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Reading the Wild Darllen y Gwyllt

A Celebration of Nature Writing
Dathliad o Ysgrifennu Natur

Lit Fest - Gŵyl Lân
May 9th & 10th - Mai 9fed a 10fed
Llandovery - Llanymddyfri



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03/25(3)



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11/25(12)

LLANDOVERY OPEN MIC NIGHT KICKS OFF WITH A FANTASTIC FIRST EVENT!



Llandovery has officially found its new home for live music and creativity! The very first Llandovery Open Mic Night took place on Sunday, March 30th, at The Castle Hotel, and it was an incredible success. The venue was buzzing with energy, talent, and a real sense of community as performers and audience members came together to celebrate local music and creativity.

A STAGE FOR EVERYONE

Organised by Christian Aaron Perry and run alongside Ben Montague, the event was created to bring people together through music, storytelling, and performance. Thanks to the generous support of The Castle Hotel's new owners, Llandovery now has a dedicated monthly event where performers of all levels can take to the stage in a warm and welcoming atmosphere.

The first night featured an eclectic mix of acts, from singer-songwriters and guitar duos to a fantastic comedian Gareth P. Morris who kept the laughs going all night. Whether seasoned musicians or first-time performers, every artist was met with enthusiastic support from a lively audience, making the night truly special.

MORE THAN JUST MUSIC

But the night wasn't just about those on stage, it was also about bringing people together. Sunday evenings can often feel quiet or lonely, but this event offered the perfect opportunity to socialise, connect, and enjoy live entertainment. The sense of inclusivity was clear, with people of all ages and backgrounds joining in to make the night a success.

LOOKING AHEAD: MONTHLY OPEN MIC NIGHTS!

With such a strong response to the first event, there's no doubt that Llandovery Open Mic Night will become a staple in the town's calendar. The event will now take place on the last Sunday of every month, with the next one set for April 27th.

While the first night was fully booked in advance, future

events will include walk-in slots—giving even more people the chance to take part. Whether you're a musician, comedian, poet, or storyteller, this is your chance to step into the spotlight. And if you need musical backing, Ben and Aaron are happy to support your performance!

JOIN THE MOVEMENT!

Want to perform at a future open mic? Book your slot by emailing: llandoverypenmicnight@gmail.com

Stay updated, see highlights from the first event, and connect with the community on our Facebook page: "Llandovery Open Mic Night".

The first night set such a high standard, and we can't wait to see what future events bring. Let's keep live music thriving in Llandovery!

Next Open Mic Night: April 27th, 6 PM – till late, The Castle Hotel, Llandovery.






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06/25/12

READING THE WILD / DARLLEN Y GWYLLT LIT FEST



Llandovery will be holding its first ever Literary Festival, starting on the 9th of May with a walk, events start at 10.15 on Saturday 10th and go on throughout the day until the last session at 7.00pm, most events will take place at The Castle Hotel, an appropriate venue as George Borrow stayed at the Castle in 1854 when he was writing *Wild Wales*.

The Lit Fest is a celebration of nature writing, we've got a wonderful line up for you including Jackie Morris, known for her beautiful writing and illustration, particularly the *Lost Words* with Robert Macfarlane. At the festival Jackie will be in conversation with Tom Bullough, author of *Sarn Helen*, Welsh Book of the Year



Bethany Handley

in 2024, and also co-writer of "Mr Burton" the new film about the life of the young Richard Burton.

They will be talking about their book *Sarn Helen*, the climate and nature emergency and what lessons we might take from the 5th and 6th-century Age of Saints to help us navigate the next few decades. They will also talk about their latest projects, Wales, seals, curlews, rivers and the role that writers and artists must play in the face of the current crisis.

Michael Malay winner of the Wainwright prize for nature writing 2024 with *Late Light* and Steven Lovatt who wrote the brilliant, *Birdsong in a Time of Silence* will be talking about how we turn to nature in difficult times, and the peace it can give.

Stephanie Hafferty well known gardener and author will be taking positive look at how we can adapt our gardens to cope with climate change.

Rob Thomas is a senior lecturer at Cardiff University, and is author of a recently published book on "The Storm-petrels", which will be one of the central themes of the discussion at the Darllen y Gwyllt festival. He grew up in Brecon, where he became involved in wildlife ecology in general, and bird-ringing studies in particular. His research group at Cardiff University studies animal behaviour in changing environments, and storm-petrels are a central case-study – along with studies of woodland songbirds, and a wide diversity of other animals in different habitats around the world.

Bethany Handley is a well known writer, poet and activist, she campaigns for access to nature for all, she was a keen hiker, climber and surfer before becoming paralysed, she will reading some of her poetry and talk about her campaigning work.

Dr Rhys Jones needs little introduction, he will be talking about his early life and how he was inspired by Indiana Jones to become a traveller and scientist.



Julie Brominicks

Nicola Davies



Rhys was brought up on a council estate in South Wales where expectations for what life held in store for you were slim. As he recalls, he was born fighting and never stopped. His perspective on what life could offer him changed forever in the early 1980s when his grandfather took him to the local cinema to see Stephen Spielberg's blockbuster *Raiders of the Lost Ark*. Like his hero and namesake Indiana Jones, Rhys's journey has now taken him to all corners of the globe with friends and colleagues at every port; from the Australian outback to the furthest outpost of the Maasai tribe in Eastern Africa.

Rhys will take you on an inspiring journey through his life. One filled with highs, lows, humour and poignancy.

Julie Bromincks will be talking about how learning Cymraeg has influenced and shaped her Welsh landscape writing. Find out why she doesn't much like the term nature writing. And most importantly, learn how the environmental integrity that is crucial to her work, also makes it better and more beautiful.

Carwyn Graves book, *Tir*, has been called a 'love letter to the Welsh countryside' and is a unique exploration of the deep connections between Welsh culture, language and landscape. If you're interested in how our land has evolved don't miss this one.

CHILDREN'S EVENTS

These are free, though you will still need to book tickets Nicola Davies "Speaking to Whales and Talking with Lions.....and Other Stories".

This session is suitable for children 7 and over, though teenagers and adults will love it to!

Nicola is the author of more than 90 books for children and young people, including poetry, picture books and novels. In addition to many books about the natural world Nicola has written about disability, grief, human migration and children's rights. Her work has been published in more than 12 different languages and won awards in the UK and abroad. *Skrimli* won the children and young people's category of the Wales Book of the Year in 2024 and her poetry collection 'Choose Love' was shortlisted for the Yoto Carnegie Award for Writing 2024.

Helen & Thomas Docherty "Into the Wild", this session is suitable for younger children, though older children will enjoy it to, join acclaimed author and illustrator duo Helen and Docherty, who will be sharing a selection of



their nature themed picture books about protecting and nurturing our wildlife: *Into the Wild*, *The Bee Who Loved Words* and *All The Ways I Love You*. There will be interactive storytelling and a chance to draw some of the characters! They are the creators of many award-winning picture books, including *The Snatchabook* and *The Knight Who Wouldn't Fight*. Their books have been translated into 30 languages and are read and loved around the world.

And there's more!

The Festival starts on Friday evening at 5.00pm with a walk from the Bookshop through the beautiful countryside surrounding Llandovery, this will be led by Lisa Denison from Quiet Walks.

On Saturday Laura Moss from Carmarthenshire Meadows will be leading a walk on wildflower identification.

Last but not least the brilliant storyteller Ceri John Phillips will telling stories in various venues around town, these will be free sessions.

Tickets and more information on all the events are available at Books at the Dragon's Garden, 9 High

Street or online at <https://dragons-garden.com/product-category/reading-the-wild-darllen-y-gwyllt/>

This festival has been nearly a year in the making, I hope you will enjoy it, a massive thank you to our sponsors, we wouldn't be able to go ahead without you.

If you'd like to be part of the festival as a volunteer on the day, pop into the bookshop for a chat, or email me at enquiries@dragons-garden.com.

Let's hope for good weather, Mandy.



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06/25(3)

CARMARTHENSHIRE MEADOWS GROUP (CMG) SPRING MEETING

**Saturday 5th April,
Bronwydd Hall**

Our Spring indoor meeting this year will be at Bronwydd Hall, Bronwydd Arms, SA33 6BD. The meeting is on Saturday April 5th, it will start at 10am, and finish not later than 1pm.

We will have a brief AGM, followed by some short talks and discussion: Sue Berger on using Exmoor ponies for grazing; Andrew Martin on how to create and manage a garden-scale wildflower meadow; Dawn Hart on "Goats 2 Rent" – an environmentally friendly method for weed and brush control; and Laura Moss with an update on the Big Meadow Search project. The discussion and chats can continue during our break for tea/coffee/biscuits, and then we will be hearing our main speaker, Caroline O'Rourke of the Open University, on her work with the Floodplain Meadows Partnership – including work she has done in Carmarthenshire at the Bishop's Palace, Abergwili. To get to the hall, take the A484 approximately 2 miles north out of Carmarthen. Turn right onto the B4301, crossing over the Gwili railway line. Continue through Bronwydd Arms for about a mile, and the hall is on the left-hand side, set back from the road in a large car park. All are welcome, entry is free for CMG members, £3 for non-members or join the group for a year for £10. It will be an interesting meeting!

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09/25(6)

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Funding is limited and is strictly allocated on a first come, first served basis. Any grant funding that you receive does not have to be re-paid.

The level of funding that you may receive is based upon the amount of carbon dioxide that will be saved by installing an energy saving measure. A survey of your property is necessary to calculate this funding. All funding offers are subject to survey. Please contact us to arrange a free, no-obligation survey.

More information on the Government's ECO funding scheme can be found on the OFGEM website:

<https://www.ofgem.gov.uk/environmental-programmes/eco/about-eco-scheme>

The Energy Company Obligation (ECO) is a government energy efficiency scheme in Great Britain to help reduce carbon emissions and tackle fuel poverty.

Further information can be found at **www.energysavinggrants.org**

04/25(1)

Daisy's Ride & Country & Western Evening With The Gallstone Cowboys

Saturday 17th May 2025/Dydd Sadwrn 17eg Mai 2025

MOTORBIKE RIDE/REID BEIC MODUR

START: The Owl's Nest, Llandovery, leaving at 11am prompt
(OPEN for food 10am)

DECHRAU: Gan adeil am 11am yn brydlon
(AR AGOR ar gyfer bwyd 10am)

FINISH/GORFFEN: Cwrb Rygbi Llangedog Rugby Club
BBQ 4pm onwards/ymlaen

£15 per biker/y beicwr, includes entrance to evening
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Teenager Daisy was dealt a devastating blow when she was diagnosed with a brain
tumour. We are fundraising to help her, and her family get to Give Kids The World resort
in Florida, giving them the time together to make special memories.

Cafodd Daisy yn ei harddegau ergyd ddinistriol pan gafodd ddiagnosis o dwmor ar yr
ymennydd. Rydym yn codi arian i'w helpu hi a'i theulu i gynwedd cychfin Give Kids The
World yn Florida, gan roi amser iddyn gyda'i gilydd i wneud atgofion arbennig.

All proceeds in aid of the *Walesmen*. *Pop and Lyrics* available

DAISY'S STORY IS ONE OF RESILIENCE



Teenager Daisy Wathan was dealt a devastating blow in October 2023 when she was diagnosed with a brain tumour. Initially experiencing severe headaches and vomiting, it quickly became evident that something was seriously wrong. The subsequent medical tests revealed the scary news: Daisy had a brain tumour. Despite the overwhelming diagnosis, she approached the situation with remarkable bravery and resilience. She underwent brain surgery, and her amazing recovery showcased her fighting spirit. However, her journey took another devastating turn when she learned that the tumour was cancerous.

