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Number 359

August 2026

Published by PostDatum,
24 Stone Street, Llandovery, Carmarthen SA20 0JP

Tel: 01550 721225



SAVE LLANDOVERY SHEEP FESTIVAL 2026

Llandovery Sheep Festival is in serious trouble.

Following a detailed budget meeting on 13 July, we reached the difficult conclusion that unless we can raise approximately £10,000 by mid-August, the festival simply cannot go ahead.

That is why we are asking the people of Llandovery, the surrounding communities and everyone who has visited and enjoyed the festival to help us save it.

A free festival run by volunteers

For more than ten years, Llandovery Sheep Festival has been free for the public to attend and organised largely by volunteers.

It celebrates Llandovery's sheep heritage, brings the community together, supports local businesses, attracts visitors from across Wales and beyond, and supports

Welsh-based musicians and performers by creating paid live music opportunities across venues in Llandovery.

The festival is now being delivered through Llandovery Business Group CIC, with many of the organisers and volunteers also members of the group. This year, Linzi Brown from Bumblebees has taken on the enormous task of organising the redesigned main festival.

Why is the festival at risk?

For the last few years, we have been very fortunate to receive significant funding which helped make the festival possible.

We are extremely grateful for that support and understand that grant funding



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FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
17th August 2026**

**Next issue distributed:
1st September 2026**

The Post **Future Copy Dates**

October..... 16th September
November..... 15th October
December/January 2027 16th November

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The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225.
info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
Closed for 2 days at the end/start of each month for delivering The Post
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12/26(12)

continued from page 1

cannot always be guaranteed. Budgets are tighter and many worthwhile organisations and events also need help.

Unfortunately, this year we have not been able to secure the level of funding required.

The festival has already been redesigned to become smaller, more manageable and more centred within the town. As we are no longer able to use marquees in the same way as in previous years, we are making greater use of Llandovery's existing venues, streets and spaces.

This has reduced the cost considerably. In recent years, the festival cost more than £35,000 to deliver safely and effectively.

Even after making substantial savings, we are still facing a shortfall of approximately £10,000.

What will the money pay for?

The money raised will go towards essential operational and public-safety costs, including:

- first aid and medical cover;
- security and professional stewarding;
- road closures and traffic management;
- event insurance;
- licences and permissions;
- safety barriers and signage;
- waste collection and cleaning;
- power and other essential event infrastructure.

These are not optional extras. They are the costs we must meet to hold the festival safely, responsibly and legally.

Why the festival matters to Llandovery

The Sheep Festival is about much more than one weekend of entertainment.

It brings visitors into Llandovery and supports our pubs, hotels, cafes, restaurants, shops, accommodation providers, traders and other local businesses.

Several pubs and hotels have already told us that they are close to being fully booked, with people planning to stay specifically for Sheep Festival weekend.

If the festival is cancelled, many of those bookings may also be cancelled, causing a real loss of income throughout the town.

The festival helps put Llandovery on the map and introduces new visitors to everything our town has to offer.

Remembering Rachel

The loss of our previous Festival Director, Rachel Everett, last October was an enormous shock to everyone involved with the festival and throughout the wider community.

Her loss has made us realise even more just how much work she quietly carried over so many years. She played an enormous part in organising, funding and delivering the festival, and continuing without her has been incredibly difficult.

We want to give the event she worked so hard to support every possible chance of continuing.

Support already received

Llandovery Town Council has generously contributed £1,500, and local businesses are already supporting the festival through donations, sponsorship and practical help.

We are deeply grateful to everyone who has already stepped forward.

However, we now need the wider community to help us close the remaining gap.

Could we simply miss one year?

It was suggested that the festival could skip a year and return in the future.

However, once a long-running event disappears from the calendar, it can lose momentum, volunteers, sponsors, traders and public confidence.

Missing one year could very easily lead to the festival never returning.

After more than ten years, it would be heartbreaking to see Llandovery Sheep Festival disappear.

How you can help

Every donation matters.

Whether you can give £5, £10, £20 or more, your support will make a genuine difference.

Even if you cannot donate, you can still help by sharing this campaign with friends, family, customers, colleagues, former residents and anyone who has enjoyed the festival over the years.

We need to know by mid-August whether enough money has been raised, because suppliers, road closures, safety arrangements and other plans must be confirmed.

This festival has always belonged to Llandovery.

Now Llandovery has the chance to save it.

Please donate, share the campaign and help us save Llandovery Sheep Festival 2026.



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Aberglasney

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ABERGLASNEY'S PATTERNS INSPIRE ARTIST IN RESIDENCE, ANDREW DOUGLAS-FORBES, FOR HIS FORTHCOMING EXHIBITION IN COLLABORATION WITH LOCAL ARTIST JEWELLER



Aberglasney Gardens' artist in residence, internationally renowned painter, Andrew Douglas-Forbes, is collaborating with artist Jeweller, Carol K Gwizdak, for an unique exhibition later this month 'Patrwm Cymru/Welsh Pattern'.

The exhibition runs from 24 July until 2 August, and is inspired by the diaper pattern found in the Cloister Garden, which is widely considered to be Aberglasney's "most extraordinary and legendary feature". It is believed that the Cloister Garden originates from Bishop Rudd's time at Aberglasney during the 1600s and the parapet walkway is the only known surviving structure of its kind left in the UK.

Andrew Douglas-Forbes said, "Artist in residence is an onerous job, full of honour but laden with looking, thinking about the gardens. I took it that I should look harder at things that people pass by. Things that are in plain sight, as an artist we are seeing things with scrutiny always, working things out, noticing things, simplifying things. Carol and I have known each other for years, we talk the same talk, discuss things for hours, looking at the finer detail of nature, environment. Bringing Carol in to collaborate seemed the most natural thing to do."

Andrew studied under Patricia Briggs at Swansea College of Art. He subsequently received guidance from Gordon Stuart, known for his portrait of Dylan Thomas and dramatic landscapes where forms emerge from light. Beyond his artistic talents, Andrew is a scholar of the Royal

Academy of Music and a professional tenor who lived in Tuscany for several years to pursue an opera career.

Upon returning to Wales, Andrew coincidentally was invited to a ball at Aberglasney when it was still in ruins, which he recalls as 'enchanting'. Since the end of the 1990s, his relationship with the main hall has deepened as the space itself has evolved. Understanding Andrew's unique vision as an antique specialist, artist and operatic tenor is crucial to appreciating his work.

Helen Scutt, Aberglasney Gardens Director, said, "This exhibition will be a fitting tribute to Andrew, as he is a long-time supporter of Aberglasney. I'm thoroughly looking forward to seeing Andrew and Carol's show which will give a new perspective and interpretation of Aberglasney's unique features."

Carol K Gwizdak is an artist jeweller whose work has always drawn on the visual and conceptual language of the natural world, often reinstating nature in its purist form, as the most precious of all commodities. She was awarded the National Eisteddfod Gold Medal for Craft and Design in 2006. For this show, Carol's work has adopted an archival approach, exploring the potential of the poetics of space that Aberglasney has to offer.

Andrew and Carol extend a warm invitation to the exhibition preview evening in the mansion on Friday, 24 July from 5.30pm until 8pm. Attendance to the preview event is free of charge.

For more details on the exhibition and both artists please visit the events section of the website: www.aberglasney.org

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LLANDOVERY COLLEGE

A co-educational day and boarding school for pupils aged 3–18, Llandovery College has this week demonstrated the remarkable strength of its community, as staff have come together to help secure the long-term future of the College.

Following recent discussions between the Chair of Governors and staff regarding the challenges faced by the College in recent months, colleagues across the school have collectively worked to establish a support plan designed to help protect the future of the College and ensure that generations of pupils continue to benefit from the education and opportunities it provides.

The College is incredibly proud of the commitment, dedication, and generosity shown by its staff. Their willingness to support the school at this important time is a powerful reflection of the values and community spirit that define Llandovery College.

The response from staff, parents, and the wider College community has been overwhelming and is a testament to what makes Llandovery such a special place. The strength of feeling and support demonstrated in recent days highlights the deep connection that exists between everyone who has been part of the Llandovery College family.

Llandovery College provides an education that celebrates individuality and opportunity, supporting a diverse community of pupils. As a non-selective school, the College is proud of its inclusive approach and its commitment to developing every pupil's potential.

The College has a proud sporting heritage and a long-standing reputation for excellence, particularly in rugby. Officially recognised by the Welsh Rugby Union, alongside Lampeter, as the birthplace of rugby in Wales, Llandovery continues to provide an outstanding sporting programme. While others merely invest heavily in facilities and equipment, the College has always invested in people — ensuring that pupils receive the very best education, guidance, and support from dedicated staff — especially with extremely limited support from external rugby bodies.

Llandovery College is about far more than rugby. It offers a broad and enriching education with opportunities across all areas of school life. This includes personalised learning tailored to individual pupil needs, a thriving Performing Arts and Creative Arts programme, and pupils benefit from an extensive outdoor education programme, including the Duke of Edinburgh's Award, the Combined Cadet Force.

As the outgoing Head Girl reflected during her speech on Friday's annual Speech Day — an occasion that recognises achievement, commitment and success across the community — "It is not the buildings that make this place, but the people."

