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READING THE WILD DARLLEN Y GWYLLT LITERATURE FESTIVAL 2026



FULL ARTICLE
PAGE 3



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ALL ABOUT *The Post*

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16th April 2026**

**Next issue distributed:
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The Post Future Copy Dates

June..... 15th May
July..... 16th June
August..... 16th July

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12,26(12)

WELCOME TO THE SECOND READING THE WILD/ DARLLEN Y GWYLLT Where Nature, Science and Magic Meet

WHICH TAKES PLACE OVER TWO PACKED DAYS ON THE 9TH AND 10TH OF MAY

We've got a wonderful line up for you including the Welsh launch of the new book by Jackie Morris and Robert Macfarlane "The Book of Birds", Jackie will be talking to Jon Gower about the book which has been seven years in the making.

Adele Nozedar will be will launching her new book "Healing Herbs" talking about the properties of wild herbs.

Bethany Handley who was an inspiration last year is back and launching her new book "My Body is a Meadow"

If you like trees, don't miss Archie Miles who will be talking about Heritage Trees of Wales, if you're interested in bogs Alys Fowler will be discussing her book "Peatlands" and Sarah Chave will be reading from her book "Hafren" about the mighty river Severn.

If you want to find out more about rewilding Derek Gow will be making the journey from Devon, Derek wrote Bring Back the Beaver and Hunt for the Shadow Wolf, Derek is a farmer turned conservationist and is rewilding his 300 acre farm.

For poetry lovers Caryn Graves is back with his new book "Cynefin" looking at a 1000 years of Welsh nature poetry writing and Rae Howells will be asking the question "Can poems change the world?"

For discussions on the healing qualities of nature join Lottie Williams "Finding Joy in Grief", Anita Roy and Anne Keer talking about "The Nature Trap", Jay Griffiths and Gareth Howell-Jones "The Healing Power of Nature" and Jon Gower "Birdland".

If you're hoping to be more sustainable and grow better vegetables Stephanie Hafferty will be giving lots information in her talk on "Small Scale Homesteading".

If fossils are your thing don't miss Matthew Myerscough "In Search of Sea Dragons".

By popular demand Dr Rhys Jones is back, he left us on a cliff hanger last year!

Julie Ann Rees will be talking about the darker side of folklore and our relationship with nature and the wild wood.

The last session of the festival will be Jackie Morris and Tamsin Abbott reading from their book "Wild Folk". Meet selkies and silver trout and the black fox; the woman of flowers who is happier living as an owl; the boy who learns to feel the songs and stories of trees.

As usual all children's events will be free and this year we have award winning authors Emily Gravett, Helen and Thomas Docherty and the Children's Laureate for Wales, Nicola Davies.

New for 2026, as well as Laura Moss from Carmarthenshire Meadows leading the very popular wildflower ID walk, Our Wild Edges will be running workshops including Foraging, Forest Bathing and Nature Journaling.

Amanda Rose will be making our beautiful bespoke tickets again, and this year we'll have our very own hand printed tote bags.

If you live within 10 miles of Llandovery tickets for author events will remain at £8.00 throughout, if you live further away they will go up to £10.00 on April 1st.

You can buy your tickets at the shop, Books at the Dragon's Garden 9, High Street Llandovery or online here <https://dragons-garden.com/product-category/reading-the-wild-darllen-y-gwyllt-literature-festival-2026/>

Programmes are available around town and further afield.

Please get in touch if you'd like to volunteer over the festival weekend, call in at the bookshop or message me, Mandy at enquiries@dragons-garden.com

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Tenders are required by the end of April for cutting community field and play area:

1. A copy of the Public Liability insurance policy would be required.
2. **Community Field**
The work to be carried out between May and September.
The cost per cut for cutting the grass on the Community Field, a list of the dates when the work is carried out. If there are any functions being held on the field you might be asked to include extra cuts. The Field would possibly need to be "rolled", Llansadwrn Community Council will advise and confirm when this is required.
3. Cost of Strimming/Trashing perimeter around the Community Field.
All cuttings of grass, trash, etc. to be taken away
4. **Play Area**
The cost per cut for trashing/cutting the grass of the Play Area. Also trashing the perimeter of the Play Area.
5. All cuttings of grass, trash, etc. to be taken away.

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05/26/6

LLANDOVERY CARNIVAL EVENT

It time to start thinking about Llandovery annual Carnival. The carnival theme for 2026 is "Summer Holiday". So if your Summer Holiday is sitting beside the sea, viewing the Pyramids or attending The Royal Show, start thinking about your costume or float ideas. **The Carnival is Sunday 24th May** (Bank Holiday Sunday) at the Rugby Club. The parade: start at 1pm from Ysgol Rhys Prichard, celebrate your "Summer Holiday" with us in your costumes and say something about the carnival theme there

We hope to see lots of young people come along to be considered for **the Carnival Queens and Kings**. The selection night is the **9th April** at the King's Head starting at 5:30. Come along and join the fun. There is a lorry and funding to help you decorate the floats.

24th April is "Llandovery's got Talent" in the Castle Hotel, Ball Room. If you are a regular at the open mic or someone who would like to share their talent come along. You register on the night. There will be an early session for younger talent starting at 6:30 pm finishing at 8:30 then adults showing their skills from 8:30 onwards.

Advanced notice to save the evening:
 19th May: Treasure Hunt – will start and end at the Rugby Club.
 21st May: Carnival Quiz Bluebell 7:30 for 8pm. Entry on the night.

We are hopeful that local businesses and organisations will be keen to support the Carnival with floats, sponsorship, stalls on site and raffle prizes. If you would like further information contact Gina Deering on 07794 488231, Trish Morgan-Black on 07960 979099 or Louise Wride on 07972 746987.



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We've had a great start to the year at the Repair Cafe. We've repaired clothes, clocks, vacuum cleaners, floor cleaners, sewing machines, irons, lamps, torches, radios, jewellery, china ornaments, a lawnmower and a dehumidifier.

The next Repair Cafe will be at Pethau Pawb, 5 Stone Street on Saturday, April 11th, between 11am and 2pm, so if you have any more broken items, need something PAT testing or just need some advice, or a chat and a cup of tea, come along on the 11th.

Please note this is the second Saturday of the month, Sorry we keep changing the day. Last time too many of our volunteers were unavailable on our usual day: this time the premises are unavailable. This is because it is Easter Saturday and there will be an Easter bonnet workshop at Pethau Pawb. But after this we will be back on the first Saturday of each month.

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08/26(12)

LLANDOVERY TOWN TENNIS CLUB



Here are the plans for the Spring:

Saturday, 11 April at 10.45am. **Adult Spring Tournament.**

AGM at the Clubhouse on Thursday, 30 April 2026 at 7.00pm. All members are welcome.

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

Taster session on Sunday, 26 April 2026.

Coaching sessions on Sundays 3, 10, 17 and 23 May.

3.00pm to 3.45pm – 4 to 7-year-olds

3.45pm to 4.30pm – 8 to 11-years-old

4.30pm to 5.30pm – teenagers

5.30pm to 6.30pm – adults

Sunday, 31 May. **Tea on The Towy.** (change of date)

Thursday, 25 June. **Doubles Master Class** booked with Mike Barton. There are very few places left.

Club Sessions – Adults are playing throughout the winter at Castle Fields on Wednesdays and Saturdays at 10.45am. Do come and join us.



For more information,
click here:

SPRING RETURN VISIT TO GELLI AUR

Our Spring visit to Gelli Aur/ Golden Grove will be to see and hear about the latest work done during the winter months in the grounds, arboretum, and on the north terrace.

This seasonal talk, walk and question time will be led by Paul Cleaver, Chartered arboriculturist and trustee of The Golden Grove Restoration Trust. The afternoon event will begin at 2.30 on Sunday 19th April with an introduction showing a brief unique film, capturing Gelli Aur, in all its glory, taken two decades ago by photographer Ray Foster. The film has never before been viewed by the public.

Admission at the door £8 for the film, walk, talk and question time along the way.

The location is the Gelli Aur Cafe area. SA32 8LR



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Spotlight on Elidyr



Introducing Llandoverly's first ever Colour Run on Saturday 4 July!

We are excited to introduce Llandoverly's first ever colour run! Organised to raise funds for Elidyr Communities Trust and supported by both Llandoverly RFC and Llandoverly FC. This is a fun event designed to appeal to children and grown ups. A Colour Run is an event where participants run or walk through a course with colour powder thrown at designated stations.



It's all about enjoyment, movement, and vibrant celebration. Get ready for a colour explosion! The course is a **1K lap at the rugby club** and the run is open for 45 minutes - you can do as many laps as you can in that time. Remember, you're running for fun and getting colourful for a cause!

Feel free to stop whenever you want!
www.elidyrct.ac.uk/colour-run



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02/27(12)

3 TIPS TO DE-STRESS – A RECIPE FOR POSITIVE WELLBEING



Stress affects our minds and bodies.

What we think about in the mind, worrying thoughts, negativity, and so much more can create feelings of stress which can lead to anxiety, and if these feelings increase they can play out by affecting the physical health of the body too.

Being able to let go of stress and maintain a degree of calm during the day is vital for wellbeing in both the mind and body.

Stress is often a build-up of energy in us, it's that feeling of wanting to be in the present moment and yet constantly thinking about other things that need to be done, or should have been done, which can create overwhelm. It can also be to do with feelings of insecurity, lacking self-worth, lacking confidence in oneself or generally under-estimating oneself.

Stress is actually energy that builds in the mind, and the more stress or worry you have and the overthinking feeds it. What starts as a small worry about something can either grow very quickly or slowly depending on your thoughts.

Self-care is vital to enhance your wellbeing, the more calm you introduce into your life, the calmer you will feel and the less stress you will have

So de-stressing regularly enhances wellbeing and can create a balance in us of calm and clarity.

Tip 1 – Shut the Door

When you have a worrying thought coming into your head, imagine you are shutting the door on it.

Shutting the door stops you feeding the energy behind the thought and eventually that worrying thought will stop knocking on your door.

Tip 2 – Breathe in positivity, breathe out negativity

1. Sit comfortably and close your eyes.
2. Take a moment and think of your breath.
3. Breathe in deeply for the count of 3.
4. Breathe out for the count of 3.
5. Continue this breathing in, breathing out three times, this allows your body to begin to relax.
6. With the next inward breath, think of the word positivity, and imagine you are breathing in positivity.
7. With your outward breath, just imagine you are breathing out negativity.
8. Continue this for few breaths, breathing in positivity, breathing out negativity, letting the negativity flow away as you breathe in positivity.

Tip 3 – Colour for wellbeing

Imagine you are wrapping a pale blue shawl around your shoulders and just imagine you are feeling this colour flowing into you.

Pale blue is a colour of calm and peace.

Self-care matters; it's not self-indulgence, it's self-preservation

Leaving you on a positive note, laughter and smiling is a brilliant way to de-stress too, watching a feel-good film or a funny video, or simply doing something just for fun can stop stress in its tracks!

Maria Bowbanks – Spirit Wellbeing

www.spiritwellbeing.co.uk

Author of 'Power UP Positivity' available on Amazon.



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03/27/12

WHAT'S ON

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8th April: Coffee Morning from 10.30am.
Speaker: Pride in Your Patch – Mr Robert's

24th April: Pop up Pub, 6.30pm

29th April: Book Club, 7pm

7th & 21st: Simon J Pizzeria Van from 6pm – 8pm

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06/26(6)

Padmasambhava Yoga and Meditation Centre

Everyone at Padmasambhava hopes that you are all well and enjoying the gardens and countryside starting to awaken, bringing new flowers and foliage for all to see. This a time for hope and traditionally this time of year is one of renewal and joy. Whatever is happening within our troubled world, we can tap into new energy sources within ourselves, alongside a steadiness, which taking part in a yoga class can bring. The Centre has a broad range of classes both in-house as well as classes at the Ammanford Penybanc Hall, Cwrst Henri Reading Room and Seated Yoga at the Llandeilo Bowling Club.

The Centre has a New Beginner's class starting after the Easter break. This course covers the Foundation Practices of the PMA series, bringing movement in the joints, increasing flexibility and changing the flow of energy within the body. Awareness of the flow of energy within the body brings with it the opportunity to positively impact one's state of mind, mood, physical energy and sense of wellbeing. Each class builds upon the previous one, as this systematic series allows the body to prepare for classical postures. The Beginner's course can be a gateway to continuing on through the years or a refresher's class if you have been away from yoga for some time.