This diagnosis plunged Daisy and her family into a whirlwind of medical appointments and treatment plans. The intensity of the situation required them to spend seven weeks in London, where Daisy received pioneering proton beam therapy. This treatment offered a ray of hope amid the dark clouds of her diagnosis. She then transitioned to the next phase of her treatment and began chemotherapy in March 2024. Despite the gruelling nature of this treatment, Daisy faced it with her characteristic resilience and determination. Her attitude remained unwavering, and she tackled each week with the same spirit that defined her personality before her illness. In September 2024 Daisy returned part time to school.

Daisy's story is one of resilience, hope, and the unwavering human spirit, her story serves as an inspiration to everyone around her. Her family remains incredibly proud of her, cherishing every moment of her remarkable journey and standing by her side every step of the way.

We have been fundraising to help Daisy, and her family get to Give Kids The World resort in Florida, giving them the time together to make special memories. We are almost there and have nearly reached the target amount to get the Wathan's to Florida. Thank you everyone for their support with all the fundraising efforts so far, it is very much appreciated. The family have been touched by people's kindest and generosity. Our last fundraising event will be, on Saturday 17th May, a motorbike ride following the Elan Valley route followed by a Country & Western Evening & BBQ in the evening, with The Gallstone Cowboys.

LLANDOVERY U3A MEETINGS IN APRIL

Anyone outside the labour market is welcome to come and join us, either through annual membership or on a pay as you go basis.

We meet every other Wednesday at Llandovery Rugby Club, arriving at 10:30 am to say "Hello" and get tea or coffee, with the main activity starting at 11:00 am.

2nd April: Charts of the 1950's (the years 1952 to 1956) – music for those who remember, and learning for those younger. How many songs will you know?

16th April: Changing Career in later life – From Assembly Member to Author / Writer – talk by Peter Black from Swansea. Peter has now written five thrillers and one poetry book, which he sells online by print and demand. He spent 17 years in the Welsh Assembly and uses elements of those experiences to inform his books. He has spoken at the Hay Festival and won the Guardian Political Blog of the year while in the Assembly.

30th April: Introduction to "Reading The Wild" – Llandovery's first literature festival. Mandy of Books at the Dragon's Garden shop comes to tell us all about the festival.

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Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you are well and enjoying the longer and lighter days with all the wonderful spring flowers and new green leaves as the trees open up. This does bring a feeling of hope to our world as we cope with the difficult and distressing happenings around the globe.

Together with Nature's emerging energy, a yoga class can help harness positivity and bring even more fulfillment and balance to our lives. The physical movements enhance the dynamic energy of the Season and the breath practices bring a balance of both energy and a quieter stillness. Padmasambhava has a good selection of classes, suitable for people of all ages and abilities, including those new to yoga.

With the Spring term coming to an end, preparations are underway for the Summer term which starts again after the Easter break. The term dates and classes will be available soon, and can be found online or in the Brochure.

Padmasambhava holds classes in the Centre in Llandeilo as well as the Penybanc Welfare Hall in Ammanford and the Reading Room at Cwrt Henri and has a good range of classes to suit different levels of experience, fitness and flexibility. Seated Yoga is held at the Llandeilo Lawn Bowling Club on Wednesday mornings.

The classes taught by the Centre are Integral Yoga – a gentle and steady progression, always working with awareness of your body in the physical practices. Through the breath practices taught in class, practitioners experience the importance of breath to our good health both physical and mental. Each class ends with a deep relaxation of Yoga Nidra.

Weekly practice of yoga allows the body to gain strength and flexibility week by week and these qualities are often also reflected in the mind.

Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

The benefits of yoga resonate beyond the class. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life. Perhaps with the warmer days, you might feel able to do your daily yoga practice outside in your gardens surrounded by the sounds and smells that are there.

Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email mail@padma.org.uk

More information at www.padma.org.uk

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04/25(9)

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*Freddy
Fuller, one
of this year's
Student
Bursary
intake.*

Aberglasney Gardens are looking for hard workers, who have a passion for horticulture, to apply for the 2025/26 Student Bursary Scheme.

Applications are now open for the Aberglasney Student 12-month Bursary scheme. Students will spend the year in Aberglasney's historic and diverse gardens gaining hands-on experience and being trained on all common UK garden tasks.

Aberglasney Gardens' Director, Helen Scutt, said, "Our bursary scheme is fully funded and covers a wide range of subjects. It focuses on core horticultural practices including pruning techniques, plant husbandry, turf care and propagation whilst also giving a comprehensive insight into kitchen garden management, woodland garden maintenance and elements of both hard and soft landscaping.

"Since our gardens are ever evolving, we are often able to provide students with unique and valuable opportunities to participate in significant landscape projects. Recent examples include our re-development of the Upper Walled Garden and the Ninfarium, where students have been instrumental in their design and care."

Students will have regular contact with the Garden's Director and the Assistant Head Gardener. A safe and supportive learning environment will be provided whilst

allowing the students to learn first-hand from experienced professionals. International applicants are very welcome at Aberglasney and safe on-site accommodation is available for the students.


Amongst this year's students is Freddy Fuller. Freddy, originally from Lancashire, has come to study at Aberglasney after completing his HBGTP qualification at the National Botanic Gardens of Wales. He worked in an independent houseplant shop in Bristol for four years which affirmed his love of plants. Whilst working he volunteered at Bristol Botanic in the glasshouses and gained his RHS Level 2 practical qualification.

Like many others, Freddy is training in horticulture as his second career. His original training was in visual arts, specifically illustration and graphic design, which he finds helpful when deciding how to make a garden look beautiful.

Freddy said, "Because my background is mostly in tropical plants, I'm really enjoying working in Aberglasney's Ninfarium. It's such an amazing and unique space. One of the best things about working at Aberglasney is being able to contribute to the future of a garden that many people visit and enjoy. I'd recommend the bursary to anyone looking to improve their knowledge and skills."

The closing date for completed applications is 20 April 2025, with interviews set for May. Please complete the application form on the website: <https://aberglasney.org/join-the-team/> or send an email to: assistantheadgardener@aberglasney.org





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04/25(3)

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0326(12)



LLANDOVERY GARDENING CLUB

What an interesting talk Richard Williams gave at our February meeting. He spoke of his passion for growing *Primula Auricula* and *Primula Sieoldii* illustrating his talk with beautiful photos.

His interest led him to produce varieties with fabulous colour and patterns, and showed his prize winning *Auriculas* at places such as Malvern and the RHS shows.

We were given a potted history, too.

It was evident from Richard's very interesting talk that he is as enthusiastic and passionate as ever about growing and selling *Auriculas*. Thank you Richard.

Our next meeting will be on Monday 28th April from 1.30 to 3.30pm when our club will welcome Mary-Ann Nossent to give us a presentation about The National Garden Scheme. Our venue is The Catholic Hall, College View, Llandovery, SA20 0BD.

The beginning of the meeting will include renewal of our membership for the coming year. The cost will be £17 for an annual subscription and guests are always welcome at £5 per meeting. Refreshments will be on offer from our hostesses, and a raffle will also be drawn at the end of the meeting.

All are welcome, new members and old, to listen to and enjoy an interesting talk and good company, too.

If you have any queries, please phone 01550 720771.

We look forward to seeing you.

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Several years ago one could get this in a very basic form on the NHS in Carmarthen. However more recently I was fortunate to come across an alternative and far better one in the Cross Hands Business Park [SA14 6RA]. So for anyone who has back pain like me or any other physical pain, I would strongly recommend they try this one.

They trade under the name "Dimax" and you can see all about it on their website <http://www.dimaxgymnastics.co.uk/hydrotherapy>. Of course being a private facility one does have to pay. But for value for money I cannot recommend anything better. The facilities are superb and the service absolutely exceptional. It has substantially changed my life for the better. If you need this sort of treatment, I strongly suggest you give it a go.

[Anson Allen, retired entrepreneur, business consultant and environmentalist.]



Y CASTELL



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03/26(12)



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DO YOU BELIEVE IN THE AFTERLIFE?

At this Eastertime, while our thoughts are filled with chocolate eggs, Easter bunnies and hot cross buns I invite you to take a moment to consider why there is the shape of a cross on the top of these deliciously sticky buns. Many of us have lost focus on the main event which is the reason for the season; that Jesus Christ, the Son of the living God, was tortured and died on the cross, not because he had done wrong, but because we have.

WHY?

Why would he do that? He did not need to die, because he had done nothing wrong, but he willingly allowed himself to be put to death for our sake. Most of us would do anything to avoid death to put it off as long as possible. The truth is that each and every one of us will one day draw our last breath, we know it, many of us think about it quite often, and most of us would like to know where we will be going after that. Some people try to ignore it and say there is no afterlife, believing that everything will be ok, but that is like jumping out of a window of a tower block saying 'there is no gravity so I'll be ok'. Gravity will affect you, whether you believe in it or not.

The Bible tells us that it is given us once to die and after that the judgment (Hebrews 9 vs 27)

WHAT IS THE JUDGMENT?

The judgment is where each of us will be called to account for everything we have thought, said, and done in our lives, and the decision will be made whether we go to Heaven or Hell for all eternity.

So, I have a question for you, who do you think will be going to Heaven? You may think that good people will go to Heaven, people who do good works, raise funds for charity work with the poor, the sick, the homeless. Good people who don't lie or steal or commit murder for example.

WHAT ABOUT YOU? DO YOU THINK YOU ARE GOOD ENOUGH?

Actually, we have been given the check-list so we can find out whether we are good enough, sort of a 'good person test' do you want to find out if you are good enough?

Have a look at these questions, and answer them honestly in your own heart:

- How many lies have you told in your whole life?
- What do you call someone who tells lies?
- Have you ever used God's name as an expression or swear word?
- What's that called?
- Have you ever taken something that doesn't belong to you, no matter how small?
- What do you call someone who steals things?

Did you answer honestly? These are just three of the ten questions in the test – also known as the Ten Commandments. The truth is that we have all failed the test, we have all broken at least some of the rules, and will not get into Heaven by our own goodness.

But the good news is that God loves us and wants us to be with him in Heaven, so he has paid the penalty for us through the death of Christ on the cross.

Picture this, as a result of speeding in your car in a restricted area you have been taken to court and found guilty. The penalty is a massive fine which you cannot afford to pay. Now, what if the judge stepped down from the bench and paid the fine for you? He could then legally let you go free. In just the same way the Almighty God stepped down from Heaven, and willingly paid the penalty for us so that we can go free from the consequences of breaking his law. So today, recognise that you cannot get to Heaven by your own goodness, confess to God in prayer that you have broken His law, ask him to forgive you and accept his free gift of eternal life.

If this article has spoken to you we invite you to visit us at St Barnabas, Rhandirmwyn and Llandingat, Llandoverly, where a warm welcome awaits you. Alternatively, please look at the list of churches towards the back of this booklet to find a church near you.

May God bless you.

