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Photo by Daz's Photography

**WE ARE BLACK
ORCHARD
BORDER MORRIS**

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FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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12/26(12)

WE ARE BLACK ORCHARD BORDER MORRIS



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We are Black Orchard Border Morris, a mixed gender Border Morris side based in Builth Wells, Powys.

We are currently the BEST Border side in Powys. Admittedly, we're also the only Border side in Powys... but that's exactly why we formed!

A huge county like Powys, packed full of history, culture and folklore, and not a single Border Morris side? That felt like sacrilege. So we thought we'd better do something about it!

We're all about having a laugh, dancing until our hearts are content (or our lungs collapse), keeping folk traditions alive and, most importantly, building a community of some truly amazing people.

We meet every Thursday at The Tic Building in Builth Wells, 7pm to 9pm, and we welcome anyone aged 18 to 75. It doesn't matter if you've danced before or have two left feet, you'll be made very welcome.

And it's not just dancers we're after! Musicians are always welcome too. Our musicians practise alongside the dancers, so whether you play an instrument or can simply keep a beat on a drum, why not come along and give Morris a try?

You can find us across social media or drop us an email at blackorchardborder@gmail.com if you've got any questions.

Come along, have a laugh, learn something new and become part of the Black Orchard family!

Facebook: Black Orchard Border Morris

Instagram: [@blackorchardbordermorris](https://www.instagram.com/blackorchardbordermorris)



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06/27(12)

CARDIFF FAVOURITE TO TOP THE SRC TABLE

By Huw S Thomas



Photographer
Stuart Ladd

Cardiff are the bookies favourite to top the table at the end of the Super Rygbi Cymru season with Newport expected to be their closest pursuers.

Welsh bookmakers *Dragonbet* are of the opinion that the capital city club will emulate last year's feat when, after 18 games, they finished in first place on 79 points, two ahead of Ebbw Vale with Newport third (65) and Llandovery fourth (63).

They quote Cardiff at 6/4, Newport at 5/2, with Ebbw Vale, Llandovery and Pontypool all available at 5/1.

Punters should be aware that these prices are on which club finishes top of the table after the full complement of 18 games and not who will be crowned SRC champions.

Despite only finishing fourth at the end of the regular season, the Drovers went on to win the SRC title after winning the play-off games with against the odds away wins at both Cardiff and Ebbw Vale.

They welcome the return of hefty lock Morgan Jones after his spell at Doncaster but they have crucially lost quicksilver Lee Rees to retirement and their chances will much depend on how well they can fix that hole.

George Macdonald is a very promising scrum half but he is now in the Scarlets squad and Euros Evans hopes that he will be made available on more than the odd occasion.

The Drovers will be again very well supported by Scarlets youngsters as well as regional fringe players and they will still have the experience of the evergreen duo of Adam Warren and Rhodri Jones at centre, backed up by new Merthyr signing Tom Hughes.

Their biggest problem is consistency. Capable of brilliance, they are also prone to dips in form – last year they lost two games in succession to lowly Carmarthen Quins.

Dragonbet may have got their pecking order wrong in quoting Cardiff clear favourites.

Last year they had any number of brilliant young Cardiff Blues players to call on – the likes Tom Bowen, Osian Darwin-Lewis, Steffan Emanuel, Elijah Evans, Matty Young and Harri Wilde but this year that fruitful supply line will be interrupted by promotions to the regional set up and the departure of Wilde to the Ospreys.

They will, of course, have more young players stepping up to the mark but 6/4 is not an attractive price.

Newport look worthy second favourites, rock solid up front under No 8 Ben Roach and with a sparkling fly-half in Jac Lloyd.

The Black and Ambers have a tried and trusted squad that have won the SRC title in 2025 and the 2026 SRC Cup in 2026.

They had a poor start last year but finished strongly before being edged out in by Ebbw Vale in the play-offs.

They will be the most difficult side to beat.

Rarely beaten at home, Ebbw Vale will be led by the SRC's top flanker in Canadian Sion Parry but as consistently as they have played over the last few years under their excellent coach Jason Strange, the Steelmen still have no silverware to boast about.

They have crucially lost their best back, fly-half Evan Lloyd to Pontypool and - despite their strength up front - look short of pace behind the scrum.

The heavy scoring Lloyd will be a huge asset to Pooler who have recruited well in the summer and will probably have ex RGC and GB Sevens flyer Caio Parry – the fastest back in Wales - available when not in the Dragons match squad.

Former Wales U20 players in centre Connor Edwards, wing Ewan Rosser and scrum half Ellis Lewis are also significant signings.

I cannot see Swansea, Aberavon, Bridgend or Carmarthen Quins challenging for top spot but RGC are livewire 14/1 outsiders under canny coach Jon Callard and very hard to beat up in Colwyn Bay.

With no great confidence, I offer Newport to win at 5/2 with Llandovery also worth a bet at 5/1 with the biggest threat to profit a resurgent Pooler.

Regular Season winner odds

Cardiff 6/4, Newport 5/2, Ebbw Vale 5/1, Llandovery 5/1, Pontypool 5/1, RGC 14/1, Aberavon 16/1, Bridgend 16/1, Carmarthen Quins 16/1, Swansea 16/1



Photographer Stuart Ladd

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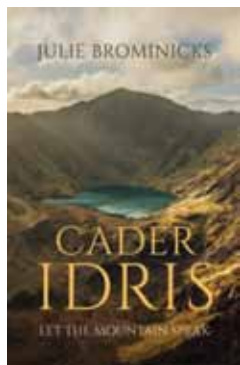
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BOOKSHOP BIRTHDAY BASH



Join us on Saturday October 10th Independent Bookshop Day... to celebrate our 10th anniversary of running a bookshop and our third birthday in Llandovery.

There will be cake and drinks, 10% off all the books, £5.00 book tokens to give away, free books for children and lots more, everyone is welcome!



Our autumn events programme starts on Tuesday October 13th when Julie BROMINICKS will be here talking about her new book "Cader Idris" - tickets available from the shop or book them here <https://dragons-garden.com/product/in-conversation-with-julie-brominicks/>

Follow us on Facebook and Instagram for more events through the year.

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05/27(12)

Padmasambhava Yoga and Meditation Centre

Everyone at PadmaSambhava hopes you are well and enjoying the beautiful colours this time of year brings. Autumn is a perfect time to join a yoga class and harness the Season's energy of both rest and renewal - a time for planting seeds of inspiration.

Alongside this, the energy boost that comes with attending a regular class can help all keep well and active during the colder times ahead. Although the Autumn term started on Wednesday 16th September there may still be places available.

The classes are held at the Centre in Llandeilo, as well the Penybanc Welfare Hall in Ammanford and the Reading Room at Court Henri. Padmasambhava offers a selection of classes to suit different levels of fitness and experience.

Seated Yoga is held at the Llandeilo Lawn Bowling club, for those unable to get up and down off the floor.

The Wednesday Beginner's covers the foundation practices of the PMA series, breath awareness and deep relaxation. These practices bring about flexibility and strength, which help ease both physical and mental tensions. The series provides a firm foundation upon which to begin to explore yoga. Thursday's Gentle Yoga (11.45 to 1.15pm) is helpful for students with some health limitations, who may need to take extra care. It may also offer a chance for students wishing to return to Yoga to become familiar again with different practices.

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

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

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

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02/27/12)

LLANDOVERY REPAIR CAFE

After a highly successful and enjoyable session in September we will again be holding the Repair Cafe at the Craft Centre on Kings Road, accessible entrance on Stone Street, on Saturday, October 3rd, from 11am to 2pm. This may not be a permanent home, but we have very kindly been offered the use of the space for a few sessions. We hope to have more news on this next month.

So if you have any small items that are broken and that you cannot repair, bring them along and our wonderful volunteers will take a look, try to repair them, and possibly show you how you might be able to do it yourself another time.

We can repair small electrical items, clothes and textiles, toys, ornaments, jewellery, tools, clocks, bicycles, small items of furniture and many more things which might otherwise be thrown out and end up in landfill. Please note, for insurance purposes, and our safety, we cannot accept any petrol driven items like lawn mowers or chain saws!

All we ask of you is a small donation towards our costs. And you can have tea or coffee, and cakes while you wait.

We would also welcome more volunteers to carry out repairs. If you are willing to help in any way, or have any questions, please email llanymddyfriclimataction@gmail.com or llandoveryrepaircafe@gmail.com, or you can find us on Facebook.

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Llandovery Craft Centre
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Saturday 3rd October 2026

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Dim tâl - croeso i roddion

NEWS AND POWYS GARDENS OPENINGS FOR CHARITY



The National Garden Scheme opens applications for its 2027 Community Garden Grants – generously supported by the Julia Rausing Trust – between Tuesday 29 September and Friday 30 October, 2026. The aim should be to bring a community together by creating or developing a space that people can share, by the acquisition and sharing of gardening knowledge and skills, and by inspiring a love of gardening. With all applications considered on their individual merits, awards between £1,500 and £5,000 will be granted. In 2026, 115 community garden projects were funded with grants totalling £287,960 supporting community gardens and allotments, rehabilitation and regeneration projects, gardens designed to support mental health and wellbeing, as well as training and development for young people. Details at <https://ngs.org.uk/how-to-apply-for-national-garden-scheme-2027-community-garden-grant/>

We're celebrating 30 years of partnership with the UK's leading end of life charity, Marie Curie. Since the partnership began, the National Garden Scheme has raised more than £12 million for Marie Curie, helping to provide expert care and support to people living with a terminal illness and their families. Did you know spending time in nature helps us process grief? A poll, by Marie Curie, revealed the important role of gardens and outdoor spaces when coping with difficult life moments, with 7 in 10 (70%) people who have been bereaved stating that spending time in nature helps them to process their grief and remember someone that has died. Powys has few autumn openings with our final garden 10 & 11 October, 9am-5pm, Dingle Nurseries and Garden, Welshpool SY21 9JD. Over 4 acres, RHS partner garden. Unusual trees, herbaceous plants and shrub. Partial access to top areas - gravel path for those with mobility issues. May I encourage you to open your garden for others to visit? Admissions, teas and cake raises money for nursing and health charities. Interested please contact North Powys County Organiser Susan Paynton susan.paynton@ngs.org.uk or South Powys County Organiser Alison Kemp at alison.kemp@ngs.org.uk

LLANGADOG WI

Normally, when a speaker can't make it at the last minute it's often a scramble to re arrange. Despite this scenario at our September meeting, we need not have worried as one of our own much respected members Catherine Berry stepped up to the challenge. Catherine told us of her involvement with many environmental projects over many years in particular the Conservation Trust where she was a Deputy Director.