Each class includes Pranayama – strictly speaking the expansion of energy within the body – and also used to describe breathing practices. Breathing practices strengthen the lungs as well as help improve breathing, changing old habits. For example, the 'abdominal breath' is a useful tool to navigate stress, bring about relaxation and generally improve health. Classes end with the deep relaxation of Yoga Nidra – allowing both body and mind to deeply rest.

The classes offer tools for everyday living, such as ways to use the breath when facing stressful situations or a series of movements to keep the body – and mind – at ease. The yoga taught at the Centre is Integral Yoga which brings a connection between body, breath and mind, which in time refines one's awareness. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind.

Classes at Padmasambhava are suitable for people of all ages and abilities, from Beginners through to more progressive, as well as Chair Yoga. Students often remark on the sense of well-being brought about by these classes which incorporate movement (asana), breath awareness and breathing practices (pranayama) and end with the deep relaxation of Yoga Nidra. The classes are progressive throughout the weeks and terms and are suited to the students within the class. Students coming to the Centre notice and value the sense of connection and community that coming together in a class brings. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email: mail@padma.org.uk

More information at www.padma.org.uk

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It was too early to report on our lovely sustainability event held in February in the last edition, so I thought I would mention it this month instead.

Although it was an indoor event, we were very fortunate to have lovely weather which always makes a difference. It

was nice to see so many people come along and we were all kept busy chatting. Fifteen happy people went away with a little narcissus from our free lucky dip to brighten their home or garden. One of the winners was celebrating their birthday, so that made it even more joyful!

It was great to have different organisations in attendance so they could explain about their work and gain feedback from people who already access their services. We can never underestimate the value in having a face-to-face conversation with someone and events like these give us the opportunity to do just that. Overall, a fantastic time with some fantastic people.



As a follow up from the event, we will be meeting with Laura from SERO with a view to form a Take the Jump group in Llandeilo. If you missed the event but are interested, Take the Jump is about taking simple, manageable steps towards more sustainable living, supported by like-minded people. We have yet to finalise a date for the meeting, so feel free to get in touch if you would like to join us.

On Wednesday 22nd April, we will be in Pethau Pawb in Llandovery for an informal, drop in get together for anyone interested in off grid living. This will be to explore the possibility of connecting people who currently live off grid, but we would also love to meet others who may be interested in exploring the possibility. Held between 10.30a.m. and 11.30a.m. there will be refreshments and friendly conversation so please come along.

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



Scan to complete our quick cycling survey or visit: <https://forms.office.com/e/8xLbn3SzRy?origin=lprLink>

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



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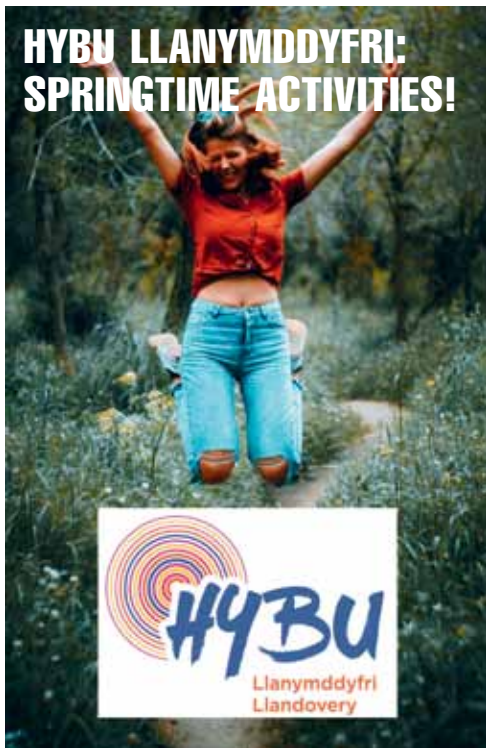
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HYBU LLANYMDDYFRI: SPRINGTIME ACTIVITIES!



As spring arrives, Hybu Llanymddyfri is delighted to bring the community together for another month of activities that celebrate learning, creativity and connection. Thanks to the continued support of The National Lottery Community Fund, we can offer a range of welcoming events and activities designed to bring people together and strengthen community life.

Lindy Hop Dance Classes – Tuesdays · 6:45pm – 7:45pm - Ysgol Rhys Prichard Hall | £5 per class. Step into the joyful world of Lindy Hop, a lively swing dance full of energy and fun. These friendly classes are suitable for beginners and improvers alike, and no partner is required. Come along, learn new moves and enjoy a great way to stay active while meeting new people.

Welsh Language Classes (Improvers) – Tuesdays & Wednesdays · 6:30pm – £40 for 12 sessions | bursaries available. If you've already started learning Cymraeg and would like to build confidence, these supportive classes with Jean Hughes are a wonderful next step. Practise speaking, expand your vocabulary and enjoy learning in a relaxed and welcoming environment.

Lunch Club (Over 60s) – Wednesday 22 April · 11:45am - £3 – includes hot lunch and dessert - Ysgol Rhys Prichard. Our popular Lunch Club brings together residents over 60 and pupils from the school for a warm meal, good conversation and a friendly afternoon of games and shared stories. It's a wonderful opportunity to

enjoy companionship and strengthen connections across generations.

Dog Walking Group – Saturday 25 April · 2:00pm - Free | limited to 10 spaces. Enjoy a refreshing countryside walk with fellow dog lovers. Led by Sam, an experienced trainer and behaviourist with over 30 years' experience, these relaxed walks are suitable for dogs of all personalities — playful, shy, young or old.

Cooking on a Budget – Tuesday 24 April · 10:30am · LYCC - Discover simple, affordable and delicious cooking using everyday ingredients. In this session we'll explore Turkish-inspired dishes and homemade flatbreads and show how a food processor can make chopping and mixing much easier. There will be small packs of Turkish spices to take away. These sessions are stand-alone, so you're very welcome to join even if it's your first time - it's always lovely to see new faces. Please let us know in advance if you have any food allergies, so we can keep everyone safe when tasting the food.

Sinema Gymunedol Llanymddyfri / Llandoverly Community Cinema has teamed up with Ynni Sir Gâr to present: Power Station – Saturday 18 April at Rhys Prichard Memorial Hall Doors: 5:30pm | Shared Community Meal: 6:00pm | Film: 7:00pm - Followed by a post-film discussion. Power Station is an inspiring documentary that follows two artists in Walthamstow who set out to take their street off the grid, launching a community owned solar-powered energy project. Directed by Hilary Powell and Dan Edelstyn and following on from their first film "Bank Job", Power Station charts their turbulent, humorous and often moving journey as they work with neighbours to transform their street into a prototype for a more sustainable way of living. Tickets: £3 - Available from LYCC, online at www.bit.ly/llandoverlycinemapowerstation, or on the door.

How to Book – Spaces for activities are limited, so please book early.

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

Office – 01550 721499. Email: llandoverly.lcasc@gmail.com / llandoverly.lesc@gmail.com

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

Hybu Llanymddyfri-Llandoverly: strengthening community, celebrating local identity, and building a brighter future together!

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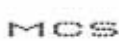
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11/26(12)

**SINEMA GYMUNEDOL
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**LLANDOVERY COMMUNITY
CINEMA: CELEBRATING
GRASSROOTS ACTION
THROUGH FILM**

Continuing its programme of environmental films, this month Sinema Gymunedol Llanymddyfri/Llandoverly Community Cinema has teamed up with Ynni Sir Gâr, our local community energy social enterprise, to screen *Power Station* on Saturday 18th April. The evening forms part of an ongoing series exploring sustainability, community action and what a greener future might look like for our local area and across Wales.

Power Station tells the inspiring story of two artists and activists in Walthamstow, London who set out to transform their street into a solar-powered neighbourhood. What begins as a bold idea soon grows into a shared community project, as neighbours come together to generate their own renewable energy. Along the way there are challenges, moments of doubt and plenty of humour, but also a powerful sense of what people can achieve when they work together.

The film resonates strongly with the ethos behind Llandoverly Community Cinema's current programme, which highlights stories of environmental responsibility and collective action. As communities across Wales think about how to build a more sustainable future, this film

invites audiences to reflect on the role that local people, cooperation and creativity can play.

Taking power into our own hands

Power Station is not simply a documentary about sustainability, it is about a small community of ordinary people banding together to turn an ambitious vision into reality.

These themes resonate strongly with conversations already happening here in the Tywi Valley. While renewable energy is important, large corporations must understand that infrastructure cannot destroy local landscapes. The Dim Peilonau / No Pylons campaign has demonstrated that local knowledge and creativity is key in creating better solutions that respect our land with advocacy of underground cabling.

In many ways, the story at the heart of *Power Station* reflects that same spirit. It shows how ordinary people can come together to shape decisions about energy, landscape and the future of their communities. Llandoverly is a town known for its heart and its grit, and the film's story of neighbours working together to take power into their own hands will feel familiar to anyone who has seen how strongly this community stands up for the place it loves. There will also be an opportunity to explore ways of replicating the story of *Power Station* with Ynni Sir Gâr – who's core aim is to help communities develop, own and benefit from grassroot renewable energy projects. YSG will have information at hand on the night about their newly launched Transition Streets project, that aims to help communities, one street at a time, become truly sustainable together.

Join us for an evening of positive local change, and most importantly, hope.

Event details:

Date: Saturday 18th April

Location: Rhys Prichard Memorial Hall, Llandoverly

Doors open 5.30pm

Shared meal: 6.00pm

Film starts: 7.00pm

Post-show discussion

Tickets are cheaper this time round due to this collaborative screening, costing just £3 which includes your entry to the screening, tea or coffee and access to our Q&A.

You can get your tickets at the LYCC, on the door or online: <https://www.bit.ly/llandoverlycinemapowerstation>



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06/26(3)

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03/26(3)

EIN DEUTSCHES REQUIEM

(A GERMAN REQUIEM) – AN UPDATE!

by Johannes Brahms



The venue for *Ein deutsches Requiem* to be performed by Cantorion Llandeilo Singers on Saturday 13th June 2026 is now All Saints Church, Brynmawr Avenue, Ammanford SA18 2NR, starting at 7.00 p.m. Tickets cost £20 (under-18s free) and are available from: Peppercorn, King Street, Llandeilo SA19 6BA; Llangadog Post Office; from choir members; at the door; and by phoning 07851 786569.

Ein deutsches Requiem is unlike most other European requiems that are written with a liturgical function by Roman Catholic composers. Brahms grew up in a Protestant tradition but was a humanist and set this text from the Lutheran Bible in German rather than Latin. Though the text has a Christian context and is biblical,

it moves away from matters of sin and judgement, focussing instead on comfort, hope, and reassurance to the grieving. It is an impressive achievement by a young composer in his early thirties and established Brahms as a major force in German music.

A professional 22-piece orchestra will be supported by soloist Helen Massey (soprano) and Mark Nathan (bass-baritone). Trevor Eliot Bowes is now no longer able to sing that role.

To join Cantorion Llandeilo Singers, phone 07851 786569 or just turn up on a Monday evening at 7.30 p.m. in St Teilo's Church, Llandeilo. It is a community choir singing the classical choral repertoire and sometimes more popular works. There are no auditions; you just need to want to sing, to learn, and enjoy singing with others.



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03/26(1)



RETHINKING FUNERALS: FLORAL TRIBUTES

Funeral flowers are usually chosen with love, yet many people don't realise how costly, short lived and environmentally damaging traditional arrangements can be. As a celebrant, I often see families spend hundreds of pounds on floral tributes that wilt within hours or are cleared away before the day is over. It's heartbreaking – not just for the planet, but for the families who believed they were creating something lasting.

Letter tributes can start at £40 per character, and if you choose roses, that price easily doubles. A simple "MUM" can exceed £300. Yet these displays are built on plastic frames and single use floral foam, and the flowers are cut so short they can't be reused. At crematoria, they're often removed within 24 hours; at gravesides, they're left to die and then disposed of. No wonder families are shocked by how quickly their expensive tribute disappears.

But there are alternatives – greener, more meaningful, and often far more personal.