05/25(6)

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1025(12)

CYMDEITHAS DDINESIG LLANDEILO A'R CYLCH LLANDEILO AND DISTRICT CIVIC SOCIETY

The Society enjoyed a very well-presented talk on 4th March about the suffragette Rachel Barratt, which was delivered by Mary Thorley, Chair of Carmarthenshire Antiquarian Society. The talk described the close association she had with Llandeilo and Carmarthenshire prior to her involvement in the organisation and campaigning with the core leaders of the suffrage movement. The talk was illustrated with numerous photographs of demonstrations and protest marches. During the talk it became apparent why Rachel was not in many of the iconic photographs relating to the movement – she was the photographer!

A postponed update by Elgan Evans on the Tywi Valley Path, which had been due to take place at our January meeting, will now be scheduled for later this year but progress on the path continues at pace.

Next meeting – On April 1st 2025 we are pleased that Andrew Douglas-Forbes has agreed to attend our meeting to present and discuss a film that he had recorded of an interview with the late Swindell Sisters of Church Street. The interview lasts about an hour and gives fascinating recollections of life in Llandeilo during the mid to late 20th Century.

Our meetings take place on the first Tuesday of each month at Capel Newydd Vestry,

Crescent Road, Llandeilo at 7.30pm. Non-members can attend by paying a £3 entry fee or joining as a member at the door. Ideally signing up as a member in advance is simple to achieve by visiting our website at llandeilodistrict.org.uk and pressing the Contact button at the top of the page.

Dafydd Thomas (Chair LDCS)

MYDDFAI NEWS

*Myddfai Shop and Café Opening hours are
Wednesday – Sunday 11.00am – 4.00pm. We are open
on Bank Holiday Monday 21st April.*



What's on end March: Pop up pub Friday 28th March from 7.00pm, Sat 29th March we have a Floristry workshop & afternoon tea event – why not treat your mother – phone us for details. Sunday 30th March is our Monthly Farmers Market. April Events: Saturday 12th April we have a Table top Sale 12.00 – 3.00pm. Friday 25th is our monthly Pop-up pub evening, Sunday 27th April is our monthly Farmers Market with a wide range of quality local produce 12.00 – 3.00pm.

Dodge the April showers and browse round our Myddfai shop which is full of unique gifts to suit everyone Welsh Tweed hats scarves and gifts, Fused Glass, Aprons, bags Myddfai Toiletries, wooden bowls & boards, Jewellery, candles, soaps, pictures, prints, Jams & chutneys, honey and a wide range of greetings cards and much more. Every purchase made supports a local business and the Ty Talcen Charity.

Myddfai cafe is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials and a wide selection of freshly made soups & cakes on offer. We have a clean & cosy 5* café run by Emma. Why not come to Myddfai to get out of the house to a warm dry environment. Or combine your visit with a walk in the lovely surrounding village and countryside.

Myddfai Hall with its stunning views and lovely hall makes a great venue for Weddings, we have a Ceremony Licence as well. It is also a great space for conferences, away days and any kind of activity class. It's also an ideal space for kids' parties with plenty of space to run around or even have a bouncy castle inside.

We can arrange talks with tea for groups on the Physicians of Myddfai or Poisons & Potions. Please ring to book. We can also arrange guided walks from Myddfai Hall.

Why not join in one of the regular activity classes here at Myddfai Community Hall, Tuesdays it's Yoga 10.00 – 11.30am & 12.00 – 1.00pm for chair Yoga; Wednesdays Craft Class is 1.30 – 3.30pm; Pilates is on Thursdays 9.30 – 10.30am. Everyone welcome, get in touch to take part.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449.

Check our website or Facebook page for What's On.

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(05/25/3)



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LLANGADOG COMMUNITY CENTRE



Llangadog Community Centre has been part of the fabric of the village for a long time and remains so thanks to the hard work and diligence of the present committee including fund raising whenever they can and lets not forget the support of the community – Thank you all! However, finances were not good after the pandemic and the centre has struggled since but finally we are slowly turning the corner and even managing some impressive investments in the Centre for the future which is now looking a lot brighter.

The investments include a heating review and implementing the suggestions such as new Nest heating controllers, lagging pipes, and insulating the foyer roof which potentially gives savings year on year well into the future. There have also been a lot of general electrical and plumbing repairs where required and surveys of fire extinguishers and PAT testing.

Llangadog, Llandeilo & Llandovery Mens Shed fabricated baffle boards for the main hall to improve audio quality and thus attract more artists. Llangadog Community Council has funded two sturdy benches and four planters which were also fabricated by LLL Mens.

Shed to improve the appearance of the main entrance to the foyer and look amazing.

There is always something going on at the centre along with several groups to join who meet weekly, fortnightly or monthly like WI, Film Club, Knit & Natter, as well as the monthly country market and some quite impressive



events and stage productions. Please check the foyer notice board for an up to date list or maybe start your own group.

One of these productions is “Shoulder To Shoulder” which is a joint venture between Swansea City Opera and Mens Sheds Cymru and has featured on the BBC so keep Saturday May 10th free to join us at Llangadog Community Centre where doors open at 6.45pm and don’t forget to buy your raffle tickets. Refreshments are available before the start and during the interval. We look forward to meeting you all.

If you want the Community Centre to continue to be available for you, your children and grand children well into the future then please continue your amazing support in any way you can or if you can spare some time, please volunteer to help.

Once again, thank you everyone



RELEVANT LINKS

Llangadog Community Centre Web Site
<http://www.llangadogcommunitycentre.wales>

Llangadog Community Centre Booking
<https://hallbookingonline.com/llangadog>

Swansea City Opera - <https://swanseacityopera.com/>

Mens Shed Cymru Web Site
<https://www.mensshedcymru.co.uk>

Llangadog, Llandeilo & Llandovery Mens Shed
<http://www.welshlegend.co.uk/shed>



LLANDEILO & DISTRICT GARDENING CLUB

The next meeting of Llandeilo & District Gardening Club is on Thursday 3rd April at 7:30pm.

Following on from an informative and thought-provoking talk by Don Murray, head of horticulture at NBGW the next meeting of Llandeilo & District Gardening Club will welcome Carwyn Graves author of "Welsh Food Stories", "Apples of Wales" and "Tir" as well as a wealth of essays and articles. Carwyn's talk may well cover Welsh food, culture, landscape, and language. Carwyn is sure to entertain and inform his audience with a mixture of history, landscape and story.

Llandeilo and District Gardening Club meet on the first Thursday of the month in The Vestry, Capel Newydd, Crescent Road, Llandeilo. Members free, visitors £2.00 including light refreshments.

There is no evening meeting in May, we are going on an outing to Hampton Court Castle in Herefordshire! There is much to see, including a guided tour of the magnificent house, the formal gardens, a maze, sunken garden with a waterfall, a Dutch garden, and expansive lawns and river walk. Places still available!

For more information contact:

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Email: stella@rhydgoch.co.uk tel: 01558 668339,

Membership: H. Simpson 01558 822405

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It is a Unique Celebration of Welsh Culture – The only festival of its kind in Wales, where every session has a connection to Welsh heritage, with over half delivered in the Welsh language. From humble beginnings in 2016, this spectacular event was named **Best Event in Carmarthenshire 2024** by the Carmarthenshire Tourist Board!

The fantastic **Kid's Fest at the Lit Fest** will be back for the second year. On Friday 25th at the Oak Yard at Newton House and Yr Hen Farchnad on Saturday 26th and Sunday 27th. There will be children's author talks, writing, drama and cartoon workshops, storytelling and **Aardman Animation** will be holding model making and animation workshops throughout the weekend. There will also be free art and craft workshops for young and old to have a go at pottery, bookbinding, printing, willow weaving, felting, sewing, creative writing, illustration and lots lots more – a creative playground for all ages!

This year, the literature festival is proud to partner with Llandeilo Pride to present a series of LGBTQ+ focused talks and discussions, and for the first time ever, the festival will also feature a brand-new FREE music event at The White Horse Inn. The spotlight will be on local singers and on Sunday the emerging young band Alys a'r Tri Gwr Noeth will be performing. On Thursday 24th acclaimed musician Lleuven Steffan will be performing at the Salem Chapel on New Road. On Saturday evening there will be a night of Welsh poetry and music at Flows on Market Street.



Beyond the excitement, the Llandeilo Literature Festival is about building connections, fostering creativity, and strengthening our community. It's a place where inspiration lingers long after the weekend, where Welsh literature and culture shines, and where everyone – young and old – can discover the power of stories.

This is a festival for the whole community!

www.llandeilolitifest.org

LLANEGWAD RAINFALL



FEBRUARY

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February Total: 135.25mm – 5.1/4 inches

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06/25(12)

LLANWRDA COUPLE WIN PRIZE QUIZ



Llanwrda's John and Menna Davies have been announced the winners of the prize quiz that appeared in the book *Blwyddyn Bythgofiadwy – Chronicle of an Unforgettable Season* which celebrated Llandoverly RFC's annus mirabilis

A native of nearby Cynghordy, John Davies played centre for Maesteg and Llandoverly before being appointed Headmaster of Llandoverly Primary School and is the brother of Club President Handel Davies.

They win on all-inclusive meal for 4 people at the 25 Club Gala dinner in May, 2025.

Of the 21 entries, there were four to score 9 out of 10 - Margaret Davies, Handel Davies, Ian Williams (Riley Sports) and John/Menna Davies - but it was the latter whose names came out of the hat when lots were drawn.

The only question that all four entries got wrong was Q9. Which Scottish international played a Premiership game for Llandoverly in 2019? The answer to Q9 was Sam Hidalgo-Clyne who played for Llandoverly against Bedwas.

Nigel Clarke and Tony Williams were the only ones to name Hidalgo-Clyne but fell short on the other answers, Nigel ending with 8/10 and Tony 7/10

QUESTIONS AND ANSWERS FROM THE QUIZ

- 1 Who played two Premiership games for Llandoverly in 2016 before being selected for the British and Irish Lions tour of South Africa in 2021? **TADHG BEIRNE**
- 2 Which three Super Rygbi Cymru clubs have never won the WRU National Cup? **EEBW VALE, ABERAVON, CARMARTHEN QUINS**
- 3 Which World Champion darts player scored a try for Cross Keys in the 2012 WRU Cup final? **GERWYN PRICE**
- 4 Who was the only Drover to feature in all 29 Cup and Premiership games 2023-2024? **LEE REES**
- 5 Which 23 times capped Welsh international 1996 -2000 played a Premiership game for Llandoverly in 2004? **ARWEL THOMAS**
- 6 Who scored 26 tries in 30 games for Llandoverly in one season before going on to get 47 caps for Wales? **MARK JONES**
- 7 Which national rugby squad prepared for a Rugby World Cup qualifying game by playing Llandoverly at Church Bank? **IVORY COAST**
- 8 Which current Drover has the same christian and surname as a former Drover and 32 year old Welsh international? **RHODRI JONES**
- 9 Which Scottish international played a Premiership game for Llandoverly in 2019? **SAM HIDALGO-CLYNE against Bedwas**
- 10 Who was the only New Zealand All Black to play for Llandoverly in the Premiership? **SIMON MALING against Bridgend in 2008**

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06/25(12)

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LLANWRDA CRICKET CLUB

The 1st XI have their first match of the season away at Bronwydd on Saturday 3 May while the 2nd XI – Llewod Llanwrda – begin on 14 May against the same opposition.

Training for the Juniors restarts at Castle Fields, Llandovery on 25 April. Again we will be running All Stars and Dynamos which begin a fortnight later. Please contact Gwynn Davies for information about the juniors on 07956 147464.

Nets for the adults are at Llandovery College Sports Hall on Monday evenings.

