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Llangrannog yn em ar arfordir Cymru

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Welcome to the first ever.....

FeelGood Ceredigion

Croeso i'r Argraffiad Cyntaf o FEELGOOD Ceredigion!

Rydym yn falch iawn o'ch cyflwyno i'r argraffiad cyntaf o FEELGOOD Ceredigion, cylchgrawn sy'n ymroddedig i ddathlu'r bobl, y lleoedd a'r straeon sy'n gwneud y sir mor arbennig. Boed chi'n breswlydd hirsefydlog neu'n ymwelydd yn darganfod swyn Ceredigion, rydym yn gobeithio y bydd y cyhoeddiad hwn yn dod yn ganllaw i'ch ysbrydoli, eich hysbys u a'ch cysylltu â'n cymuned.



Tim Evans

Welcome to the First Edition of FEELGOOD Ceredigion!

We are thrilled to introduce you to the very first edition of FEELGOOD Ceredigion, a magazine dedicated to celebrating the people, places, and stories that make the county so special. Whether you're a long-time resident or a visitor discovering the charm of Ceredigion, we hope this publication becomes your go-to guide for inspiration, information, and connection within our community.

What Can You Expect?

At FEELGOOD Ceredigion, we've worked tirelessly behind the scenes to curate a magazine filled with content that reflects the vibrancy and diversity of life in this wonderful county.

Spotlight on Llangrannog

A Jewel on the Welsh Coast
In this month's edition, we shine a spotlight on the breathtaking coastal town of Llangrannog. Known for its golden sands, stunning cliffs, and rich history, Llangrannog is a destination that encapsulates the beauty and charm of Ceredigion. Whether you're visiting for the day or planning a longer stay, you'll find plenty to explore, from scenic walks and delicious

seafood to the welcoming community that makes this town so special.

Get Involved!

We believe that the best stories come from the people who live them. That's why we're inviting you to be part of FEELGOOD Ceredigion. If you have a story, event, or idea you think we should feature, we'd love to hear from you! Reach out to us at 01437 209300 and let's make this magazine a true reflection of the vibrant community we all call home
Thank you for joining us on this exciting journey. We hope you enjoy reading this first edition as much as we enjoyed creating it. Here's to celebrating all things Ceredigion!

FeelGood Magazine Pembrokeshire

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Pictured Left to right: Elize Freeman, Deputy Director and Co-Lead of Dewis Choice, Professor Jon Timmis, Vice-Chancellor Aberystwyth University, Bayanda Vundamina, President of Undeb Aber and Jess Jackson, Anti-harassment and Violence Coordinator at Aberystwyth University Student Services

ABERYSTWYTH UNIVERSITY TO MARK WHITE RIBBON DAY

Aberystwyth University will observe White Ribbon Day on Monday, 25 November, as part of its ongoing commitment to ending violence against women and girls.

Staff and students across the University are being encouraged to sign a pledge to "never use, excuse or remain silent about men's violence against women and girls." This initiative is led by the University's Dewis Choice project. A large poster bearing the pledge will be available for signing at the Students' Union throughout the week and already includes the signatures of Vice-Chancellor Professor Jon Timmis and Undeb Aber President Bayanda Vundamina.

Dewis Choice is the UK's first dedicated service for older men, women, and non-binary individuals who have experienced domestic abuse. It is part of the Centre for Age, Gender and Social Justice within the Department of Law and Criminology.

Rebecca Zerk, Director

and Co-Lead of Dewis Choice, highlighted the stark realities of domestic abuse, noting that one in four women experience domestic abuse in their lifetime, 41% of UK girls aged 14 to 17 in intimate relationships experience sexual violence, and 86% of 18 to 24-year-olds have faced sexual harassment.

Rebecca said: "Violence against women and girls is not inevitable; it's a choice made by those who harm. By standing together to challenge and reject abusive behaviour, we can create a culture of safety, dignity, and respect for all. The White Ribbon campaign reminds us that silence is complicity, and action is a necessity. We encourage staff and students to sign the pledge to demonstrate our commitment to ending violence against women and girls."

Now in its third year, the University's White Ribbon campaign coincides with the launch of two key initiatives by the Student Services team: the

Sexual Violence, Harassment and Misconduct Service and the confidential online 'Report + Support' service.

Professor Jon Timmis, Vice-Chancellor of Aberystwyth University, said: "White Ribbon Day is a cornerstone of our commitment to raising awareness about violence against women and girls, and it holds a vital place in our university calendar. This day compels us to not only pause and reflect but to actively pledge our determination to foster a campus that is safe, inclusive, and supportive for everyone. At Aberystwyth University, we are unwavering in our dedication to combating violence in all its forms, standing in solidarity with survivors, and ensuring that the essential services and resources they need are readily accessible."

This year's campaign will also promote the Welsh Government's Live Fear Free 24-hour helpline (0808 8010 800), which provides support and advice regarding violence against women, domestic

abuse, and sexual violence.

The campaign will also highlight the charity Respect, which works with young people who cause harm and offers opportunities for change.

Running over 16 days, the campaign aligns with the global 16 Days of Activism against Gender-Based Violence, beginning on White Ribbon Day and concluding on 10 December, International Human Rights Day.

Bayanda Vundamina, President of Undeb Aber, added: "We are delighted to support the University's White Ribbon campaign once more this year and urge fellow students from across the University to visit the Students' Union this week to sign the pledge and show their support for such an important cause. I also look forward to continuing to work with the University towards creating a world without violence, where all women live free from fear and are empowered to thrive and achieve their full potential."



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STRATA FLORIDA TRUST SEEK FAMILIES

The Strata Florida Trust is thrilled to collaborate with Natural Resources Wales (NRW) and the Coal Authority on the Metal Mines Programme, funded by the Welsh Government.

This ambitious initiative aims to enhance the quality of Wales' water environment for the benefit of both people and wildlife by achieving cleaner, healthier rivers.

The programme has identified over 1,000 abandoned and polluted metal mines across Wales that are impacting rivers, and it is undertaking appropriate remedial work to address these issues.

This includes measures such as managing surface water and spoil, as well as implementing mine water treatment schemes. Beyond improving river quality, this work is expected to deliver additional benefits, including improved health and well-being, economic opportunities for local communities, and preservation of the wider environment and cultural heritage.

One site earmarked for remedial work is Abbey Consols, located northeast of Strata Florida near Pontrhydfendigaid. Historically significant, this site may have been mined by Cistercian monks during the Middle Ages and was extensively worked in the 19th century for lead, silver, and zinc.



silver, and zinc.

As part of its involvement in the Metal Mines Programme, the Strata Florida Trust plans to develop Abbey Consols as a feature of its visitor engagement and education initiatives. This will include creating educational resources for schools and leading guided walks to the site to share its fascinating history.

The Trust also aims to carry out an oral history project during

2025-26, gathering stories from the descendants of those who worked in the metal mines of Ceredigion. Historical records, including censuses, land grants, and parish documents, show that mining was a vital industry in Ceredigion as far back as the 17th century. By the 1880s, the county had become Britain's fourth-largest lead producer, employing around 10,000 people out of a population of 70,000. Mining provided jobs, increased

wealth, and improved living standards in the region. The influx of workers also led to the establishment of mining-farming settlements, where miners and subsistence farmers coexisted. Landowners allowed miners to build squatter settlements, such as Rhos Gelli Gron, to maintain a semi-skilled industrial workforce while supporting the agricultural economy in an area where farming and mining were economic pillars.

Abbey Consols closed in 1913, and the men, women, and children who worked there and in other mines across Ceredigion are no longer living. While other mining sites in the county have been well documented and studied, Abbey Consols and its workers remain relatively unknown. To preserve this important chapter of local history, the Strata Florida Trust is eager to hear from descendants of mining-farming families who may hold stories, letters, diaries, or photographs passed down through generations.

If you have any information or materials to share, please contact the Trust by emailing info@strataflorida.org.uk or calling 01974 831760.

To learn more about the work of the Strata Florida Trust, visit their website at www.strataflorida.org.uk.

