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Number 352

December 2025 / January 2026

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

Tel: 01550 721225



Llandovery Rotary Club Brings Christmas Cheer to Our Communities

Llandovery Rotary Club is delighted to announce that our Pop-Up Christmas Grotto will once again be travelling around the local villages this festive season.

We are excited to share that Santa, along with his friends Olaf and Sven, will be visiting your village or area on the dates listed below. This is a wonderful opportunity for families to come together and enjoy a little Christmas magic right on their doorstep.

Children are warmly invited to come along, say hello to Santa, and enjoy a friendly high-five from Olaf. Seeing the joy on the children's faces is what makes these visits so special, and we look forward to creating more happy memories again this year.

Thank you for your continued support, and we look forward to seeing you all very soon.

Friday 28th Nov

Wed 3rd Dec

Friday 5th Dec

Mon 8th Dec

Tues 9th Dec

Thur 11th Dec

Fri 12th Dec

Sat 13th Dec

Wed 17th Dec

Llandovery Xmas lights turn on

Llanwrda lights turn on

Llansadwrn lights turn on

Llangadog village from 17:30

Cynghordy 17:30 then

Myddfai from 18:45

Llandovery Scout hut 17:30

Llandovery Whitehall 17:30

Llandovery Co-op (To be confirmed)
from 10:00 – 14:00

Rhandirmwyn 17:30,

Cynghordy 18:45

Please come early.



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ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th January 2026**

**Next issue distributed:
2nd February 2026**

The Post Future Copy Dates

March..... 16th February
April 16th March
May..... 16th April

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

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
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12/26(12)

LLANDOVERY SHEEP FESTIVAL CHAIR: RACHEL EVERETT

29 APRIL 1966 – 22 OCTOBER 2025



It is with deep sorrow that we announce the passing of Rachel Everett, who left us on 22 October 2025. Rachel was a cherished member of our community and served as the Chair of the Llandoverly Sheep Festival for three remarkable years.

Rachel was not just a chair; she was a beacon of positivity and inspiration. Her friendly demeanour, calm presence, and exceptional organizational skills brought out the best in everyone around her. She had a unique ability to engage others, encouraging many to take an active role in the festival and fostering a spirit of camaraderie among festival friends and colleagues.

With a wealth of experience from her years of organizing international antiques fairs, Rachel brought her expertise to the Llandoverly Sheep Festival, significantly enhancing the event. Her kind-hearted approach and dedication to excellence were invaluable to our committee and the wider community.

Rachel will be sorely missed by all who knew her. Her legacy will live on in the hearts of those she inspired and the community she passionately served. Our thoughts are with her family and loved ones during this difficult time.

The Llandoverly Sheep Festival will honour Rachel's memory and continue to uphold the values she cherished.

From the Llandoverly Sheep Festival team

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07/26/21

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The Llandeilo Llangadog Llandovery (LLL) Mens Shed are involved in a support program for the LLEUST Horse & Pony Trust which is located four miles from their headquarters. After a visit to the Trust earlier this year it was decided to make and donate a Picnic Table which could be used at their bi-annual open days when the public are invited to witness the wonderful work they do in rescuing, treating and re-homing horses and ponies which have been abused and ill treated in the past. During this visit it was noticed that a field shelter, used by small ponies during the winter, had been blown

down and the ladies who run the Trust, were desperate to replace it before the next winter. The Shed decided to undertake this task. Thanks to the generosity of a couple living in Llangadog, a replacement shelter was donated to the Trust and the Shed are about to erect it.

The LLL Mens Shed have donated benches, picnic tables and planters to many local Institutions over the past three years together with making a number of PineMarten refuge boxes which are installed in Brechfa forest. They would welcome any appeals for assistance from appropriate organisations in the area. For further information phone 0771 5583835 or 07904 154981.





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08/2/12

MYDDFAI NEWS

Firstly we would like to thank all of our wonderful staff, volunteers, contributors, customers, visitors, directors and trustees for their continued support again this year and wish you all a wonderful Christmas and a Happy New Year.

Myddfai Shop and Café winter opening hours are Wednesday to Sunday, 11.00am – 4.00pm.

Over the festive season we will be closed all week from Monday 22nd to Friday 26th December and open on Saturday 27th & Sunday 28th and open on Wednesday 31st December but closed on January 1st & 2nd opening again as normal from Saturday 3rd January.

November 30th is our Christmas Farmers Market 12.00 noon – 3.00pm. December – Myddfai Christmas Fair is on Saturday 6th December 10.00am – 4.00pm with festive refreshments from our café and a wide range of local foods, drinks, crafts, gifts and art on offer. Debbie has a Wreath Making Class on Saturday 29th November & again on Sunday 7th December. The Fermentarium are running a series of Winter Wellness workshops with Kimchi Kraut & more on Friday 28th November & Friday 5th December all 10.00am – 1.00pm. Justine's Willow Weaving class is on 11th December. Our monthly pop-up pub evening is on Sunday 28th December and please bring a plate to share. **For January:** Our Farmers Market will be on Sunday 25th January 12.00 noon to 3.00pm, and our pop-up pub is on Friday 30th. Come and join us at any of our events – everyone is welcome.

Myddfai shop has a huge selection of unique quality gifts, crafts, artwork, jams chutneys, soaps candles & much more to choose from, ideal for Christmas presents and hampers.

Myddfai cafe will have a feast of freshly made soups & cawl, warming treats and cakes this December and January. Why not or pop in for a delicious cake and a Teifi coffee or one of our speciality teas in our cosy, warm café this winter. Myddfai Hall is a great venue for most events and classes, from Weddings to small meetings, activity classes, kids' parties, conferences, away days and workshops. The hall is fully equipped with staging, and audio equipment. We can provide food for events or you can bring in your own caterers.

Why not join one of our regular classes in our warm hall Tuesday mornings it's Yoga from 9.30am – 11.00am, Wednesday Craft Class is 1.30 – 3.30pm, Pilates is on Thursday mornings 9.30 – 10.30am. Friday it's art 1.30 – 3.30pm.

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



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11/25(3)

Aberglasney

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ABERGLASNEY GARDENS WILL BE TRANSFORMED INTO A CHRISTMAS WONDERLAND FOR ITS ULTIMATE FESTIVE EVENT



Tywi valley's plantsman's paradise, Aberglasney Gardens, will be transformed into a Christmas wonderland for its annual Winter Fair next month. The ultimate festive event will be held over three days - Friday, Saturday and Sunday - 5, 6 and 7 December 2025.

Visitors will find local artists and creators selling unique gifts, art and beautiful homeware. There will be one-off pieces of jewellery, skincare and fashionable winter wear for those who want something special for themselves or to give as gifts.

Foodies will have the opportunity to stock up on all their favourite festive treats. From decadent chocolate and festive spirits to Welsh cheese and chutneys, there will be something to tantalise everyone's tastebuds. There will also be a range of outlets for 'on the go' eating and drinking.

The Fair will be open each day from 10am until 4.30pm. Entrance will be £10 per adult with no separate

entrance fee to the Gardens. Aberglasney members are admitted to the Winter Fair free of charge as part of their annual membership package and children under 17 are also free of charge. All visitors will be treated to a free glass of mulled wine and a warm mince pie.

Helen Scutt, Aberglasney Gardens' Director, said, "Aberglasney's Winter Fair is the perfect start to the festive season. The Gardens and Mansion will be transformed into a winter wonderland. We're delighted to be able to offer visitors the opportunity to do all their Christmas shopping whilst enjoying the festive atmosphere in these beautiful surroundings."

Entertainment will be provided by choirs from local schools on the Friday and throughout the weekend visitors can enjoy festive performances from local choirs and professional singers.

Santa will make time in his busy schedule to visit on Saturday and Sunday. Sion Corn will be happy to chat in English, neu yn Gymraeg. There will be a gift for each child that visits him and there will be a festive trail around the Gardens for children to enjoy finding the clues.

There will be a free park and ride service available each day of the event. On the Friday the buses will run from Cae William Llandeilo RFC but visitors can park anywhere in Llandeilo and catch the bus to the gardens and on the Saturday and Sunday the buses will run from Ysgol Bro Dinefwr once again this year. Group discounts are available if pre-arranged. For full details visit the website: www.aberglasney.org

Symphonica Tywi

32nd ANNUAL CHRISTMAS CONCERT



St. Cadog's Church
LLANGADOG

Saturday, 20th December 2025

At 7.30 p.m.

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Gwasanaeth Carolau Cymunedol ar y Cyd

Nos Sul 21.12.25
5:00 yh
lluniaeth ysgafn
i ddilyn
Neuadd Pantycelyn,
Ysgol Rhys Pritchard
///blizzard.dabbled.rhino

Mynediad am ddim

Chapel and Churches in
town and beyond

Joint Community Carol Service

Sunday 21.12.25
5:00 pm
followed by light
refreshments
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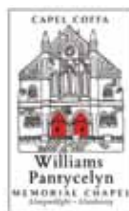
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Every Wednesday 10am to 12pm at Williams Pantycelyn Memorial Chapel, High Street, Llandovery SA20 0PU we hold **Llandovery Help Centre**. The Help Centre is part of a charity called CEFNOGI ('support' in Welsh) that is based in Ammanford and the Wednesday sessions in Llandovery are a hub, working under the leadership of the Ammanford charity. We open the church in Llandovery with the heating on, coffee, tea and biscuits at the ready to help anyone in need or stressed. Areas of support include filling in forms like PIP, Attendance Allowance, Motability, DLA or housing forms. Food and Clothing Banks can be accessed. Help with accessing all sorts of other services too are on hand. Experts are ready online in the Ammanford centre to advise and chat. The service is 100% free and confidential. If you're worried about the open nature of the morning, we can arrange a time when we could offer help at other times to guarantee privacy. Get in touch on the Williams Memorial website www.williamspantycelyn.co.uk or 07774 533804 to find out more, have a chat or book a slot. There's no preaching or Christian hard sell! It's just our pleasure to help people in Llandovery and to be partnering with CEFNOGI in this valuable work.



PWYLLGOR DARLLENFA LLANSADWRN

READING ROOM COMMITTEE

Mae'r Pwyllgor yn falch o adrodd bod paratoadau bellach ar waith ar gyfer Seremoni Flynnyddol 'Bendith a Goleuo' y Goeden Nadolig, y tu allan i Ddarllenfha Llansadwrn ar Ddydd Gwener, 5ed o Ragfyr am 6.30yh.