Potted plants make beautiful, living tributes. I've supported families in creating displays of potted herbs, ferns or seasonal plants that guests can take home afterwards, becoming a growing reminder of the person they loved. Bulbs are another lovely option: narcissus, tulips or even pots of mixed spring bulbs that return year after year.

Some families choose to honour a gardener or allotment keeper with a coffin top display made entirely from homegrown produce – carrots, gourds, brassicas – a vibrant celebration of a life lived close to the earth. Others prefer locally grown, seasonal flowers from small growers, or even arrangements gathered from their own gardens.

Natural materials such as willow, feathers, dried flowers, holly or pussy willow can create striking wreaths without plastic or foam. And for something truly personal, handmade tributes – crochet, paper flowers, origami – become keepsakes rather than waste.

In the end, what matters most isn't the size of the display, but the meaning behind it. Thoughtful, sustainable tributes create memories that last far longer than any bouquet.

Next Time: Rethinking Funerals : Coffins

LLANDOVERY CROQUET CLUB



Croquet club members were keen to start playing again at the Castle Fields bowling green. The new season kicked off on Tuesday 24th March and our regular club afternoons will continue every Tuesday and Thursday starting at around 2.00pm.

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

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

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

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 April sessions are on the 14th and 28th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

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

At our meeting on Tuesday 2 December 2025 members of the Society gathered at Newton House, Dinefwr, to listen to a presentation about the National Trust's plans to restore the floodplain below the Castle and the area in front of Llandyfeisant Church. Holly Dwyer of the NT team gave a comprehensive explanation of both the importance of this area but also their plans to how they plan restore and encourage the flora and fauna in this area. The society hope to encourage a more detailed report in in our spring Newsletter. Preceding the lecture members were invited to meet a little earlier than usual and enjoy the wonderfully decorated house which was prepared for the Christmas period. We all took advantage of the celebratory ambience and enjoyed mulled wine and Christmas nibbles.

Our November meeting took place during some atrocious weather at the usual venue in The Vesty at Capel Newydd. Nathan Goss delivered a very interesting account of how we can restore and preserve our historic architecture with examples within Llandeilo where this has been achieved and some modernisation which has been less sympathetic. Nathan has gained extensive experience both undertaking repairs himself and advising



and guiding numerous organisations such as the National Trust and Cadw. It is hoped we can persuade him to come and talk to us again in the future.

Just Prior to the lecture the Society awarded this year's Civic Prize to Peppercorn for the way this business has maintained and decorated the building in which this iconic and very popular kitchenware shop is situated. It would not be an overstatement to say that this shop is often a reason for many visitors to come to Llandeilo and few go away without at least browsing through the interesting goods on offer! Gloria Vaughn Roberts and her son Nicholas were present to receive the award.

Our meeting on the 6 January 2026, a presentation by Eurig Davies, a member of the Carmarthenshire Antiquarian Society was postponed due to the snowy weather. He fortunately eventually delivered his lecture on the mansion houses of the Tywi valley surrounding Llandeilo and the poets that were associated with these houses on the 3rd February 2026. He included information about Rhydawen, with the owner attending – the now retired BBC reporter Gilbert John.

In March we were interested to receive a detailed and informed lecture on the fortunes of the Cawdor Family in South-West Wales by Dr John E Davies.

Our next meeting will be on 7th April 2026 when Elen Jones of Menter Dinefwr will be delivering a lecture on Heritage Women of Llandeilo, following on from a successful Heritage Walk she led in 2025.

Our meetings always take place on the first Tuesday of each month at The Vestry, Capel Newydd, Crescent Road, Llandeilo at 19.30. Non members can join on the night or pay £3 entry fee.

Ideally signing up as a member in advance is simple to achieve by visiting our website at llandeilodistrict.org.uk and pressing the Contact button at the top of the page.

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05/26(6)

CELEBRATING 10 YEARS OF LLANDEILO LITERATURE FESTIVAL

Llandeilo Literature Festival celebrates ten years of writing, culture and creativity 24th -26th April.

Since launching in 2016, the festival has grown from a small book fair into one of South Wales's leading literary events. Named Best Event in Carmarthenshire by the Carmarthenshire Tourism Association in 2024, the festival continues to thrive as a welcoming celebration of Welsh and English language, culture and the arts, offering something for everyone; from devoted readers to families discovering the joy of stories, creativity and performance.

The festival presents a rich and varied programme of authors, poets, playwrights, storytellers, artists and musicians, with events in both Welsh and English. One of the few festivals in Wales to fully embrace bilingual programming, it reflects the diversity and vitality of contemporary Welsh cultural life. Over half of all events are held in Welsh, with translation available at adult sessions to ensure accessibility.

Across the weekend audiences can enjoy thought-provoking talks, poetry readings, live performances and interactive creative workshops. Subjects range from sport, politics and poetry to the environment and history. Featured writers include Fflur Dafydd, Gillian Clarke, Carwyn Graves, Menna Elfyn, Iola Ynyr and Jay Griffiths.

Sessions will be chaired by leading cultural figures including Owen Sheers, Hanan Issa, Manon Steffan Ros, Rhodri Gomer, Hanna Hopwood and Adam Price.

KidsFest @ the LitFest

Running alongside the main programme is KidsFest @ the LitFest, a vibrant children's festival offering storytelling, hands-on workshops and creative activities for families, many of them free at Yr Hen Farchnad.

Aardman Animations returns for the third year with model-making workshops for all ages. TV presenter and adventurer Will Millard will introduce some real-life fascinating creatures, while Bardd Plant Cymru Sïón Tomos Owen and Children's Laureate Nicola Davies will host workshops inspired by their latest books. Families can also join a wild "poo hunt" in Dinefwr Park led by expert trackers.

Adult creative workshops include lino printing, horror writing and textile workshops with the Calico Dress Project which will take place at Newton House.

Celebrating Diversity

Inclusivity lies at the heart of the festival. The programme champions representation and diverse voices, including Pride@LitFest, delivered in partnership with Pride



Llandeilo, celebrating LGBTQ+ stories and perspectives.

Ian H Watkins (H from Steps) will discuss his new children's book, while BAFTA and Emmy award-winning writer Daf James will be in conversation with author Mike Parker about his life, career and television series *Lost Boys* and *Fairies*.

Music and Storytelling

Alongside the literary programme, there will be a weekend of free music at the White Horse, as well as performances at Civic Corner and in the courtyard of Pitchfork & Provision.

On Friday 24 April, Llandeilo storyteller Ceri John Phillips will perform an evening of telling tales with Will Anselm at Cegin Diod, accompanied by Neil Rosser and his Tywi Jazz Quartet.

On Saturday 25 April, the Civic Hall will be the venue for an evening of Welsh folk music featuring Elidyr Glyn, Mari Mathias and Lowri Evans. A full bar will be available.

Politics, History and Contemporary Debate

Former Welsh First Minister Mark Drakeford will be in conversation with Edwina Hart about the centenary of the General Strike and the literature it inspired in Wales. Meanwhile, Wyn Thomas will discuss the history of protest in Wales and the contemporary debate around pylons in the Welsh countryside.

Sport and Recreation

Andrew Green will present a talk on the history of walking in Wales while Natalie Holborow will be in conversation about wild running with ultra-marathon runner and TV presenter Lowri Morgan. The closing event on Sunday 26th April will be a talk by rugby player Ifan Phillips chaired by Rhodri Gomer Davies.

Many talks will take place at Hengwrt, which will also host the festival bookshop, with titles from participating authors available in the weeks before and after the festival.

Additional venues include Horeb Chapel, Cegin Diod, The Hen Vic, St Teilo's Church and Llandeilo's new independent bookshop Noisy Newt Books.

Tickets and Information

Tickets are available at: www.llandeilolifest.org


For enquiries: llandeilolifest@mail.com

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09/26(12)



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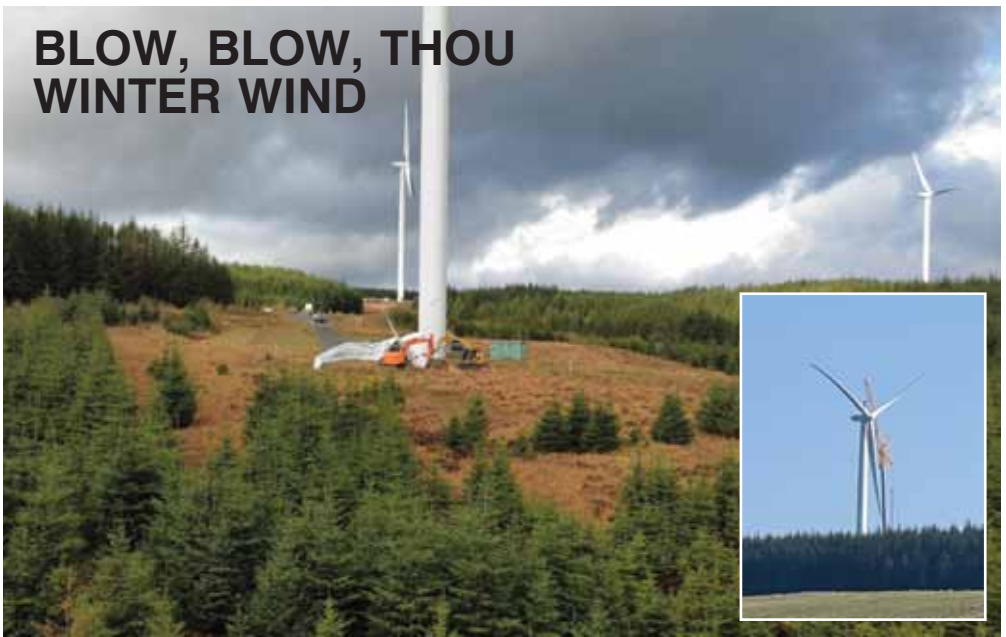
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05/26(6)

BLOW, BLOW, THOU WINTER WIND



There was such excitement in Brechfa Forest on 27th February, when a blade dropped off one of the Welsh Government's Brechfa West turbines! These turbines are situated close to Llanllwni Mountain and another windfarm at Alltwallis in a popular recreation area for dog walkers, mountain bikers, scramblers and horse riders. Natural Resources Wales have created routes like the Wind and Water Trail in the vicinity of the windfarm.

This would pre-suppose that both RWE, the operator, and NRW considered the area safe for members of the public to be in close proximity to these structures. While teams recovered and investigated what caused the blade to shear off, the other turbines remained in operation. One would assume, again, that they were considered safe as still operational. All the more surprising, then, that NRW closed a wide area of forest around the site until 6th March.

The 28-turbine wind farm has been operational since 2018 and there was a previous, undocumented

malfunction in the early days. The life span of this wind farm is considered to be 25 years, so we could expect a few more issues in this time.

These turbines are 145 metres high, at present some of the tallest in Wales. Numerous proposals by Renewable Energy companies like Bute Energy are for constructions of 220 metres and in larger numbers. Nant Mithil Energy Park in Radnor Forest near Llandrindod Wells would include 30 turbines and solar panels. It is one of over 75 proposals to cover Wales in the name of Net Zero. Each turbine would require a red light on top as a warning to aircraft.

The Welsh Government's own Trydan Gwyrdd Cymru plan several windfarms, including a second one in Brechfa Forest (the historical Glyn Cothi Royal Hunting Forest.)

About 200 concerned people attended the December hustings in Llandovery, around 400 converged on the Senedd on 11th February to make their protests and, hopefully, by the time this edition of The Post comes out, more people will have attended the hustings in Lampeter on 19th March. Lampeter Town Council initiated the meeting, and the evening is to be run by CRAiG (Carmarthenshire Residents Action Group).

The numerical scale of the windfarm proposals with linked pylons and electrical storage units for Wales, rural and urban, is frightening. There are several groups resisting the takeover which the number of attendees at meetings doesn't reflect. If you'd like to learn more or become involved in the fight, please contact carueinardal@gmail.com

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04/26(3)





LLANWRDA CRICKET CLUB

We as a cricket club are incredibly proud of Adrian Davies for being selected to represent Wales Over-55s in South Africa.

Adrian will be playing against six teams from around the globe, including America, Australia, Zimbabwe, two Rest of the World teams, and South Africa.