Those words have never been more relevant. The strength, unity, and commitment demonstrated by the Llandovery College community over the past week are a powerful reminder of what makes this institution so special — and provide confidence for its future.

Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope you are well and are enjoying the sunnier days, whilst also managing to stay cool during the intense and unusual heat. Although the Summer term is now over, the Centre hopes you're able to continue with some yoga practice at home and feel the benefit of doing so. The Summer's vibrant energy together with some simple yoga practices can help harness positivity, embrace creative energy and even bring about balance, as needed.

Planning is now underway for the new term starting in September. PadmaSamBhava offers a good selection of classes at the Centre in Llandeilo, as well as a weekly class at Ammanford Penybanc Welfare Hall, the Reading Room at Cwrt Henri and Chair Based Yoga at the Llandeilo Bowling Club.

The Beginner's classes cover the foundation practices of the PMA series, breath awareness and deep relaxation. These practices bring about flexibility and strength, which helps ease both physical and mental tensions. The series provides a firm foundation upon which to begin to explore some classic postures in the 1st Year classes and onwards.

All classes at PadmaSamBhava offer movement (asana), breath practices (pranayama) and relaxation (Yoga Nidra). By releasing the stresses in the body and working with breath awareness, the mind and body are brought to a quieter state. The deep relaxation of Yoga Nidra allows a reset of all systems and becomes a time to deeply rest, focus the mind and sow a seed of positive intent.

The classes taught by the Centre are Integral Yoga, offering a gentle and steady progression, always working with awareness of your body in the physical practices, and bringing together mind, body and breath. Weekly practice of yoga allows the body to gain strength and flexibility week by week while developing focus and poise in the mind. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life and that the benefits of yoga resonate beyond the class.

Please contact Padmasambhava to find out more about their classes. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

PadmaSamBhava looks forward to the start of classes in September and seeing you all again. Enjoy the Summer break.

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MENTAL WELLBEING HUB AT THE OWLS NEST LLANDOVEY

**1st Sunday of the Month
10.00am to 1.00pm**

Whether you want to chat about the weather, share a good day, or talk through a tough one, we're here for you! Trained mental wellbeing first aiders from MARK are ready to listen and guide you to local services that can help.

Remember, we all have mental health, just like our physical health. Some days our minds feel great, and other days can be tougher. It's okay to seek support when you need it!

See you there!

MYDDFAI NEWS

**Myddfai Shop and Café opening hours are
Wednesday – Sunday 11.00am – 4.00pm.**



Sunday 26th July is our monthly Farmers Market. We have a willow weaving class on Thursday 20th August, our August Farmers Market is on Sunday August 30th from 12.00 noon to 3.00pm – it is on the last Sunday of every month (except December), please come along to support the many local producers. Myddfai annual Show is on Saturday 5th September.

Please note – Myddfai Café & Gift shop will be closed on Saturday 1st & Saturday 8th August due to weddings at the hall, very sorry for any inconvenience caused. We are open as normal on other days (Wednesday – Sunday 11.00am – 4.00pm).

With over 80 different contributors in the shop, we have a wide range of unique quality crafts, gifts, jewellery, woodcraft, pottery, aprons & bags, candles & soaps, artwork, plus much more as well as a great range of cards and books. We have something for everyone, with new items arriving all of the time. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

On these summer days why not take a trip out to Myddfai to relax in a peaceful country setting enjoying a freshly cooked lunch, a glass of wine or a Welsh beer or fruit juice, or tea or coffee. Treat yourself to a slice of one of our delicious home-made cakes or one of our very popular afternoon teas. If you are part of a group that enjoys an outing then give us a call, we can arrange talks on the Physicians of Myddfai and Herbal Medicine for groups combined with a delicious afternoon tea.

Myddfai Hall is a fantastic well-equipped venue for any event especially Weddings, kid's parties, conferences and activity classes. It is fully equipped and can seat up to 140 at tables with more space in the marquee if required.

Why not come along to one of our activity classes, Tuesday it's Yoga 10.00am – 11.30am; Wednesday – craft class 1.30pm – 3.30pm, Thursdays its Pilates 9.30am – 10.30am, Friday it's art with Lynn 1.30pm – 3.30pm come along and join in, everyone is welcome.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449. Check our website www.myddfai.org for What's On.

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CHRISTIAN AID WEEK 2026 LLANDOVERY & DISTRICT

Sunday 10th May – Saturday 16th May

Our bilingual service this year took place on Sunday 17th May in Llanfair Church, at 11.00am, conducted by Father Neil. In the true nature of Christian Aid, we were urged, in the comfort of our own lives, to pray for, and support those suffering hardship in other lands.

From Monday 11th May – Friday 16th May, we held a Pop-Up shop, 10.00am – 3.30pm in the Castle Garage Showroom. This was possible due to the generosity of Ena, Ian and staff and we are so grateful to them as it proved an ideal site again this year.

We sold many plants, cakes and handicrafts, all donated.

Many members from our churches and chapels brought items, but also, just as importantly, offered their time to serve on the shop rota, and we are truly grateful to each and every one of them. A truly Christian effort.

A final figure of £2,480.07 has been sent to Christian Aid by our treasurer, Lyn Lewis.

A big thank you to everyone who contributed so generously, but also to each and every customer who bought from us. You, above all make our efforts a success. You have given a helping hand to people in the greatest need, giving them hope for a brighter, more secure future.

See you all next year? Definitely!

Diolch yn fawr iawn i bawb.

Llandovery & District Christian Aid Committee.

NEWS FROM CAPEL GOSEN, CYNGHORDY

To celebrate the tenth anniversary of the chapel in its present form, the whole building is to be repainted during August. The well-established Afternoon Teas will take place in the vestry on 21st, 22nd, and 23rd August.

Merched y Wawr from Llangadog, Llandovery and Abergorlech will be joining us for tea on Friday 21st August after a short service at 3.00pm in the chapel led by the Rev'd Delyth Wilson.

Events planned for the remainder of 2026 include a Harvest Thanksgiving and the return of the Live Nativity. More details later!

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THE HOLLOW PLACE

PART 2

A short story by Kirstin Heidler and Tamar Nigossian

Kit felt the familiar flurry in her throat just knowing that Serrena had written. Golden sunlight streamed through the window, falling onto the table and the collection of books on the opposite wall. The musky smell of yellowed pages filled the air as Kit entered the room. Five years. She ran her hand over the backrest of the chair where she had first sat on Serrena's lap.

She pulled out her phone to read the message that Serrena had sent. Six months of silence. Then this. Irony? Synchronicity?

I would like to do a process of reconciliation with you so we can lay our relationship to rest.

QqqKit let herself drop into one of the arm chairs. *Oh Serrena...* she whispered, tears blurring the shelf in front of her. *Why do we have to begin with ending? I still don't know whether we've really finished. I don't want a pre-scripted outcome.*

Kit's finger hovered over the keyboard ready to write a bitter response. She closed her eyes, silent tears rolling down her cheeks. Longing tightened Kit's throat. It was sweet Serrena wanted to connect, but bitter that it was seemingly only to "end better".

Part of Kit was raging with the unfairness, wanting to bite back. Another part wanted to go into the process just to see Serrena and talk to her. *What do I really want?* Kit whispered to herself, placing a hand on her chest and taking a slow breath.

No answer seemed to come, and Kit's stomach tightened. She let it happen, welcoming the sensation that slipped away as quickly as it came.

I want...

Nothing.

Tears filled her eyes and mute sobs shook her body. The warmth from her hand touched her heart. The tightness in her throat intensified. Kit sat quietly for a moment, then

opened her eyes to look at the phone.

I miss you, she whispered and she didn't know whether she was speaking to Serrena, herself or the books in the room.

Kit started to type. Then she stopped and deleted it. Her eyes followed the swallows outside, streaking through the warm air. Elegant and fast. Were they having fun? She lowered the phone. Then she slowly put it in her pocket. *I don't need to answer yet.* And she let herself lean back, just noticing her beating heart.

Sometimes change doesn't begin with finding the right answer. Sometimes it begins with becoming curious about the patterns we find ourselves caught in and discovering new ways of relating to ourselves and others. If these stories resonate with you, we – Tamar and Kirstin – invite you to join our 6-week Relational Dynamics Group. Together we'll explore connection, boundaries and the patterns that shape our relationships in a small, supportive group. Thursdays, 11.00am – 12.30pm, from 10 September to 15 October. Cost £200. To find out more or book a place, contact Kirstin on 07782 810507.

PUMSAINT WI

There were 6 members who met on the first Tuesday in July. Our speaker was Maureen Davies, a fellow WI member. We have enjoyed listening to her before and this time it was just as enjoyable. She spoke of her visit to Denman college several years ago when she learnt about textile jewellery making. She showed us Tyvek paper which looks like ordinary paper but very strong and impossible to tear. Once heated it goes into amazing shapes. Next was Myoki beads, there are 11 beads to 1 inch, extremely tiny and she showed us several items she had made. Next was Peyote craft paper which she uses to make patterns. Lastly she showed us a Kumihimo disc for making braids. An extremely interesting evening which everyone enjoyed.

Our President Rosalind came 3rd with a member from Llansawel WI, in the walking treasure hunt held in Lampeter the evening before our meeting.

Our member Ann wasn't at the meeting because she was celebrating her diamond wedding anniversary with her husband Bob.