Bydd croeso i bentrefwyr ac ymwelwyr yn y Ddarllenfha o 6.00pm ymlaen lle bydd gwin cynnes, seidr a mins peis ar gael i bawb. Bydd carolau yn rhan annatod o'r amserlen dan arweiniad Tilla Waters a'i Grŵp Canu er Mwyn Pleser cyn cael Bendith y Goeden gan y Parchedig Mark Rowlands. Daw'r hwyl ddim i ben yno, gan fod Siôn Corn i fod i gyrraedd ar yr un pryd, ar yr amod nad yw'n cael ei ohirio gan dywydd gwael ar ei ffordd. Serch hynny, ni fydd hyn yn debygol gyda chymorth ei geirw a chefnogaeth gan ellyll Clwb Rotari Llanyddfry. Bydd Cliff Cowell o'r Sextons yn cynnig ei gefnogaeth arferol at y noson hefyd.

Mae gan Tilla ddathliad ychwanegol ar ddydd Gwener y 5ed gan ei bod wedi cael ei hethol yn Gadeirydd Pwyllgor y Ddarllenfha yng Nghyfarfod Cyffredinol Blynnyddol mis Hydref, ynghyd â Sioned Haf sydd bellach yn Ysgrifennydd Anrhydeddus. Mae'r ddau Swyddog newydd ynghyd â'r Trysorydd Clare Powell mor falch mai eu dyletswydd gyhoeddus gyntaf yw diolch i Deulu'r Evans ym Mryn Marlais am eu cefnogaeth barhaus i ddarparu'r Goeden Nadolig – nawr am y 10fed flwyddyn yn olynol.

Felly - palwch mas eich hetiau a menig gwllân a ffaglau ar gyfer paratoadau Nadolig 2025 ddydd Gwener 5ed o Ragfyr.

The Committee is pleased to report that preparations are now well in hand for the Annual Ceremony of 'Blessing and Lights On' the Christmas Tree outside the Llansadwrn Reading Room on Friday 5th December at 6.30pm.

As usual villagers and visitors alike will be welcome at the Reading Room from 6.00pm onwards where mulled wine or cider and mince pies will be laid on for all. Carols will be very much in the schedule being led by Tilla Waters and her Singing for Pleasure Group ready for The Blessing of the Tree by the vicar Rev'd Mark Rowlands. The fun doesn't end there of course as Santa is due to arrive at the same time, providing he's not delayed by bad weather on his way. Not likely though as he's got pretty good 'pull' from his reindeers and support from the Elves of the Llandoverly Rotary Club. Cliff Cowell at 'The Sexton Arms' will be adding his customary support to the evening as well.

Tilla has a double celebration on Friday 5th as she has been elected to the Chair of the Reading Room Committee at the AGM in October, together with Sioned Haf who is now the Hon. Secretary. Both new Officers together with Treasurer Clare Powell are so pleased that their first public duty is to thank the Evans Family at Bryn Marlais for their continued support in the provision of the Christmas Tree – now for the 10th year in succession.

So – dig out your woolly hats, gloves and torches for the countdown to Xmas 2025 on Friday December 5th.

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11/25(12)

I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

Cast your mind back to the end of July. Yes, I know this review is long overdue, but here it is now.

On 30th, 31st of July and 1st August, Just Good Friends went somewhat off piste to present a little-known musical comedy which was, in director Ollie Goulstone's words: 'both sentimental, erratic, beautiful and chaotic.' The amateur company is well-known for its performances of familiar productions of The Vicar of Dibley, 'Allo, 'Allo, Brassed Off, to name but a few.

This time they didn't have to consider comparisons with those firm favourite characters and plot lines. The cast could make this all their own. And how they did! As is always the case with anything Just Good Friends tackle, the audience was in stitches throughout the performance. The sheer energy and engagement of the cast never ceases to amaze me in all the years I've been associated with them.

Their rehearsals are always filled with joy, laughter and hard graft. A play consisting of 20 vignettes of romantic relationships made rehearsals a little easier for the hardworking cast, as there were always enough people to run through a few scenes. On performance nights, everything synchronised perfectly. But of course! And the energy onstage left me exhausted with admiration and laughter. Yes, 20 scenes and 14 actors, every one of whom performs impeccably. Not forgetting the musicians, set designers, backstage people, all of whom made the entertainment such a success.

It's impossible to single anyone out. Except, maybe the founder members, Emma Morris and Kate Davies, who were in JGF's first ever production of Little Shop of Horrors back in 2003. They have their mother, Sian, to thank. She was the driving force for many years, and this year's performances were dedicated to this amazing woman. Thank you, Sian.

And now for something completely different for 2026 - JGF do like to plan ahead - next year's offering is very well-known; it's The Producers, originally a Mel Brooks film and currently playing onstage in the Garrick Theatre, London. JGF do like to challenge themselves, as well. I always look forward to their performances, and this is no exception, one I can't wait to see! But wait we'll have to.

Performances will be on 29th, 30th 31st July at 7.30pm, and Saturday 1st August 2026 at 2.30pm in St Peter's Civic Hall, Carmarthen. Tickets £14 and £12 concession. Buy next year's diary now, so you can put those dates in!

Mari Mitchell



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06/26(6)

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06/26(12)

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08/24(12)

LLANWRDA CRICKET CLUB

With promotion secured, the club is planning for next year and life in Division 4.

Nets will begin in March at Llandovery College. We are always on the lookout for new adult players for 2026 – Saturday matches for the 1st XI and a mid-week 2nd XI – Llewod Llanwrda – playing in the Carmarthenshire 100 League. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

Please contact Gwynn Davies for information about the juniors on 07956 147464. The season will restart in April.

For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

08/10/25	51	No winner
15/10/25	52	No winner
22/10/25	09	Liz Cumming
29/10/25	32	No winner

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

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17 17	Renault Clio 0.9TCE Dynamique, 16" Alloys, Air Con, Sat Nav, Met Blue, 49250m.....	£6750
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20 20	Peugeot 208 1.5 TD Allure, 6 Speed, Diamond Cut Alloys, Met Black, H/Leather, 45120m.....	£10950
22 22	Dacia Duster 1.3 TCE 130 BHP 6 Speed Comfort, 4x2, Alloys, Air Con, 1 Owner, 50000m.....	£12995
20 70	Vauxhall Corsa 1.2 Turbo 100HP 6 Speed SRI, Navigation, Hdd Parking Sensors, Half Leather Trim, 16" Alloys, Air Con, Privacy Glass, Grey Metallic/Black Roof, 43800m.....	£9995
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17 17	Mercedes A Class 2.1 TD Sport, Black Leather, Sat Nav, Rev Camera, Silver, 61500m.....	£9995
14 14	Ford Fiesta 1.2 16V Zetec, Alloys, Air Con, 2 Owners, In Met Blue, 5dr, Only 35000m.....	£5750

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2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats, Reversing Sensors, Air Con, Choice of 2 White or Grey, Only 25m.....	£21500 & £21750 +Vat
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GONE WITH THE WIND

Gone with the wind: yes, that's where our beautiful Welsh countryside, our ecology, our communities will go, if our government, Welsh and UK, have their way in their relentless pursuit of something called Net Zero. This is the balance between the green-house gases produced and those removed from the atmosphere. Some of the best means of carbon sequestration (carbon capture) are peat bogs; grassland; broadleaf tree cover. Wales is already pretty good (in 2023, emissions were less than 0.1% of the worldwide total), although some changes are needed, like planting more trees.

So why is our little country being besieged by windfarm, pylon and electricity substation proposals – 70 plus at the last count – from foreign investors as well as our own Welsh Government? And why are we being taken for fools, with promises of cheaper electricity, improved landscapes and habitat (yes, really!), local jobs and increased prosperity?

The next wind farm developer which trumpets that its turbines will create enough electricity to power x number of houses, I'm going to ask for the addresses of these lucky dwellings. For as sure as wind doesn't blow all the time, I don't know anyone who says that they now have the electricity bill they'd really like.

The next wind farm developer which boasts of the number of local jobs it will create will be asked what they are and where would they recruit these employees? For past knowledge is that expertise is drafted in from outside areas.

The next wind farm developer which says their activities would enhance the environment and the wellbeing of the community ought, frankly, to have all the directors and financiers lined up against a wall.

But why should the developers care? They are being financed, by investors and governments. County Councils and Welsh Government have their workers' hard-earned cash in wind farm pension funds. They don't live locally and have no connection with the land we love and cherish.

The arguments for and against wind turbines are many and complex. But if half these proposals go ahead, your countryside, your health and wellbeing will be gone forever, and it will be too late to wish it were different.

To find out more about your politicians' views, please attend a hustings at Ysgol Rhys Prichard at 6.30 pm on Saturday 29th November. It may be the most important meeting you'll attend. Before Carmarthenshire and little Wales is sacrificed once again to other people's greed.

Mari Mitchell
Caru ein Ardal

CYNGHORDY CELEBRATED



Helped by a grant from Llandovery Rotary Club a small group of local volunteers have assembled a book of photographs, most of which were kindly lent for the Exhibition at Capel Gosen in 2022. All aspects of Cyngordy life are celebrated and the photographs, with descriptive text (Welsh and English), form a beautiful and touching archive of this community.

Confirmation of availability and prices of this limited edition will be advertised on "Love Llandovery" and the Capel Gosen and other local Facebook pages in December.

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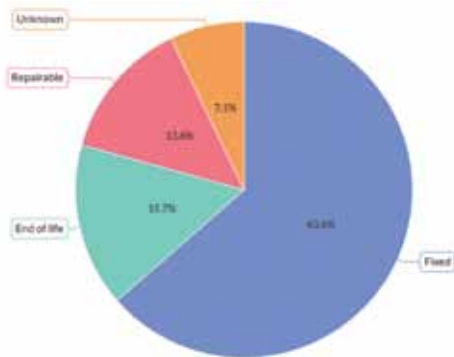
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The Llandovery Repair Café will hold its last café of the year on the **6th of December** at Pethau Pawb (A Library of Things), 5, Stone Street from 11am-2pm. Sometimes it's hard to know if items that have broken at home can be fixed, so bring them to the group to be assessed and we'll see what's possible! The repair cafe has successfully repaired over 60% of the items that come to us, and if they're not repairable on the day, we can advise on local businesses who can help repair. Frustratingly, there are items that have inbuilt obsolescence (a sly way of making more money out of us, by making repairs impossible) – but we must try where we can, to save waste and keep things out of landfill.