Adrian has played for Llanwrda CC for over 30 years and has captained the team for more than 20 years.

One of his biggest achievements was scoring a century (114 runs) at St Helens, becoming one of the last players to do so. Alongside this, he also took all 10 wickets for 21 runs for Llandeilo CC against Margam in an SWCA match in 2002.

This opportunity in South Africa is a testament to his hard work, dedication and passion for the game.

Congratulations on this well-deserved honour, Adrian. We can't wait to follow your journey and cheer you on!

Nets for the 1st XI and Llewod Llanwrda (2nd XI) have begun on Mondays at 7pm at Llandoverly College Sports Hall. We are always on the lookout for new adult players for this season – Saturday matches for the 1st XI and a mid-week 2nd XI – Llewod Llanwrda – playing in the Carmarthenshire 100 League. If you are interested in any of these teams, please contact Adrian Davies on 07867794771 for more information.

Please contact Gwynn Davies for information about the juniors on 07956 147464. The junior season will restart on Monday, 27 April, with All Stars and Dynamos officially beginning on Monday, 11 May.

This season the club is forming a Women's team. For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

18/02/26	33	Denise Thomas
25/02/26	27	Sion Nicholas
04/03/26	45	No winner
11/03/26	14	Cerys Hopercott

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

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0626(3)

03/27(13)



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04/26(3)



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0626(12)

LLANGADOG WI

An amber weather warning on the day of our January meeting meant that our first meeting of the year was postponed until February, coupled with a change of speaker at the last minute. Two of our talented members Jutta Beer and Chris Garrett stepped forward, showing examples of their wonderful craft items, together with future projects that they have lined up. Our thanks to them both.

In March we celebrated St David's Day in style at the YMCA Hall. Traditional cawl prepared by Debz and Jane, Cheese and Rolls from Sarah, little tasty welsh cakes made by Debz. A lovely evening spent amongst friends in a beautifully decorated hall. Our thanks to Gwen, Sarah and Debz for the beautiful flowers, bunting and inflatables!!!

Bethan Cull will be making our '100' for Llangadog WI which will form part of the Federation Centenary Hunt the Hundred in July and August – Where will it be hidden in the village?

In April we will welcome back Lesley Cutler from Llanpumsaint otherwise known as the Pearl Lady. Lesley is an expert on pearls. She will have lots of examples to show together with an opportunity to buy!!

Our new membership year begins in April although we welcome new members at any time. Our new programme is varied, catering for most interests so why not come along for a visit on Thursday 2nd April at 7pm at the Llangadog Community Centre.



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08/26(12)

LLANDOVERY U3A

In April we have three wonderful speakers:

1st April: The wonderful Sputnik Weazel (a Professor of Music) a resident of Carmarthenshire. Sputnik has released nearly 30 albums and is still entertaining people. He now plays a ukulele like no-one else, a real genius. He will explain how songs are developed and will demonstrate how chords can sound so different with varied playing methods.

15th April: Bernice Benton, lives in Llanwrtyd and is a full life celebrant, end-of-life doula (soul midwife) and the author of *My Life, My Death, My Wishes*. You may also recognise her as Lady Lily the Pink of the Monster Raving Loony Party or would-be wedding planner from BBC 2's *Ultimate Wedding Planner*. Her mission, she says, is "to normalise and open up conversations around end of life, death, dying and the planning and grief surrounding it". She does this through empowering with knowledge, debunking myths and gentle, open conversation.

29th April: Introduction to the wonderful "Reading the Wild" Festival which is back for its second year. Around 5 or 6 books will be being launched at the festival. Writers said of last year's festival: "It was better than Hay."

In May our speakers are:

13th May: Dementia in Sport. Don Williams is from Bethlehem, near Llangadog, born and brought up alongside the iconic Iron Age hill fort of Gargoch. After medical training in London he became a consultant psychiatrist in Swansea. His research work has confirmed two significant facts: heading the ball in football is an important cause of dementia, and that the historic tradition of the Physicians of Myddfai has continued into the 21st century and is flourishing today. For 10 years he was the secretary of the Physicians of Myddfai Society.

27th May: Heronries of Carmarthenshire: past and present. Come along to find out more about this magnificent bird and its nesting habits in heronries. At present, there are around 15 known heronries in Carmarthenshire, some dating back over 100 years. There used to be several in the Llandovery area but they are no longer active. Perhaps you know of new locations? The speaker is Clare Bishop who coordinates the annual census of heronries in Carmarthenshire on behalf of the British Trust for Ornithology.

We are also planning a couple of trips for the spring / summer months.

We are keen to welcome new members or guest members to our meeting every other Wednesday at 10.30am for refreshments and get together, with a speaker starting at 11.00am and finishing 12.00 to 12.15pm. Interested? Then come and join us at Llandovery Rugby Club.

WILLIAM WILLIAMS PANTYCELYN



I recently had the privilege of taking an assembly at Ysgol Rhys Prichard, where I was impressed by the pupils' knowledge of William Williams, Pantycelyn. Their connection to him is remarkable: the school stands on the site of the former Ysgol Pantycelyn, one class is named 'Dosbarth Pantycelyn', a current pupil lives next to Pantycelyn farm, and one of the hymnists' direct descendants is also a pupil! Their confident answers about his life and legacy both delighted and humbled me.

He was "The Sweet Singer of Wales" – *Y Perganiedydd*, a fitting title for a man who wrote over 850 hymns that have shaped Welsh worship and spirituality for generations. But what inspired such hymn-writing? The answer lies in his conversion and in the spiritual climate of eighteenth-century Wales.

Williams began as a promising medical student in Carmarthen – outwardly religious, yet inwardly unsettled. In 1737 he heard Howell Harris preaching in Talgarth. He described the experience as hearing "the voice of heaven" and being caught by a "summons from on high". Williams later recalled that Harris's sermon felt like "tremendous bolts of lightning being hurled from a thunder cloud." Deeply troubled, he wrestled in prayer for weeks before finding peace.

From that point, his priorities changed. He abandoned medicine, joined the Methodist movement, and devoted his life to preaching, hymn-writing, and nurturing believers throughout Wales. Methodism first emerged as a movement within Anglicanism (from the mid 1730s onwards). Initially, Pantycelyn was ordained as a curate soon after his conversion (he served in Llanwrtyd and

Abergwesyn for a short while), but was refused ordination as a priest, which gave him freedom to preach in other parishes, throwing his lot in fully with non-conformity.

Williams's zeal stood in sharp contrast to the spiritual condition of much of the established church at the time. In *Christian Leaders of the Eighteenth Century* (1869), J. C. Ryle (Bishop of Liverpool) describes the Welsh Anglican Church as often spiritually lifeless, formal, and ineffective. Revival preaching exposed this emptiness and brought renewed spiritual vitality.

William Williams was a central figure in this revival. Riding thousands of miles on horseback, he travelled across Wales, planting societies and encouraging Christians despite opposition and hardship. His preaching centred on justification by faith, the new birth, and heartfelt holiness. His hymns overflow with emotion and stress that true religion must engage both heart and mind.

His legacy still draws visitors today. Last year, a minister from Albuquerque travelled to Llandoverly to study Pantycelyn's poem *A View of the Kingdom of Christ* (*Golwg ar Deyrnas Crist*). Such visits are not unusual; people come from across Wales and far beyond to walk the places where Williams lived and ministered, grateful for what God did in this corner of Carmarthenshire.

In the Chapel there are tables and chairs donated by Christians from the Khasi Hills of India, where missionaries introduced his hymns and writings. The furniture stands as a quiet testimony to his global impact.

Our interest in Williams is not merely historical. Like him, we look forward. His life was shaped by a vision of Christ's kingdom advancing, and by a longing for revival. We too pray for days when the church moves beyond mere ritual and formality into a vibrant, life-giving faith marked by hunger for God, deep conviction, and joyful obedience.

*Agor y ffynhonnau melys,
Sydd yn tarddu o'r graig y maes...*

*"Open now the crystal fountain
Whence the healing stream doth flow..."*

Patrick Thomas
Pastor, Williams Pantycelyn Memorial Chapel, Llandoverly



CARMARTHENSHIRE MEADOWS GROUP SPRING MEETING

We will be holding our Spring Meeting on Saturday 18th April at the Coronation Hall, Pumsaint SA19 8UW, starting at 10:00. The main talk for this meeting will be given by Carwyn Graves, and his talk is titled 'Arian y gweirwyr: meadows within the Welsh cultural landscape'. There will also be a short AGM, and some shorter presentations including one on updating the CMG website, another on the first five years of our Big Meadow Search project, and another entitled 'Bridging the gap – bringing together conservation and farming'.

We will also be having a preliminary briefing on possible ways to protect biodiverse land into the future – this will be a major topic of our autumn meeting later this year. There will be time for discussion stimulated by all the talks, and tea/coffee/biscuits will be served during the break. The meeting should end at about 1:00pm. All are welcome at our meetings, entry free for CMG members and £3 for non-members, or you can join the group for a year for £10.



Spring Meeting

Saturday, 18th April 2026

10am – 1pm

Coronation Hall, Pumsaint



Cyfarfod yr Gwanwyn

Dydd Sadwrn, 18ed Ebrill 2026

10am – 1pm

Neuadd Pumsaint

Carwyn Graves, Arian y gweirwyr: meadows within the Welsh cultural landscape

Rachel Barber, Updating the CMG website – a brief presentation

Laura Mess, The Big Meadow Search: A review of the first 5 years

Stuart Riggs, Bridging the gap, bringing together conservation and farming

Rachel Barber, Briefing in preparation for autumn meeting topic: Can we protect our biodiverse land into the future?

AGM



Carwyn Graves, Arian y gweirwyr: dolydd yn nhrwedd ddiwyllianol Cymru

Rachel Barber, Diweddau gwelfan Grŵp Dolydd Sir Gaerfyrddin - cyflwyniad byr

Laura Mess, Chwila Fawr y Dolydd: Adolygiad o'r 5 mlynedd gyntaf

Stuart Riggs, Pontio'r bwch, dod â chadwraeth a ffermio at ei gilydd

Rachel Barber, Papur briffio wrth baratoi ar gyfer cyfarfod yr hydref: A sillen ni amodiffyn ein tir bioamrywiol yn y dyfodol?

Cyfarfod Cyffredinol Blynnyddol

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 SA19 8UW, in the village of Pumsaint on the A482 just opposite the Dolaucothi Arms.

Croeso i bawb, am ddim i aelodau CMG, £3 i bawb arall, neu ymunwch â'r grŵp am flwyddyn am £10.

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LLANDOVERY MUSEUM
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WELCOME ONCE MORE TO LLANDOVERY MUSEUM



Llandovery Museum and Visitor Gateway has reopened in Y Gannwyll after being closed during the winter months. During that time volunteers have been busy creating new exhibitions and revamping others.

The next time you visit, you will notice a display case that is dedicated to the area's chapels. The Museum received a variety of interesting and valuable items when a number of large chapels were closed recently. Among the items are communion vessels from Capel y Maen and Jerusalem Chapels,

Gwynfe and Ebenezer Chapel, Llandovery.

Another item obtained from Ebenezer is a silver trowel with the inscription: 'Ebenezer, Llandovery: Memorial stone laid by Rev. H. Ivor James, Pastor, 1906'. Several similar trowels were presented to people who had contributed generously towards the cost of expanding and renovating the Baptist chapel. The trowels, together with a beautiful clock, were supplied by the jeweller, D.T. Morgan, Water Street, Llandovery. The work on the chapel was done by Messrs. Brown, Thomas and John from Llanelli at a cost of about £1,000, which would be worth almost £160,000 nowadays.

It appears that the Reverend Henry Ivor James was an active and popular minister. He was born in 1855 on Llwynyrhebog farm, Llandeilo. For more than twenty years he had been a minister in the Llanybydder area before he and his family moved to Llandovery. He was installed as minister of Ebenezer in January 1902 and died in Llandovery in July 1927.

One of his interests was breeding horses, and he had considerable success when he exhibited his Welsh cobs. A horse was also responsible for causing him serious injury near Dolauhion Bridge, when he was thrown from the saddle and trapped under the animal.

A further interesting item in the Museum's exhibition is a model of a clergyman conducting a wedding service. If his head seems a little unusual – it's because it's made of dough!



