncomfortable with doing so;
- Restrict ringing time to 45 minutes whilst maintaining good tower ventilation.

One thing I would stress is that it is important to consider local circumstances when deciding how to implement this guidance. For example, a tower with an upstairs ringing chamber and little or no ventilation is a much riskier environment than a ground floor ringing room with doors that can be opened to the outside. Towers with limited ventilation may reasonably decide to continue to restrict the number of ringers or length of time ringers are indoors to less than that noted in the guidance. This isn't yet a return to "normal" ringing but I hope that it is another step along the way.

The Association AGM took place on 10 April via Zoom. This year we also had some open ringing beforehand using Ringing Room, which was very enjoyable. Several households also participated in the virtual ringer's tea and there were pictures of im-

pressive homemade cakes on the Association's Facebook Group. The Business Meeting itself was relatively uneventful with the majority of the Officers being re-elected. The main change was that Helen Phillips replaced John Vesey as Association Chair. Many thanks to John for the work he has done for the Association, both in his six years as Chair but also for everything he does with the Association website and maintaining our digital presence. The meeting also noted that David Llewellyn had retired as Association Librarian and that Pat Moore had taken on this role. Many thanks to David for his work over many years, both in looking after the library itself but also maintaining a good relationship with the authorities at Llandaff Cathedral to ensure that the library remains safely housed in the Chapter House.

Whilst there are no further Association ringing events currently in the calendar, I am cautiously optimistic that we should see some return to ringing before the end of the year. Let's keep our fingers crossed!

Matthew Turner

### **Training Coordinator's Cogitations**

The latest news from the Church in Wales in conjunction with the Central Council, starts to pave the way towards returning to ring in larger numbers. However, at time of writing, we still must keep a minimum of 1m apart whilst ringing (with face masks on), and 2m whilst not ringing (still with face masks on). The additional good news is that we can now ring for longer, with up to 45 mins being allowed.

Unfortunately, the distances that we are required to keep whilst ringing and resting will still restrict a quite a few towers in terms of the number of people that are still allowed within a tower at any one time, even with good ventilation.

Nevertheless, ringing is now starting to pick up again, all be it slowly, which may not be a bad thing as people once again get used to the physical side of ringing, and gently easy themselves back into it.

I am still open to requests from anybody who wants to try their hand in Ringing Room to refresh themselves with basic ringing skills such as Call Changes / Plain Bob Doubles / Grandsire Doubles.

If you are interested in having ago in Ringing Room, then please contact me.

For anybody that is interested, ART and the Central Council have been building up a very good set of articles and advice on a wide range of topics during the various lockdowns aimed at keeping ringers in contact with each other, as well as preparing and providing ideas for returning to ringing when the time comes. These are well worth a read, and can be found at the following website :- <http://ringingteachers.org/survival-and-recovery-toolbox>

If, and when, the Welsh Government relaxes the rule of numbers in doors in the coming weeks, and the Church in Wales in conjunction with the Central Council decide that ringing is once again safe in a near normal situation, then it may well be possible that we are back ringing and training in towers by later in the summer or early autumn. When it looks like the Branch Committee can start to organise Branch events, we will let people know through the normal channels such as the Association e-mailing lists, verbally and of course through this Newsletter.

Andrew Phillips  
MonmouthTraining@llanmon.org.uk

### Caerleon

St Cadoc's tenor was tolled 99 times at noon on the 10th April in memory of HRH Prince Philip. On the day of the funeral the tenor was tolled half muffled for 15 mins from 2.45.

We had repairs to our tower flagpole recently. The repair to the flagpole was required after the pulley at the top of the pole was damaged in high winds this winter. It was necessary to employ the services of Swansea based Red Dragon Flag Makers who provided a specialist maintenance team to scale the flagpole and install a new pulley and rope system. The fixing and

stays were also treated with rust prevention spray. The red dragon is once again flying proudly over St Cadoc's Church and should be able to continue to fly for many years to come!