We are always on the look out for new adult players – Saturday matches for the 1st XI and a mid-week 2nd XI – Llewod Llanwrda – playing in the Carmarthenshire 100 League. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

For information about the Women and Girls’ section please call Liz on 07791 241197. There will be opportunities for the ladies to play in friendly matches on Sunday 18 May and also 29 June.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

19/02/25	8	No winner
26/02/25	24	Kenneth Evans
05/03/25	58	No winner
12/03/25	44	No winner

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It’s only £4.33 per month.

PUMSAINT WI

Our March meeting had a St David’s Day theme and we met for a Cawl Lunch in Brechfa and afterwards Sue chaired a short meeting. Lisa set us a St David’s Day Quiz which was won by Rhoslyn after a tiebreaker question. There was a vote of thanks to Rhoslyn for organising a delicious and fun lunch outing. Our annual Car Boot Sale is set for May 26th, the late May Bank Holiday, and everyone offered to help as needed on the day. Bacon rolls, drinks and cake will be on the menu! Our meeting on April 1st will be a Social Evening starting at 7.30pm. Visitors and new members are always welcome.

LLANDOVERY IN BLOOM COMPETITION 2025/GWYL FLODAU LLANYMYDDFRI 2025

It is almost spring and time to arrange the colourful flower displays in Llandovery. Also time to think ahead and plan the Llandovery in Bloom Competition 2025. As usual, entry forms will be at Llandovery Post Office & the Y Gannwyl Museum & Visitor Gateway. The entry forms are available at these sites from 1st May 2025, and the closing date for entries is Friday 20th June 2025. Judging will take place early July with awards being presented on Saturday 2nd August 2025 at 2.00 p.m. in Market Square, during the Farmers Market, as last year.

This year the categories for the competition will be as follows:

1. Best Street
2. Best Garden (up to 100 sq. yds)
3. Best Garden (over to 100 sq. yds)
4. Best Dwelling Frontage – no forecourt (13 yrs. old or less)
5. Best Business including Public House
6. Best Individual Hanging Basket
7. Best Car Park Bed (Biodiversity)
8. Best Senior Citizen’s Display
9. Best Children’s Display
10. Best Vegetable Display
11. Best Water Feature

Individual gardens may be entered in one category only.

Please note: There is a new category this year: 11. Best Water Feature.

Category 7 ‘Best Car Park Bed’ will this year have a theme of ‘Biodiversity (to increase awareness). The adoptees of their bed are invited to be creative and display an aspect of biodiversity, with a short written description at the bed describing what/how they want to achieve. An award will be given for the best car park bed.

The Llandovery Business Group are new adoptors of a bed in the car park.

Good Luck!



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20 20	Renault Clio 1.0 TCE 100BHP S Edition, Diamond Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m.....	£12995
18 68	Renault Clio 0.9TCE GT-Line, 17" Grey Alloys, Sat Nav, Flame Red, 49375m.....	£7995
18 18	Renault Clio 1.5DCI Iconic, Sat Nav, 17" Diamond Cut Alloys, Met Grey, 71500m.....	£6995
17 17	Renault Megane 1.6DCI, 6 Speed, GT Line, 17" Alloys, Half Leather, Black, 53500m.....	£7995
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19 68	Citroen C3 1.2P/T 82 Flair, Nav, Alloy Wheels, Privacy Glass, Park Sens, Grey/Red, 27000m.....	£9750
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18 68	Citroen C3 1.2P/T Flair, Parking Sensors, Alloy Wheels, Air Con, Grey/Black, 40665m.....	£7995
17 67	Dacia Stepway 1.5DCI SE Summit, Sat Nav, Half Leather, Air Con, Desert Orange, 37250m.....	£7500
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17 17	Renault Master 2.3DCI LL35 Dropside Pick Up, White, 1 Owner, 86000m.....	£7500 +Vat
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LLANDEILO BOWLING CLUB – AGM 2025

Llandeilo Bowling Club (LBC) held its 2025 AGM at the clubhouse on 27th February 2025. There was an excellent turnout of members and the packed room reflected the increased membership and the growing interest in both lawn and short mat bowls in Llandeilo.

The President, Gareth James, entering the second of a two year term of office congratulated the men's team on securing a place, for the first time in over a decade, to compete in Division 1. The challenge for the coming year would be to remain there. Several ladies in the club had, in the last season, reached the final stages of the County competitions.

There had been such interest in short mat bowls that two teams - Tywi playing in Division 1 and Teilo playing in Division 2 – had, for the first time, been put forward to play in the Carmarthen and District short mat league. A number of Llandeilo players had reached the national short mat finals recently held in Llandrindod Wells.

The President referred to a number of successful events which had been held during the year including the Presidents charity day and BBQ with Macmillan nurses being the recipients of funds raised. It was hoped that these events could again be repeated during the coming season.

Vice President, Cath Rogerson, who was stepping down due to a move to be closer to family in Llanhari was thanked for her significant contribution to LBC both in terms of raising funds through the 59er club which she had inceptioned and for helping to produce a revised constitution for LBC. She was presented with flowers as a token of appreciation of her hard work.

Richard Davies was unanimously elected Vice President. David Thomas and Philip Latham were re-elected Secretary and Treasurer respectively with Jamie Davies re-elected as men's captain. He agreed also to continue to organise weekly club night. Deborah Matthews was elected ladies captain with Doug Davies being re-elected as captain of the veterans. Geoff Chapman was elected competitions secretary and Wyn Jones agreed to continue as safeguarding officer.



L to R Cath Rogerson, retiring Vice President; Gareth James, President; Sara Nicholls, recipient of LBC Life Membership.

A significant amount of time and effort had been put into re drafting LBC's constitution and the proposed amendments were ratified unchallenged by the AGM.

The Treasurer reported that the Club's finances were in good heart despite expenditure to renew LED lighting and repairs to the implement shed. This had enabled the committee to peg membership fees at the same level that had prevailed over the last two seasons.

The highest accolade the club can confer upon a member is that of Life Membership. This was awarded to Sara Nicholls at the 2025 AGM in recognition, not only of her outstanding performance on the green, having last year won the welsh ladies singles championship and a gold medal at the European championships but also in acknowledgement of her considerable efforts, over very many years, to raise funds to secure the club's continuity. She had also held several offices in the Club including those of ladies secretary, competitions secretary and past President. It was unanimously agreed that her name should be added to the Life Members' Honours Board which also featured her Grandfather's name.

The meeting concluded with confirmation that the LBC green would reopen on Saturday 12th April 2025 with an open day for prospective new members on Sunday 27th April 2025.



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LLANDOVERY SHEEP FESTIVAL IS BAA-CK THIS SEPTEMBER FOR EWE ALL TO ENJOY!

Llandovery Sheep Festival will be baa-ck this September for 'ewe' to enjoy some new, as well as the familiar favourite features.

The weekend-long festival, taking place on 20 & 21 September 2025, will highlight the wool industry and local sheep farming. It will also be a celebration of rural crafts, food and entertainment, held in Llandovery town centre.

Rachel Everett, Chairman of the Festival, said, "The Llandovery Sheep Festival has gone from strength to strength since its inception in 2010. It is an event that's been wholeheartedly embraced by the people of Llandovery and its success is very much a reflection of that. Events such as this are important to the rural community, not only in terms of bringing people together, but also in terms of showcasing the best of local produce, goods and services.

"Like a lot of local events however, we desperately need financial support to be able to continue providing this free-entry festival. The grant funding we receive,

sadly, is not enough to cover the increasing costs of the infrastructure required to run the weekend-long event. We rely on volunteers, like myself, to run the event, but this year, more than ever, we are going to have to call on friends of the festival for financial support as well as donations of services and materials in order for the event to continue in years to come."

"We hope to have new features for this year's event including more of a focus on the history of sheep farming and the versatility of wool. We are also encouraging everyone locally to enter our village show competition which we will run again this year as it was such a success last year. We also hope to have, once again, the vintage tractor show and the fun wheelbarrow race and lots more.

"The concept behind this community led festival is to showcase the best of Llandovery, to share its cultural identity and historical past through the promotion of the wool industry and the local farming economy. This year's packed programme will certainly not disappoint and will have something for everyone."

The town's Market Square and Castle carpark will be a kaleidoscope of colour during the event in September with exhibitors displaying their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandovery will be packed with entertainment and music. There will also be a climate change forum and a programme of storytelling for younger visitors to enjoy.

Rachel wants to bring people together to make this year's Festival as inclusive as possible. She especially wants to hear from those interested in bringing sheep to show. If you would be interested in helping with your time, materials, services or financially please get in touch. Email: info@llandoverysheepfestival.co.uk





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04/25/6)

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January to March 2025

Many thanks to you all for your continued
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January 2025

- 1st Lowri Dyer
- 2nd Rhys Watts
- 2nd Fflur Williams
- 3rd Morgan Harries
- 3rd Ena Jones
- 3rd Ann Arthur

February 2025

- 1st Kacey Hughes
- 2nd Owen Bennet
- 2nd Nicola Watson
- 3rd Claire Price
- 3rd Julie Harries
- 3rd Dai & Nerys

March 2025


- 1st Dylan James
- 2nd Meg Evans
- 2nd Emyr Richards
- 3rd Gina Jones
- 3rd Matthew Preston
- 3rd James Parker

LLANSADWRN COMMUNITY COUNCIL HAVE A COMBINED COUNCIL AND COMMUNITY WEB SITE


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email address. In order to increase the number
of visitors to the site and make it more interesting
the Community Council decided to invite local
businesses, organisations, etc. to advertise on the
website. Details of costs, etc. can be obtained
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06/25(3)

LLANDOVERY IN BLOOM COMPETITION 2025/ GWYL FLODAU LLANYMYDDFRI 2025

Spring is here and time to arrange the colourful flower displays in Llandovery. Also time to think ahead and plan the Llandovery in Bloom Competition 2025. As usual, entry forms will be at Llandovery Post Office & the Y Gannwyl Museum & Visitor Gateway. The entry forms are available at these sites from 1st May 2025, and the closing date for entries is Friday 20th June 2025. Judging will take place early July with awards being presented on Saturday 2nd August 2025 at 2.00 p.m. in Market Square, during the Farmers Market, as last year.

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6. Best Individual Hanging Basket
7. Best Car Park Bed (Biodiversity)
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9. Best Children's Display
10. Best Vegetable Display
11. Best Water Feature

Individual gardens may be entered in one category only.

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We are pleased to announce that The Llandovery Business Forum are new adoptors of a bed in the car park.

Thank you for all your hard work & Good Luck!

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05/25(3)

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03/25(3)

LLANDOVERY CARNIVAL SUNDAY 25TH MAY 2025



Photo by Stuart Ladd



Photo by Stuart Ladd

By the time you read this we will already have chosen this year's Carnival Queens but, while they are busy designing and preparing for the Parade, there's still a lot for the rest of us to do to get ready for the big day. But most important of all we need your help to make it a real showcase for the town – whether you are taking part or just watching the parade.

The theme this year is a broad one – 'As Seen On TV' – so there is plenty of scope for your ideas and imagination. Of course, these days the idea of TV is a bit dated – we could have said 'As seen on Netflix, or whichever streaming platform you prefer' but 'TV' is a bit snappier. But the field of ideas is wide open, so over to you for your ideas!

Before the big day there is plenty going on that will test your wits – and your talent – in our pre-Carnival events.