Llandovery Museum and Visitor Gateway will reopen on Thursday 2 April 2026. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.

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

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05/26/13

LLANDOVERY ROTARY CLUB



As 2026 rolls into April spring is here. Really? Is it? I wouldn't dispense with the coat and gloves yet if I was you!

The last month has been a very quiet month for us in ROTARY, but still we have news. In fact, some very good news indeed. Historic news even! A few firsts in the 40 years of our being have been made this month.

The first: A current member announced that she is pregnant. This has never happened before! Also, of course, the first secretary of The Club to become pregnant. Monster congratulations to Owen and Rosie Boo on their announcement that a baby is due later in the year. We all share in their joy.

We had wondered why Rosie resigned from the post of secretary. She stated a few weeks ago the reason was she had too much work on which we took as a good reason. Well played Rosie. Nice swerve there.

This of course meant that we were without a secretary and with no volunteers coming forward we were in a right pickle. Where on earth could we find a volunteer secretary? Cometh the hour, cometh the volunteer secretary. As it happened, John Kelly was retiring from work in March and it took only a little heavy pressure for the very capable John to accept the post. Cue massive applause. Not only did we have a secretary but someone who fitted the job brilliantly. Well done John. We look

forward to many, many years with you as our scribe. On top of that of course Rosie was our Senior Vice President so we had to find a replacement for this post as well.

With Rosie having withdrawn from the post of Senior Vice President Adrian Cizmas kindly agreed to step into this position which, in turn, left an opening for the position of Junior Vice President.

Another major hurdle to cross. Where on earth were we going to find anyone to do this job? But again we were able to find a victim, errrrr, volunteer. Well, there was one person perfect for the job. Yes indeed, absolutely perfect. Now a certain Huw Clarke son of former president Des had never done the job but could see we were in a predicament. Huw somewhat reluctantly (not really!) volunteered and will proudly become the first father and son to have been Presidents of Llandovery Rotary Club. Cue more massive applause. We are now back up to a full complement of officers so all is well. Very well. See, more history is made.

Adrian Davies from Llanwrda Cricket Club has had the enormous distinction of being selected for Wales Over 55 cricket team to play in South Africa. An extremely talented batsman capable of scoring multiple centuries in a season Adrian will be playing against six teams from around the globe, including America, Australia, Zimbabwe, two Rest of the World teams and South Africa. Adrian has to find funding for this trip and came to us asking for financial support. To reward him for this fantastic honour we were glad to support and sent a donation to help him on his way. Howzat Adrian! The very best of luck to you.

We were asked if we would like to enter the Dathliadau Gwyl Ddewi Llanymddyfri St David's Day Celebrations Welsh cake making competition again this year. We have entered it for a number of years with varying degrees of success. At a recent meeting we asked for volunteers. It was no surprise that no hands went up. Amazingly, and to everyone's surprise Dai Dyer eventually volunteered to enter on our behalf! Hilarious laughter ensued and we agreed we could all do with a good laugh! One member retorted "Well we've certainly got nothing to lose" and all agreed. So Dai was given our full support to enter the competition to make the Welsh cakes. What could possibly go wrong!

We supported Adrian towards his Wales Over 55 trip to South Africa. Good luck Adrian.



Dai's brilliant third Welsh cakes on the right. Hidden talent Dai. Well hidden fair play! Mmmmm.



Our Crocuses are on display again this year.

We heard nothing for a long time until finally we were told of the results and none of us could believe it. Dai's Welsh cakes had come third out of around 20 entries overall. Dai had come Third. Beaten only by the Cilycwm Show entry in first and the Twinning Association in second. Llandoverly Rotary Club were third. Yes Dai's Welsh cakes were third, honestly. Amazingly they were very good indeed. Da iawn Dai. Ardderchog.

The Crocuses that we planted years ago outside the old Primary School came up with a flourish again this year. Next year we hope all the six thousand we gave away will do the same. We will be watching.

At a recent meeting all was quiet whilst we were eating our meal when suddenly there was an enormous crash and one of our members disappeared beneath the table. Apparently the chair upon which he was sitting had developed a weakness and the chair unable to bear any weight folded like a pack of cards beneath him leaving the poor unfortunate member flat on his back with his legs dangling in the air. When the stricken member finally got to his feet the whole room broke out into fits of roaring belly laughter at the site of the poor unfortunate and totally dishevelled member rising to his feet. I wouldn't name this person for any money, but Huw Clarke got up, found himself another chair and finished his meal while all the rest of us rolled around in uncontrollable laughter.

Fair play to him he took it in great spirit. New chairs please.



Our anonymous member with legs flailing lies stricken on the floor!



Dai and Dan assist Town Council members and others in erecting fencing at the Castle playground.

The Town Council asked if there was anyone available to help with erecting fencing at the Castle playground recently. Dai and Dan dutifully volunteered with other organisations to assist in preparation for the upgrade of the playground to go ahead. We in Rotary gave financial support for this project and are delighted to see it going ahead to improve the facilities for the youngsters in this town.

We had a Speaker this month. A Speaker from within the club. Former President Gary Strevens a stalwart volunteer and Trustee of the Llandoverly Museum spoke about the work and contents of our wonderful Museum. Gary explained that it was run entirely by volunteers. There are currently 25 volunteers at the moment and as always more are required and very welcome.

Gary stated that the Museum relies entirely on donations to survive and thanked us for our considerable donation which recently allowed the installation of a stair lift to the upper floor.

The museum receives well over 300 visitors a week and the exhibits are changed regularly. It is also the information Centre for the Town and home of the local History Society who do so much great work in the community. Entry is free and we implore anybody who has not yet visited to do so. Tourists and local residents will be amazed at what there is to see within.

Gary was thanked for his informative talk and for the good work that he and the other volunteers do in the Museum.

I have to inform you that this is the final Rotary report that I will be putting into this wonderful Post magazine. I feel the time has come for a change and for me to stand aside to allow a younger person to take over and maybe input some new and fresh ideas into this report. I have thoroughly enjoyed doing this and have a copy of every one of the over 300 pages and 200,000 words that I have written in the last 12 years or so.

Don't miss next months edition with the new reporter and photographer.

For the final time. Goodbye and thank you,

Derek.

THE SHANE WILLIAMS OF THE SEMI PRO GAME HANGS UP HIS BOOTS

Rugby journalist Huw S Thomas assesses the impact Lee Rees has had on the semi-pro game in Wales



*Lee Rees in action 2013
(Photo Stuart Ladd)*

Llandoverly captain Lee Rees's announcement that he will be leaving at the end of the season brings an end to a remarkably long and fruitful 17 year old association with the club/

The diminutive Penygroes born Rees – the Shane Williams of the semi-pro game - first appeared for the Drovers as a 17 year old in a friendly against North Wales in August 2008 and went on to become the most exciting runner and dangerous loose play attacker in the whole of Welsh semi-pro rugby.

Rees will continue as Head of girls Rugby at Llandoverly College but will also take up the challenge of coaching Whitland.

“At 35, I have achieved all I've wanted with a fine club” said Rees “and it's time to give opportunities to the talented youngsters that are coming through”

“A big thank you to the coaching staff, in particular Euros {Evans} and Potts {Gareth Potter} for giving me the honour of captaining this great club and the trust in wearing the nine shirt all these years”

“Euros has been my guide and mentor for nigh on 20 years through school and club and I owe him such a lot”

“For a small club, we have achieved so much and I was lucky enough to be part of three WRU Cup wins, two Premiership /SRC titles and four consecutive Premiership Sevens titles.”

“My late father Gareth who never missed a game that I played would have been so proud of it all.”

“I am keen to get into coaching at the highest level I

can and Whitland have given me the chance to develop as a coach.”

“Perhaps one day, I will return to help coach Llandoverly – but hey I'm not finished yet” he reminded everyone – “we're within touching distance of the SRC quarter-final play offs and we'll not let go of the WRU Cup without a fight!”

“I will expect nothing but anything is possible!”

Euros Evans is a man of few words but they are invariably measured and apt.

“Lee has been the ultimate “one-club man” in an era where such loyalty is rare.

“His contribution to Llandoverly's recent success is immeasurable.”

“He didn't just witness the club's rise to the top, he drove it.”

“From man of the match performances in Cup finals to his tireless leadership as captain, he has helped turn Llandoverly into a trophy winning team.”

“To many, he is the very best Drover ever because he combines technical excellence with an unmatched loyalty. He stayed, he fought, and he won, proving that you don't need a regional contract to be one of the most respected figures in Welsh rugby.”

“There is a strong argument that if Lee had moved to the number nine jersey earlier in his career, the professional regional pathway would have been unavoidable.”

“His service is crisp, but it's his vision and sniping threat that keep back rows honest.”

“In an era dominated by size and power, Lee showed that quick thinking and fierce competitiveness can still tilt the balance.”

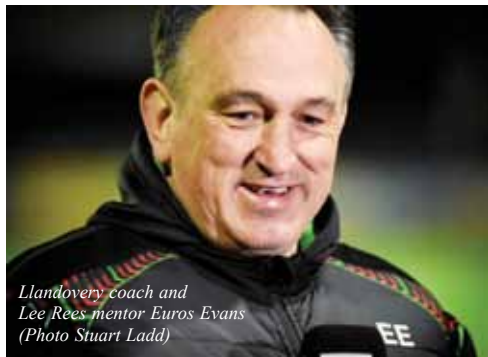
“He has been wonderful for Llandoverly”

The last decade has been quite by far the most successful era in the entire history of Llandoverly rugby and scrum half Rees has been at its very heart.

His carefree spirit and adventurous approach to the game has influenced those around him into making the Llandoverly style of rugby admired the length and breadth of Wales.

He reached his peak in the club's annus mirabilis when the Drovers did the great treble – top of the league, SRC champions and WRU Cup winners.

Every newspaper report from east to west would invariably have reference to the danger the scrum half



*Llandoverly coach and
Lee Rees mentor Euros Evans
(Photo Stuart Ladd)*



Lee Rees at Parc Y Scarlets April 2009, Player of the Tournament at the National U18 Sevens (Photo Huw S Thomas)

caused to every defence with his sharp distribution, quick tap penalties, daring darts and stabbing runs.

No defence was at its ease against him, opposition tactics were often based around the need to stop him at source and even go to dark lengths to nullify his influence.

His half back partners – James Garland, Jack Maynard and latterly Ioan Hughes – were beneficiaries of the attention paid to the scrum half, knowing that the threat he posed from the base of the scrum allowed them that split second of extra room and time to manoeuvre.

Rees became the supporters' darling, their Saturdays lit up by his brilliance on the field or spoiled by the news that he was out injured.

With their hero at scrum half, they expected victory, without him they feared defeat, such was the talisman he became.

He was also the finest seven a side player to have ever represented the club, playing for Llandovery in four consecutive winning Premiership Sevens finals 2014-2017.

Rees had been in the Wales squad out in the IRB Dubai Sevens in 2009, alongside two Drovers in Ifan Evans and Rhodri Gomer Davies and played in the Commonwealth games in Delhi in 2010 when Wales lost to eventual winners New Zealand 31-10 in the quarter finals.

After a couple of seasons of international IRB sevens rugby, it looked likely that he would break into the full Scarlets squad.

Alas, the Scarlets gave him two games in the Anglo Welsh Cup before judging him too small for full back and not quick enough at scrum half!

That was to be Llandovery's gain but it remains a mystery to this very day why he was never seriously considered for a professional contact.

There have been far less talented scrum halves to play for Wales, a sad indictment of the pathway into the professional and international system.

My first sighting of Rees was at the Intermediate Group National Districts U15 Sevens, in Llandovery, in May 2006 when he was in the Mynydd Mawr/ Dinefwr side that beat Llanelli 26-0 in the final.

The smallest 15 year old in sight, he had run, passed and tackled his little heart all day out before capping it all with a man of the match performance in the final.

Fast forward a year to a Welsh Schools League U18 game at Llandeilo – Tregib CS against Bishop Gore CS if my memory serves me right.

It was a damp, misty Saturday morning, a muddy, heavy pitch and the expectation of slugfest between two packs of bulky and not too skilful forwards.

From a vantage point behind the posts, I spot a tiny 15 year old of no more than 5'5" and nine stone soaking wet, run, float up the slope – not through but over the mud – side stepping defender after defender with astonishing ease.