Phil Sergeant

### Grosmont

A bell was tolled at Grosmont to mark the passing of HRH Prince Philip. As we hadn't been into our tower since March 2020 we were a little concerned as to what conditions we would find. The spiral stair access was full of dust and the spiders had had a field day but the ringing chamber was quite clean.

Martyn therefore half muffled the tenor and rang the passing bell. Three groups of 3 for a man and then 99 for the Prince's age just before the funeral. It was very moving and much appreciated by the village.

Unfortunately as our ringing chamber has no ventilation with quite difficult access we are not anticipating starting ringing again for some time.

Helena Jackson

## Llanedeyrn

Llanedeyrn has continued to ring via Ringing Room since lockdown started, but are now back in the tower for Wednesday practice night and ringing on Sunday morning. Practice nights are limited to 15 minute slots and as we have 3 lots of couples/family who can share ropes whilst ensuring the band can come together and practice safely. It is not ideal, but it's a start to getting back to normal and moving away from online ringing that has served its purpose.

We rang twice for the Duke of Edinburgh's passing on half muffled bells. On the announcement 4 of us rang and then tolled the tenor afterwards. On the day of the funeral we followed the same pattern and tolled the bell 99 times after ringing for 10 minutes. I always find it moving ringing on half muffled bells and I think it was fitting how we marked this sad occasion of remembrance. I thought it very nice that a member of the congregation placed a photograph of the Duke with a candle outside the bell tower and a photograph inside by the pulpit.



Paula last rang at Rumney on 15th March 2020, so it was good to see her in the tower. It was like riding a bike and before long she was ringing up, down, standing and doing rounds. The rest of the band rang in separate slots and it was a great feeling to be in the tower.

The plan going forward will be to continue ringing as a band in isolation and as restrictions get lifted we will think about what we can do and look at welcoming visitors into the tower. We have had a request from a young lady doing a Duke of Edinburgh award to try bell ringing (3 months skills assessment) and this may be a form of recruitment we consider going in to the future. Some of the band have signed up to online discussions with the first one on Saturday – building better relationships with your church. Where we have weddings and important services it is vital to have good communication with the clergy team and the congregation and on the whole I'd like to think the band are very accommodating with the various requests we get. Weddings are back on at St Edeyrn's this year and it will be great to ring as there is nothing better hearing the bells ring out in celebration.

I'd like to thank the ringers of Llanedeyrn for sticking with it over the last 14 months of lockdown. Ringing online has enabled the band to stay together even if it has been more for the social side. Ringing in the tower last night was a pleasure and a very nice way to spend an hour of your evening. Bell ringing remains a great hobby to belong to and I for one can't wait to continue and improve.

Martin Gilbert

## Llanfrechfa

I rang the tenor (open) 99 times before the funeral of HRH Prince Philip Duke of Edinburgh. Half way through I was a bit concerned with how springy the rope was but managed to set it at backstroke okay. A few people who live close said it was nice to hear the bell ringing again.

John Hopkins

## Llantilio Crossenny

The bell ringers were delighted to ring the bells on Easter Day and to send a joyful message across the fields and over the village. The sound was not quite as joyful as usual as only three bells are allowed to be

rung in order to maintain social distancing in the bell tower chamber.

The ringers had the honour of being asked to ring on 17th April to mark the funeral of HRH Prince Philip, the Duke of Edinburgh. The request was to ring a half-muffled bell or chiming of a single bell 99 times. The bells were certainly heard in the village and the following comments were received - 'So lovely to hear the half muffled single bell rung this morning to mark the funeral of Prince Phillip' and 'Yes I heard them too. Great!'. The bells are not normally muffled and therefore the tower captain, Richard Booth, had to climb the ladder to the bell chamber and to select a bell to muffle.