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PLANS FOR 51 AFFORDABLE NEW HOMES IN CARDIGAN



Formal plans for the construction of 51 affordable homes on the outskirts of Cardigan have been submitted to Ceredigion County Council, following a period of public consultation.

Wales & West Housing, represented by Amity Planning, has proposed the development on a 4.6-acre site at Dol Y Dintir, Mill Lane Road, Cardigan. The plans include the creation of affordable homes alongside associated infrastructure and amenities, according to the supporting documentation.

The proposed development comprises 100% affordable 'social rented' housing, including:

- 10 one-bedroom bungalows
- 6 one-bedroom flat
- 1 two-bedroom bungalow
- 20 two-bedroom, two-storey home
- 10 three-bedroom home

• 1 four-bedroom house

The project also includes vehicular and pedestrian access, car parking, landscaping, amenity areas, and other supporting infrastructure.

The documentation explains: "Vehicular access to the site will be from the south via a new entrance on New Mill Road. Separate pedestrian and cycle access will be provided to the north of the site, also connecting to New Mill Road. The development will sensitively back onto existing boundaries, retain hedgerow habitats, and promote biodiversity.

"The site will feature two areas of open space: a large multifunctional area designed to manage surface water sustainably while providing informal play and recreational opportunities, and an elevated amenity space incorporating a Local Area for Play (LAP)."

Wales & West Housing emphasised its commitment to

delivering a 100% affordable scheme: "The aim is to provide new homes designed and built to the highest standards, offering quality housing for social housing residents and market sales clients alike, while integrating thoughtfully with the existing community and respecting the local architectural style.

"The development aims to appeal to a wide range of potential residents, with a focus on meeting the needs of those seeking social rented housing. This project addresses the significant demand for affordable housing in Cardigan."

A pre-application consultation concluded at the end of last month, following public engagement efforts.

Ahead of the consultation, Gareth Thomas, Head of Development (West) at Wales & West Housing, stated:

"Currently, there are hundreds of local people and families in Cardigan

in need of a home. The demand for good quality, modern, affordable housing in the town is higher than ever."

The consultation received 22 written responses, which raised concerns about potential flooding and drainage issues resulting from increased surface water run-off, foul water drainage capacity, traffic generation, road safety, and the potential strain on local resources. There were also concerns about the proximity of the new homes potentially impacting the quality of life for neighbouring properties.

Cardigan Town Council expressed support for the development, citing the acute shortage of homes for local residents. However, they emphasised the need for thorough consideration of flooding concerns and ensuring safe access to the site.

The application will be reviewed by county planners at a future date.

BREATHING NEW LIFE INTO TREASURES OF THE PAST

Cardigan Curiosities, an antiques, vintage, and homewares brand, offers a fresh take on timeless treasures. Owned by young local couple Otto Jones and Faith Millward, the shop boasts a "curated miscellany of treasures from the UK and beyond."

The couple emphasizes the stories behind their pieces.

"Cardigan Curiosities celebrates the historical provenance and personal memories attached to each item—not just of their former owners, but also the new ones," they said.

Among the treasures is a South African rosewood shaving mirror that once belonged to a village doctor and a Portmeirion Totem tea set identical to one purchased by a woman's father during his time as a marine in the USA.

Sustainability is a core value for Otto and Faith, who are passionate about reviving old pieces.

"Antique and vintage items have remarkable

longevity. They're built to last and designed to stand the test of time," they said.

They also specialize in nostalgic items reminiscent of childhood homes, bringing comfort and charm.

Accessibility is key, with Otto and Faith ensuring their goods remain affordably priced.

"We want customers to leave with something special, even if they only have £10 in their pocket," they explained.

After a year-long search, the couple opened in Cardigan's former Barclays Bank building. In a serendipitous twist, one of their key pieces—a slate clock by local makers Thomas and Sons—was created in that very space, which was once the jeweler's shop.

Now part of the Cardigan Castle collection, the clock will remain on display for visitors. Cardigan

CARDIGAN CURIOSITIES



Curiosities plans to continue collaborating with the castle to contribute to its historic collection.

Located at 32A High Street, Cardigan Curiosities is open daily from 10 AM to 6 PM through November and December.



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BREED: Jack Russell
AGE: 9 months

JACK

TYPE OF HOME REQUIRED: Active home. Willing to continue training. Only dog. Dog savvy children.

For more information about JACK please contact A.R.C. or scan the QR code.

rehomimg@animalrescuecymru.co.uk
Tel: 0345 475 5958

BREED: Terrier mixes
AGE: 12 yrs old

NOODLES AND TANK

TYPE OF HOME REQUIRED: Quiet retirement home. Only dogs. No cats. Older children. Rehomed as a pair.

For more information about NOODLES & TANK please contact A.R.C. or scan the QR code.

rehomimg@animalrescuecymru.co.uk
Tel: 0345 475 5958

BREED: Staffordshire Bull terrier
AGE: 11 yrs

JACK

TYPE OF HOME REQUIRED: Someone home a lot. Could live with another dog. Older children.

For more information about JACK please contact A.R.C. or scan the QR code.

rehomimg@animalrescuecymru.co.uk
Tel: 0345 475 5958

BREED: Greyhound
AGE: 4yrs old

SONNY

TYPE OF HOME REQUIRED: Quiet home. Someone home a lot. Could live with another female dog. No cats. Older children. Never lived in a home, so will need house-training etc.

For more information about SONNY please contact A.R.C. or scan the QR code.

rehomimg@animalrescuecymru.co.uk
Tel: 0345 475 5958

BREED: Karakachan (Bulgarian Shepherd)
AGE: 2½ yrs old

ZORRO

TYPE OF HOME REQUIRED: Experienced with large breeds. Older children. Rural home. Will need lots of mental & physical stimulation.

For more information about ZORRO please contact A.R.C. or scan QR Code.

rehomimg@animalrescuecymru.co.uk
Tel: 0345 475 5958

BREED: Mixed Breed
AGE: 3yrs old – litter sisters

LUCKY

TYPE OF HOME REQUIRED: Can live with cats & children. Will need regular grooming. Would prefer a home together.

For more information on LUCKY please contact A.R.C. or scan the QR code

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MAE LLANGRANNOG YN DRYSOR ARFORDIROL LLAWN HANES A SWYN

Gan Tim Evans

Wedi'i leoli ar arfordir godidog Ceredigion, mae Llangrannog yn bentref glan môr swynol sy'n cynnig cymysgedd perffaith o hanes, harddwch naturiol, ac antur i ymwelwyr. Dim ond awr o daith o Sir Benfro, mae'r cyrchfan lluniedig hwn yn fan perffaith i'r rheini sy'n chwilio am loches dawel gyda digon i'w weld a'i wneud.

HANES WEDI'I WREIDDIO MEWN CHWEDLAU A FFYDD

Mae hanes Llangrannog yn dechrau gyda'i nawddsant, Sant Carannog, sant o'r 6ed ganrif y dywedir iddo sefydlu eglwys yma. Yn ôl chwedl leol, llwyddodd Sant Carannog i dawelu draig môr ffyrnig gan ddefnyddio ei allor gludadwy—stori sy'n tynnu sylw at gysylltiad hirhoedlog y pentref â'r môr. Saif Eglwys Sant Carannog heddiw, a

ailadeiladwyd yn y 19eg ganrif, fel tyst i'r dreftadaeth hon ac mae'n parhau i fod yn fan heddychlon ar gyfer myfyrdod.

Mae hanes morwrol y pentref yr un mor ddiddorol. Yn y canrifoedd blaenorol, roedd Llangrannog yn ganolfan brysur ar gyfer pysgota a masnach arfordirol. Roedd pysgota'r penwaig a'r odynnau calch ar hyd yr arfordir yn ffurfio craidd yr economi, tra bod y cilfachau anghysbell hefyd wedi chwarae rhan yn y smyglo—pennod gyffrous yn ei hanes.

HARDDWCH ARFORDIROL AC ATYNIADAU

Mae Llangrannog yn enwog am ei olygfeydd syfrdanol. Mae'r pentref wedi'i leoli ar Lwybr Arfordir Ceredigion, gan gynnig golygfeydd ysblennydd o Fae Ceredigion. Mae cerddwyr yn aml yn gweld dolffinaid, morloi, ac adar môr, gan ei wneud yn baradwys i selogion bywyd gwyllt.