Our next get together is a social event when we are going to Aberystwyth for a meal and then to see The Calendar Girls.

Sue Jones

10(263)



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DISCOVER FOUR INSPIRING ARTISTS AT LLANWRTYD'S HERITAGE & ARTS CENTRE IN AUGUST

Following the success of July's exhibition, Llanwrtyd Heritage & Arts Centre welcomes visitors to another diverse and inspiring showcase of Welsh artistic talent throughout August. Local printmaker **Paul Rickard** continues his show throughout August but is joined by three new artists – Anita Woods, Jacky John of Carmel Pottery and Jeni Pain – bringing together painting, ceramics and mixed media in a colourful and engaging exhibition.

Professional mixed media artist **Anita Woods**, an elected member of the Royal Watercolour Society of Wales, presents expressive figurative and animal paintings created primarily in watercolour. Drawing inspiration from Celtic myths and legends, together with the music that fills her studio while she works, Anita's paintings combine technical skill with imagination and storytelling. Her work has been recognised nationally, having twice been selected for the prestigious *Wales Contemporary* exhibition.

Ceramic artist **Jacky John**, of Carmel Pottery, creates beautiful handcrafted stoneware from her studio in rural Wales. Every piece is individually thrown and fired using traditional gas reduction techniques, producing her distinctive purple glazes and ensuring that no two creations are ever identical. More recently, Jacky has developed glazes using ash from a fallen tree, creating stunning natural greens that reflect the Welsh landscape that inspires her work. Designed to be both beautiful and practical, her ceramics are made to become part of everyday family life while celebrating the craftsmanship behind every piece.

Completing the exhibition is the delightfully original work of **Jeni Pain**, whose cheerful creations combine ceramics with driftwood, beach finds, vintage treasures, repurposed fabrics and scavenged wire. Working from her studio 'in a shed by a stream' in West Wales, Jeni transforms everyday and found objects into quirky works of art full of character, humour and charm. Her love of the coastline is reflected not only in the materials she gathers but also in her commitment to caring for the environment, never leaving the beach without collecting litter alongside her treasures.

Together, these four artists offer visitors an exhibition full of imagination, craftsmanship and individuality. Whether your interests lie in fine art, ceramics or unique mixed-media creations, there is something to surprise and delight.

Admission to the gallery is free. Llanwrtyd Heritage & Arts Centre is open Thursday to Sunday, 10am until 4pm, and everyone is warmly invited to come along and enjoy another outstanding exhibition by talented Welsh artists.



Spotlight on Elidyr

Ann Davies MP shows us around Westminster!



In July our team braved extremely high temperatures to take up a wonderful invitation from our local MP Ann Davies to visit Westminster and have a tour of the Houses of Parliament.

We looked around the buildings, learnt a bit of history and talked about politics with Ann.



This was a great opportunity. Thank you Ann.

Thanks to everyone who came to our first epic Colour Run!



Val's journey to becoming a Tutor

Val started working at Coleg Elidyr as a Learning Assistant. She started her career without much experience in education but quickly made an impact.

Val exceeded expectations in her role as a Learning Assistant and was soon working her way up to provide higher level support to learners. With encouragement from colleagues she applied for a Tutor position. In 2023 Val became a Tutor, as part of this role Elidyr Communities part-funded her to do her post graduate certificate in education (PGCE) to support her teaching development. Val said,

"Elidyr Communities Trust encourage professional development and so it was a useful opportunity to pursue a teaching qualification."

Val's PGCE was supported both financially and practically by Elidyr Communities Trust. She was given time out of her timetable to study and complete assignments and the course was part funded by the organisation.

We want our staff to develop. This is an organisation that spots talent and hard work and looks to offer opportunities to encourage staff to continue their journey with us.

Contact Lisa for more information about job opportunities or to arrange a visit.

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06/26(12)

LLANDOVERY HOSPITAL LEAGUE OF FRIENDS



Sadly Llandovery Gardening Club has finished, however thanks to their wonderful generosity we now have a lovely new bench in the hospital garden for everyone to enjoy. They have also donated the remaining funds £1,423.50 to the Friends as well. The Friends are very grateful for your support.

While taking these photos I noticed that we have also received a gift of flower troughs from Coleg Elidyr. Thank you. We as Friends are very grateful for all the generous support we receive for hospital. This generosity reflects the excellent work that is done there.



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GETTING COLOURFUL FOR A CAUSE – LLANDOVERY'S FIRST CHARITY COLOUR RUN IS A ROARING SUCCESS

On Saturday 4 July families from across the local area joined residents, staff and parents from Elidyr Communities Trust to take part in the charity's first ever Colour Run held at Llandovery Rugby Club.

The event saw people completing 1K laps, running through clouds of colourful powder for 45 minutes. Everyone, young and old, fast and slow had a fantastic time at the event, which was officially started by Llandovery Mayor, Cllr Handel Davies and Elidyr, CEO James Slater.

Cllr Davies said, "It was a pleasure to pull the starting colour cannon and get the race off to a start and I am impressed but not surprised, at the number of local people and businesses who have stepped up to support Elidyr Communities Trust."

James Slater, CEO, Elidyr Communities Trust said, "Our charity has been in Rhandirmwyn for over fifty years and this is our first big fundraising event in Llandovery. A huge thank you to everyone that has helped make it a success."

One of the older competitors in the run was Marie Macey, who ran and personally raised £1,000 for the charity. Marie said,

"The charity closest to my heart is Elidyr Communities Trust, who provide much care and a meaningful life to my youngest son David. David will always need 24/7 care. Elidyr provides a unique home for men and women with learning disabilities. David benefits from the safe, fulfilling and rewarding life that the organisation offers."

Marie did a fantastic job fundraising and, on the day, ran incognito as 'Gangster Granny'.

Everyone at Elidyr Communities Trust has a place funded by their local authority. This funding is not enough to give every learner and resident all the full range of incredible experiences the organisation wants to offer. Events like the Colour Run are an exciting new way to bring people together to raise money and have fun.

Keep your eyes peeled for the Santa Run in Llandovery in 2026!

Thanks to Llandovery Rugby Club for hosting and everyone who helped make the event a success.



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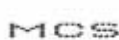
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COMMUNITY GARDEN: WE WANT YOUR IDEAS



After a fantastic amount of hard work by the Committee, we are now registered as a Charity. This is fab news as it means that we can take on the lease for the site. We had a great meeting with our Mentor, Louise Cartwright, who gave us lots of ideas on how best to use the site to make it most welcoming to people and wildlife. We talked accessibility. We want the garden to be accessible for everyone. People who are older, or who have mobility issues, babies in push chairs or young children. We looked at how colours, scented plants, fruits, textures and shapes could all play their part in the garden.

NEXT STEPS

Look out for details of workshops to review designs for the site. Please come along and share your ideas.



Thoughts so far include a dog friendly area, a wetland area, wildflower planting, the orchard, chatting benches and a covered area for community gatherings. Nothing has been decided yet because we want this to be a real community-led project for the Town, but it will also be something that visitors can enjoy.

HOW DO I GET INVOLVED?

We are looking for volunteers who can commit time to make the project happen. Whether that is time, skills, materials (spare wood, bricks, rocks etc to create hard landscaping), divided plants that you want to donate, time to plant, weed, nurture, deadhead, water, grow seedlings and cuttings. Sometimes, we hope you will just come and sit, and enjoy it!

Find out about volunteering opportunities by emailing llandoverygrowingcommunity@gmail.com

Details of the next meeting will be advertised in the coming weeks.

GARDD GYMUNEDOL: RYDYM EISIAU EICH SYNIADAU!

Ar ol llawer o waith caled gan y pwyllgor, rydym bellach wedi cofrestru fel elusen. Mae hyn yn newyddion gwych, gan ei fod yn golygu y gallwn gymryd y brydles ar gyfer y safle. Cawsom gyfarfod gwych gyda'n 'Mentor' Louise Cartwright, a roddodd llawer o syniadau i ni ar y ffordd orau o ddefnyddio'r safle i'w wneud mor groesawgar a phosibl i bobl, ac i bywyd gwyllt. Buom yn trafod hygyrchedd. Rydym eisiau i'r ardd fod yn hygyrch i bawb; bobl a phroblemau symudedd, babanod mewb cadeiriau gwthio neu blant bach. Edrychwyd ar sut y gallau lliwiau, planhigion persawrus, ffrwythau, gweadau a siapiau oll chwarae rhan yn yr ardd.

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11/26(6)



THE FINAL CHAPTER SHOULD STILL BE YOU

Many people think funerals come in a limited set of options: church or crematorium, burial or cremation, a village hall with a beige buffet and a cup of tea. If those things genuinely reflect you, wonderful. But if they don't, then how will that farewell honour the real, whole, authentic you?

And more importantly, how will it help the people who love you to mourn you, if it doesn't reflect you?

A funeral isn't for the person who has died. It's for those left behind.

There are very few MUST DO'S when it comes to death

In reality, there are very few "must dos" when someone dies:

- the death has to be certified
- it then needs to be registered
- the body needs to be disposed of responsibly (and legally!)

Everything else — the where, the when, the how — is flexible. To demonstrate — here's my own funeral wishes...

