

# Old Mill Foundation

Autumn 2019  
Issue 5



Welcome  
everyone to our  
newsletter

# Autumn message from Sarah Clark our Founder and CEO

What a fabulous summer we have had with some lovely hot days. The nights are drawing in now though, time to cwttch up and relax. Not for us at The Mill however, as we have been awarded Big Lottery funding for the next two years YEAH!!!! We are so grateful to Christine and Ann from 'In2action', for their hard work in securing this invaluable sum of money. Also to Kevin, (one of our Volunteer Therapists) for his hard work behind the scenes. The project will promote and further develop Port Talbot and enable us to open in Narberth in the New Year. Our opening of Llanelli at 'Coleg Sir Gar' is soon on the 7<sup>th</sup> October, starting with an Open Day. Please feel free to come along. With Penclawdd, Llandybie and Port Talbot, this will make five centres in total now so we are going to be busy bees.

We are still looking to open a charity shop and we will be looking for volunteers to help us out when we find the right location. If you fancy providing a couple of hours a week of your time, we would be delighted to hear from you.

We will keep you all up to date with our progress via our Facebook site so join up and join in!

Sarah x

## Deb's news

Our Calendar photographic competition has been a great success and has been supported by many budding photographers along with local businesses who have generously sponsored its printing, so that we can maximise on the sale profits coming to The Old Mill.

All the winning pictures have been taken by local people, (including one of our Volunteer Therapists) of local scenes within the Penclawdd, Llandybie, Port Talbot 'golden triangle', to reflect those areas where we deliver our services.

Details of this publication and where you can buy your copy are detailed in this newsletter and on our website [www.oldmillfoundation.co.uk](http://www.oldmillfoundation.co.uk)

We would like to extend a **special thank you** to 'The Old Mill Friends' Mary, Pam, Sue, David, Helen, Ann and their team of helpers who give their time so generously in making goods that they go on to sell at local events and coffee mornings – Llanmorlais Carnival, Pennard Carnival and Purple Badger Summer Fair in Llanrhidian to name a few.

We are ever grateful for all the fundraising and donations given to us to keep our charity afloat.

As a local charity this is particularly challenging for us as we are most often in 'competition' with other charities in the area that have national fundraising and Public Relations departments working around the clock, in the background. We do not have that luxury with a small team of five working part-time!



### **A big thank you also to**

Lamas Baptist Church,  
Swansea

£500

### **Betws in Need**

**£2,634**

The Village Bar Cafe,  
Killay

£250

### **Una Williams**

**£5,200**

Llandoverly Rotary Club  
£750

### **Cwm Vintage Tractor Club**

**£2,650**

We are always grateful for the donations made from funeral collections and would especially like to thank the family and friends of **Malcolm Morris** who have recently given us £300.

.....and finally thank you to everyone who has one of our collection-tins which continue to raise money for us every day. Please let us know if you would like a tin for your business.

## Friends of The Old Mill – update from Sue Lloyd

Hi Everyone

We've been very busy over the summer at various carnivals and fairs, Pennard Carnival, Sketty Wesleyan Chapel and CKs Supermarket, Penclawdd to name a few; we raised over £600 for the Old Mill. The weather was kind and all the events were well supported. Special thanks to our two Trustee stalwarts, Joan Jeyes and Mary Taylor, who regularly attend many of our events.

We have a number of fundraisers lined up for next season including Macmillan Coffee Morning in Penclawdd Community Centre, where we'll turn up with our craft stall and also we'll be selling the Old Mill 2020 Calendar.

I know - it's frightening - but we will also have Christmas cards ready for the Christmas fairs and events on the horizon.

We are also considering another curry night as the last one was so successful.

If anyone has any ideas or suggestions for events in their own area or would like to help out please don't hesitate to contact us or leave a message at the Old Mill office at Penclawdd 01792 - 851553.

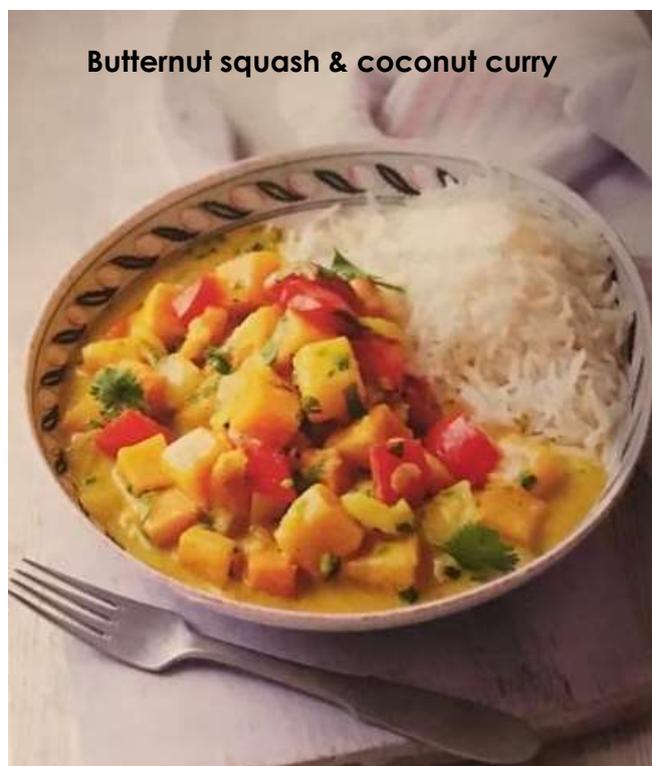
## Old Mill Raffle

During the year we run in-house raffle's to raise money. This summer, Terry Brambley very kindly donated this lovely water colour painting of his, which has raised nearly £100 with the sale of raffle tickets. Now before we share who the lucky winner is, we need to point out how artistic Terry is as you'll notice that he is also one of our winning photographers for our 2020 Calendar and his picture was picked for the month of August.