Catherine and her late husband Peter carried out environmental audits for local authorities. It was a challenging time back in the 1990's, unlike now when environmental issues are at the forefront. Together with her career in teaching and Cycling, not to mention her tennis sessions with Fred Perry! What an interesting life!

We will be supporting the Garden Stall at the County Fun Day at Pembrey Country Park on the 26th September together with a number of names given for the County Concert at St Peters Hall, Carmarthen on 9th October.

Our next meeting will be at Llangadog Community Centre on Thursday 1st October at 7.00pm New members / visitors are always welcome.

10/26(3)



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04/27(6)



**LLANGADOG GARDEN CLUB
PRESENTS**

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An Evening with Debbie Haughton of Flowerfields

Wednesday 28 October, 7.30pm

Llangadog Community Hall, SA19 9BR

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COOKING WITH TRISH AND BRIAN

(formerly Cooking on a Budget)

Carrying on the good work of the Hybi Project, our popular cooking group makes a welcome return, initially supported by Llandoverly Carnival. Having researched a whole range of anti-inflammatory recipes for the September session, we found so many good ones that we will probably look at another set of recipes in October. So for the small charge of £5.00, rather than just making tasters and samples available, we will be preparing a one-course lunch for all attendees. All of the featured recipes will be available for tasting, and one will be selected as the shared meal. Please come and join us for good food, fun and a chance to chat and share our food knowledge to make ourselves healthier. Our Mixologist Michael will have another 'virgin' cocktail to delight our tastebuds with as well. The date for this wonderful feast of healthy foods is 27th of October at the Llandoverly Youth and Community Centre. Interest in places is already high, so booking your place is important. Please call 07960 789099 and speak to Trish.

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13TH – 15TH NOVEMBER! WE'RE BACK, AND THERE'S PLENTY TO LOOK FORWARD TO

Llandeilo will once again be transformed for one of the town's biggest weekends of the year as the Festival of Senses returns from 13th–15th November, bringing together food, music, makers, entertainment and plenty of festive atmosphere. This year will see a few changes to the festival layout, alongside the return of some firm favourites. One of the biggest changes is a new location for the main stage on King Street, bringing live music even closer to the festival buzz. The former Craft Hall is also getting a new name and identity as the Christmas Market, packed with independent makers, artists and traders and offering plenty of inspiration for Christmas

shopping. Food lovers will be pleased to hear that the Food Hall is returning to the LBS top car park, creating a dedicated space to discover fantastic food and drink. Demand from traders has been huge, with stalls across the festival already sold out! Promising a brilliant mix of businesses, producers and makers throughout Llandeilo. There will be plenty happening beyond the stalls too. The popular tractor run returns on Saturday evening, while Sunday's Schools parade will once again bring colour, noise and celebration through the town. And after proving a spectacular addition to the festival, the laser show returns on Friday evening, giving visitors another reason to stay and enjoy Llandeilo after dark. Behind all of this is something the Festival of Senses is particularly proud of; the event is entirely run by volunteers. From months of planning and fundraising to road closures, entertainment, traders and everything that happens across the weekend itself, a small group of local people gives an enormous amount of time and energy to make the festival happen. That community effort is supported by the generosity of local people and businesses through festival pledges, which help meet the considerable costs of putting on a large, free event in the centre of Llandeilo. Every pledge, large or small, plays a part in keeping the festival thriving and accessible for everyone to enjoy. With stalls sold out, old favourites returning and some exciting changes for this year, the Festival of Senses is shaping up to be another fantastic celebration of Llandeilo, its businesses and its community.



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A FESTIVAL OF ORCHARDS



Communities small and large up and down Dyffryn Tywi are once again celebrating orchards in all their harvest and natural glory. We have a fabulous heritage and tradition of orchards from the handful of trees in the farmhouse and cottage gardens to the more organised and larger orchards associated with the estates where the landowners grew a wide diversity of crops from apples and pears, damsons, quince, plums, cherries, lots of nuts and the older and unusual medlar. Unfortunately, a lot of these orchards have been lost.... for a wide range of reasons, but there's definitely a renaissance at the moment, lead in no small part by Paul Davis at Capel Isaac. Paul has been hunting down unusual and 'lost' varieties of apple and pear trees for the last 30 years, such as Pig yr Wydd, from Llanwrda and Marged Nicolas found throughout the former Borough of Dinefwr. Both of these varieties have been propagated widely and are available from many nurseries including three local nurseries – Applewise at Taliaris, Seven Acres Fruit tree nursery at Porthyrhyd and the Telegraph Garden Centre in Llangadog.

Although crops are a lot lighter this year compared to 2025, there's a lot going on this autumn and plenty of opportunities to go and see a range of orchards and also to have your fruit pressed if needed and to join in with the wonderful and often entertaining activities associated with orchards and apple pressing.

In the run up to National Apple Day on the 21st October here are a few events and activities taking place:

Saturday 26th September – Cwmdru Apple and Cider day – a fun filled family day out with Dinefwr Orchardees offering apple pressing and a chance to have a go yourself. There are also lots of ciders to try, Morris Dancers and the Cwmdru Inn folk musicians to entertain everyone. Paul Davis will be there to help identify your apples and offer advice

Sunday 4th October – an Autumn Fair at Aberglasney Gardens with apple pressing, games and activities

Saturday and Sunday 3rd and 4th October – Orchard celebrations at Llanerchaeron, Aberaeron.

Saturday 10th October – Dinefwr Orchardees have their annual Orchard Day at the Dinefwr Heritage orchard. Family apple harvesting, pressing in the orchard, apple competitions and games. Paul Davis will be there to help identify your apples and offer advice

Saturday 17th October – Apple day in Llandoverly. Another opportunity to have your apples pressed and to chat about all things orchards.

Saturday 17th October – Festafal at the National Botanic Garden of Wales – apple displays and activities.

There's plenty to learn, or maybe just refresh yourself, about orchards at these events with so much more to an orchard than the fruit itself. The art of pruning takes a bit of practice, but is well worth developing to make sure that the trees remain healthy and productive. Learn about pollination and the importance of 'matching' trees in order to get the best pollination and fruit and how to encourage pollinators to your fruit trees – it's not all about honey bees – there's a whole world of wild native bees and insects out there and most importantly night flying moths – very important for pollination. Then we need lots of ladybirds and blue tits to help control potentially damaging insects, though we could perhaps do with fewer bullfinches, magpies and crows?!!

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Spotlight on Elidyr



Staff wellbeing at Elidyr

We have a focused programme to support staff wellbeing. Our work is rewarding but it needs a high level of compassion and energy. By offering structured wellbeing initiatives in a variety of different ways we aim to help to improve the health and happiness of our team.

If you've visited our site, you'll know we have lots of facilities for residents. These facilities are also available to staff. We run weekly social groups for our team, such as an arts & crafts group, a professional-led gym session and a walking group. These activities run near the end of the working day and give people a chance to do something more informal and sociable with colleagues.

Team trips – one big day out each year

We surveyed staff to create team trips to suit all. We now have trips three times a year under different themes. This is because a great outing for one person, is a nightmare for another!



Wellbeing benefits package for all staff

Staff have 24/7 access to an employee assistance programme with confidential counselling, legal and money advice. It also gives discounts on health, fitness, and lifestyle services.

"I am very happy to help if new students are struggling or when they just need a friend. My advice to new students is, when you're feeling a bit nervous you could always come to talk to me because I am very friendly."

Lovely start of term message to new students from TC ♥

Staff training programme

We offer lots of training, particularly around communication as this is crucial for our young people to be able to express themselves. Learning how to sign is one of the skills we teach people.



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07/27(13)

MYDDFAI NEWS

Myddfai Hall Shop and Café New opening hours from October we will be open Wednesdays to Saturdays 11am to 4pm (closed Sundays) – Please note we will be open on the last Sunday of each month for our Farmers Markets.



What's on – On Friday 9th October we have a Fermentarium cookery course 10.30am – 1.30pm; On Sunday 18th October it is the St Lukes Day Service in the church, followed by tea in the hall. We have 2 days of Willow Weaving courses on 22nd & 24th October; It's our popular monthly Farmers Market on Sunday 25th October 12.00 – 3.00pm, come along for a wide range of local produce and crafts On Friday 30th October is our monthly pop-up pub from 7.00pm, everyone welcome. Regular classes are: Flower arranging on Monday 12th & 26th October 2.00 – 4.00pm, Yoga class is every Tuesday 10.00 – 11.30am, Craft class Wednesdays 1.30 – 3.30pm, and we have a Pilates class on Thursdays 9.30 – 10.30am. Art Class is Fridays 1.30 – 3.30pm. This year our Christmas Fair will be on Saturday 5th December 10.00am – 4.00pm, we still have a few spaces left if you would like a stall.