That memory of him has never left me and from there he went on to Coleg Sir Gar where he became a star at both long and short versions of the game

He reached his brilliant best at the Welsh National Urded Sevens at Parc Y Scarlets on April 23, 2009, when CSG beat Neath/Port Talbot College 43-19 in the final.

The *South Wales Evening Post* report read "The star of the day was little live-wire scrum half Lee Rees"

"Blessed with a wonderful acceleration from a standing start and with a side step of the stamp of Shane Williams, the ex-Tregib CS pupil scored 12 tries in six games, including a dazzling four in the semi-final win over Cowbridge CS"

"One swerving, stabbing run from his own line posted notice of a talent that will before very long bring him headlines at a higher level."

After that brilliance I phoned up bookmaker William Hill.

As a company, they had boasted that they would quote a price on any sporting event, however obscure, obtuse or outrageous the bet.

I asked whether they would lay a £100 bet at 10/1 that a 17 year old Lee Rees would one day play for Wales at senior level.

A week later, and their research completed, they replied that they were ready to lay the bet, but with restrictions.

I could have £50 at 4/1 against Rees being capped - a desultory price that offered no value for money and which I promptly refused in disgust.

Sevens absences apart, Rees went on to give astonishing loyal service to Llandovery, resisting advances from English Championship clubs.

Whether at full back, wing or what was to become his preferred position at scrum half, Rees has been a tough competitor, brilliant team mate and inspirational motivator and left an indelible mark on Llandovery rugby.

He has been – as the Post reported back in 2009 – the Shane Williams of semi-pro rugby in Wales.

As he approaches his 400th game for the club and strives to get to 500 points, the club owes him a debt that is incalculable.

No player – as far as I know – has ever been given a testimonial to celebrate his commitment to the club cause over so many years.

Andrew "Cantona" Jones has played more games, Wyn Jones has gained greater honours and there may have been greater captains over the years, but no one has earned the right of a testimonial more than Lee "Scrappy" Rees.

So named after the cartoon character Scrappy-Doo – small in stature but brave, fearless and ultra competitive – Rees can arguably be the greatest servant that the Carmarthenshire club has ever had.

There are rumours that the Barbarians might invite him to play for them but in the meantime, Llandovery against a SRC Select XV or a Wyn Jones International XV at a full Church Bank would give the club and his loyal fans the chance to send the little man off in the style he deserves

**CONCERT
CYNGERDD**

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The South Wales Male Choir**

gyda cantores gwadd
with guest singer **Jessica Robinson**
2011 Cardiff Singer of the World Finalist

**Saturday 7.00 Nos Sadwrn
April 18 Ebrill**

Eglwys Tello Sant / St Tello's Church
LLANDEILO

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GT Locksmiths, Parc Bryers, Dryslwyn
or on the door / neu wrth y drws

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MYDDFAI NEWS

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



What's on – Sunday 29th March is our Monthly Farmers Market our April Market is on Sunday 26th April, with a wide range of quality local produce from 12 – 3pm, our café and gift shop will be open 11am – 4pm. Our Pop-up Pub evening is on Friday 24th April from 7pm – everyone welcome.

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

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

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

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

Why not join in one of the regular activity classes here at Myddfai Community Hall, Tuesdays it's Yoga 10am-11.30pm; Wednesdays Craft Class is 1.30 – 3.30pm; Pilates on Thursdays 9.30am – 10.30pm. Friday is Art Class 1.30 – 3.30pm. Everyone welcome, get in touch to take part.

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

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

PUMSAINT WI

On Tuesday 3rd March members enjoyed their annual cawl. This year we went to the White Hart in Llandeilo. We had a tasty bowl of cawl, followed by apple pie and custard and then bara brith with tea or coffee.

Everyone enjoyed a convivial meal and then tested our knowledge of St David with a quiz. This was won by Helen and Rhoslyn was a close runner up.

Some members will be attending a meal at the Falcondale on 18th March as part of the federation centenary celebrations and also the Wales conference in Aberystwyth on 26th March.

In April we will be having a talk about Welsh myths and legends.

Sue Jones

WHIST DRIVE

A whist drive will be held on Wednesday 22nd April at Gwynfe Hall at 7.30pm.

Top of the Room £15.

proceeds to Gwynfe Church.

NEWS FROM CAPEL GOSEN

The publication “Cofio Cynghordy” (*Remembering Cynghordy*) has been a great success, and is now sold out. It was never priced to make a great profit, but as all 200 copies have been sold, the Book Committee have rather more money than expected! So the decision has been taken to return the generous donation made by Llandovery Rotary Club so that the Rotarians are able to support another worthy local cause. The remainder of the profits will be used to provide a bench somewhere close to the viaduct, subject to any planning regulations.

In relation to all the material received to make the book, Gosen’s vestry is to house an archive of material relating to Cynghordy and the local area. Already we have much material loaded on a kindly-donated computer as well as several artefacts. Additions to the archive are always welcome.

Our next event is the Cymanfa Ganu at 2.30pm April 6th (Easter Monday) with Huw Tregelles Williams, OBE conducting and Nigel Davies at the organ. This will be followed by tea in the vestry.

No charge, but a retiring collection will be taken in aid of St David’s Foundation Hospice Care.

CHRISTIAN AID WEEK 2026



Sunday 10th May – Saturday 16th May 2026

Llandovery & District

This year the Christian Aid Service will be held on **SUNDAY 17TH MAY** in Llanfair Church at 11.00am led by Father Neil Hook.

Refreshments will be provided, and all are welcome.

Monday 11th – Friday 15th

We will have a Pop-Up shop, open from 10.30am – 3.30pm in Castle Garage Showroom thanks to the generosity of Ena and the staff.

We will be selling plants, cakes & preserves throughout the week, so donations can be brought along daily from 9.00am.

Please give generously as you have always done in past years.

Last year, thanks to you all, we raised £2,939.85.

We have worked together for many years and welcome volunteers for our shop rota, and to join us, as we offer support to those suffering the greatest hardship in many parts of the world.

Thank you – Pat Smith

LLANDOVERY FOLK DANCING GROUP

At the time of writing dancers from Llandovery and the wider region are looking forward to our dance on 20th March. In February we danced to traditional music mainly from Bulgaria and also from other Eastern European countries.

We dance every 3rd Friday of the month, sometimes to music from a life band as in April. Even if you think you can’t dance it would be very entertaining to come and listen to the music, watch the dancing and maybe, just maybe, you are tempted to join in. No experience is required as all dances will be explained. You also do not need a partner.

If you want more information please don’t hesitate to contact Monika on 07411 079307.

<p><i>Llandovery Folk Dancing</i> Facebook.com/llandoveryfolkdancing</p> <p>7.30 p.m.  2026</p>		<p><i>Dawnsio Gwerin Llanymddyfri</i> Facebook.com/llandoveryfolkdancing</p> <p>7.30 y. h.  2026</p>	
<p>March 20th Caller: Alice Day Catholic Hall, Llandovery SA20 0BD Selection of Dances Refreshments Included £7.50</p>		<p>Mawrth 20^{fed} Galwraig: Alice Day Neuadd y Gatholig, Llanymddyfri SA20 0BD Cymysgedd o Ddawnsiau Gan gynnwys lluniaueth £7.50</p>	
<p>April 17th <i>Night Out Funded</i> Kantref (Folk & Ceilidh Band) Rugby Club, Llandovery SA20 0BA £12.00 Adults, £6.00 if on benefits Option to buy food on the night</p>		<p>17th Ebrill <i>Noddyfed gan Noson Allan</i> Kantref (Band Ceilidh a Gwerin) Clwb Rygbi, Llanymddyfri SA20 0BA £12.00 Oedolion, £6.00 os ar fudd-daliadau Cyfle i bryni bwyd ar y noson!</p>	
<p>May 15th Chris Yemm Circle and Country Folk Dances Catholic Hall, Llandovery SA20 0BD Refreshments included £7.50</p>		<p>15^{fed} Mai Chris Yemm Dawnsio Cylch a Gwerin Gwlad Neuadd y Gatholig, Llanymddyfri SA20 0BD Gan gynnwys lluniaueth £7.50</p>	
<p>June 19th <i>Night Out Funded</i> Cats Claw Ceilidh Band Myddfai Hall, Llandovery SA20 0JD £12.00 Adults, £6.00 if on benefits Please bring a plate of food to share!</p>		<p>19th Mehefin <i>Noddyfed gan Noson Allan</i> Band Ceilidh Cats Claw Neuadd Myddfai, Llanymddyfri SA20 0JD £12.00 Oedolion, £6.00 os ar fudd-daliadau Dewch â plât o fwyd i’w rannu!</p>	

Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

OPPORTUNITY TO STUDY WITH EXPERT GARDENING TEAM IN ABERGLASNEY'S HISTORIC AND DIVERSE GARDENS

Are you a hard worker with a passion for horticulture in an historic setting? If you are looking for practical experience to advance your career then apply for a place on Aberglasney Gardens' 2026/27 Student Bursary Scheme.

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

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

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

Students will have regular contact with the Garden's Director and the Assistant Head Gardener. A safe and supportive learning environment will be provided whilst allowing the students to learn first-hand from experienced professionals. International applicants are welcome at Aberglasney and safe on-site accommodation is available for the students.

Amongst this year's students is Hannah Finnemore. Hannah applied for the traineeship at Aberglasney as she felt it really suited her style of learning and work ethic. She particularly wanted to work at Aberglasney because



she feels the friendly atmosphere really shines through everyone who visits. Hannah is originally from Norfolk and has always had an instinctive drive to explore nature. Before joining the team at Aberglasney she did the RHS course with Coleg Sir Gar which meant she was already familiar with the gardens.

"When I started at Aberglasney and looked closely, I could see how the planting choices were horticulturally interesting to me and diverse, as well as modern in choice, whilst remaining sympathetic to the historic features and surroundings," said Hannah. "I love that everyone is enthusiastic to improve the gardens even more and the project assignments are an interesting challenge for me. I hope to continue working in a garden like this after I complete my bursary year and to develop my own garden design style."

The closing date for completed applications is Friday, 10 April 2026, with interviews set for the last week of April. Please complete the application form on the website: <https://aberglasney.org/join-the-team/> or send an email to: assistantheadgardener@aberglasney.org

GWYNFE CHURCH

Many thanks to all who gave donations and items to our recent Coffee Morning – Table Top Sale.

Congratulations to all raffle winners and guess the name of the dog.

Diolch yn fawr i bawb.

EASTER IS NOT JUST A STORY TO ADMIRE – IT IS AN INVITATION TO RESPOND



Easter, if we are honest, is a slightly confusing time of year. One minute we're solemnly remembering a cross, the next we're unwrapping chocolate eggs before breakfast and pretending that's perfectly reasonable behaviour. There are bunnies involved, and at least one child in every family who has eaten so much sugar they appear to be vibrating at a different frequency.

But beneath the chocolate and the cheer, Easter conveys the most powerful story ever told.

Imagine a small child, six or seven years old, carrying a heavy, old hessian sack. It's far too big for them. They clutch it with both hands, holding it awkwardly. It drags. It swings. It leaks. The sack is full of something vile. It stains their clothes. It clings to them. It is exhausting to carry.

But carry it they must. It is, after all, their sack.

The child is called into their Father's presence. Obediently, they come, burden and all. They stand there, eyes downcast. Tired. So tired. Waiting.

Slowly, they look up.

The Father's eyes are full of love. He smiles, and in His arms are gifts – astonishing gifts, treasures beyond imagination.

"These gifts are for you my child" he said "But I cannot place them in your arms while you are carrying your heavy load. Will you lay your burden down?"

Suddenly the child realizes that although they had been weighed down by their problems and worries, they were not resolving them, they were only being wearied and worn down.

"Will you trust me?" the Father asks. "Trust me to take care of what burdens you? Lay it down. Let me carry it. Then you can receive what I have for you."

That is the heart of Easter.

On Good Friday, Jesus took up the burden that was ours – the weight of sin, guilt, shame, fear, and failure. He carried what we could not fix. And on Easter Sunday, He rose again, proving that it had been dealt with. Sin defeated. Death overcome. The sack emptied of its power.

