

# Inspirational Hannah

We couldn't wait to hear about Hannah's experiences in London when she was invited to spend a glamorous day being pampered and dolled up for a photo-shoot courtesy of Sugar Magazine. Here's what our 'inspirational girl' told us about the experience:

'Everything about it was magical. Celia put my name forward as a young carer for the Sugar 'inspirational girls' feature, then a few days later I got a phone-call from Katie from the magazine. She invited me up to London with my mum. We stayed overnight in a Holiday Express Hotel which was really nice. We met a German guy there and when I talked to him in German my mum's jaw dropped because she didn't realise I could speak German even though I do it at school.

We went to a really big posh house where they did the makeovers. There were ten of us altogether but I didn't meet the first four. First they did my make-up, then they put loads of gunk on my hair and then I got dressed up. Then it was time to face the camera! I'm really happy with the picture and all my friends think it's really cool because it shows a side of me other people never knew was there. Thank you Celia for nominating me.'

Well done Hannah, we all think you look stunning!



## T R A N S P O R T

### Powys Community Transport Schemes

There are a number of Community Transport Schemes in Powys. Most of them have been developed to meet the needs of disadvantaged groups, especially older and disabled people. Some of the more recent schemes aim to meet the wider transport needs of our communities. You can obtain further information from the PAVO Radnor office on 01597 822191 or from PAVO's Community Transport Team on 01597 824494.

The following phone numbers may be useful to you – it is really important that, when schemes of this nature exist, they are well-used and appreciated. Then, hopefully, the funding which supports them will continue and increase to meet our needs.

#### Dial a Ride Schemes

Brecon:	01874 623884
Crickhowell:	01873 811097
Dyfi Valley:	01654 700136
Hay-on-Wye:	01497 821616
Newtown:	01686 622566
Talgarth:	01874 711023
Tanat & Cain Valley:	01691 656882
Ystradgynlais:	01639 849720

#### Taxi Card & Community Car Schemes

Builth Wells:	01982 553004
Crickhowell:	01873 812177
Knighton:	01547 520653
Llandrindod Wells:	01597 825020
Rhayader:	01597 810921
Presteigne & Norton:	01544 267961
Machynlleth:	01654 700071

#### Community Transport Schemes

Llanidloes:	01686 414997
Llanwrtyd Wells:	01591 610828

#### Other Community Car Schemes

Welshpool:	01938 554484
WRVS:	01597 553666

### Finally

If you are a regular – or occasional – user of any of these schemes, please recommend them to other carers and let us know what part they play in your daily lives. Don't forget we are always keen to publish carers' views, suggestions and opinions in the Newsletter.