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# 'TAILS' FROM THE TRUST.....



## LLUEST

## WELCOME, YOUNG BRYN

At the end of March, we welcomed a truly heartbreaking rescue we named Bryn. He was found on a South Wales mountain, freezing, starving, weak, and suffering from a painful eye ulcer. Beneath his thick winter coat was a little pony who was dangerously underweight, little more than skin and bone. Since arriving with us at Lluest, Bryn has been given a warm stable, a cosy rug, carefully managed, balanced feeds, and round-the-clock care. We are incredibly proud of our dedicated onsite team – Alys, Helen, and Kate who have been there for Bryn day and night. In his first few weeks, his severe muscle wastage meant he was unable to stand unaided, and they were there throughout the night to gently help him up whenever he needed.

Today, we are so pleased to share that Bryn, although still fragile, is beginning to turn a corner and is growing stronger each day. We would like to extend a huge thank

you to Ceri at TopSpec for the incredibly generous donation of feed. Nutrition is absolutely vital to Bryn's recovery after everything his young body has endured. Getting the balance right is essential not only for his weight gain but for his healthy growth and development.

And to all of Bryn's supporters - his heroes - thank you. You are already part of his story, and part of his future. Very soon, Bryn will be joined by another rescued colt in a similar condition. Companionship is so important, and while we've taken great care to protect Bryn during his most vulnerable stage, we hope the two will help each other heal, grow, and thrive.

*continued on page 3*



*Bryn on arrival*

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# ALL ABOUT *The Post*

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for next issue:  
15th May 2026**

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1st June 2026**

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## *The Post* Future Copy Dates

July ..... 16th June  
August ..... 16th July  
September ..... 17th August

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# GREG JONES

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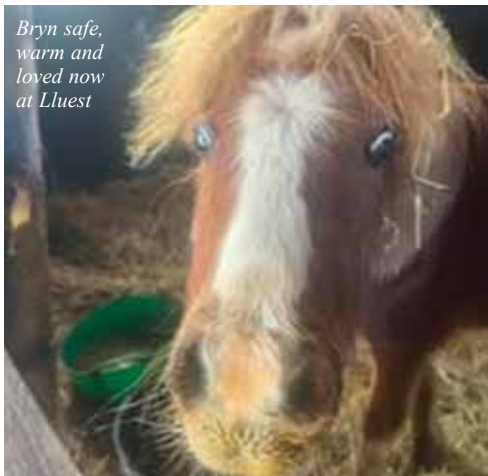
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12,26(12)

continued from page 1

*Bryn safe,  
warm and  
loved now  
at Lluest*



### Meet Myfanwy

April brought us another new arrival – the lovely Myfanwy, a young mare estimated to be around 3–4 years old. Myfanwy came into our care from a local authority pound. With her time up and her owners unable to reclaim her, she was sadly facing euthanasia. Thankfully, we were able to step in and offer her the safety and second chance she so deserved.

During her quarantine period, Myfanwy will receive full veterinary care and assessment, including pregnancy testing, to ensure all her health and welfare needs are met. Once she is ready, she will begin her journey towards finding a loving forever home through our guardianship scheme. We are so pleased to be able to give this beautiful girl a fresh start and we can't wait to see her future unfold.

### Connie and Timmy find a wonderful new home

We're delighted to share that our much-loved rescue ponies, Connie and Timmy, have found a fantastic home together at a local Riding for the Disabled (RDA) centre.

They are now part of an incredible team of horses and ponies providing riding and therapeutic experiences for disabled children and adults. We're thrilled to report that they've passed their induction and training with flying



*Welcome to  
Lluest Myfanwy*



*A new chapter  
for Connie & Timmy!*

colours and are already proving to be absolute superstars. We couldn't be prouder of you, Connie and Timmy!

**Join us – Summer Open Day & Dog Show  
June 7th, 2026 | 10:30am – 3:30pm**

Come and spend a wonderful day with us at Lluest! This is your chance to meet our rescue ponies, as well as the dedicated staff and volunteers who have helped transform their lives. Enjoy: Tea, coffee, cake, and lunch; Our fun dog show – bring your best pooch!; Local trade stalls; Preloved tack shop; Children's activities; Raffle and tombola.