What an Authentic Farewell Looks Like (for Me)

When I go, I want people to remember me in ways that help them process losing me. It won't be in a sombre church or a quiet crematorium. It won't involve black clothing or a convoy of cars.

I want to start at the place where people will gather afterwards — the party, the celebration, the remembering. I want to be there in my casket, surrounded by music, colour, and people with drinks in their hands. I want them to wear whatever they like, especially the inappropriate things. I want them to plaster my casket with artwork and photos. I want them to lean against me, rest their glasses on me, tell stories, laugh, cry, and be gloriously human.

At some point, I want a bright, quirky vehicle to whisk me away while everyone waves like it's an old fashioned wedding send off. And then I want them to go back inside, still connected to me and to each other, and carry on sharing stories.

In life, I love hosting. I love knowing people are having a good time. And when I've had enough, I like to slip away quietly so the fun doesn't stop. When I die, I want the same: for the kindness, the laughter, the embarrassing moments, and the love to carry on without me.

My Own Farewell

What I hope most is that everyone feels free to process their loss in whatever way they need — fully present, fully themselves, warts and all.

So, if they need to do it differently, then let it be another way. I hope the colour, the laughter, the inappropriateness remain, but if people need to witness a burial, then move the celebration to a green burial site, do all those things there.

Or wave me off for an unattended cremation and then gather again to bury the ashes or scatter them.

Or have me cremated first — but don't go to a crematorium. When I am returned to you have that party then, with me present again and then scatter me or bury me as feels right for you.

Do what you need to do, but do it with colour... in your clothes, behaviour and language. And do it with warmth and compassion to the earth. Cry, but laugh too. And don't paint me as some sort of saint. Tell the truth!

Oh and I'd love everyone to have snowdrop bulbs to plant wherever they want. No out of season floral displays, pick beautiful things from your gardens and hedgerows, remember me with the season, whatever it is, and then remember me again every year as the first shoots peak out of the earth and the first delicate white flowers bring light and hope to the coming year.

If you want help documenting your own funeral wishes or producing a quality of life statement (what matters to you) — I can help. Call or email me to discuss.

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04/27(12)

CYNGOR TREF LLANYMDDYFRI LLANYMDDYFRI YN EI BLODAU 2026

Diolch yn fawr i bawb a gymerodd ran yn y gystadleuaeth uchod. Mae'r beirniadu bellach wedi'i gwblhau ac, er gwaethaf cyfnod hir o dywydd poeth iawn, roedd y beirniad wrth ei fodd â safon uchel y gerddi, y basgedi crog, y gerddi llysiau a'r nodweddion dŵr.

Canmolwyd yr amrywiaeth o liwiau, gweadau a chyfansoddiadau, ynghyd â'r pwyslais ar fioamrywiaeth, gyda phlanhigion sy'n darparu hafan i fywyd gwyllt, adar, gwenyn ac infertebratau drwy gydol y flwyddyn.

Roedd y beirniad hefyd wedi'i gyfareddu gan y dulliau dyfeisgar o ddyfrio'r gerddi a'u cynnal mewn ffordd gynaliadwy, yn ogystal â'r angerdd, y meddwl, y cariad, y gofal a'r amser a fuddsoddiwyd i greu gerddi sy'n cefnogi ein bywyd gwyllt, ein hadar a'n infertebratau drwy gydol y flwyddyn.

Ceir y canlyniadau isod. Cynhelir y cyflwyniad gwobrau ddydd Sadwrn 1 Awst am 1.30yp ym Marchnad y Ffermwyr, Sgwâr y Farchnad.

Diolch yn fawr i bawb a gymerodd ran. Da iawn i chi gyd, a llongyfarchiadau i'r enillwyr!

Thank you to all those who took part in the above competition. The judging has been completed and despite a very hot spell of weather, the judge was delighted with the high quality of the gardens, hanging baskets, vegetable gardens, water features, colour, textures, compositions, biodiversity, with plants that are a haven for wildlife, birds, bees and invertebrates all year round. The judge was fascinated by the ingenious ways of watering and sustainability of the gardens, and the passion thought, love, care and time in providing gardens for all our wildlife, birds and invertebrates throughout the year.

The results are given below, with the Presentation on Saturday 1st August at 1.30pm, Farmers Market in Market Square.

Diolch yn Fawr to all who participated. Well Done!!

CANLYNIADAU'R GYSTADLEUAETH 2026

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Ail: Queen Street

Trydydd: Castle Street

Categori 2 – Yr Ardd Orau (hyd at 100 llath sgwâr)

Cyntaf: Babs Woollen

Ail: Beth Price

Trydydd: Hilda Archer

Categori 3 – Yr Ardd Orau (dros 100 llath sgwâr)

Cyntaf: Sue Brown

Ail: Beth Price

Trydydd: Carol Lord

Categori 4 – Blaen Eiddo Orau

Cyntaf: Shirley & Keith Lord

Ail: Babs Woollen

Trydydd: Lynn Whyman (Legg)

Categori 5 – Y Busnes Gorau, gan gynnwys Tafarn Gyhoeddus

Cyntaf: The Bear Inn

Ail: Replay Vintage

Trydydd: The Kings Head

Categori 6 – Y Fasedd Grog Orau

Cyntaf: Antique Centre

Ail: Beth Stewart

Trydydd: Tahlia David

Categori 7 – Gwely Plannu Maes Parcio Gorau (Bioamrywiaeth)

Cyntaf: Llandovery Scouts

Ail: Young Farmers Club

Trydydd: Llandovery Business Forum

Categori 8 – Arddangosfa Orau i Ddinasyddion Hŷn

Cyntaf: Shirley & Keith Lord

Ail: Mike Blud

Trydydd: Mona Hardwick

Categori 9 – Arddangosfa Orau i Blant (o dan 13 oed)

Dim ceisiadau

Categori 10 – Arddangosfa Lysiau Orau

Cyntaf: Shirley & Keith Lord

Ail: Mike Blud

Trydydd: Beth Price

Categori 11 – Nodwedd Ddŵr Orau mewn Gardd

Cyntaf: Sue Brown

Ail: Shirley & Keith Lord

Trydydd: Babs Woollen

WHAT'S ON IN CAPEL DEWI What's on at The Old School in Capel Dewi SA32 8AD

8th August:	Local Producer and Craft Market 9.30am – 1.00pm
28th August:	Pop up Pub 6.30pm
11th & 25th August:	Simon J Pizzeria Van from 6.00pm – 8.00pm

For enquiries or further info contact:
capeldewicommunity@gmail.com

POSTDATUM
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LLANDOVERY CROQUET CLUB



On Wednesday 1st July we had a friendly match with Aberystwyth at home, when we enjoyed a comfortable win by 11 games to 6. For once the weather was fine and the day concluded with a magnificent tea laid on by the team members. On the following day we were joined the ladies of Clwb Gwawr Llanymddyfri who thoroughly enjoyed an hour or so of croquet before their evening meal.

Later in July we had friendly matches with Llanidloes and Cardigan, followed by a Welsh Inter Club match with Glamorgan. In September we travel to Aberystwyth when we will try to maintain our 100% success record.

We continue to play every Tuesday and Thursday afternoon when visitors are welcome to come along and watch or have a try. New members are always welcome and now enjoy reduced fees for the remainder of the season. To find out more about croquet and our club, or to arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk

LLANDOVERY CLIMATE FORUM 2026

The Llandovery Climate Forum will take place this year on 10th October from 11am to 1 pm in The Castle Ballroom. While still coming under the Sheep Festival banner we are holding it a few weeks later for practical reasons. We hope you will all still come! It will be called "The Truth about Trees" and will feature presentations from Charles Nicholls of the Carbon Community about their research in Cynghordy at Glandwr Forest into carbon sequestration and tree-planting; and Dr Will Lock, Assistant Professor at the University of Sussex, and his research into carbon credits and tree-planting in Carmarthenshire. Our panel will lead the conversation that grows out of these presentations. Please put this date and time in your diaries and come along to join in the discussion.

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08/24(12)



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a Phorth Ynnwylwyr

LLANDOVERY MUSEUM
& Visitor Gateway

A WARM WELCOME FOR NEW MUSEUM VOLUNTEER



Linda Green: "It is important to support Llandovery Museum so that we can preserve local history and artefacts for the future."

The Museum at Y Gannwyll is delighted to welcome its newest volunteer, Linda Green, whose lifelong connection with the Llandovery district stretches back to the early 1960's.

The family connection began even earlier, when Linda's mother, Sylvia Gallagher, was evacuated from London to Rhandir-mwyn during the Second World War.

Linda was born in Biggin Hill, Kent, to parents who had met at a tea dance in Greenwich. After leaving school, she trained as a nurse in London, qualifying at Lewisham Hospital before gaining further experience at the renowned Guy's Hospital.

In 1991, she and her husband, Ian – a former teacher who later became a courier operations manager—moved to Plymouth to raise their two children, Louisa and Jason. There, she completed her healthcare career, serving for ten years as an Advanced Nurse Practitioner and Clinical Lead in a GP practice.

Despite building a successful career in England, Wales was never far from Linda's heart. The family

used to holiday regularly in Rhandir-mwyn and Linda was determined to return permanently to rural Carmarthenshire after retirement. Although property prices prevented them from settling in Llandovery itself, she and Ian found their ideal home in nearby Llanybydder almost two years ago.