The invitation remains the same today as it was when Jesus spoke the words recorded in Gospel of Matthew:

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

Are you tired? Worn by worry? Carrying something heavy that drips into every part of your life?

Easter is not just a story to admire – it is an invitation to respond. To lay your burden down. To trust the Father who loves you and to receive the gifts He longs to place in your hands:

Peace

Forgiveness

New life

Hope

If you would like to explore these questions further or simply share a conversation, you are invited to connect with us at St Barnabas Church, Rhandirmwyn, Llandinog Church, or Williams Pantycelyn Memorial Church in Llandovery, where a warm welcome awaits you. Alternatively, please look at the list of churches towards the back of this booklet to find a church near you.

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LLANGADOG GARDEN CLUB, COME DYE WITH US!!

April's Meeting is 'How to Use Plants and Natural Materials for Dyeing Fabrics and other Materials'.

Llangadog Garden Club welcomes you on 29th April to our meeting when Jacqui Symons of Slow Lane Studio will speak about dyeing. Jacqui forages, cultivates and uses plants to create colour for textiles, paper, printmaking and pigments.

Created from a desire to be more environmentally aware, buy and consume fewer products and generate less waste, Jacqui Symons began exploring natural colour and dyes in 2018. She researched and developed the use of plant-based pigments for oil-based printmaking inks and from there expanded into making her own watercolours, pastels, inks, screen printing pastes and dry powdered pigments from plant sources.

In 2019, Jacqui trained under Jenny Dean to learn about the use of natural dyes with textiles and yarns, drawing on Jenny's 40 years of experience in this field to develop further knowledge and understanding of this increasingly relevant and valuable industry.

Jacqui created Slow Lane Studio to provide resources, information, practical advice and workshops focusing on natural dyeing, plant-based pigments and plant-based artist colours. Alongside working on creative projects and commissions, she is developing a pigment garden and a plant pigment library as a reference and resource for other artists.

The meeting is on Wednesday 29th April 7.30pm

At Llangadog Community Hall. Everyone welcome, non-members £5 raffle followed by free tea, coffee, biscuits and homemade cake.

Our May meeting will be with David Tite who is a celebrated grower of carnivorous plants. David has won 23 Chelsea Gold Medals. The May meeting will be on Wednesday 27th at 7.30pm.

For more information, please contact sarahfrancesdobson@yahoo.com

WRITE-ON REV!

Dear Friends,

In addition to the Easter Sunday services listed below, there is a great deal happening across the churches of the Bro Dyfri Local Ministry Area throughout Easter weekend, and everyone is warmly invited to join us. Our journey through Holy Week begins on **Maundy Thursday** (2 April) with several different services at 7.00pm including Holy Eucharists which will be celebrated in Llangadog and Llandinat (Llandovery), while at 7.00pm Llansawel hosts a simple Agape meal, recalling the fellowship of the Last Supper. In Myddfai, at 8.00pm a moving Tenebrae service will lead us through readings and reflections as the lights are gradually extinguished, helping us enter more deeply into the story of Christ's passion. On **Good Friday** (3 April) there will be opportunities for quiet prayer and reflection throughout the day. Morning Prayer and Reflection takes place in Rhandirmwyn at 9.30am, followed by the Stations of the Cross at 10.00am in Llandinat Church, Llandovery. At 2.00pm, several churches will gather for the traditional Last Hour of the Cross, a reflective service remembering Christ's final moments, held in Llangadog, Myddfai, and Llansawel. At the same time, a Welsh-language Stations of the Cross (Gorsafodd y Groes) will take place in Llanfair-ar-yr-Bryn Church. On **Holy Saturday** (4 April) we turn from reflection toward hope. At 11.00am, we will hold Easter Praise at Llanfair Grange Nursing Home, sharing hymns and the joy of Easter with residents. Later that afternoon, from 2.00 – 2.30pm, families are warmly invited to Messy Church at Llandinat Church, where we will gather for a short Blessing of the Easter Garden, a simple and joyful way for children and families to mark the approach of Easter Day. Across the Bro Dyfri churches, **Easter Day** services offer us many opportunities for prayer, reflection, and celebration as we journey together at either 9.30am or 11.15am on Easter Morning or 2.30/3.00pm on Easter afternoon. Croeso i bawb – all are very welcome.

Father Neil, The Vicarage, Llandovery.



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NO TRADE ADS

FOR SALE

- **Two Ikea mattresses and bed frames**, in excellent condition (good as new): 196cm long, 140cm wide, £200 each. Tel: 0034657129257 or email: g.caminade1857@gmail.com
- **One Chester Drawers (four drawers)**, Width: 46cm, length: 76cm, height: 92cm. Wood: Oak. In very good condition, £250. Tel: 0034657129257 or email: g.caminade1857@gmail.com
- **One Lshaped sofa**, dark blue cotton cover, Width: 97cm, length 250cm, Smaller length: 190cm, £350. In very good condition. Tel: 0034657129257 or email: g.caminade1857@gmail.com
- **One collapsable oak table/dining or work table** in excellent condition, length: 180cm, height: 74cm, width 93cm, £150. Tel: 0034657129257 or email: g.caminade1857@gmail.com
- **One dining table**, collapsable, oval shape with four chairs. Length: 180cm, height: 74cm, width: 93cm. Wood type: Remi. In excellent condition, £150. Tel: 0034657129257 or email: g.caminade1857@gmail.com
- **GARAGE CLEARANCE**: Variety of Items – Everything Must GO. Bargains: Household Items, Records English and Welsh, Garden Tools, New Router. Tel: 07761 107055.
- **Jonsered Strimmer and Brush Cutter**. Old but little used. £45. Tel 07925 131974.
- **Saddle rack**, free standing metal, red, donation to charity! Tel: 01550 779214.
- **Display cabinet**, glass fronted, dark wood, 72cm x 86cm, £25. Tel: 01550 779214 or 07837 868490.
- **Snooker/billiard table**, 7' x 4', slate base, with balls, triangular frames, cues, spider and score board. Looking for a new home. Offers? Tel: 01550 777149.
- **Upright type sunbed**, 6 bulb, wooden frame, £90. Tel: 01269 851116.
- **Pine round table**, 3ft dia., 4 pine chairs, £30. Tel: 01550 720999.
- **Demi Johns**, £3 each. Tel: 01550 720999.
- **Electric Tricycle** "Free & Easy" make, second hand, as new, tidy trike, selling as it was temporary transport, about 4yrs old, will deliver for cost of fuel. Tel: 01558 650501 or 07811 101522.

- **Elixir electric bath lift**, help user get in and out of bath, quality British made, portable and easy to use, £129. Tel: 07917 164044.
- **x5 Stick back S/H farm house kitchen chairs** including carver, £250. Tel: 07917 164044.
- **Charnwood central heating multi fuel wood burner** and central heating stove, will run 8 rads plus hotwater, British made, can be free standing or built in option, all fitting tools and instructions complete, could deliver, £220. Tel: 07917 164044.
- **Hayter Harrier lawn mower** with roller, £180. Tel: 07977 121201.
- **Younger Furniture bed frame** with headboard and end board, 4' 6", cherry colour, as new, offers. Tel: 07977 121201.
- **Cherry coloured wooden Coffee Table** with shelf, 3' x 3', good condition, £25. Tel: 07977 121201.
- **New Royal Sovereign 100% wool carpet**, 9' x 13', colour oatcake, creamy colour, £100. Tel: 07977 121201.
- **Fidelity Argyll Minor reel to reel recorder**, 1 speed, good working order, £100. Tel: 07977 121201.
- **Apollo Atomic mountain bike**, 22" frame, working order, suit tall person, £20. Tel: 01269 851116.
- **Electric Treadmill**, good working order, hardly used, £250. Tel: 01269 851116.
- **Makita heavy duty drill**, Model MR400C, with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mahogany dining table**, 8ft x 3ft 6ins including 8 chairs, £300 ono. Tel: 01267 202230.

WANTED

- **Book Donations**. This month, we have returned to our usual opening hours (see website) so donations can be delivered any day of the week. We hope to have our new Volume Two open in the courtyard so continue to think of us when emptying your shelves. We would be grateful if you could use your discernment in book quality and then just box/bag everything up and help will always be available to assist you to offload. Please ring the office bell beside the gate. Thank you for helping us to maintain Newton House and Dinefwr Park. For walkers, the Park and Takeaway Hut are open all the time for a welcome break. Any queries: Holly Dwyer : 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).

Church Services

E-English W-Welsh B-Bilingual

ST CWRDAF'S, LLANWRDA

(a Bro Dyfri Church)

5 Apr 9.30am Easter Bilingual Ewcharist
19 Apr 9.30am Bilingual Ewcharist

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

ST SADWRN'S, LLANSADWRN

(a Bro Dyfri Church)

5 Apr 11.15am Easter Bilingual Ewcharist
19 Apr 9.30am Bilingual Family Service

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

ST PAUL'S, MANORDEILO

(a Bro Dyfri Church)

5 Apr 9.30am Easter Bilingual Ewcharist
12 Apr 9.30am Morning Prayer
26 Apr 9.30am Bilingual Ewcharist

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

ST CYNWYL'S, CAIO

(a Bro Dyfri Church)

5 Apr 9.30am Easter Bilingual Ewcharist
19 Apr 9.30am Eucharist

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

ST SAWYL'S, LLANSAWEL

(a Bro Dyfri Church)

5 Apr 11.15am Easter Bilingual Ewcharist
12 Apr 11.00am Bilingual Ewcharist
19 Apr 11.00am Bilingual Ewcharist

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

ST MICHAEL'S, MYDDFAI

(a Bro Dyfri Church)

5 Apr 11.15am Easter Bilingual Ewcharist
12 Apr 11.30am Bilingual Ewcharist
19 Apr 11.30am Morning Prayer
26 Apr 11.30am Bilingual Ewcharist

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

TENEBRAE SERVICE

Maundy Thursday 2nd April 8pm at
St Michael's Church, Myddfai.

Join us for our Tenebrae Service, a quiet time of reflection and remembrance during Holy Week. Experience the symbolic extinguishing of candles as we journey through poignant music, readings and prayers in the realisation of Christ's sacrifice for us.

ST DINGAT'S, LLANDOVERY

(a Bro Dyfri Church)

5 Apr 9.30am Easter Bilingual Ewcharist
12 Apr 9.30am Bilingual Ewcharist
19 Apr 9.30am Morning Prayer
26 Apr 9.30am Bilingual Ewcharist

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

ST SIMON & JUDE,

LLANDEUSANT

(a Bro Dyfri Church)

5 Apr 11.15am Easter Bilingual Matins
12 Apr 6.00pm Bilingual Ewcharist
26 Apr 11.15am Bilingual Ewcharist

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

EGLWYS LLANFAIR AR Y BRYN

(a Bro Dyfri Church)

5 Ebrill 11.15am Ewcharist y Pasg
Gymraeg
19 Ebrill 11.00am Ewcharist Gymraeg

Am ragor o wybodaeth, cysylltwch â
neilhook@cinw.org.uk | 07706 496541

ST MARY'S, CYNGHORDY

(a Bro Dyfri Church)

5 Apr 2.30pm Easter Eucharist
12 Apr 2.30pm Eucharist
26 Apr 2.30pm Eucharist

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

ST CADOG'S, LLANGADOG

(a Bro Dyfri Church)

5 Apr 9.30am Easter Bilingual Ewcharist
12 Apr 9.30am Bilingual Matins
19 Apr 9.30am Bilingual Ewcharist
26 Apr 9.30am Bilingual Matins

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

ST BARNABAS'S,

RHANDIRMWYN

(a Bro Dyfri Church)

5 Apr 9.30am Easter Eucharist
12 Apr 9.30am Matins
19 Apr 9.30am Eucharist
26 Apr 9.30am Eucharist

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

ALL SAINTS', GWYNFE

(a Bro Dyfri Church)

5 Apr 11.15am Easter Bilingual Ewcharist
12 Apr 11.15am Morning Prayer
19 Apr 11.15am Eucharist

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

ST TEILO'S CHURCH, LLANDEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST. MICHAEL & ALL ANGEL'S

CHURCH, TALLEY

5 Apr 11.00am Holy Communion
12 Apr 11.00am Holy Communion
19 Apr 11.00am Holy Communion
26 Apr 11.00am Morning Worship/
Holy Communion

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

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.