Free entry | £5 per car parking at Beili Bedw Farm, Llanddeusant, Llangadog, SA19 9TG

For more information please visit our website or Facebook page.

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07/26/12

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Saturday 9th May 11.00am – 1.00pm  
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## MAUNDY THURSDAY AT ST ASAPH CATHEDRAL



A great honour was extended to Dan Jones, Maesycoleg, Llandovery when he received an invitation from Buckingham Palace to be one of the 77 men and 77 women, chosen from across Britain, to attend the Royal Maundy Service as a recipient of the Maundy Gifts. This year's service took place in St Asaph Cathedral on 2nd April, only the second time ever held in Wales. Recipients are chosen for their Christian service to the church and community.

Each recipient was presented with two leather purses, made from leather from the deer in Windsor and Balmoral Parks. The red purse contained a Silver £5 coin, this year commemorating the Queen's 100th birthday, and a silver 50 pence piece commemorating 50th anniversary of the Kings Trust. The original value of the coins in the Red purse £3 for clothes, £1.50 for provisions and £1 for the redemption of the Sovereign's gown.

The White purse contains specially struck coins a four penny, three penny, two penny and one penny piece. The ceremony started in 1662 when King Charles II presented undated hammered coins, from 1670 all four coins have been minted specially by the Royal Mint and have changed very little since. The was a total of 77 pence in the purse which equates to the Monarch's age.

While Dan does not look for recognition for his work in the Church and community he was greatly humbled and honoured to be chosen. Whilst being presented the King acknowledged the Rotary, Paul Harris Fellowship award Dan was wearing which he had received in 2014 for services to Rotary and the local Community.



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## LLANGADOG GARDENING CLUB – SPECIAL MAY EVENT



Looking for something a little different this spring? Come along to one of Llangadog Gardening Club's biggest and most exciting events of the year — and help support our small but growing community club!

### CARNIVOROUS PLANTS – A FASCINATING TALK

Join us for an unforgettable evening with David Tite from the renowned Hampshire Carnivorous Plants nursery, as he explores the strange and wonderful world of carnivorous plants.

From the iconic Venus Flytrap to exotic species like Sarracenia, Nepenthes, and Drosera, you'll discover how these incredible plants grow, feed, and thrive – whether you're a complete beginner or a keen gardener.

Hampshire Carnivorous Plants is one of the UK's leading specialist nurseries, founded by RHS Master Grower Matthew Soper. 23 times consecutive Chelsea Gold Medallist and plants supplied to prestigious places like Kew Gardens and the Eden Project, you're in for a truly expert and inspiring talk.

### WHY YOU SHOULD COME

Everyone is welcome – bring a friend, neighbour, or family member!

Come along, enjoy a great evening, and help us raise vital funds to keep Llangadog Gardening Club growing.

- Perfect for all experience levels – no gardening knowledge needed
- A friendly, welcoming atmosphere – newcomers especially welcome
- A chance to support a local club and community fundraiser
- Lovely refreshments included
- Raffle after the talk with great prizes

Date: Wednesday 27th May

Time: 7:30pm start

Location: Llangadog Community Centre, Llangadog, SA19 9BR

Entry: £5 for non-members (Members free)

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1226(12)

**u3a**  
learn, laugh, live

## WHAT'S ON AT THE U3A

**13th May – Dementia in Sport. Don Williams** is from Bethlehem, near Llangadog, born and brought up alongside the iconic Iron Age hill fort of Garnagoch. 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.

### June Speakers

**10th June – History of Flight** in conjunction with Radio 4 BBe Sounds. This session will review the final three episodes of this series, there will be time to discuss and review. Sadly no pictures again.

### 24th June

We will be reading and listening to another range of **comedy scripts**. So if you have a favourite comedy sketch let us know. Monty Python will not be having an argument this time. There is a wonderful tradition for comedy in the UK, and we will be celebrating that.