The tower has a collection of six muffles which can be used to half-muffle all six bells when this is requested at funerals. Half muffling a bell results in a sound which alternates between strong and dull. The ringers are aware that the tradition is to ring fully muffled bells on certain occasions such as the death of the sovereign. The ringers are hoping to be able do this and are looking to raise funds to buy some more muffles.

Les Taylor

## Mathern

Well, there is still very little going on although the tenor has now been rung three times this year. The first was on 23rd March as part of the Marie Curie organised National Day of Reflection when it was rung 126 times starting at 12:01. This was one blow for each thousand who had died of Covid-19.

The second occasion was on Saturday 10th April starting at 12 noon to mark the death of HRH The Prince Philip Duke of Edinburgh. On this occasion the bell was half muffled and had been rung up beforehand and set at backstroke so it could be tolled 99 times. It's amazing how difficult it is to count to 99 – ideally a helper is needed - so it is possible there were a few rounds on 1 after the 99 blows. It was then rung again the following Saturday, again half muffled, prior to the funeral. This time it was rung for 10 minutes up to the start of the service so

no counting was needed. All three occasions were with the enthusiastic support of our vicar.

We hope that by the time the next newsletter comes out, we will have been able to ring properly, with a full complement, but this will rely on the distancing rules being relaxed or even removed. We keep hoping!

Andrew Mead

## Michaelston-y-Fedw

Although no bells were rung to mark the passing of HRH Duke of Edinburgh, a flag was flown half-mast from the tower. Whilst this was being arranged, it was discovered that squirrels had got into the tower and eaten through all eight ropes. A hole was discovered which leads into the church roof space and we think this is how they are getting in. The churchwarden hopes to have this covered so that the squirrels can't enter the tower and then hopefully the squirrel problem will be dealt with properly.



The ropes have been recovered from the tower and will be repaired and returned in due course.

The new carpet that was laid in the ringing room just before lockdown looks great and we can't wait to see or hear what difference it makes to the sound of the bells in the ringing room.

Matthew Turner

### **Newport Cathedral**

At St Woolos we tolled the tenor half muffled on Saturday 17th April before the funeral. It was quite a strain ringing a heavy bell from balance to balance with arms that have not done much ringing lately. The bells had been rung half muffled on the previous Sunday and St Woolos day during the period of mourning.

Sunday service ringing recommenced on Easter Sunday morning, as soon as we were allowed. We have been ringing what has become known as "the covid six" which is numbers 1,3,5,8,10 and 12 of the 12. Another combination that was tried was 3,4,5,8,10 and 12 which is surprisingly pleasant. Thanks to the Cathedral band and a few extra helpers the bells have been rung on every Sunday that has been allowed.

Now that Wales has been moved to alert level 3 we are working on our revised risk assessment and hoping to gradually get the neighbours used to Tuesday evening ringing again.

Barry Hayman

### **Rumney**

In common with many towers, the tenor was tolled on Saturday 10th April and again the following Saturday for the funeral of HRH Prince Philip. This was appreciated by our neighbours and several positive comments were received.

Our Sunday ringing restarted in March and we have been ringing a socially-distanced 3 or 4 since then. We have updated our risk assessment in line with the updated guidance but are awaiting for this to be approved by the PCC and Archdeacon.

We will be taking advantage of the ability to meet up outdoors to have some rope-splicing classes. The damaged ropes at Michaelston give us plenty of raw material to work with!

Matthew Turner

### **Shirenewton**

Things are at last beginning to ease and as services have recommenced within the church ringing has also commenced, albeit still observing social distancing. At St Thomas a Becket it is possible to ring the 6 bells either from the upstairs ringing room or from the ground floor at the base of the tower. Ringing all six bells from either place would not be compliant with the 2 metre social distancing rule as ringers normally stand within a single circle only approximately 1 meter apart. However, if 3 alternate bells are rung from either place compliance is achieved. Thus once ringing recommenced we rang bells 1, 3 & 5 from the ground floor and 3 people went up to the ringing room to ring 2, 4 & 6 bells. Visual cues are significantly reduced so ringing has to rely largely on auditory inputs, and even simple commands which regulate the start, finish or change in order of the bells has to be achieved by codes, in our case standing the 3rd bell for one whole pull. Thus although ringing is considerably simplified and true change ringing was not achievable, it is highly likely we were one of only a handful of churches in the UK that could ring their complete complement of bells during these times.