She enjoys walking in the surrounding countryside, gardening, reading and practising the intricate art of sugar craft, creating beautifully decorated cakes and delicate icing designs. The family's connection with the Llandovery district continues to grow. Linda's brother, Philip, has purchased a cottage in Rhandir-mwyn, while their mother, who now lives in Swansea, still speaks affectionately of the village and returns there as often as possible.

Sylvia first arrived in Rhandir-mwyn late in 1943 as a bewildered six-year-old evacuee from London. Through what was probably an administrative error, she had not been allocated a foster home and was effectively forgotten. Her parents later told her they had no idea where she was for almost six months.

Fortunately, the village schoolmaster persuaded Eleanor and Idris Jones of Penrhiw'ronnen Farm to take in the young stranger. Their kindness transformed Sylvia's life.

Having experienced the terror of the London Blitz, where bombs had fallen close to the family home, she found safety and comfort at Penrhiw'ronnen. The warmth shown by the Jones family and their children—Brian, Denville and Lynne – gave her memories she would treasure forever.

Each weekday began with a two-mile walk to school. The London evacuees were educated in the vestry at Salem Chapel, while the Jones children attended the local village school. Those daily walks became lessons in the natural world as Brian introduced Sylvia to birds, wild flowers, trees and the changing seasons.

On Sundays, Sylvia accompanied the family to chapel. The rich harmonies of Welsh congregational singing left a lifelong impression. Welsh was the everyday language of the household, and Sylvia gradually learned enough to sing *Ar Hyd y Nos*, winning small velvet purses as prizes in local eisteddfodau.

The mixed farm supported cattle, sheep, pigs and poultry. Eleanor Jones worked tirelessly milking cows,



London evacuees: Sylvia Gallagher, with a bow in her hair

feeding livestock, tending the vegetable garden and baking bread, cakes and Welsh cakes, while keeping an immaculate farmhouse.

Horses remained the principal means of transport, and Sylvia still laughs at one unforgettable adventure.

"Mr Jones kept two horses – a high-spirited black mare called Flower and a gentle cart horse named Chess. One day he let me sit on Flower and she galloped across the fields with me desperately clinging on! Afterwards it was suggested I should ride Chess instead. That horse simply wandered over to the water trough and, as he lowered his head to drink, I slid down his neck into the trough and had to be rescued."

Another vivid memory is of the occasion when one of the farm pigs chewed the face off her treasured teddy bear – carefully repaired afterwards by Mrs Jones.

When peace returned in 1945, Sylvia was heartbroken to leave Rhandir-mwyn. Yet her determination to return never faded. At the age of eighteen, with her very first pay packet, she bought a train ticket to Llandovery and came back to the place that had become her second home – and she has continued to return every year since.

Llandovery Museum and Visitor Gateway is open Tuesday-Saturday between 11am and 2pm. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.

Contact us at: enquiries@llandoverymuseum.wales or drop in to speak to us.

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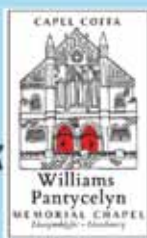
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Age: 6 - 11
Venue: Rhys Prichard Memorial Hall

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Amser: 10:30am - 12:00pm
Oedran: 6 - 11
Ble: Neuadd Goffa Rhys Prichard








LLANDOVERY ROTARY CLUB



Hello all ! Summer is well and truly with us

Well, it's been a very busy month at Llandoverly Rotary Club, with members involved in a variety of activities supporting both our local community and the wider Rotary movement. From hands-on volunteering to social events and planning for the months ahead, there has been plenty keeping everyone occupied. As always, it's been fantastic to see the enthusiasm and commitment of our members, whose dedication continues to make a real difference.

It was a great pleasure to be part of the 40th year of the Reading, Maths and Art Competition.

This wonderful competition was started back in 1986 when Mr Philip Davies and Dai Dyer came together with the idea of creating an event for 13 local primary schools. The aim was not only to help improve the children's skills in reading, maths and art, but also, importantly, to give them the opportunity to meet, socialise and build friendships with children from other schools.

Forty years later, the competition is still going strong and continues to bring excitement, enjoyment and a healthy sense of competition.

A special mention must go to Mrs Elin Watkins and Mrs Carol Dyer, who have been involved since the very beginning – initially as Headteachers and later as judges. Their long-standing commitment and support over four decades is a fantastic achievement.

It is also wonderful to recognise the contribution of Mr Hugh Davies and his wife Helen, who have both acted as art judges on several occasions. Hugh's involvement is particularly special as he is the son of one of the original founders, Mr Philip Davies.



Although the competition is now down to two schools, the enthusiasm, competitiveness and enjoyment remain as strong as ever.

I would like to thank Dai Dyer for his continued dedication and support in keeping this fantastic event going, along with Dan and Gina Jones for their invaluable help – with Dan always doing his best to keep things running smoothly! My thanks also go to Mrs Lowri Dyer, who has prepared the maths element of the competition for many years.

This year we were also delighted to welcome Elin Jones from Cyw, who provided entertainment and helped adjudicate the reading competition, adding another special element to the occasion.

Here's hoping that this wonderful competition continues for another 40 years and continues to inspire and bring together children from our local schools.

The Great Llandoverly Duck Race – The Main Event of the Rotary Fundraising Year!

Join us at **Swan Bridge** for an afternoon of fun and community spirit.

Venue: Swan Bridge, Llandoverly

Gates open: 13.00 hrs

Duck Race starts: 14.00 hrs

This year we will be setting **2,000 ducks** free and hoping they all make a splash and successfully float their way downstream!

The excitement is building, but the big question is... **have you bought your duck yet?**

Don't miss your chance to take part. Simply scan the QR code below, which will take you directly to the Llandoverly Duck Race website where you can purchase your duck and support Rotary's fundraising efforts.

Good luck to all our ducks – may the fastest (and best floating!) duck win!

Members also gave their time to support the Elidyr Communities Trust Colour Run, held at Llandoverly RFC. Rotarians assisted with marshalling the event to ensure everything ran safely and smoothly, while some members





also joined in the fun by taking part in the colourful festivities. It was a fantastic community event, enjoyed by participants and volunteers alike, and a great day was had by all.

On Friday 10th July, members gathered at the Castle Hotel, Llandovery, for our annual President's Handover Dinner. After a successful and enjoyable year at the helm, Gareth Davies officially handed over the chain of office to incoming President Tim Cannock.

Unfortunately, our incoming Vice President, Adrian Cizmas, was unable to join us for the evening, so one of my first duties as President was the pleasure of presenting the Junior Vice President's chain to Huw Clarke.

It was a particularly special moment, as Huw's father, Des Clarke, was one of the founding members of Llandovery Rotary Club back in 1984.

I'd like to take this opportunity to thank Gareth for his hard work, commitment and leadership over the past 12



months. He has done an outstanding job, and I certainly have some big boots to fill. I look forward to building on the excellent work of previous presidents as we continue serving our local community throughout the coming year.

Also a further news from Gareth and his partner Sam, everyone at Llandovery Rotary Club would like to extend our warmest congratulations to them both on the arrival of their beautiful baby daughter, Olive. We wish them every happiness as they begin this wonderful new chapter together.

Another annual event was the President's BBQ, which I was delighted to host at Whitehall. My sincere thanks go to Anthony and Gareth for their help in making the day such a success.

The afternoon was filled with enthusiastic grilling, plenty of laughter and good company in what was, for the most part, a predominantly male sport at the grill. It was a thoroughly enjoyable occasion and a great



continued on page 32



opportunity for members to relax and socialise away from the usual meeting setting.

The afternoon featured some enthusiastic grilling, with the phrase "Back away from the grill!" proving far more appropriate than "Get out of my pub!"

That's me signing off for this month

Best wishes
Tim



LLANWRDA CRICKET CLUB

An astonishing victory against top-of-the-table Mumbles has given Llanwrda 1st XI a real fillip. Llanwrda were in trouble when the openers went cheaply, but Steff Roberts produced a captain's innings of 108 not out, ably assisted by the ever-reliable Adrian Davies with 69. The total on 227-3 was too high for Mumbles. All the bowlers picked up wickets, but the cream of the crop was Daf Hughes with 9 overs, 5 maidens and 4 wickets for only 8 runs. That sealed a win by 100 runs and maximum points gained.

We are always on the lookout for new adult players for this season - 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.

Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

The club has formed a Women's team this season with training on a Thursday evening. For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

Draw	Round 1	Winner
17/06/26	16	No winner
24/06/26	10	Evelyn Jones
01/07/26	56	No winner
08/07/26	37	No winner

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426 449. It's only £4.33 per month.