During October we will be serving winter warming dishes in Myddfai café, including a tempting range of freshly made soups and delicious cakes. The cafe team will be on hand to serve you lunch or afternoon tea and give you a warm welcome.

Forget shopping on-line, come to Myddfai Gift Shop and see for yourself the high quality, locally made items that we have in our shop. You could have Christmas wrapped up in one visit. Our range extends from Myddfai toiletries, pottery, wooden boards and bowls, aprons and bags, Myddfai Welsh tweed woollen gifts; beautiful jewellery, love spoons, herbal essences, scented candles, fused glass clocks and gifts, knitted children's cardigans and not forgetting the wide range of delicious Myddfai jams, marmalades and chutneys and local honey – all would make a great gift. In addition, we have a wide choice of cards, prints and original paintings and new supplier. Come along and take a look. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

Myddfai Hall is a very adaptable venue ideal for Weddings for up to 150 people, parties, conferences, children's parties or any kind of activity class. It has underfloor heating and state of the art equipment and is available to hire at affordable rates.

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

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

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23 23	Renault Captur 1.0 TCE Techno, 6 Speed, Half Leather, Sat Nav, Reversing Camera, 18" Diamond Cut Alloys, Flame Red/Black Roof, Only 17350m, 1 Owner.....	£13495
22 22	Renault Captur 1.0TCE S/Edition, Half Leather, Sat Nav, Diamond Cut Alloy Wheels, Reversing Camera & Parking Sensors, Pearl White/Black Roof, 1 Owner, 20950m.....	£13750
20 20	Renault Clio 1.0 TCE 100BHP S/Ed, Diamond Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather, Trim Privacy Glass, 5dr, 31300m.....	£11750
19 69	Renault Kadjar 1.3 TCE S-Edition, 19" Alloys, Half Leather, Sat Nav, Reversing Camera with Parking Sensors, Pan Roof, in Iron Blue Metallic, 4500m FSH.....	£9995
19 69	Renault Kadjar 1.5 DCI Iconic, 19" Alloys, Sat Nav, Met Blue, 55000m FSH.....	£9995
15 65	Renault Captur 0.9TCE Petrol, 5 Speed, Dynamique S, 17" Diamond Cut Alloys, A/C, Low Tax £35, Sat Nav, Orange/Cream Roof, 5dr, 89000m.....	£4995
16 16	Renault Captur 0.9TCE Dynamique, Alloys, A/C, Sat Nav, £35 R/T, Met Blue, 95000m.....	£4500
13 13	Renault Clio 1.2 16V Dynamique, Alloys, Sat Nav, Air Con, Flame Red, 80000m.....	£3250

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23 73	Vauxhall Corsa 1.2 Turbo 100BHP Ultimate, Sat Nav, Reversing Camera, 17" Diamond Cut Alloys, Half Leather Trim, Heated Front Seats, Climate Control, Parking Sensors, 6950m.....	£14250
19 69	Jaguar E/Pace 2.0 D180 AWD R-Dynamic HSE, Full Black Leather, Heated Front Seats, 20" Alloy Wheels, Sat Nav, Parking Sensors, Climate Control, Power Tailgate, Met Grey, 44200m.....	£16995
19 69	Volkswagen T-Rock 1.5 TSI Evo 150BHP R-Line DSG, Automatic, Sat Nav, Dab Radio, Parking Sensors, Air Con, 19" Diamond Cut Alloys, Half Leather, Privacy Glass, Red/Black 31000m.....	£17500
19 19	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, Climate Control, 19" Alloy Wheels, Privacy Glass, Met Blue, 39450m.....	£14500
19 19	Audi Q2 1.5 35 TFSI S-Line Automatic, Sat Nav, Air Con, Parking Sensors, Half Leather, 18" Alloys, Power Tailgate, Privacy Glass, 5dr, White, 42350m.....	£15750
19 68	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, 19" Alloys, Privacy Glass, Metallic Grey, 48898m.....	£13995
22 22	Dacia Duster 1.3TCE 130 BHP 6 Speed Comfort, 4x2, Alloys, Air Con, 1 Owner, 50000m.....	£12500
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LLANDOVERY TOWN TENNIS CLUB

We've already enjoyed three tournaments, a friendly against Aberaeron, Tea on the Towy and an End-of-Season BBQ. Here are the plans for the rest of the year:

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

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

October – the rearranged Doubles Master Class with Mike Barton.

Thursday, 29 October – Pizza and a Quiz Evening.

Sunday, 13 December – Christmas meal.

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

For more information:



BRECON NIGHT MARKET

October 15th 6.00 – 9.00pm

Brecon Night Market is a project to: Support local artists, makers, growers, brewers and bakers; shape a new, sustainable vision for the future, and share food, music and ideas. The Market will be held on the 3rd Thursday of every month in Brecon Market Hall, 4 Market Street, Brecon, LD3 9DA. There will be stalls selling local produce and craft ware, and takeaway food and drink outlets. We aim to cater for families so there will be activities for children, live music and, every month, someone coming along to talk about a subject of interest. October's speaker is a forester with a wealth of knowledge about trees and their habitats. Come and join the fun and if you would like the opportunity to host a stall in the future contact Gerwyn499@gmail.com.

Future dates: November 19th, December 17th and January 21st.

PUMSAINT WI

On 1st September we all met for our first meeting after the summer break. Following the business part of the meeting Victoria gave a talk about sweets. An absolutely fascinating insight to us all. Sweets have actually been around for centuries with honey being the original sweetener. Did you know that jelly babies had a previous name and were supposed to be teddies? We all named our favourite sweets as a child and then had a go at naming a sweet for every letter of the alphabet. Not that easy although we all managed Q. Finally there were free samples to take home – pineapple chunks, dolly mixtures, liquorice, rhubarb and custard, fruit salads, black jacks and several more.

Some members are off to Pembrey on 26th September for the Family Day Out and see all the Hunt The Hundred entries.

Our next speaker in October is Janet who will be demonstrating ribbon wreaths.

Sue Jones

NEWS FROM CAPEL GOSEN

By the time this appears in print, Gosen will be resplendent with its repaint and ready for the Harvest celebration which coincides with the 10th anniversary of the chapel in its present form after it was redundant for four years. We are extremely grateful for the help we received from friends and family in achieving the mammoth task of painting a large building.

Since reopening in October 2016, all our events have been in aid of local or national charities and good causes which we have been able to support by donations totalling nearly £10,000. Most recently the August Afternoon Teas made £650 which was given to the local community gofundme account to say thank-you for the wonderful way in which the fire-fighters and our farmers worked tirelessly to keep us all safe during the recent wildfires.

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09/27(12)



RHAYADER ART GROUP CELEBRATES 21 YEARS AT LLANWRTYD



There should be plenty to catch the eye at Llanwrtyd Heritage & Arts Centre this October, when we welcome the Rhayader Art Group for an exhibition celebrating an impressive 21 years of creativity.

The group was formed in 2005 to bring together artists from Rhayader and the surrounding area, with a simple aim – to meet, enjoy art and learn from one another. More than two decades later, that original idea is still very much at the heart of the group.

Members meet each week at the Old School in Cwmdauddwr for informal painting and drawing sessions. These are supplemented by occasional tutored workshops and outdoor sketching trips, but there is deliberately little formality. An annual programme provides ideas and encouragement, while members are equally free to follow

their own interests – and sometimes the whole group gets carried away in an entirely different direction!

It is this willingness to experiment and share ideas that makes the group particularly interesting. Members work in different ways and with different media, encouraging one another to try new techniques and subjects and providing those valuable “fresh eyes” that can make such a difference to an artist.

The October exhibition brings together the work of group members **David Barlow, Donna Chapman, Mary Connelly, Catherine Lea, Angela May Lewis, Adele Lowe, Caroline Phillips, David Richards, Gwyneth Rose, Delia Taylor-Brook, and Roger Smith.**

There is also something rather different to discover in the work of **Steve Doyle**, whose creative outlet is woodcraft. What began as a hobby making small items and kitchen utensils for friends and family developed into a passion for wood carving and turning. His first Welsh lovespoon sparked a particular fascination with the tradition and its place in Welsh heritage and culture. After retiring from his career as a primary school teacher, Steve was able to devote much more time to his home workshop.

Today his work ranges from practical handcrafted items to intricately carved Welsh lovespoons, incorporating traditional symbols such as hearts, Celtic knots, dragons and daffodils, as well as contemporary personalised designs.

Also exhibiting is **Caroline Holley**, a qualified botanical illustrator and watercolour artist who has been painting and teaching for more than 40 years. Her work includes beautifully detailed studies of plants as well as landscapes inspired by the local countryside.

So, whether your interests lie in painting, drawing, illustration, woodcraft or simply discovering what local artists are creating, the October exhibition promises plenty of variety – and a fascinating glimpse into the creativity of artists working across our neighbouring communities.

The exhibition runs throughout October at Llanwrtyd Heritage & Arts Centre. Admission is free and the Centre is open Thursday to Sunday, 10am to 4pm.



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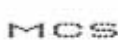
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11/26(12)

LLANDOVERY U3A

If would be lovely to see guests and prospective members at our meetings in the Rugby Club on any of the following occasions. We meet on alternate Wednesdays between 10:30 and 12:00 to 12:15, with our guest speaker or event starting at 11:00.