Serch hynny, y brif atyniad yw'r traeth. Mae Traeth Llangrannog yn cynnig tywod euraid a dyfroedd clir, yn berffaith ar gyfer teuluoedd a nofwyr. Gerllaw, mae Traeth Bach, neu'r "Traeth Bach," yn cynnig man mwy tawel, sy'n hygyrch ar drai neu drwy gerdded byr. Yn dominyddu'r arfordir mae Carreg Bica eiconig, pentwr bwyd môr ffres, neu'n syml yn amsugno heddwch y bae, mae'r pentref yn eich gwahodd i arafu a mwynhau plaserau bywyd syml.

i deuluoedd a grwpiau sy'n chwilio am brofiad unigryw.

HAFAN AR GYFER YMLACIO

Mae swyn Llangrannog yn gorwedd yn ei allu i gynnig rhywbeth i bawb. P'un a ydych chi'n cerdded ar hyd yr arfordir, yn bwyta bwyd môr ffres, neu'n syml yn amsugno heddwch y bae, mae'r pentref yn eich gwahodd i arafu a mwynhau plaserau bywyd syml.

CYNLLUNIWCHEICHWELIAD

Mae Llangrannog yn hawdd ei gyrraedd o Sir Benfro, gyda gyrru golygfaol ar hyd yr arfordir. Mae parcio ar gael, er bod lleoedd yn llenwi'n gyflym yn yr haf, felly mae'n werth cyrraedd yn gynnar. Gyda'i gymysgedd o hanes, antur, ac ymlacio, mae Llangrannog yn daith ddiwrnod neu benwythnos perffaith i'r rheini sy'n caru harddwch heb ei ddifetha Cymru.

O'i orffennol chwedlonol i'w bresennol bywiog, mae Llangrannog yn addo dihangfa gofiadwy. Paciwc eich esgidiau cerdded, dewch â'ch camera, a pharatowch i syrthio mewn cariad â'r trysor arfordirol hwn.

ARCHWILIO'R PENTREF

Er ei faint bychan, mae gan Llangrannog gymuned fywiog a digon i'w cynnig. Gall ymwelwyr fwynhau croeso Cymreig traddodiadol yn ei dafarnau a'i gaffis. Mae'r Pentre Arms yn ffefryn am brydau helaeth a golygfeydd môr, tra bod Yr Hut Arfordirol yn gweini hufen iâ lleol blasus a byrbrydau.

I'r rheini â diddordeb mewn diwylliant lleol, mae Canolfan Urdd Gobaith Cymru gerllaw yn cynnig gweithgareddau fel sgïo, toboganio, a chwaraeon, ynghyd â gweithdai iaith Gymraeg. Mae'n fan gwych

LLANGRANNOG IS A JEWEL ON THE COAST OF WALES

LLANGRANNOG IS A COASTAL GEM RICH IN HISTORY AND CHARM

By Tim Evans

Nestled on the stunning Ceredigion coastline, Llangrannog is a charming seaside village that offers visitors a perfect blend of history, natural beauty, and adventure.

Just an hour's drive from Pembrokeshire, this picturesque destination is a must-visit for those seeking a tranquil escape with plenty to see and do.

A HISTORY STEEPED IN LEGEND AND FAITH

Llangrannog's story begins with its namesake, Saint Carannog, a 6th-century Welsh saint who is said to have founded a church here. According to local legend, St. Carannog calmed a ferocious sea dragon using his portable altar—a tale that highlights the village's long-standing connection with the sea. The present-day Church of St. Carannog, rebuilt in the 19th century, stands as a testament to this heritage and remains a peaceful spot for reflection.

The village's maritime history is equally captivating. In earlier centuries, Llangrannog was a bustling hub for fishing and coastal trade. Herring fishing and lime kilns along the shoreline formed the backbone of the economy, while the isolated coves also played a part in smuggling—a thrilling chapter in its history.

COASTAL BEAUTY AND ATTRACTIONS

Llangrannog is renowned for its breathtaking scenery. The village sits on the Ceredigion Coast Path, offering spectacular views of Cardigan Bay. Walkers often spot dolphins, seals, and seabirds, making it a paradise for wildlife enthusiasts.

The star attraction, however, is the beach. Llangrannog Beach boasts golden sands and clear waters, perfect for families and swimmers. Nearby, Traeth Bach, or "Small Beach," offers a quieter retreat, accessible at low tide or via a short walk. Dominating the shoreline

is the iconic Carreg Bica, a striking sea stack steeped in legend as the tooth of a giant.

For thrill-seekers, the area provides opportunities for surfing, kayaking, and paddleboarding. Equipment hire and lessons are available locally, ensuring fun for all levels of experience.

EXPLORING THE VILLAGE

Despite its small size, Llangrannog has a vibrant community and plenty to offer. Visitors can enjoy traditional Welsh hospitality in its pubs and cafés. The Pentre Arms is a favorite for hearty meals and sea views, while The Beach Hut serves up delicious local ice cream and snacks.

For those interested in local culture, the Urdd Gobaith Cymru Centre nearby offers activities such as skiing, tobogganing, and sports, along with Welsh language workshops. It's an excellent spot for families and groups looking for a unique experience.

A HAVEN FOR RELAXATION

Llangrannog's charm lies in its ability to offer something for everyone. Whether you're strolling along the coast, indulging in fresh seafood, or simply soaking in the serenity of the bay, the village invites you to slow down and savor life's simple pleasures.

Plan Your Visit

Llangrannog is easily accessible from Pembrokeshire, with scenic drives along the coast. Parking is available, though spaces fill quickly in summer, so arriving early is recommended. With its blend of history, adventure, and relaxation, Llangrannog is the perfect day trip or weekend getaway for those who love Wales' unspoiled beauty.

From its legendary past to its vibrant present, Llangrannog promises a memorable escape. Pack your walking boots, bring your camera, and prepare to fall in love with this coastal treasure.



Food & Drink Guide

Welcome to the colourful FeelGood Food!

Every issue we will bring you half a few pages that should whet your whistle and get the gastric juices flowing!

We have a look at a few local delights from social media and we have found some incredible looking meals from eateries all over our beautiful county.

We have some awesome recipes for you with a Chicken

Casserole and an exciting ginger yule log to get you in the mood for xmas!



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FeelGood Cookin'!

The nights are darker and the temperature is falling, let's get warmed up!

CHICKEN CASSEROLE

Easy Chicken Casserole Recipe
Every cook should have an easy chicken casserole recipe in their repertoire, and this one is sure to become a family favourite. It's hearty, full of flavour, and pairs beautifully with mashed potatoes, boiled potatoes, or rice for a complete meal.

Prepare and Cook the Chicken Season the chicken thighs all over with a pinch of salt and a generous amount of black pepper. Heat the oil in a large non-stick casserole pan over medium heat. Fry the chicken, skin-side down, for 7-8 minutes or until the skin is golden brown. Turn the chicken and cook for an additional 3 minutes on the other side. Transfer the chicken to a plate.

Cook the Vegetables Return the pan to the heat and add the chopped onion, bacon, and mushrooms. Fry over medium-high heat for 4-5 minutes, stirring regularly, until the ingredients are lightly browned. Add the chopped carrots and flour, and toss everything together.

Add the Flavour Sprinkle the thyme over the vegetable mixture, then gradually pour in the chicken stock, stirring well between each addition.

Simmer the Casserole Return the browned chicken



thighs to the pan and bring the mixture to a gentle simmer. Cover the pan with a lid.

Cook in the Oven Place the casserole dish in the preheated oven and cook for 45 minutes.

Add the Leeks Remove the dish from the oven and stir in the sliced leeks. Return it to the oven for an additional 15 minutes, or until the chicken and leeks are tender, and the sauce has thickened.

SERVE

Once everything is cooked

through, serve the casserole hot with your choice of mashed or boiled potatoes, or rice. Enjoy!