With the above arrangement we commenced ringing on 28th March and subsequently were able to ring on Easter Sunday and for every Sunday service held since. With the announcement of the death of the Duke of Edinburgh on the 9th April, Glynis MacDonald was able to toll the tenor bell 99 times on the 10th April in commemoration, and the bell was tolled again, this time half-muffled just before the funeral service on 17th April: at the end of the service all six bells rung half-muffled.

On Friday May 7th with mitigation of the 2 metre rule to 1 metre for ringing following CCCBR advice, we tentatively held our first

ringing practice on the same level. To otherwise achieve social distancing of 2 metres when not ringing we moved all ropes down to the ground floor. We rang for just 30 minutes but achieved some simple change ringing including Plain Bob and Grandsire Doubles and a touch of Plain Bob. At the subsequent debriefing session at The Huntsman (the only hostelry open in the area at present and able to provide outdoor covered and heated seating with waitress service) everyone agreed the practice had been a great success and essentially we are back in action. Keep safe.

Michael Penney

### **Trellech**

Despite lockdown restrictions, a few of the ringers at St Nicholas, Trellech have made good use of the ringing simulator and continued with their ringing practise during the year.

As previously reported, extensive work to minimise the ingress of rainwater into the tower is now complete. The difficult task of re-installing adequate sound proofing above the ringing chamber is now underway. The laying of dense rubber matting has been successful though rope holes and floor gaps are proving more challenging. In the meantime and with the easing of Covid rules, our intention is to restart weekly (silent) practise on tied bells, again with use of the simulator.

We are pleased to report that an additional two residents of Trellech have shown considerable interest in joining the ringing band which should take our regular number to 11.

As with many other towers, the tenor bell was tolled for the funeral of HRH Duke of Edinburgh. A decision was made to use the Ellacombe along with an iPad to assist with the timing of 99 strikes at 5 sec intervals.

Nigel Morris

### **Usk**

We chimed the bells for the first time for Easter Sunday Service and since then Philip Huxley or myself have chimed them on alternative Sundays for the 10.30am Service.

Philip and myself rang the Tenor Half Muffled every 15secs. up to the 3pm start of the Funeral.

At present we aren't able to ring due to the access/egress to the ringing room, ventilation and spacing.

Ken Phillips

### **Association 200 Club Winners**

#### **March**

£25 - David Marshall

£15 - Sian Howells

£10 - Nick W Jones

£10 - David Llewellyn

£10 - Penarth

#### **April**

£50 - Debbie Turner

£30 - Blaenavon

£20 - Theresa Edmunds

£20 - Sam Emmott

£20 - Barbara Hull

#### **May**

£25 - Harriet Moncrieff

£15 - Mike Penney

£10 - Penarth

£10 - James Leney

£10 - Barbara Hull

Anne Hayman

### **Association 200 Club**

The 200 club was established in 1995 as a way to raise money for the Bell Restoration Fund. To date £22,700 has been handed over and a similar amount in prizes. As the membership has increased, so have the prizes. We are currently at 170 members with the ultimate aim being 200 members. Draws are held every month with 5 prizes - 1 x £25, 1 x £15 and 3 x £10 with a double payout in April and December. Cost is £12

per year with a standing order being the most efficient way to pay.

It would be really good if we could find those extra 30 people to get us to the target membership of 200, so please consider joining. You can also join with a tower subscription if preferred. There are several towers doing this and a few with two numbers in the draw. There is no limit to the number of numbers you can have.