The winning ticket was number 351 which was bought by one of our clients who comes to see us at Port Talbot. Congratulations!



## Recipe – from Nicola Rees



**Butternut squash & coconut curry**

**Serves 4 and ready in 40 minutes**

### Ingredients

Low-calorie cooking spray

1 large butternut squash - peeled, deseeded and cut into chunks OR  
1kg ready-chopped butternut squash

1 onion, chopped

2 red peppers, deseeded and cut into cubes

2 tbsp mild curry powder

200ml reduced-fat coconut milk

400 ml vegetable stock/Engervita

250g dried basmati rice

25g fresh coriander, roughly chopped, reserving a few leaves to serve

1. Spray a wide, non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the veg and curry powder with a splash of water and stir-fry for 2-3 minutes
2. Add the coconut milk and stock bringing to the boil. Reduce to a simmer and cook for 20-25 minutes, or until the squash is tender. Meanwhile, cook the rice according to the pack instructions, then drain.
3. Stir the chopped coriander through the curry. Divide the rice and curry between 4 bowls, scatter over the reserved coriander and serve

## Outreach Centres – update from Caroline Evans

### **Llandybie**

Llandybie has been quite a bit quieter during the summer with our clients and Therapists on holiday, babysitting grandchildren, and various and assorted appointments. We still averaged 24 appointments each week throughout August.

The Tenovus choir has been three times so far, and is really great fun. They come every 2<sup>nd</sup> Tuesday of the month and everyone is welcome whether you can sing or not!

There's an 'Activate Your Life', programme also run by Tenovus starting here in October; more information to follow as we get it.

Susie, one of the Therapists is leaving us at Llandybie but fortunately can offer her services at Port Talbot instead. Many thanks Susie for all your hard work here, we will miss you.

Llandybie clients have been very active on our behalf this summer. We have had donations from a local church, a walking group who did two sponsored walks for us, Cwm Tractor Association, and the Llandovery Rotary whose immediate past President chose us as his charity of the year. Between them all a sum in excess of £4,000 was given to us. Huge thanks go to all who took part in these events.

### **Port Talbot**

Like Llandybie a bit quieter this past couple of months but new clients are coming through our doors most weeks.

We were going to take part in the RNLI Port Talbot Lifeboat Festival which was due to be held on Saturday August 10<sup>th</sup> which was unfortunately cancelled due to bad weather. However it has been rearranged for Saturday 21<sup>st</sup> September so please come along then and have some fun. Fingers crossed the weather stays fair.

The pop up shop continues to attract donations and we're rapidly running out of storage space!

New Volunteers have joined us at both Llandybie and Port Talbot so a big welcome and thank you for your support and time. Without all our Volunteers we couldn't do what we do for our clients and their families.

## The Old Mill Calendar 2020

Calendars can be bought from us directly at our centres in Penclawdd, Llandybie and Port Talbot for **£5** and will also be on sale at the following

Kind Earth Supermarket Llanelli  
Crofty Post Office  
Three Crosses Country Stores  
Killay Stores & Post Office  
Williams' Pet and Garden Supplies Gowerton  
Pontarddulais Garden Centre  
Petals Garden Centre Tycroes Ammanford  
Michelle Roberts Designs Llandybie  
Penyfodan Fawr Farmshop Gorseinon  
Dunvant Farm Shop  
CK's Penclawdd  
Gower Heritage Centre Parkmill  
Llanrhidian Garage

Alternatively, to place an order please email  
[deb.oldmillfoundation@gmail.com](mailto:deb.oldmillfoundation@gmail.com)

or phone 01792- 851553 Tuesday or Wednesday

Please note for purchases made via credit card may be subject to a small surcharge and postage and packaging costs are applicable



**Thank you to the following businesses for kindly sponsoring the calendar**

CK Foodstores, blackbox-av, MorganLaRoche Solicitors, Murton Farm Shop, NEI Travel, Samphire Hairdressers, Murton Farm Cottages, iPlanning Wealth Management, Lesley James Curtains, Carlton's Hair & Beauty, BarrowHR Consultants, Ashley's Ladies Wear, The Rake & Riddle Restaurant, Sonning Vintage Watches.

## Shop Offers – from Jaynie Sayers

The nights are drawing in, so we welcome Autumn and its beautiful colours! We all need to support our immune system as winter approaches, so to keep in tip-top condition, I recommend a daily spray of Vitamin D3 £8.50, 1000mg Vitamin C £4.50 and a good boost of Echinacea £10.50 which are all available in our Penclawdd shop and outreach centres.



## New supermarket opens in Llanelli

Llanelli's new Community Supermarket with locally sourced vegan, organic and gluten free products plus minimum waste ranges and initiatives available.

As an Old Mill supporter, owner Matt Rogerson is kindly offering 10% discount in-store with this newsletter.

Do pay a visit at  
UNIT 3 STRADEY DISTRICT CENTRE, MAES Y COED, LLANELLI SA15 4EB

[www.facebook.com/kindearthllanelli/](http://www.facebook.com/kindearthllanelli/)

Phone Number: 01554 756509



**kind earth**  
Shop Lovingly

Winter newsletter

Thank you to everyone who has contributed to this Autumn issue.

I hope you've enjoyed the read! Please let me know what you would like included in the next issue and send me your stories.

In the meantime I wish you all very best wishes

*Deb x*

*PS Don't forget to order your 2020  
Calendar, great Christmas 'stocking fillers'  
and happy new year greetings to your  
friends, family and neighbours!*

My contact details are

[deb.oldmillfoundation@gmail.com](mailto:deb.oldmillfoundation@gmail.com)

01792- 851553 - Monday to Wednesday