This simple chicken casserole is perfect for a cosy family meal and is sure to become a go-to recipe in your kitchen.

Nutritional Information (per serving):

Calories: 425 kcal
Protein: 48g
Carbohydrates: 13g (7.5g sugars)
Fat: 19g (5g saturates)
Fibre: 5g
Salt: 2.4g.

INGREDIENTS

- 8 bone-in, skin-on chicken thighs (around 850g/1lb 14oz)
- 1 tbsp olive or sunflower oil
- 1 onion, thinly sliced
- 4 rashers smoked back bacon, cut into roughly 2cm/¾in slices
- 150g/5½oz small mushrooms, halved or quartered if larger
- 3 medium carrots, peeled and cut into roughly 1.5cm slices
- 20g/¾oz plain flour (around 2 tbsp)
- 1 tsp dried thyme or 1 tbsp fresh thyme leaves
- 500ml/18fl oz hot chicken stock (made with 1 stock cube)
- 1 medium leek, trimmed and cut into roughly 1cm/½in slices
- salt and freshly ground black pepper

AWESOME BEETROOT HUMMUS

This vibrant and nutritious beetroot hummus is perfect as a dip or spread, adding a burst of colour and flavour to any dish.

Whether you're looking for a healthy snack or a tasty filling for vegan sandwiches and wraps, this beetroot hummus is an easy-to-make, versatile option.

For this recipe, you'll need a food processor, and the hummus can be prepared in just a few simple steps.

Method

Toast the Cumin Seeds Begin by gently toasting the cumin seeds in a small dry frying pan over medium heat. Stir occasionally and allow them to toast for about 2 minutes, or until they release a fragrant aroma. Once toasted, remove from the heat and set aside. Blend the Ingredients In a food processor, add the chopped beetroot, drained chickpeas, garlic, ground



coriander, salt, and olive oil. Add the toasted cumin seeds and the freshly squeezed lemon juice. Season with freshly ground black pepper.

Blitz Until Smooth Blitz the ingredients in the food processor until the mixture becomes smooth and creamy. Taste the hummus and adjust the seasoning if necessary. You may want to add a little more salt, pepper, or lemon juice to suit your taste. Blitz again briefly to ensure everything is well combined. Serve and Store

Your beetroot hummus is now ready to be enjoyed! Use it as a delicious spread for sandwiches and wraps or as a dip for fresh vegetables, pita bread, or crackers.

Store any leftovers in an airtight container and keep in the fridge for up to 3 days. Alternatively, you can freeze it for future use.

This beetroot hummus is a nutritious and eye-catching addition to your meals, packed with flavour and perfect for vegans or anyone looking for a wholesome, plant-based option. Enjoy!

INGREDIENTS

- For the hummus
- 1 tsp cumin seeds
 - 250g/9oz cooked beetroot, drained and quartered
 - 400g tin chickpeas, drained and rinsed
 - 1 garlic clove, peeled
 - 1 tsp ground coriander
 - ½ tsp flaked sea salt, and to taste
 - 2 tbsp extra virgin olive oil
 - 2 tbsp fresh lemon juice
 - ground black pepper
- Sandwich 1
- 1 slice sourdough bread
 - generous dollop beetroot hummus (from above)
 - handful watercress
 - 1 tsp mixed chopped nuts and/or seeds
 - drizzle tahini
- Sandwich 2
- 1 slice wholegrain bread
 - generous dollop of beetroot hummus (from above)
 - 2 tbsp kimchi
- Sandwich 3
- 1 slice rye bread
 - generous dollop beetroot hummus (from above)
 - small handful sprouted lentils and/or beans
 - few parsley and/or mint leaves, torn
 - drizzle olive oil

SPICED GINGER YULE LOG

This festive twist on the classic yule log swaps chocolate for warm ginger and cinnamon flavors, complemented by pecan praline and spiced meringue buttercream.

Method

Begin by preheating your oven to 180°C (160°C Fan/Gas 4). Grease and line a 23x33cm Swiss roll tin with baking paper. Melt the butter and let it cool slightly.

In the bowl of a freestanding mixer (or using a handheld mixer), combine eggs, sugars, and treacle. Whisk on medium-high speed until the mixture triples in volume, becoming thick, pale, and leaving a ribbon trail when lifted. Sift together the flour, ground almonds, baking powder, spices, and a pinch of salt. Using a large metal spoon, gently fold the dry ingredients into the egg mixture.

Pour the melted butter around the edge of the bowl and fold it in carefully. Pour the batter into the prepared tin and level it with the back of a spoon. Bake for 12 minutes on the middle shelf until golden and springy. Cool in the tin for 2 minutes before turning the sponge out onto a sheet of baking paper. Peel off the lining paper, roll the sponge (with the baking paper inside), and set it aside to cool completely.



For the praline, line a tray with baking paper or a silicone mat. Dissolve sugar with 2 teaspoons of water in a saucepan over low heat, then bring it to a boil without stirring. Cook until the syrup turns amber, swirling occasionally. Stir in toasted nuts, coat them evenly, and cook for 30 seconds. Spread the mixture onto the tray and allow it to cool. Once hardened, break it into chunks and pulse in a food processor until finely chopped.

To prepare the buttercream, place sugar, egg whites, a tablespoon of water, and a pinch of salt in a heatproof bowl over simmering water. Whisk until thickened, glossy, and hot to the touch (about 4 minutes). Transfer to a mixer and beat on medium-high speed until cool, stiff, and glossy. Gradually add butter and

whisk in cinnamon and ginger syrup.

Unroll the sponge, spread a thin layer of buttercream, and sprinkle with praline and chopped stem ginger. Roll the cake tightly, chill for 15 minutes, then frost with the remaining buttercream. Finish with more praline and ginger on top. Chill briefly before slicing and serving this spiced, nutty delight!

To toast the nuts, heat them in a dry frying pan over medium heat, stirring until golden and fragrant, then transfer to a bowl.

When combining the dry ingredients and melted butter with the egg mixture, fold gently to preserve air bubbles for a light, fluffy cake.

The cake can be prepared and assembled in advance. Chill until needed, removing from the fridge 30 minutes before serving.

INGREDIENTS

- For the cake
- 25g/1oz unsalted butter
 - 4 medium eggs
 - 50g/1¾oz light brown soft sugar
 - 75g/2¾oz caster sugar
 - 1 tbsp black treacle
 - 100g/3½oz plain flour
 - 25g/1oz ground almonds or ground hazelnuts
 - ½ tsp baking powder
 - 1 tsp ground ginger
 - 1 tsp mixed spice
 - ½ tsp ground cinnamon
 - pinch salt
- For the pecan praline
- 50g/1¾oz caster sugar
 - 50g/1¾oz lightly toasted pecans or hazelnuts (see Recipe Tip)
- For the spiced meringue buttercream
- 175g/6oz caster sugar
 - 3 egg whites
 - 250g/9oz unsalted butter, softened and diced
 - 3 pieces stem ginger in syrup, drained and finely chopped, plus 2 tbsp syrup

What does it go with?



To make your meal complete let the experts finish the recipe for you...

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SEE YOU NEXT TIME

FEELGOOD FOOD FROM THE WEB

Once again we have seen some truly amazing dishes from around our county!

We have collected some lovely pictures that some of the great eateries of Ceredigion have been posting on social media.

Some of these fine places we haven't tried, but these pictures, we think, speak for themselves to demonstrate the amazing quality of the food in our county.

Obviously we only have a limited space, so if you would like your local restaurant/eatery in next month's edition then send a picture to info@feelgoodmagazine.co.uk.

Make sure you detail where it is from, and the name of the dish!



The Copper Pot Smash Burger in Cardigan!



Now that's a breakfast at The Athro Lounge in Aberystwyth



Classic Sunday Roast at The Ship Inn, Tresaith



Steak Night at Crwst in Cardigan



Parmesan crusted courgette fries at Medina in Aberystwyth



Mouthwatering pizza at Manucci's Italian in Cardigan



Tandoori Chicken Burger at Baravin in aberystwyth



A wonderful looking piece of beef at Yr Hen Printworks in Cardigan!