These kick off on Friday 16th May with Stars in Your Eyes at 7pm in the Castle Hotel. Even if you are not taking part, please make a note to come along and support all those who are going on stage. Who knows, you may see and hear a star of the future make their debut! Even the greatest names must have their very first gig!

So, if you think you have – or someone you know has – some great talent then come along and shine – don't hide away and let it go unnoticed. Whether you sing, dance, play an instrument or have a stand-up comedy act – whatever it is have a go! Many thanks to Carnival Chairman Peter Jones for organising this.

The next event in Carnival Week is the Treasure Hunt. This will take you on a tour in and around town on the evening of Tuesday 20th May. We start from the Rugby Club at 6pm. Thanks to Sue and Tim for, once again, organising this event – always much enjoyed by everyone taking part.

And the final event before the Bank Holiday Sunday Parade will be the Quiz. This will be in the Whitehall on Friday 23rd May starting at 7pm so why not get your team – or teams – together now?

So you see there are plenty of opportunities for you to get into the Carnival spirit!

Judging by the experience of last year there will be a good crowd lining the route to watch and cheer you all on. The Parade plans to leave Ysgol Rhys Prichard at 1pm, processing down Stone Street to the High Street, Broad Street and on to finish at the Rugby Club.

When you get to the Club entry to the ground for the public is only £5 (under 16s get in for free). What else can you get for a fiver these days – and at the same time give something back to the community, so please be as generous as you can on the day.

At the Club there will be all the usual fun-fair rides, food and other stalls (If you would like to set up a stall in the Carnival just let us know) and of course the Club bar will be open. See you there! Pob hwyl!

Llandovery Carnival Team

Facebook: Llandovery & District Carnival

FUN FUNDRAISING QUIZ 10TH APRIL

Join us for a jolly quiz to raise money for a local charity – not finalised at press date, look out for posters around town, Thursday April 10th, doors open at 7.00pm for a 7.30pm start at Llandovery Rugby Club Main Bar, which will be open for refreshments.

Teams can be from 1-6 players at £2 a head, or just £10 for a full team of six.

Rounds include music, historical items, pictures and a Welsh geography round.

Teams will lose their lowest scoring round before the winners are announced, and there's even a prize for the lowest scoring squad!

Come and have a laugh and enjoy a quiz over a few drinks. See if you can knock last month's winners The King's Head Stags off their perch.

In our first quiz in March we raised £160 for the Museum's work with children. If you have a charity that would like to raise funds please get in touch via patricia.black14@gmail.com

100 YRS LLANGADOG WI 100 YRS

Our centenary year has already reached the third month! We celebrated St. David's Day with gusto. Whilst choir music and Tom Jones played out in the background we enjoyed a lovely Cawl supper prepared by Mary Davies with all the usual accompaniments of Cheese, Welsh Cakes and Bara Brith prepared by Debbie Silk who also donned her Welsh Costume for the occasion. Gwen and Sarah had decorated the hall beautifully making it another very special event in our calendar! 10 members will be attending the Cestyll Group meeting at Cwrt Henri, 4 members will be attending a concert in Laugharne and another great concert in Llandysul Hall on 4th April featuring two choirs, Sarah Davies and the Trap Ukelele Band.

Our next meeting will be a Ten Pin Bowling night in Carmarthen on 3rd April and our Centenary Dinner at the Kings Head Llandovery will be held on Saturday 26th April which we are looking forward to.

We think we live busy lives, however looking back over the minutes of the early 1930's, a course of 10 lessons in Folk Dancing was organized, Fruit Tree pruning and tie dying proved popular, vital support for the Nursing Association and the St Dunstan's Blind Veterans was provided. Members also enjoyed educational talks and gathered tales of folklore, ancient legends, traditions and customs from the neighborhood! Phew! More news next month – why not come along and see what we the WI is all about, our new year membership begins in April so there's no better time to have a trial run – call the Secretary Marylyn on 01550 777161 for more info.

WHAT'S ON IN CAPEL DEWI THE OLD SCHOOL SA32 8AD

9th April – Coffee Morning. Speaker Golden Grove/Gelli Aur trustees 10.30am

12th April – Local Producers Market and Craft Sale, 9.30am – 1.00pm

23rd April – Book Club, 7.00pm

25th April – Pop up Pub

3rd May – VE Day Celebration – Afternoon exhibition (FREE) and Music (Crows Feet Band), BBQ and Bar in the evening. Evening tickets £5.

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capeldewicomunity@gmail.com



CÔR MEIBION LLANYMDDYFRI / LLANDOVERY MALE VOICE CHOIR



Llandovery Male Voice Choir is very pleased to announce its Grand Concert for 2025.

As you will see on posters around the town, and on Facebook, the Concert will be on Saturday 17th May at 7 pm, this year in the Tabernacle Chapel, Llandovery. As well as the Choir, it will feature guest artists, soprano Lisa Dafydd, and tenor Rhys Meirion.

It's great for us to welcome Welsh soprano Lisa Dafydd back to Llandovery, where her family has strong connections.

In the 2022 National Eisteddfod of Wales, Lisa was awarded the highly prestigious Osborne Roberts Blue Riband Memorial Award and the Violet Mary Lewis Scholarship for the most promising soprano. She graduated with Distinction from her Masters course at the Royal Academy of Music in 2023.

Welsh tenor Rhys Meirion has enjoyed international success in opera and recording, and national success in broadcasting. He has an extensive catalogue of recording work, including a duet album with Bryn Terfel ('Benedictus on the SAIN label') which was nominated for a Classical Brit Award. He has also released two albums with The Three Welsh Tenors.

Concert highlights include The Karl Jenkins 70th Birthday Celebrations Concert at The Carnegie Hall New York, a gala concert at the Royal Albert Hall with Bryn Terfel, and his BBC Prom debut at the opening night of the BBC Proms (televised on BBC 2).

Tickets for the Concert are £12; available from members of the Choir, and at the door.

Keep an eye on our website Llandoverychoir.wales, and follow us on Facebook – Côr Meibion Llanymddyfri for more information.

We look forward to seeing you all again this year.

LLANDOVERY ROTARY CLUB



Where does the time go? It seems only a few weeks ago that we were wishing you A Happy New Year and here we are a quarter of the way through it already. I'm sure we all have days when you are busy busy busy but at the end of the day you have nothing to show for it. Well for us this month has been just like that. Busy busy busy without a lot to show for it. What's happened, well, here goes

It was great to see Gary back with us as he has been caring for his dear wife Carol who is recovering from two back surgeries. Clearly Gary was relieved to be back and told us Carol was beginning her recovery and it's one day at a time now, but so far so good. Gary then thanked us for the donation to the Llandovery Museum which enabled a chair lift to be in operation to help increase visitor numbers to our wonderful museum which is run entirely by volunteers. Great to see you back Gary.

We entered the Make Welsh Cakes competition on St David's Day this year and in previous years Dan has volunteered (or should that be we entered Dan!) to be our Welsh Cakes competition chef. In fairness Dan did us proud and I'm told his six cakes were very good indeed (I didn't try them!). However, whilst being right up there with the best we never made the podium. This year, although Dan was prepared to have another go Rachel volunteered and it was unanimous. Rachel was selected to represent us this year and we had high hopes of success. Rachel produced a beautiful plate of six Welsh cakes but alas when the results came out our hopes were dashed and no podium again this year. Although only the top three receive prizes we have awarded ourselves joint fourth place, with everyone else! Presumably so has every other entry but we are happy with that. Great effort Rachel. Well, we thought they were great anyway!

Following a couple of fallow years we resurrected the old Christmas/after Christmas Dinner this year in the King's Head but held it in February! Of course it was! With reduced numbers it went ahead with some dressed in the 70s theme as recommended, some in fancy dress, some dressed up and some dressed down! What fun we had. A great night was had with live music thrown in. Well done Rhian for organising and the same again next year please.

Steve Mitchell joined us a few months ago and is a very keen Jaguar and Classic Car enthusiast. Steve, with his experience in organising classic car events was keen with Lawrie to squeeze one in this year. Following initial discussions we have decided there wasn't quite enough room in the diary nor availability of the mart, but to wait until next year and go full out on a proper Classic Car Event, subject to Clee, Tompkinson & Francis' (Mickey) availability in the mart where the massive area of concrete is ideal to house these beautiful and valuable classic cars. Another wonderful event in Llandovery's diary. Watch this space.



The Welsh Trail Riders with two local sisters. Top middle Fiona Price and lower middle former European Champion Catriona.

Pupils at Ysgol Bro Dinefwr approached us with a problem. Many have represented us in the Rotary Chef competitions often excelling and bringing home the bacon! Despite several protestations they have to manage with a desperate lack of and/or substandard equipment in the kitchens. This was their last resort. This is not normally something we would support but we were aware that they wanted to continue to represent us in the Rotary Chef and we were in a position to help. From our larger than ever fund we decided to help and have made a donation for the purchase of much needed whisks and utensils essential to their needs. Good luck chefs.

The Welsh Trail Riders Association who visit this area annually and are most generous with a donation made to us every year. Our Life Member Colin Newman is a member and invited a deputation to visit us to tell us about themselves. Colin introduced Michael Corkery and Chris Lee who, with the help of a slide show (is that what it's called these days?) gave a very interesting talk on their activities. One 'slide' showed two local ladies Fiona and Catriona Price (Price Of Llandovery, Whynot) as their members in full trail riding gear. Now, although very reluctant to advertise the fact, Fiona was an extremely capable rider and was the EUROPEAN CHAMPION on her powerful trail bike. Not many of those in Llandovery! It was great to meet Michael and Chris and we now know three of their members who are most generous to our cause. Wonderful.



Chris, Michael and our own Colin. The extremely generous Welsh Trail Riders.

In line with Rotary International who provide help in the world wherever and whenever it is needed we donated a 'ShelterBox' (£590) which is an international disaster relief charity that provides emergency shelter and other aid items to families around the world who have lost their homes to disaster or conflict.

A most worthy cause to those who have lost virtually everything.

This months meet the member is Rhian Davies



Rhian Davies. Everyone knows this months Meet The Member.

Rhian, an 86' baby was born and grew up in Llandovery, New road to be exact.

Llandovery, was, and is such a great community and growing up here was idyllic.

Since a 17 year old I have worked in the construction industry and currently work as a buyer for Jones Brothers Henllan in Cross Hands, a large scale civil engineering company.

I enjoy walking, going to the gym, cooking and the occasional glass of red wine. (Occasional? Derek).

I have built up many strong friendships over the years and hopefully will continue to do so. I have been a member of the Rotary club in Llandovery since November 2023, it's a fantastic way to socialise and be involved in the community.

You may even see me dressed as a duck in this years Great Llandovery duck race on August bank holiday.

Diolch Rhian.

We have been stood down from one job. Sadly the Blood Bikes 'Motorbike Weekend' will not be going ahead this year so a break for us there but we have been called up again to marshal at the Llandovery Carnival on Sunday May 25th. See you all there.

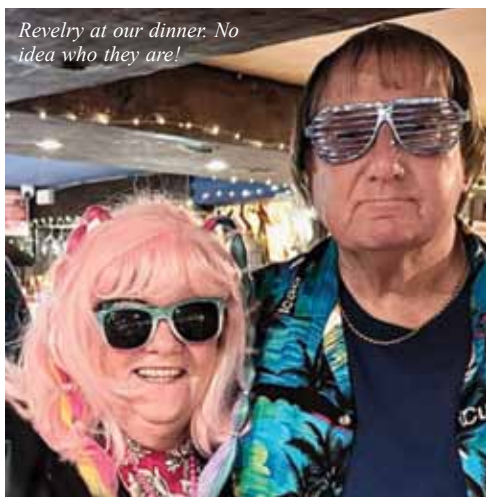
And we have another new member. Following a couple of visits to see what we're about Tim Ridge-England has joined us and was enrolled recently. Tim is a keen supporter of the Drovers and he and his wife Bobby are highly respected wardens at the Erwlon Caravan & Campsite. Tim says he is looking forward to giving his time and helping in the community. Welcome to Rotary Tim.

