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## CLWB ROTARI LLANYMDDYFRI ROTARY CLUB OF LLANDOVERY **SANTA CLAUS IS COMING TO TOWN (AND THE VILLAGES)!**



Yes folks it's that time again, when the aging Rotary Club members (bless them!) don their sparkly hats and shake their collecting pots. We will try to encourage you wonderful people to give as much as you can spare. Safe in the knowledge that every penny collected, will be given out locally to all the good causes and requests that we support.

We are delighted to be joined again this year by Llandovery Town Crier Joe Beard, who has agreed to lead the Sleigh around the town and villages. "Thank you, Joe."

Our aim is to visit all areas listed below before 20:30 hrs (unless otherwise stated), so as not to keep your little ones up too late.

Every year we are blown away by your kindness and giving nature, as we seem to increase the amount that we collect year on year. This is great news, as we have more to give back to the communities (See Rotary report inside).

This is also an opportunity to thank in advance, Llandovery YMCA for again agreeing to allow us the use of the Community Mini-Bus. The Grotto idea is different but safe and proved generally very popular last year for all concerned. It would also be appropriate to thank the landlords of the various hostelleries that we visit on the runs. We are made most welcome and invariably given a well received refreshing drink as well as a more than generous donation. To you all, we thank you.

Below are the dates for the various runs this year. We will also be promoting these dates around the area. If we do happen to miss you when we call and you wish to

support this initiative, then an envelope will be popped through your letter box offering an opportunity to drop off your donation locally.

|                     |                        |
|---------------------|------------------------|
| Fri 30th Nov .....  | Switch on town lights. |
| Fri 7th Dec .....   | Llandovery West        |
| Mon 10th Dec .....  | Llangadog              |
| Tue 11th Dec .....  | Cyngorhyd/Siloh        |
| Wed 12th Dec .....  | Cilycwm/Rhandirmwyn    |
| Thur 13th Dec ..... | Llanwrda/Llansadwrn    |
| Fri 14th Dec .....  | Llandovery East        |
| Mon 17th Dec .....  | Myddfai & Farms        |
| Sat 22nd Dec .....  | Llandovery Co-op       |

Finally, on behalf of President Gary Strevens and all club members, may we wish each and every one of you readers, a very Merry Christmas and Prosperous New Year. We look forward to being of service to you for many years to come.

### FOR CLARIFICATION.

*Llandovery West means:* Broad Street, Llangadog Rd, Plas Plugafon, Church Bank, Dingat Terrace, Lon Rhys Pritchard, Dingat Close, College View, Queensway, Maesycoleg, Towy Ave, New Rd, Llys Llanfair, Llanfair Hill.

*Llandovery East means:* High St, Swan Bridge, Dolau Bran, Dan y Grug, Kings Arms, Gelli Deg, Maesglas, Stone St, Water St, Queen St, Orchard St.



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# ALL ABOUT *The Post*

**COPY DATE**  
for next issue:  
**16th January 2019**

**Next issue distributed:**  
**1st February 2019**

## *The Post* Future Copy Dates

|             |               |
|-------------|---------------|
| March.....  | 15th February |
| April ..... | 15th March    |
| May.....    | 16th April    |

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## REAL ALE WOBBLE

On Saturday 17th November, Llanwrtyd Wells welcomed almost 500 mountain bike riders to take part in the Real Ale Wobble, hosted by Green Events Ltd. This year was the 33rd year of the Real Ale Wobble which kick starts the 10 day Mid Wales Beer Festival. The Wobble is a non-competitive mountain bike event taking in our amazing countryside which was certainly shown in all its glory in the Saturday sunshine. The course was designed by Cycle-Tec of Builth Wells and consisted of a 23km route with an additional 12km for the more adventurous. Along the way riders stopped at 2 feed stations to sample real ales and enjoy some nibbles! There was also a coffee pod and barbecue out on the course. Once back at the finish in the Bromsgrove Hall, everyone enjoyed refreshments provided by Friends of Ysgol Dolafon, the local primary school, and purchased merchandise from Can't Quit Cartel and Big Bobble Hats. The Real Ale Wobble is a real community event with a large donation going to Ysgol Dolafon for providing marshals on the course, packed lunches for the marshals and organisation of the event. The event was a great success and we are already planning some new and exciting elements to add to the 34th Real Ale Wobble. Our plan is to include an extreme version for the more adventurous riders.

If mountain biking isn't your thing, then come along this weekend (24th and 25th November) to take part in the Real Ale Ramble walks – 2 waymarked routes of 12 or 20 miles or 2 guided routes of 5 and 8 miles with free real ales available at the checkpoints! For more information contact Green Events on 01591 610666.



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(2/18/12)

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11/18/12

# Padmasambhava Yoga & Meditation Centre

The year is nearly at an end. For the Centre it has been a busy and fulfilling year, which included the celebration in the summer of the founding of the Centre 30 years ago. Much has changed in the world since then, but it is reassuring to know that the Centre is still providing guidance and help with its teaching and classes.

The Spring term will start on Monday 14th January when we can all look forward to a good programme of classes and workshops, which includes all the regular classes and also some new ones. Besides the classes available at the Centre there are also classes in Ammanford, Cwrt Henri and at Maes Elfryn Hall in Dynevor Avenue. Full details can be found in the new brochure which will be available soon, on posters, the website or by calling the Centre.

Classes at Padmasambhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed the classes can help you deal with everyday life and its problems and can generally help with our well-being. Please do ring the Centre on 01558 823842 to find out more about Yoga and what joining a class involves. They will be pleased to talk to you.

There are details of all classes, workshops and events on the website [www.padma.org.uk](http://www.padma.org.uk) or you can email [mail@padma.org.uk](mailto:mail@padma.org.uk).

The Centre would like to take this opportunity to thank all their students for their support over the year and to wish everyone a happy Christmas and good health and peace throughout 2019. Nadolig Llawen a Blwyddyn Newydd Dda.

## CHAIR-BASED YOGA AT MAES ELFYRN

This class is held fortnightly on Friday afternoons, 3.30 – 4.30pm. This class is perfect for Elders and others with restricted movement or those who are unable to do floor-based yoga. It is a great introduction to yoga through gentle movements whilst seated. Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. For more information please call 01558 823842.

# PWYLLGOR DARLENFA LLANSADWRN READING ROOM COMMITTEE

## LLANSADWRN XMAS TREE CEREMONY REVISED DATE!

Christmas is coming and everyone is rushing about organizing events leaving poor old Santa not knowing which way to sleigh next! Fortunately he's been able to get his 'ducks' – sorry, I mean 'deer' – in a row and the Llansadwrn Reading Room Committee are delighted to say that 'Tree Lighting-Up Ceremony and Carols' will now be on Thursday December 13th and Santa will be there. He especially wants to see the Tree as there will be even more lights than last year! Wow!

Everyone can expect a big welcome with free mulled cider, mince pies, welsh cakes and children's treats plus the opportunity to purchase various goodies from Xmas Fayre stalls. Carols with brass accompaniment from members of Llandeilo Town Band will follow the Tree Dedication by the Rev'd John Couch at around 7.00pm.

There will have been more singing at a 'Carols and Cawl' evening in 'The Sexton Arms' the previous week when the Towy Valley Section of Côr Meibion De Cymru – The South Wales Male Choir hold an Open Rehearsal, courtesy of Landlord Cliff Cowell on Friday 7th December at 7.30. The 30 or so choristers under Musical Director Elaine Robins always greatly enjoy their visits to Llansadwrn and are back by popular demand. They will be joined by Llansadwrn schoolgirl Bethan Evans who will be rehearsing ready for appearing with the full choir in a Grand Charity Concert in Bro Dinefwr Hall, Llandeilo on Saturday 6th April in aid of Wales Air Ambulance. Admission to 'Carols & Cawl' is free with donations to Llansadwrn Church.

A few days before the big day itself, there will be a free Festive Film night in the Reading Room for anyone who lives in Llansadwrn area. There will be two screenings just like last year and as seats are limited please pop into Saturday Books (10am-12.00pm) to reserve your places. Full details will appear elsewhere in The Post or [Llansadwrn.org.uk](http://Llansadwrn.org.uk) website and Facebook.

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02/19(12)

# LLANDOVERY GARDEN CLUB

Guest Speaker: The Club warmly welcomed Bob Wallis from Llwyn Ifan, Porthyrhyd in Carmarthenshire. Bob and his wife Rannveig are both members of the Alpine Garden Society and are both self-confessed plantaholics. They met whilst studying at Bristol University and eventually settled in Sussex where they lived for 25 years. It was here where they began to garden and developed a love, in particular, of alpine plants. They eventually moved to Wales where they set up a nursery which specialises in rare alpine plants. Over time they set to and designed their garden which now includes a meadow of fritillaries mixed with narcissi along the drive, areas planted with masses of bulbs, an herbaceous border, a beautiful boggy dingle, a small wooded area and of course an alpine garden. Bob walked us through his lovely garden with a screen show revealing the beautiful and unusual plants through the seasons, growing happily in Carmarthenshire. Gardening in wet Wales provided quite a different challenge to the dry Sussex area, but from the evidence of the screen show, the couple were more than up to the challenge.

Denise Nicholson Club Secretary

07/19(12)



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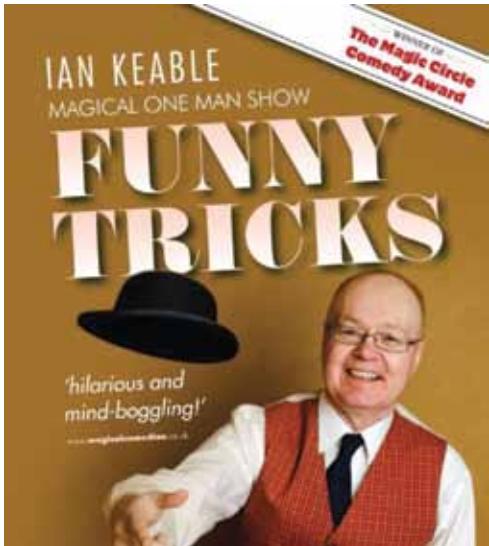
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11/19(12)

# GWYNFE EVENTS & NEWS



The Christmas meeting of the Monday Club will take place on Monday, 3rd December at 1:30 p.m. in the village hall. As usual at this time of year, there will be mince pies and mulled wine as well as tea and coffee and a good natter. All for £1! (Please note there is no Monday Club in January, so the first meeting in 2019 will be on 1st February.)

All Saints' Church, Gwynfe is organising a Christmas Coffee Morning to be held in the village hall on Saturday, 8th December from 10:00 to 12:30. All welcome.

Following his hugely successful appearance at Gwynfe village hall two years ago, we are welcoming back Ian Keable, magician extraordinaire. This time Ian has a new show for us, entitled Funny Tricks, in which he promises to reveal some 'tricks of the trade'. So make a note in your diaries for Saturday, 15th December. Doors open at 7 and show-time is 7:30. Food will be available (at extra cost) in the interval and the bar will be open, of course. Entry tickets are priced at £7 (full) or £6 (concessions). Everyone should see a magic show at Christmas! For more information and advance ticket reservations, please contact Colin or John on 01550-740462 or e-mail: gwynfe\_community\_hall@yahoo.co.uk

A warm welcome is extended by All Saints' Church, Gwynfe to come along to the Christmas Carol Service being held at 11:15 on Sunday, 16th December.

Following feedback from parents and grand-parents last year, the Gwynfe Children's Party will take place between Christmas and the New Year on Saturday, 29th December in the village hall. Invitations will be issued to all Gwynfe village and All Saints' Church children. More details of the fun and games available from Sheila Jones on 01550-740676

By popular demand, Gwynfe Community Association are hosting another New Year's Eve Party commencing at 8:00 in the village hall. Please bring party food to share and whatever drinks you fancy throughout the evening, as there will be no bar. However, there will be a free glass of fizz at midnight. Usual mix of fun and games guarantees a good evening. For any queries contact Heather Johnson on 01550-740512

For anyone who would like to come along to the AGM of Gwynfe Community Association, please note that it will be held on Monday, 14th January at 7:00 in the village hall.

...and now for something completely different...On Friday, 18th January the village hall committee will be holding a charity event, a Murder Mystery Evening. Tickets, which are only available in advance, are strictly limited. They will be priced at £8 to include a buffet and the murder-mystery drama from an accomplished amateur dramatic cast. So, hone your detective skills and get your tickets from John or Colin on 01550-740462 or via e-mail: gwynfe\_community\_hall@yahoo.co.uk

Gwynfe Show Committee will hold their annual Dinner on Saturday, 19th January (provisionally booked for the White Hart Hotel, Llandeilo). Please contact Sarah for more information on 01550-740612.

05/19(6)

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We have a local company in Llandovery who are a growing provider of energy efficient plumbing and heating solutions. Element Essentials specialise in the installation and maintenance of gas and oil central heating, as well as renewable technology throughout Wales. They are also accredited Mitsubishi Service Net Partners and provide ASHP servicing and maintenance for heat pumps all over Wales and West.

They have installed over 250 ASHP for Powys County Council in the past 5 years. But more recently, Essentials won a 5-year contract with The National Trust to install ASHP systems in some of their properties reaching the length and breadth of the UK. A current project they are involved in is down in Devon, which has involved removing existing economy 7 storage heaters which were outdated and expensive to run and replaced with a new 8.5kW Mitsubishi Ecodan Air Source Heat Pump running alongside

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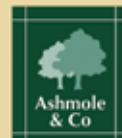


- Heat pumps are much safer than systems that are based on combustion.
- They are cheaper to run than oil and gas boilers.
- The system reduces your carbon emissions, and it has an efficient conversion rate of energy to heat.
- Less maintenance than combustion heating systems.
- They have a very long lifespan of up to 50 years. As a result, they are extremely reliable and a steady source of heat.
- For every 1kW of electrical input energy, Ecodan harvests and upgrades renewable heat from the outdoor air to provide the home with an average of at least 3.2kW of heat output.

Element Essentials also benefit from being the only MCS approved company locally which enables their clients to receive Renewable Heat Incentive (RHI). RHI is a government financial incentive to promote the use of renewable heat. Switching to heating systems that use eligible energy sources can help the UK reduce its carbon emissions and meet its renewable energy targets.

People who join the scheme and stick to its rules receive quarterly payments for seven years for clean, green renewable heat it's estimated their system produces. At the end of this seven-year period, an average of 90% of installation costs are returned.

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10/19(12)

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08/19(12)

## NET-REACH CHARITY SCHOOLS' WRITING COMPETITION

Winners of the Net-Reach schools' writing competition were announced at the Christmas Charity Fair held at the new premises in Llanwrda School on November 24th. Open to schoolchildren and students in five age ranges (from 9 to 18), the competition's theme was: "A Christmas Gift".

Entries were judged by local writer Elisabeth Rees and the winning students received beautiful engraved glass trophies. They will also have their stories published.

Net-Reach is a newly-registered educational charity formed mainly to help students who are not in education, employment or training (NEET) to gain the qualifications they need. It is also open to older people who missed out on educational success due to problems out of their control.

Net-Reach provides tuition live, on-line, in classes given by professionally qualified and DBS checked teachers.

The Charity is an offshoot of Net-Teach, a leading online school offering GCSEs and A levels using live, on-line classes. Since it opened in 2012, the school has successfully taught many pupils around the UK in a variety of subjects and currently holds a proud 100% pass rate with 94% A-C grades at A level.

## LLANDOVERY U3A

We meet on Wednesday mornings in the Rugby Club, Church Bank after a cup of coffee and a chat the speaker of the day starts at 10.30am.

Special interest groups meet at other times and include – Music Appreciation, Social History, Geology, Latin and Greek

**Wednesday 12th December**

AGM followed by refreshments and Seasonal music and readings.

*Happy New Year!*

**Wednesday 9th January 2019**

Dafydd Llewelyn – Police and Crime Commissioner for Dyfed.

**Wednesday 23rd January**

Claire O'Shea – Campaign to end loneliness

Contact: Anne Lynd-Evans on 01550 750286.



# The Brunant Arms

## CHRISTMAS PARTIES

Carvery (minimum 10 people). Other Menu's also available

1st – 23rd December

2 courses £14.50 / 3 courses £19.50

### STARTERS

Beer battered Brie, served on a bed of mixed leaves, orange and walnuts, topped with cranberry sauce.  
Chicken liver pate with plum chutney, salad garnish and toast.

Prawn, crayfish and mango cocktail, with a Cajun spiced marie rose sauce, dressed leaves and bread rolls.

### MAINS

Breast of Turkey wrapped in pancetta, with a herb, lemon and pine nut stuffing. Pigs in blankets.

Slow braised silverside of Beef.

Bacon Loin with honey and mustard glaze.

Served carvery style with roasted and mashed potatoes, parsnips, Yorkshire puddings, a selection of festive vegetables and gravy.

Vegetarian alternative available with pre booking.

### PUDDINGS

Traditional Christmas Pudding with a choice of custard, ice cream or brandy cream.

Ferrero Rocher Cheesecake with vanilla ice cream and berries.

Trio of Marios Ice creams

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05/19(6)

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## MYDDFAI NEWS

Myddfai Shop and Café opening hours: Tuesday – Sunday 11.00am – 4.00pm. We will be closed 24th, 25th & 26th December and Open on 27th – 31st December and closed again on 1st January

Don't forget Myddfai Christmas Fair is on Sat 8th December 10.00am – 4.00pm, our Farmers Market is on Wednesday 19th December 9.00am – 1.00pm. The January Market is on Wednesday 30th.

Winter in Myddfai has beautiful scenery and plenty of walks to cheer you up and give you a warm glow. Myddfai shop has a huge selection of gifts to choose from. We have Myddfai pottery, hand knitted socks, heat pads, beautiful Welsh Tweed blankets, ear muffs, scarves, hats and hot water bottle covers, aprons. We have a wide range jewellery, soaps, Myddfai toiletries, scented candles, diffusers, hand etched glass, colourful stained and fused glass, vases, wooden boards and bowls, knitted toys, antiques and collectables, jams, chutneys and honey, teas and a wide range of cards CD's and local art work. Every purchase supports a small local business and the Myddfai TyTalcen Charity.

Myddfai cafe will have a feast of festive treats this December. Join us on the 8th of December for our Christmas fair, the cafe will have a special festive menu. Keep an eye out in January for our winter menu and special meal deals on offer or pop in for a gingerbread latte or a hazelnut hot chocolate to warm you up.

Myddfai Hall is a great venue for just about anything, from Weddings to small meetings, activity classes, kids' parties, conferences, away days and workshops. The underfloor heating keeps it warm all of the time. It is fully equipped with staging, stage lighting and audio equipment. We can provide food for events or you can bring in your own caterers. We have a good range of crockery, cutlery, glasses and tablecloths and chair covers for event use, or you can hire them from us for events elsewhere.

We have several regular classes going on- Tuesday evenings it's Yoga 7.00 – 8.30pm, Wednesday it's Craft Class 10.00am – 1.00pm, with art class twice a month on Wednesday afternoons, Pilates is on Thursday mornings 10.00 – 11.00am.

We would like to thank all our customers, volunteers and staff for their continued support and wish you all a wonderful Christmas and a prosperous New Year.

For further information or bookings please contact [les@myddfai.org](mailto:les@myddfai.org). Mobile 07879119223 or Hall No. 01550 720449

For Catering or Café please contact Carol Dugdale on [carolannedugdale@hotmail.co.uk](mailto:carolannedugdale@hotmail.co.uk)

Check our website [www.myddfai.org](http://www.myddfai.org) for What's On.

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08/19(12)



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**Where to find us!** Leave Llandeilo on the A40 heading towards Llandovery, take the first left turn towards Talley on the B4302. After about 1 mile, look out for the 'Salem' sign as you pass through the village of New Inn. Turn left up the hill and turn right at the 'T' junction, carry on for about 300 yards over the brow of the hill and take the first turning on the right. Pass a row of bungalows on your right and follow the lane (which has been improved!) to its end.

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Email: [trees@salem-christmastrees.co.uk](mailto:trees@salem-christmastrees.co.uk) [www.salem-christmastrees.co.uk](http://www.salem-christmastrees.co.uk)

## OPENING DAY SATURDAY 24TH NOVEMBER

at 9.30am to dusk and every day until closure on Christmas Eve at 12.00 noon. If people want to come later after work etc please ring and we will accommodate.  
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A flood in this beautiful mill building destroyed the old oil boilers in the basement. With a two week old baby and dropping temperatures a financially viable solution had to be found quickly. By replacing their solid fuel Rayburn and switching to a renewable heating source Anna and Gruff qualified for RHI (renewable Heating Incentive) payments to offset the cost of a new heating system. They chose a stunning red Clover Smart 80 Biomass Boiler Cooker which supplies their hot water and heating. Fully automated it also helps them to manage their time better and by being able to move it into the upstairs living quarters the heating is now safe from future floods.



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After



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12/18(12)



# LLUEST

## TAILS FROM THE TRUST

### TRAINING AND REHOMING NEWS

#### DU'S NEW HOME

We are thrilled to report that our wonderful, ever so slightly elderly (22 years), Welsh gelding Du has found a new guardian home and we are delighted and sad in equal measure. Du came to the Trust in 2015 after his owner passed away. We have always felt that he has found the pace of life at Lluest a little busier than he would have liked. Du really enjoys peace and quiet.