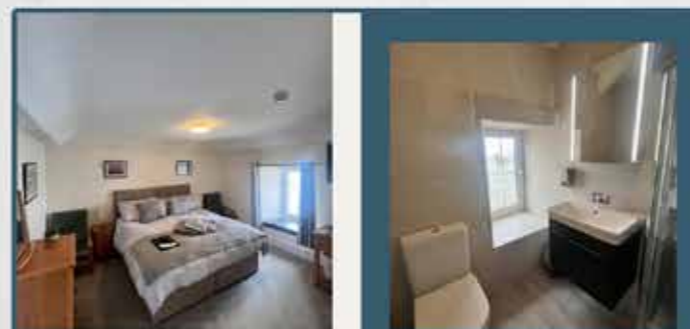
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Starter

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- Creamy Garlic Mushrooms
- Baked Camembert
- Duck & Seville Orange Pate

Main Course

- Traditional Turkey Roast
- Roast Beef
- Mushroom, Stilton and Leek Parcel
- Orange Baked Salmon

Dessert

- Christmas Pudding & Brandy Sauce
- Vanilla Crème Brûlée with Lavender Shortbread
- Blackcurrant Sorbet
- Welsh Cheese and Biscuits
- Black Forest Festive Slice

2 Course £27.50

3 Course £32.50

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ABERAERON: AN OFFER OF A CHRISTMAS FOR A FAMILY IN NEED

A seaside town in Ceredigion is calling for nominations to gift a family in need with a free festive holiday.

Aberaeron's business community aims to create a "magical Christmas" experience for a family of four who have faced significant challenges this year.

The initiative, spearheaded by Jen Bailey-Hobbs, owner of Seedling Retreats and Holidays in the town center, seeks to bring joy to a deserving family.

"We're inviting nominations for a family in West Wales who have endured a tough 2024—whether due to loss, financial struggles, or illness," said Ms. Bailey-Hobbs. "Our community is coming together to offer a complete, worry-free Christmas for a family of four. They'll arrive in Aberaeron and only need to focus on making memories."

The winning family will enjoy a fully decorated cottage equipped with a log burner, luxury linens, fluffy towels, and toiletries. The holiday begins with lunch on Christmas Eve and ends with a Boxing Day brunch.

The Christmas Eve dinner will be prepared by a local restaurant, and a luxury food hamper will be

gifted by a nearby deli. Christmas Day lunch will also be handled, delivered by another local restaurant, with an additional evening hamper. On Boxing Day, the family will be treated to breakfast at a local eatery. Upon arrival, they'll find a Christmas tree surrounded by age-appropriate gifts donated by independent shops.

Ms. Bailey-Hobbs added: "This is our way, as a community, of giving back. Many have faced hardships this year, and it's heartwarming to see so many businesses eager to contribute."

Nominations are open to families living in Ceredigion or Pembrokeshire. Submissions can be made via email at info@seedlingsretreatsandholidays.com or through the Seedling Retreats and Holidays social media pages.

The deadline for nominations is midnight on December 1. A panel of local business representatives will review entries and announce the selected family on December 5. Nominations must include the reason for selection and a contact person.

Jen Bailey-Hobbs is leading the search



35 YEARS IN BUSINESS FOR JAMES MEMORIALS LTD

A memorial company in Llandre is celebrating 35 years of business success.

Paul James, a trained memorial mason, founded James Memorials Ltd in 1989. Starting from a small workshop and office behind his parents' home in the village, Paul was inspired by his late father and supported by his family to grow the company into a well-established business.

Today, the firm operates from a spacious workshop, yard, and a comprehensive display at Vicarage Crossing in the village.

The company serves Mid, North, and West Wales but does not consider distance a limitation. Their skilled team is among the few in Mid Wales capable of sawing, drilling, cutting, and polishing Welsh slate and stone.

James Memorials is renowned for their high standard of craftsmanship and their compassionate approach, ensuring customers' needs are prioritised during difficult times. They take pride in offering bespoke services of the highest quality to create lasting tributes.



Their wide range of services includes quality memorials made from granite, marble, and Welsh slate, additional inscriptions on existing memorials, and renovation work.

They also provide annual memorial maintenance contracts, cemetery memorial inspections, and total cemetery maintenance services.

Other offerings include:

- Welsh slate house and office

nameplates and number plaques

- Commemorative plaques
- Slate hearths and log burner bases
- Slate flooring, window sills, copings, and steps
- Welsh slate reclamation
- Kitchen worktops in slate, granite, quartz, and more
- Stone garden furniture and rockery features
- Signwriting for shop fronts, vehicles, and general signage

- Stone cutting, drilling, and polishing

Paul commented: "One of the most notable areas of growth for the business in recent years has been our garden of remembrance service. Funeral directors often refer clients to us, enabling us to guide families in choosing a final resting place for their loved ones' ashes.

"We can suggest designated areas in local churchyards, chapel cemeteries, and local authority cemeteries where gardens of remembrance have been established. Many families also choose to bury ashes at home or scatter them in tranquil, familiar locations.

"Over the past 35 years, we have built strong working relationships with local funeral directors, making us a valued extension of their services. Additionally, we have a close connection with vicars, clergy, ministers, priests, and local authority management.

We are highly respected as their first point of contact for advice and assistance regarding burial and cremation."

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FEEDBACK

"Well what can I say. The Lord Nelson team went above and beyond for us to make our day the most perfect of days. James was so helpful and nothing was too much trouble for him and his team. Veronica was outstanding and her attention to detail with helping setting up for the big day was second to none. The food was outstanding. All the staff were so kind and helpful. Thankyou to the Lord Nelson for making our day incredible!!"

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The weather can change drastically during the winter months, and you need to be prepared to keep yourself and other road users safe.

Adverse weather conditions and longer periods of darkness make driving more hazardous, which in turn increases the risks on the roads.

As a result, you must ensure that you adjust your driving to suit the conditions.

SNOW DRIVING TIPS UK

There are several top hints and tips you can follow to make your journey safer in winter, and these include:

AVOID DRIVING

- If possible, avoid driving in snow and other treacherous conditions.
- Never set off when it's

snowing heavily or snow is forecast, and avoid other adverse conditions like heavy rain, ice, or fog.

- Consider using public transport.
- If you drive to work, try to arrange to work from home (especially if you live in a rural area).

BE PREPARED

- Ensure your vehicle is well-maintained with an up-to-date MOT, regular servicing, and routine checks by yourself.

- Check your tyres to make sure they are in good condition and have a tread depth of at least 1.6mm.

- Ensure there is antifreeze in your radiator and windscreen washer bottle.

- Keep an ice scraper and de-icer in your vehicle. Pack a winter driving kit in case of emergency. This could include a torch, cloths, a blanket and warm clothes, food and drink, a first-aid kit, a spade, a warning triangle, and a high-visibility vest.

- Always have a well-charged phone for any emergencies.

- Check the weather forecast in advance and plan your journey.

CAREFUL, CAUTIOUS DRIVING

- Slow right down and only travel at speeds where you can stop within the distance you can see to be clear.

- Maintain a safe distance between you and the vehicle in front. If you haven't already, increase it to as much as 10 times the usual distance immediately.

- Be extra vigilant for pedestrians and hazards. Stay in control and avoid harsh braking, accelerating, or sharp steering.

- Take corners very slowly and steer gently and steadily to avoid skidding.
- Never brake if the vehicle skids; instead, ease off the accelerator and steer slightly in the direction of the skid until you regain control. Use lights appropriately – fog lights should be used in foggy conditions, and dipped headlights when visibility is reduced, etc.



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KNOCK-OFF NESSA IS RIDING HIGH

Kaz Barrett, who goes by Knock Off Ness, said her life has been "absolutely mental" since the final Gavin and Stacey episode was announced

A carer has said her life has been turned upside down after embracing a striking resemblance to one of the UK's best-loved TV characters.

Kaz Barrett, from Barry, Vale of Glamorgan, said her hairdresser believes Gavin and Stacey co-creator Ruth Jones must have based the character of Nessa on her.