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

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)

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

Contact: E. Gilbert. 01558 685763.

YR EGLWYS UNIONGRED,

LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall –
brwoodall1940@gmail.com

ST JOHN'S CHURCH, MAESTEILO

1st Sun 9.30am Morning Prayer
3rd Sun 9.30am Holy Communion

Margaret James 07771 621538.

HOLY TRINITY CHURCH, TALIARIS

5 Apr 9.30am Easter Sunday –
Holy Communion
12 Apr 9.30am Holy Communion
26 Apr 9.30am Morning Service

Email: h_loyd_davies@hotmail.com

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

4 Apr 7.30pm Service of Light at Eglwys
Llanfihangel Rhos y Corn
Church

The Easter Service of Light is a part of the Easter Vigil that marks the resurrection of Christ. It involves lighting the Easter Candle and carrying it through the church. How it happens:

The congregation gathers outside the church by a fire in our new firebowl.

The clergy emerge from the Church in silence, carrying the Paschal Candle.

The congregation is addressed, and fire is blessed.

The Easter Candle is lit and carried through inside church.

The congregation light their candles from the Easter Candle as they progress around the church.

An Easter song, is sung.

What it symbolizes:-

The Service of Light symbolizes Christ as the light of the world, breaking the darkness of sin and death. The light represents "all that is good and right and true". Exposing the darkness to the light makes it visible, and leads to repentance and conversion.

We will also pray for whoever it was that took our firebowl last year.

5 Apr 2.00pm Easter Sunday Service
followed by tea in the Hall.
8 Apr 5.00pm Pilgrim Service.
19 Apr 1.00pm in the Hall – shared lunch
19 Apr 2.00pm Communion service
followed by a Cuppa in
the Hall.
25 Apr 2.00pm Quiet Space.

NOTE: normally we try for services on the first and third Sundays with the third hopefully a communion service. Pilgrim Services on the second Wednesday and Quiet Spaces on the last Saturday in the month. BUT sometimes we have to rearrange things/times so check our Facebook page!!

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

Easter 2026

4 Apr No Mass
5 Apr 8.00am Easter Sunday Mass of
the Resurrection of the
Lord

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

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

REGULAR EVENTS IN APRIL IN THE BRO DYFRI LMA CHURCHES

MONDAYS: Vestry Venture – Friendship, Fun & Free Refreshments!

Vestry Venture is a relaxed and welcoming social club for all ages, meeting each Monday afternoon in St Sadwrn's Llanfildrwm from 3.00 – 5.00pm (term time). Whether you fancy a cup of tea and good conversation, a quiet chat in friendly company, or a lively board game, there's something here for everyone. We provide free refreshments for adults and toys and games for children, and for the young at heart too! It's a simple, joyful way to connect across generations, build friendships, and enjoy time together in a warm church setting. There's no pressure, no expectations, and no cost... just an open door and a warm welcome. Completely FREE and open to all. Croeso i bawb / All welcome!

TUESDAYS: Bright Sparks – Pre-School Fun, Faith & Friendship!

Bright Sparks is a friendly pre-school group with play, crafts, songs, and simple stories in a warm, welcoming setting. Open to all families, whether you come to church or not, it is a safe space for little ones to play, make friends, and build confidence, with refreshments for children and carers. We meet in St Dingat's, Llandovery on Tuesdays, 9.30 – 11.00am (term time), all our volunteers are DBS checked, we are completely insured, and it's completely free! Come along and enjoy a bright start to your Tuesday - everyone is very welcome / croeso i bawb!

TUESDAYS: Bro Dyfri Bell Ringers welcome new members to their friendly and supportive team at St Dingat's Church, Llandovery, where we ring a fine ring of six bells. Beginners and experienced ringers are equally welcome, and full training and encouragement are provided, so no previous experience is needed, just a willingness to have a go and enjoy learning something new. Practice takes place every Tuesday evening from 6.00 to 7.30 pm. Bell ringing is great fun, good exercise, and a wonderful way to support church and community events while making new friends. To find out more, contact our Tower Captains, Clare Alexander at cia400@hotmail.co.uk or Dan Jones at jonesdaniel10@sky.com

WEDNESDAYS: Time 4 A Cuppa in Llandingat and Llansadwrn Churches –

This relaxed community drop-in will take place on the second Wednesday (Llandingat) and Fourth Wednesday (Llansadwrn) of each month from 10.30am – 12.00 noon. The idea is simple: 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... stay for the whole morning or just call in briefly while passing through town. At heart, Time 4 a Cuppa is about hospitality, friendship, and creating a gentle space where people can meet, chat, and feel part of the community. Croeso i bawb / All welcome!

THURSDAYS: Families Together – Fun, Faith & Free Activities!

Families Together meets every Thursday from 9.30 – 11.00am at Ysgol Rhys Prichard and is led by Sam from our Diocesan Plant Dewi Team. This lively and supportive group is designed especially for families with at least one child aged 0–11. Each week includes engaging activities, creative play, and opportunities for children and parents to build friendships in a safe and encouraging environment. All activities are completely free, and the atmosphere is relaxed and welcoming. It's a wonderful opportunity to connect with other families locally while your children enjoy purposeful, well-supported play. Come along and join us, everyone is welcome!

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. 08/26(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 10/25(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 06/26(12)

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC fascias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 06/26(12)

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. 03/26(12)

GREG JONES. Home Choose Carpets, Llandeilo. All types of carpets and cushionfloor supplied and fitted. We come to you. Tel: 07766 517569. 04/26(6)

CLEANING SERVICES

A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 04/26(12)

COMPLEMENTARY THERAPIES

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

COPYING AND PRINTING SERVICES

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

COUNSELLING

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

ELECTRICIANS

05/26/6

V.W. REES (Llandeilo). For all aspects of domestic electrical wiring and upgrades, including fault finding and repair. All work Guaranteed. No Job too small. For a prompt, reliable service. Tel. 07790 568072.

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

GARDENING – SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rocky 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

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, headstones cleaned, graves and curbs rebuilt, inscriptions regilded and repainted, based in Llandoverly. Tel: 07805 694016 Email: gabriel@hammerstone.wales www.hammerstone.wales 08/26/12

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 10/26/12

KEYCUTTING SERVICES

G.T. LOCKSMITHS LLANDEILO, Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Car & Van keys/remotes cut & coded & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377110. 09/26/12

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@llandoverly.org. Find us on 8 Stone Street, Llandoverly, SA20 0JR. Optometrist: Sara Tidey. 12/26/12

PAINTER & DECORATOR

HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 03/27/12

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At ALL ASPECTS PROPERTY SERVICES, we bring over **35 years of experience** in renovation and maintenance. Based near Llandoverly, we cover all **major trades – carpentry, electrics, plumbing, plastering, bathrooms,** and more – all at competitive prices. We travel to you and guarantee **high-quality service.** Call now: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit us: allaspectspropertieservices.co.uk Quote **WINTER10** for a **10% discount** through November, December and January. 12/26/12

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 04/26/6

SPORTS FACILITIES

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

04/26(12)

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07/26(12)

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06/26(12)

RClean-Wales SPECIALISTS IN EXTERIOR CLEANING Est 2006. We provide: Domestic and Commercial – Window Cleaning – Gutter Cleaning and unblocking – Softwashing of k-rend, brick, concrete walls, Pressure washing of drives, patios, decking. Covering postcode areas SA18, SA19, SA20, SA31, SA32, SA33. And surrounding areas. www.RClean-Wales.co.uk Call or text us on 07773 900777 Email info@rcleanwales.co.uk Facebook [@rcleanwales](https://facebook.com/rcleanwales)

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Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626
 Mon 10.00am – 1.00pm; 2.00pm – 6.00pm
 Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

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

CARMARTHENSIRE CITIZENS' ADVICE BUREAU
Advice Line, Tel. 03444 772020

COUNTRY MARKETS

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

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

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.
 Reopens 2nd April 2026
 Email: enquiries@llandoverymuseum.wales
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

TAXI SERVICES

Bridge Taxis, Ll'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.acfif.wales for our list of opening hours, activities provided and how to book and Pay.

Train Times (Timetable 14/12/25 – 16/05/26) Not all stops shown

		Mon. to Fri.						Sat.				Sun.	
Swansea	D	05:13	07:29	10:48	14:50	17:47	04:50	07:30	10:43	14:50	17:48	11:10	15:18
Gowerton	D	05:25	07:41	11:00	15:02	17:59	05:02	07:42	10:55	15:02	18:00	11:22	15:31
Llanelli	D	05:12	05:35	07:52	11:10	15:12	05:12	07:52	11:05	15:12	18:10	11:33	15:42
Frairfach	D	05:47x	06:11x	08:27x	11:46x	15:49x	05:48x	08:28x	11:41x	15:49x	18:47x	12:08x	16:16x
Llandeilo	D	05:53	06:17	08:47	11:52	15:54	05:54	08:47	11:47	15:54	18:52	12:14	16:22
Llangadog	D	06:02	06:26	08:56	12:01	16:03	06:03	08:56	11:56	16:03	19:01	12:23	16:32
Llanwrda	D	06:06	06:30	09:00	12:05	16:07	06:07	09:00	12:00	16:07	19:05	12:27	16:35
Llandovery	D	06:15	06:37A	09:09	12:14	16:16	06:16	09:09	12:09	16:16	19:14	12:36	16:44
Cynghordy	D	06:22x	09:16x	12:21x	16:24x	19:21x	06:23x	09:16x	12:16x	16:24x	19:22x	12:43x	16:52x
Llanwrtyd	D	06:40	09:34	12:39	16:41	19:38	06:41	09:34	12:34	16:41	19:39	12:51	17:09
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	09:01	11:42	14:38	19:09	21:59	15:15	19:36
Shrewsbury	D	04:30	05:54	08:35	11:31	16:00	05:54	08:35	11:31	16:00	18:35	12:08	16:20
Llandrindod	D	05:56A	07:29	10:22	13:28	17:33	07:29	10:22	13:22	17:32	20:27	13:55	18:05
Llanwrtyd	D	08:00	10:00	10:53	14:00	18:04	08:00	10:53	13:56	18:03	20:58	14:26	18:36
Cynghordy	D	08:13x	11:05x	14:12x	18:17x	21:11x	08:13x	11:05x	14:08x	18:16x	21:11x	14:39x	18:49x
Llandovery	D	06:41	08:25	11:18	14:26	18:29	08:25	11:18	14:24	18:28	21:23	15:41	19:02
Llanwrda	D	06:47x	08:31x	11:23x	14:31x	18:35x	08:31x	11:23x	14:29x	18:34x	21:29x	14:57x	19:07x
Llangadog	D	06:51x	08:35x	11:27x	14:35x	18:39x	08:35x	11:27x	14:33x	18:38x	21:33x	15:01x	19:11x
Llandeilo	D	07:02	08:47	11:51	14:50	18:58	08:47	11:50	14:49	18:52	21:45	15:13	19:23
Fairfach	D	07:05	08:49	11:53	14:53	19:00	08:50	11:52	14:52	18:54	21:47	15:15	19:26
Llanelli	D	07:44	09:30	12:35	15:33	19:39	09:40	12:34	15:31	19:33	22:32	15:53	20:06
Gowerton	A	07:52	09:38	12:43	15:42	19:47	09:48	12:42	15:41	19:41	22:40	16:01	20:14
Swansea	A	08:11	09:51	13:00	16:00	20:02	10:02	12:55	16:00	19:57	22:55	16:15	20:29

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN. PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

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

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9:10	Carmarthen (Bus Stn.)	13:45
Ffairfach	9:15	Abergwili	13:53
Llandeilo (Yr Hen Vic)	9:20	Nantgaredig (square)	14:04
Salem (opp. Angel Inn)	9:30	Cwrt Henri	14:21
Capel Isaac	9:40	Capel Isaac	14:40
Cwrt Henri	10:00	Salem (Angel Inn)	14:49
Nantgaredig (square) shelter	10:17	Llandeilo (Yr Hen Vic)	15:00
Abergwili (shelter)	10:27	Ffairfach	15:05
Carmarthen (Bus Stn.)	10:35	Gelli Aur	15:10

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

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

All services operate Mon-Sat

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