His new family already has one of our rescue ponies so Du, as well as being ridden gently as befitting his age, will be a companion to Blossom. We wish them all the best for the future.



Du ready for travelling just before he left for his new home

#### LYRA'S PROGRESS

Lyra came to Lluest as part of a multi-agency, 70-horse rescue in 2016. She had a worm infestation and was in foal with Maple who was born in 2017. Lyra was backed this summer and is progressing well. She is very laid back, has taken everything in her stride and has the potential to become a very easy-going riding pony. We think she would make a wonderful Riding for the Disabled pony as she is so calm and gentle.



Gentle Lyra is friends with everyone

#### RESCUE PONIES BRINGING HOME THE RIBBONS

Rescue ponies make wonderful ridden ponies as well as unridden companions for other horses. Having a rough start in life doesn't hold them back at all. Rehoming a pony from Lluest means that not only does a rescue pony get a safe and happy home, but space is created for the Trust to take in another equine in need.

All our rescue ponies have up-to-date health records, including vaccinations and dental checks, and they have all been fully assessed in their behaviour and abilities so they can be matched with the perfect home. If you can offer a loving home to a horse or pony, please contact us on [equine@lluesthorseandponytrust.co.uk](mailto:equine@lluesthorseandponytrust.co.uk) or call 01550 740 661.

Here are just a few of our rehoming successes.

#### CHRISTMAS – TIME TO HELP HORSES

Our new robin Christmas cards, taken from a photograph by Rhian Mai Photography here on the farm are already selling fast. Get yours on our website or pop into the office between 11am and 3pm on weekdays.

Also on sale for £1 per pack are some old stock greeting cards. Please visit our website: <http://www.lluesthorseandponytrust.co.uk/lluest-online-store/>

08/19(12)

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Sven



Paddy



Buzz at Pony Club

#### LLUEST WINTER CRISIS APPEAL – A BIG THANK YOU

We have had a great response so far to our crisis appeal. We are very grateful to everyone who has been kind enough to donate. It's been wonderful to know that so many people care about the survival of the Trust. Every penny raised will go towards the welfare of our horses and ponies.

Wetnose Animal Aid has helped us out with the cost of Sarabi's dental treatment. A big thank you to them. Fundraising is an ongoing process and we are still short of our winter target, but are working on it as hard as we can. Please keep donating, we still do need every penny.

Please call us on 01550 740 661 or visit our website for ways you can donate. <http://www.lluesthorseandponytrust.co.uk/ways-to-help>

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| 10 10 | Renault Modus 1.5 dci Turbo Diesel 86bhp Dynamique, Semi Auto, QS5, 5 Speed, Alloys, Air Con, 1 Lady Owner, £30 Road Tax, Metalic Grey, 5dr, Only 47000m .....       | £2995  |

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| 13 13 | Peugeot 208 1.4 vti Allure, Alloys, Half Leather, Quarts Metalic, 3dr, 52000m .....  | £5750  |
| 12 62 | Ford Fiesta 1.5 tdci 95 Turbo Diesel Zetec, Alloys, A/C, Silver, 5 Door, 40000m.....   | £6750  |
| 11 61 | Nissan Juke 1.5 dci Sport, 17" Alloys, White / Red, Rear Spoiler, Mirror Covers & Int Trim, Demo & 1 Lady Owner, 73000m..... | £6995  |
| 14 14 | Fiat 500 1.2 Colour Therapy, Blue/White Mirrors, £30 Road Tax, 27000m.....   | £5995  |
| 06 56 | Mini Cooper S 6 Speed, Half Leather, 17" Alloys, Silver / Black Roof, 58000m .....   | £3500  |

#### COMMERCIALS

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| 15 65 | Vauxhall Vivaro 1.6cdti, 9 Seater Mini Bus, Grey, 77000m, FSH .....   | £11750 +Vat   |
| 15 15 | Ford Transit Custom 270 Trend 2.2, Ply Lined, Parking Sensors, Air Con, Electric Windows, 1 Owner, Blue, 23000m ..... | £11500 +Vat   |
| 15 65 | Renault Kangoo 1.5dci, E/W, C/L, Side Door, Silver, 40000m .....  | £5995 +Vat    |
| 14 64 | Vauxhall Vivaro 2.9T 1.6 cdti 115 LWB Crew Bus, 6 Seater, Glazed Side Door, P/Lined, white, 61000m .....              | £10750 No VAT |

#### PART EXCHANGE TO CLEAR

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| 08 58 | Renault Twingo 1.2 16 Dynamique, Sunroof, Alloys, Met Blue, 58000m.....        | £1995 |
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| 07 07 | Renault Laguna 1.9 dci Dynamique, 6 Speed, Half Leather, Alloys, M/Grey .....  | £1500 |

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# LLANDOVERY RUGBY CLUB

CROESO CYNNES I CHI GYD I'R  
ERTHYGL MISOL Y PORTHMYN!  
WELCOME, ONCE AGAIN, TO THE  
REGULAR CLUB NEWS.



The last few weeks have been marked by some solid success on the field. Our Firsts are, at the time of writing and 10 games into the season, third in the league. If you made it down to Church Bank in November – on one of the wettest and windiest Friday evenings of the season so far – to watch them in action against Ebbw you will have been impressed by a solid 15 points (all tries) to 9 (all penalties) win in such unpromising conditions. Ebbw's strong pack and driving maul have been a feature of their

success so far. That, presumably, was one of the factors that encouraged the bookies to give them a 10-point lead over us before kick-off so, with odds like that against us, it was especially pleasing to see the Drovers come from behind (5-9 at half time) to earn a decisive win.

The stats in the league so far tell a similar story. Our attack seems to be as good as ever, whatever the conditions – only one side, Ponty, has scored more tries than we have. They also tell us that our defence is sound – only two sides (Merthyr and Ebbw) have conceded fewer tries than we have. Congratulations to the entire squad, the coaches and the rugby management team for this achievement. We hope you will continue to give them your support in this most crucial of seasons, at the end of which, as you know, the bottom four clubs will be relegated.

The Ebbw game was also memorable for another reason. It was sponsored by the family of our late Director Bryan Weaver. Bryan initiated and ran our website for many years and was a passionate supporter of the Drovers. It was a great pleasure to welcome his family back to Church Bank and we hope to see them all back again in the not too distant future.

Congratulations go to Jack Maynard, Stuart Worrall and Joe Powell who all played for the Crawshays XV against the Hong Kong XV in the Gnoll in early November. It was the first time that Crawshays had hosted a fixture against a full international side and, although they lost 24-35, the game was a fine effort against such strong opposition – Hong Kong are currently ranked 21st in the world.

Our congratulations also go to Tomi Lewis and Corey Baldwin who are currently with Wales 7s. While that means we won't see them in the side for some time, it is always great news to see former Junior Drovers doing well! Pob lwc bois!

Don't forget to put in your diary another couple of First XV home-game events that are coming up this month. Our first Hen Borthmyn reunion will be at the Newport game on December 8th – it starts at 12:30 – and on December 15th we look forward to our pre-Christmas special v Bargoed. We hope to make this a special day for non-members as well as for our regular supporters so – if you are not yet a member – please look out for details of this in the next few days. Come along and join us for the afternoon!

The Athletic – our Second XV – have been playing in Scarlets League Division A, but have only been able to play a few games due to 'no-shows'. We hope this situation will be improved now it has been agreed that they can move to Division B where their opponents will include Newcastle Emlyn.

Cafodd yr ail XV fuddugoliaeth ardderchog yn erbyn eu hen wrthwynebwyr, Crymych, ar Hydref yr 20fed, gan ennill o 27 i 23. Roedd y cyfuniad o ieuenciad a phrofiad wedi profi'n ormod i'r tim o Sir Benfro, gyda nifer o chwareuwyr Llanymddyfri yn agosau at eu dyddiau olaf ar y cae yn chwareae'n arbennig o dda. Profodd y daith adre', gan alw mewn amrywiaeth o safarnau Sir Gaerfyrddin mor gyffrois a'r gem ei hun!

They won a fine 27 – 23 victory against their old opponents, Crymych, on October 20. Their combination of youth and experience proved too much for the

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0219(3)



Pembrokeshire side – with a number of those players nearing the end of their playing career doing especially well. All enjoyed the journey home and tried out some of the hostels in Carmarthenshire on the way back to talk about the game!

December is set to be a busy period for the side, with two home games and three away. They will be home on the 1st (v Pontyberem) and the 22nd (v Newcastle Emlyn) with away games on 8th (v Carmarthen Druids), the 15th (v Pontyberem again) and the 29th (v Whitland). As always the 2nd XV are local lads and appreciate your support – and it's great that once again we have senior rugby to watch at Church Bank when the First XV are away. For once in a blue moon we have home fixtures booked for First, Second or Youth XV on each weekend in December before Christmas!

The Youth continue to do well this season – despite having lost a number of experienced players from last season. In the WRU National Youth League they beat Llandeilo Youth 25-10 in a tough game in early November.

And the Junior sections continue to impress as well. Last month there were some hard-fought games away to Carmarthen Athletic who are enjoying a long run of wins. The U10s came away with a win: 8 tries to 7. Despite good team play and communication the U11s and U9s lost narrowly but the U7s won (with a bit of help to make up numbers from the opposition)! Elsewhere, the U12s trounced Llangennech with a 52-0 win and the U14s played Ammanford winning by 26-24 in an entertaining game, with some new team members slotting in seamlessly to play their part in an impressive win.

We are especially pleased to note that Ceri Williams and Josh Morse have been selected for

Mynd Mawr and Dinefwr Schools U15s and also Erin Jones, Dylan Richards and Macs Williams have been selected in the under 11's age group

This year sees the 25th anniversary since the Junior Drovers were founded. To celebrate, they are holding a Christmas Party in the Club on Sunday 16th December. Our thanks go to all those volunteers, parents and helpers who have been involved over the years in coaching, supporting, transporting and generally making sure that generations of young players have been able to play well – and, most important of all, enjoy playing rugby over the years. The contribution you have all made has been outstanding – thanks and congratulations to all who have been involved at some time.

And as we approach the festive season you won't need to be reminded that the Club's social facilities are in tip-top condition and ready for your party. To arrange a booking you can email the Club ([droversfc@gmail.com](mailto:droversfc@gmail.com)) or phone Gina on 01550 721110 or Jackie on 07774 914992.

And just one last thing: new car stickers should be with us soon (you may already have had news from Gina by now). We'll have them ready for you at the gate and in the clubhouse – ymlaen y Porthmyn!

Thank you for your continued support for the Club. We look forward to seeing you at Church Bank in the coming weeks and, in the meantime, wish you all a very Joyful and Peaceful Christmas and a Happy New Year - Nadolig Llawen a Blwyddien Newydd Dda i chi gyd!

Unwaith eto, diolchwn o galon i bob un o'n noddwyr, ein cefnogwyr a phob un sy'n barod i roi o'u hamser i sicrhau fod Y Porthmyn yn dal i fynd o nerth i nerth; does dim gwell amser i gyd-weithio na'r presennol!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmni a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!

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08/19/12



## BEAVER TALK

David Bailey the International Award-winning wildlife photographer recently featured on ITV Wales, Coast & Country with Ruth Wignall is at present touring the UK with his entertaining talk and is coming to Llangorse to raise proceeds for the Welsh Beaver Project. David photo records for the project which is backed by Wildlife Trusts Wales who are hoping to reintroduce the beaver back into the wild. David will be available to sign his book Wildlife Wanderer which will be for sale at the event along with a selection of his work.

The talk will be held at Llangorse Multi Activity Centre on Sunday 9th December at 12.00, Tickets £10.00 to include a light lunch, limited tickets available, please ring and book in advance from Llangors Multi Activity Centre, Tel 01874658272

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11/19(12)

## TOWY VALLEY CAMERA CLUB

Programme for December 2018 through January 2019.

- 3rd December 2018 – Panels and Honours.  
10th December 2018 – Tanzania and It's Wildlife with Glyn Edmunds.  
17th December 2018 – Christmas Social Evening.  
7th January 2019 – A Taste Of China and Japan with Gary Shinner.  
14th January 2019 – Brian Jennings Trophy at Trostre C.C.  
21st January 2019 – Competition – Our Environment. Judge – David Paskin.  
28th January 2019 – Practical Portrait Evening.

If you are a newcomer to photography, the club has a wealth of expertise amongst its members, who would be happy to assist you with tips and techniques to help you improve your photographic skills. If you are an experienced photographer, the club has much in the programme to offer you also, from a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

[www.towyvalleycameraclub.org.uk](http://www.towyvalleycameraclub.org.uk)

11/18(3)

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# THE CHRISTMAS STORY LIVE @ MYDDFAI CHURCH 2018

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Come to Myddfai Community Centre for refreshments and activities for the children whilst you are allocated to a small group of "travellers" who will be escorted to the church to start the journey. Narrators will take you round, explaining what you are seeing in English or Welsh, according to your preference.

The Christmas Story LIVE is happening in the late afternoon on WEDNESDAY 19th DECEMBER. Please come at any time from 4.30 – 6.00pm. The journey through the story takes about 10 minutes-and there will be a little gift to take home.

There is no charge, but donations towards the cost of the production will be welcome-remaining proceeds will go to a charity which needs funds at this time of year.

Further details 01550 720524.

## LLANWRDA AND LLANSADWRN COUNTRYWOMEN

There was no formal meeting on 5th November but a lunch at The Plough, Rhosmaen which was very well attended. We all enjoyed delicious food from a varied menu so many thanks to the staff at The Plough for making it such a welcoming and enjoyable event.

There will be a Christmas get together on Monday the 3rd December at lunchtime in the Reading Room Llansadwrn. Start at 12.30pm, so please bring a plate of food to share and a raffle prize. Menna Evans will be joining us to tell about her 1,070 mile run from John O'Groats to Land's End.

Our first meeting of the New Year will include the AGM and will be held at the Old Village School in Llanwrda on Monday 7th January 2019 at 10.30am. Refreshments will be provided.

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# POISONS AND FOREIGN BODIES

Poisonings and foreign bodies happen all year round, however the period around Christmas often sees veterinary practices have an influx of these particular types of cases.

There are multiple dangers out and about for your pet and all we can do is try our best to ensure that it doesn't happen to our own pets. However when it does happen remember contact your vet. It's always better to check these things out to protect your pet's health, and to offer you and your family peace of mind. When calling your veterinary practice have all the information ready such as.

- What has been eaten
- How much has been eaten
- When it was eaten (to the best of your knowledge)

Your vet can then recommend the best course of action. This can vary depending what has been eaten and when it was consumed. Never try to make your own pet vomit; always speak to a veterinary professional.

A poison is a substance which is capable of making pets unwell and/or causing serious health issues for your pet. What is or is not poisonous can vary between animals, so it's always better to check if unsure. See the list below for common poisons we see around the Christmas/winter period

- Chocolate
- Ethylene Glycol (antifreeze)
- Alcohol
- Grapes, raisins and sultanas
- Human medications
- Artificial sweeteners

- Fatty foods – such as left overs including fat off meats or buttery items.

Foreign bodies are items which should not enter the body. Most vets will have seen something interesting that shouldn't have been eaten by a pet at some point during their career! Common ingested festive foreign bodies we see in practice are:

- Cooked bones – have the tendency to splinter which can cause damage to the digestive tract.
- Tinsel, bobbles, wrapping and ribbons – could cause blockages if consumed.
- Christmas tree pines – are sharp and prickly which could cause internal damage.
- Human toys or clothes - which look good to chew but may cause blockages if ingested.
- Wire – can cause internal damage and, if electrical, electrocution will also pose a risk.

I have been there with my own silly dog and with immediate veterinary treatment he made a full recovery. Remember if you are ever unsure if something eaten by your pet could be harmful, then it's best to get immediate veterinary advice. It can be hard to avoid these situations, especially as our pets don't understand what is good for them and what is not. However veterinary professionals are there to give advice and help your pet, so don't be worried about asking.

I hope you and your pet have a lovely festive period.

Lizzie Rockey  
Veterinary Nurse and Practice Owner  
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## FESTIVE FOODS THAT ARE DANGEROUS FOR YOUR PETS



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# **BRIWSION BETHLEHEM BETHLEHEM SNIPPETS**



The run up to Christmas is predictably busy in Bethlehem, and this year is no exception!

Starting on Monday December 3rd, the hall will be open every day, including Sundays, from 10am to 4pm, for stamping cards. We apply the unique Bethlehem stamp to each envelope, as well as selling a range of our own specially commissioned Christmas cards and postage stamps, along with a selection of lovely merchandise and home made produce.

Tea, coffee, mince pies and cake will be on sale daily.

On Sunday 9th and 16th, the café will once again be open from 12-3, serving delicious hearty home made soups, cakes, and refreshments, so why not call in to have your Christmas cards stamped, pick up a few unique presents, and enjoy a tasty lunch?

All the profits from the stamping service, refreshments and Sunday cafes go towards the upkeep and maintenance of this iconic village hall, so your support is very much appreciated.

The December supper takes place on Friday 7th, it features a two course meal for £12.50 per head, all home made using the best quality ingredients. Contact Nia for more details and to check availability.

The monthly quiz will be held on Monday 10th, hosted by the Cwm Plus One team.

The December quiz is always a festive affair, and Christmas jumpers and Santa hats are encouraged! There will be a complimentary buffet at half time, as a small thank you for supporting the quiz throughout the year. It all starts at 7.30pm.

Our mini Christmas Fair takes place on the evening of Wednesday 12th, entry is free, so call by to enjoy a glass of mulled wine, catch up with friends and neighbours, and buy from local craft and food producers. This year we have stalls selling hand made jewellery, cards, bags, knitwear, honey and food, as well as our own merchandise and produce.

The Christmas party for the village children is being held on Saturday 15th, and Carol Singing round the tree (if it's dry) is on Friday 21st, followed by mulled wine and snacks.

We have lots of interesting events in the pipeline for 2019, so watch this space, but for now, it's Nadolig Llawen A Blwyddyn Newydd Dda from Bethlehem!

(For more details of any hall events, or to hire the hall, contact Nia on 01550 777254 or email [niaclement@aol.com](mailto:niaclement@aol.com). Follow us on Facebook [www.facebook.com/bethlehemcymru](http://www.facebook.com/bethlehemcymru) for all the latest news).

## **MIDWINTER GATHERING**

***The Civic Hall, Llandeilo on***

***Sunday the 9th of December 2018***

Cymdeithas y Dalar, The Green House and Transition Tywi Trawsnewid would like to invite you to join us in our annual Midwinter Gathering. We will be meeting in the Civic Hall, Llandeilo for the ninth time at the beginning of December to escape, for a short time the pre-Christmas hustle and bustle. This Midwinter Gathering will take place on Sunday the 9th of December from 4pm to 8pm, featuring live music, storytellers, craft demonstrations, art activities for children, teas, coffees and cawl. You can join in with the music and storytelling or bring biscuits or cakes to share with others. You can also simply come soak up the friendly atmosphere and relax.

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05/19(12)

# CURLEW DECLINE “AN ISSUE OF NATIONAL SIGNIFICANCE”

One of Wales’ most iconic birds could be extinct here in less than 20 years unless urgent action is taken, according to experts working to save the curlew in Wales.

The “Gylfinir Cymru / Curlew Wales” group met with Hannah Blythyn, Welsh Government Minister for Environment, on Wednesday 14 November and says it is pleased with the positive response from the Minister.

The curlew is an iconic bird which nests in upland and lowland grasslands and is close to the hearts and minds of many people in Wales.

Between 1995 and 2016 the population of breeding curlews in Wales declined by 63% and Natural Resources Wales (NRW) fears there could now be fewer than 400 breeding pairs left in the country.

Speaking after the meeting Patrick Lindley, NRW Senior Ornithologist and convenor for Gylfinir Cymru said:

“This beautiful bird embodies wild places and its haunting call provokes a range of emotions.

“They are declining across Europe and the global importance of the UK’s breeding population makes curlews one of the most urgent bird conservation priorities in Wales.

“At the meeting we stressed that this formerly widespread bird is suffering a sustained and chronic decline in their numbers and range in Wales and the UK.

“There are serious fears that unless urgent conservation action is taken now, curlews could be lost as a breeding species in Wales within the next 10-15 years.

“Improving the curlew’s situation will need a collaborative approach and the support of senior politicians is critical in this.

“We highlighted the need for urgent action and political recognition of the plight of the curlew to help reverse the decline and were pleased by the positive response from the Minister.”

Gylfinir Cymru / Curlew Wales is a collaborative initiative made up of 16 organisations, encouraging a range of stakeholders to come together to help reverse the declines of Curlew.

Attending the meeting with the minister this week were

Rachel Evans (Director for Wales, Countryside Alliance), Rachel Taylor (Senior Ecologist, BTO Cymru), Neil Lambert (Head of Conservation Management, RSPB Cymru), Mick Green (Chair, Welsh Ornithological Society), Amanda Perkins (Curlew Country Project Manager), Patrick Lindley (NRW Senior Ornithologist), Mark Isherwood (Welsh Conservative Assembly Member for North Wales).

Hannah Blythyn said:

We had a very helpful discussion at the meeting about curlews in Wales and the UK. I’m pleased Welsh Government is represented on the new All Wales Curlew Action Group and I look forward to hearing more about the actions the group will be taking to protect the curlew in Wales for the future.”