After beginning work as a professional impersonator in 2019, she said demand has exploded in recent months as Gavin and Stacey mania sweeps the nation ahead of the show's final episode.

Her bookings include Barry Island coach tours and pub crawls, student club nights and even one upcoming funeral.

"It's been immense, my life has been completely turned upside down," said Kaz.

Shortly after the announcement of the show's return, Kaz told BBC Wales how much Gavin and Stacey means to Barry

Kaz first became Nessa in 2019, when the real Ruth Jones visited Barry to turn on the Christmas lights.

Such was the interest in seeing the star, Kaz described the event as "a disaster, an absolute logistic nightmare".

"It's only a small square, and over 5,000 people turned up," she said, joking: "They're not even allowed to invite her back up again."

But the massive popularity of the evening was the spur for Kaz's unlikely new role.

"I was running a little local charity cafe on the high street... so I dressed up as Nessa as a joke and ran up and down the street," she said.

"The video went viral, everybody loved it, and I thought 'oh, hang on a minute,



there's something, here'."

Knock Off Nessa was born, and she since amassed tens of thousands of followers on social media.

Kaz, 47, who still works as a carer, said after the viral video, she was approached by a lookalikes agency.

Now, five years into the role, she hosts tours for two companies in character, and does events and appearances, including some more unusual than others.

"I got a funeral to go to on Friday," she said.

"I said yes because the guy who passed away was a massive Gavin and Stacey fan.

"He always used to say to me 'can I be Bryn, can we sing Islands in the Stream?'. So when he passed, I said to his sister that I'd love to come down and do it for him."

She added that the show is still so popular with young audiences she's often asked to do nightclub appearances, often for students.

"I turned up to a nightclub in Bristol and the event was for me to throw burgers at the students off a fire escape," she said.

"When I got down on the fire escape, they were all going

'I saw the way to throw that burger at me Ness, it was lush'."

However, she said during the last six months since the final episode was announced, things have gone "absolutely mental".

"Everyone is like 'oh, can I have photos with you? Will you do a little skit for me?'," she said.

"I'll not even be dressed as Nessa.

"The buzz in Barry is electric. The last time I've seen it this busy was the Radio 1 roadshow when they came to Barry with Kylie.

"The current hype, I can only compare it to that."

Despite her work, and even filling in for the real Ruth Jones for the BBC, Kaz had never met the woman herself until last week.

"It was immense. I was shaking - star struck," she said.

"All I could say to her was 'alright, what's occurring? You good?' and she just looked at me and laughed."

She said she has also emailed and offered her services as a Nessa stand in for the show - but hasn't heard back yet.

"Even if she just needs me as a decoy around Barry I'll go do it," she said.

Kaz said the positive impact the show has had on Barry is unmeasurable.

"I just want to give a lot of credit to Ruth and James, if I'm honest, because what they've done for Barry has been immense," she said.

"There's no one in the world, anywhere in the world, that's not heard of Barry - and that's because of them."

Putting her Nessa hat on, Kaz dampened the anticipation for how Nessa's cliffhanger proposal to Corden's Smithy in 2019's Christmas episode will pan out.

"Don't break something that's not broken," she said.

"They're fine, we don't need a wedding - Dave's gonna turn up and spoil it... it'll open a can of worms.

"Think of all the men that will be devastated turning up at the church because she's getting married."

She also said she has inside information on what happened on Uncle Bryn's and Jason's fateful fishing trip.

"What I can tell you is, it was cold that night, it defied the laws of the gravity, but it was legal in Wales so we'll leave it there," she said.

Got a story for us? Call on 01437 209300

FeelGood NATIONAL SNIPPETS

BRIDE REPLAYS HER WEDDING IN CARE HOME FOR SUFFERING GRAN



Hannah Jobey was devastated when grandma Liz, 86, couldn't attend her wedding to Jay Harris so the pair made sure she didn't miss out - by throwing a special

second one!

A caring bride had a second 'magical' wedding day as a special treat for her grandma who suffers from dementia.

Hannah Jobey and Jay Harris enjoyed a dream ceremony when they tied the knot in front of their loved ones.

But Hannah's grandma Liz Jobey, 86, missed out because of her condition. So the couple decided to have two weddings and re-enacted their big day at her care home.

Afterwards she said: "I always wanted my gran to be part of our wedding. Doing it this way meant that she could be involved in a way that meant she felt at home."

Hannah, 29, will "treasure" the memories forever. The primary school teacher donned her wedding outfit and cut a cake alongside her husband at the Eothen care home in Wallsend, North Tyneside.

She added: "I really wished she could have been there on the actual



day. But in the end I was so pleased we chose to do it this way.

"My gran was so relaxed and happy and that was so important to all of us. She kept holding my hand, not letting go, and looking at my dress.

"It allowed me and my family to create memories." Hannah, of Gateshead,

Tyne and Wear, and Jay were married at Brinkburn Priory, near Rothbury, Northumberland in August.

They waited five months for their second day with Liz so that Hannah's sister and chief bridesmaid, Esme, was home from college.

The decision not to take her to the original ceremony had been "incredibly hard", Hannah's dad and Liz's eldest son Steve, 62, explained.

"Mam has been unable to get into a car for the best part of two years," he said. "She gets very

distressed. We concluded that it wouldn't be in her best interests.

"We didn't mention to mum that Hannah had got married as we didn't want to upset or confuse her. On the day itself, my sister Ruth went and got her ready and then Hannah and Jay came in dressed to the nines.

"When Hannah came in my mum was absolutely thrilled to bits. It was like a light was switched on.

"Mum grabbed her hand and said 'You look absolutely beautiful'. It was absolutely magical."

Care home manager Christine Henderson, who has worked for Eothen for 24 years, watched as Liz's face lit up.

She said: "She had a very lucid moment where it was very real for her. We are one big family and for us it is really important that residents can still be part of those special moments with their loved ones."



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FeelGood ENTERTAINMENT

A NOSTALGIC RETURN THAT DOESN'T QUITE RECAPTURE THE ORIGINAL'S MAGIC

LISTEN TO THIS...



While it's usually wise to avoid saying Beetlejuice's name three times, today we're in luck because we're taking a look at the long-awaited sequel, **Beetlejuice Beetlejuice**.

Revisiting a film over 40 years after the original is always a risky venture. Can it capture the same magic that made Beetlejuice such a hit all those years ago? That's exactly what we're here to explore.

To set the scene, it's been many years since Lydia Deetz (Winona Ryder) helped the Maitlands in their ghostly adventures. She's now a mother and the host of a hit TV show, *Ghost House* with Lydia Deetz, where she investigates paranormal phenomena. Yet, out of the corner of her eye, she keeps seeing a familiar figure—a man with green hair and a striped suit. One

day, while filming her show with producer Rory (Justin Theroux), Lydia receives an urgent call from her stepmother Delia (Catherine O'Hara) with the shocking news that her father has died. The family must return to Winter River for the funeral, including Lydia's estranged daughter Astrid (Jenna Ortega), who doesn't believe in her mother's supposed ability to communicate with the dead. As if mourning weren't enough, a mysterious woman named Delores (Monica Bellucci) begins wreaking havoc in the afterlife, killing souls and forcing Beetlejuice (Michael Keaton) into hiding. This funeral may be the perfect opportunity for him to reconnect with his almost-wife from all those years ago.

From the outset, it's clear the cast is having a fantastic time, which

really elevates the film. Michael Keaton, as Beetlejuice, devours every scene with his usual chaotic energy, making him an absolute joy to watch. Catherine O'Hara's return as Delia is a pleasant surprise.

Her character is more developed this time around, yet she remains recognisable as the quirky, self-absorbed woman from the original. Willem Dafoe's role, though unexpected, adds even more flair, with him stealing every scene he's in, guns blazing.

However, Beetlejuice Beetlejuice has its share of narrative quirks, some of which work better than others. The film cleverly handles the absence of certain characters, explaining their exclusions in amusing ways, such as using stop-motion animation. On the flip side, the explanation

for the Maitlands' absence feels underwhelming, even when the film itself acknowledges it.