Remember we are always welcoming new repairers, so please come along on the 6th of December if you already have skills or want to improve your repairing skills. Anything from woodwork to electrics, to clothing and textiles – get repairing with us!

Nadolig Llawn a llai gwastraffus i bawb!
A Merry and sustainable Christmas to you all!



PostDatum would like to thank all of its readers, contributors and advertisers for their constant support over the year and thank all our drop points for continually accepting copies of The Post for distribution and may I take this opportunity to wish you all a

*Very Merry Christmas
and a Happy New Year*

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AGM 11th November 2025

£15	Owain Davies, Vale of Towy, Llanwrda	184
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£10	Amber Kirkup, Danycoed, Llanwrda	104
£5	Martin Morgan, Garreg Fechan, Porthyrhyd	65

House prize: Lynne Davies, Maesneuadd, Llanwrda

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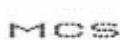
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11/26(12)



Who else out there is wondering how we got to December already?! The month means various things to different people, generally centred around just one day where, if most of the adverts are to be believed, Christmas is about expensive gifts

and mountains of food. Now don't get me wrong, I am not naysaying celebrating Christmas, more so the way in which it is marketed. The endless adverts that start appearing way too early and the buy now, pay later offers. By November, the supermarkets are weighing in with their tempting treats and before you know it, you are standing in a queue with a basket laden with 'Christmas' food, and a nagging voice in your head asking you what on earth you are doing. Even those of us usually capable of making informed, sustainable decisions about purchases, can find ourselves caught up in the whirlwind that is the festive season. I blame all the glitter. Sparkles are hard to ignore.

This month, Ynni Sir Gâr supported 'Buy Nothing New in November' to bring awareness to the global movement 'Buy Nothing New Month' (there is also Buy Nothing New Day). It is becoming more well known and a way of addressing global consumerism by focusing on buying

essentials like food and medicine only, or if you need other items, look at pre-loved or borrowing what you need instead. It is a great way to look at spending habits and really does stop and make you consider all those little purchases that probably aren't necessary. If you are one for New Years resolutions, January sees another Buy Nothing New Month, which will offer a massive challenge with all the New Year sales!

In February, Bwrlwm and Ynni Sir Gâr will be hosting a Sustainable Fair, where you can come and learn more about the work we do and meet some of the great organisations out there, all working hard towards a sustainable future. It will be a fun family event, with activities around reuse and repair, so we hope that you will join us in celebrating sustainability and all that it has to offer.

In the meantime, I do wish you all a very happy and healthy festive season, with or without sparkles!

www.keepbritaintidy.org/get-involved/support-our-campaigns/buy-nothing-new-month

Follow our Facebook page to keep up to date and contribute your ideas. Alternatively, to learn more or collaborate, please contact Vanessa vanessa@ynnisisgar.org 07393 593699.



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



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Padmasambhava Yoga & Meditation Centre

It's hard to believe that Christmas is not far away, and we have all managed to get through the year with its many different weather patterns. With the Autumn term at Padmasambhava coming to a close, everyone at the Centre hopes that you are well and beginning to look forward to the Christmas and Winter festivities, and further ahead, to the New Year of 2026.

A New Year can bring hope and the renewal of energy to the body, the spirit and the mind. One good way to bring renewal of energy is through a yoga class, for both the physical and the mental wellbeing that this can bring. A New Year is often a time to sow the seeds of intent for the year ahead and the practice of the Deep Relaxation of Yoga Nidra can be helpful in this.

Yoga Nidra comes at the end of each class and is a time of rest, which nourishes the body and spirit. Time is given in Yoga Nidra for the practice of sowing your seed of intent (a Sankalpa – or loosely defined, a resolution). With the body at rest, the 'Sankalpa', can gently galvanise the forces of the mind to follow your deeply held intention. Many have found that the practice of Yoga Nidra can softly help bring about desired changes.

Padmasambhava's 'Beginners' course covers the foundation practices of the PMA series, breath awareness and deep relaxation. The PMA series brings about flexibility and strength, which helps to ease both physical and mental tensions. This course provides a firm foundation upon which to begin to explore some classic postures or as a stand-alone course is a good introduction to practices with breath awareness.

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

The classes taught by the Centre are Integral Yoga – a gentle and steady progression, always working

with awareness of your body in the physical practices. Through the breath practices taught in class, practitioners experience the importance of breath to our good health. Weekly practice of yoga allows the body to gain strength and flexibility week by week and these qualities are often also reflected in the mind. Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life. The benefits of yoga resonate beyond the class.

The dates and timetable for the Spring 2026 term will soon be available. Please do contact the Centre to register your interest or make an enquiry about classes. The Centre will be pleased to help with any enquiries – just give them a call on 01558 823842 or email – mail@padma.org.uk – www.padma.org.uk

All at Padmasambhava would like to thank everyone for their support and help over the past year and wish you all a Happy Christmas and New Year, Nadolig Llawen Blwyddyn Newydd Dda. May 2026 bring peace, joy and happiness to all and to the world.



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03/26(12)



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02/26(3)



LIFE DRAWING

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

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

The December sessions are on the 2nd and 16th. January sessions on the 6th and 20th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

12/25(3)



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LLANDOVERY MENTAL WELLBEING HUB 1ST SUNDAY OF THE MONTH



The Owls Nest in Llandovery isn't just a biker-friendly cafe, its customers are an eclectic mix of people coming from all walks of life, from near and far. But it was the birthplace of an exciting new mental wellbeing charity that is focused on the motorbike community. Make Your Mark is a charity that seeks to raise mental health awareness and focuses on initiatives to strengthen the communities we live in by encouraging and promoting Motorbiker Acts of Random Kindness ("MARKs").

A number of its volunteers can be regularly found at the Owls Nest, especially at one of their regular wellbeing hub meetings on the 1st Sunday of every month. The hub is run by bikers, trained Mental Health First Aiders, who are available to listen and offer non-judgmental support and signpost towards appropriate professional help. Their training equips them to have supportive conversations, reduce stigma and promote positive wellbeing. The charity also runs an event called the Bike and Brew Passport event which offers financial support for community grassroots charities and organizations. In its first year this event has raised £30,000 for such good causes, a small portion of which has already gone to purchase new kitchen equipment for the 1st Llandovery Scout & Guide Hut and to buy some much needed maintenance equipment for the Riverside Veterans Retreat in the Llandeusan. It has also encouraged and motivated 3,000 bikers to get out and explore new roads and visit new cafes, thereby offering financial support for these independently owned cafes in and around Wales. But more importantly it has offered an opportunity to forge new social connections and friendships thereby boosting the mental wellbeing of all its participating bikers. If that wasn't enough in its first year, with the help of a female motorbike group called Ride Like a Girl, the charity has also installed 7 defibrillators at biker-friendly cafes across Wales, including the Owls Nest, and has another dozen planned for 2026. So if you would like to hear more about their plans and perhaps even nominate a local organisation to receive its support then please pop along and see them on 1st Sunday of every month.





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WHAT HAS A BABY IN A BARN GOT TO DO WITH ME?



What possible relevance could a baby born in a cow shed over two thousand years ago have for us in 2025 – with our smartphones, streaming, and same-day delivery?

Every December, between the mince pies, office parties, and the annual wrestling match with the fairy lights, there appears this oddly persistent tradition: the Nativity.

Across the nation, small children don tea towels and cardboard crowns, herding imaginary sheep down the school hall while a nervous “Mary” clutches a plastic doll. Angels (complete with tinsel halos) proclaim good news to slightly bewildered shepherds, and a trio of “wise men” appear bringing – let’s be honest – slightly strange gifts to the baby: gold, frankincense, and myrrh.

Charming? Yes. Outdated? Perhaps you think so. But here’s the real question: why has this story refused to fade away? Why does it still resurface year after year, quietly insisting that it matters – not just to children in nativity plays, but to every one of us?

Could it be that this ancient story still holds the answer to the deepest longings of the human heart?

At the heart of Christmas is a truth so astonishing that we can easily miss it: **God Himself stepped into our**

world. The Creator entered creation – not with fireworks or royal fanfare, but as a helpless baby, born to a poor family in an overcrowded town.

The Bible says, “*The Word became flesh and made His dwelling among us*” (John 1:14). In other words, God moved into the neighbourhood. He didn’t shout instructions from heaven. He came close enough for us to touch, to know, to love.

Why? Because something had gone terribly wrong. Humanity – all of us – had turned away from the God who made us. We broke His perfect world with our pride and selfishness. And yet, rather than abandoning us, God came after us. That’s what Christmas is: the story of a **rescue mission.**

Jesus didn’t stay a baby. He grew up to heal the sick, feed the hungry, and speak words that have changed billions of lives. But most of all, He came to deal with the one problem none of us can fix ourselves – the sin that separates us from God.

That’s why, thirty-three years later, the baby in the manger became the man on the cross. On that cross, He took upon Himself the weight of our wrongs and offered us a fresh start – forgiveness, peace, and eternal life.

Three days later, He rose again. Death couldn’t hold Him. And that means hope is not just a Christmas decoration – it’s a living reality.

So yes – the baby in the barn does have everything to do with us. He came to bring light to our darkness, hope to our chaos, and life where there has been only emptiness.

And maybe, this Christmas, between the wrapping paper and the roast potatoes, you might pause long enough to ask:

“What if it’s true? What if God really did come for me?”

Because if He did – and He did – then that changes everything.

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

May God bless you.



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09/26(12)



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05/26(6)

DECEMBER WITH HYBU LLANYMDDYFRI: CELEBRATING COMMUNITY LIFE THIS CHRISTMAS!



As we step into the festive season, Hybu Llanymddyfri is delighted to bring the community together for a joyful month of activities, learning and connection. With continued support from The National Lottery Community Fund, we're filling December with warmth, creativity and opportunities to spend time with others. From Maggi, Tiago and all of us at Hybu...**we wish you a very Happy Christmas and a peaceful, joyful new year!**

Lindy Hop Dance Class – 2 December · 6:30 – 7:30pm
– Rhys Prichard Hall, 4 Waterloo St, SA20 0DS | £5 per class. Learn the playful steps of this joyful dance – no partner required. There will be a social dance after the class. Come along and find out about next term's classes!
Book online: www.bit.ly/lindyhopllandoverly.

Welsh Language Classes (Improvers) – Tuesdays & Wednesdays · 6:30pm | £40 for 12 sessions (bursaries available). If you've started learning Cymraeg and want to build confidence, these friendly classes with Jean Hughes are perfect. Practise speaking, expand your vocabulary, and enjoy learning in a supportive group. Whether brushing up or pursuing fluency, this is a lovely way to deepen your connection with the language.