Prize winners are published in the branch newsletters and on the Association Facebook page. Some numbers seem to be really lucky, 3 people this year have won twice in the 4 months, but the April £50 winner, despite being a member for many years, had only won £5 once before.

Please let me know if you wish to join the 200 club or have any questions. Membership can start at any point in the year. My email address is [200club@llanmon.org.uk](mailto:200club@llanmon.org.uk) or you can send a messenger message, or mail via the Association website. I will pass the bank details on to anyone interested and they will be entered into the very next draw.

Anne Hayman

### **Monmouth Branch Dinner**

As it stands, the Branch Dinner on Saturday 11th September 2021 is still on.

Obviously, we will be keeping an eye on the COVID situation during May and early June to what the Welsh Government will allow with regards to the number of people that can meet in doors come September time. With that in mind, I shall not be looking to sell tickets for the Dinner before the middle of June, which means that when tickets go on sale, it would be good if people who are interested in going to the Dinner could buy tickets fairly promptly.

As the next Newsletter will not be out until August time, it will be a bit late for full advertisement of the final details.

So, if you are interested in coming to the Dinner, then either -

a) E-mail me now with your interest and include the number tickets that you are like to require so that I can correspond back with you when tickets finally go on sale.

or

b) Check you e-mail inbox for updates sent out via the L&M e-mail lists, specifically from the Monmouth Branch Communications list.

If you are not on the L&M e-mailing lists, then I would encourage you to visit <https://www.llanmon.org.uk/mailling-lists> to register for updates through the "Monmouth Branch Communications" option.

You will also find options for groups such as "Monmouth Branch Newsletters" and "Monmouth Branch Training Communications" amongst others, which may also be of interest to you as well.

As part of the booking of the function room with the Three Salmons Hotel, they have reserved allocation of the bedrooms for people attending the Dinner should people wish to stay over.

If you want to reserve a room for the night, then please contact the Three Salmons Hotel reception yourselves on 01291 672133 and say that you will be attending the Monmouth Branch Bellringers Dinner which will enable you to get the reduced room rate (approx. £95) for the function (breakfast included in the room rate).

Hopefully, we will be allowed to have allowed plenty to people come along for what will be one of the first social occasions for us as a ringing group. A good chance for people to catch up with each other within vocal range rather than the other side of a zoom call!

It is expected that the ticket price will be between £30 and £35 per person.

Please mark the date your diaries / calendars / mobiles etc and hope enough people will have been vaccinated twice to allow the event to go ahead.

Andrew Phillips  
[MonmouthTraining@llanmon.org.uk](mailto:MonmouthTraining@llanmon.org.uk)



## Ellacombe

It's funny how things over time have become known just by their original brand names like for example Hoover, Kleenex, Sellotape etc. To this list I would add "Ellacombe" which most of us know means the chiming apparatus in some of our towers, enabling one person to chime all the bells, pulling a separate set of ropes, lined up in a wooden frame.

The name Ellacombe comes from the Reverend Henry Thomas Ellacombe who during his time as the incumbent at Bitton in South Gloucestershire, invented this apparatus. He sounds quite a colourful character and became incensed by the behaviour of his bell ringers who like many others around the country in the early 19th century were a law unto themselves. They had the only key to the tower and rang the bells as they saw fit which didn't include ringing for service! They regarded ringing as a competitive sport and also behaved in an unbecoming manner, frequently brawling and drinking in the tower in addition to the local alehouse. This encouraged the very talented Revd Ellacombe to invent an apparatus which would enable him not to depend on the ringers who had become such an annoyance. I'm not sure of how the making and installation of these spread around the country but several hundred of these are still in operation, particularly where full circle ringing is not possible.