Speakers in October

14th October – Irish Music – Back by popular demand is our own DJ Random, Brian Morgan-Black. When Brian covered world music, several people asked for a more focused session on Irish Music. He has recently returned from Bromyard Folk Festival, where two of the main stage acts were showcasing Irish Music, and he will be reflecting this in his choice of songs and tunes.

28th October – Britain's Ancient Capital – Secrets of Orkney (BBC iPlayer) This is the first of a number of sessions, using BBC iPlayer to inform us about the importance of the early civilisation in Orkney and how this could well have formed our capital. Using iPlayer and learning together has proved popular with us so far, so hopefully this event will be as well received.

Speakers in November

11th November – Dr. Rhys Jones on – Travels in Africa. Following a much anticipated lecture tour in the USA over the summer Dr Jones, who enjoys visiting our Literature Festival and is supportive of the U3A movement, is visiting our U3A here in Llandovery. Guests will be welcomed to this meeting.

Dr Rhys is Reader at the School of Biosciences at Cardiff University. He is a reptile specialist, environmental consultant and researcher, and a Scientific Advisor and Wildlife broadcaster for the BBC, Amazon Prime, The Smithsonian Channel, National Geographic, Discovery Channel and Disney+.

He has presented three series of the BBC One primetime network series "Rhys Jones's Wildlife Patrol", for which he received a BAFTA nomination

(Best Presenter) in 2014. The series is currently airing on Amazon Prime. He presented two series of "Rhys To The Rescue", which aired on BBC Wales and subsequently on BBC Two. In addition, he presented on Sir David Attenborough's BBC "Saving Planet Earth" programme, one of a season of nature documentaries with a conservation theme, screened in 2007 to mark the 50th anniversary of its specialist factual department, the BBC Natural History Unit.

He is an international author, with titles including "Becoming Dr Jones", which is published/distributed through Headline/Hachette.

25th November – The Cambrian Pottery (sometimes called Swansea Pottery) – Hugh Davies, the returning pottery specialist, will be focusing on one of the best known of the Welsh Potteries. He will again be bringing part of his collection and showing us all the marks to be aware of. Many pieces from Hugh's collection are on display at the Llandovery Museum and Visitors Centre (open between Easter and end of October, Tuesday to Saturday, 11am till 2 pm).

Later – 9th December will start with our AGM, with the main course of Christmas Readings by the members for the members (and guests, of course!).

We will also be visiting Aberglasney Winter Fair and having a meal together just before Christmas.

The Programme for January until July is currently under development.

WHAT'S ON

at The Old School in Capel Dewi SA32 8AD

- | | |
|--------------|---|
| 14th October | Coffee Morning – How to avoid being scammed |
| 17th October | MacMillan Coffee Morning from 10.30am (Rescheduled from September date) |
| 28th October | Book Club is back 7.00pm |
| 30th October | Pop up Pub and Quiz. Doors 6.30pm |

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09/26(12)



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11/26(6)

LLANDOVERY COMMUNITY CINEMA IS BACK!

THREE FILMS AND A WARM
WELCOME FOR EVERYONE



After a summer break, Llandovery Community Cinema returns this October with three very different films to take us through the autumn and into Christmas. Whether you are a regular cinema-goer or have never joined us before, we'd love to welcome you.

This season we are trying something a little different, with a family animation, a heartfelt musical drama and a sweeping story for December. The November and December screenings will also include a shared meal – a chance to sit down together, meet other local people and enjoy an affordable trip to the cinema close to home.

SAVE THE DATES FLU CLINIC

at Llandovery Rugby Club

Wednesday
07/10/2026
21/10/2026
04/11/2026

9.00 – 12.30pm & 2.00pm – 6.00pm

Shirley Price-Davies Practice Nurse

Our autumn programme

OCTOBER

Hoppers – Sat. 24th October at 2.30pm
(family film from the makers of Toy Story)

NOVEMBER

The Choral – date to be confirmed

DECEMBER

Song Sung Blue – date to be confirmed

First up is **Hoppers**, a lively Pixar film for the whole family. We're showing it as a relaxed Saturday afternoon matinee, making it easy for children, parents, grandparents and carers to come along together.

The Rhys Pritchard Memorial Hall on Waterloo Street will open at 1.30pm Sat 24th Oct, when we'll play some fun games before the film begins at 2.30pm.

Tickets for Hoppers can be purchased from Llandovery Youth and Community Centre (LYCC), or online at www.bit.ly/hoppersllandoverycinema.

Adults £5 | Children £3 | Family groups pay no more than £12

Questions or booking help: 07716 023821 / 01550 721499 / llandovery.lesc@gmail.com

Come for the film, stay for the company – and help us make our community cinema a lively gathering place for everyone.

This programme is funded by Ffilm Cymru.

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04/27(12)

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Here's NoPylons fabulous Afternoon Tea last year! Let's join together again on 4th October, this time with Music and a Bar! ONLY 4 MORE DAYS TO BUY TICKETS! See you there!

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LLANDOVERY ROTARY CLUB



Well, what can I say? The latter part of August and September have been an extraordinarily busy time for everyone at the club.

The Duck Race was once again an overwhelming success. With the river worryingly low in the run-up to the event, the rain we had a few days before Sunday provided us with the much-needed reprieve. Even so, the launch site had to be moved considerably further downriver.

Sadly, the weather on the day wasn't particularly kind to us, but despite the conditions, a great time was had by all and the event was another fantastic example of what can be achieved when the community comes together.

The wonderful support we receive from the local community is what makes events like the Duck Race possible. Without people buying ducks, supporting the event and getting behind the club, there simply wouldn't be a Duck Race. The continued enthusiasm and generosity of everyone who takes part is hugely appreciated and allows us to continue raising money for good causes within our community.

ROTARY DUCK RACE WINNERS.

1st	£1000 – Hugh Davies
2nd	£250 – Luke Ashcroft
3rd	£100 – Kayleigh Bagshaw
4th	Glamping weekend at Nesta's Nook – Dai Adams
5th	Malt Whiskey – Matthews Bennett
6th	Jameson Whiskey – Helen Walters (Llangadog. Prize collected).
7th	2 x bottles of wine – John McCann
8th	Bottle wine – Alma Price
9th	Bottle wine – Mark Worthington
10th	Fresh Duck – Carol Dyer
Last Duck	£25 – Ian/Ena Jones

Whilst being busy bees we had the pleasure of enjoying a wonderful presentation on the art of beekeeping, given by Dylan, his wife Wendy, and their two boys, Dafydd and Llewelyn.



It was a fascinating and most interesting topic, and they did a fantastic job of bringing the world of bees and beekeeping to life. Their enthusiasm, knowledge and passion for what they do really shone through, making it an enjoyable and informative evening for everyone.

It was particularly lovely to see such genuine enthusiasm and keen interest from the whole family, and their willingness to share their knowledge and experiences with us was greatly appreciated.

A huge thank you to Dylan, Wendy, Dafydd and Llewelyn for giving us such an interesting and enjoyable evening.

Several weeks ago, we received a request from Llandovery Tennis Club for support towards a new bench for their courts.

On Saturday, 5th September, Rotarians Adrian, Barry, Kevan and John K attended a small presentation at the tennis club. With a tournament taking place that morning, it was a great opportunity to meet some of the club members, have a few photographs taken and formally present the bench.

Gwyn Davies, Chairman of Llandovery Tennis Club,





thanked Llandovery Rotary for the generous donation, which will provide a useful addition to the courts for players, spectators and visitors alike.

Pictured with the bench are tennis club members, from left to right: Jeanette Cranfield, John Walters, Cadi Williams, Renske van der Baan and Gwynn Davies (Chairman).

An Unexpected Visit from Across the Pond

We were delighted to receive a rather unexpected visit from a fellow Rotarian from another club — all the way from Fort Stockton, Texas!

Laura McKenzie, her husband Houston, along with Laura's cousin Jim Elliot and his wife Suzie, had been staying in Llandovery and decided to look us up. It was a wonderful surprise to welcome them along to one of our meetings and share some fellowship.

Laura and Houston are farmers in Texas, where they farm an impressive 10,000 acres, rearing Aberdeen Angus cattle.

As a small memento of their visit, we presented Laura with a Llandovery Rotary flag to take back to her club in Fort Stockton — hopefully the start of a lasting link between our two Rotary clubs on opposite sides of the Atlantic!

We had the pleasure of another guest speaker this month Colin Dick.

Colin was born in Scotland and moved to England at nine years old. He was always set on flying helicopters and his father managed to arrange a flight on one. At nine years old he was hooked. Colin joined the RAF and passed all his flying training, but he still preferred helicopters to fast jets and subsequently turned down the job of jet jockey to join the Navy and their helicopter division.



Colin saw action in the Falkland's conflict in 1982 and from there as a 23-year-old he was put in charge of the flight deck on HMS Aurora.

Colin left the navy in 1989 and joined BA as a commercial pilot at the time when they were the flagship carrier in the UK. His favourite aircraft and in Colin's opinion the best to fly, was the A380 - the world's largest passenger airliner and the only full-length double deck jet airliner.

Colin retired in 2018 and now resides in Llandovery.

Kevan expressed the Club's appreciation to Colin for a most informative talk, made all the more impressive by the fact that it was delivered without notes or visual aids and flowed seamlessly throughout.

Our honorary member, Colin Newman, along with a dedicated group of others, has once again shown tremendous courage and compassion by travelling into Ukraine to deliver desperately needed supplies.