Lunch Club Christmas Special (Over 60s) – Wednesday 10 December · 11:45am | £3 (hot lunch + dessert)
A hearty meal, good company, and warm conversation – a cosy winter treat! Held at Ysgol Rhys Prichard, the Lunch Club brings together over 60s and local pupils for food, games and shared stories.

Dog Walking Group – Saturday 13 December · 2:00pm | Free. A refreshing winter walk full of wagging tails! Led by Sam, an experienced trainer and behaviourist with over 30 years' experience, this walk is perfect for dogs of all personalities – playful, shy or still finding their paws. Spaces limited to 10.

Cooking on a Budget: Festive Winter Warmers – Tuesday 16 December · 10:30am at LYCC. Explore delicious, budget-friendly cooking for the festive season. Roast vegetables with creative twists, flavourful dishes that brighten winter meals, and two special Christmas rice-pudding recipes to warm the darkest evenings.

Llandoverly Community Cinema Presents: Tanau'r Lloer (Fires of the Moon) – Saturday 20 December – Doors: 5:30pm – Shared Community Meal: 6:00pm. Film Screening: 7:00pm. This atmospheric new Welsh-language film blends folklore, memory, grief and the beauty of the Welsh landscape. With an evocative soundtrack performed by Welsh National Opera, it promises a powerful, immersive cinematic experience. With English subtitles. Tickets available from LYCC, www.bit.ly/llandoverlyfiresofthemoon, or on the door.

Thank You for Taking Part in the Community Consultation! A huge thank you to everyone who completed the Community Consultation Survey – whether online, at LYCC, or at our stand in the Co-op. Your voices, ideas and hopes for Llandoverly have been invaluable. We are incredibly grateful for the time you took to share your thoughts. Your responses will directly shape our plans for the next stage of Hybu's work as we prepare our application for a second phase of funding in early 2026. Together, we're building a stronger, more connected, and more vibrant Llandoverly. **Diolch o gallon!**

How to Book – Spaces for all activities are limited – please book early!

Phone/Text/WhatsApp: Tiago & Maggi – 07858 555938 / 07761 955004 – Office – 01550 721499

Email: llandoverly.lcasc@gmail.com / llandoverly.lesc@gmail.com

Visit: Llandoverly Youth & Community Centre (LYCC), Gerwyn House, 19 Market Square, SA20 0AB.

Hybu Llanymddyfri – strengthening community, celebrating identity, and building a brighter future together.

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

5th December – Turkey Bingo from 7.00pm

10th December – Coffee Morning from 10.30am.
Speaker on Fire Safety

22nd December – Carol Evening from 7.00pm

Capel Dewi Community Association would like to wish all our community a Merry Christmas & A Happy New Year

Any queries or question please contact capeldewicomunity@gmail.com



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Residential Living for Adults With Learning Disabilities

12/25(1)

**ARE YOU A STRUGGLING
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Make money and save lives – a positive result for everyone.

Please email The Post who will forward on any offers – all gratefully received.

JOIN THE MARI LWYD IN LLANDOVERY THIS DECEMBER!

**Thursday 18th December from
4.30pm starting in Market Square,
finishes at Llandovery Museum**



As winter settles over Llandovery and festive lights glow in the dark, an ancient visitor returns...

A knock at the door, a tap at the window – and the silhouette of a horse's skull crowned with ribbons.

The Mari Lwyd has come to town.

This December, step into one of Wales's most enchanting midwinter traditions. The **Mari Lwyd** – a decorated horse's skull carried beneath a long white cloak – roams the town with a lively band of characters. Traditionally they sing, joke and challenge households in a playful battle of improvised verse known as *pwnco*. When the door is finally opened, the Mari enters in a flurry of snapping jaws and festive mischief, bringing good luck for the year ahead.

Rooted in South Wales since at least the 18th century, the Mari Lwyd once travelled from house to house between Christmas and Twelfth Night, accompanied by figures such as the Merryman and the Sergeant. Wherever she went there were songs, laughter, cakes, ale and community spirit – a midwinter celebration of light in the dark.

Today the tradition is joyfully revived across Wales, and Llandovery proudly welcomes the Mari again this December. Expect music, verse, revelry and a little friendly chaos as the Mari and her companions take to the streets.

Come follow the Mari Lwyd – sing, laugh, and help keep a magical Welsh tradition alive.

Starts in Market Square at 4.30pm on Thursday 18th December and ends at Llandovery Museum. Free event.

For more information contact Maggi @ Hybu: llandovery.lesc@gmail.com / 07761 955004 / or call in to LYCC in Market Square.



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02/26/13

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06/26/12

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12/25(12)



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02/26(6)

TANAU'R LLOER (FIRES OF THE MOON) SET TO ILLUMINATE LLANDOVERY COMMUNITY CINEMA'S WELSH-LANGUAGE SEASON STAY AFTER THE SCREENING FOR A LIVE Q&A!

Llandovery Community Cinema is delighted to announce the next film in its expanding Welsh-language programme: *Tanau'r Lloer (Fires of the Moon)*, a highly anticipated new release supported by Ffilm Cymru. The December showcase promises not only an immersive cinematic experience but also a warm, community-focused evening celebrating Welsh culture, storytelling, and shared space.

- **Saturday 20 December 2025**
- **Doors Open:** 5:30 PM
- **Shared Community Meal:** 6:00 PM
- **Film Screening:** 7:00 PM (running time 1 hour 25 mins)
- **Q&A Session:** after the screening

Tickets: <https://www.bit.ly/llandoveryfiresofthemoon>, LYCC or on the door.

Following the screening we are delighted to announce that we'll be joined by director **Chris Forster** and **Patrick Young**, Artistic Director of **OPRA Cymru** for a very special Q&A! They'll be taking your questions and offering insights into the making of the film.

Tanau'r Lloer (Fires of the Moon) – with English subtitles – is the only **Welsh-language feature film scheduled for release in 2025**, making this screening an exciting opportunity for local audiences. Atmospheric, haunting, and visually striking, the film blends elements of Welsh folklore with contemporary themes such as grief, memory, and mental health. Its operatic soundscape, performed by the Welsh National Opera, deepens the emotional resonance and elevates the film into a richly layered artistic experience.

Inspired by Caradog Prichard's modern classic *Un Nos Ola Leuad (One Moonlit Night)*, *Fires of the Moon*, set in the 1950s, follows a writer who receives unexpected news that sends him on a sombre train journey back to his childhood home. As the night unfolds and the railway winds through the landscape of his past, half-forgotten memories rise to the surface. He is forced to confront his personal history that shadows his return. The film's evocative imagery and nuanced performances capture both the beauty and fragility of memory, offering viewers a poignant reflection on home, loss, and the boundaries between reality and recollection.

Llandovery Community Cinema's Welsh-language programme was established to celebrate and strengthen the cultural life of the town and surrounding area. With invaluable support from Ffilm Cymru, the initiative continues to bring a range of Welsh-language films to



local audiences, fostering cultural pride while providing accessible opportunities for both fluent speakers and learners to experience cinema in our shared language.

The selection of *Tanau'r Lloer* reflects the cinema's commitment to showcasing bold, compelling Welsh filmmaking. The screening will appeal not only to Welsh speakers but also to those who appreciate atmospheric storytelling, visual poetry, and films rooted in the landscapes and narratives of Wales.

The evening's shared community meal, held before the screening, is open to all and free with your ticket. Tickets can be purchased at the LYCC, online at: <https://www.bit.ly/llandoveryfiresofthemoon> or on the door.

'CHRISTMAS BY CANDLELIGHT' at Llandovery College Chapel, Llandovery

Welcome to the start of celebrations for Christmas which, after 22 years at St. Barnabas Church, Rhandirmwyn, will for the second year be in Llandovery College Chapel, on Sunday, 7th December at 6.30pm. This has become a much enjoyed traditional event under the leadership of Head of Music, Mrs Amanda Toogood.

The President for the evening is Tony Barnes from Rhandirmwyn.

The Church Council at St. Barnabas Church would like to thank the Choir, Mrs Toogood and staff at Llandovery College, for their continued support over the last twenty three years.

Admission: £7 at the door, children under 15 free. Tea/coffee and mince pies will be kindly provided by the college after the concert.

All proceeds towards St. Barnabas Church.



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12/25(1)

THE LINE

BY LOCAL AUTHOR, JAY HARLOW



Imagine The Queen (QE2 – not the ship) had acted on her secret plans to celebrate her Platinum Jubilee in a particularly exciting way.

Discover how she was busy recruiting a group of good, honest, ordinary folk to replace the government and run the country the way she had really wanted it to be run....

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A feel good gift for yourself, or loved ones who dream of better days ahead.

Available now from PostDatum, Stone Street, Llandovery and other outlets.

SPOON/BOWL CARVING GROUP

If anyone would be interested in joining a “spoon carving club” in the Llandovery area, I am thinking about starting one. My idea is for a very informal group that meets maybe once or twice a month to share in a common interest.

To express an interest please text or call me (Simon) on 07908 557663.

LLANDOVERY FOLK DANCING GROUP



At the time of writing our group is still looking forward to our next dance when the Melomanics will be calling and playing.

Our December dance will be held on 19th December at 19.30 in Llanwrda Hall, SA19 8HD, starting at 19.30. Price: £7.50 including a raffle ticket and light refreshments.

This will be a variety of different dances and will be called from the floor.

We always meet on the third Friday of the month. You don't need a dance partner nor have any dance experience. Even if you don't want to join the dancing, you're welcome to come along and just watch. You might be tempted to join.

If you need any more information feel free to contact Monika on 07411 079307.

THANK YOU

Members of St Marys Church & Grave Yard Funds, Cyngorddy wish to sincerely thank the wider community and the public for the generosity supporting our annual raffle and fund raising event at the Sheep Festival to enable us to maintain the church for another year.

Many thanks from all church members.

Diolch yn Fawr.

MACMILLAN COFFEE MORNING

This year the total is £3,103.34p. This is the most we have ever raised. Thank you so much to everyone who supported us once again this year and helped to raise this amazing amount. For all the raffle prizes, cakes and donations and to everyone who came on the day. The biggest thank you, to all my helpers. They make it all possible. I could never do it without them. I'm so grateful to you all.

My total since 2013 is now £22,318 which will have helped so many people.