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# ChallengeAid

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It has been a hectic couple of months for ChallengeAid in Kenya and Tanzania. Last month, the Kenyan national media released alarming reports about teenage pregnancy and school dropouts. In one of the worst areas, 40% of all teenage girls dropped out of school to have children. This month, our Schools of Hope in Nairobi are holding dialogues about how to help reduce the number of teenage pregnancies.

In Kirangi in Arusha, every single student passed their Ordinary Level Leaving Certificate: a huge improvement from before the opening of our School of Hope, when 55 out of 192 students failed.



Pupils at the Kosovo School of Hope learning about the dangers of teenage sex

Back in the UK, a group called 'The Mamadoo Power Walkers & Friends' are completing a series of physical challenges to raise £6000 for ChallengeAid: enough to build a new School of Hope. They completed their first challenge in October, which was a half marathon power walk. ChallengeAid are most grateful for their efforts!

We have also held some successful meals, including a lunch in London with Nigel Owens MBE and John Inverdale. In addition, ChallengeAid raised enough money to build a new School of Hope from our dinner with rugby stars George North, Sam Warburton and Craig Quinnell. Thank you to everyone who attended!

To keep updated with our work, follow us on Facebook, Instagram and Twitter, or have a look at our website: [www.challengeaid.org/](http://www.challengeaid.org/).



Sam Warburton and George North enjoying the ChallengeAid dinner

## Llanwrda Events

### Saturday 01.12.2018

Whist Drive in the Village Hall—7.30pm



### Monday 3.12.18

Informal Carol Singing at the School Dining Hall followed by Tea and Mince Pies. 7.00pm



### Thursday 6.12.18

Christmas Tree Lighting 6.30pm on the square at Bridgend Garage.



### Saturday 8.12.18

Country Market 9.30am to 1.00pm at the School Dining Hall



### Monday 24.12.2018

Christingle Service 6.30pm at Llanwrda Parish Church



### Monday 31st Dec 2018

New Years Eve Party at Llanwrda Village Hall 7pm



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## XMAS FAIR THANKS

Great fun was had at our first fund-raising Xmas Fair event, held at Llanwrda School on November 24th. Thanks to all who helped make this event a great success, the fantastic stalls, great pizza and turkey/stuffing burgers, photographer, willow making workshops, Xmas trees, home-made crafts and Wright's Emporium wines. And of course, a massive thank you to Richard Rees, (Whoops!) Santa, for giving us some time from his very busy schedule.

All funds raised were split between the two Llanwrda-based charities, Net-Reach and the Cornwallis Trust.

As we continue to move forward, there are plans to open a Tutor Centre at the old Llanwrda Village School and to offer education and offer much needed facilities to all groups, including home educators in the area. For example, membership of the Centre could give access to educational information, tutoring in specific subjects and the use of the premises as a meeting place once a week.

As a charity, Net-Reach can apply for funding for projects for certain groups such as music and sports equipment. We already have a variety of special interest courses, clubs and societies for students to access so this move is a natural progression.

In its initial phase the Charity is busy fundraising and will be looking for core staff as well as good teachers in the coming year. A programme of social and fundraising events is underway, so please keep an eye on this space. For more information please call: 01550 777701 or e-mail: [admin@net-teach.co.uk](mailto:admin@net-teach.co.uk)

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| Monday 24 CHRISTMAS EVE  | 1pm - 12.30pm          |
| Tuesday 25 CHRISTMAS DAY | Closed                 |
| Wednesday 26 BOXING DAY  | Closed                 |
| Thursday 27 December     | 1pm - 4pm              |
| Friday 28 December       | 9am - 4pm              |
| Saturday 29 December     | 1pm - 4pm              |
| Sunday 30 December       | 10am - 1pm             |
| Monday 31 NEW YEARS EVE  | (London) 9am - 12.30pm |
| Tuesday 1 NEW YEARS DAY  | Closed                 |
| Wednesday 2 January      | 9am - 4pm              |

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## THEATRE CAT

### WRITING FROM MY STARRY WINDOW-SILL!

Dear Friends and Colleagues,

Thank you for making Llandovery Theatre's 40th anniversary celebrations such a joy! Forty years is a fine age, Jacky says she wishes it was her age and I, of course, with over seven lives still to go, am forever young!

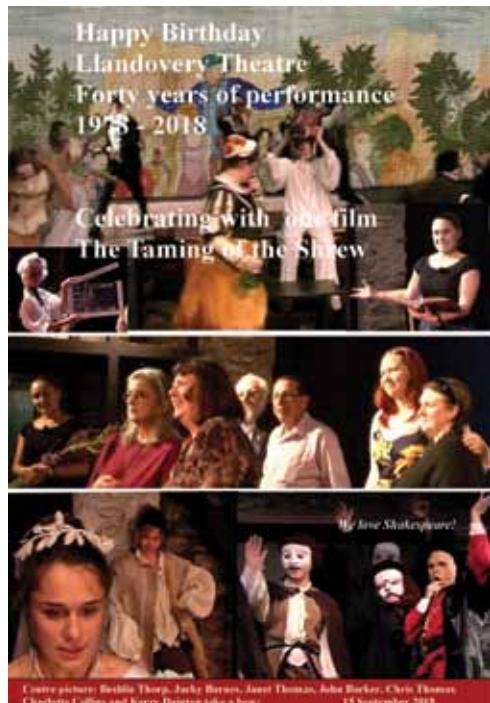
The showing of our Youth Actors' film The Taming of the Shrew was the set piece of the celebrations - and I have to confess I shed a few tears of joy to look back the 14 years to when it was made – to see the wonderful performance work of the young actors, some only ten years of age.

In the centre picture: Beshlie Thorp, Janet Thomas, Charlotte Collins and Kerry Dainton are all ex youth actors – John Barker and Chris Thomas – our first and final editors on the film. John is an ‘ancient’ friend – he brought Simon and Jacky to Wales in 1973, driving the lorry with all their goods and chattels, (not to mention Jacky’s potted plants) – an event re-told in her comedy play ‘Out of the Frying Pan’ performed in 1985 – so John is really responsible for what has gone on in this theatre for the past 40 years! Chris is the miracle worker that brought the film to life, and he and Jacky are still meeting to make it really perfect before turning it into a DVD.

As Christmas is on its way, I need to tell you that there is a really fun book available to give as a present – Darkly flows the Taff – a would-be James Bond, set adrift in West Wales – and, though it does not have any cats in it, it is a splendid read - written by Simon Barnes – available via Amazon.

We wish everyone a Happy Christmas, and again thank you to all friends who read me, and specially to Aaron for his support in printing my letters in THE POST throughout the past year! Thank you!

Horatio Nelson – Llandovery Theatre Cat  
[llandoverytheatre.com](http://llandoverytheatre.com)



Centre picture: Beshlie Thorp, Jacky Barnes, Janet Thomas, John Barker, Chris Thomas, Charlotte Collins and Kerry Dainton take a bow!  
18 September 2018

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03/19(12)

## PRIDE IN PLACE PHOTO COMPETITION

Now is the time to start taking pictures for the Pride in Place Photo Competition which is being held over the next six months by the Llandeilo and District Civic

Society. The judging will take place in June with the winners being announced and prizes given at the society's Annual General Meeting in July.

In addition to cash prizes the winners of the first and second prizes will have their photos printed as postcards and so the society is looking for really outstanding pictures which will capture what is loved about Llandeilo and the surrounding district. The competition is open to anyone whether they live in the area or are visitors.

There are two age categories: under 18 and over 18. The first prize will be £50, the second £30 and the third £20. The winners of the first and second prizes will also each be given 100 postcards of their pictures and all the entries will be displayed on the society's website.

Entries for the competition should be emailed, with 2Mb or greater resolution, to [ken@kendayphotography.com](mailto:ken@kendayphotography.com) giving your name, age, address, email, phone number

and a short caption for the picture. Only one picture can be entered and for the postcards there will be a need to sign a licence agreement to enable them to be sold locally. For more information about the Civic Society and its activities, visit the website or call 01558 824019.

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03/19(12)

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*M. Evans*

*"I know Dad is very happy at The Grange and that makes me happy"*

*Helen Smith*

*"You have made a very great and positive difference to what might have been an unhappy time"*

*D. Nowell*

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on 01550 720495 to discuss what we can do to help.**

04/19(12)

# LLANDEILO-LE-CONQUET TOWN-TWINNING



People often ask what town-twinning is all about. A cheap holiday perhaps? An excuse to spend a few days in foreign parts maybe? Most of us probably stay in hotels/holiday homes or on campsites when we go abroad, and so take a 'home-bubble' with us. The one thing we rarely do is actually lodge in a house alongside its owners. So one reason for twinning is to discover how the 'other side' actually lives – like having a breakfast of a bowl of warm black coffee served with a basket-full of croissants for 'dunking' in the coffee. There's more to twinning than just 'living as the locals do', though, as you also learn to get along, form friendships and pick up snippets of a foreign language. And it's a 'tit-for-tat' arrangement, too, as you stay in their house one year and they stay in yours the next.

For those of you who don't know, Le Conquet is a very pretty harbour-town situated on the west coast of Brittany. It's slightly bigger than Llandeilo, and there are nearby beaches and islands. In 2018 some 35-40 people of all ages from Llandeilo went to Le Conquet from the 23rd to the 28th of August, and they included families and 'singletons' so everyone is welcome. The visit usually kicks off with a buffet lunch followed by an evening of Breton dancing. Some of the events that have been laid on for us afterwards have included a day spent on the car-less island of Molène where we had un pique-nique and swam in the sea under scorching skies, a trip to the beautiful medieval city of Quimper with



its buzzing cathedral square and a dolphin-spotting sea trip. On our last evening we all eat a celebratory meal in a French restaurant, the trip being rounded off with renderings of Bro Gozh ma Zadoù (the Breton National Anthem) and Mae Hen Wlad fy Nhada. On their last visit to Llandeilo in 2017 Les Bretons were entertained with a twmpath in the Civic Hall, visited St Davids and took part in a Breton-Cymraeg 'Bake-Off' in the rugby club, their stay ending with a splendid meal in The Cawdor. You can go off on your own as well if you wish, and my partner and I took our guests up Y Mynydd Du (The Black Mountain). We always have a lot of fun. This year Les Bretons will be with us from Thursday May 30th to Sunday June 2nd, which will coincide with the Three Parks Challenge.

Our town-twinning was set up in 1980 to foster links between the people of Llandeilo and Le Conquet, and it's open to anyone who lives within the SA19 postcode. It's always good to have new members, so if you are interested in joining then please email Sarah at [LlandeiloTownTwin@outlook.com](mailto:LlandeiloTownTwin@outlook.com) or phone Brian Parry on 01558 822739. You can see what we get up to on Facebook at <https://engb.facebook.com/lta1980>

Brian Parry.

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05/19(12)

**POSTDATUM**



# CYNGOR TREF LLANYMDDYFRI LLANDOVERY TOWN COUNCIL CYSTADLEUAETH POSTER GOLEUADAU NADOLIG – CHRISTMAS POSTER COMPETITION 2018

Thema – Theme: Sled Santa – Santa's Sleigh  
Plant ysgol Rhys Prichard ac Ysgol Baratol Gollop  
– Children from Ysgol Rhys Prichard  
& Gollop Prep School

Pupils from Ysgol Rhys Prichard & Gollop Prep. School took part in the childrens Christmas poster competition. The theme was:'Santa's Sleigh'. The winners will have prizes presented to them, by the Mayor, at the schools prior to the Christmas break.

**Categori 1 – Category 1; Oed – Age 4 – 5;**

**Derbyn – Reception**

Cyntaf – First: Ella Clarke

Ail – Second: Owen Fiszman

Trydydd – Third: Alexander Morgan

**Categori 2 – Category 2; Oed – Age 5 – 6;**

**Blwyddyn – Year 1 / 2**

Cyntaf – First: Zoe Hawliczek

Ail – Second: Cerys Moore

Trydydd – Third: Steffan Davies

**Categori 3 – Category 3; Oed – Age 7 – 8;**

**Blwyddyn – Year 3 / 4**

Cyntaf – First: Aled Evans

Ail – Second: Ruby Wright

Trydydd – Third: Dawn Warner

**Categori 4 – Category 4; Oed – Age 9 – 11;**

**Blwyddyn – Year 5 / 6**

Cyntaf – First: Lia Marisa Stokes

Ail – Second: Maggie Foster

Trydydd – Third: Ina Protheroe

Bydd arddangosfa o'r posteri a wobrwyir yn y Ganolfan Treftadaeth. Bydd pob poster i'w gweld mewn siopau a busnesau yn y dref. Llongyfarchiadau i BOB plentyn a gymerodd ran a diolch i'r beirniaid a'r rheiny fu'n ymneud a hyn.

Bydd y Maer, y Cyngorydd Annabel Graham Paul, yn cyflwyno'r gwobrau yn yr ysgolion ar ddyddiad a drefnir.

The prize-winning posters will be on display in the Heritage Centre. All posters will be on display in shops and businesses throughout the town. Congratulations to ALL the children who took part and thank you to the judges and all those involved. Prizes will be presented in the schools by the Mayor, Cllr. Annabel Graham Paul, on a date to be arranged.

The judges would like to congratulate all the children for taking part in the competition and for the high level of their colourful and creative art work. During the month of December the winning posters will be on display in Llandovery Post Office and others in businesses in the town. Thank you to all those involved. Dioch yn Fawr.



## A UNIQUE AND REMARKABLE CHRISTMAS EXPERIENCE

The Hall at Abbey-Cwm-Hir is a 52 room, grade 11\* Gothic Revival mansion and family home in 12 acre grounds near Llandrindod Wells in Mid Wales, offering tours to individuals, couples, small and large groups. The tours combine history and architecture, stunning interiors, 1000's of collectable items, and beautiful gardens in a matchless setting above the ruins of the Abbey-Cwm-Hir.

From 1st November through to 6th January each year the house is decorated to individual Christmas themes in all 52 rooms – something unique in the UK.

The impact on visitors is remarkable; "stylish and sophisticated;" "a wonderful series of flights of fancy;" "an extraordinary experience;" "quite unlike anywhere I've been before;" are amidst the hundreds of comments in the visitors book or on Trip Advisor, (where we achieve a 5 star rating).

Christmas 2018 promises to be an outstanding creation of traditional, modern and whimsical Xmas themes. The tours are of a true family home and in a family atmosphere.

Given demand, early booking is recommended to achieve the tour date and time preferred.

To book a tour phone 01597 851727 or email [info@abbeycwmhir.com](mailto:info@abbeycwmhir.com) Fees for the tour are £16.00pp, or £14.00pp for groups and return visitors. Children under 12 are £5.00 pp



## LLANDOVERY GOES TO WAR 2014 – 2018



In July 2014, the centenary of the outbreak of WW1, Llandovery History Society began a search for the story of the town and surrounding area in the period 1914 – 1918. It soon became clear that there was already a gap in our memory of such an overwhelming event that had shaped the 20th century.

The inaugural event on 27 July 2014 commemorated the outbreak of war and the disturbing effect of outside events arriving in a small town. This was based on the story of 'War Horse'; young men and animals dragged off to France. A number of groups joined re-enactors in Market Square and outstanding support from local people and businesses helped to make it a memorable day. We were even honoured by a visit from Lloyd George himself (convincingly portrayed by Dai Gealy).

No one was around to talk with first-hand knowledge about the effects of the war on the Home Front, and surprisingly little official information, apart from the names on the War Memorial, seemed available. However, the histories of both victims and survivors soon began to arrive from all directions.

A framed photograph with a tragically young face



Laurence Sinclair Rees

was found in a shed in Myddfai. Old newspapers told of proud civic welcomes for young men on leave, and of families where several members were among the fallen. Official documents outlined desperate government initiatives to feed a besieged nation. Parish magazines had details of knitting groups making woollen socks and gloves for the troops, 'Comforts from Home'.

The poignant roll-call of those lost began to grow. The vital part played by the Welsh in the battle for Mametz Wood was highlighted by the death of the two Jones brothers on the same day; a candlelit vigil was held at the War Memorial for all Welsh losses on that sad anniversary.

David Morgan the butcher's son, who joined the Machine Gun Corps, was killed in France; John and Edward Redding, London orphans who came to work on farms in the Llandovery area, fell a year apart in France; brothers Albert and Cyril Rees lost their lives in France and Palestine, Daniel Richards died of his wounds on home soil and was given a full military funeral at Cily-cwm; brothers George and John Scott were killed at Gallipoli, barely a month before the death from illness of their father, also called John and an enlisted soldier; Laurence Sinclair Rees, younger brother of Conway who played rugby for Wales, killed at Mametz Wood.

Thomas Hunter from Llansadwrn who joined the Royal Flying Corps was killed in a dogfight in Italy; Evan James from Llandovery survived the Boer War only to die on the Somme; David Stephens from Llandovery died on HMS Invincible at Jutland.

Other battlefronts in the Middle East were remembered:

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Annie Handley

Jane 'Batchie' Griffiths

Benjamin Davies from Caio fell in Mesopotamia; John Evans from Llanwrda is buried in Gaza.

1918 and the Armistice did not bring an end to this suffering for all; Victor Handley of Llandovery died in 1923 from the lingering effect of wounds received during the war; Thomas Jones of Llandovery, killed in France 1917, left a widow and six children.

While some families had to cope with repeated tragedy, others had good fortune. Jeffrey, the father of Neville Morgan, was transferred from the Bicycle Corps to the Tank Corps and spent four years taking part in major battles, before returning home safely.

Llandovery College undertook its own research and added to the tally of the fallen; boys wearing school uniform in old team photographs became faces on a video of those fallen.

The story of the Red Cross hospital was completely lost but old newspapers give clues to its location. Then one History Society volunteer noticed a memorial tablet in Llantingat Church. This revealed precious family archives telling the incredible stories of the young women who nursed there.

We began to learn about other women, often with male family members already fighting, who had volunteered to support the troops. Annie Handley survived the sinking of the hospital ship Britannic in the Aegean. Her young cousin Jane 'Batchie' Griffiths, who lived at the North Western Hotel, gave up a university place to enrol in the Voluntary Aid Detachment (VAD) just under a year after the loss of her cousin David; her two brothers were also serving, but survived the war.

A Roll of Honour began to take shape; brief mentions in old newspaper cuttings were cross-referenced to ensure that the same Jones or Thomas did not appear twice. Over 100 obituaries were compiled, and a much more comprehensive picture of local involvement in the war began to take shape.



The final event in the commemoration of World War I led into the weekend of national remembrance on the centenary of the Armistice. The results of four years of research were arranged in an exhibition in the Heritage Centre.

The participation in this week of memorial was also shared by businesses and private homes in the town; shop windows displayed proud memories of ancestors, and poppies affixed to lampposts lined the main roads and Market Square, a joint initiative of the History Society and British Legion.

These stories are now collected into an archive – but the search goes on. New stories will come to light in the future and will find a place in the new museum.

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06/19(12)



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# AN AUTHENTIC VICTORIAN SHOP HAS OPENED IN LLANWRTYD WELLS



Shades of Green is situated in Britannia House, Irfon Crescent, Llanwrtyd Wells and is an authentic Victorian shop with a modern twist, it has original features such as the tiled floor, oak counter and shelving, and fireplace with original tiles. The shop is packed with goodies, but it is also an interesting visit in its own right as there are not many original Victorian shops left in the UK. Britannia House is also the building where 'Sosban Fach' the famous Welsh song was composed. Llanwrtyd Wells is also the home of iconic Green events such as Man V Horse, Bog Snorkelling, Real Wobble and Ramble and also the various walking events including the Four Day Walking Festival in September. Llanwrtyd Wells is a Walkers are Welcome town with a long history of accommodating and welcoming walkers. Every two years there is also the World Alternative Games.

The shop sells pre-loved and nearly new items and clothing; arts and crafts (pottery, textiles, paintings, books,



soft toys, beeswax wrappings and other interesting and arts-based items), and there is also an apothecary selling health products, tea and tinctures, bamboo products including toilet paper, kitchen rolls and other environmentally friendly items. The shop is open from 10am to 6pm on Thursdays, Friday and Saturday, and in the spring it will also open on a Sunday. The shop is also open 4 days a week when events are on in the town. The shop in the future has plans to install a large advertising monitor in the front window to advertise businesses in Llanwrtyd and forthcoming events. The shop hopes to become a hub for the community and to develop walking and history trails that can be explored from the shop. Our aim is to attract more adventurers to the town to explore the incredible walking environment in the local area. Contact Katie Pigott on 01591 610388 for more information.

09/19(12)

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# LLANDOVERY ROTARY CLUB



If you remember last month I had to omit the last Rotary meeting report as there was so much to account for and simply no room to accommodate it. Well, this month I realise that there is so much more to report even than last month and I have to include the meeting.

I omitted from last month as well. It serves me right really! In fact if I included just a quarter of Dan's minutes last month I would be asking Aaron from this magnificent magazine for an extra three pages. We actually had TWO top class speakers last month and to do them justice could take up the same amount of space as the book of Genesis alone. Well, here goes.