Undertaking such a journey in the midst of an ongoing war is certainly not without risk, but Colin and the team have remained determined to get essential aid to those who need it most.

Their efforts are a wonderful example of the spirit of service that Rotary represents — people willing to give their time, put themselves out of their comfort zone and help others in very difficult circumstances.

Well done, Colin, and everyone involved. Your commitment and dedication are greatly appreciated and something we can all be proud of.

And last, but certainly not least, some wonderful news to end on!

A massive congratulations to our fellow Rotarian Rosie and her partner Owen on the safe arrival of their beautiful baby boy, Tomos.

We are absolutely delighted for them both and wish them every happiness as they begin this exciting new chapter as a family. Tomos is already a very special addition to the Rotary family, and we're sure he will be thoroughly spoilt by everyone!

Congratulations Rosie and Owen, and a very warm welcome to the world, little Tomos!

That's everything wrapped up for another month

All the best

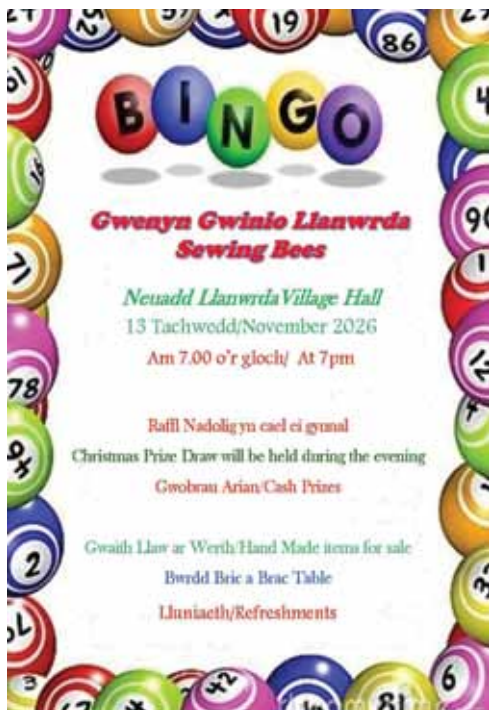
Tim



LLANDOVERY FOLK DANCING

By now we are back to our usual routine, meeting every third Friday of the month for our dance. Sometimes we do circle dancing, folk dancing and occasionally a full ceilidh, but it is always fun. Please see the attached posters for more information. Don't hesitate to contact 07411 079307 for more information.

<i>Llandovery Folk Dancing</i> Facebook.com/llandoveryfolkdancing 7.30 p.m.  2026		<i>Dawnsio Gwerin Llanydddyfri</i> Facebook.com/llandoveryfolkdancing 7.30 y. h.  2026	
October 16th Caller: George Johnson Circle Dancing Catholic Hall, Llandovery SA 20 0BD Refreshments Included £7.50		Hydref 16^{eg} Galwr: George Johnson Dawnsio Cylch Neuadd y Gatholig, Llanydddyfri SA20 0BD Gan gynnwys llunïaeth £7.50	
November 20th <i>Night Out funded</i> Ffidi Ffadi (Live Band) Welsh Folk Dances Llanwrda Hall SA19 8HD £12.00 Adults, £6.00 if on benefits Please bring food to share!		Tachwedd 20^{fed} <i>Niddwyd gan Nason Allan</i> Ffidi Ffadi (Band Byw) Dawnsfeydd Gwerin Cymreig Neuadd Llanwrda SA19 8HD £12.00 Oedolion, £6.00 os ar fudd-daliadau Dewch â bwyd i'w rannu, plis!	
December 18th From the Floor Dancers to call a dance Llanwrda Hall SA19 8HD Refreshments Included £7.50		Rhagfyr 18^{fed} O'r Llawr Dawnsyri i alw dawns Neuadd Llanwrda SA19 8HD Gan gynnwys llunïaeth £7.50	



BINGO

Gwenyn Gwilio Llanwrda Sewing Bees

Neuadd Llanwrda Village Hall
 13 Tachwedd/November 2026
 Am 7.00 o'r gloch/ At 7pm

Rafil Nadolig yn cael ei gynnal
 Christmas Prize Draw will be held during the evening
 Gwobrau Ariannol/Cash Prizes

Gwaliau Llaw ar Werth/Hand Made items for sale
 Bwrdd Bric a Brac Table
 Llunïaeth/Refreshments



*The Lighting of
 Llanwrda Community
 Christmas Tree*

will take place on
Wednesday 2nd December 2026,
6.30pm
 at
Bridgend Garage, Llanwrda

*Together with Carols
 from the Llandovery Male Voice Choir*

Father Christmas will also be there
 with his friends from the Rotary club.

Most of the money collected by the
 Rotary goes to local charities
 and good causes.

Refreshments will be provided

CARMARTHENSHIRE MEADOWS GROUP AUTUMN MEETING

This year's CMG Autumn Meeting will be on Saturday October 31st, at Bancyfelin Village Hall, west of Carmarthen. The meeting will begin at 10:00, and should finish at about 1pm. We will be having a talk by Tasha Reilly on "Tir Natur, Rewilding in Wales". We will also be addressing the extreme weather events during the last year; from a very wet late winter and early spring, to record high temperatures in the summer without rain for extended periods, leading to drought, brown grass fields, a major lack of grazing, and wildfires across Wales. It's also likely that we will also get very high rainfall and storms this autumn. We will be having a presentation from one of our founder members on his observations about what he has learned from the effects of the heat and drought on his smallholding, and following on from the introductory discussion at our Spring meeting in Pumsaint, we will also have a presentation about how we can protect our biodiverse land into the future, after we have gone, and also in the face of the effects of climate change. There will also be a short talk on the "Your Wild Patch" project, which is being run by the West Wales Biodiversity Information Centre (WWBIC) on behalf of CMG members.

The hall is easy to find, on the A40 from Carmarthen or St. Clears, turn off dual carriageway and enter Bancyfelin Village, turn at the Chapel where there is a road sign pointing to Hall. Turn right into Cywyn housing estate then turn right into Hall car park.



Autumn Meeting
Saturday, 31st October 2026
10am—1pm
Bancyfelin Village Hall



All welcome, entry free to CMG members, £3 for non-members or join the group for a year for £10.

Come and meet others interested in flower-rich grassland and the wildlife that depends on it. Join in with discussion prompted by talks.

Tea/coffee/biscuits included.

The hall postcode is: SA33 5NF

What3words ///spreads.dragonfly.continues

www.carmarthenshiremeadows.com



LIFE DRAWING



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

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

The October sessions are on the 13th and 27th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

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a Phorth Ymwelwyr

LLANDOVERY MUSEUM
& Visitor Gateway

MUSEUM NOTES SCULPTOR IN BISHOPS' FAMILY VAULT



Doris Lindner with one of her creations.

In a corner of Llandingat Churchyard, lie the remains of one of Britain's foremost animal sculptors of the twentieth century, Doris Lindner (1896-1979). She produced works in various materials, but she is best remembered for the beautiful sculptures she created for the Royal Worcester porcelain factory.

Although she was born in Radnorshire and spent much of her childhood in Winchester, she had strong Llandovery connections.

Her mother, Lexley Eleanora, was the eldest daughter of Charles and Helen Lexley Bishop of Cwm Rhuddan, near Llandovery.

The Bishop family, established at Dolgarreg, Myddfai, was one of the most prominent families in the district during the nineteenth and early twentieth centuries. Charles Bishop Junior was a successful solicitor who built Cwm Rhuddan on the south bank of the River Brân between 1869 and 1871.

His daughter, Lexley Eleanora, married George Maximilian Lindner of Llanyre, who served as High Sheriff of Radnorshire.

Doris Lexley Margaret Lindner (often incorrectly



One of Lindner's equestrian creations.

recorded as 'Lexey') was born at Llanyre on 8 July 1896. Her family's finances allowed her to pursue professional artistic training at a time when relatively few women became sculptors.



The Bishop/Lindner vault at Llandingat.

She studied animal painting under the distinguished animal artist William Frank Calderon, attended Saint Martin's School of Art and continued her studies at the British School at Rome.

Lindner's sculptures are notable for exceptional anatomical accuracy and convincing movement and balance and became some of Royal Worcester's most collectable twentieth-century productions.

One of her most celebrated commissions was an equestrian portrait of the future Queen Elizabeth II riding her horse Tommy, which was issued as Royal Worcester's first-ever limited-edition equestrian study. A life-sized plaster copy, commissioned by Selfridges, was displayed over the London store's main entrance during the 1953 Coronation celebrations.

It is interesting to note that Lindner sculpted in plasticine and cut her final models into sections before handing them over to the porcelain factory. She always asked for her plasticine to be returned so that it could be re-used for her next project.

She was a perfectionist who insisted on sketching and modelling entirely from life. To this end, she regularly consulted animal breeding societies and even travelled to Texas to study champion bulls.

She lived in London for much of her working life before later residing in Gloucestershire and subsequently in southern England. She continued producing work into her eighties and died in Maidstone, Kent, in 1979.

Llandovery Museum and Visitor Gateway is open Tuesday – Saturday between 11.00 and 2.00 until the end of October. We are joined by Dyfed Family History Society on Wednesday and Friday; they have a wide range of information for anyone interested in their family's story.

We look forward to welcoming you to the museum; if you are interested in joining us as a volunteer, come along for a chat.

LLANDOVERY CARNIVAL COMMITTEE

It was lovely to be able to gift support to organisations in Llandovery during the October Town Market. The Town Mayor Handel Davies and his consort presented:

- a couple of fans to Dolau Bran Community Centre;
- Financial support to LYCC to run Cooking with Trish and Brian;
- Funding for Brownies and Rainbows; and
- Support to the Youth Side of Llandovery Football Club.