Many thanks
Beth

LLANDOVERY MAYOR LAUNCHES TOWN'S NEW CHESS BENCHES 'UNDER THE ARCHES'



Mayor Huw Thomas launched the new loan service of sets of chess pieces, checkers and snakes and ladders so that residents and visitors can enjoy using the space to socialise playing board games under the arches of Llandovery Town Hall in Market Square. Brody, Darren, Henry, Gethin, Ffion and Osian enjoyed being the first to use these game benches.

Llandovery Youth and Community Centre Manager Jill Tatman stated "This is a real opportunity for further improving opportunities for young people to meet, learn and play together. It is a wonderful addition to support wellbeing in our community encouraging people of all ages to meet and talk."

Mayor Huw Thomas thanked Carmarthenshire County Council for the grant that enabled the purchase of four benches, one of which is fully accessible. "Chess and play pieces are available, free of charge, from either the Youth and Community Centre or from Pethau Pawb during opening hours and just need to be signed out and returned when finished. There's a choice of 4-in-a-row, snakes & ladders, checkers and chess; something to please everyone!"

Carmarthenshire County Councillor Handel Davies "Everything the Town Council want to achieve is about creating a town that residents are proud of, that supports the mental health of all our young people and encourages all generations to talk. We plan on having a small chess competition next summer so get practising!"





COME AND VOTE FOR YOUR FAVOURITE SNOWMAN!

The Llanwrtyd Heritage and Arts Centre will be holding its annual Christmas Drop-In on Saturday 6th December from 10.00am to 6.00pm.

Under the theme 'A White Christmas' the Heritage Centre welcomes everyone to join them for a glass of sherry and mince pie. Centre stage this year will be the snowmen made by the children of the area and the winners from each group, 4 – 7 and 8 – 11 years old, will be chosen by the visitors to the Centre on the day.

In addition there will be Christmas fayre and presents on sale, activities for the children, a room raffle and also the annual raffle will be drawn, together with the announcement of the Snowman winners, at 3pm.

Organised to coincide with the Christmas Tree Festival at St James Church and followed by carols round the tree in the square at 6pm, the Drop-In will be part of a Christmas day out for all the family.

LLANWRDA SCHOOL By Popular Demand **CHRISTMAS MAMMOTH BOOK GIVE AWAY** Adult + Children's

SATURDAY 13th DECEMBER 10.00am — 3.00pm

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LLANDOVERY ROTARY CLUB



Our dear departed Rachel.

We were rocked to the core last month when the news came to us that our member Rachel Everett had passed away. This was entirely unexpected as we only heard that Rachel was in hospital one week before she passed. The news reached us via our WhatsApp group and was extremely hard to process as her dear mum had passed away only a week earlier. It was indeed a very sombre gathering at our next meeting on the following Tuesday evening. As is our tradition Rachel's chair was turned in toward the table and was left empty. We observed the traditional silence and cancelled all business. President Gareth gave a lovely tribute to Rachel as a person and as a dedicated Rotarian who went about her work quietly and extremely efficiently. Rachel was a very keen and willing volunteer who was a wonderful Rotarian in all aspects. She took on many roles with us as a club and as organiser of the wonderful Llandovery Sheep Festival. Hardly anyone spoke throughout the meal and the meeting was closed as soon as the meal was finished. Rachel will be very sadly missed by all who knew her and especially by us. Rachel was a very hard working and dedicated Rotarian and we are devastated as a Club to lose such a gentle and beautiful soul.

Rachel, RIP our dear, dear friend.

Following this devastating news, it is very difficult to know what to write. It has to be done, so here goes: The 'Bleed Kits' that we were so impressed with as a highly recommended addition to all defibrillators and since recommended extensively on 'Good Morning

Britain' and 'Breakfast' television have now been added to the defibrillators that are located locally at our cost. We received this notification from Heartbeat Trust UK that fitted them for us

Hi Gareth,

I'm delighted to say that the Llandovery CBC kits you sponsored are all now installed in their new homes across your local area. I'm sorry it has taken so long to get this done but we have to be especially careful when installing into defib cabinets which are looked after by other people as we are essentially asking them to look after the kits as well. Fortunately, having got hold of the guardians for all, everyone has been extremely receptive to the kits and appreciative of the Rotary's generous donation to provide them. Hopefully, they never get used! But they are there if needed and we know that they can and do make a difference. I've attached a Zip folder with all of the cabinets showing the rebranded boxes at the locations, hopefully you have no issues opening it, let me know if you do.

Thank you again from us for your support of this initiative. We couldn't do what we do without help like this.

Kind regards

Douglas Dawson

Heartbeat Trust UK.

We are very proud of the above as, if it saves just ONE life it was well worth the cost. As it says we hope they are never needed but

We attended the Town Council organised Fireworks Display in the mart to Marshal the hoards as requested.



14 local defibrillators, and rising, have been fitted with Bleed Kits at our cost.



President Gareth lays our wreath at the Remembrance Service.

We arrived at the appointed time of 3pm but were virtually alone for a couple of hours but eventually the hoards arrived to be treated to a truly Magnificent display that was well worth waiting for. Well done The Town Council. It was great.

As every year we dutifully attended the Royal British Legion organised Remembrance Sunday parade and service at our superb War Memorial. Some wore their own very impressive medals and others proudly wore their parents medals, on the opposite side of their chest of course. His Worship the Mayor Huw Thomas led the service with the Llandovery College Cadet Force to the fore. The brilliant bugler Scott returned this year to add great dignity to the event.

There was a very big turnout from the public this year along both sides of the road. It's an event that Llandovery does so very well.



Father and daughter, father and son. All proud Llandovery Rotarians.



The youngest and the oldest. 18 and 81.

Incidentally I was implored by a member of the RBL to encourage people to wear their deceased parents medals to proudly show their service to the country.

Congratulations to member Lynnette and her company Cariad Millinery for being nominated for The Welsh National Wedding Awards – an incredible achievement.

We have a new member. A new member that breaks all records! Never has one so young been inducted into our club before ever. Amber Wathan has joined us at 18 years old. Wonderful. So now we have an age range from 18 to 81. Amber and Anthony become the fourth father and son/daughter to have joined the club and only the second simultaneously.

Huw Morgan, formerly of Cerrig Cottage and son of Gron, travelled from Henley on Thames to come to speak to us. We knew he had some high profile jobs but WOW, well, read Rosie's minutes below, unbelievably typed out as he spoke

Huw Clarke introduced Llandovery born and bred guest speaker Huw Morgan.

- Huw shared that after growing up in Llandovery he was due to go to Sandhurst but then received an acceptance letter from Dundee University and after a night there he flipped a coin and decided to go to university.
- Huw always wanted to travel and after university had a job lined up in New Zealand to work with BP, however oil crashed so he ended up working in London to work in the stock market, but he hated it.
- Wanted to get out of London, so started his journey into sport.
- Huw wrote a paper about the demand for golf, identifying that there was a waiting list to join clubs.

continued on page 40



Huw Morgan gave a superb talk at a meeting last month.

- 700 new golf courses needed and aimed at farmers looking at ways to diversify.
- Started working for a Japanese organisation that had 35 golf courses. When working with this company he was part of the build a golf course in Oxfordshire. This club had a £25,000 membership fee (not including annual fee)
 - Huw shared that he was approached by the President of the Harlequins Rugby Club to act as their CEO.
 - He helped with coordinating the renovations for the Harlequins Rugby Club, with state of the art equipment with bar, therapy rooms and changing rooms, but they had painted the away team changing room bright pink - so bright that it needed repainting following a number of complaints.
 - Huw shared a story of a night that the Harlequins rugby team came to Llandoverly Rugby Club for the night and had a great night that they still talk about.
 - Huw shared how he was approached to work on the Arrows Formula One team. This work developed his eye for detail and safety. Amazingly he worked there at the same time as another Llandoverly man, Ian Jones, Castle Garage.
 - He shared about the Concorde Agreement - where

Formula One team owners can do anything they like, have as many racers, cars and drivers that they want, but all team owners have to agree.

- In Formula One they would have practice that included simulation that had the exact level of detail of the track, each bump, bend and driving conditions based on the weather.
- Huw shared story of brushing passed people at Monte Carlo track, including Boris Becker, Sarah Ferguson and Julia Roberts.
- Huw shared about working on the 'International Rugby Board' and the marketing, partners, suppliers, broadcasting and commercial sponsorship for rugby.
- Huw showed some videos and gave a presentation about rugby marketing and broadcasting.
- Huw showed the room 2 rugby balls that were 2 of 3 ever made with Gilbert World Cup 2007 design on it - sharing that the writing size cost Gilbert £250,000 and that if they wanted the bigger font, it would have cost them £1million.
- Huw shared how he went from Rugby in 2015 and on to rowing.
- Q&A session
- Vote of thanks given by Kevan.

Thanks Rosie.

It was a brilliant talk and so interesting. Thanks Huw it was wonderful. And as we later learned he drove back to Henley on Thames that night! Phew.

We were once again called upon to assist at the Flu Jab and Covid Clinic organised by Llanfair Surgery at the Rugby Club. We will always make ourselves available for this.

The 8,000 Crocuses that we bought to distribute free to the 20 organisations that requested them locally have all been collected or delivered. The one thing that we ask is that every single one is planted to support 'Rotary's End Polio Now' campaign. Thank you.

Hampers. We will be out with our complimentary hampers at the end of December to bring some joy at Christmas. There are 36 hampers to be given away this year.

Our ever popular Santa Runs will be beginning shortly where we visit the villages and the town itself. Bring the children along. No donation necessary but thank you if you do. See the front cover for dates.

As this is the last report of 2025 we thank you all for the fantastic support you give us through the year. We simply couldn't do it without you.

Well, that's it. Free Crocuses, complimentary Bleed Kits, volunteered at Flu Jab and Covid Clinic, volunteered at Fireworks Display among many other things in the community. Just another month in Rotary ...

Except for one thing. The devastating loss of one of our own. Dear Rachel has passed on and that will be our abiding memory of last month and of last year.

RIP OUR DEAR DEPARTED RACHEL.

Derek Jones.

A graphic advertisement for Ieuan Jones Photo Restoration Service. It features a central image of a photo restoration project showing a person's face. The text includes the name 'IEUAN JONES', the service name 'PHOTO RESTORATION SERVICE', the Welsh name 'CWRTYCADNO', and a list of services: Photo Restoration, Cine Film Transfer, VHS to DVD Transfer, Slide Transfer, Local Fortnightly Collection & Delivery Service. Contact information includes the phone number 'Tel: 07946 704522', email 'Email: ieuan@glynhebog.co.uk', and website 'www.cwrtphoto restoring.com'. A small date '03/26(3)' is in the bottom left corner.