The Welsh Youth Speaks West heat was held at Ysgol Bro Dinefwr with the ever present Dai and Dan in charge ably assisted by Dave, Carol D, Gina, and Carol S. Later in the month Dai then organised the East heat in Pontypridd again assisted by Dan. Then showing superb dedication to duty at the end of the month Dai and Dan organised the Final in Cardiff Bay. The club and the area are grateful to Dai and Carol Dyer together with Dan for their outstanding contributions to this wonderful and worthwhile competition for our young people. Well done indeed.

We received a letter of thanks from Nigel Rees on behalf of the Llandovery and Llandeilo Ambulance Stations for our donation towards an Ambu Intubation Trainer Head. This is to aid training for Intubation techniques (for further information please search Google!).

It could however save your life, so money well spent.

In the week before Armistice Day Dr Robin Barlow visited us to give a talk on Wales and World War One (WW1). This is the second time that Robin has kindly given us his time and the benefit of his very considerable knowledge on this subject. Among some of the headings covered in great detail were, Armistice Day, Demobilization, The German Navy and Fatalities. The facts and figures given to us were absolutely staggering. Robin gave us an analogy. If all the soldiers lost in World War One marched four abreast past the King's Head then the first would be over 150 miles away before the last 4 passed the King's Head! Incredible. Dan diligently wrote the facts down in the minutes so that we could take them in again at home, all three pages of them! It was a wonderful talk full



*President Gary lays the Rotary wreath at the Cenotaph.*

of amazing and harrowing facts and following a question and answer session Robin was thanked for his second visit to our club. It was an outstanding talk Robin. Thank you.

Derek then read out an account of Alan's great, great, grandfather Jeffrey Morgan who had fought in the first world war which had been collated by Neville Morgan, Alan's uncle. Alan had written a very poignant poem which was read out, the last two lines being:

'Medals presented, but never for fame,  
I'm humbled and proud to be sharing his name'.

This reading was greeted with a hearty round of applause for Alan's hidden talent (well hidden).

The Rotary Ladies will be holding a cake stall at the 'Llandovery Christmas Party' on 1st December following the Turning on of the Town's Lights the evening before when our Santa will be present.

The Santa Sleigh season is upon us and the dates are posted elsewhere in this edition. We do remind you as ever, that if you wish to support our collection then we are always very grateful however small or large your donation. There is no obligation and no explanation

is necessary. Please just be respectful as that shivering, snivelling, freezing cold, perishing wreck that has just knocked on your door is part of Llandovery Rotary Club that has given over one hundred thousand pounds to local good causes in the last ten

years. We thank you in advance as you have proved time and time again that your generosity never ceases to amaze us. You make it all so very worthwhile.

Following a request for funding we gave a donation to MaryJane Williams and her family who are fundraising in remembrance of her father Robbie Janes for the installation of disabled friendly footpaths in Llanguat Churchyard. This will be for the benefit of all who visit the churchyard who have friends or relatives buried or remembered there. We were glad to give our support to this wonderful addition to the Church.

Many of us turned out to the superb Armistice Parade that Llandovery does so well. The parade gets bigger and bigger as time goes on and there was standing room only at the Church. Following a lovely service by Rev Ian Aveson the parade returned to the Cenotaph to find hundreds more



*Dr Robin Barlow with his dear wife Monica following his incredible talk pictured with Gary and Alan.*



*John Mercer a Director of the NFU during his address to us. Wonderful.*

assembled there already, waiting to pay tribute to the fallen and to witness the wreath laying. President Gary laid our wreath. The brilliant bugler Scott played the hauntingly beautiful Last Post and Reveille splendidly to give real meaning to the very large assembly of the many young people who attended. This is an event that Llandovery can be rightly very proud of and thanks go to our local British Legion for orchestrating it as ever. It is the envy of towns much larger than us throughout Wales. Well done Llandovery.

We held a special AGM in which our treasurer Edward thanked Dan and Derek for auditing the accounts. Edward then gave an extremely detailed report on income and expenditure which he does every year. We are so lucky to have someone with Edward's dedication in charge of our finances. Edward and Dan have really earned their Paul Harris Fellow awards.

Our second speaker of the month was John Mercer, a Director of the NFU (National Farmers Union). We held this in the Drovers Rugby Clubhouse as John is also a Director of Llandovery Rugby Club. He gave an absolutely fascinating insight into the objectives and work of the NFU in the Welsh Agricultural industry. Their objectives are for the industry to be Productive, Profitable and Progressive. The NFU is a members society with three main purposes:-



*Dan and Dai hard at it during the Final of the Welsh Youth Speaks in Cardiff*

To Represent Members and to be Effective, To Provide Business Support and Advice on All Aspects, and The Promotion of Welsh Food and Farming. The NFU Cymru headquarters is based at the Builth Wells Showground with 20 staff which includes two other high ranking officers who live in Llandovery, Dylan Morgan and Huw Thomas. The NFU has another 120 staff in Stoneleigh. There are of course NFU offices throughout the country including the one in Llandovery run by the ever efficient Maria. Meetings are held regularly with MP's and AM's to discuss and advise on policies. John used to travel abroad for meetings on a monthly basis but now he has reduced that to once in three months. With many members of the Agricultural Industry present and a large group of Llandovery Young Farmers also present, the Q&A session was lively and in depth. It was a superb talk delivered extremely well and following a vote of thanks from Mickey a long and prolonged round of applause confirmed the audience's appreciation. At the end of the evening John visited every table spending time with those connected with the farming industry. It was great to see him take the time to do so. Thank you John for an excellent address.

Well done to John and Jackie at the Rugby Club for a lovely meal also. It was a wonderful evening all round.

Once again a couple of our members raised the same question that they raise every year, without fail. One proposed the dropping of wearing of jacket and ties in Rotary meetings. It was also seconded. It was deliberately and cunningly raised in a meeting with only eleven present. Now normally our meetings are conducted with considerable restraint, but not when this subject is raised, ohhhhhh no. It has a very strange effect on people. It was met by the usual torrential barrage of opposition by members who threatened literally many things which cannot be printed here! Among the more reserved threats were multiple resignations which could have decimated our membership. The proposers demanded a vote. Accusations flew across the room. More threats. More abuse. Much more abuse.

When the President finally managed to gain control of the shambles the glaring and finger pointing continued. We voted. Two for the proposition, nine against. Happily common sense had prevailed. The two remained smiling and unrepentant. They will raise it again at the next opportunity. But it is set now for two years. Hooray says I.

As ever some of these monthly reports may be ever so slightly, a tiny bit exaggerated, but I make no apology for that. Ha!

The next speaker who has kindly agreed to visit us is Stuart Fry who will be talking about the Western Brecon Beacons and the art of dry stone walling. Then Menna Evans from Llansadwrn who incredibly ran 40 marathons in 40 days from John o' Groats to Land's End is visiting us in January. But first we are preparing ourselves for those freezing cold nights on the Santa Sleigh visiting you all very shortly. Please give as generously as you are able. ALL the proceeds will go to local good causes. Thank you very much.

Diolch yn fawr iawn.

May we at Llandovery Rotary Club wish you all the compliments of the season. We wish everyone a Happy Christmas and a Peaceful New Year.

Derek Jones.

# Merry Christmas and a Happy New Year

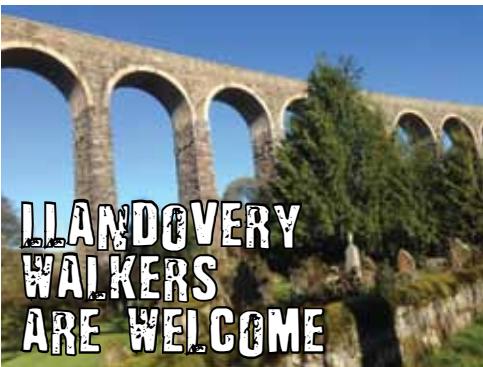
PostDatum would like to thank all of its drop points for continually accepting copies of The Post for distribution and also to all our readers and contributors for their constant support over the year.

May I take this opportunity to wish you all a Very Merry Christmas and a Happy New Year.

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| Pet Shop.....                              | Llandovery  | Ratcliffe's Yard .....                 | Llanwrtyd Wells |
| Newagent.....                              | Llandovery  | Spar Shop .....                        | Llanwrtyd Wells |
| Pound Shop.....                            | Llandovery  | Llanwrtyd Wells Filling Station .....  | Llanwrtyd Wells |
| Llandovery Kebab Shop.....                 | Llandovery  | Texaco Petrol Station .....            | Gorslas         |
| The Three Horseshoes.....                  | Llandovery  | Post Office .....                      | Llanddarog      |
| Tudors Café.....                           | Llandovery  | The Old School .....                   | Capel Dewi      |
| Craft Centre.....                          | Llandovery  | Dryslwyn Post Office .....             | Dryslwyn        |
| The Kings Head .....                       | Llandovery  | Pen y Bont Inn .....                   | Llanfynydd      |
| No. 7 Hairdressers .....                   | Llandovery  | Pontagothi Hall .....                  | Pontagothi      |
| The Bluebell .....                         | Llandovery  | Whitemill Service Station .....        | Whitemill       |
| Charity Shop .....                         | Llandovery  | Donna's Diner .....                    | Whitemill       |
| Dolau Bran Community Centre.....           | Llandovery  | Brechfa Community Shop .....           | Brechfa         |
| Library.....                               | Llandovery  | Black Lion .....                       | Abergorlech     |
| Barclays Bank .....                        | Llandovery  | The Angel Pub .....                    | Llansawel       |
| Coop .....                                 | Llandovery  | Black Lion .....                       | Llansawel       |
| Erwlion Caravan Park .....                 | Llandovery  | Post Office .....                      | Cwmdu           |
| The Castle Hotel .....                     | Llandovery  | Royal Mail Sorting Office .....        | Llandeilo       |
| Tourist Visitor Centre .....               | Llandovery  | The Hangout .....                      | Llandeilo       |
| Red Cross Charity Shop .....               | Llandovery  | Llandeilo Builders Services Shop ..... | Llandeilo       |
| Carmarthen and Pumsaint Farmers Coop ..... | Llandovery  | Llyn Griffiths Petrol Station .....    | Llandeilo       |
| Spar.....                                  | Llandovery  | Thomas Services .....                  | Llandeilo       |
| Chaplins Hairdressers .....                | Llandovery  | Food Hub .....                         | Llandeilo       |
| West End Cafe .....                        | Llandovery  | The Cottage Inn .....                  | Llandeilo       |
| Morris Isaacs Filling Station .....        | Llandovery  | The White Heart .....                  | Llandeilo       |
| Train Station Café .....                   | Llandovery  | Spar Shop .....                        | Llandeilo       |
| The Lord Rhys .....                        | Llandovery  | Natural Health Centre .....            | Llandeilo       |
| Owl's Nest .....                           | Llandovery  | CK's Supermarket .....                 | Llandeilo       |
| Ystrad Nurseries .....                     | Llandovery  | Hugh Williams Solicitors .....         | Llandeilo       |
| Trecastle Village Hall .....               | Trecastle   | Library .....                          | Llandeilo       |
| Londis Murco Garage .....                  | Sennybridge | Doctors Surgery .....                  | Llandeilo       |
| Sennybridge Petrol Station .....           | Sennybridge | Opticians .....                        | Llandeilo       |
| Sennybridge Trading Company .....          | Sennybridge | The Greenhouse .....                   | Llandeilo       |
| Sennybridge Doctors Surgery .....          | Sennybridge | Flying Goose Quilt Shop .....          | Llandeilo       |
| Halfway Garage .....                       | Halfway     | Little Welsh Dresser .....             | Llandeilo       |
| Baron's Court Caravan Park .....           | Llangadog   | N. Wall Jeweller .....                 | Llandeilo       |
| Llangadog Surgery .....                    | Llangadog   | Crafts Alive .....                     | Llandeilo       |
| Morgans Newsagents and Post Office .....   | Llangadog   | Carmarthen and Pumsaint Farmers .....  | Fairfach        |
| Goose & Cuckoo .....                       | Llangadog   | Bush House Vet Group .....             | Fairfach        |
| Mace .....                                 | Llangadog   | Post Office .....                      | Fairfach        |
| The Castle Pub .....                       | Llangadog   | Trapp Village Hall .....               | Trapp           |
| St Cadogs Church .....                     | Llangadog   | Chip Shop .....                        | Llyndybie       |
| The Telegraph Inn Café .....               | Llangadog   | Llyndybie Stores .....                 | Llyndybie       |
| Martin and Sues Cabin .....                | Llangadog   | Newagent .....                         | Ammanford       |
| Texaco Petrol Station .....                | Manordeilo  | Public Library .....                   | Ammanford       |
| Sextons Arms .....                         | Llansadwrn  | Barclays Bank .....                    | Ammanford       |
| St Sadwrn Church .....                     | Llansadwrn  | Brynteg Dental Surgery .....           | Ammanford       |
| St Gwrdaf Church .....                     | Llanwrda    |  |                 |
| Llanwrda Shop .....                        | Llanwrda    |  |                 |
| The Dolaucothi Arms .....                  | Pumsaint    |  |                 |
| D. A. Lewis Agricultural Merchant .....    | Pumsaint    |  |                 |
| Tourist Information Centre .....           | Pumsaint    |  |                 |
| Checkpoint Garage .....                    | Harford     |  |                 |
| Brunant Arms .....                         | Caio        |  |                 |
| Neuadd Fawr Arms .....                     | Cilycwm     |  |                 |



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We put together a very successful series of Autumn Walks this year, walks which were sometimes challenging for us, but which we nevertheless approached with confidence. Early in October, we made a new and interesting circuit of Myddfai, which was completed by a refreshing pot of tea in Myddfai Hall! Then on October 31st under the care and direction of Alan and Carole New, we followed a new and extremely interesting circuit of Cyngordy, one which in the New Year we would like to follow again, this time perhaps in the opposite direction, so that we can fully take in the glorious country all around us! For a number of our Walkers this was the first time that they had experienced the beauty of the whole Cyngordy area, and neither had they come across the majesty of the Cyngordy Viaduct nor the simple but beautiful Gosen Chapel beneath.

As we write these notes, we look forward to another new Walk which has been organised for us, this time on the Gower Coast, following the Swansea Coastal Path from Caswell Bay to Blackpill, via Mumbles. Then towards the end of the month we will have returned to trace once again the challenging, but very satisfying, path around Carreg Cennen Castle.

Two Walks then await us in December: firstly a trip on the 10 56 train from Llandovery to Cyngordy Station, from where we will follow the Heart of Wales Line Trail back to Llandovery: this will be an excellent chance for us to test this route, and then our year will come to an end with a Magical Mystery Tour of Myddfai, which will be followed by a light Christmas Lunch in the Myddfai Community Cafe.

And then the New Year will be upon us, with all its possibilities for another Happy Year of Walking!



## CÔR MEIBION DINEFWR

### 200 Club Results for October 2018

1st: Henry Bowen  
2nd: Wyn Williams  
3rd: David Revell

### 200 Club Results for November 2018

1st: Joan Jones  
2nd: Nancy Thomas  
3rd: Vera Williams

## HAY FOR SALE

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02/19(3)

## FRIENDS OF LLANDOVERY STATION

### THE STATION GALLERY

#### *Sharon Evans*

We were delighted in November to welcome Sharon Evans to the range of Artists who have exhibited in the Station Gallery. Sharon lives in Llangadog, and she has recently graduated with a Degree in Textiles and Mixed Media from the Carmarthen College of Art. For her maiden Exhibition, Sharon is showing work, firstly for which she has been inspired by her garden and secondly by the work of a range of abstract Artists, such as Gerhard Richter. The lacy look, of hydrangeas she has translated into her mohair knits of scarves and ponchos, and in her mixed media paintings she has combined charcoal with watercolour.

Sharon's work brings a new element to the already wide range of work from a variety of Artists who have exhibited at the Station Gallery, and we look forward with great interest to following Sharon's progress in the Art World.

#### PRICE LIST: Prices per item:

|   |     |
|---|-----|
| 1. Poncho:                                | £65 |
| 2. Scarf:                                 | £35 |
| 3. Small Bag:                             | £8  |
| 4. Wall-hanging: small:                   | £10 |
| 5. Bouclé & Mohair Scarf:                 | £45 |
| 6. Bag- Patchwork:                        | £10 |
| 7. Artichoke: Water Colour & Charcoal:    | £45 |
| 8. Ink Study of Flower on handmade paper: | £20 |
| 9. My Abstract Garden: Watercolour & Ink: | £65 |

#### *Richie Dean*

Richie is an Artist who has been associated with the Llandovery Station Gallery from our earliest beginnings, and he is a true artist of the Digital Age! His work is always popular with the public, for it has a quality all of its own, not only for Richie's choice of subject-matter but also for the clarity and the vibrancy of his creations. His present Exhibition is no exception, and Richie has once again created for the general public a collection of work which is remarkable for its range, colour, and subject-matter - in other words an Exhibition which truly belongs to the digital age!

#### *Sandra Phillips, Abergwasney*

We were delighted recently to receive a visitor to the Station, none other than Sandra Phillips from Pendine. Sandra is a very well known figure in the Art World of West Wales, and she is one of the Artists in Residence in Abergwasney. On a visit recently to Abergwasney, my wife and I had the chance to meet up with Sandra, and to discuss with her how the Art World of West Wales was progressing. She was very interested to hear of the work that we were doing in Llandovery Station, that is to say encouraging local Artists to continue their work by placing the Station Gallery at their disposal. She has now taken the chance to come up to Llandovery to see our Gallery, and she is very pleased with what she has seen and with what we are

doing. What is more, she has agreed to put on her own Art Exhibition at the Station for the month of June 2019, and this will be something special for us to look forward to!

### DOMESTIC CHORES AT THE STATION

With the approach of Winter, we turn as always to the question of our domestic chores. Firstly, and as always, there comes the question of tending to the fire and so keeping an acceptable level of warmth in the building. We are very lucky in the Station to have in this regard the services of Mike Blud, who very faithfully sees to the fire virtually every morning, and so ensures that there is a warm and welcoming fire ablaze to welcome our customers. We have very good Wood Shed just opposite the Café in the Station Yard, and we are grateful to Hormanns Firewood Co. for ensuring that we are kept regularly supplied with firewood from a sustainable source.

Once the wood stove is ablaze and the Café begins to warm up, it is time for our Volunteer Staff to take over. Our Ladies are at the very heart of the Café, for it is they who are the public face of our undertaking. It is they who ensure that the Café presents an attractive and welcoming face to our visitors, serving them efficiently and ensuring that as far as possible their needs are catered for. These needs are not always limited to food and drink, and our Volunteers have to have a wealth of knowledge about them – maybe informing our travellers of the times of the trains up and down the line, or suggesting places of interest in our town to visit for those who have an hour or so to spend here, or for the more adventurous to take the Dolauhirion Walk, a large map of which has been conveniently placed for travellers on the Station platform outside the Café!

Another concern of ours is the Station Garden, which needs a certain amount of care and attention over the Winter. We try to keep the weeds down as much as possible in the raised beds, and we still try to keep the grass down to a reasonable level. Falling leaves from the trees, of course, are a problem, and we try to rake them up as much as we can. The herbaceous border alongside the Car Park also needs attention from time to time, as does the Myddfai Herb Bed, and probably the last concern we have are the beds on the Shrewsbury platform of the Station: these are looking very sorry for themselves at the moment, and we aim to give them a good make-over next Spring.

### THE LLANDOVERY & DISTRICT MODEL RAILWAY CLUB

The members of the Llandovery Model Railway Club meet on the first Thursday of the month in the Station Café at 7 00pm, for their Monthly Meeting and Running Night. It is a thriving Club, and extends a warm welcome to visitors. They have a number of layouts under construction, in N gauge and 00 gauge, together with a vintage Hornby-Dublo 3-rail layout from the 1950s and 1960s.

As part of the 2018 Llandovery Christmas Fair, the Club members will be organising a Model Railway Show on Saturday 1st December in the Llandovery Station Café, from 10 30am – 4 30pm, and you may be assured that this will be an event well worth attending.

Admission is Free, but any donations for the Club will be gratefully accepted.

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Monday – Tuesday – Thursday – Friday, 9.00am – 4.00pm  
Wednesday, 9.00am – 7.00pm; Saturday 9.00am – 3.00pm

**OPEN UNTIL 8.00pm EVERY WEDNESDAY THROUGHOUT DECEMBER**

*We look forward to seeing you*

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# LLANDEILO AND DISTRICT GARDENING CLUB



From left to right: Rhiannon Smith, Stella Taylor, Stephen Smith, Pam Simpson, Jane Garroghan, Pat Blake, Raymond Taylor.

Llandeilo and District Gardening Club celebrated another successful year in 2018 at the AGM on October 4th As well as electing members to the committee for another year the club enjoyed a selection of photographs from this year's outings and the presentation of cups to the winners from the Llandeilo Show. The club had an impressive display in the show with many quality entries in both the vegetables and flower categories. The number of entries in floral art was particularly pleasing. The RHS Banksian medal for most overall points all horticultural classes was won by Rhiannon Smith. The club potato challenge goblet was won by Raymond Taylor with an impressive 6kg of potatoes from one tuber!