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05/27/12)



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- ✓ Works in partnership with the Clubhouse team



Interested?
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LLANDOVERY RFC OFFICE



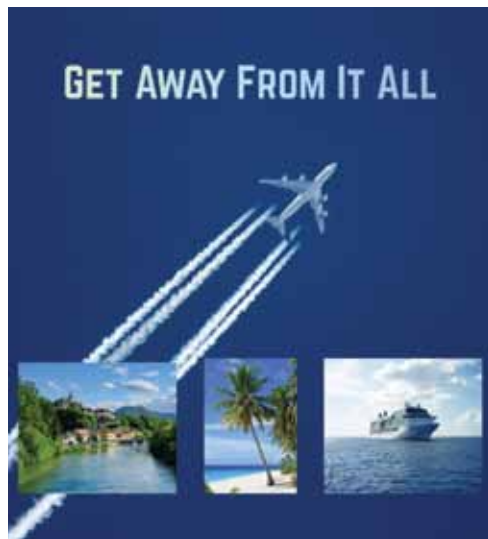
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GET AWAY FROM IT ALL



Holidays – we plan for them, dream about them and look forward to them. Thoughts of sun, fun and adventure fill our minds. On the first day of our holiday we smile, relax and breathe more deeply.

Why?

The answer, at first, seems obvious – to escape the pressures of life, an opportunity to relax and unwind. To get away from it all.

However, we often discover that we have carried with us the very burdens we are trying to escape from. Like heavy suitcases, we drag them everywhere we go. We may try to bury them, but sooner or later they resurface.

The scenery changes but the baggage remains.

Guilt.

Regret.

Fear.

The weight of things we wish we had never done.

The Bible tells us that God created us to live in relationship with Him. Yet every one of us has gone our own way.

Let me ask a few uncomfortable questions:

Have you ever told a lie?

Have you ever stolen anything, regardless of its value?

Have you ever used God's name carelessly?

Most of us would have to answer "yes".

The problem is not that we occasionally make mistakes. The problem is that we have broken God's law.

We may compare ourselves with other people and conclude that we're not that bad. But God doesn't compare us with other people. He compares us with His

perfect standard. And we have all failed. We know deep down that we have failed and that is the heavy burden that we are carrying.

No holiday can remove that burden.

No amount of good deeds can erase our guilt. We are saved by the grace of God through faith, not by our good works (Ephesians 2:8-9). Trying to cover sin with good works is like putting icing on a burnt cake. It may look better on the outside, but underneath it is still burnt.

We cannot save ourselves.

That is why God did something astonishing. He stepped into His own creation in the person of Jesus Christ, who lived a perfect life. He never sinned in thought, word, or deed. Then He willingly went to the cross. He took upon Himself the punishment that justice demanded for guilty sinners like you and me.

As He died Jesus cried, "It is finished,"

Our debt was paid in full.

Three days later He rose from the dead, defeating sin and death forever.

Now God commands all people everywhere to repent and place their trust in Jesus Christ.

Not in their goodness.

Not in their religion.

Not in their church attendance.

In Christ alone.

When we do, our sins are forgiven, our guilt is removed, and we are reconciled to God. Life with Jesus begins now and continues for eternity.

The greatest burden you carry is not stress or pressure. It is guilt before a Holy God. The freedom you are looking for is not found in a holiday destination.

It is found in Jesus Christ.

And there our best and greatest adventure begins.

If you would like to explore these questions further or simply share a conversation, you are invited to connect with us at St Barnabas Church, Rhandirmwyn, St. Dingat Church, or Williams Pantycelyn Memorial Church in Llandovery, 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.

TOWY & COTHY HUNT 250 CLUB

held at Llandovery RFC

on 9th July 2026

£15 Kevin & Tracy, Llanerchgoch

£15 William John Lloyd, Llwyn berllan

£10 Penny Lincoln, Old Vicarage

£10 Carrie Smith, Glancroyddir

£5 Julie Harries, c/o Aberdynam

House prize: John Morgan, Penrhiw

Next meeting: Royal Oak, Rhandir,
11th August 2026.



LLANDOVERY TOWN TENNIS CLUB

Here are the plans for the rest of the summer:

Adult Social Tennis – every Wednesday and Saturday morning from 10.45am, weather permitting.

Ladies' Night – a ladies-only session on Thursdays at 7.00pm.

The **We Do Tennis** coach, Becky Tennant, will continue coaching on Sundays.

3.00pm to 3.45pm – 4 to 7-years-old /

3.45pm to 4.30pm – 8 to 11-years-old

4.30pm to 5.30pm – teenagers /

5.30pm to 6.30pm – adults

You can book at this address: <https://wdtwales.co.uk/llandovery>

Becky is also available for private lessons. Please contact her on 07837 661750.

Saturday, 1 August – **Tea on the Towy**. Play from 2.00pm to 4.00pm. Eat a delicious tea overlooking the Towy at 4.30pm. £10.

August – the rearranged **Doubles Master Class** with Mike Barton tbc.

Saturday, 5 September – **Adult Doubles Tournament** starting at 10.45am with a BBQ.

Becky should be continuing the **coaching** sessions in September.

Saturday, 19 September. **Sheep Festival Open Morning** – 10.45am to 12.45pm – refreshments available.

Membership is £30 for adults, £50 for a family and just £5 for juniors.

For more information:



WRITE-ON REV!

Dear Friends,

There is something deeply reassuring about an old country church in the height of summer. As the fields shimmer in the sunshine and the roads grow dusty under blue skies, stepping through a church door brings an immediate sense of calm. Thick stone walls, quiet spaces and centuries of prayer create a welcome refuge from both the heat and the busyness of life. Across the Bro Dyfri LMA, many of our churches remain open during daylight hours throughout the summer. Whether you live locally, are walking the hills, cycling through the valley, or simply passing by, you are warmly invited to come in. Sit for a while, enjoy the coolness, light a candle, say a prayer, or simply rest in silence before continuing your journey. Churches have always been places of hospitality. Long before air conditioning and cafés, they offered travellers shelter, refreshment and hope. They continue to do so today; not because you have to belong, but because everyone deserves a place of welcome. In the Gospels, Jesus says, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest" (Matthew 11.28). Those words speak not only to our spiritual lives but also to our need for peace in the midst of life's pressures. This summer, if you find yourself in need of a little shade, a little stillness, or simply a few quiet moments, the door of your local church is open. Come in ... you will be most welcome.

Father Neil, The Vicarage, Llandeilo.

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Church Services

E-English W-Welsh B-Bilingual

ST CWRDAF'S, LLANWRDA (a Bro Dyfri Church)

2 Aug 9.30am Bilingual Ewcharist
16 Aug 9.30am Bilingual Ewcharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST SADWRN'S, LLANSADWRN (a Bro Dyfri Church)

2 Aug 11.15am Bilingual Ewcharist
16 Aug 10.00am Morning Prayer

Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST PAUL'S, MANORDEILO (a Bro Dyfri Church)

9 Aug 9.30am Morning Prayer
23 Aug 9.30am Bilingual Ewcharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST CYNWYL'S, CAIO (a Bro Dyfri Church)

2 Aug 9.30am Eucharist
16 Aug 9.30am Eucharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST SAWYL'S, LLANSAWEL (a Bro Dyfri Church)

2 Aug 11.15am Morning Prayer
9 Aug 11.15am Bilingual Ewcharist
16 Aug 11.15am Morning Prayer
23 Aug 3.00pm Messy Church
30 Aug 10.30am Bilingual LMA Ewcharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST MICHAEL'S, MYDDFAI (a Bro Dyfri Church)

2 Aug 11.15am Morning Prayer
9 Aug 11.15am Bilingual Ewcharist
16 Aug 6.00pm Evening Prayer
23 Aug 11.15am Bilingual Ewcharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541
judywright@cinw.org.uk | 07584 562313

ST DINGAT'S, LLANDOVERY (a Bro Dyfri Church)

2 Aug 8.00am 1662 Eucharist
9.30am All Age Worship
9 Aug 9.30am Bilingual Ewcharist
16 Aug 9.30am Morning Prayer
23 Aug 9.30am Bilingual Ewcharist

Further information please contact
neilhook@cinw.org.uk | 07706 496541
judywright@cinw.org.uk | 07584 562313

ST SIMON & JUDE, LLANDEUSANT (a Bro Dyfri Church)

9 Aug 6.00pm Evening Prayer
23 Aug 11.15am Bilingual Ewcharist

Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

2 Awst 11.15am Y Boreol Weddi
16 Awst 11.15am Ewcharist

neilhook@cinw.org.uk | 07706 496541

ST MARY'S, CYNGHORDY (a Bro Dyfri Church)

9 Aug 11.15am Eucharist
23 Aug 11.15am Eucharist

Further information please contact
timnelson@cinw.org.uk | 07368 496917

ST CADOG'S, LLANGADOG (a Bro Dyfri Church)

2 Aug 9.30am Bilingual Ewcharist
9 Aug 9.30am Bilingual Matins
16 Aug 9.30am Bilingual Ewcharist
23 Aug 9.30am Bilingual Matins

Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

ST BARNABAS'S, RHANDIRMWYN (a Bro Dyfri Church)

2 Aug 9.30am Eucharist
9 Aug 9.30am Eucharist
16 Aug 9.30am Eucharist
23 Aug 9.30am Morning Prayer
30 Aug 10.30am LMA Eucharist

Further information please contact
timnelson@cinw.org.uk | 07368 496917

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

2 Aug 11.15am Bilingual Ewcharist
9 Aug 11.15am Morning Prayer
16 Aug 11.15am Bilingual Ewcharist
30 Aug 10.30am Bilingual LMA Ewcharist

Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

A warm welcome is extended to all from any denomination and visitors who are able to join us.