Visually, the sequel retains much of the original's gothic charm, with the addition of modern digital elements. Danny Elfman's score is a nostalgic treat, and the film wisely leans into the strange prosthetic work and surreal sequences fans love. Yet, the subplot involving Delores feels unnecessary and muddles the narrative, especially as the film becomes increasingly disjointed toward the end.

Ultimately, Beetlejuice Beetlejuice is a fun return to a beloved world, even if it doesn't quite live up to the original. It's worth watching, as long as you manage your expectations—while it's a nostalgic ride, the story isn't quite as strong as the first.

We are not robots - Terrorvision

I've always liked Terrorvision, but when a band hasn't released an album for this long there is a real mix of excitement and hesitation.

After such a long break, you wonder if they could still capture the magic that made them stand out in the first place.

After the first few minutes in, all doubts have been flattened.

We Are Not Robots is a vibrant and energetic return to form, filled with the creativity and infectious spirit that defines Terrorvision. From the opening track, "Electrocuted," the band proves they haven't lost their edge. The song bursts to life with an electric pace, setting the tone for an album that's equal parts fresh and nostalgic. One of the stand out moments is "The Night That Lemmy Died," a raw tribute to the Motörhead legend that blends the band's signature sound with a heartfelt nod to their influences.

The album manages to strike a balance between high-energy anthems and slower, more reflective tracks. Songs like "Daydream" bring an uplifting, feel-good vibe, while "Opposites Attract" slows things down for a more introspective moment without losing any of the band's characteristic grit. "Opposites Attract" became an instant favourite for me, with its combination of catchy melodies and rugged instrumentation showing off Terrorvision's ability to create music that's both accessible and deep.

One of the album's highlights

is "Baby Blue," a song that feels like it's always been part of the band's discography despite being brand new. It strikes the perfect balance between the familiar and the fresh, demonstrating the band's ability to evolve their sound while staying true to what made them great.

Another banger of a track is "You Gotta Want to Be Happy." With its irresistible chorus, you just have to sing along. It radiates positivity, showcasing the band's ability to create music that is both powerful and uplifting.

Produced by Rick McNamara and mixed by Chris Sheldon, We Are Not Robots has a polished yet raw feel, clocking in at a tight 37 minutes. Despite its brevity, the album is packed with memorable hooks, riffs, and moments that will appeal to both longtime fans and newcomers.

Terrorvision isn't just revisiting past glories—they're moving forward. Overall, We Are Not Robots is an energetic, uplifting album that leaves you feeling both satisfied and eager to hear more.



GET READY FOR A XMAS CRACKER

Get Ready for a Festive Night with Tongue & Groove at Ceredigion Museum!

Saturday, December 21
Doors open at 8 PM - Party until late!

Back by popular demand, the sensational covers band Tongue & Groove are set to rock Ceredigion Museum with their special Christmas Crackers event.

Known for their electrifying and diverse performances, Tongue & Groove guarantee an unforgettable night filled with festive cheer and energetic tunes. With their infectious enthusiasm and signature hwy!, this is the ultimate Christmas party you won't want to miss!

This exciting event is more than just a great night out—it's also for



a good cause. Proceeds will go to support the Friends of Ceredigion Museum, helping to preserve and promote this local treasure.

Don't miss this chance to celebrate the season in style. Gather your friends, grab your

tickets, and get ready to dance the night away!

Tickets:
£10 Early Bird
£12 on the Door

CARDIGAN THEATRE PANTO: CINDERELLA

Venue: Cardigan Theatre
Show: Cinderella, the classic pantomime
Ticket Price: £10
21 Dec - 30 Dec



Prepare for an enchanting evening as Cardigan Theatre brings you the ultimate family-friendly show, Cinderella. Known as the "Fairy Godmother of all pantomimes," this production promises magic, laughter, and unforgettable moments for audiences of all ages.

Cinderella dreams of a life beyond her chores, away from her evil stepmother and cruel stepsisters. But when a royal ball is announced, where the prince hopes to meet his future bride, her wish for happiness might finally come true. With the help of her Fairy Godmother and her faithful friend Buttons, Cinderella's

journey is filled with hope, magic, and plenty of surprises.

Audiences can look forward to an evening packed with musical numbers, both classic and contemporary, and dazzling dance routines that add sparkle to the storyline. Get ready to laugh at the delightfully dreadful jokes, enjoy hilarious slapstick comedy, and dive into the lively audience participation that makes pantomimes so beloved.

This year's production showcases incredible local talent from across

Cardigan and beyond, making it a celebration of community and creativity. The entire family will be entertained as they cheer for Cinderella, boo the villains, and get swept up in the magic of this timeless tale. #

So, dust off your glass slippers and mark your calendars—the clock is ticking! Don't miss out on this spectacular show that's sure to be the highlight of the holiday season. Book your tickets now for an evening that promises to be pure magic.

CARDIGAN GEARS UP FOR ITS MOST SPECTACULAR GIANT LANTERN PARADE YET

A spectacular lantern procession is set to take place in Cardigan on Friday, December 6th, organized by Small World Theatre.

The event will feature breathtaking giant lantern sculptures inspired by the river Teifi, alongside vibrant performances from top local musicians Samba Doc and the Cardigan African Drummers.

This year's parade, organized

by the Small World Theatre team, promises to be the most memorable yet.

"We've been busy this month creating lanterns with local schools, community groups, and the public," shared a Small World artist.

"Our giant lanterns are inspired by the Teifi's rich wildlife and designed to celebrate the river's role in the community. The theme also highlights

ongoing efforts to protect and restore the river, like the Llais yr Afon project, which honors its past, present, and future. The river is such an integral part of Cardigan's identity."

What to Expect The parade will depart from Pendre at 7 PM, moving through Cardigan High Street to the Quayside. Spectators can enjoy low-noise fireworks, the magical Festival of Light

Trail illuminations, and an exhilarating fire juggling display. Food and drink will be available from Kitchen 1176 at the Quayside, making for a truly festive evening.

Siobhan McGovern of Small World Theatre expressed her excitement:

"We're thrilled that Cardigan Castle is part of this year's Light Trail. Its illuminations will be visible from the Quayside,

adding a stunning backdrop to the event. We also have a few surprises planned that are sure to delight everyone!"

Festival of Light and Community Support The extra illuminations this year are part of the Gwyl y Golau / Festival of Light Trail, also organized by Small World Theatre. These events are made possible through funding from the UK Shared Prosperity Fund

as part of the Cynnal y Cardi Community Fund, administered by Ceredigion County Council. Additional support has been provided by Cardigan Town Council.

Mark your calendars for this enchanting evening celebrating the community, creativity, and the natural beauty of Cardigan's river Teifi!



KIDS FUN PAGE!

Christmas Crossword Puzzle

Christmas Words

Across

2. What's another name for Christmas songs?
3. Who stole Christmas?
6. Who said 'Bah-humbug'?
9. Who pulls Santa's sleigh?
10. Who was born on Christmas?
11. What is hung by the chimney?
12. What does Santa put under the tree?

Down

1. Something you might leave Santa to drink
2. Something you might leave for Santa to eat
4. Which reindeer has a red nose?
5. Who delivers presents on Christmas Eve?
7. What day is December 25th?
8. What does Santa ride in?
13. Something for the top of the tree

Spot 10 differences

FEEL GOOD PUZZLES

FeelGood Magazine's Eatery of the Month



Welcome to The Copper Pot

Welcome to The Copper Pot, a friendly family-run bar & restaurant located in the heart of Cardigan's main Highstreet. Our talented chefs prepare fresh meals daily, using locally sourced ingredients for a delicious dining experience during lunch and dinner. Enjoy a wide selection of drinks, including refreshing cocktails available all day long.

You can choose to relax inside our cosy and rustic interior or soak up the sunshine in our beautiful 'Secret Garden' when the weather is nice. Bring your loved ones, including your furry friends, and savour great food and a welcoming atmosphere at The Copper Pot.