During 2018 as well as several entertaining and informative speakers at the evening monthly meeting the club had a willow basket workshop, an annual lunch, the ever popular quiz and a successful Open Morning to show case our many talents. There is a full and varied programme planned for 2019. The club meets on the first Thursday of the month at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

## LLYFRGELL LLANWRTYD ORIAU AGOR LLANWRTYD WELLS LIBRARY OPENING HOURS

Dydd Llun/Monday Ar Gau/Closed  
Dydd Mawrth/Tuesday 10.00am to 1.00pm,  
3.00pm – 6.00 pm  
Dydd Mercher/Wednesday Ar Gau/Closed  
Dydd Iau/Thursday 10.00am – 1.00pm,  
2.00pm – 4.15pm  
Dydd Gwener/Friday Ar Gau/Closed  
Dydd Sadwrn/Saturday 10.00am – 12.00pm

# REMEMBERANCE



From just one of the many businesses.

A big thank you to all of the Llandovery Townsfolk who this year, especially, showed their great community spirit and respect for the Centenary Commemoration of the great war.

Visitors liked and spoke in admiration about the Poppies on entering and throughout the Town. The thoughtful and time consuming displays in many shop windows were very moving.

The Cross in the War Memorial garden was so sympathetically placed.

WE WILL REMEMBER THEM

## LLANEGWAD RAINFALL



121mm of rain fell in just three days this month with the wettest day on the 13th with 71mm the wettest day this year and for many years past!

October Total: 163.75mm. 6.3/8"

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# LLANDOVERY LIBRARY KNITTING & NATTER CLUB

Join us for our first Knitting and Natter Club in a relaxed atmosphere at Llandovery Library to be held on the 3rd Wednesday of every month from 2.00 – 4.00pm. commencing on Wednesday 16th January 2019. Beginners and experienced knitters welcome together with anyone wanting to crochet.

## MERCHED Y WAWR

Bydd Cyfarfod nesaf ar Ragfyr 5ed am 2 or gloch yn Neuadd Dolau Bran.

Nadolig Ddoe a Heddiw.

Ar Ionawr 9fed am 2 or gloch yn Neuadd Dolau Bran edrychion ymlaen at gael cwmni Mrs Lynnette Thomas.

Ar brynhawn 14eg o Dachwedded cafwyd amser hwyliog yng nghwmni Carwen Vaughn a aeth a ni ar ei thaith o Hel Achau y teulu. Roedd ei brwdyfrer yn heintus.

## LLANDOVERY CANDLELIGHT SERVICE

Everyone is invited to a beautiful Candle Light Service which will be held on Sunday night, December 16th, 6.00pm at William William's Chapel on the High Street in the middle of Llandovery.

There will be the singing of Christmas Carols, readings, special music and candles. Everyone will be given a candle on entry and together we will light the Candles to show that there is light in the world. Do come, bring your friends. The service is suitable for all ages and will be an uplifting experience.

Of course there will be mince Pies and other goodies after the service in the Church halls. Do come

## MACMILLAN COFFEE MORNING

### Thank You

I would like to say a very big Thank You to everyone who contributed to my Macmillan Coffee Morning again this year and helped me raise just over £2000.

This is the most I have ever raised and I am so grateful to you all.

Thank you for all the donations, cakes, raffle prizes and to all who came on the day.

Thank you to all my fantastic helpers, Rhian, Sandra, Llinos, Bev and Hollie. I couldn't do it without all of you.

I hope we can do it all again next year.

Many thanks Bethan Price

## FRIENDSHIP CLUB



Meeting took place on Oct 2018 at Vicar Prichard Hall at 2pm, Chairperson Mrs Gina Jones welcomed 40 members and opened the meeting with the Lord's Prayer, the entertainment for the afternoon was introduced, who was Mrs June Ashton Mears and her husband David, Also Gail the maid who introduced June to the stage, with her Victorian ladies who were members of the club, dressed in Victorian costume. Gwenne (Queen Victoria) Rose, Stella, Eileen and Angela all looked very smart, June then gave a talk on Victorian fashion which was very interesting.

How the ladies coped is quit intriguing. All the gowns were made by June, one outfit would take her approx 1 month to complete, she also talked about the suffragett's and David gave a talk on World War I, this was well timed as Remembrance Day of 100 years of World War I was on Nov 11th, they are both very interested in the Victorian era.

Mr Stan Baugh then gave the vote of thanks, tea was then served thanks to the hostesses also to Stella for donating the teas again, and organising the raffle.

### MEETING TOOK PLACE

Mrs Wendy Waters is recovering from her operation, good wishes for a speedy recovery to Wendy.

Remembrance Sunday was discussed and the President Mr Stan Baugh will lay a wreath.

Remembrance Service was held at Llandinat Church on Sunday Nov 4th for people to remember loved ones and light a candle.

Xmas lunch discussed which will be held at the rugby club on Wed Dec 19th names to be taken at next meeting. The meeting to be held at Dolau Bran on Nov 8th 1.30pm to discuss next years program.

Poems of Remembrance read by chairperson and raffle drawn. 16 members will be going to Weymouth for Turkey and Tinsel on Nov 20th hope they have a good time.

We are welcoming anyone who is interested in joining the club (no age limit!!) to come along, we have our meetings last wed of each month 1.45pm at Vicar Prichard Hall.

Merry Xmas and happy new year to all.

Mary Jackson BEM

# READERS' SALES & WANTS

**are free of charge  
(subject to space availability)**

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## FOR SALE

- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Ladies Bike**: Apollo Transition with Shimano gears, used twice, £150 ono. Tel: 01267 202230.
- **x7 Pine Panel Doors**, with hinges and locks, £10 each. Tel: 01267 202230.
- **Childs Britax Car Safety Seat**, good condition, £25. Tel: 07922 174986 (Llandeilo area).
- **Exhaust and Catalytic Convertor for Citroen Berlingo**. Brand new. Tel: 01550 721197.
- **Leather corner sofa** with end pouffe, DFS. £95 Tel: 01550 721005.
- **Football table**, excellent condition, strong sturdy and ideal for youth group or similar, H82cm, L128cm, W100cm, £45. Tel: 01550 777149.
- **Scalextric track pieces**, large box in very good condition, £35. Tel: 01550 777149.
- **Wheelbarrow**. VGC. Only £20. Crugybar/Llansawel. Tel: 07771 530070.
- **Home brew items**. Large collection including Demi johns, buckets, bottles, tops, bottle tree. Lots of items. Bargain £40. Crugybar/ Llansawel area. Tel: 07771 530070.
- **Two Indian runner ducks**, £40 total. Two Czech geese plus one gander, £60 total. Only selling because moving home. Crugybar/ Llansawel area. Tel: 07771 530070.
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- **x4 Medium Duty Sliding door hangers**, £10. Tel: 07761 107055.
- **Two in one Remote control truck and battery operated sail boat**. (Still in box, never used), £20. Tel: 07761 107055.
- **Garden / lawn water sprinkler**. High level pulsating, 360 degrees with adjustable tripod, as new, £20. Tel: 07761 107055.
- **x4 China Pot plant holders**, £5 each. Tel: 07761 107055.
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- **Large Glass Carbony Jar**, 20 inches high and 17 inches diameter. £25. Tel: 01550 760204.
- **Assortment of Stone Jars and Jugs**, £25. Tel: 01550 760204.
- **Antique Copper Bed Warming Pan**, £25. Tel: 01550 760204.
- **Antique Copper Washing Dolly**, £15. Tel: 01550 760204.
- **Security Cabinet** with Double Locks for Four Guns, £50. Tel: 01550 760204.
- **Candelabra**, £10. Tel: 01550 760204.
- **Set of 4 Denby soup bowls** with lids 2 yellow, 2 blue £20. Tel: 01874 658262.
- **Heavy duty pipe bender**, £22. Tel: 01550 720003.

- **LARGE RABBIT/GUINEA PIG INDOOR CAGE** – 100cms x 50cms x 40cms, in excellent condition, £25. Tel: 01550 777749 (Bethlehem).
- **MALIBU QUADRANT GLASS SHOWER ENCLOSURE** – Brand new boxed, 90cms x 90cms toughened curved glass and chrome shower enclosure. Outward opening door. No tray, £95. Tel: 01550 777749 (Bethlehem).
- **Small Pig Trough**. Tel: 01550 720003.
- **Royal Red Ladies Pashley Britannia Bike**. Ridden once, 17.5 inch frame, 5 gears, basket. Beautiful Bike, £725 new, for sale at £400 ono. Llangadog 07870 878002.
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- **Set of 3 Le creuset saucepans with stand**, original orange colour. £120. Tel: 01874 658262.
- **Selection of Black Mountain Pottery** handmade near Talgarth, used for display only, perfect condition. ring for details of items, £80. Brecon area. Tel: 01874 658262.
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- **Painted wooden bedside cabinet** with drawer and cupboard, brass fittings ideal for up-cycling, £10. Tel: 01874 658262.
- **x1 pair of curtains** to fit 3'6" wide by 7'6" drop window, £25. Tel: 01874 658262
- **x1 pair curtains** for 12ft wide window by 7'6" drop. Professionally made. Lined and interlined. Valance and Tails ideal winter months. Abstract design, £100. Tel: 01874 658262.
- **Tall wooden plant display stand** suitable trailing plants, £50 Tel: 01874 658262.
- **Leaf Blower**. Bosch ALS 2500. Light-weight with strap. Collection bag with zip. Shredding device for composting leaves. Comes with handbook. Used only twice as we have discovered that it does not work well on gravel! £30. No offers please. 01558 824514 after 6pm.
- **As New – Kettler Sport PICOS Exercise Bike**. Used possibly a dozen times at most, £275. (bought new from John Lewis last year at £449). Tel: 01550 760206.
- **IKEA TABLE - solid pine**. Easy assembly. L118cm x W 74cm. In very good condition (see Jokkmokk on Ikea website), £45 o.n.o. Tel: 01558 685553 / 07890 120123.
- **MF35 3 cylinder diesel tractor 1962**, V5 available, 2 owners from new always near Talley. Working order and used to present time. Starts very well. Best offer Tel: 07968 666351.
- **Cutler 5ft topper**, good working order cut about 200 acres. £200 or best offer Tel: 07968 666351.
- **6ft grass/arena/gravel rake**, Cat 1 linkage. Little used. £50 or offer Tel: 07968 666351.
- **Earth scoop**, Cat 1 linkage, good order. £50 or offer Tel: 07968 666351.
- **3pt linkage Crane**, Cat 1 linkage, lifts ½ tonne. £30 or offer. Tel: 07968 666351.
- **Vintage calf/sheep trailer**, working order, aluminium roof modification easily removed. Best offer. Tel: 07968 666351.
- **PTO pulley**, suit MF tractors. £40 or offer. Tel: 07968 666351.
- **Plastic tree spirals**. Approx 140 biodegradable spiral guards plus approx. 80 canes (80cm). To support and protect newly planted trees. £20. Tel: 01558 685717.
- **Ceramic Wall Tiles** by "Royal Mosa" 15cm x 15cm, Approx 60 tiles in purple, blue and grey, gloss finish. £20 ono. Tel: 01558 685717.
- **Karaoke CD/DVD player** by RSG. Connect to TV, TV/Hi-fi or TV/PA. Gives on screen lyrics, £60. 40 + CD+G disks (for Karaoke). All kinds of music from 1950's to 2000, £15. Radio mike by Numark. Single channel, £50. All 3 items, £100. Tel: 01550 777725.

- Ryobi Expand-IT Attachment Tools:** hedge trimmer (2), chain saw, strimmer, edger, brush cutter, leaf blower, extension bar. All used, but still usable! £10 each. Tel: 01550 740228.
- Vintage Armchair** – comfortable Sanderson upholstery, oak wooden frame, new webbing £25 o.n.o. Tel: 01269 594823.
- 1 pair silver leather court shoe with low heel,** narrow fit Orlando Size 5.5 (38.5) bought for wedding, £20 o.n.o. Tel: 01269 594823.
- Modern grey rectangular office desk** with metal frame. Purchased from Staples, good condition. Size 80 cms X 152 cms (31.5 inches x 60 inches), £60 o.n.o. Tel: 01269 594823.
- Ladies Shoes** – 1 pair worn twice Hotter Women's Oxford flat with laces Size 5 (38) Sand colour £25, Tel: 01269 594823.
- Fiat Doblo 5 x 14" steel wheels** with worn winter tyres, £40 or offers. Allan 01269 592900.
- 8ltr Oil change container,** £8. Tel: 01550 720003.
- Single wheelbase galvanized trailer,** mesh sided 8' x 5', £595 o.n.o. Tel: 01550 740292.
- MITSUBISHI COLT** 1.5 Diesel 2006 Auto/Manual New MOT; Condition consistent with age; Service history; Very economical; £1175 o.n.o. Please call for more details. Gordon Davies (Pumsaint) 01558 650837 or email: stannabart@gmail.com
- Electric brown leather reclining arm chair,** £50 o.n.o. Tel: 07977 097982.
- Allis Chalmers WF 1945 vintage tractor** 27hp, straight petrol in good running order. Tel: 01558 685252.
- 3 bar electric fire,** logs & light glow effect, £25. Tel: 01550 721460.
- Full size table tennis table,** good condition with net, bats and balls, £95. Tel: 01558 685153.
- Dennis Basso black hooded faux fur coat,** as new, size XXL, £50. Tel: 01558 685153.
- Tiffany style lamp** in shape of a crocodile, 26" long x 14" wide x 5½" deep, as new £30 Tel: 01558 685153.
- FREE cartridges + HP printer,** 300 black x 2, Collect from Postdatum 0155 721225.
- 9" 2000W angle grinder,** £60. Tel: 01550 720003.
- 9" Stone cutting discs x2,** £2 each. Tel: 01550 720003.
- 9" Metal grinding discs x2,** £2 each. Tel: 01550 720003.
- 140amp Electric arc welder** with accessories, £40. Tel: 01550 720003.
- Petrol cans (plastic) x2,** £1.50 each. Tel: 01550 720003.
- Large cactus,** some worth about £40 each, all different, selling separately or eleven for £100. Tel: 01550 720003.
- 2 Glazed terracota pots,** 38cm wide, 23cm deep, excellent condition, £20 for 2, paid £25 each. Tel: 01550 720003.
- Cream gas Aga.** Good condition. Offers. Tel: 07584 196104.
- Heavy cream IKEA curtains,** eyelet top. 2 pairs, 72 inch drop, 1 pair, 66 inch drop. £25 per pair. Tel: 07824 508831.
- 3 pairs of curtains,** with weighted hems, made for show apartment. As new. Eyelet top. Red, with large cream and taupe flowers. Drop 87 inches. Eyelet top. Red, with large taupe leaves. Drop 87 inches
- Gathered top.** Light taupe with large red flowers. Drop 84 inches, £40 per pair. Tel: 07824 508831.

## WANTED

- Accommodation Sought.** Detached, self-contained property with garden required for rent by Artist, crafter, writer couple. Barter arrangement considered. Rural/semi-rural setting, in/near countryside. Outbuilding if possible. Also large house with annexe considered. No near mobile 'phone masts, recent paint fumes, recent renovations please (some allergy issues, tenant will discuss). Current let 19 yrs. Excellent References. Tel: 01550 721197.
- Help at Home Wanted.** Good hourly pay or barter. Part-time or live-in: P.A. Home-help. Advocacy. Driving. Care. Also rural Respite Accommodation (nature/animal sanctuary or Holistic Centre considered). Quiet, friendly vegan client. Leave message: 01550 721197.
- Citroen/Peugeot Van Required.** Berlingo/Partner or Dispatch Van.

VGC. Low mileage. X reg age, with recent Cam belt change etc. Consider swap for our VGC Suzuki Alto car perhaps. In addition: Berlingo Van back doors also wanted now. In addition: Berlingo Van back doors also wanted now. Tel: 01550 721197. Telephone: 01550 721197.

- Admin' Volunteers.** Homeworkers, Website and Other Help for Vegfarm charity. See Vegfarm's entry at back of The Post. Book-keeper also sought. Tel: 01550 721197.
- Lifshare Wanted.** From Llanolybie to Llangadog for 1.45pm-ish/or Llandovery for 1.15pm-ish, on 1st and 3rd Sunday of the month to attend the Poetry Group. Return from Llandovery 4.30pm-ish or Llangadog 4.45pm-ish. Share fuel costs. Tel: 01550 721197 to leave a message.
- Any used postage stamps or old £1 coins:** To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, Beili Bedw Farm, Llanddeusant, Llangadog, Carmarthen SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you.
- Second-hand Books.** Make space on your shelves for your new Christmas books and donate those you no longer require or read. Good quality, saleable books required for our Pre-Loved Bookshop at Newton House. Any subject, fiction or non-fiction, adults' or children's very gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.
- Part-time farm worker required,** own sheepdog would be an advantage. Tel: 07804 521044.

## LLANWRDA'S 2ND COUNTRY MARKET SATURDAY, 8TH DECEMBER



This time a FESTIVE COUNTRY MARKET is in the offing. More than twelve stalls have been booked by traders with seasonal produce in mind.

From homemade chutneys, jams, pies and cakes to fruit, veg and crafts, with a free hot toddy for Mum and Dad and self-service sweet bar for the children. Mustn't forget a massive raffle. The Community has been very generous.

Cornwallis School Hall – 9.30a.m. to 1.00p.m. on Saturday 8th December. Ample parking and room in our Free Library for light refreshments.

We were so well supported at our first Country Market raising over £500 to give to the Cornwallis Trustees.

All monies raised by the Cornwallis Volunteers goes towards plans to reconstruct the Georgian building once a fine stone house overlooking the Playing Fields. Now 300 years after Miss Letitia Cornwallis bequeathed £1,000 for its construction we hope our efforts and those of Friends of Cornwallis Place will bring back the building for civic use.

Hope you will support.

Cornwallis Volunteers

# Church Services

E-English W-Welsh B-Bilingual

## PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWI SANT & MANORDEILO

(all services are bilingual)

### St Gwrdaf Church, Llanwrda

|        |         |  |
|--------|---------|--|
| 2 Dec  | 8.30am  | Holy Eucharist                                 |
| 9 Dec  | 8.30am  | Morning Prayer                                 |
| 16 Dec | 8.30am  | Holy Eucharist                                 |
| 24 Dec | 6.30pm  | Christingle Service.<br>11.30pm Midnight Mass. |
| 30 Dec | 10.00am | Joint Parish Eucharist                         |

### St. Sadwrn Church, Llansadwrn

|        |         |                             |
|--------|---------|-----------------------------|
| 2 Dec  | 11.00am | Holy Eucharist              |
| 16 Dec | 11.00am | Holy Eucharist              |
| 23 Dec | 11.00am | Christmas Rainbow<br>Church |
| 25 Dec | 9.00am  | Holy Eucharist              |

### Capel Dewi Sant

|        |        |                |
|--------|--------|----------------|
| 2 Dec  | 2.15pm | Holy Eucharist |
| 16 Dec | 2.15pm | Holy Eucharist |
| 23 Dec | 2.15pm | Evening Prayer |
| 25 Dec | 8.00am | Holy Eucharist |

### St. Paul's, Manordeilo

|        |         |                       |
|--------|---------|-----------------------|
| 2 Dec  | 9.30am  | Holy Eucharist        |
| 9 Dec  | 9.30am  | Morning Prayer        |
| 16 Dec | 9.30am  | Holy Eucharist        |
| 16 Dec | 6.30pm  | Nine Lessons & Carols |
| 23 Dec | 9.30am  | Holy Eucharist        |
| 25 Dec | 10.00am | Holy Eucharist        |

Please contact Rev. Jeff Thomas,  
01550 777758 for further information.

### ST. CADOG'S, LLANGADOG

|        |         |  |
|--------|---------|--|
| 2 Dec  | 9.30am  | Holy Communion   |
| 9 Dec  | 9.30am  | Morning Prayer   |
| 16 Dec | 6.00pm  | Carol Service  |
| 23 Dec | 9.30am  | Holy Communion   |
| 25 Dec | 9.30am  | Holy Communion   |
| 30 Dec | 10.30am | Holy Communion,<br>United Benefice Service<br>in Gwyntfe |
| 6 Jan  | 9.30am  | Holy Communion   |
| 13 Jan | 9.30am  | Morning Prayer   |
| 20 Jan | 9.30am  | Morning Prayer   |
| 27 Jan | 9.30am  | Morning Prayer   |

For further information please contact  
01550 777226.

### ST MICHAEL'S, TALLEY

Sunday services 11.00am

For further information, please contact the  
Area Dean, Rev Ian Aveson, 01550 720524.

### ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for  
details)

### ST SIMON & ST JUDE, LLANDEUSANT

|        |         |   |
|--------|---------|---|
| 9 Dec  | 6.00pm  | Carols with readings &<br>music from children<br>of the parish, followed<br>by mulled wine &<br>mince pies. |
| 24 Dec | 6.00pm  | Holy Eucharist followed<br>by mulled wine &<br>mince pies.  |
| 12 Jan | 11.00am | Morning Prayer  |
| 27 Jan | 2.00pm  | Holy Eucharist  |

### PARISH OF LLANDOVERY WITH MYDDFAI

#### Llandingat

|        |         |   |
|--------|---------|---|
| 2 Dec  | 10.00am | Family Communion<br>6.00pm Holy Communion                       |
| 9 Dec  | 9.30am  | Holy Communion<br>6.00pm Evening Prayer                         |
| 16 Dec | 9.30am  | Holy Communion<br>4.00pm Carols in the Market<br>Square         |
| 23 Dec | 9.30am  | Holy Communion<br>6.00pm United Carol Service                   |
| 24 Dec | 4.00pm  | Crib Service<br>11.30pm Midnight Communion for<br>Christmas Eve |
| 25 Dec | 8.00am  | Holy Communion<br>10.00am Family Service                        |
| 30 Dec | 10.30am | Joint Service in<br>Llandingat<br>6.00pm Evening Prayer         |

#### Llanfair

|        |         |  |
|--------|---------|--|
| 2 Dec  | 9.00am  | Cymun Bendigaid                          |
| 16 Dec | 11.00am | Gwasanaeth Carolau                       |
| 25 Dec | 9.30am  | Cymun Bendigaid (with<br>Plygain carols) |
| 6 Jan  | 9.00am  | Cymun Bendigaid                          |
| 20 Jan | 11.00am | Cymun Bendigaid                          |

#### St Michael's, Myddfai

|        |         |   |
|--------|---------|---|
| 2 Dec  | 11.30am | Holy Communion                          |
| 9 Dec  | 11.30am | Holy Communion                          |
| 16 Dec | 11.30am | Holy Communion                          |
| 23 Dec | 2.00pm  | Community Carol Service                 |
| 24 Dec | 9.30pm  | Holy Communion                          |
| 30 Dec | 10.30am | Joint Parish Communion<br>in Llandingat |

|        |         |                |
|--------|---------|----------------|
| 6 Jan  | 11.30am | Holy Communion |
| 13 Jan | 11.30am | Holy Communion |
| 20 Jan | 11.30am | Morning Prayer |
| 27 Jan | 11.30am | Holy Communion |

For further information please contact

Rev. Ian Aveson, 01550 720524.

### EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 /  
07511 551541 or  
[rhyjones4940@hotmail.co.uk](mailto:rhyjones4940@hotmail.co.uk).

|       |         |   |
|-------|---------|---|
| Sun   | 10.30am | Praise and Communion<br>5.00pm Gospel Service, including<br>Explorer's Club |
| Thurs | 7.00pm  | Prayer and Bible Study  |
| Fri   | 10.30am | Tea and Tots<br>(Term Time)   |

### PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

#### Llandeilo Parish Church

|         |         |  |
|---------|---------|--|
| 1st Sun | 9.30am  | Boreol Weddi   |
| 2nd Sun | 11.00am | Morning Worship<br>6.00pm Holy Communion                           |
| 3rd Sun | 9.15am  | Cymun Bendigaid  |
| 4th Sun | 11.00am | Family Communion<br>6.00pm Holy Communion                          |
| 5th Sun | 8.00am  | Holy Communion<br>11.00am Morning Worship<br>6.00pm Holy Communion |

**Evening Prayer and Compline alternate months:** *Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

#### St John's Maestelo

|         |        |                |
|---------|--------|----------------|
| 1st Sun | 9.45am | Holy Communion |
| 2nd Sun | 9.45am | Holy Communion |
| 3rd Sun | 9.45am | Morning Prayer |
| 4th Sun | 9.45am | Morning Prayer |

#### Holy Trinity Talairas

|         |        |                |
|---------|--------|----------------|
| 2nd Sun | 9.45am | Holy Communion |
| 4th Sun | 9.45am | Holy Communion |

#### BAPTIST CHAPEL

Queen Street, Llandovery  
(at the end of Orchard Street.)

10.30am Welsh Service.

#### ST DAVID, ABERGORLECH

Sunday services at 9.30am

For further information, please contact the  
Area Dean, Rev Ian Aveson, 01550 720524.

#### TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.

Phone: 01550 777149

|     |         |                               |
|-----|---------|-------------------------------|
| Sun | 10.30am | Family Praise & Worship       |
| Sun | 6.00pm  | Bible Workshop –<br>Teenagers |

#### ALL SAINTS GWYNFEE

|        |                          |  |
|--------|--------------------------|--|
| 2 Dec  | 11.15                    | Eucharist                                  |
| 9 Dec  | 11.15                    | Morning Prayer                             |
| 16 Dec | 11.15                    | Carol Service                              |
| 23 Dec | 11.15                    | Eucharist                                  |
| 24 Dec | 6.00pm                   | Christmas Eve<br>Eucharist Llandeusant     |
| 25 Dec | 9.00am                   | Christmas Day United<br>Service, Llangadog |
| 30 Dec | United Service Eucharist |  |
| 6 Jan  | 11.15                    | Eucharist                                  |
| 13 Jan | 11.15                    | Morning Prayer                             |
| 20 Jan | 11.15                    | Morning Prayer                             |
| 27 Jan | No Service               |  |

## THE CHRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

Sun 6.00pm Bible Talk

Thurs 7.30pm Bible Study

## TY'R BUGAIL

on Sundays

2.30pm for Tea, Coffee and light lunch

3.00pm for rural chaplaincy service

at Ty'r Bugail, 4 Market Square, Llandovery SA20 0AA. Tel: 07748 644958.

www.ygrwp.com

## PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

### *St Mary's, Cyngordy*

(*Llanfair-ar-y-brynn*)

2 Dec 2.30pm Eucharist

9 Dec 2.30pm Eucharist

16 Dec 2.30pm Carol Service

23 Dec 2.30pm Christmas Eucharist

30 Dec 2.30pm Eucharist

7 Jan 2.30pm Eucharist

14 Jan 2.30pm Eucharist

21 Jan 2.30pm Evening Prayer

28 Jan 2.30pm Eucharist

For further information please contact Mrs Ann McKnight. Tel: 01550 721109.

### *St. Barnabas Church, Rhadirmwyn*

2 Dec 9.30am Eucharist

9 Dec 9.30am Eucharist

16 Dec 9.30am Morning Prayer

23 Dec 9.30am Morning Prayer

24 Dec 10.00pm Christmas Eucharist

30 Dec 9.30am Eucharist

7 Jan 9.30am Eucharist

14 Jan 9.30am Eucharist

21 Jan 9.30am Evening Prayer

28 Jan 9.30am Eucharist

For further information please contact Ann McKnight. Tel: 01550 721109.

### *St. Michael's, Cilycwm*

2 Dec 11.15am Eucharist

9 Dec 7.00pm 9 Lessons & Carols

16 Dec 11.15am Morning Prayer

23 Dec 11.15am Morning Prayer

25 Dec 6.00am Plygain

10.00am Christmas Eucharist

7 Jan 11.15am Eucharist

14 Jan 11.15am Eucharist

21 Jan 11.15am Evening Prayer

28 Jan 11.15am Eucharist

For further information please contact Ann McKnight. Tel: 01550 721109.

## ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

## ST SAWYL, LLANSAWEL

Services on the 1st and 3rd Sundays of the month at 11.00am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

## UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday

Golden Grove – 2nd and 4th Sunday

Llanfynydd – 2nd and 4th Sunday

Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.

Carmel every Sunday at 9.30a.m.

5th Sunday of the month services are rotated between the above churches

## OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD

Served from Lampeter

Vigil mass of Sunday, Saturday 5.00pm

Parish Priest, Fr Keith Evans

Tel: 01570 421003, Mob: 07896 762786

Email: davidekeithevans@hotmail.co.uk

## SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church

Christchurch, The Court, Lant Avenue,  
Llandrindod Wells, Powys.

Saturdays 2.30pm to 4.30pm

Sabbath School Service 2.30pm

Divine Service 3.00 pm

All Are Welcome. God bless.

Enquiries: 01597 824732/01982 553959.

## QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488

Sun 10.45am Canolfan Steffan,

Peterwell Terrace, Lampeter SA48 7BX.

## PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday

(bilingual)

Holy Trinity, Pontargothi 9.45.a.m.

every Sunday (English)

Llanegwad 11.00.a.m., 2nd, 3rd  
and 4th Sunday (bilingual)

St. John's, Felin gwrm 2.00.p.m. 2nd, 3rd  
and 4th Sunday (Welsh)

5th Sunday of the month services are  
at 10.30.a.m. and rotate between the  
above Churches.

## CHRISTMAS SERVICES

24 Dec 10.00pm Midnight Mass,  
Llanfihangel

11.45pm Holy Trinity

25 Dec 8.00am Christmas Communion,  
St. John's Felin gwrm  
9.30am Llanegwad

## WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study  
11.00am Worship

Ladies Service

2nd Tuesday of each month, 2.30pm.

For further information, please contact  
Minister Leonard Phelps. Tel: 01591  
610083.

## THE LIGHT IS SHINING *at Ebenezer Apostolic Church, Halfway, Talley*

The theme for this month is "Read the word!"

As we gather our thoughts into the winter and settle down to cosy fires and soft sofas, let us look towards what we may think about for the new year. I want to encourage you to read the bible. There are various versions including the New International Version (which I find easy to navigate through) or the King James. I even have a Reader's Digest Bible Illustrated Edition (Condensed from the Revised Standard Version) which has wonderful inspirational pictures to encourage me. Whichever version you study, you will be sure to find gems to travel through on your daily journey with Jesus. If you have never picked up a bible, now is the time! Just start to read it and see what wonderful discoveries you will make.

Start here >> John 1 Verse 1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it.

Ebenezer Apostolic Church is situated in the Talley valley and we invite you to come along to one of our services and learn more about the bible. We have Morning Praise at 10.30 a.m. and a Gospel Service at 5.00 p.m. We have a cup of tea or coffee after our evening service and you will be very welcome. We are based near the villages of Cwmdu and Talley! Post code – SA19 7YA. Further details of our services are available from Pastor Ian Hughes and Mrs Megan Hughes on 01570 481887. Please also visit our website at <http://rivers.cymru/>

Angie Davies.

# Events

These details have been prepared by  
The Post and are believed to be correct,  
but do check for any changes.  
For a free listing of your event contact  
PostDatum on 01550 721225.

## 1 DECEMBER:

**Llandeilo Antiques and Vintage Monthly Fair** at the Civic Hall, Llandeilo. Homemade snacks and refreshments will be available at the fair. Doors open at 10.00am and close at 4.00pm. Admission is just £1. Tel: 01267 220260 or 07790 293367 for further info.

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Snooker** at Llangadog Community Centre, 7 days a week. Ring Mike on 01550 777768 or 07720 801197 for details.

**Cadog Film Club:** Film Stars Don't Die in Liverpool (2017) The true story of the passionate affair between a young British actor and an ageing Hollywood actress. As the mismatched romance waxes and wanes, events conspire to keep them in each other's lives. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

**Llandovery Twinning Association** invite you to a Festive Wine Tasting, 7.00pm at The Drovers, £17.50 per person which includes a welcome drink, tasting wines and canapes. Raffle Prizes. For tickets please contact Kate Morgan on 01550 720239 or Gina Jones 01550 720790. **Talley Parish History Group.** This will be the last session that Pat Edwards will hold in the Cwmdu Inn from 10am to 12noon as the Talley Archive can now be viewed on the People's Collection Website using the following link: <https://www.peoplescollection.wales/users/29936>.

**Cwmdu Inn.** Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

**LYCC Christmas Sale.** Time: 10 am 'til all sold out. Bric-a-brac, books, gifts, cakes and more. Come along for bargains, must have's and gifts galore. We'll be open until it's all gone. Turn up early. Venue: Llandovery Youth and Community Centre, 19 Market Square. Tel: 01550 721499.

**JAM JAR BLUES** at "The Bear with rooms", Market Square, SA20 0AB as part of the Llandovery Christmas Lights and Festival. Enjoy an evening of Blues, Rock and a little bit of Soul from this local duo. See posters around town.

**Whist drive** in Llanwrda Village Hall, 7.30pm.

## 2 DECEMBER:

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**The Ramblers – Beacons Bonanza 14:** Foel Fraith & Carreg yr Ogof. This walk takes in three trig points and all of the land over 2000' to the immediate East of the A4069 which divides the Black Mountain. This is a good upland route featuring 2200' of ascent, some marshland and fine views (weather permitting). Dist. 12 miles. Energetic! Strenuous Explorer map: OL12 Meeting point: Llangadog Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

**Providence Chapel,** Cwmdu. There will be an afternoon service at 2pm.

**Welcome at 7.00pm to St Barnabas Church, Rhendirmwyn,** when Llandovery College Choir will sing at the 'Christmas by Candlelight' concert. Admission: £5 at door, children under 15 free. In aid of St. Barnabas Church.

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**Worship celebrating the first Sunday in Advent,** 11.00am. The lighting of the Advent wreath. Sunday School for the children. Coffee after the service in the Hall. Service is at William Williams Church on the High Street.

## 3 DECEMBER:

**Llandovery Art Group.** We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

**French Lessons** every Monday, 6.15 – 8.00pm at Crugybar village hall, £10 weekly. Contact gillypickering@aol.com or 01550 760067.

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Duruflé's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Informal Carol Singing** at Cornwallis Place School Dining Hall, Llanwrda followed by Tea and Mince Pie, 7.00pm.

**Our Childhood Memories of Christmas – Group celebration,** 6.30pm for 7.00pm organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

**Llanwrda and Llansadwrn Christmas Lunch** 12.30pm in the Reading Room Llansadwrn. Bring food to share and raffle prize. Talk by Menna Evans.

**Informal Carol Singing** at Llanwrda School Dining Hall followed by tea and mince pies, 7.00pm.

**Our Childhood Memories of Christmas – Group celebration,** 6.30pm for 7.00pm organised by Llanwrda and Llansadwrn Countrywomens Group, 7.30pm at the Reading Room, Llansadwrn.

## 4 DECEMBER:

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

**Twi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untaught life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

**CHAIR YOGA in Llandovery:** for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Catholic Hall, 10.15am – 11.15am. Cost £5.00. For information telephone Stephanie 01558 659534.

## 5 DECEMBER:

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

**Band Tref Llandeilo Town Band:** We are a fun wind band for all ages and abilities meeting at Llandeilo Civic Hall, Crescent Road every Wednesday, 6.30pm upstairs for beginners and 7.15pm downstairs for the main band. We play a wide range of music from swing to film and TV themes and the main object is for all to enjoy playing – we also socialise in the tea break and (optional!) in the pub afterwards. We have instruments we can loan out, too. Come along or ring for further details: 07811 356778.

**Italian Lessons** every Wednesday, 6.15 – 8.00pm at Crugybar village hall, £10 weekly. Contact gillypickinger@aol.com or 01550 760067.

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**Monthly meeting of Capel Dewi Community Association** at The Old School, Capel Dewi. 7.00pm.

**The Ramblers – Glanamman:** A circular walk around Glanamman. Exact route to be determined by weather conditions on the day. Dist. 4 miles. Moderate Explorer map: 178/OL12 Meeting point: Glanamman Community Centre car park Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

**Cwmdu Smallholders.** The group for smallholders, meeting on the first Wednesday of each month, will be in the Cwmdu Inn from 7.00pm. Bring a plate of food to share as usual. For more information, please contact Peter Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

**A friendly, practical course in Conversational French** with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45, every Wednesday, starts the 5th December 2018 at the Function Rooms in the Angel Inn, Llandeilo. Bookings: Amelie.vivelafrance@gmail.com or telephone 01558 685175. This course is run as a four week block that can be renewed.

**YOGA with MINDFULNESS in Llandovery.** A gentle yoga class for overall wellbeing, working deeply with body, mind and spirit. Beginners welcome. The YMCA. 6.00pm - 7.30pm. Cost £7.00. For information contact Stephanie/Nirbhaya: 01558 650534.

## 6 DECEMBER:

**Llansawel Art Club**, Thursday mornings from 10.00am to 12.30pm. Individual work and individual tuition in media of choice. Ring Dale (Esdaile Hudson FRSA) on 01558 685350.

**Line Dancing** held at Llandovery Rugby Club every Thursday. Beginners 7.00pm – 8.00pm, Intermediate 8.00pm – 9.00pm. For further information ring 07788 622354.

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Dinefwr Photographic Society:** Digital photo forum, members are invited to bring along their latest images for this years forum topics as detailed on our website, 7.00pm at The Angel, Llandeilo. Visitors welcome, please feel free to bring your digital images on a memory stick and get some friendly feedback.

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 293061.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henlys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henlys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Llanwrtyd Christmas Tree Lighting**, 6.30 p.m. on the square — Bridgend Garage.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Cymdeithas Cwmdu.** The meeting is held every first Thursday of the month in the Cwmdu Inn from 8.00pm. If you are interested in the social activities of the village, come along for updates on previous events, and ideas for new ones. Find out how we work together to ensure the continuation of this community enterprise. More volunteers are desperately wanted (especially to help in the Post Office and for kitchen cleaning), for all sorts of roles in the shop, accounting, cleaning, general maintenance, marketing, communication etc. If you can offer your skills for a few hours, you will be most welcome. Become a more active part of the community and make new friends – it can be very fulfilling and enjoyable. Contact the shop/pub on 01558 685156.

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 293061.

## Drawing and Painting course for beginners and more advanced.

Beginners and more advanced Drawing and Painting course [ongoing through the winter, with occasional breaks] with Genevieve Caminade, a practising artist. These drawing and painting sessions will help you develop technical skills in a relaxed and supportive environment. Students will be encouraged to explore a variety of approaches and art materials. Reference to contemporary and historical artists will help you to inform, inspire and develop your artistic journey. For the Drawing sessions, you will cover topics such as line, tone, composition, perspective, proportion and for the painting sessions you will study some colour theory and learn about mixing colours and how to work with watercolour and acrylic paint. This course is suitable for beginners and those returning to drawing and painting. Starts Thursday 6th December, time: 10.00am to 12.00 noon in Llandeilo. Venue confirmed on Booking. Contact 01558 685175 or genecaminade@hotmail.com. This course is run as a six week block that can be renewed.

**Gardens of the Mekong** with Adam Alexander organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

**YOGA with MINDFULNESS in Llandovery.** A gentle yoga class for overall wellbeing, working deeply with body, mind and spirit. Beginners welcome. The YMCA. 10.30am -12.00. Cost £7.00. For information contact Stephanie/Nirbhaya: 01558 650534.

**Christmas tree Lighting**, 6.30pm on the square at Bridgend Garage.

## 7 DECEMBER:

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Whist Drive** at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

**Llandeilo Country Market**. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Marchnad Crescent Road Market** is held in the Civic Hall, Llandeilo every Friday from 9.00am – 2.00pm. With 16 regular stalls, we sell everything from fresh produce, jams and cakes to books, direct from the Publisher. Live music. Tea/coffee/cake cafe. Browse for your gifts and cards, jewellery, antiques and bric-a-brac, handbags, beauty products and much more. Phone Cafe for more information: 07891 867120.

**Gentle chill out yoga with meditation** at Henlys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

**'CAROLS & CAWL'** Sexton Arms Llansadwrn 7.30pm.

**Cwmdu Folk Night.** A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

**BOOK LAUNCH of The Blaenau Tywi Newsletter** - Collected Edition 1989 – 2012 at The Castle Hotel, Llandovery, 10.30am - 12.00 noon with John Milner, founder of the Newsletter and other members of the publication team. This archival edition is available at £15. All profits from sales to be donated to the League of Friends of Llandovery Hospital. All welcome.

#### **8 DECEMBER:**

**Brecon Farmers Market:** Second Saturday monthly at the Brecon Market Hall, 9.30am – 2.00pm.

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Myddfai Hall Christmas Fair December** 10am-4pm. Come along for a wide range of quality local crafts and produce and there will be Festive refreshments from the cafe. Tel 01550 720449 [www.myddfai.org](http://www.myddfai.org)

**Christmas Tree Festival**, St James' Church, Llanwrtyd Wells, displays, decorations, refreshments etc. This year's theme is 'Commemorating the year 1918'. For more information or to enter, contact Virginia on 07796 905 822 or Julie 01591 610687.

**Festive Food Country Market**, Cornwallis Place School Dining Hall, Llanwrtyd at 9.30am, to 1.00pm.

**Llanfihangel Christmas Tree Decorating** – from 2pm – come and help decorate the tree and munchies to keep us going. We're getting ourselves ready for the Carol Service on Sunday. At St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – for info ring 01267 202305.

**Cwmdu Inn**. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Mayor's Christmas Charity Concert** Llandeilo Civic Hall 7.30pm with Band Tref Llandeilo Town Band and childrens' choirs of Llandeilo district. All proceeds to Mayor's charities. Check with John Morgan for further details 07811 356778.

**Table Top Sale** at Civic Hall, Llandeilo. Everyone Welcome. Santa will be making an appearance too! Teas, Coffees and Bacon Rolls, 10.00am – 3.00pm.

**Quiz Night** in Crugybar Village Hall with Mike and Dave at 7.30 pm. Admission £2. Bring a plate of food to share plus your own drinks.

**Festive Country Market**, 9.30am to 1.00pm at Cornwallis School Hall. Seasonal produce, crafts, homemade jams and pickles. Refreshments. Ample parking.

#### **9 DECEMBER:**

**The Ramblers – Newcastle Emlyn – Cenarth:** From the castle with a dragon along the river to the beautiful waterfalls on the River Teifi, and back in time for tea. Dist. 8 miles. Moderate Explorer map: 185 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Ros B. Mob. 07976 631083.

**Carol Service** – at 3pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP, followed by a tea of mince pies and cake in the Church Hall. Come and see the uniquely decorated windows and our Christmas Tree. Info Roger Nock on 01267 202347.