The suggestion box was available for community suggestions for next year's Carnival Theme at the market on the 3rd.

If anyone would like to join our committee, please contact us on our facebook page or approach a committee member in the community.



Due to the unfortunate temporary closure of Iechyd Da, Llandovery Youth and Community Centre, LYCC have offered to step in and act as a delivery point for fresh, organic fruit, vegetables and bakery from Watson and Pratts in Lampeter.

Llandovery Youth and Community Centre |
Facebook

Some may remember the LYCC as the YMCA.

LYCC
Gerwyn House
Market Square
Llandovery
01550 721499

I'm sharing a what3words address to help you find this specific location:

///unstated.bulletins.gobbles
<https://w3w.co/unstated.bulletins.gobbles>

Watson and Pratts will deliver to the LYCC on Thursdays at about 9.45am for customer to collect pre-ordered produce.



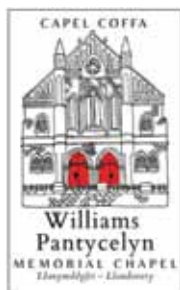
Simply go to the website below and order for delivery to the LYCC, SA20 post code gives a Llandovery drop off option.

<https://www.watsonandpratts.co.uk/>

Thursday delivery order deadline for produce is midnight Tuesday

Thursday delivery order deadline for the bakery is midnight Monday

First delivery will be Thursday the 10th of September.



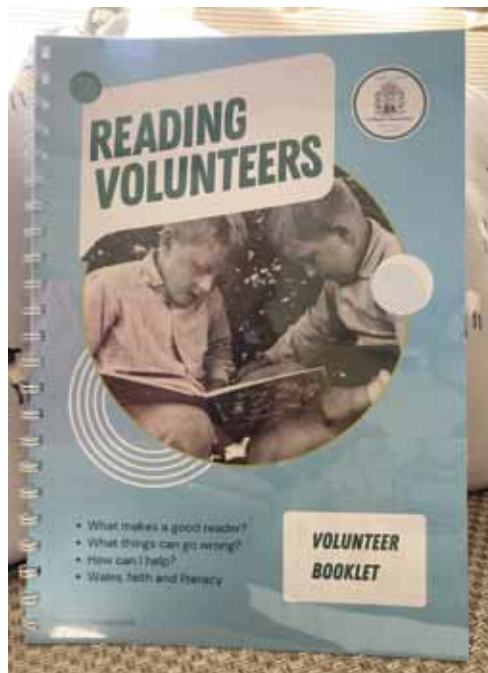
WILLIAMS PANTYCELYN MEMORIAL READING VOLUNTEERS A LITTLE BIT OF KNOWLEDGE GOES A LONG WAY

Literacy in Wales has been in the news recently, with our disappointing results in the PISA* tests which were published this month. There are all sorts of theories swirling round out there about the reasons behind the lack of reading skills (no, it is not because of bilingualism; yes, it is a political failure; yes, we are capable of running our own education system but changes need to be made) however, rather than dwelling on what went wrong, Williams Pantycelyn Memorial Chapel is getting involved in doing something about it by going into the local primary school each week to listen to pupils read.

Wales has a long, proud history in teaching literacy, and it felt natural for us as a chapel to continue this work. We believe that small acts add up to big changes, so we've organised a group of reading volunteers, got them DBSes** and trained them in three fundamentals of reading development.

Firstly, the importance of background knowledge. Knowing stuff helps you learn more stuff, in a kind of virtuous cycle. During our training sessions, even people who have been on this earth six, seven or eight decades enjoy having their eyes opened to the fact that what you already know controls how easy it is to understand a text, and to understand and remember (i.e. to learn) new things. The life experience that our reading volunteers bring with them is exactly what young readers need to give them a framework for learning and understanding.

Second, vocabulary. Logically linked to background knowledge (if you've been skiing you will know about black runs, snowploughs and nursery slopes; if you haven't, you probably won't), having prior oral knowledge of a word makes it far easier to recognise it in print. Bilingual children can take advantage of the fact that they will have more than one signifier (label) for each thing signified. I might first understand the concept of moving myself through water using my arms and legs as *nofio*; when the second language comes along, I can simply



add the label *swimming* to the same thing. Building vocabulary is crucial to developing good reading.

Lastly, volunteers need to know that children must develop the skill of breaking down the sounds within a word and blending them back together to be confident readers for the rest of their lives. We have a brief introduction to phonics (trying not to have a rant about the English spelling system as we go) without burdening the volunteers with having to be fully trained in English phonics (Welsh is far more logical).

Rather than being discouraged by PISA* results, or the advantage gap, or how huge the scale of the problem is, be encouraged that you can know about black runs, snowploughs and nursery slopes even if you've never been skiing *if you read about them in a book*. Reading volunteers open up worlds for individuals by spending time with them, and a book.

**PISA tests are sat by pupils in Year 11 (Form 5) every 3 years. They examine literacy, maths and science skills, among other things. Learners from many different countries sit the tests so the results can be compared.*

***DBS is a police search to make sure all our volunteers are safe to work with children.*

LLANDDEUSANT PARISH CHURCH

The feast of St Francis of Assisi is today, October 4th 2026 at 2.00pm.

Bring your animals for a blessing to this ancient church, as we celebrate the special 800th anniversary milestone of his passing – (1226 2026)

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HELLO AND WELCOME TO AUTUMN!



It's damp and fresh again after that super hot Summer and we gardeners and farmers are all breathing a sigh of relief! As those of you who caught up with Sam and Lynne at The Village show, during The Sheep Festival will know, we have BIG plans.

Carmarthenshire County Council have now formally approved the proposal for leasing the land to the Town Council. Once that process is done, the Town council can formally lease the site to us as the Community group, which is GREAT NEWS! It's a process which is moving along nicely.

We're now a registered charity, and as such, we will be holding our first AGM.

So what will happen then?

Well, we'll elect the first official Committee, present the rough site plan, and there will also be opportunities for local residents to share any additional ideas and suggestions, whether for the Community Garden, Orchard or Allotments. We are itching to get going, but can't start digging just yet! What we CAN do, is sign up as many supporters as possible! Support opens the door to funding opportunities, (and the great news is... it's free to join!). We look forward to seeing you there.

Llandovery Growing Community AGM

Llandovery Growing Community will hold its first official Annual General Meeting on the 1st of October 2026, 6.30pm at Llandovery Croquet and Tennis Pavilion.

Everyone interested in supporting community growing in Llandovery is warmly invited to attend.

For more information, please contact llandoverygrowingcommunity@gmail.com.

WRITE-ON REV!

Dear Friends,

Autumn arrives quietly. The light softens, leaves turn gold and crimson, and familiar paths become newly beautiful. Yet this season also carries a gentle sadness. The evenings draw in, summer's warmth recedes, and the falling leaves remind us that nothing in this life remains unchanged. Scripture offers a simple word of reassurance: "For everything there is a season" (Ecclesiastes 3.1). Autumn teaches us the truth of those words. It is a season of gathering and gratitude, when fields, gardens and orchards yield their fruit. It is also a season of release, as trees let go of what they can no longer keep. Perhaps we, too, have things to gather and things to release. We can gather memories, friendships and the quiet blessings that are easily overlooked. We can give thanks for those who enrich our community through kindness, service and neighbourly care. At the same time, we may need to release an old regret, an anxiety about tomorrow, or the belief that we must manage everything alone. The bare branches of winter are not signs of defeat. Hidden within them is the promise of renewed life. So, as autumn unfolds, may we find courage amid change, companionship in darker days, and time to notice the beauty around us. And may we remember that even the smallest act of kindness can brighten another's path. May this season deepen our gratitude and renew our hope.

Father Neil, The Vicarage, Llandovery

LOST



Tommy has been missing since
28th July from SA20 OUH,
Rhandirmwyn/Cilycwm area.
He is a large cat and distinctive by his
white moustache. Desperate for any
news as he has health issues.

Allison

Tel: 07710 572632

READERS' SALES & WANTS

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

FOR SALE

- **Garage Sale** Saturday 3rd October 2026, Ty Ni, Bethlehem SA19 6YL, 01550 779214, 07837 868490. Sundry mixed tools including drills and many mechanical and engineering items. Sensible offers accepted. Cash only.
- **Traditional spinning wheel** with three bobbins and The Ashford book of Spinning by Anne Field, £90. Tel: 01558 685234.
- **Vintage leather suitcase** by Revelation, L20 in x W14.5 in x H7 in extendable to 10 inches, £40. Tel: 01558 685234.
- **Oak chest drawers** in excellent condition, Width: 46cm, Length: 76cm, Height: 92cm, £200. To view a photo or to purchase, contact: g.caminade1857@gmail.com
- **Oak dining table**, in excellent condition, Length: 180cm, Height: 74cm, Width: 93cm, £100. To view a photo or purchase, contact: g.caminade1857@gmail.com
- **Men's 21 speed**, blue and silver, 'Ideal' tourer bike. VGC, 28 inch wheels, pannier rack, £70. Contact 07792 634006.
- **Hunter Herald 8 multifuel woodburning stove**, 7-11kw, £450 o.n.o. Tel 07891 856032.
- **Derwent inkstone 24 ink pencils** and faber-castell 24 soft pastels, hardly used, £25. Llandeilo 07508 285119.
- **School desk for sale**. Seats two, £50. Tel: 01550 777149 / 07572 168275.
- **Roof box**, £25. Tel: 01550 777149 / 07572 168275.
- **Roof bars**, £20. Tel: 01550 777149 / 07572 168275.
- **Ovation semi acoustic guitar**. Excellent condition, £100. Tel: 01550 777149 / 07572 168275.
- **Womans biker clothing**: Kevlar jacket (size 16) & trousers (size 10 regular but long), both have armoured support, worn once (bad hip), gloves & boots (size 6) also available, buyer collects, £150. Tel: 07757 530586.
- **Makita heavy duty drill**, model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mahogany dining table**, 8ft x 3ft 6ins, including 8 chairs, £200 ono. Tel: 01267 202230.
- **17½ English leather saddle**, cut back head, D to D 8 ins, good condition, £120. Tel: 07971 452908.