We entered the Charity Quiz competition in the Rugby Club and selected (anyone who was available!) a right rag tag bunch to represent us. No hope whatsoever. Unless the



New member Tim Ridge-England with President Kevan and Tim's proposer Lawrie.

questions were wine tasting, real ale, Shintae Karate the art of good sex or something really obscure we gave them no chance whatsoever. They surpassed every expectation and showed a great cross section of knowledge and came home a very credible second. Lawrie showed incredible quizzing talent. See, we are not as daft as we look!



We have had some very interesting speakers recently and more to come. Adrian Davies a photographer who is a native of Llandovery is coming on 18th March. Just a day late as this is after the close of publication so you can hear about Adrian's visit next month.

Also Andy Brown and John Daniels on 15th April who will be talking on Prostate Cancer and our wonderful Nurses Shirley Price-Davies and Rhian Evans from Llanfair Surgery are coming in an attempt to convert us all to 'Good Healthy Living and Eating'. I have a feeling we have a few who are beyond help! Seriously, we can all take some good advice and we are really looking forward to these Speakers.

And that's it for this month. See you all again on 1st May.

Derek Jones.

FRIENDSHIP CLUB

The chairman welcomed everyone to the meeting and wished them all Greetings for the New Year.

She explained that she had been hoping for a good start to the new year but that sadly our dear Past President and former Chairwoman Mrs Mary Jackson had passed away on the previous day. Everyone was very sad to hear the news as Mary had been a much loved friend of us all. She had been suffering greatly after the loss of her much loved husband Ivor and daughter Angela last year. May they rest, now in peace together. Our thoughts are with her sister Sylvia our former treasurer. We know how much she will miss her sister.

Our First speaker of the year was Mrs Jill Tatman. Jill gave us a very interesting talk on what happens at the LYCC. Jill first became involved when she helped running a youth club at the school. Having acquired the money to purchase the church hall she helped with the fund raising and established the YMCA. Jill has used her amazing grant application skills to keep everything running and growing over the years. Now called the LYCC Llandovery Youth and Community Centre it continues to provide a youth club, after school club and a summer camp, but now also provides for a much wider age range of residents. Jill went through the wide range of groups who use the centre. Art classes, knitting, sewing classes. Writer's sessions where people are encouraged to write their own future best seller. It support, woodland care, cooking classes, English as a foreign language, gardening, pyrography, willow weaving, sign language, a foodbank, the list goes on. Some of the sessions are purely recreational, others are more therapeutic all proving a place to talk, share and grow new friendships. The Centre is also a base for many other organisations to come and provide valuable help and support. CCC hub helps find the right support that might be needed, and can also help with form filling. Blue bags and food bags are also available at these sessions. A monthly shopping trip in the minibus to Brecon, places need to be booked. The minibus is available for hire by local organisations. It was an eye opener to us all to discover how busy they are. Well done everyone at the LYCC for providing such excellent support within this community. Thank you Jill especially for your very hard work.

Over tea and biscuits the chair went through the planned programme for the year. Two trips are planned

for July and Christmas. After much discussion it was decided to go to Penarth in the summer and Monmouth for Christmas shopping.

February's meeting was Cawl at the West End, when all paid up members will receive their membership cards. Everyone enjoyed the delicious cawl, bread, cheese and apple tart or fruit crumble. There were 29 members present. A raffle took place, thank you to all who contributed prizes.

The next meeting on the 26th March will be a talk on the dark skies of the Cambrian by Dafydd Morgan.

Sadly another former member has passed away recently, Mr Les Marshall. As was his nature he had written his own eulogy which was read at his recent funeral, well done Les you were a very good friend to all.

The club is open to all ages and genders, and is an excellent place to chat over tea and biscuits and make new friends. Membership remains at £15 for the year.

Gina Jones, Chair

LLANDOVERY CROQUET CLUB



Croquet club members were keen to start playing again at the Castle Fields bowling green. The new season kicked off on Tuesday 18th March and our regular club afternoons will continue every Tuesday and Thursday starting at around 2pm.

Visitors are welcome at the Club at any time and free coaching is available for all beginners to croquet, with no obligation to join the Club. No previous experience is necessary – all equipment is provided – you just need to wear flat shoes!

As well as our informal club afternoons, for those members who wish to be more competitive, matches are being arranged with Aberystwyth, Cardigan, Mumbles, Llanidloes and the Glamorgan Club. We will also be entering a team in the Welsh Inter Club Championship.

A number of local organisations have booked group sessions which can be arranged at times outside our club afternoons. Please contact our secretary John for more information about the club, or to arrange a free trial, on 07435 786762, or email john.evans@zen.co.uk



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0425(12)

COFFEE MORNING

at Llandingat Church
Friday 25th April
10.00am – 12.00 noon
Coffee/Tea & Biscuits
£3.00
Cake stall, Raffle etc.

HAVE YOU EVER FANCED DRUMMING?

Since November, there has been a community drum group gathering every Monday evening at Capel Newydd in Llandeilo, next to the Civic Hall, from 6.30pm to 8.30pm. The evening starts with a guided warm up, loosening tension from the body, getting to know the drums and feeling our way into rhythm. Then Sian teaches a rhythm for everyone to join in with, and we spend some time getting comfortable with that, until it almost becomes a meditation. After a short tea break, we have a jam session, in which you can use the rhythm you have already learnt, or try making up a new one. There are other percussion instruments to play with too, like shakers, rattles, bells etc. There is a mixture of experience amongst the group – some have never drummed or played any musical instrument before, some have been drumming for years. All are welcome! The drums we use are mainly African djembes, but feel free to bring others if you have them. Drumming has so many benefits, including reducing anxiety, depression and stress; improving self-esteem and promoting social resilience; improving brain health and physical health; decreasing pain sensations by promoting production of endorphins; and above all, its FUN! If you are interested in joining, please contact Sian by email at sianwintle86@gmail.com or text/phone 07534 974413.

CYCLE JUMBLE

Saturday morning 12th April for the National Cycle Museum, Llandrindod Wells, a charity in Mid Wales. The stalls will be at nearby Cefnlllys School.

Contact Steve Griffith on 07740 923630
or griffith531@hotmail.com

WHO WILL YOU BE ON THE NIGHT?



Photo by Tudar Nordli Mathisen

Sign up now for your chance to unleash your inner Britney, Robbie, Dolly, Liam, or Kate!

Join us on Friday, 16th May for the *Stars In Your Eyes* talent show, hosted by Llandovery Carnival. Whether you want to sing, dance, or play, this fun-filled night is your time to shine!

This event is a fundraiser for Llandovery Carnival, so come along and support a great cause while having a blast!

The Castle Ballroom | Friday, 16th May | 7 PM 'til late

Don't miss out – limited spaces available! To register, call or text 07761 955004 or email: llandoverycarnival@gmail.com

Get ready for a night full of talent, laughter, and unforgettable moments!

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07/25(12)



I think someone has added a battery to the year because it seems to be going faster than usual! By the time this goes to print, we should, cross fingers, finally have the keys to our new Llandeilo hub! We have been eagerly waiting for access so we can start

work on transforming it into an exciting location for our E-bike hire and drop in eco-hub. Plans have hit the odd delay, so our timeline is a little off course but what's a journey without the odd detour?!

We will soon be back on course and are busy with plans to form Llandeilo Friends of the Station. Many of the stations along the Heart of Wales line already benefit from having friends but currently, Llandeilo is not one of them. The train station is badly in need of some TLC and with us being in such proximity, it made sense for us to put ourselves forward and set the ball rolling. Equipment and plants can be provided, we just need willing volunteers to lend a hand! We will be doing a callout soon, but you are welcome to get in touch before then if you are interested. We will also be working with local schools and artists to revamp the area around the station, so there will be a lot going on.

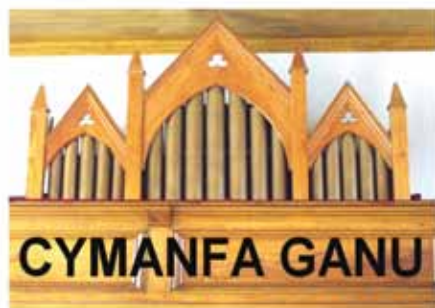
Work has continued in Llandovery, where we hosted our Pobl Planed Pint/People Planet Pint event in The King's Head. It was a relaxed evening chatting about climate

issues in town, though we did test our knowledge with a game about emissions which none of us got 100% right. Every day is a school day! We are looking to host one in Llandeilo in the coming months so keep a look out for that. We have also been involved in the monthly Repair café, helping to repair clothing, bags and toys. It's great fun to be a part of the volunteer team and there is great satisfaction in prolonging the life of a well-worn shirt or adding a few more years of cwtches to a favourite teddy.

We will be posting updates on our work on social media but if you would like to chat in person, we will be at the Llandovery Forever: Shaping Tomorrow Together event on April 11th and 12th in Market Square. Just look for the Ynni Sir Gâr banner!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699.

Ynni Sir Gâr are a Community Benefit Society, who's aims are to work with communities to reduce energy costs, promote energy efficiency, tackle fuel poverty, generate clean renewable energy, install locally owned and managed electric vehicle charge points and keep profits and jobs local. The Bwrlwm project is supported through the Targeted Finance Fund administered by Carmarthenshire Council.



Capel Gosen, Cyngordy
SA20 0LW
2.30pm Monday 21st April 2025

Detholiad o hoff emynau yn y Gymraeg a'r Saesneg
A selection of hymns in Welsh and English

Gyda llunïaeth i ddilyn yn y festrï
Followed by tea in the vestry
Arweinydd: Phillip Watkins



NINE YEARS ON ...

The Llanwrtyd and District Heritage and Arts Centre opens for its ninth season at the beginning of April.

The popularity of the Centre, with both locals and tourists, has grown each year since it first opened in 2016 not only providing a unique insight into the history and development of the area with interactive displays and information panels, but also two light and airy art galleries which are much in demand – booked two years in advance – with work from artists displaying a wide variety of talent.

Add to this a programme of concerts, talks and other events and it is not hard to see how the Heritage Centre has become a focal point in the town and surrounding area.

This season is no exception with a concert, CarmenCo on the first Saturday in the month, a talk on the Work of the Churches Trust – an insight into how church buildings are being utilised in other ways in addition to worship – on the 10th April and the galleries filled with creativity and colour from its opening on 3rd April.

Our exhibition for April features work from artists – all of whom have had successful exhibitions in the past. Richie Dean returns displaying his unique and vibrant fusion of watercolour, acrylics and digital art, whilst work by Anita Woods features her very popular interpretations of wildlife and nature using watercolours and mixed media.

The work of these two artists is beautifully complemented by stunning glass work by Irene Funnell, inspired by coasts and mountains her exhibition this time features stunning glass panelled lanterns and coasters. The final exhibitor in this quartet of talent is local weaver Janine Pawley who uses fleeces from sheep grazed in the Abergwesyn Valley to create a range of beautiful rugs and other practical items. Carded and woven by hand the soft and stylish rugs are available in a range of sizes and colours.