Llandovery Youth and Community Centre



Our Youth Club is a great place to be.... Club nights are fun with all sorts of activities including, recently, a fire pit in the LYCC garden, creating a big banner, creatively cooking all sorts of things, a Keep Wales Tidy evening with pizzas, quizzes, jengo, retro Wi games, pool, table tennis, finding out how much sugar there is in fizzy drinks and lots more.... We have amazing outings and our summer camps are the very best with coastering, surfing, boating, youth hostelling and camping. Youth Clubs in most areas are a thing of the past but in Llandovery we believe this is what young people need and want – a place to be themselves, meet their friends and sometimes just “chill out”. At 60p per session and camps which are heavily subsidised so everyone can attend, the Youth Club at the LYCC is a friendly, positive and thriving community....pass the word around! The age range is 11 – 25 years old.

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05/26(12)

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08/26(12)



LLUEST

'TAILS' FROM THE TRUST.....

Nadolig Llawen Merry Christmas



We'd like to take this opportunity to extend our heartfelt thanks to every individual, community group and local business who has supported us throughout 2025. We simply wouldn't be here without you. Your kindness and generosity have transformed the lives of horses and ponies suffering from neglect, abandonment and cruelty. Whether you've volunteered, donated or fundraised, we applaud each and every one of you – you are all Lluest Heroes.

As we head into the festive season, there are so many meaningful ways to support our work. From Christmas cards and calendars to pony sponsorship gifts and more, our online shop is filled with thoughtful items that truly make a difference.

www.lluesthorseandponytrust.co.uk/lluest-online-store/

And for experienced horse owners, why not consider the ultimate gift – offering a forever home to one

PUMSAINT WI

At our meeting on 2nd December at 2pm we will have a social afternoon with a Christmas buffet and a selection of card and board games. The meetings on January 6th and February 3rd will also be at our winter time of 2pm in Coronation Hall. The new Committee are finalising the Programme for 2026 which will include a variety of talks, activities and visits. In addition, in 2026 the Sir Gar Carmarthenshire Federation will celebrate its 100th year with a variety of county wide events throughout the year. Visitors and new members are always welcome at Pumsaint meetings.



of our beautiful ponies? Start 2026 by changing a life and welcoming a Lluest pony into your family. www.lluesthorseandponytrust.co.uk/re-homing/guardianship-scheme/

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Email: info@lluesthorseandponytrust.co.uk

Address: Lluest Horse and Pony Trust, Beili Bedw Farm, Llandeusan, Llangadog, Carmarthenshire SA19 9TG



FRIENDSHIP CLUB

Friendship Club enjoyed in October their annual Christmas shopping trip. With a filled coach (and over subscribed) they set off for the historic market town of Monmouth. For some it was a reacquaintance with the town and its many attractions. With its mixture of well known retailers together with a range of independent shops, restaurants and cafes. Something for everyone. Despite a miserable autumn morning on leaving Llandovery, Monmouth offered a dry and bright welcome.

Remembrance Day. Teresa Jones laid a wreath on behalf of Friendship Club.

The Friendship Club Christmas Lunch is Friday 19 December at The Whitehall, Llandovery.

The Friendship Club meets on the last Wednesday of each month at 1.45pm in the Vicar Pritchard Hall.

There is no age limit and a warm welcome is offered to everyone.

For further information please contact Gina Jones on 01550 720506, Teresa Jones on 01550 720048 or Barbara Price on 07572 263987.

CHRISTMAS 2025



**LLANDOVERY COLLEGE
CHOIR**

**CHRISTMAS BY
CANDLELIGHT**

at

Llandovery College Chapel

In Aid of

ST. BARNABAS CHURCH, RHANDIRMWYN

President: 'Mr Tony Barnes', Rhandirmwyn

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Sunday 7th December at 6.30pm

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LLANDOVERY RFC ALL STARS XV 1996-2025



*All Stars Captain
Chris Davies*

HUW S THOMAS'S TEAM OF THE LAST 30 YEARS 1996 – 2025

I can unashamedly claim that over the last 30 years I have seen the Drovers in action more than any other journalist – dead or alive!

But, when challenged to select the top 15 players to have put on the Llandovery shirt 1996-2025, I do so with trepidation, knowing that such a task has untold pitfalls.

Many supporters will take issue with my choices and their opinions and views are respected and it is testimony to the continually improving quality of rugby at Church Bank, that there is the crucial difficulty of comparing the worth of players over a long period of 30 years.

That said, I claim no superiority whatsoever over the views and opinions of both Llandovery men and women who have seen the Drovers in action, home and away over the last 30 years.

It is at away games that the true worth of a player's character and class comes through.

It was on a wet, cold Wednesday evening at Ebbw Vale,

Pontypool or Aberavon, in the face of a pumped up home side, hostile crowd and easily swayed officials that a man's value to the team can be gauged.

From Phil Davies, Handel Davies, Carwyn Williams and John Davies to Tony Williams, Derek Jones, Nigel Clarke and Dai Thomas, from Margaret Davies and Helen Thomas to Sandra Clarke, Menna Davies and Helen Williams, through to Justin's travelling storm troopers, and - apologies to anyone forgotten - these were the ever loyal supporters who consistently travelled to brave wind, rain, sleet and snow to shout on the Drovers at venues all over Wales and beyond.

Former committee men, coaches, captains, players and supporters will, too, have their own say on a select XV and their views and votes will make interesting reading.

When I retired from being a College master in 1996, and went into full time rugby journalism, I had already reported, albeit intermittently, on Llandovery games, home and away.

In a report of a 1993 game at Dunvant, I tentatively coined the nickname Drovers in Wales on Sunday and the Western Mail - and now 32 years later, the Drovers is a name used far and wide in reference to Llandovery rugby.

In choosing my team of all stars, I have restricted it to those players who have played at least 30 games for the club - an arbitrary figure, I agree - but one important to distinguish between those who were little more than "guests", rather than "residents"

There are, of course, some great players to have worn the Llandovery shirt - perhaps the greatest a certain Tadhg Beirne, the British Lion - but he does not make my team as two appearances for the Drovers does not - in my mind anyway - make him one of those players who had a huge influence on the fortunes of the club.

Similarly with other Lions in George North (four appearances) and Andy Powell (21 appearances) who were never long enough at Church Bank to make any difference to the cause.

Rhodri Gomer Davies and Macs Page would have been others to be considered but they came below the 30 appearances criterion.

Many Welsh internationals have turned out randomly for the club 1996-2025 - Barry Davies, Dan Evans,

02/26(12)



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Garan Evans, Vernon Cooper, Josh Turnbull, Lou Reed, Rhodri Jones, Richie Pugh, Ben Broster, Nathan Thomas, Dom Day to name just a few.

Scottish international lock Scott Macleod and All Black lock Simon Malling played once but their influence pales into total insignificance in comparing them to the contribution of some of the outstanding second rows that have graced the Church Bank pitch.

Jamie Cudmore, John Westgarth, Lyndon Bateman, Bryn Griffiths and Jack Jones are just five whose commitment, power and rugby intelligence played a huge part in the success of the club in their time at the club.

Former Wales fly half Arwel Thomas even played once as did Scotland scrum half Sam Hildago- Clyne but how can I dare leave out of the side Lee Rees - surely the greatest scrum half servant of the club in its entire history?



Lee Rees

I rate him more highly than Rhodri Williams who played 44 times for Llandoverly before gaining his Welsh cap and the talented Rhodri Davies, now at Carmarthen Quins.

Quick, nimble, alert and brave, he was the first name to be penned into the team of greats to have donned the Llandoverly shirt over the last 30 years.

With Rees in the side, supporters expected victory. Without him, they feared defeat – such was the expectation on his broad shoulders.

What an honour it would be for the little man to end his career in a Barbarian shirt to follow in the footsteps of the likes of Aled, Barry and Dorian Williams, Cerith Rees and Andrew Jones.

The words that kept coming back to me as I trawled through the list of players who have played for the club was influence and impact

The players to have achieved the greater honours in the game did not necessarily have the greatest influence or impact on the club's success.

Cudmore, Bateman and Westgarth were brilliant locks but did they have the same impact on the team as Bryn Griffiths and Jack Jones?

Griffiths and then Jones – grandson of the late Wales lock Brian Thomas - brought a consistent ruggedness, combativity and muscular presence into a pack that needed to be more aggressive, one that would not be bullied on a soaking wet night down in muddy Ebbw Vale.

As individuals, they may not have reached the heights of Cudmore, Westgarth and Bateman but as pack leaders, influencers and men to follow in the trenches of war, they were special to the club at key moments.

Would Llandoverly have swept the board in their 2023-024 annus mirabilis without the presence of their inspirational captain Jack Jones?



Jack Jones

This is why Bryn Griffiths and Jack Jones get me vote as locks.

No one will agree with my select team as a whole, but there should be little argument, for example, that the finest props would be Wyn Jones and Andrew “Cantona” Jones.

Here we have a Lions prop and a club legend and Barbarian in “Cantona, both of whom came through the club youth and Junior Drovers pathway.

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Andrew Jones

They serve as a beacon of the wonderful work started off by Dai and Helen Thomas whose inspiration to start off a Junior Drovers section has been of such huge and everlasting benefit to the club.

Wyn stands out as the best example ever of the value of the semi-pro game to the development of talent in Wales.

Years of fighting tight head props, hardened campaigners who were not terribly mobile but who had the strength of Samson, prepared Wyn for a wonderful Wales and Lions career.

Andrew Jones has a place – second to none – in the history of the club.

He played 577 games from 1992 to 2015 as arguably the best scrummaging prop ever to play for Llandovery in a long one club man career that was rewarded with selection for the Barbarians in 2014.

Wyn Jones added his own tribute when he credited much of his development to the advice, guidance and counsel of the mentoring Cantona.

I had no hesitation in pencilling in Adam Warren at centre. His awareness of time and space, his knack of popping up at the right place at the right time, his balanced running and wonderful ability to put people into gaps that only he could visualise mark him out as special.



Adam Warren

Warren 's influence on back play – offensive and defensive – has been spectacular whilst Rees has been, without parallel, the most exciting scrum half in the history of the semi professional game in Wales.

With Lee Rees at scrum half, it left nine positions still to be filled

After sleepless hours of weighing up who might make the All Stars XV, I offer the following line up.

