



# Llandaff 50+

Patrons: Baroness Finlay of Llandaff  
Matthew Williams, Emeritus Curator of Cardiff Castle



## Virus News Lucky 14 – Wednesday 17<sup>th</sup> June 2020

We hope you're all keeping well and safe.

### A quick reminder of the current Welsh Government regulations

*Everyone should still stay at home or stay local, only going out for very limited purposes:*

1. Shopping, infrequently, for basic necessities.
2. Visit GP, dentist or bank.
3. Medical need, or to provide help to a vulnerable person.
4. Travel to and from work.
5. Visit a cemetery, burial ground, garden of remembrance.
6. Attend a funeral, if invited.
7. Make use of a waste-disposal or recycling centre, library or garden centre.

*You can meet members of **one** other household, outdoors, maintaining social-distancing of 2m.*

**If you need any help**, contact us by return of this email on [info@llandaff50plus.com](mailto:info@llandaff50plus.com) or leave a message on 0775 8939 141 and we'll return your call. We can shop at local stores and pick up medication; our volunteers are very keen and waiting to help you. If you want a chat, your committee members and volunteers are waiting at the end of the phone for you, just let us know.

**Shopping News:** Peter Hall of Halls Cards will be putting Fathers' Day cards in the porch of his shop, for free. But please leave a donation through the letterbox, for the NHS.

**Pound update:** BT will soon be installing a phone line and wifi so that we can do much-needed IT learning, and we're hoping to get funding for some easy-to-use tablets to help with the lessons. Our builders from A&N Lewis are thoroughly enjoying being at the centre of our community and regularly give updates during their visits to Spar. They were less pleased with requests to use their Portaloo during the recent Bishop's Castle impromptu parties, though!

**Wednesday mornings:** We have a fun quiz on Zoom at 11am today! Don't miss it.

**Survey time:** NHS Wales and Swansea University are running a well-being survey to understand how the virus is affecting mental health in Wales. It's simple to do, and makes you think! Click on <https://t.co/EfiiekHxhw> to find out more.

And, if you enjoyed that, St Fagans Museum is asking for your experiences during the virus at <https://museum.wales/collecting-covid/>

This week's postcard from the Llandaff Society Archive is of The Deanery, circa 1900. Does anyone know what the sign may have said, or what the markings on the grass are? Is it the well?

Keep safe, keep smiling, and keep your distance!

Your Llandaff 50+ committee.



[www.llandaff50plus.com](http://www.llandaff50plus.com)

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