**Midwinter Gathering** at The Civic Hall, Llandeilo. Cymdeithas y Dalar, The Green House and Transition Tywi Trawsnewid would like to invite you to join us in our annual Midwinter Gathering. We will be meeting in the Civic Hall, Llandeilo for the ninth time at the beginning of December to escape, for a short time the pre-Christmas hustle and bustle. This Midwinter Gathering will take place on Sunday the 9th of December from 4pm to 8pm, featuring live music, storytellers, craft demonstrations, art activities for children, teas, coffees and cawl. You can join in with the music and storytelling or bring biscuits or cakes to share with others. You can also simply come soak up the friendly atmosphere and relax.

**Rivers Community Church**, Llandeilo at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**Bible Study**, 10.00am followed by Worship at 11.00am on the second Sunday in Advent at William Williams Chapel on the High Street, Llandovery. A great time to begin to celebrate Christmas. Things for the children. Lighting of the Second Candle of Advent. Coffee following in the Hall.

#### **10 DECEMBER:**

**NAAFI Morning** at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 01554 757957.

**Llandovery Art Group**. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

**French Lessons** every Monday, 6.15 – 8.00pm at Crugybar village hall, £10 weekly. Contact [gillypickering@aol.com](mailto:gillypickering@aol.com) or 01550 760067.

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Duruflé's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

**Just Sew:** Sewing workshops lead by The Sewing Wasps Sharon and Tricia, 10.00am – 4.00pm at Ysgubor Y Tarw, 4 Cefngornoe, Llangadog SA19 9AN. We aim to build a sewing community that can also benefit from socialising with fellow 'sewers' if so desired; a wellbeing, fun and no nonsense time together. Cost: £35 includes materials, tea/coffee and cake/biscuits. (£10 deposit to reserve place when booking – non refundable or carried over to alternative date). Booking: Maximum number is 6 persons per session, so please book by contacting either Sharon – 07747 092846, Tricia – 07805 939504 or email: [invigorate2@gmail.com](mailto:invigorate2@gmail.com)

#### **11 DECEMBER:**

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

**Ladies Service** at William Williams Chapel (vestry), 2.30pm on the 2nd Tuesday of every month. Refreshments after. All welcome. Tel: 01550 720674 for further information.

**The Arts Society Brecknock** - 'The History & Art of the Nativity Crib': 2.30pm. Theatr Brycheiniog, Brecon, LD3 7EW. Talk by Geri Parly. Visitors welcome. Tickets £8 on the door or available in advance from Theatr Brycheiniog Box Office. Contact 01874 611622.

**CHAIR YOGA in Llandovery:** for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Catholic Hall, 10.15am – 11.15am. Cost £5.00. For information telephone Stephanie 01558 659534.

**Come and hear the girls of Hope House Drug Rehabilitation Centre** in William Williams Chapel, High Street, Llandovery at 2.30pm. All welcome.

#### **12 DECEMBER:**

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact [thequiltingdragon@yahoo.com](mailto:thequiltingdragon@yahoo.com)

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**Christmas Celebrations & Buffet Supper** organised by Llandovery Floral Art at 7.00pm in Dolau Bran, Llandovery. Tel: 01550 740242 for further details.

**The Ramblers – Gwernogle:** A circular walk from Keeper's oar park in Brechfa Forest through Gwernogle using quiet lanes and paths. Following the Afon Clydach for part of the way. Dist. 4 miles. Moderate Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 12.30pm on by car, organised by Dinefwr Ramblers. Leader: Jude and John Charteris Tel. 01558 823004 Mob. 07776 433921.

**Pilgrim Service** at Llanfihangel Rhos y Corn – at the earlier time of 5pm at St Michael's Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation. - Info Roger Nock on 01267 202347.

**Bingo** with caller Arwyn Jones at The Old School, Capel Dewi. £4 for 7 games. Cash prizes, 7.00 – 9.00pm.

**Wildlife Trust South & West Wales – East Carmarthenshire Group.** The Fallow Deer of Dinefwr Park – Sarah Jones, Engagement Ranger, will talk about the History and Management of the Deer at Maes Elfyn Hall, Dynevyr Avenue, Llandeilo at 7.30pm. For further information about the Meeting or the Group, please contact Valerie Arnall, Honorary Secretary, Tel: 01267 253485.

**YOGA with MINDFULNESS in Llandovery.** A gentle yoga class for overall wellbeing, working deeply with body, mind and spirit. Beginners welcome. The YMCA. 6.00pm – 7.30pm. Cost £7.00. For information contact Stephanie/Nirbhaya: 01558 650534.

### 13 DECEMBER:

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook. **Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Dinefwr Photographic Society** – Christmas Social Valans Restaurant Llandybie. If you are interested in coming along visitors are always welcome. The society meets on alternate Thursdays at The Angel Llandeilo at 7.00pm. Full details of the programme will be on the society's website and each months edition of The Post. For further information please feel free to contact any of the following; Dorian, Simon, Will.

**Llanrwyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Just Sew:** Sewing workshops lead by The Sewing Wasps Sharon and Tricia, 10.00am – 4.00pm at Ysgubor Y Tarw, 4 Cefngornoeth, Llangadog SA19 9AN. We aim to build a sewing community that can also benefit from socialising with fellow 'sewers' if so desired. A well-being, fun and no nonsense time together. Cost: £35 includes materials, tea/coffee and cake/biscuits. (£10 deposit to reserve place when booking – non refundable or carried over to alternative date). Booking: Maximum number is 6 persons per session, so please book by contacting either Sharon – 07747 092846, Tricia – 07805 939504 or email: invigorate2@gmail.com

**XMAS LIGHTS ON & CAROLS AROUND THE TREE.** Llansadwrn Reading Room. from 6.30pm onwards.

**Cwmdu Classic Club.** A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. It could be a talk or possibly a film or just a sociable discussion. For further information, please contact Edwin Arblaster on 01558 685431.

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361.

**Coffee Morning** with Nantgaredig School pupils at The Old School, Capel Dewi. £2 includes raffle and refreshments. (10.00am – noon).

**YOGA with MINDFULNESS in Llandovery.** A gentle yoga class for overall wellbeing, working deeply with body, mind and spirit. Beginners welcome. The YMCA. 10.30am -12.00. Cost £7.00. For information contact Stephanie/Nirbhaya: 01558 650534.

### 14 DECEMBER:

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Cadog Film Club:** Lean on Pete (2017) When teenage stablehand Charley learns that Pete, an ageing racehorse, is bound for slaughter, the two set out on a journey to find a place to call home. Llangadog Community Hall. Doors open 7.00 pm; film starts 7.30 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email: cadogfilmclub@aol.com.

**Llandeilo Country Market.** Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

**Llandovery Poetry and Prose** – Midday to 1.45pm. Ring first for confirmation of which Friday and where. Dolau Bran Community Hall or Llanwrda Old Primary School. All ages welcome. Meet to read out or just listen to different poetry types, styles and languages. Self-penned or otherwise. Refreshments. Friendly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

### 15 DECEMBER:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cwmdu.** The village Christmas Dinner, to be held in the Cwmdu Inn, will be cooked this year by one of our regular chefs, Melanie. Limited numbers so booking is essential. For details of the menu and to book please contact the shop/pub on 01558 685156. One sitting 7pm for 7.30pm. Please place your order when booking and bring a little wrapped gift (value of about £1) for the "Secret Santa" on the night.

### 16 DECEMBER:

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**The Ramblers – Brecon:** From the boating car park. Some town walking then up to the Iron Age fort, down to the villages of Cradoc and Battle, then lanes back to the car park via a Roman fort. Dist. 7.0 miles. Moderate Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

**Rivers Community Church,** Llandeilo at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**Worship on the third Sunday in Advent** at William Williams Chapel on the High Street at 11.00am. Lighting of the third Candle of Advent, Sunday School for the children. Coffee and treats after the service in the church hall.

**Carols and Candles,** singing of the great Christmas Carols, lighting of Candles with Mince pies afterwards in the Hall all in William Williams Chapel on the High Street in Llandovery, 6.00pm.

### 17 DECEMBER:

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Duruflé's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Carols Evening** At the Old School, Capel Dewi. 7.00pm An evening of Carols and readings followed by coffee and mince pies.

#### **18 DECEMBER:**

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

**Twi Art Group** Untutored life-drawing session, 9.30 to 12.30 at Cwmnifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

**CHAIR YOGA in Llandovery:** for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Catholic Hall, 10.15am – 11.15am. Cost £5.00. For information telephone Stephanie 01558 659534.

#### **19 DECEMBER:**

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact Seniors – Ann 01550 777699.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitching skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Poetry at The Angel – Llandeilo** - 6.30pm to 8.30 pm – Free. Telephone for confirmation of date and time (usually we meet Last Wednesday of every month but this might change Dec/Jan). Upstairs Room at The Angel Hotel. Share your own poetry and prose and/or your other favourites. Telephone Sandra on: 01550 721197.

**Myddfai Farmers Market**, 9am – 1pm Indoors at Myddfai Community Hall. Come along for a wide range of quality local produce just in time for Christmas. The Gift shop & Cafe will be open too. www.myddfai.org

**The Ramblers:** Ammanford – Betws: Two walks are available; a shorter, easier walk and longer more energetic walk. Dist. 3 or 4 miles. Easy (3m) / Moderate (4m) Explorer Map: 178 Meeting point: Tesco Ammanford Car Park. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Janice Evans/Barrie Clark Tel. Janice Evans 01269 593483 Barrie Clark 01269 850184 Mob. Janice Evans 07814 275017.

#### **20 DECEMBER:**

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Cwmdu**. Christmas carols around the village. Christmas tree (kindly donated by Pippa and Peter Hughes) at 6pm followed by mince pies, mulled wine and hot spiced cider, served in the welcoming warmth of the Cwmdu Inn with its inglenook fireplace and roaring log fire. This will be followed by a fun quiz by Tom Corcoran. For more details phone shop/pub on 01558 685156.

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361.

#### **21 DECEMBER:**

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn. **From the Floor** - opportunity to have a dance: email: dancefenni@gmail.com, Rhys Pritchard Hall, SA20 0DD, £5, incl. refreshments, 7.30pm – 10.30pm, www.facebook.com/llandoveryfolkdancing llandoveryfolkdancing.co.uk Tel: 01550 720483.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Christmas Folk Dancing:** 'From the Floor', Rhys Pritchard Hall, SA20 0DD £5 incl. Christmas refreshments. 7.30pm – 10.30pm www.llandoveryfolkdancing.co.uk facebook.com/llandoveryfolkdancing or tel. Jean 01550 720483.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

**Sinema Sadwrn** are pleased to announce a duo of free festive films chosen by popular vote to kick off the Christmas holiday. These screenings are generously supported by the Llansadwrn Reading Room, so entry is free to all. There will be a family friendly afternoon film starting at 4pm, and an evening film starting at 7pm, both in the Sexton Arms, Llansadwrn. Everybody welcome to come along and get in the Christmas spirit. Visit Cinema Sadwrn on Facebook to find out what we'll be showing, or call 07900 908391.

#### **22 DECEMBER:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cwmdu Inn**. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

#### **23 DECEMBER:**

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Providence Chapel, Cwmdu**. There will be a community Christmas Service at 2pm, followed by tea in the Vestry. Everyone is welcome.

**Rivers Community Church, Llandeilo** At The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**Adult Bible Study** at 10.00am followed by worship at 11.00am on the fourth Sunday in Advent at William Williams Chapel on the High Street in Llandovery.

**Community Traditional Carol Service**, 6.00pm held at the Parish Church in Llandovery. This service is sponsored by the churches and chapels in the area. All are welcome.

#### **24 DECEMBER:**

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's

Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m. **Christmas Eve Candlelight Communion** – at 11.30pm Candlelight Communion at Llanfihangel Church. Come and see Christmas in with us. Wrap up warm. As featured in the December 2013 issue of Country Living in the "Carols by Candlelight" top ten across the UK. Info Roger Nock on 01267 202347.

**Christingle Service**, 6.30pm at Llanwrda Parish Church.

#### **25 DECEMBER:**

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Ladies Service at William Williams Chapel (vestry)**, 2.30pm on the 2nd Tuesday of every month. Refreshments after. All welcome. Tel: 01550 720674 for further information.

**Cwmdu Inn**. Christmas Day - the bar will be open from 11.00am to 1.00pm for members of the community to escape the stress of the kitchen and to have a pre-Christmas lunch drink, but will be closed afterwards for a private function.

#### **26 DECEMBER:**

**Writing for Fun and Profit, course**. 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level - no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact theequiltingdragon@yahoo.com

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Cwmdu Inn**. Boxing Day – Hopefully, the bar will be open in the evening but for opening times please see our website www.cwmdu.org or ring 01558 685156.

**The Ramblers**: Boxing Day Jaunt: Dinefwr Castle is the venue for the usual refreshments. A breath of fresh Llanedail air. Dist. 3 miles. Moderate Explorer Map: 186 Meeting point: Llandeilo Fire Station car park. Dep. 11am on foot, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

#### **27 DECEMBER:**

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook. **Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Please check beforehand. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Quiz Night** at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lluest Horse and Pony Trust. Bring a team or join one when you arrive. Good food, drink and great company will be on tap all evening.

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361.

#### **28 DECEMBER:**

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Llandeilo Country Market**. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed. **Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

#### **29 DECEMBER:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cwmdu Inn**. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

#### **30 DECEMBER:**

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Providence Chapel, Cwmdu**. There will be an afternoon service led by Peter Harris at 2pm.

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**The Ramblers**: Cwmdu – Talley: A lovely circular route over Mynydd Fifyn and Cyndros with great views. Two picturesque villages, Tepee Valley and the ancient abbey. A couple of good climbs and some boggy bits adds to the challenge. Village pub possible at the end! Dist. 9 miles. Energetic Explorer Map: OL186 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

#### **31 DECEMBER:**

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

**New Year Walk-In, torch-lit 'Mari Lwyd' procession** leaving the Square, Llanwrtyd Wells at 10.30pm and ending with the midnight count-down. Everybody welcome, free entry. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

**New Year's Eve celebrations in Llanwrtyd Wells**. Entertainment - Samba band and live music from 9pm - and traditional New Year's Eve Walk-In, a torch-lit 'Mari Lwyd' procession leaving the Neuadd Arms at 10.30pm with refreshments en route and ending with the midnight count-down in the Square. Everybody welcome, free entry, small charge for torches. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

**Cwmdu Inn**. A New Year's Eve party from 7pm. Free entry. Richard Hughes will be Question Master for a fun quiz at 8pm. Please bring a plate of food to share or a donation towards a buffet meal. Phil Lloyd from Llansteffan and his band of folk musicians will be bringing Mari Lwyd from 11.00pm to help see in the New Year. Come and join us! For more details, please see our website www.cwmdu.org, ring 01558 685156, or see us on Facebook.

**New Years Eve Party** at Llanwrda Village Hall, 7.00pm

## **1 JANUARY 2019:**

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

**Snooker** at Llangadog Community Centre, 7 days a week. Ring Mike on 01550 777768 or 07720 801197 for details.

**Llanwrtyd Wells New Year's Day Walk**, a 5 or 6 mile guided walk at an easy/moderate pace with free entry leaving the Square at 11am. Everybody welcome, including children and dogs (bring leads). Please wear appropriate clothing/footwear and bring water and a snack. For more information see: [www.green-events.co.uk](http://www.green-events.co.uk) or telephone 01591 610666/610236.

## **2 JANUARY:**

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gervyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact [thequiltingdragon@yahoo.com](mailto:thequiltingdragon@yahoo.com)

**Band Tref Llandeilo Town Band:** We are a fun wind band for all ages and abilities meeting at Llandeilo Civic Hall, Crescent Road every Wednesday, 6.30pm upstairs for beginners and 7.15pm downstairs for the main band. We play a wide range of music from swing to film and TV themes and the main object is for all to enjoy playing – we also socialise in the tea break and (optional!) in the pub afterwards. We have instruments we can loan out, too. Come along or ring for further details: 07811 356778.

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**Band Tref Llandeilo Town Band** is a wind band for all ages and abilities. We meet every Wednesday in the Civic Hall, Crescent Road, Llandeilo from 6.30pm (beginners/improvers) and 7.15pm (everyone else!). Our aim is to have fun making music for ourselves and the Community. We adjourn to the pub to socialise afterwards (optional!). Simply turn up if you are interested or ring John Morgan for more information: Croeso i bawb!

**Cwmdu Smallholders.** The group for smallholders, meeting on the first Wednesday of each month, will be in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

**Monthly meeting of Capel Dewi Community Association** at The Old School, Capel Dewi. 7.00pm.

**The Ramblers** – Godre'r-graig: A level walk without any stiles along the riverside cycle path to Godre'r-graig. Returning along Swansea canal towpath, going through the nature reserve. Dist. 6 miles. Moderate Explorer Map: 165 Meeting point: Tesco Pontardawe car park. Share cars to Lidi Pontardawe car park. Dep. 11 am, organised by Dinefwr Ramblers. Leader: Angela Pennell Tel. 01 269 823517 Mob. 07938 992779.

## **3 JANUARY:**

**Llansawel Art Club**, Thursday mornings from 10.00am to 12.30pm. Individual work and individual tuition in media of choice. Ring Dale (Esdaille Hudson FRSA) on 01558 685350.

**Line Dancing** held at Llandovery Rugby Club every Thursday. Beginners 7.00pm – 8.00pm, Intermediate 8.00pm – 9.00pm. For further information ring 07788 622354.

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Cymdeithas Cwmdu.** A meeting in the Cwmdu Inn at 8pm to discuss the social plans for the community over the coming weeks and months of 2019. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along – everyone is welcome!

**Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361.

## **4 JANUARY:**

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Marchnad Crescent Road Market** is held in the Civic Hall, Llandeilo every Friday from 9.00am – 2.00pm. With 16 regular stalls, we sell everything from fresh produce, jams and cakes to books, direct from the Publisher. Live music. Tea/coffee/cake cafe. Browse for your gifts and cards, jewellery, antiques and bric-a-brac, handbags, beauty products and much more. Phone Cate for more information: 07891 867120.

**Cwmdu Folk Night.** A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

## **5 JANUARY:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cadog Film Club:** The Guernsey Literary and Potato Peel Society (2018) A young writer travels to Guernsey to write about the book club formed during the Nazi occupation. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email: [cadogfilmclub@aol.com](mailto:cadogfilmclub@aol.com).

**TWELFTH-NIGHT CELEBRATION.** Seasonal music with bar and nibbles, £5 (Friends/Members £3), The Muse, Brecon 7.30pm organised by FRIENDS of Brecon and District Mind. BRECON and DISTRICT MIND is a voluntary sector organisation which runs a recovery, wellbeing and learning centre in Brecon providing open-door sessions and a wide range of healthy activities and services. These are designed to support people who experience mental distress. Some services are also provided in Crickhowell, Talgarth and Hay-on-Wye. They are delivered by an experienced and friendly team of staff and volunteers. The services complement those provided by the community mental health team and other voluntary sector agencies. Funding is, in part, provided by Powys Teaching Health Board and Powys Social Services. Brecon and District Mind, Ty Croeso, St David's House, 48 Free Street, Brecon, Powys LD3 7BP. Tel: 01874 611529 [info@brecomind.org.uk](mailto:info@brecomind.org.uk) [www.brecomind.org.uk](http://www.brecomind.org.uk)

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Gosen Chapel, Cyngorhyd Live Nativity**, 5.45pm for 6.00pm performed by local people and animals. This is followed by carols by candlelight in the chapel and seasonal refreshments in the vestry.

## **6 JANUARY:**

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**The Ramblers** – Whitland towards the Pales: A walk from Whitland towards the Pales, South of the Afon Taf - paths, forestry tracks and quiet lanes with some good views from the high points. Dist. 7.5 miles. Moderate Explorer Map: 177 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01 558 823004 Mob. 07776433921

## **7 JANUARY:**

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Duruflé's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m. **Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Dinefwr Poetry.** An informal collection of poetry lovers meet to read out their poetry between 2.30 pm and 4.30 pm (times when it is closed to the public), on the first and third Sunday of every month at the Railway Station Cafe Llandovery. Refreshments and cake available. Tel: Mick: 01550 777656.

**Llanwrda and Llansadwrn Countrywomen.** Meeting with AGM Llanwrda Old Village School at 10.30am

## **8 JANUARY:**

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

**Ladies Service at William Williams Chapel (vestry)**, 2.30pm on the 2nd Tuesday of every month. Refreshments after. All welcome. Tel: 01550 720674 for further information.

**Twy Art Group** Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

## **9 JANUARY:**

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Patchwork Quilting Group**, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level - no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com **General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**Pilgrim Service** at Llanfihangel Rhos y Corn – at the earlier time of 5pm at St Michael's Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation. - Info Roger Nock on 01267 202347.

**Wildlife Trust South & West Wales – East Carmarthenshire Group.** The Importance of Pollinators – Abi Lowe, Ph.D Student at the National Botanic Garden of Wales, will talk about her Project at Maes Ellyn Hall, Dynevor Avenue, Llandeilo at 7.30pm. For further information about the Meeting or the Group, please contact Valerie Arnall, Honorary Secretary, Tel: 01267 253485.