- **Bath lift**, Care Co Heben, good working order, £120 (new £569). Tel: 07971 452908.
- **Shower screen** with sliding door, 44" x 72", good working order, £50. Tel: 07971 452908.
- **Stainless steel double bowl** with double drainer, suitable for utility room, £25. Tel: 07971 452908.
- **Neff gas hob**, 5 burner, 600mm, currently on LPG, good working order, c/w mains jets, £150. Tel: 07971 452908.
- **x5 pairs of ladies Bamboo socks**, new, £5 per pair. Tel: 07790 384670.
- **x2 Make your own kids clocks**, new in box, £5 each. Tel: 07790 384670.
- **Air fryer**, brand new in box, £50. Tel: 07790 384670.
- **Old brass oil lamp** with shade and funnel, £15. Tel: 07790 384670.
- **Pink laptop tray**, New, £10. Tel: 07790 384670.
- **New card making books**, £3 each. Tel: 07790 384670.
- **Pebble art pictures** (locally made), from £5 to £10. Tel: 07790 384670.
- **New white mugs** with biker or nurse transfers on, made locally, £3 each. Tel: 07790 384670.
- **Old Llandovery Rugby programmes**, 1992 April 18th Llandovery vs Blaina, 1992 April 4th Llandovery vs Wrexham, 1991 Jan 5th Llandovery vs Tumble, 1991 Jan 12th Llandovery vs Kidwelly, 1991 April 6th Llandovery vs Tenby United, 1990 Dec 8th Llandovery vs Kenfig Hill, 1990 Nov 24th Llandovery vs St Peters, £5 each or cheaper for all. Tel: 07790 384670.
- **Brand new double mattress**, spring/memory foam, still in box, £69. Tel: 07790 384670.
- **x2 lap trays**, highland cow print, new, £8 each. Tel: 07790 384670.
- **Sandwich toaster**, new in box, £10. Tel: 07790 384670.
- **Wall clock** in bike shape, £10. Tel: 07790 384670.
- **Large pine and glass modern coffee table**, £15. Tel: 07790 384670.
- **Beatles book**, large, £20. Tel: 07790 384670.
- **Yankee candles**, 3pk, £5. Tel: 07790 384670.
- **Wales vs France programme**, Feb 2002, £10. Tel: 07790 384670.
- **All womens hockey international programme**, England vs Holland, March 16th 1956, £10. Tel: 07790 384670.
- **Eddie Stobart print** on canvas, £5. Tel: 07790 384670.
- **Hand knitted new baby cardigans**, £5. Tel: 07790 384670.

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Church Services

E-English W-Welsh B-Bilingual

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

4 Oct 9.30am Bilingual Ewcharist
18 Oct 9.30am Bilingual Ewcharist

Further information please contact
marcrowlands@cinw.org.uk
01550 728319

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

4 Oct 11.15am Bilingual Ewcharist
18 Oct 11.15am Morning Prayer

Further information please contact
marcrowlands@cinw.org.uk
01550 728319

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

11 Oct 3.00pm Harvest Thanksgiving

This is the closing service of the church

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

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

4 Oct 9.30am Eucharist
11 Oct 9.30am Eucharist

Further information please contact
marcrowlands@cinw.org.uk
01550 728319

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

4 Oct 11.15am Morning Prayer
11 Oct 11.15am Bilingual Ewcharist
18 Oct 11.15am Morning Prayer
25 Oct 3.00pm Messy Church

Further information please contact
marcrowlands@cinw.org.uk
01550 728319

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

4 Oct 11.15am Morning Prayer
11 Oct 11.15am Bilingual Ewcharist
18 Oct 6.00pm Evening Prayer
25 Oct 11.15am Bilingual Ewcharist

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

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

4 Oct 8.00am 1662 Eucharist
9.30am All Age Harvest
11 Oct 9.30am Bilingual Ewcharist
18 Oct 9.30am Morning Prayer
25 Oct 11.15am Choral Matins

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

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

11 Oct 6.00pm Evening Prayer
25 Oct 11.15am Bilingual Ewcharist

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

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

4 Oct 11.15am Gwyl y Cynhaef
11 Oct 11.15am Ewcharist

neilhook@cinw.org.uk | 07706 496541

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

4 Oct 11.15am Eucharist
18 Oct 11.15am Eucharist

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

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

4 Oct 9.30am Bilingual Ewcharist
11 Oct 9.30am Bilingual Matins
18 Oct 9.30am Bilingual Ewcharist
25 Oct 9.30am Bilingual Matins

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

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

4 Oct 9.30am Eucharist
11 Oct 9.30am Eucharist
18 Oct 9.30am Eucharist
25 Oct 9.30am Morning Prayer

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

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

4 Oct 11.15am Bilingual Ewcharist
11 Oct 11.15am Morning Prayer
18 Oct 11.15am Bilingual Ewcharist
25 Oct 6.00pm Evening Prayer

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 Oct 11.00am Holy Communion
11 Oct 11.00am Holy Communion
18 Oct 11.00am Holy Communion
25 Oct 11.00am Holy Communion/
Morning Worship

A warm welcome is extended to all who are able to join us for the above Services.

Please contact Ann Thomas, Churchwarden for further details on 07788 789195.
mathomas056@gmail.com

ST. JOHN'S, FELINGWM 2nd Sun 2.00pm Eucharist

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.

Weekday masses – see notices or
Phone: 01558 824305 or
Mob. 07507 071337.

ST. TEILO'S CHURCH, LLANDEILO

1st Sun 11.00am Holy Communion
6.00pm Evening Prayer

2nd Sun 8.00am Holy Communion
9.30am Cymun Cymraeg
11.00am Holy Communion
6.00pm Compline

3rd Sun 11.00am Holy Communion
6.00pm Evening Prayer

4th Sun 9.30am Boreol Weddi
11.00am Holy Communion
6.00pm Compline

5th Sun Please contact Vicar for further details

Rev'd Carys Hamilton 07811 789243
caryshamilton@cinw.org.uk

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdud)

Services every Sunday
10.30 Worship and Communion Service.
(Also Sunday School for under 15s)
5.00pm Evening Service.
Tea and biscuits following.

Contact: E. Gilbert. 01558 685763.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall –
brwoodall1940@gmail.com

HOLY TRINITY CHURCH, TALIARIS

2nd Sun 9.30am Holy Communion
4th Sun 9.30am Morning Service

Email: h_loyd_davies@hotmail.com

HOLY TRINITY CHURCH, PONTARGOITH

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

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

4 Oct	2.00pm	Afternoon Prayer followed by a Cuppa in the Hall.
14 Oct	5.00pm	Pilgrim Prayers.
25 Oct	2.00pm	Harvest Thanksgiving with Rev Rhobert Pattinson followed by tea in the Hall.
31 Oct	2.00pm	Quiet Space – a time of reflection and contemplative prayer.
1 Nov	2.00pm	Afternoon Prayer followed by a Cuppa in the Hall.

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

To find us: What3Words: gain.agent.acid

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

LLANEGWAD CHURCH

2nd Sun 10.30am Morning Prayer
3rd Sun 10.30am Morning Prayer
4th Sun 11.00am Eucharist

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)
Saturday (vigil of Sunday) Mass now 4.00pm

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

ST. JOHN'S CHURCH, FELINGWM

4th Sun 2.00pm Eucharist

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

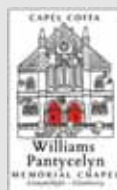
Tuesday drop-in prayer and reflection from 11.00am – 12.00pm

Pastor: Patrick Thomas
E mail: williamsmemorial@outlook.com
Mobile: 07774 533804
www.williamsrantycelyn.co.uk

WHAT'S HAPPENING

IN OCTOBER 2026 @WILLIAMS PANTYCELYN MEMORIAL CHAPEL, LLANDOVERY?

Sunday, 4th – 11.00am Sunday – Pat Thomas
Monday, 5th – 6.30pm – Bible Study/Prayer
Tuesday, 6th – 11.00am – Prayer Meeting
Wednesday, 7th – 'Cefnogi' Support Centre
Sunday, 11th – 11.00am Sunday – Open Doors UK
Monday, 12th – 6.30pm – Bible Study/Prayer
Tuesday, 13th – 11.00am – Prayer Meeting
Wednesday, 14th – 'Cefnogi' Support Centre
Sunday, 18th – Sunday 11.00am – Pat Thomas
Sunday, 18th – 4.30pm CROESFAN Welsh service
Monday, 19th – 6.30pm – Bible Study/Prayer
Tuesday, 20th – 11.00am – Prayer Meeting
Wednesday, 21st – 'Cefnogi' Support Centre
Sunday, 25th – Sunday 11.00am – HOPE HOUSE LADIES
Monday, 26th – 6.30pm – Bible Study/Prayer
Tuesday, 27th – Prayer Meeting 11.00am
Wednesday, 28th – 'Cefnogi' Support Centre



REGULAR EVENTS IN OCTOBER 2026 IN THE BRO DYFRI LMA CHURCHES

EVERY MONDAY: Vestry Venture – Friendship & Free Refreshments

A relaxed social club for all ages at St Sadwrn's, Llansadwrn, 3.00 – 5.00pm (term time). Enjoy tea, chat, games and toys for children and the young at heart. Free, informal and open to everyone. Croeso i bawb / All welcome.