Talking on Zoom one night to David Barington who used to be a ringer Penarth, he told me that it was the bicentenary of the invention of the Ellacombe this year. This led me to find out about an event planned by the Bitton Parish History Group which all Ellacombe operators can participate in, Covid permitting, on Saturday, June 26th this year. It's intended that as many Ellacombes as possible around the world are used to chime the bells at midday and it would be very nice if towers in the Association could take part. Full circle ringing is also invited so let's hope by then that we'll be allowed to participate, even if in a limited way.

A very informative leaflet has been pro-

duced by the Bitton Parish History Group and a link for you to view and download your own copy is provided here:-  
<http://www.bittonhistory.org.uk/wp-content/uploads/2021/02/Chimes-Leaflet-FINAL1.pdf>

Julian Parker

## Ellacombe celebration

As noted above, Mike Gates of Bitton, Gloucestershire is planning an Ellacombe celebration on 26th June. For more information, including details of the book that Mike is planning, please contact Mike directly. Contact details are on this webpage:

<http://www.bittonhistory.org.uk/ellacombe-chimes/>

### Want to find out what's going on?

To receive copies of the newsletter by email and emails giving notifications of Branch events then head to:

<https://www.llanmon.org.uk/mailling-lists>

and subscribe to Association and Monmouth Branch-related mailing lists.

Another good source of information is the Association Facebook Group which is available here:

<https://www.facebook.com/groups/LlanMonDACBR/>

Thanks to following contributors to this Newsletter: Andrew Phillips, Phil Sergeant, Helen Jackson, Martin Gilbert, John Hopkins, Les Taylor, Andrew Mead, Barry Hayman, Mike Penney, Nigel Morris, Ken Phillips, Anne Hayman, Julian Parker.

### THE DEADLINE FOR MATERIAL FOR THE NEXT NEWSLETTER IS 1 AUGUST 2021.

Articles should be sent, preferably by e-mail, to Matthew Turner:

[monmouthnews@llanmon.org.uk](mailto:monmouthnews@llanmon.org.uk)

### Corrections and amendments:

Apologies to Andrew Mead who is inadvertently missed off the list of Branch Committee members in the last issue. Andrew also provided some text for the brief introductions to committee members as follows:



- “1. Name - Andrew Mead (not to be confused with Andy Mead from Somerset)
2. Home tower: Mathern
3. How long have you been ringing? Over half a century. My first ringing outing was on the day England won the World Cup
4. What are you looking forward to most when we can return to ringing?  
Meeting up with everyone.”

# Addendum - Association Chairman's Thoughts

First of all, I would like to thank you for your confidence in me and for electing me as Chairman of the Association.

With Covid restrictions in place for more than a year, and many towers still unable to ring even under the recent changes to the restrictions, we are facing some interesting challenges.

Some of us can't wait to get back in the tower, whilst others will have enjoyed having more free time and may have found other things to do. I've enjoyed the opportunities we've had to ring handbells online and in gardens during the past 12 months, but I'm not sure that I am fit enough yet for the level of peal ringing I used to enjoy. The teaching of new ringers as we know it still seems a long way off.

The Central Council, and Association of Ringing Teachers, have put together some excellent resources to help with all aspects of getting our towers ringing again, and if you haven't taken a look yet, I strongly recommend them to you. There are links on the association website.

The situation also presents an opportunity. To rethink how we do things, and how we can work together to increase participation, improve the quality of the ringing we do, and to have more fun.

I've had some very interesting conversations with Simon Linford, the President of the Central Council, which has changed my perspective on the resources we have at our disposal, and I'm excited about the possibilities those ideas have created.

I wonder whether the way in which the Association is structured, although it has served us well in the past, is going to be the best way to support ringing in the Llandaff and Monmouth Dioceses in the future.

I would be very interested to know what you think.

What do you see as the role of the "Association" and what do you see as the role of the branches in the future?

What support do you think you and your tower need going forward?

What do you think should be the priorities for the Association in the next 12 months?

Please email me your thoughts to [chairman@llanmon.org.uk](mailto:chairman@llanmon.org.uk), or call me on 07827 479773.