**The Ramblers** – Carreg Cennen towards Pen y Lan: A circular walk from Carreg Cennen towards Pen y Lan and along the ridge where we should get extensive views of the Towy Valley and Mynydd Ddu. Dist. 4.5 miles. Moderate Explorer Map: 186 Meeting point: Carreg Cennen car park. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

## **10 JANUARY:**

**YOGA with MINDFULNESS in Llandovery.** A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park, 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com **Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Cwmdu Classic Club.** A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact Edwin Arblaster on 01558 685431. **IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Ellyn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

**New Year Quiz** organised by Dinefwr Photographic Society. The society meets on alternate Thursdays at The Angel Llandeilo at 7:00pm. Full details of the programme will be on the society's website and each months edition of The Post. For further information please feel free to contact any of the following: Dorian, Simon, Will.

## **11 JANUARY:**

**Cabbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Whist Drive** at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

**Llandeilo Country Market.** Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

**Llandovery Poetry and Prose** – Midday to 1.45pm. Ring first for confirmation of which Friday and where. Dolau Bran Community Hall or Llanwrda Old Primary School. All ages welcome. Meet to read out or just listen to different poetry types, styles and languages. Self-penned or otherwise. Refreshments. Friendly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

## **12 JANUARY:**

**Brecon Farmers Market:** Second Saturday monthly at the Brecon Market Hall, 9.30am – 2.00pm.

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Winter-Warmer Beer Festival and Saturnalia**, with Roman-themed festivities, walks, chariot-racing, music etc., Neuadd Arms Hotel,

Llanwrtyd Wells. For more information, see [www.neuaddarmshotel.co.uk](http://www.neuaddarmshotel.co.uk) or [www.green-events.co.uk](http://www.green-events.co.uk) or telephone Lindsay on 01591 610236.

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

### 13 JANUARY:

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Cwmdu Inn.** The Library is to be moved to the Blue Room, so volunteers are needed to help move books, shelves, carpets, chairs, sofas etc. We think this will take several sessions but we will start by boxing the books and preparing the Blue Room from 11.00am Sunday and continue during Monday if necessary. A light lunch will be available for the workers. For more information, phone the shop/ pub on 01558 685156.

The ever popular **Open-Mic Night** returns for the first session in 2019 at the Sexton Arms, Llansadwrn, 7.00pm. All welcome!

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Tolley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**The Ramblers** – Swansea Valley: Swansea Valley – Mynydd Allt y Grug Dist. 7 miles. Moderate/Energetic Explorer Map: 165 Meeting point: Brynamman Mountain Centre. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01269 823949.

### 14 JANUARY:

**Llandovery Art Group.** We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

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**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

### 15 JANUARY:

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

### 16 JANUARY:

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gervyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Patchwork Quilting Group,** Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level – no experience required. This is an opportunity to explore your creative stitching skills in a relaxed friendly environment. The cost is £6.50 per session. This group meets every Wednesday throughout the year. For more information or to book your place contact [thequiltingdragon@yahoo.com](mailto:thequiltingdragon@yahoo.com)

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**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**The Ramblers** – Cwm Lleidi Reservoir & Parc Howard: A walk on footpaths, cycleways and quiet roads including a section of St Illtyd's Way. Dist. 5.5 miles. Moderate Explorer Map: 178 Meeting point: Leekes car park, Crosshands. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Max Hughes Mob. 078811 297601.

### 17 JANUARY:

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook. **Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

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**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar). Do phone it if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

### 18 JANUARY:

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

**Cadog Film Club:** God's Own Country (2017) Johnny, a young Yorkshire sheep farmer, numbs his daily frustrations with drink and casual sex. When a migrant worker arrives on the farm, Johnny has to deal with emotions he has never experienced before. Llangadog Community Hall. Doors open 7.00 pm; film starts 7.30 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email: [cadogfilmclub@aol.com](mailto:cadogfilmclub@aol.com).

**Llandovery Country Market.** Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8:30am and 12:30pm - free entry. Orders can be taken and ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: [Claire@holistic-heaven.com](mailto:Claire@holistic-heaven.com) [www.holistic-heaven.com](http://www.holistic-heaven.com)

**Llandovery Poetry and Prose** – Midday to 1.45pm. Ring first for confirmation of which Friday and where. Dolau Bran Community Hall or Llanwrda Old Primary School. All ages welcome. Meet to read out or just listen to different poetry types, styles and languages. Self-penned or otherwise. Refreshments. Friendly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

**Llandovery Folk Dancing:** TWMPATH with live band 'CAT'S CLAW' Llanwrda Hall SA19 8HD £8 /concs £6, 7.30pm to late. Will suit beginners and experienced dancers. Come on your own or with partner/ family and be assured of a warm welcome. Please bring a plate of food to share. For further information: [llandoveryfolkdance.co.uk](http://llandoveryfolkdance.co.uk) [facebook.com/llandoveryfolkdancing](http://facebook.com/llandoveryfolkdancing) or tel. Jean 01550 720483.

### 19 JANUARY:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Annual lunch** organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

## **20 JANUARY:**

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henlys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**The Ramblers** – Sawdde Bridge - Trichrug: A walk over varied terrain from Sawdde Bridge to Trichrug and return. Good views (weather permitting). Dist. 9 miles. Moderate Explorer Map: 186 Meeting point: Sawdde Bridge Llangadog. Dep. 10am, organised by Dinefwr Ramblers. Leader: Phillip Howes Tel. 01550 720112 Mob. 07802 856007.

## **21 JANUARY:**

**Llandovery Art Group.** We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

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**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henlys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Just Sew:** Sewing workshops lead by The Sewing Wasps Sharon and Tricia, 10.00am – 4.00pm at Ysgubor Y Tarw, 4 Cefngornoeth, Llangadog SA19 9AN. We aim to build a sewing community that can also benefit from socialising with fellow 'sewers' if so desired; a wellbeing, fun and no nonsense time together. Cost: £35 includes materials, tea/coffee and cake/biscuits. (£10 deposit to reserve place when booking – non refundable or carried over to alternative date). Booking: Maximum number is 6 persons per session, so please book by contacting either Sharon – 07747 092846, Tricia – 07805 939504 or email: invigorate2@gmail.com

**Dinefwr Poetry.** An informal collection of poetry lovers meet to read out their poetry between 2.30 pm and 4.30 pm (times when it is closed to the public), on the first and third Sunday of every month at the Railway Station Cafe LLandovery. Refreshments and cake available. Tel: Mick: 01550 777656.

## **22 JANUARY:**

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

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or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyanotherfield.co.uk.

## **23 JANUARY:**

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**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**The Ramblers** – Blaenau to Caerbyn: A pleasant afternoon stroll on tracks and across fields. Dist. 3 miles. Easy Explorer Map: 178 Meeting point: Llyndybie Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Barrie Clarke Tel. 01269 850184.

## **24 JANUARY:**

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture.

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**Quiz Night** at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Luest Horse and Pony Trust. Bring a team or join one when you arrive. Good food, drink and great company will be on tap all evening.

**Llandovery Garden** will have the Club's first meeting of the year in the Dolau Bran Community Hall, Llandovery. We will start with the Annual General Meeting at 7.00pm after which we will welcome our Speaker for the evening. Nadolig Llawen a Blwyddyn Newydd Dda i chi gyd

**IT'S FUN TO SING WITH 'TWYI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

**Speaker, Chris Warren on how to shoot twilight (includes practical).** The society meets on alternate Thursdays at The Angel Llandeilo at 7.00pm. Full details of the programme will be on the society's website and each months edition of The Post. For further information please feel free to contact any of the following; Dorian, Simon, Will.

## **25 JANUARY:**

**Cribbage Evenings** every Friday at the Sextons, Llansadwrn.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

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**Llandeilo Country Market.** Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8:30am and 12:30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: [Claire@holistic-heaven.com](mailto:Claire@holistic-heaven.com) www.holistic-heaven.com

## 26 JANUARY:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow plus free refreshments in good company.

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

## 27 JANUARY:

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Rivers Community Church, Llandeilo** at The Hangout, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR, 5.00pm every Sunday. Kids club, refreshments, family friendly, free parking. Come and join us!

**The Ramblers** – Beacons Bonanza 15: Brecon area – A linear walk taking us past the Roman fort and on to two trig points which overlook Brecon, North and South. A couple of short steep climbs add to the total of 2000'. Time of year, linear route and walk distance will require a brisk pace to be maintained. Dist. 12 miles. Strenuous Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

## 28 JANUARY:

**Llandovery Art Group.** We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

**Pilates** at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

**Hatha Yoga** at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

**Bootcamp** - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

## 29 JANUARY:

**General Hatha Yoga** – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

## 30 JANUARY:

**Writing for Fun and Profit, course.** 7.00pm to 9.00pm, YMCA, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

**Patchwork Quilting Group,** Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitching skills in a relaxed friendly environment. The cost is £6.50 per

session This group meets every Wednesday throughout the year. For more information or to book your place contact [thequiltingdragon@yahoo.com](mailto:thequiltingdragon@yahoo.com)

**General Hatha Yoga** suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

**Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

**Sennybridge Bowls**, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

**Poetry at The Angel – Llandeilo** - 6.30pm to 8.30 pm – Free. Telephone for confirmation of date and time (usually we meet Last Wednesday of every month but this might change Dec/Jan). Upstairs Room at The Angel Hotel. Share your own poetry and prose and/or your other favourites. Telephone Sandra on: 01550 721197.

**Myddfai Farmers Market**, 9am – 1pm Indoors at Myddfai Community Hall. Come along for a wide range of quality local produce The Gift shop & Cafe will be open too. [www.myddfai.org](http://www.myddfai.org) 01550 720449.

**Llangadog Gardening Club AGM**, 7.00pm. The club meets on the last Wednesday of each month (except December) at 7.30pm in the YMCA Hall in the Community Centre in Llangadog. Other monthly meetings include a variety of guest speakers on garden related subjects and social events. All welcome. Contact Helen for further details 01558 777719.

**The Ramblers** – Richard Burton Walk: An interesting walk in and around Pontrhydfen. A viaduct, aqueduct, streets and a cycle path Dist. 4 miles. Moderate Explorer Map: 165 Meeting point: Lidl's car park, Pontardawe. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

## 31 JANUARY:

**Photo Forum – Digital.** The society meets on alternate Thursdays at The Angel Llandeilo at 7:00pm. Full details of the programme will be on the society's website and each months edition of The Post. For further information please feel free to contact any of the following; Dorian, Simon, Will.

**Pilates** – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Pilates**, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / [claire@holistic-heaven.com](mailto:claire@holistic-heaven.com)

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

## 1 FEBRUARY:

**Cwmdu Folk Night.** A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

## 2 FEBRUARY:

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

**WILLIAM EVERATT:** Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 06/19(12)

### AERIAL & SATELLITE SERVICES

**LYN ROBERTS,** Llandybie. Aerial & satellite services. Tel: 01269 850934 / 07889 217207 (mobile). 02/19(12)

### ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 04/19(12)

**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, Three Horseshoes, Gwynfie, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 11/19(12)

**DAVIES RICHARDS DESIGN LTD.**, An established architectural design practice based in Llandeilo & covering South Wales. We have experience of dealing with a variety of design schemes from new dwellings, barn conversions, renovations and extensions, to agricultural units and equine facilities. We pride ourselves on being approachable and responsive on projects, and make every effort to streamline the planning and building regulations processes. We offer a free initial consultation and quotation service whereby we can provide helpful advice on site in person. Tel: 01558 823351, Web: [www.daviesrichardsdesign.com](http://www.daviesrichardsdesign.com) 12/18(12)



### BEAUTY SALON

**NORA ELAINE WALL IIHHT IIST VTCT NVQ3.** Body Beautiful Salon offers services to Ladies in my self contained Treatment Room. Specialist in Electrolysis (facial hair removal), Katherine Daniels Facials, Shellac nails, manicure, pedicure and eye lash & brow treatments. Indian Head Massage and Aromatherapy back massage. All treatments can be tailored to your requirements, products are suitable for vegetarian and vegan and kind to both us and the environment. No parabens or plastics! Rose Cottage, Milo, Ammanford , Carmarthenshire. SA18 3LZ (located on A476). Tel: 01269 831585 Appointments on Tuesday, Wednesday, & Friday 9am to 6pm. 02/19(6)

### BOUNCY CASTLE HIRE

**PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS.** Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. [www.bouncyboing.co.uk](http://www.bouncyboing.co.uk) Tel: 01591 620327 or 07803 589627. 04/19(6)

### CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpaint. Tel. 01558 650364. 06/19(12)

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 01766 515669. 03/19(6)

**CARPET AND VINYL FLOOR FITTER.** Fully qualified to British standard BS5325, available to fit carpets and vinyl. Find us on Facebook: #brianscarpetfittingservice. Contact: Brian Glover, Trecastle. Tel: 01874 638073 or 07895 259284. 12/18(6)

**BENJAMIN POOLE CARPETS:** The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 [www.benjaminpoole.com](http://www.benjaminpoole.com) 12/19(12)

### CHARITABLE ORGANISATIONS

**VEGFAM** Registered Famine Relief Charity (no. 232208) – Feeds The Hungry Without Exploiting Animals. Est. 1963. Helping people overseas to help themselves, by providing funds for plant-food projects: vegetable growing, fruit tree planting, water wells. Emergency feeding in times of crisis. Supporting those who are suffering from the effects of: drought, disease, natural/human made disasters, war and famine. Donations greatly appreciated to further this work. SAE for details: The Secretary, VEGFAM, c/o Cwm Cottage, Cwmynys, Cilycwm, Llandovery, Carmarthenshire SA20 0EU. [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk) 12/18(12)

### CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: [westwaleschimneysweep@gmail.com](mailto:westwaleschimneysweep@gmail.com). 05/19(12)

## CLEANING SERVICES

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered. Also grass cutting, strimming and garden maintenance. Typing and odd jobs. Genuine callers welcome. All house clearances considered. Contact 07872 509031 / 07770 777992. 12/18(6)

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 08/19(12)

**HOME HELP,** has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824798. 05/19(6)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IIHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 18 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 02/19(12)

## COPYING AND PRINTING SERVICES

**POSTDATUM.** Typesetting & Design • Booklets • Leaflets Business Cards • Invoice Pads • Letterheads • Raffle Tickets • Function Cards • Gift Cards • Calendars • Mugs T-Shirts and Hoodies • Show Schedules • Black & White and Colour Copying upto A3. Large Format Printing: Vinyl Banners • Self Adhesive Stickers • Sign Boards Window Cling • Custom Wallpaper • Canvas Prints • Posters Architectural Plans • Cassette Banners. Tel: 01550 721225, Email: info@postdatum.co.uk [www.postdatum.co.uk](http://www.postdatum.co.uk)

## COUSSELLING

**COUNSELLOR:** Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: [www.cathrinwildwood.co.uk](http://www.cathrinwildwood.co.uk). 03/19(12)

## CURTAINS & COVERS

**CURTAINS & COVERS** and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale – ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale.* Tel. Sally 01558 668102. 09/19(12)

## ELECTRICIANS

**V. W. REES ELECTRICAL, Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 04/19(6)

**J. FRANCIS TRYDANWR/ELECTRICIAN,** all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 06/19(12)

## FAMILY HISTORY

**ELISSA ALDOUS-HUGHES, GENEALOGIST.** Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 [www.elissaonline.net](http://www.elissaonline.net). 11/19(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. 04/19(12)

## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 02/19(12)

**AGAP LANDSCAPES.** Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. 05/19(6)

**GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS.** Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered [www.gardenpursuit.co.uk](http://www.gardenpursuit.co.uk). 11/19(12)

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 02/19(6)

## **JOINERY**

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: [info@harryguilecarpentry.co.uk](mailto:info@harryguilecarpentry.co.uk) 02/19(12)

## **LAUNDRY SERVICES**

**LLANDOVERY LAUNDRETTE, 21 STONE ST.** We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721979 or message us on facebook @The Laundry Room Llandovery. 06/19(6)

## **MAN WITH A VAN**

**MAN WITH A VAN / COURIER:** LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, [jerry@thetump.co.uk](mailto:jerry@thetump.co.uk) 04/19(6)

## **MASSAGE**

**DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE.** Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 04/19(6)

**SPORTS, REMEDIAL, SWEDISH MASSAGE AND OMNI HEALING, (A FORM OF REIKI).** Practicing from both Llandeilo and Carmarthen. TYWI SPORTS AND REMEDIAL THERAPY. Contact Barbara Fewster 07773 164470. 05/19(6)

## **MEDITATION AND HEALING CIRCLE**

**CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness** – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas** – Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandovery Areas** – Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in Llandovery Community Centre. **Trapp/Llandeilo/Talley Areas** – Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). 12/18(6)

## **PAINTER & DECORATOR**

**HAYDN ADAMS,** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://www.haydnadams.co.uk) 07/19(12)

**PHILIP & BRIAN JOHNSTON FAMILY DECORATORS,** Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. 05/19(12)

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: [philashworth@hotmail.co.uk](mailto:philashworth@hotmail.co.uk) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) 11/18(12)

**RELIABLE PAINTER** for all your domestic needs. Internal and external, houses, barns, fencing etc. Excellent rates. References available. Tel Daniel on 01550 720665. Mobile 07588 169401. Email: [daniel.dgbrunton@gmail.com](mailto:daniel.dgbrunton@gmail.com) 12/18(6)

## **PEST CONTROL**

**THE MOLE MAN.** ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 06/19(12)

## **PETCARE SERVICES**

**PAWSITIVE PETCARE.** Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 02/19(6)

## **PHYSIOTHERAPY**

**ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST.** Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post- surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. 05/19(12)

## **PICTURE FRAMING**

**PICTURE FRAMING.** Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. 06/19(12)

## **PLUMBERS**

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 03/19(12)

## ROOFING

**LLANDEILO ROOFING** – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completeroofingworks.co.uk.

03/19(6)

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500.

09/19(12)

## TUITION

**MATHEMATICS TUITION IN LLANDEILO.** If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431.

12/19(12)

**PHYSICS/FFISSEG** Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820.

04/19(6)

**PIANO LESSONS:** Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montague on 07969 887271 or Email: info@panio.uk

12/18(12)

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk

10/19(12)

## YOGA

**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit [www.holistic-heaven.com](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments.

05/19(12)

**YOGA in LLANDOVERY.** YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: TUESDAY evenings at The Catholic Hall 6.00pm - 7.30pm, and THURSDAY mornings at The Bowls Pavilion, Castle Car Park, 10.30am – 12.00 noon. Beginners welcome. Also CHAIR YOGA for those with restricted mobility who wish to enjoy the full benefits of yoga: MONDAY mornings: 10.15am – 11.15am at The Bowls Pavilion. Please check events listing for dates following Easter or phone Stephanie 01558 650534.

04/19(6)

**YOGA in LLANDOVERY.** YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: WEDNESDAY evenings at the YMCA 6.00pm – 7.30pm and THURSDAY mornings at the YMCA 10.30am – 12.00 noon. Beginners welcome. Also CHAIR YOGA for those with restricted mobility who wish to enjoy the full benefits of yoga: TUESDAY mornings: 10.15am – 11.15am at The Catholic Hall. Please check events listing for dates or phone Stephanie 01558 650534.

04/19(6)

**CHRISTMAS 2018**



**LLANDOVERY COLLEGE  
CHOIR**

**“CHRISTMAS BY  
CANDLELIGHT”**

at

**ST BARNABAS CHURCH, RHANDIRMWYN**

**President: Dr. Roger Slade**

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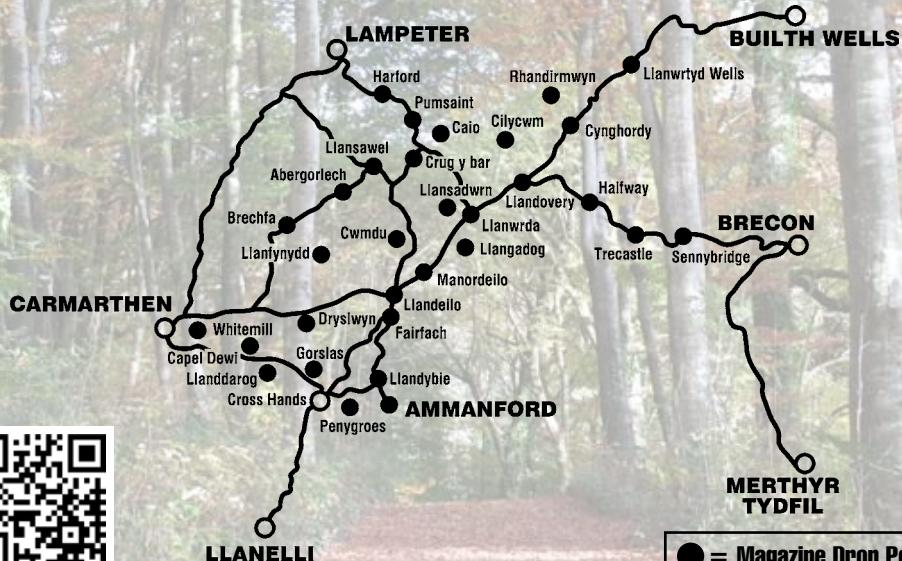
Sunday 2<sup>nd</sup> December at 7.00pm

Admission by programme: £5 at the door, children under 15: free  
Proceeds towards Church Funds

# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Altwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Gorslas, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybïe, Llanfynydd, Llangadog, Llansadrw, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pencader, Penygroes, Pumsaint, Rhandirmwyn, Rhydcymerau, Sennybridge, Trencastle, White Mill.



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

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**REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.**

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