EVERY TUESDAY: Bright Sparks – Pre-School Fun & Friendship. A friendly pre-school group with play, crafts, songs and stories at St Dingat's, Llandoverly, 9.30 – 11.00am (term time). Safe, welcoming and open to all families, with refreshments provided. DBS-checked volunteers. Completely free. Croeso i bawb.

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

WEDNESDAYS: Time 4 A Cuppa. Join us on Wednesday 07 September in Gwynfe, Wednesday 14 September in Llandingat, Wednesday 21 September in Llangadog, and Wednesday 28 September in Llansadwrn this month from 10.30am – 12.00 noon. The church doors are open, the kettle is on, and everyone is welcome to drop in for a cup of tea or coffee, a biscuit, and friendly conversation. There is no programme and no pressure ... Croeso i bawb / All welcome!

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

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: llandovery@ashmole.co.uk Tel: 01550 720098. 03/27(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. 09/27(12)

LHP ACCOUNTANTS is a well-respected accounting firm located in the heart of Llandovery. Known for its commitment to providing comprehensive accounting services, tax advice and audit services. LHP Accountants is more than just a service provider; they are a partner in your financial success. Whether you're a small business owner, a growing company, or an individual looking for financial guidance, LHP Accountants is equipped to support your journey. Get in touch for your first free consultation with our friendly experts. Address: 31 High Street, Llandovery | Phone: 01550 910910 | Email: llandovery@lhp.co.uk | www.lhp.co.uk 02/27(12)

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 11/26(12)

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

BUILDING SERVICES

TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 10/26(12)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 04/27(12)

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

COMPLEMENTARY THERAPIES

REFLEXOLOGIST: CAROL DEBORAH LORD IHHHT ICHT FHT. Fully qualified & insured member of the Federation of Holistic Therapists for 26 years. Reflexology – An hour long relaxing treatment on the feet which re-balances the systems of the body and releases toxins that can cause ill health. Treatment creates a feeling of calmness and well-being. Also a soothing treat for the feet including a warm foot soak and moisturising foot massage, reviving fatigued and aching feet. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 10/27(12)

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COUNSELLING

CATHRIN WILDWOOD: I am a qualified therapist with over 20 years of experience, offering counselling and psychotherapy to young people, adults and couples. I create a confidential space where you can talk openly, at your own pace, and be listened to with care, sensitivity and genuine interest. There is time and space to share your thoughts, feelings and desires, and whatever is important to you. Life can be sweet and beautiful, and sometimes it can be hard. There are times when we benefit from having time and space to attend to ourselves, with someone alongside us who is genuinely interested in what it is like to be us. I work face-to-face in Clycwm, or online via Zoom or by phone. www.cathrinwildwood.co.uk cathrin@cathrinwildwood.co.uk 07870 888141. 04/27(6)

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

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

WELCOME. I'M JO, A QUALIFIED COUNSELLOR WITH A BACKGROUND IN NURSING AND BEREAVEMENT SUPPORT. Life can seem overwhelming at times. Whether you're living with anxiety, bereavement, depression, relationship difficulties, loneliness or simply feeling that something isn't quite right, you don't have to face it alone. Reaching out for counselling is a positive first step, and I understand that everyone's journey is unique. I offer a warm, safe, confidential, and non-judgemental space where you can talk openly. Many clients appreciate the flexibility that telephone counselling offers, making it easier to access support around work, family, or other commitments. Also In-person counselling available. Appointments are generally available between 11:00 am and 3:00 pm, with evening appointments from 6:30 pm. Whatever has brought you here, you will be welcomed with empathy, and complete confidentiality. Whether you choose to telephone, text or email. Jo Jackson 01269 594327/07801 467456/jo.counselling@talktalk.net 04/27(6)

FINANCIAL PLANNING SERVICES

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

FUNDRAISING

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

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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)

THE HAPPY GARDENER. No job to small, friendly and reliable service. Call Scott 07376 383147. 11/26(6)

HEADSTONES AND HOUSE NAME PLAQUES

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OPTOMETRIST

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

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ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: localroofer.wales@gmail.com 10/26(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 will automatically have their membership extended to March 31st of the following year. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm - 9.00pm all existing & prospective members are encouraged to attend. We have internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverysquash or visit our website: <https://llanadoverysquashclub.co.uk> 05/27(12)

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Full Colour	£50.30+VAT	£37.80+VAT per issue	£33.71+VAT per issue	£25.15+VAT per issue
Black & White	£47.78+VAT	£35.86+VAT per issue	£32.08+VAT per issue	£23.89+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£32.03+VAT	£23.99+VAT per issue	£21.47+VAT per issue	£16.01+VAT per issue
Black & White	£30.35+VAT	£22.79+VAT per issue	£20.37+VAT per issue	£15.17+VAT per issue

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

LOCAL DIRECTORY (discounts not available): 6 months = £66.73+VAT 12 months = £104.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

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

LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@cararthenshire.gov.uk
Mon Closed
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Wed 1.30pm – 5.30pm
Thurs Closed
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Sat 9.00am – 1.00pm
Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.
Myddfa: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449
Brecon: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

LOCAL POLICE Tel. 0845 3302000.
Crime Stoppers: Tel. 0800 555111.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.
Tuesday – Saturday, 11.00am – 2.00pm
Email: enquiries@llandoverymuseum.wales
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

TAXI SERVICES

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

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421 **11 Glamorgan Street, Brecon. LD3 7DW:**
Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 14/09/26 – 13/12/26) Not all stops shown

x = request stop

Mon. to Fri.								Sat.				Sun.		
Swansea	D		05.13	07.29	10.39	14.49	17.47	04.50	07.30	10.38	14.50	17.48	11.10	15.18
Gowerton	D		05.25	07.41	10.51	15.01	17.59	05.02	07.42	10.51	15.02	18.00	11.22	15.31
Llanelli	D	05.12	05.35	07.52	11.02	15.11	18.09	05.12	07.52	11.05	15.12	18.09	11.32	15.42
Fairfach	D	05.49x	06.11x	08.29x	11.39x	15.49x	18.47x	05.49x	08.29x	11.42x	15.50x	18.47x	12.09x	16.18x
Llandeilo	D	05.55	06.17	08.47	11.45	15.54	18.52	05.55	08.46	11.48	15.55	18.52	12.15	16.24
Llangadog	D	06.05	06.26	08.57	11.55	16.04	19.02	06.05	08.56	11.58	16.05	19.02	12.25	16.34
Llanwrda	D	06.08	06.30	09.00	11.58	16.07	19.06	06.09	09.00	12.02	16.09	19.06	12.29	16.38
Llandovery	D	06.17	06.37A	09.09	12.07	16.16	19.15	06.18	09.09	12.11	16.18	19.15	12.38	16.47
Cyngorhdy	D	06.24x		09.17x	12.15x	16.25x	19.23x	06.25x	09.16x	12.18x	16.26x	19.23x	12.45x	16.54x
Llanwrtyd	D	06.42		09.35	12.33	16.42	19.39	06.42	09.34	12.35	16.43	19.39	13.03	17.11
Llandrindod	D	06.05	07.32		10.12	13.12	17.38	07.32	10.12	13.08	17.38	20.25	13.45	17.59
Shrewsbury	A	07.38	09.03		11.42	14.42	19.10	21.55	09.01	11.42	14.38	19.09	22.01	15.16
Shrewsbury	D	04.30	05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	12.08	16.20
Llandrindod	D	05.56A	07.29	10.24	13.24	17.33	20.27	07.29	10.22	13.22	17.32	20.27	13.53	18.03
Llanwrtyd	D		07.59	10.54	13.58	18.04	20.58	07.59	10.53	13.56	18.03	20.57	14.24	18.34
Cyngorhdy	D		08.11x	11.05x	14.10x	18.17x	21.11x	08.12x	11.05x	14.08x	18.16x	21.09x	14.37x	18.47x
Llandovery	D	06.41	08.23	11.18	14.26	18.29	21.23	08.24	11.18	14.24	18.28	21.21	14.49	19.00
Llanwrda	D	06.47x	08.29x	11.23x	14.31x	18.35x	21.29x	08.30x	11.23x	14.29x	18.34x	21.27x	14.55x	19.05x
Llangadog	D	06.51x	08.34x	11.28x	14.36x	18.40x	21.34x	08.35x	11.28x	14.34x	18.39x	21.32x	15.00x	19.09x
Llandeilo	D	07.02	08.45	11.54	14.48	18.55	21.45	08.46	11.50	14.48	18.53	21.43	15.11	19.22
Fairfach	D	07.05	08.48	11.57	14.51	18.58	21.48	08.49	11.53	14.51	18.56	21.46	15.14	19.25
Llanelli	D	07.44	09.30	12.42	15.32	19.44	22.35	09.40	12.34	15.31	19.36	22.32	15.54	20.06
Gowerton	A	07.52	09.38	12.50	15.42	19.52	22.43	09.48	12.42	15.41	19.44	22.40	16.02	20.14
Swansea	A	08.11	09.51	13.03	16.00	20.05	22.58	10.02	12.55	16.00	20.00	22.55	16.15	20.30

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

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

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

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