Ann Thomas, Churchwarden 07788 789195
mathomas056@gmail.com

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

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.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdud)

Services every Sunday

10.30 Worship and Communion Service.

(Also Sunday School for under 15s)

5.00pm Evening Service.

Tea and biscuits following.

Contact: E. Gilbert. 01558 685763.

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 Morning Prayer

2nd Sun 9.00am Morning Prayer

3rd Sun 9.00am Morning Prayer

4th Sun 9.00am Eucharist

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

HOLY TRINITY CHURCH, TALIIARIS

2nd Sun 9.30am Holy Communion

4th Sun 9.30am Morning Service

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY CHURCH, PONTARGOTHI

1st Sun 10.00am Morning Prayer

2nd Sun 10.00am Morning Prayer

3rd Sun 10.00am Morning Prayer

4th Sun 10.00am Eucharist

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

2 Aug 2.00pm Afternoon Prayer
followed by a Cuppa in
the Hall.

Like many churches out in the countryside,
we are facing possible closure in early 2027
– if you want to know more, want to help
and/or would like to receive the Supporters
Newsletter then email Churchwarden Andrew
Tait on LLRYC@amtas.co.uk.

To find us: What3Words: gain.agent.acid

Check out our Facebook page for changes/
updates: "St Michael's Church Llanfihangel
Rhos y Corn".

LLANEGWAD CHURCH

2nd Sun 10.30am Morning Prayer

3rd Sun 10.30am Morning Prayer

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

For other details see notice board

Fr Donatus Chukwuedo

Tel. 01269 267382

Email: ammanford@menevia.org

ST. JOHN'S CHURCH, FELINGWM

4th Sun 2.00pm Eucharist

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service

3rd Sun 9.30am Bilingual Service

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also
via zoom]

Tuesday drop-in prayer and reflection from
11.00am – 12.00pm

Pastor: Patrick Thomas

E mail: williamsmemorial@outlook.com

Mobile: 07774 533804

www.williamsrantyccelyn.co.uk



WHAT'S HAPPENING IN AUGUST 2026 @WILLIAMS PANTYCELYN MEMORIAL CHAPEL, LLANDOVERY?

Sunday, 2nd – Sunday 11.00am – Pat Thomas

Tuesday, 4th – Prayer Meeting 11.00am

Wednesday, 5th – 'Cefnogi' Support Centre

Sunday, 9th – Sunday 11.00am – Rob Morse

Tuesday, 11th – Prayer Meeting 11.00am

Wednesday, 12th – 'Cefnogi' Support Centre

Sunday, 16th – Sunday 11.00am – Pat Thomas

Tuesday, 18th – Prayer Meeting 11.00am

Wednesday, 19th – 'Cefnogi' Support Centre

Sunday, 23rd – Sunday 11.00am – Pat Thomas

Monday, 24th – Kid's Holiday Club 10.30am – 12.00pm

Tuesday, 25th – Prayer Meeting 11.00am

Tuesday, 25th – Kid's Holiday Club 10.30am – 12.00pm

Wednesday, 26th – Kid's Holiday Club 10.30am – 12.00pm

Sunday, 30th – Sunday 11.00am – Pat Thomas

REGULAR EVENTS IN AUGUST 2026 IN THE BRO DYFRI LMA CHURCHES

EVERY MONDAY: Vestry Venture – Friendship & Free Refreshments

A relaxed social club for all ages at St Sadwrn's, Llansadwrn, 3.00 – 5.00pm (term time). Following the summer break, sessions resume on the first Monday of the new school term in September. Free tea, chat, games and toys. Croeso i bawb / All welcome.

EVERY TUESDAY: Bright Sparks – Pre-School Fun & Friendship

A friendly pre-school group with play, crafts, songs and stories at St Dingat's, Llandovery, 9.30–11.00am (term time). After the summer holidays, we restart on the first Tuesday of the new school term in September. Refreshments, DBS-checked volunteers and free family fun. Croeso i bawb.

EVERY TUESDAY: Bro Dyfri LMA Bell Ringers

Practice at St Dingat's, Llandovery, 6.00 – 7.30pm. Beginners and experienced ringers welcome. Full training provided, no experience needed. A fun way to support church and community life. Contact Clare Alexander (cia400@hotmail.co.uk) or Dan Jones (jonesdaniel10@sky.com).

MOST WEDNESDAYS: Time 4 A Cuppa

Join us on Wednesday 12 Aug in Llandinat, Wednesday 19 Aug in Llangadog, and Wednesday 26 Aug in Llansadwrn this month from 10.30am – 12.00 noon. The church doors are open, the kettle is on, and everyone is welcome to drop in for a cup of tea or coffee, a biscuit, and friendly conversation. There is no programme and no pressure ... Croeso i bawb / All welcome!

EVERY THURSDAY: Families Together – Free Activities for Families

At Ysgol Rhys Prichard, 9.30 – 11.00am. For families with at least one child aged 0–11, led by Sam from our Diocesan Plant Dewi Team. Activities, play and friendship in a welcoming setting. Completely free and open to all.

JOIN PETHAU PAWB YOUR LOCAL LIBRARY OF THINGS! / YMUNWCH 'DA PETHAU PAWB, EICH LLYFRGELL O PETHAU LLEOL!



Are you planning a birthday party, family celebration or wedding this summer? Make it a fun filled session with giant games from Pethau Pawb!

You can borrow giant versions of Connect 4, Noughts and Crosses, quoits, Snakes and Ladders, Jenga, Dominoes or Ten Pin Bowls, for just £5 each for a week. Call in to Pethau Pawb on Stone Street to sign up for free membership of your Library of Things and start borrowing!

Ydych chi'n trefnu parti pen-blwydd, dathliad teuluol neu briodas yr haf hwn? Wnewch yn achlysur llawn hwyl gyda gemau enfawr gan Pethau Pawb!

Gallwch fenthyca fersiynau enfawr o Connect 4, Croes a Chylch, gemau taflu cylchoedd (quoits), Nadroedd a Ysgolion, Jenga, Dominoes neu Bowlio Deg Pin, am ddim ond £5 yr un am wythnos.

Galwch heibio Pethau Pawb ar Stryd Cerrig Llanymddyfri i ymuno â'ch Llyfrgell Pethau am rhad ac am ddim i dechrau menthyg!



LIFE DRAWING



Life drawing, drawing the human body from direct observation, is a fundamental practice for all artists and helps to improve general drawing skills.

There are untutored life-drawing sessions every other Tuesday, from 9.30am to 12.30pm, at the Cwmifor community centre. Cost: £10.00 per session. This is a great opportunity for anyone, from absolute beginners to established artists, to develop their drawing skills.

The August sessions are on the 4th and 18th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

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- **Kingavon Portable Gas Heater**. Never used. Cost £99. Sell for £50. Llandeilo area. Tel: 07498 324274.
- **Victorian school desk**. Seats two, with two opening desk lids, ink well holes. Cast iron frame. Offers around £90. Tel: 07572 168275 or 01550 777149.
- **Singer sewing machine** with cast iron treadle frame. Wooden top which folds out with the machine. Offers around £125. Tel: 07572 168275 or 01550 777149.
- **Applause Ovation semi acoustic guitar**, with case. Excellent condition. Offers. Tel: 07572 168275 or 01550 777149.
- **Jay-be revolution folding bed** with rebound fibre mattress compact single used once, £60 ono. Llandeilo 07508 285119.
- **Two modern wooden office desks**, excellent condition – single pedestal 3 drawer 4'6" w x 2'6" d x 28" h. Double pedestal 4 drawers L.Hand, 3 drawers R.Hand 5' long 2'4" deep 30" high, offers. Tel: 01558 650186 Caio, Llanwrda area).
- **Gents mountain bike**, Carerro Ltd edition, black, VGC, £80. Tel: 01550 720078.
- **Ford Focus 2006 to 10 complete exhaust system**, never used and container of 5W-30 oil, never used, £70. Tel: 01550 720078.
- **Scaffold tower**, used twice, 18ft high, VGC, £100. Tel: 01550 720078.
- **Hunter Herald 8 Woodburner**, 7 – 11k, good condition, can be seen working, £500 ono. Tel: 07891 856032.
- **Suzuki A100 1979**, starts ok, reasonable condition, £1500. Tel: 01340 226084 (near Llandovery).
- **Makita heavy duty drill**, model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mahogany dining table**, 8ft x 3ft 6ins, including 8 chairs, £300 ono. Tel: 01267 202230.
- **Wood burning stove** with water heater, huge double door 25kW Arrow stove never used, brought for a project that didn't happen. Can deliver, 07725 366719.
- **Womans biker clothing**: Kevlar jacket (size 16) & trousers (size 10 regular but long), both have armoured support, worn once (bad hip), gloves & boots (size 6) also available, buyer collects, £150. Tel: 07757 530586.