The Heritage Centre is open Thursday to Sunday (and Bank Holidays) 10am to 4pm and entry is free.

LLANDOVERY CINEMA WELCOMES NEW FILM COORDINATOR, ELLA PEEL



Hybu Llanymddyfri – Llandovery is thrilled to welcome Ella Peel as the new Film Coordinator for Llandovery Cinema. Thanks to successful grant funding from Ffilm Cymru Wales' Film Exhibitor Fund, Ella will be leading an exciting new season of monthly Welsh-language film screenings, quarterly environmental documentaries, and accessible cinema experiences, celebrating both cultural heritage and sustainability.

Tiago Gambogi and Maggi Swallow, Llandovery's Community Activities and Events Support Coordinators, shared their enthusiasm for Ella's appointment:

"We were both impressed with Ella's vision for the programme, her experience in film both as an actor and curator, and her passion for delivering meaningful cinema events. She has a deep understanding of Llandovery, having been actively involved in the community through various events, as a councillor, and as a firefighter. As a Welsh speaker, she is also uniquely placed to champion our Welsh-language screenings."

Ella Peel is eager to bring her expertise and passion for the arts to the role:

"Bringing the arts to Llandovery is something that I am extremely passionate about, and with the success of the Heart of Wales Fringe Theatre Festival last summer, it goes to show that there is certainly an appetite for more cultural events. I have been very fortunate to carve a career as an actor spanning almost two decades, and from a young age, I have been championed along the way by my community. It is my privilege to bring a programme of Welsh-language cinema and environmental documentaries to my hometown."

"Through film, we can explore difficult topics, celebrate our Welsh heritage and language, and give voice to marginalised communities. I endeavour to bring a variety of films to our big screen that will excite, entertain, and educate by facilitating a series of events and post-show Q&As with creatives, local groups and businesses, and the wider community."

If you'd like to get involved or learn more about Llandovery Cinema's programme, you can contact Ella at filmllanymddyfri@gmail.com or join the conversation on Facebook: Llandovery Cinema / Sinema Llanymddyfri and Hybu Llanymddyfri – Llandovery.

LLANDOVERY CINEMA SCREENS *Y STREIC A FI* TO MARK ANNIVERSARY OF MINERS' STRIKE FOLLOWED BY A Q&A WITH ACTOR ELLA PEEL



The newly re-established community cinema is proud to announce a special screening of *Y Streic A Fi* to commemorate 40 years since the end of the miners' strike. Thanks to a grant from Ffilm Cymru, this screening is part of a broader initiative to showcase Welsh-language cinema and celebrate Wales' rich cultural heritage. *Y Streic A Fi* depicts one of the most defining moments in modern Welsh history and is widely regarded as one of the most powerful portrayals of the subject matter in Welsh Language cinema.

Its compelling story of the miners' strike through the eyes of a teenage girl, offers a deeply personal perspective of how families, and in particular schoolchildren, were affected by the strike. Despite the film's mature subject, this unique outlook on the strike has motivated the GCSE exam board WJEC to use *Y Streic A Fi* as a key part of the curriculum for Welsh GCSE students. The film has proved a great success in engaging young people with the yearlong protest due to its themes of community, resilience, love and how in the face of injustice even the most unassuming individual can create change. Adding to the significance of the event, Llandovery Cinema's film coordinator, Ella Peel, who also starred in the film,



will be present to discuss its impact and relevance today with a Q&A after the screening.

Ella Peel said: "*I'm so proud of Y Streic A Fi, not only is the story so important to us culturally but on a personal level, as a Welsh learner, it was the first time that I worked in Cymraeg. Screening this film in my community is very exciting and I hope to have the opportunity to speak to the younger generation about the themes of the film, the historical significance and my experiences as an actor, as well as answering any specific questions that may help in their educational development.*"

Y Streic A Fi will be screened with English subtitles, making it an inclusive and accessible screening for non-Welsh speakers and Welsh learners. Having been born into a non-Welsh speaking family and learning Welsh at Llandovery primary school, Ella's role as the lead actor in this award-winning film demonstrates to learners that there is a pathway.

The evening will begin with a "Bring a Plate" shared meal, a Welsh tradition that fosters community and connection. Guests are invited to bring a dish to share, enjoy conversation, and make new friends before the film. Rooted in Welsh hospitality, shared meals played a vital role during the 1984-85 miners' strike, offering both sustenance and solidarity. Guests may also bring their own alcoholic / non-alcoholic drinks and refreshments, with complimentary tea and coffee provided by Llandovery Cinema.

Local media, community members, and film enthusiasts are encouraged to attend and help support the growth of Welsh-language cinema in Carmarthenshire.

Date & Times: Saturday, 19th April

5.30 PM – Doors open

6.00 PM – Shared meal

(bring a plate and drinks to share!)

7.00 PM – Screening of *Y Streic A Fi*

7.15 PM – Q&A with Ella Peel

Venue: Llandovery Cinema at Rhys Prichard Memorial Hall, 4 Waterloo Street, SA20 0DD

Tickets: £5 – Reserve your spot today:

In person: Llandovery Youth and Community Centre (LYCC)

Online: <https://bit.ly/YSTREICAFI>

At the door (subject to availability)

For more information, interviews, or press inquiries, please contact: filmlanymddyfri@gmail.com

READERS' SALES & WANTS

are free of charge
(subject to space availability)
NO TRADE ADS

FOR SALE

- **Vintage Sandland Ware China musical mug.** Landor Swiss movement. 'In An Olde Worlde Garden'. Lovely condition, £20. Tel: 01550 777149, mobile: 07572 168275.
- **Silver St. Andrew anointing apostle spoon,** £165. Tel: 01550 777149, mobile: 07572 168275.
- **Antique walnut wood travelling sewing/writing box.** Beautiful condition, £150. Tel: 01550 777149, mobile: 07572 168275.
- **Kubota KH51 digger.** Good working condition. New rubber tracks, new front drive sprockets, new rear idlers. Three buckets in total, £5500. Tel: 01550 777149, mobile 07572 168275.
- **Sony Cyber Shot.** DSC HX50 Camera, £125. Mob. 07967 539887.
- **Makita P - 71691 sawhorse,** boxed and unused, £50. Tel: 07831 893389.
- **G Tech K9 cordless vacuum** plus cordless handheld vacuum with chargers. Good working order, £50. Tel: 07831 893389.
- **Halfords Scissor Jack,** good condition, £10. Tel: 07831 893389.
- **Sealey folding axle stands x2,** good condition, £10. Tel: 07831 893389.
- **Draper double cylinder foot pump,** good condition, £10. Tel: 07831 893389.
- **Sealey AK219 Torx set,** little used, good condition, £10. Tel: 07831 893389.
- **Hozelock hose cart reel** plus approx 25 metres hose, £15. Tel: 07831 893389.
- **Bird table/bath and stand,** boxed and Unused, £10. Tel: 07831 893389.
- **Canvas tarpaulin with ties,** 48' by 10'. Good condition, £50. Tel: 07831 893389.

- **Brabantia Lift-o-matic clothes drier,** 50 metre, Unused and in original packaging, £50. Tel: 07831 893389
- **Approx. 300+ Redland 90 grey flat concrete roof tiles,** £1 each, also x17 Redland 90 roof ridge tiles, £4 each, x1 end ridge tile, £5. Tel: 07444 539748 after 6.00pm.
- **Sony HMK-77B Music Dolby System,** £50. Tel: 07444 539748 after 6.00pm.
- **Butterfly Elite 5 Table Tennis Table,** full size, brand new, unpacked but never used, for indoor/outdoor use, folds in two, £100. Tel: 07770 371702.
- **Womens Vegan Dr Marten Monkey Boots,** black, size 5, £50. Tel: 07875 366787.

WANTED

- **Land wanted to rent for grazing livestock.** Long term lease preferred. Anything considered. Call or message Jonny on 07734 108192 or email: jonny.browne@hotmail.com
- **Old-fashioned ladies' tricycle.** Contact Nic on 07960 363788 or email nbeechsqirrel@gmail.com
- **Preloved Books wanted.** A Spring Clean! Newton House is now open every day and we would be more than pleased to receive your unwanted preloved books/cd's for our Secondhand Bookroom. We have a varied selection of fiction/non fiction/children's as well as some special "collectables". Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. The House and Tea Room are now open every day. There is always someone available on any day to help you offload if required. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer : 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Detached or semi detached house to rent** with a garden and preferably a wood stove [optional], in the Llandovery Llandeilo area at a 15 mile radius area. Contact: g.caminade1857@gmail.com or tel: 07843 274728.

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ST. CWRDAF CHURCH, LLANWRDA

30 Mar	11.00am	Mothering Sunday, St Sadwrn's (Clocks forward 1 hour)
6 Apr	9.30am	Holy Communion
17 Apr	6.00pm	Tenebrae Service, St Michaels, Myddfai
18 Apr	2.00pm	Good Friday 'Last Hour' Service of prayers & reflection, Llanwrda
20 Apr	8.00am	Said Easter Holy Communion
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
4 May	11.00am	Holy Communion

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent- every week

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. SADWRN CHURCH, LLANSADWRN

30 Mar	11.00am	Mothering Sunday, (Clocks forward 1 hour)
6 Apr	11.00am	Holy Communion
17 Apr	6.00pm	Tenebrae Service, St Michaels, Myddfai
18 Apr	11.30am	Easter Garden Activities in Church Porch
20 Apr	11.00am	Easter Holy Communion
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
4 May	11.00am	Holy Communion

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent- every week

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. PAUL'S CHURCH, MANORDEILO

30 Mar	11.00am	Mothering Sunday, Llansadwrn, (Clocks forward 1 hour)
13 Apr	9.30am	Holy Communion in Reading Room
17 Apr	6.00pm	Tenebrae Service, St Michaels, Myddfai
18 Apr	2.00pm	Good Friday 'Last Hour' Service of prayers & reflection, Llanwrda
20 Apr	9.30am	Easter Holy Communion
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
11 May	9.30am	Holy Communion in Reading Room

Monday 10 March onwards, 6pm St Cadoc's: Compline for Lent- every week

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. MICHAEL'S CHURCH, CILYCWYM

30 Mar	11.00am	Mothering Sunday, Llansadwrn, (Clocks forward 1 hour)
13 Apr	11.15am	Morning Prayers
17 Apr	6.00pm	Tenebrae Service, St Michaels, Myddfai
18 Apr	2.00pm	Good Friday 'Last Hour' Service of prayers & reflection, Llanwrda
20 Apr	9.30am*	Easter Holy Communion
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
11 May	11.10am	Morning Prayers

Monday 10 March onwards, 6pm St Cadoc's: Compline for Lent- every week

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST CYNWYL'S CHURCH, CAIO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Rev Rik Mayes 01558 685118.

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

30 Mar	11.00am	Morning Prayers
6 Apr	11.00am	Holy Communion
13 Apr	11.00am	Morning Prayers
20 Apr	11.00am	Easter Holy Communion
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
4 May	11.00am	Holy Communion

For further information, please call 01550 728 319 (Office Hours).

ST MICHAELS, MYDDFAI

6 Apr	11.30am	Morning Prayer
13 Apr	11.30am	Palm Sunday
17 Apr	6.00pm	Maundy Thursday – Tenebrae
20 Apr	11.30am	Easter Service

For further information, please contact Revd Paul Pritchard 01550 938534.