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Sun 12-4pm

The FeelGood Puzzle Page

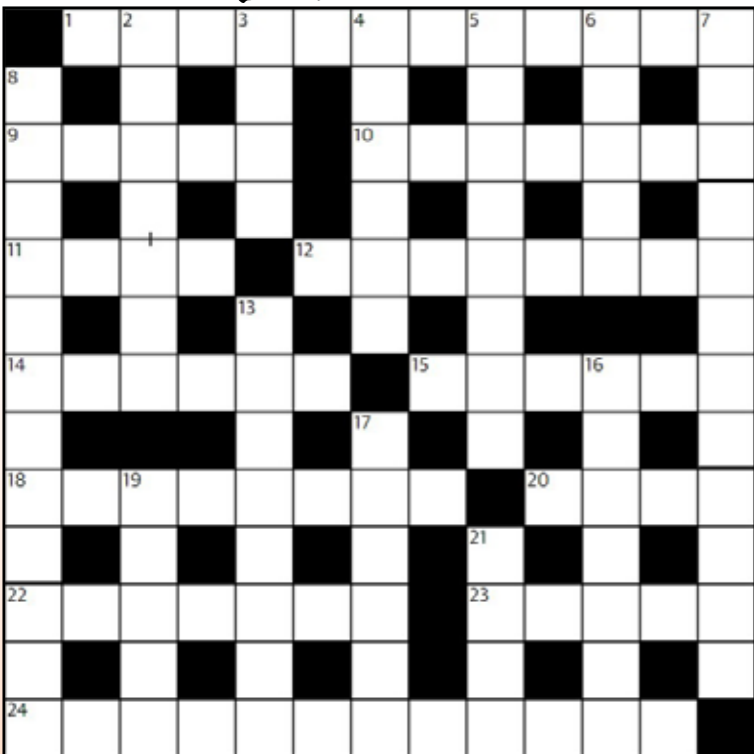
Crossword

Across

- 1 One who talks too much (12)
- 9 Ring-shaped coral reef (5)
- 10 City of the central Netherlands (7)
- 11 Eyelid attachment (4)
- 12 Enrol to vote (8)
- 14 King of the Fairies (6)
- 15 Closed political meeting (6)
- 18 Many (8)
- 20 Knife (4)
- 22 Close associate (7)
- 23 From which a mighty tree could grow! (5)
- 24 Resistant to liquid (12)

Down

- 2 Dekko (4-3)
- 3 Daring (4)
- 4 Avoided (6)
- 5 Sweet almond paste (8)
- 6 Full length (5)
- 7 Traditional Good Friday fare (3,5,4)
- 8 Writing instrument (9,3)
- 13 Handle (8)
- 16 French car (7)
- 17 Book page size (6)
- 19 Eejit (5)
- 21 Side post of a doorway (4)



Crafty Sudoku

	7	1						5
		3						6
5			9					8
8			2	6				7
			5					2
					8			4
			5			3		
			7	6				
4	6							2

Solutions for last issue

1	2	8	6	3	4	7	5	9
3	4	7	9	2	5	1	6	8
5	6	9	8	7	1	2	3	4
4	7	1	2	6	9	3	8	5
6	8	5	4	1	3	9	7	2
9	3	2	5	8	7	4	1	6
8	9	3	7	4	6	5	2	1
7	5	6	1	9	2	8	4	3
2	1	4	3	5	8	6	9	7



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So you've finally moved into your new dream home with your beloved!

Don't lose steam now though, you're in the final stretch of starting your new lives together, but there's just a couple more essentials to get through.

Here's some handy tips to help you settle in before you know it.



1 Recruit friends and family to unpack

The old adage of "too many cooks spoil the broth" certainly doesn't apply to manual labour! Those first few days of unpacking can be made a whole lot easier if you recruit (or rather, entice with food and drink) a couple of close friends for the first big haul. To make the process run smoother, set deadlines and figure out the most logical order of unpacking. Before you know it, your new home will actually start looking like, well, a home.

2 Change your locks

Who knows what the previous owners did with their keys? Whether you hire a locksmith or reinstall the locks on your own, it's a simple task and it will give you peace of mind. You're always better off safe than sorry.

3 Locate the shut-off valves

In the event that there is an emergency leak or you're doing repairs and you need to shut off your water, it's necessary to locate your shut-off valves. Many houses and apartment buildings have a number of cut-off points to stop the water at its source. From your own stop-cock, to your water

company's shut off valve, to the water meter, there are many locations to get familiar with both inside and potentially outside your home.

4 Locate the circuit-breaker

Although uncommon, every once in a while you may need to replace a fuse or reset a circuit breaker. If there's a power outage, you don't want to be searching through the dark to find it. Common locations for circuit breakers are outdoors, in basements, in storage closets, or in hallways. Also be sure you know the difference between a circuit-breaker and a fuse box, in the event you need to restore power.

5 Set up your home security system

Moving is one of the best times to set up home security. If you already have a system in place or are tied to a contract, be sure to call your provider or update your information online. Smart or DIY home security systems are a great option for renters and homeowners who want more flexibility, so take some time to shop around if you're selecting your first home security system.

6 Decide on a lock-out solution

You will get locked out of your house every once in a blue moon, it happens! What's important is that you have a backup plan for when the time comes. Some common ideas are to hide a key under your doormat or to install a garage code (that is if you have a garage), but you can be as creative as you'd like. Maybe you have a neighbour down the street who holds on to an extra set, or you've slid it under a plant pot. Whatever the case, be prepared!

7 Test your smoke detectors

Installing a smoke detector is an easy and inexpensive way to protect you and your loved ones in the event of a fire. However, smoke detectors can fail you when you need them most if you don't address their malfunctions. This is why testing your new home's smoke detectors is so important. Light a match or spray a smoke test aerosol in front of its sensor every month to ensure it's working.

8 Create a home maintenance checklist

Finally, it's a good idea to perform seasonal maintenance checks to ensure your new home is in good shape. Some of these maintenance checks you may not have had to do at your previous home. Things like cleaning the gutters, landscaping, unclogging bathroom drains, or checking up on road gritting services may be relevant to you now, so you should gather the contact info from local services for when the time comes.



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and finally...

FIRST IMAGE OF £11M PROMENADE

This image reveal how Aberystwyth's promenade will look after an ambitious £10.8 million investment by Ceredigion Council.

The council aims to rejuvenate this iconic seafront area, hoping that the upgrades will not only attract more visitors but also encourage further investment in the town. By modernizing the promenade, they envision creating a vibrant, welcoming space that residents and tourists can enjoy throughout the year.

The project promises what the council calls "significant improvements" to the promenade's infrastructure and aesthetics. Planned upgrades include modern street lighting to enhance safety and atmosphere, improved footpaths for better accessibility, and stylish new street furniture designed for both comfort and visual appeal. These changes are part of a broader strategy to "refresh and modernise" the promenade, turning it into a year-round attraction that caters to all visitors, whether they are strolling



by the sea, cycling, or taking part in community events.

The renovation will be carried out in carefully planned phases to minimise disruption. Work on the first phase has already begun, with completion expected by early 2025. The overall project is on track to be finished by summer 2025, ensuring Aberystwyth is ready to welcome visitors during the peak holiday season. Local residents affected by the construction have been kept informed throughout

the process, receiving direct communication about what to expect and how to contact contractors in case of any issues. This proactive approach aims to address concerns and ensure the community remains engaged and supportive of the improvements.

Councillor Alun Williams, Deputy Leader of Ceredigion County Council, has described the redevelopment as a "transformative programme of works" for Aberystwyth. He noted that the promenade is

part of a larger investment effort, with over £60 million being directed toward the town's regeneration. He emphasised that the new promenade will strengthen connections to nearby attractions, such as the historic Castle grounds and the revitalised Old College building, adding to the town's cultural and leisure offerings.

Furthermore, the upgraded promenade will provide more space for active travel, encouraging cycling and walking, which aligns with the council's commitment to promoting healthier, more sustainable lifestyles. These enhancements are not just functional but also designed to enrich the visual appeal of the seafront, offering a blend of natural beauty and modern infrastructure. By creating a more accessible, attractive, and versatile promenade, the council hopes to make Aberystwyth a destination that stands out on the Welsh coastline, benefitting both its residents and visitors alike.



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