No one will – I am sure – agree with all my picks but it will ensure many hours of debate, discussion and good natured argument amongst all those who have lovingly and faithfully watched the club over many years.

DROVERS XV

The continued brilliance of Jac Davies's running over the last two years and in particular the Cup semi-final win over Ebbw Vale in 2024 swung the decision as to whom to select as full back, ahead of the long striding Emyr Lewis (son of Allan Lewis) and the dodging, darting Will Thomas.

There were many good wings to consider in Ifan Evans, Tomi Lewis, Harri Doel, Tal Selley and Aaron Warren but the vote went to the exciting Nigerian Joe Ajuwa and Bulth product Mark Jones.

Ajuwa lit up the game – home and away – scoring some scintillating solo tries, and one memorable effort at Ebbw Vale, whilst Mark Jones scored a record 26 tries in a



Rhodri Jones

season 1998-1999 with some of the deadliest try-scoring finishes in Church Bank history.

Jones went on to play 47 times for Wales in an illustrious career and is now Head Coach at the Ospreys.

To partner Adam Warren in the centre the choice was between the long striding, galloping powerhouse that was Tracy Lewis and the indestructible Rhodri Jones.

Former Llandovery coach Geri Davies thought the world of Lewis but the continuous high level of performance of Jones - running, passing, tackling in the midfield over 13 years service to the club - swung my vote his way.

The fly half position gave me the biggest headache of all - how to favour one talent over another?

Aled Williams and Cerith Rees played significant parts in Llandovery success and there is no doubt that, in his prime, the little pocket dynamo that was Williams was the most talented fly half ever to play for the club.

But Williams and Cerith Rees were only at Church Bank in the autumn of their careers after fine showings in the top flight of the game.

Neil Clapham was at times a scintillating loose play runner and so exciting to watch whilst Ioan Hughes, the current first choice, has done nothing but improve since his arrival from Llanelli.

He is a vital cog in the present Llandovery machine - see his vital contribution to the win over Newport on September 12 and then the touchline conversion to win the game against RGC on October 4th.

He narrowly - very narrowly - gets the vote over Jack Maynard. What swung it in Hughes's favour was the quality of his touch finding, a quality that was of high international class.



Ioan Hughes



Taylor Davies

How many tries were a result of some remarkable touch finders deep into the opposition 22, from where the line out rolling maul ended with Taylor Davies or another forward crashing over?

The quality of Maynard's goal-kicking in the tighter games was a major factor in swinging many a result the Drovers way - without it, many a game might have slipped away in disappointing defeat.

A canny play maker, good handler and distributor with the deftness to sell many a dummy to his marker, Maynard's 1,763 points in 209 games - 303 points alone in 2016-2017 - leave an indelible mark on his time at Church Bank.

Emyr Phillips who gained three caps for Wales after leaving Church Bank was the first to come to mind at hooker as a huge part of Llandovery success.

But how could I leave out Taylor Davies who in the annus mirabilis of 2023-2024 scored 21 tries in as many games, including four at the Gnoll to end up the leading try scorer in the Premiership.

The composition of the back row was another head scratcher

I eventually ended up with Dafydd Jones, Jonathan Mills and Chris Davies, leaving out the likes of Nathan Thomas and Andy Powell who did not play enough games to qualify for selection.

Such was the eye catching form of Aberaeron product Jones in his full season at Llandovery - 1999-2000 - that the Scarlets soon had him in their squad.

His rugged, no nonsense power game continued at the highest level as he went on to gain 42 caps for Wales in an outstanding career before a shoulder injury forced him into retirement.

The key forward to Llandovery success in Cup winning season 2006-2007 was No 8 Jonathan Mills - a terrific

continued on page 48

reader of the game, intelligent and fluent in all he did, a leader from the front whose qualities were not appreciated by the Scarlets.

After playing for Llandovery in the Welsh Cup final in 2007, he went on to play for Sale, signed by coach Steve Diamond, who recognised his whole hearted unstinting commitment to the game would rub off on many of the Sale forwards.

He gets my vote ahead of Paul Jones who made a habit of picking up at No 8 and crashing through everyone for try after try – 18 in 1996-1997 and 15 more the next season.

And so to the final selection at open side.

Stuart Worrall has been the best contact area flanker at semi-pro level for 10 years but who can leave out the inspirational local legend that was Chris “Cwmcaiwddu” Davies?

A Llandovery man in every bone of his body, he was indefatigable in open play, swift to the breakdown, uncanny in his positioning and support play, hard as nails but the gentlest of characters off the field.

He captained the club in three season - scoring 63 tries in 245 games - before tasting pro rugby with Dunvant where he became as popular and as appreciated a player as he had been at his home club

He leads my All Stars of 30 years.

A final word - the XV chosen may not have been the “best” in their position but have been - in my opinion - the players who contributed the most to the success of the club at key times and key seasons.

Aled Williams and Jamie Cudmore would be the first on the team sheet if they were to be selected on intrinsic class but my XV relies on the impact that the chosen players made on the team during their stay at the club.

My selections were simply “ influencers” par excellence

ALL STARS XV (club appearances at time of writing are in brackets) (players also considered , not necessarily in order of preference)

Full Back: Jac Davies (37) (Emyr Lewis, Will Thomas)

Wing: Joe Ajuwa (31) (Tomi Lewis, Tal Selley, Harri Doel)

Centre: Rhodri Jones (294) (Tracy Lewis, Matthew Jacobs)

Centre: Adam Warren (131) (Jack Roberts, Rhys Williams)

Wing: Mark Jones (43) (Aaron Warren, Ifan Evans)

Fly Half: Ioan Hughes (79) (Jack Maynard, Neil Clapham, Aled Williams, Cerith Rees)

Scrum Half: Lee Rees (379) (Rhodri Davies, Rhodri Williams)

Loose Head: Wyn Jones (90) (Jamie Hughes, Arwel Evans, Dorian Williams)

Hooker: Taylor Davies (59) (Emyr Phillips, Dafydd Hughes)

Tight Head: Andrew Jones (577) (Berian Watkins, Peter Edwards)

Lock: Bryn Griffiths (160) (Jamie Cudmore, Lyndon Bateman)

Lock: Jack Jones (134) (John Westgarth, Tom Walker)

Flanker: Dafydd Jones (31) (Richard Brooks, Phil Day, Osian Davies)

No 8: Jonathan Mills (41) (Paul Jones, Nigel Clarke, Joe Powell)

Flanker: Chris Davies (245) (Stuart Worrall, Gareth Williams)

PICK YOUR OWN ALL STARS XV 1996-2025 AND HAND YOUR SELECTIONS IN TO THE CLUB OR INTO POSTDATUM, STONE STREET BY DECEMBER 20TH

A XV BY POPULAR OPINION WILL THEN BE REVEALED ON BOXING DAY

Full Back:.....

Wing:.....

Centre:.....

Wing:.....

Fly Half:.....

Scrum Half:.....

Loose Head:

Hooker:

Tight Head:

Lock:

Lock:

Flanker: No 8:.....

Flanker:

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- **Cement Roof Tiles 1600**, used, in good condition, 10p each. Buyer collects. Tel. 07837 962642.
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- **Small bale hay**, June made. Tel: 07922 555597.
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- **Handmade gypsy bow top model caravan**, 3' x 2.5', canvas roof with ornaments, £250 ovno. Tel: 07790 384670.

- **x8 Portmeirion white small jugs**, VGC, £40. Tel: 07790 384670.
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- **Preloved Books wanted**. We are presently stocking up our bookroom with Christmas book gifts and we are more than pleased to receive your unwanted preloved books/cd's for adults and children. Any subject gratefully received, as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing. For opening hours during December/January, please refer to our website or contact us by phone. If delivering on a weekday, please ring the office bell beside the gate and there will always be someone available to help you offload if required. Thank you for helping us to maintain Newton House and Dinefwr Park. Any queries: Holly Dwyer: 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).
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Merry Christmas

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30 Nov	10.00am	Combined Eucharist, Cil-y-cwm
7 Dec	9.30am	Holy Communion
21 Dec	9.30am	Holy Communion
25 Dec	9.30am	Christmas Holy Communion
28 Dec		TBC
4 Jan	9.30am	Holy Communion
18 Jan	9.30am	Holy Communion
1 Feb	9.30am	Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

30 Nov	10.00am	Combined Eucharist, Cil-y-cwm
7 Dec	11.00am	Holy Communion
21 Dec	11.00am	Morning Prayers
24 Dec	5.00pm	Christmas Holy Communion
28 Dec		TBC
4 Jan	11.00am	Holy Communion
18 Jan	11.00am	Morning Prayers
1 Feb	11.00am	Holy Communion

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

ST. PAUL'S CHURCH, MANORDEILO

30 Nov	10.00am	Combined Eucharist, Cil-y-cwm
14 Dec	9.30am	Morning Prayers
25 Dec	11.00am	Christmas Holy Communion
28 Dec		TBC
11 Jan	9.30am	Morning Prayers
25 Jan	9.30am	Holy Communion

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

ST. MICHAEL'S CHURCH, CILYCW

30 Nov	10.00am	Combined Eucharist, Cil-y-cwm
14 Dec	11.15am	Holy Communion
24 Dec	7.00pm	Christmas Holy Communion
28 Dec		TBC
11 Jan	5.00pm	Plygain
25 Jan	11.15am	Holy Communion

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

ST CYNWYL'S CHURCH, CAIO

30 Nov	10.00am	Combined Eucharist, Cil-y-cwm
7 Dec	9.30am	Holy Communion
21 Dec	9.30am	Holy Communion
24 Dec	9.30am	Christmas Holy Communion
28 Dec		TBC
4 Jan	9.30am	Holy Communion
18 Jan	9.30am	Holy Communion
1 Feb	9.30am	Holy Communion

Rev Rik Mayes 01558 685118.