LLANDINGAT, LLANDOVERY

30 Mar	9.30am	Mothering Sunday (informal service)
6 Apr	9.30am	Family Service (informal) – "A New Thing"
13 Apr	9.30am	"Palm Sunday"
18 Apr	6.00pm	"Good Friday"
20 Apr	9.00am	"Easter Service"

For further information, please contact Revd Paul Pritchard 01550 938534.

ST SIMON AND ST JUDE, LLANDEUSANT

13 Apr	6.00pm	Evening Prayer
20 Apr	2.00pm	Holy Eucharist
27 Apr	11.15am	Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

6fed o Ebrill	Boreol Weddi, 11yb
18fed o Ebrill	Gwener y Groglith, 10yb
20fed o Ebrill	Sul Y Pasg, 10.30yb
27fed o Ebrill	Gwasanaeth ar y cyd – "Ffordd i Emaus", 10.30yb

For further information, please contact Revd Paul Pritchard 01550 938534.

ST. MARY'S CHURCH, CYNGHORDY

13 Apr	2.30pm	Palm Sunday
20 Apr	2.30pm	Easter Sunday

For further information, please contact Revd Paul Pritchard 01550 938534.

ST CADOG'S CHURCH, LLANGADOG

6 Apr	9.30am	Holy Communion
13 Apr	9.30am	Palm Sunday, Holy Communion
17 Apr	6.00pm	Maundy Thursday, Holy Communion
18 Apr	2.00pm	Good Friday, The Last Hour at the Cross
20 Apr	9.30am	Easter Day, Holy Communion
27 Apr	9.30am	Morning Prayer

Revd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

ST SAWYL, LLANSAWEL

6 Apr	11.00am	Cymun Bendigaid
20 Apr	11.00am	Cymun Bendigaid y Pasg
27 Apr	11.00am	Combined Bilingual Eucharist, Llanfair-ar-y-bryn
4 May	11.00am	Cymun Bendigaid

HOLY TRINITY CHURCH

1st Sun	10.00am	Eucharist
2nd Sun	10.00am	Eucharist
3rd Sun	10.00am	Eucharist
4th Sun	10.00am	Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

ST. BARNABAS, RHANDIRMWYN

13 Apr	9.30am	Palm Sunday Morning Prayer
20 Apr	9.30am	Easter Sunday Holy Eucharist
27 Apr	9.30am	Holy Eucharist

For further information, please see Church Notice Board or call 01550 728319 (Office hours).

ALL SAINTS CHURCH, GWYNFE

6 Apr 11.15am Holy Communion
13 Apr 11.15am Morning Prayer
20 Apr 11.15am Easter Communion
27 Apr No Service

Easter is approaching, once again we will be decorating the Church with Lillies. If you would like your loved ones remembered, please let us know. For a donation towards the cost of the Lillies, their names will be read out in the Easter Sunday Service. Please let us know by phoning: June Howard 01550 740281 or Mary James 01550 740293. Thank you.

At Easter we will be collecting non-perishable goods, to take to the Food Banks in Llandovery and Llandeilo. Donations can be left at the Church.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.
Weekday masses – see notices or
Phone: 01558 824305 or
Mob. 07507 071337.

ST TEILO'S CHURCH, LLANDEILO

1st Sun 11.00am Holy Communion
2nd Sun 8.00am Holy Communion
11.00am Morning Prayer
6.00pm Evening Prayer
3rd Sun 9.30am Boreol Weddi
11.00am Holy Communion
4th Sun 9.30am Cymun Bendigaïd
11.00am Holy Communion
6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)
Services every Sunday
10.30am Worship and Communion Service
(Also Sunday School for under 15s)
5.00pm Evening Service
Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.
All are welcome.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

1st Sun No Service
2nd Sun 10.30am Divine Liturgy
3rd Sun 10.30am Divine Liturgy
4th Sun 10.30am Divine Liturgy
5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

Meet every Sunday at 5.00 p.m. in the Civic Hall, Llandeilo.

Tel: Pastor Rhys 07511 551541
rivers.church@outlook.com

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

Services on 5th Sunday are at 10.30am and rotate around the churches.

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

12.15pm to 1.00pm in the Christadelphian Hall near Lidl's.

Contact: Brian Woodall – brwoodall1940@gmail.com

ST JOHN'S MAESTEILO

6 Apr 9.30am Morning Prayer
20 Apr 3.00pm Easter Sunday

Margaret James: 07771 621538.

HOLY TRINITY TALIARIS

13 Apr 9.30am Holy Communion
20 Apr 9.30am Easter Sunday
Followed by Easter egg hunt
27 Apr 9.30am Morning Prayer

Email: h_loyd_davies@hotmail.com

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service
3rd Sun 9.30am Bilingual Service

See church noticeboard for special services

LLANEGWAD CHURCH

2nd Sun 11.00am Eucharist
3rd Sun 11.00am Eucharist
4th Sun 11.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

EASTER
19 Apr NO MASS
20 Apr 8.00am Mass

For other details see notice board
Fr Donatus Chukwuedo
Tel. 01269 267382
Email: ammanford@menevia.org

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

Tuesday drop-in prayer and reflection from 10.00am – 12.00pm [available also via zoom from 11.00am]

For further information or to contact Pastor Rob please visit
www.williamspantycelyn.co.uk

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

6 Apr 2.30pm Communion
9 Apr 5.30pm Pilgrim Service – prayer and meditation.
12 Apr 2.00pm Dydd Blodau/ Day of the Flowers

– the day before Palm Sunday is the traditional day for visits of relatives to tidy up graves and leave flowers – the Church Hall will be open to all in the afternoon with light refreshments, 2pm to 4pm.

19 Apr 7.30pm Service of Light – the part of the Easter Vigil that marks the resurrection of Christ. It involves lighting the Easter Candle and carrying it through the church.

20 Apr 2.30pm Easter Sunday Communion followed by tea in the Hall – admire our decorated windows.

26 Apr 2.00pm Quiet Space – Reflection and Contemplation, 2pm to 4pm

27 Apr 2.30pm Communion

Contacts Rev Roger Nock n 01267 202347, Churchwardens Andrew Tait 07846 310848 or Beryl Edwards 0742 8833 278.

"Le Llionydd – A Quiet Space of Reflection and Contemplation".

These normally take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 4.00pm so Saturday, 26 April. Refreshments available. Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278. Location SA32 7RP - What3Words - gain.agent.acids.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk Tel: 01550 720098. 02/26/12

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BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llandeusan, Llangadog, Carms SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 05/25/12

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NORA ELAINE WALL IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon. (Established since 1997 providing Beauty, Electrolysis & Holistic Therapies). I offer you a bespoke appointment-based service of treatments in my dedicated Salon. Using the finest of ingredients in my Facial Care, Manicures & Pedicure, Shellac Gel, Eye brow & Eyelash tinting, facial waxing and Sterex Electrolysis (facial hair removal). Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ. (on A476 between Ffairfach and Carmel). Open: 9am to 6pm on Tuesday, Wednesday, Thursday and Fridays. Tel 01269 831585 to book. 08/25/12

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BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 05/25/12

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ELECTRICIANS

V.W. REES (Llandeilo) All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. NO job too small. All work guaranteed. Tel: 07790 568072. 04/25(6)

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LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandoverey Squash Club, situated opposite Llandoverey College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandoverey. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverysquash or visit our website: <https://llandoverysquashclub.co.uk> 04/26/12

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NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

and include series discounts for 3 months, 6 months and 12 months.

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
Black & White	£102.30+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£102.30+VAT	£76.75+VAT per issue	£68.54+VAT per issue	£51.15+VAT per issue
Black & White	£97.20+VAT	£72.90+VAT per issue	£65.15+VAT per issue	£48.60+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted.
REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

LOCAL DIRECTORY (discounts not available): 6 months = £63.55+VAT 12 months = £99.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm

Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk

Mon Closed

Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)

Wed 1.30pm – 5.30pm

Thurs Closed

Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)

Sat 9.00am – 1.00pm

Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

Brecon: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

TAXI SERVICES

Bridge Taxis, L'dello. Tel: 01558 822093; Mobile: 07742 283325.

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towry Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Gweler y wefan; www.actif.cymru ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

Please see website; www.actif.wales for our list of opening hours, activities provided and how to book and Pay.

Train Times (Timetable 15/12/24 – 17/05/25)

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	04.50	05.16	08.56	12.51	17.48	04.51	08.59	12.53	17.48		11.10	15.26			
Gowerton	D			05.28	09.08	13.03	05.03	09.11	13.05	18.00		11.22	15.38			
Llanelli	D		05.13	05.38	09.19	13.16	05.13	09.22	13.17	18.10		11.33	15.49			
Ffairfach	D		05.48x	06.13x	09.54x	13.51x	05.48x	09.57x	13.55x	18.46x		12.08x	16.23x			
Llandeilo	D		05.54	06.19	10.00	13.57	05.54	10.03	14.01	18.51		12.14	16.29			
Llangadog	D		06.04	06.29	10.09	14.06	06.04	10.12	14.10	19.01		12.23	16.39			
Llanwrda	D		06.07	06.32	10.13	14.10	06.07	10.16	14.14	19.04		12.27	16.42			
Llandovery	D		06.16	06.40A	10.22	14.19	06.16	10.25	14.23	19.13		12.36	16.51			
Cyngorhdy	D		06.24	10.29x	14.26x	19.22x	06.24x	10.32x	14.30x	19.22x		12.45x	16.59x			
Llanwrtyd	D		06.42	10.47	14.44	19.39	06.42	10.50	14.48	19.39		13.01	17.16			
Llandrindod	D	05.55	07.32	11.40	15.33	20.24	07.32	11.44	15.34	20.24		13.44	17.59			
Shrewsbury	A	07.38	09.03	13.12	17.04	21.55	09.02	13.15	17.05	21.59		15.14	19.35			
Shrewsbury	D	04.20	05.25	10.02	13.54	18.35	05.28	10.06	13.55	18.35		12.04	16.20			
Llandrindod	D	05.46A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27		13.59	18.05			
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58		14.30	18.36			
Cyngorhdy	D			08.14x	12.19x	16.18x	08.14x	12.26x	16.21x	21.11x		14.43x	18.49x			
Llandovery	D	06.44		08.26	12.32	16.31	08.26	12.39	16.34	21.23		14.55	19.02			
Llanwrda	D	06.50x		08.32x	12.37x	16.36x	08.32x	12.44x	16.39x	21.29x		15.01x	19.07x			
Llangadog	D	06.54x		08.36x	12.41x	16.40x	08.36x	12.48x	16.43x	21.33x		15.05x	19.11x			
Llandeilo	D	07.05		08.48	12.54	16.53	08.48	13.00	16.56	21.45		15.17	19.23			
Ffairfach	D	07.08		08.50	12.56	16.55	08.50	13.03	16.58	21.47		15.19	19.26			
Llanelli	D	07.46		09.31	13.38	17.37	09.34	13.41	17.38	22.35		15.57	20.05			
Swansea	A	08.09		09.54	14.01	18.01	09.57	14.04	18.01	22.58		16.19	20.29			

www.tfwrail.wales or visit www.heart-of-wales.co.uk

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar	10.13	Crug-y-bar	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Llandovery – Llandeilo – Carmarthen (280/281) Morris Travel

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur.
You are advised to check details.
Please notify The Post of any inaccuracies or changes.