Doughty's of Hereford

FABRIC ROADSHOW

At
Llanwrda Village Hall
Saturday 22nd August 2026
10.30am – 2.30pm



Bolts & Bolts of Quilting Fabrics
Charm Packs, Jelly Rolls
Fat Quarters & Wadding
REFRESHMENTS



Eglwys St Cwrda Church,
Llanwrda

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gyda / with
SUE THOMAS,
Chelsea Flower Show
Gold Medal Winner

NIA TYLER
S4C 'Y Llais' Semi-Finalist

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CADWCHY DYDDIAD/SAVE THE DATE

Dydd Gwener, Hydref 9 2026 7yh
Friday, October 9 2026, 7pm

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Support Local Business

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Tel: 01550 720098. 03/27(12)

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Tel: 07908 810392/01550 777311. 08/26(12)

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BROWN PARTNERSHIP ARCHITECTURAL SERVICES – Extensions, new build, replacement dwellings, loft conversions, schedules, specifications, tendering and overseeing of work. Planning and Building Regulation applications, All grant work working locally for 35 years. Contact Nick Brown, Criafolen, Llansadwrn, Llanwrda, Carmarthenshire SA19 8LE on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 07/27(12)

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GREG JONES. Home Choose Carpets, Llandeilo. All types of carpets and cushionfloor supplied and fitted. We come to you. Tel: 07766 517569. 10/26(6)

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REFLEXOLOGIST: CAROL DEBORAH LORD IHHHT ICHT FHT. Fully qualified & insured member of the Federation of Holistic Therapists for 25 years. Reflexology – An hour long relaxing treatment on the feet which re-balances the systems of the body and releases toxins that can cause ill health. Treatment creates a feeling of calmness and well-being. Also a soothing treat for the feet including a warm foot soak and moisturising foot massage, reviving fatigued and aching feet. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 09/26(12)

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COUNSELLING

CATHRIN WILDWOOD – As a qualified therapist with 20 years of experience, I am committed to offering a counselling and psychotherapy service locally, which is dedicated to providing a safe, sensitive and supportive listening space where your feelings and concerns can be explored and shared. Together we can make sense of what is happening for you, as I support you through a time that may be difficult right now, or help you find where you want to be in life. Come and feel more alive, free and at home with yourself. I work with young people and adults, offering face-to-face sessions in Cilycwm or online via Zoom. www.cathrinwildwood.co.uk cathrin@cathrinwildwood.co.uk 07870 888141. 09/26(6)

RELATIONSHIP COUNSELLING – Having completed a Higher Diploma in Counselling at Coleg Sir Gar, I was trained in couple counselling by Relate and worked for them for 16 years in Carmarthen and Brecon. Since 2023, I have been registered with the British Association of Counselling and Psychotherapy (search on www.bacp.co.uk for my full profile), working as a sole practitioner seeing both couples and individuals in Llandeilo and on Zoom. Claire Mansel Lewis 07773 474048 clairemansellewis@icloud.com 10/26(6)

KIRSTIN HEIDLER – I offer counselling for individuals and couples, providing a warm, thoughtful space to explore relationship challenges, life transitions, difficult emotions and questions of meaning. Alongside my counselling training, I bring 12 years of experience offering communication training and supporting relationships and conflict resolution. My approach helps people move beyond analysis and connect more deeply with what is happening beneath the surface, where lasting change can begin. Sessions online or by home visit within 25 minutes of Llandovery. 07782 810507. <https://kirstinheidler.co.uk> 12/26(6)

FINANCIAL PLANNING SERVICES

RASHBROOK FINANCIAL PLANNING. Based locally in Llansadwrn. Financial Advice for individuals, families and business owners. I provide expert guidance on pensions, investments, retirement planning, wealth management and protection, helping you make confident financial decisions for the future. 07795 693789 george.rashbrook@sjpg.co.uk 12/26(12)

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 12/26(12)

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At **INSIGHT EYECARE**, we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: insighteyecare@llandovery.org. Find us on 8 Stone Street, Llandovery, SA20 0JR. Optometrist: Sara Tidey. 12/26(12)

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SPORTS FACILITIES

LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandoverly Squash Club, situated opposite Llandoverly 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 will automatically have their membership extended to March 31st of the following year. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandoverly. The club operates a weekly club night on Wednesday's from 7.00pm - 9.00pm all existing & prospective members are encouraged to attend. We have internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverlysquash or visit our website: <https://llanadoverlysquashclub.co.uk>

05/27(12)

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07/26(12)

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LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@cararthenshire.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.
Myddfa: 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.
 Tuesday – Saturday, 11.00am – 2.00pm
 Email: enquiries@llandoverymuseum.wales
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

TAXI SERVICES

Bridge Taxis, L'deilo. Tel: 01558 822093; Mobile: 07742 283325.
JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.
Llangadog Taxis, Llangadog. Tel: 01550 777924.
Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS

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

Train Times (Timetable 17/05/26 – 13/09/26) Not all stops shown

Train Times (Timetable 11/05/20 - 13/05/20) Not all stops shown										X = request stop		A = until 9 August		B = from 16 August			
Mon. to Fri.										Sat.		Sun.					
												A		B			
Swansea	D		05.13	07.29	10.39	14.49	17.47	04.50	07.30	10.38	14.50	17.48	08.53	11.05	11.10	15.18	
Gowerton	D		05.25	07.41	10.51	15.01	17.59	05.02	07.42	10.51	15.02	18.00	09.05	11.17	11.22	15.31	
Llanelli	D	05.12	05.35	07.52	11.02	15.11	18.09	05.12	07.52	11.05	15.12	18.09	09.15	11.27	11.32	15.42	
Fairfach	D	05.49x	06.11x	08.29x	11.39x	15.49x	18.47x	05.49x	08.29x	11.42x	15.50x	18.47x	09.51x	12.04x	12.09x	16.18x	
Llandeilo	D	05.55	06.17	08.47	11.45	15.54	18.52	05.55	08.46	11.48	15.55	18.52	09.57	12.10	12.15	16.24	
Llangadog	D	06.05	06.26	08.57	11.55	16.04	19.02	06.05	08.56	11.58	16.05	19.02	10.07	12.20	12.25	16.34	
Llanwrda	D	06.08	06.30	09.00	11.58	16.07	19.06	06.09	09.00	12.02	16.09	19.06	10.11	12.23	12.29	16.38	
Llandovery	D	06.17	06.37A	09.09	12.07	16.16	19.15	06.18	09.09	12.11	16.18	19.15	10.20	12.35	12.38	16.47	
Cynghordy	D	06.24x		09.17x	12.15x	16.25x	19.23x	06.25x	09.16x	12.18x	16.26x	19.23x	10.27x	12.42x	12.45x	16.54x	
Llanwrtyd	D	06.42		09.35	12.33	16.42	19.39	06.42	09.34	12.35	16.43	19.39	10.44	13.00	13.03	17.11	
Llandrindod	D	06.05	07.32		10.12	13.12	17.38	20.25	07.32	10.12	13.08	17.38	20.25	11.28	13.45	13.45	17.59
Shrewsbury	A	07.38	09.03		11.42	14.42	19.10	21.55	09.01	11.42	14.38	19.09	22.00	13.03	15.16	15.15	19.36
Shrewsbury	D		05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	09.43	12.08	16.20		
Llandrindod	D	04.30	07.29	10.24	13.24	17.33	20.27	07.29	10.22	13.22	17.32	20.27	11.31	13.53	18.03		
Llanwrtyd	D		07.59	10.54	13.58	18.04	20.58	07.59	10.53	13.56	18.03	20.57	12.01	14.24	18.34		
Cynghordy	D		08.11x	11.05x	14.10x	18.17x	21.11x	08.12x	11.05x	14.08x	18.16x	21.09x	12.13x	14.37x	18.47x		
Llandovery	D	06.41	08.23	11.18	14.26	18.29	21.23	08.24	11.18	14.24	18.28	21.21	12.31	14.49	19.00		
Llanwrda	D	06.47x	08.29x	11.23x	14.31x	18.35x	21.29x	08.30x	11.23x	14.29x	18.34x	21.27x	12.37x	14.55x	19.05x		
Llangadog	D	06.51x	08.34x	11.28x	14.36x	18.40x	21.34x	08.35x	11.28x	14.34x	18.39x	21.32x	12.42x	15.00x	19.09x		
Llandeilo	D	07.02	08.45	11.54	14.48	18.55	21.45	08.46	11.50	14.48	18.53	21.43x	12.53	15.11	19.22		
Fairfach	D	07.05	08.48	11.57	14.51	18.58	21.48	08.49	11.53	14.51	18.56	21.46	12.56	15.14	19.25		
Llanelli	D	07.44	09.30	12.42	15.32	19.44	22.35	09.40	12.34	15.31	19.36	22.32	13.35	15.54	20.06		
Gowerton	A	07.52	09.38	12.50	15.42	19.52	22.43	09.48	12.42	15.41	19.44	22.40	13.43	16.02	20.14		
Swansea	A	08.11	09.51	13.03	16.00	20.05	22.58	10.02	12.55	16.00	19.59	22.50	13.56	16.15	20.30		

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

Brecon – Llandovery (X80) Brecon to Llandovery (Mon – Sat), * = Sats & Mon – Fri in sch hols

Brecon Interchange 5 (at):	7.03*	9.38	11.33	13.06	15.38*	17.08
Llandovery Car Park:	7.45*	10.20	12.15	13.48	16.20*	17.50
Llandovery Car Park:	7.49*	10.47	12.20	13.54	16.22*	17.52
Brecon Interchange 5 (at):	8.33*	11.31	13.04	14.38	16.22*	18.36

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

	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	16.20	17.50	19.05
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 services operate Mon-Sat

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.