ST SAWYL, LLANSAWEL

7 Dec	11.00am	Advent Communion Service
14 Dec	3.00pm	Christingle and Nativity
21 Dec	5.00pm	Readings and Carols followed by mince pies and mulled wine
25 Dec	10.00am	Holy Communion
4 Jan		Morning Prayer
11 Jan		Holy Communion
18 Jan		Holy Communion
25 Jan		Messy Church

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

7 Dec	11.00am	Holy Communion
14 Dec	11.00am	Holy Communion
21 Dec	3.30pm	Special Family Service – Coming together to Celebrate Christingle
24 Dec	2.00pm	Special 'Night Before Christmas' Service
28 Dec	11.00am	Morning Prayer
4 Jan	11.00am	Holy Communion

For further information please contact Ann Thomas, Churchwarden, 07788 789195 mathomas056@gmail.com

ST MICHAELS, MYDDFAI

30 Nov	11.30am	Combined Eucharist, Llanfair
7 Dec	11.30am	Morning Prayer
14 Dec	11.30am	Holy Communion
21 Dec	11.30am	Morning Prayer
24 Dec	7.30pm	Christmas Holy Communion
28 Dec	9.30am	Morning Prayer, Llandinagad
4 Jan	11.30am	Morning Prayer
11 Jan	11.30am	Holy Communion
18 Jan	11.30am	Morning Prayer
25 Jan	11.30am	Holy Communion

ST DINGAD'S, LLANDOVERY

30 Nov	11.30am	Combined Eucharist, Llanfair
7 Dec	9.30am	Family Service
14 Dec	9.30am	Holy Communion
21 Dec	9.30am	Morning Prayer
24 Dec	11.30pm	Midnight Christmas Communion
28 Dec	9.30am	Morning Prayer
4 Jan	9.30am	Family Service
11 Jan	9.30am	Holy Communion
18 Jan	9.30am	Morning Prayer
25 Jan	9.30am	Holy Communion

ST SIMON AND ST JUDE, LLANDDEUSANT

14 Dec	6.00pm	Carols & Readings followed by mulled wine and mince pies
24 Dec	5.00pm	Holy Eucharist
11 Jan	2.00pm	Evening Prayer
25 Jan	11.15am	Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

30 Nov	11.30am	Cymun Cyfanedig, Llanfair
7 Dec	11.00am	Boreol Weddi
21 Dec	11.00am	Cymun Bendigaid
25 Dec	10.00am	Plygain
28 Dec	9.30am	Morning Prayer – Llandinagad
4 Jan	11.00am	Boreol Weddi
18 Jan	11.00am	Cymun Bendigaid

ST. MARY'S CHURCH, CYNGHORDY

30 Nov	11.30am	Combined Eucharist, Llanfair
14 Dec	2.30pm	Evening Prayer
21 Dec	2.30pm	Christmas Holy Communion
28 Dec	09.30am	Morning Prayer, Llandinagad
11 Jan	2.30pm	Holy Communion
25 Jan	2.30pm	Holy Communion

ST CADOG'S CHURCH, LLANGADOG

7 Dec	9.30am	Holy Communion
14 Dec	9.30am	Morning Prayer
18 Dec	6.00pm	Nine Lessons and Carols
		December Morning Prayer
21 Dec	9.30am	Holy Communion
25 Dec	10.30am	December

Rev'd Jeff Thomas 01550 777758 jeffthomas@churchinwales.org.uk

ST. BARNABAS, RHANDIRMWYN

30 Nov	11.30am	Combined Eucharist, Llanfair
14 Dec	9.30am	Morning Prayer
21 Dec	9.30am	Holy Communion
24 Dec	2.30pm	Christmas Holy Communion
28 Dec	9.30am	Morning Prayer, Llandinagad
11 Jan	9.30am	Morning Prayer
18 Jan	9.30am	Holy Communion
25 Jan	9.30am	Holy Communion

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

ALL SAINTS CHURCH, GWYNFE

7 Dec	11.15am	Holy Communion
14 Dec	11.15am	Morning Prayer
21 Dec	6.00pm	Carol Service with refreshments to follow
25 Dec	9.00am	Christmas Communion
28 Dec		No Service
4 Jan	11.15am	Holy Communion
11 Jan	11.15am	Morning Prayer
18 Jan	11.15am	Holy Communion
25 Jan		No service

ST TEILO'S CHURCH, LLANDEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

A Warm Welcome for all/Croeso Cynnes ichi gyd.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.

Weekday masses – see notices or

Phone: 01558 824305 or

Mob. 07507 071337.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)

Services every Sunday

10.30 Worship and Communion Service.

(Also Sunday School for under 15s)

5.00pm Evening Service.

Tea and biscuits following.

Contact: E. Gilbert. 01558 685763.

YR EGLWYS UNIONGRED,

LLANBED – LAMPETER

ORTHODOX CHURCH

1st Sun No Service

2nd Sun 10.30am Divine Liturgy

3rd Sun 10.30am Divine Liturgy

4th Sun 10.30am Divine Liturgy

5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk

Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

Tel: Pastor Rhys 07511 551541

rivers.church@outlook.com

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist

4th Sun 9.00am Eucharist

2nd Sun 9.00am Morning Prayer

3rd Sun 9.00am Morning Prayer

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall – brwoodall1940@gmail.com

ST JOHN'S CHURCH, MAESTEILO

7 Dec 9.30am Holy Communion

21 Dec 2.00pm Carol Service

4 Jan 9.30am Morning Prayer

18 Jan 9.30am Holy Communion

Margaret James 07771 621538.

HOLY TRINITY CHURCH, TALIARIIS

14 Dec 9.30am Holy Communion

24 Dec 4.00pm Carol Service

11 Jan 9.30am Holy Communion

25 Jan 9.30am Morning Prayer

Email: h_lloyd_davies@hotmail.com

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

7 Dec 2.00pm Traditional Carol Service followed by Christmas

Tea

in the Hall. Enjoy the decorated windows in

the

Church.

10 Dec 5.30pm Pilgrim Prayers.

24 Dec 11.30pm Christmas Eve Candlelit Midnight Mass with Holy Communion – wrap up warm to welcome in Christmas.

4 Jan 2.00pm Evensong Service

by a Cuppa in the Hall.

14 Jan 5.30pm Pilgrim Prayers

18 Jan 1.00pm Bring and Share Lunch in the Hall with Canon Sian. Holy Communion Service followed by Cuppa in the Hall.

Info Churchwardens Andrew Tait on 07846 310848 and Beryl Edwards 07428 833 278.

Location: What3Words - gain.agent.acids.

Note the church is open to visitors in daylight hours.

LLANEGWAD CHURCH

2nd Sun 11.00am Eucharist

3rd Sun 11.00am Eucharist

4th Sun 11.00am Eucharist

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD

(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

For other details see notice board

Fr Donatus Chukwuedo

Tel. 01269 267382

Email: ammanford@menevia.org

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service

3rd Sun 9.30am Bilingual Service

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

Pastor: Patrick Thomas

E mail: williamsmemorial@outlook.com

Mobile: 07774 533804

www.williamsrantycelyn.co.uk



Local Directory

Support Local Business

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Tel: 01550 720098. 02/26(12)

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru
Tel: 07908 810392/01550 777311. 08/26(12)

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12/25(12)

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10/25(12)

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06/26(12)

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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 mob: 07790 210397 09/26(12)

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04/26(6)

SPORTS FACILITIES

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

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

LLANDEILO LIBRARY

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

Mon Closed

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

Wed 1.30pm – 5.30pm

Thurs Closed

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

Sat 9.00am – 1.00pm

Sun Closed

CARMARTHENSHE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

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

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

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

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421 11 Glamorgan Street, Brecon. LD3 7DW:

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Please see website; www.actif.wales for our list of opening hours,

activities provided and how to book and Pay.

Train Times (Timetable 18/05/25 – 13/12/25) Not all stops shown

		Mon. to Fri.					Sat.					Sun.	
Swansea	D		05.16	08.56	12.51	17.47	04.51	08.59	12.51	17.48		11.10	15.18
Gowerton	D		05.28	09.08	13.03	17.59	05.03	09.11	13.03	18.00		11.22	15.31
Llanelli	D		05.12	05.38	09.18	13.15	05.13	09.21	13.16	18.10		11.33	15.42
Fairfach	D		05.48x	06.14x	09.54x	13.51x	05.48x	09.57x	13.54x	18.46x		12.08x	16.16x
Llandeilo	D		05.54	06.20	10.00	13.57	05.54	10.03	14.00	18.51		12.14	16.22
Llangadog	D		06.03	06.29	10.09	14.06	06.04	10.12	14.10	19.01		12.23	16.32
Llanwrda	D		06.07	06.33	10.13	14.10	06.07	10.16	14.13	19.04		12.27	16.35
Llandovery	D		06.16	06.40A	10.22	14.19	06.16	10.25	14.22	19.13		12.36	16.44
Cynghordy	D		06.23		10.29x	14.26x	06.24x	10.32x	14.30x	19.22x		12.43x	16.52x
Llanwrtyd	D		06.41		10.47	14.44	06.42	10.50	14.48	19.39		13.01	17.09
Llandrindod	D	05.53	07.32		11.40	15.33	07.32	11.44	15.34	20.24		13.44	17.59
Shrewsbury	A	07.38	09.03		13.12	17.04	09.02	13.15	17.06	21.59		15.14	19.38
Shrewsbury	D	04.18	05.27	10.02	13.54	18.35	05.28	10.06	13.55	18.35		12.08	16.20
Llandrindod	D	05.44A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27		13.55	18.05
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58		14.26	18.36
Cynghordy	D		08.14x	12.19x	16.18x	21.11x	08.14x	12.25x	16.21x	21.11x		14.39x	18.49x
Llandovery	D		06.44	08.26	12.32	16.31	08.26	12.38	16.34	21.23		14.51	19.02
Llanwrda	D		06.50x	08.32x	12.37x	16.36x	08.32x	12.43x	16.39x	21.29x		14.57x	19.07x
Llangadog	D		06.54x	08.36x	12.41x	16.40x	08.36x	12.47x	16.43x	21.33x		15.01x	19.11x
Llandeilo	D		07.05	08.48	12.54	16.53	08.48	13.00	16.56	21.45		15.13	19.23
Fairfach	D		07.08	08.50	12.56	16.55	08.50	13.02	16.58	21.47		15.15	19.26
Llanelli	D		07.47	09.30	13.38	17.35	09.34	13.41	17.38	22.32		15.53	20.05
Gowerton	A		07.54	09.37	13.45	17.43	09.43	13.48	17.46	22.39		16.01	20.13
Swansea	A		08.11	09.51	14.01	18.01	09.56	14.02	18.01	22.55		16.15	20.28

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289) via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

Brecon – Llandovery (X80)

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

Brecon Interchange 5 (at):	7.03*	9.38	11.33	13.06	15.38*	17.08
Llandovery Car Park:	7.45*	10.20	12.15	13.48	16.20*	17.50
Llandovery Car Park:	7.49*	10.47	12.20	13.54	16.22*	17.52
Brecon Interchange 5 (at):	8.33*	11.31	13.04	14.38	17.06*	18.36

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

All services operate Mon-Sat

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

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