We are keen to welcome new members or guest members to our meeting every other Wednesday at 10:30 for refreshments and get together, with a speaker starting at 11 and finishing 12 to 12:15. Interested? Then come and join us at Llandovery Rugby Club.

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08/2012

## DAWN CHORUS!

Come and enjoy International Dawn Chorus Day on **Sunday 3rd May** at Castle Woods, Llandeilo, courtesy of the Wildlife Trust South and West Wales.

Meet at Llandeilo Bridge at 4.30am. Leader: Neil Matthew.

Bring suitable footwear if you wish to continue to the castle (about a mile).

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# Spotlight on Elidyr



Craig, Andre & TC

## Community backs Colour Run

We've been blown away by the enthusiasm from local businesses to get involved in the 4 July Colour Run. As well as generous support from Llandovery RFC and Llandovery AFC to run the event, a number of local businesses are funding specific colours!

This event is all about enjoyment, movement, and vibrant celebration. 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. [www.elidyrct.ac.uk/colour-run](http://www.elidyrct.ac.uk/colour-run)



## Craig's story - a career in care

I have been employed at Elidyr for just over nine months and each day feels as fresh as the day I started. My knowledge is expanding from the excellent levels of training given to staff and, most importantly, from the residents and learners I support.

*"I have finally found a career that allows me to give something back whilst at the same time I am gaining so much from each day."*

The training courses I have attended have been extremely useful to gain knowledge and experience, but the residents and learners are the heart and soul of development within this career. There is not a day where I don't learn something new.

This has by far been one of the most life changing times of my life. I am looking forward to many more years to come. It is an absolute pleasure to come to work each day and see the smiles on everyone's face.

## Support Worker vacancies

We are currently recruiting for Support Workers. If you like Craig's story, and are looking for a new career get in touch! No experience needed, full training given - health benefits included. Contact Lisa for more information or to arrange a visit.

**New salary from January 2026:  
£27,040 - £30,010 per annum**

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Email - [lisablofield@elidyrct.ac.uk](mailto:lisablofield@elidyrct.ac.uk)  
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0227(12)

# GWYL FLODAU LLANGADOG FLOWER FESTIVAL ALL SET FOR A THREE-DAY SHOW

A flower festival celebrating children's stories and books will be held at Saint Cadog's church Llangadog Carmarthenshire from the 5th to the 7th of June 2026. From the brownies to the young farmers club, the rugby club and women's institute, local groups have been invited to exhibit alongside notable floral art exhibitors who have gained gold medals at prestigious events such as the Royal Welsh show and Chelsea Flower Show to create "Gwyl Flodau Llangadog Flower Festival".

The festival has been very fortunate to secure exhibitions from two of Wales's finest floral art professionals. Delyth Price of Llanddeusant, Carmarthenshire. Delyth is a National Association of Flower Arrangement Societies international demonstrator and national judge and has won two Chelsea gold medals. Delyth will be joined by Jonathan Lloyd-Davies of Jonathan's flowers whose clients have included Bonnie Tyler and Catherine Zeta Jones. Also exhibiting will be the local school pupils, Llangadog primary school as well as various local clubs and businesses who have a wealth of talent in floristry and gardening.

The festival will be open on Friday from 12:00 PM until 6:00 PM Saturday from 10:00 AM till 6:00 PM and Sunday from 10:30 AM until 4:30 PM admission is £5 per person light refreshments will be available and there are toilet facilities on site. The event is being organised by Llangadog school Parents and Teachers' Association and Saint Cadog's church with proceeds being divided between the two causes

Follow us on Facebook "Gwyl Flodau Llangadog Flower Festival" for parking arrangements and updates. Group bookings welcome via e-mail Ysgolllangadogpta@gmail.com



A full list of exhibitors can be found here:  
Llangadog Rugby Club / W.I / Merched y Wawr / Capel Providence / Capel Seion / Ystrad Nurseries / Telegraph Garden Centre / 1st Llangadog Brownies / Flower Fields / Llangadog Church / Llangadog Parent and Teachers Association / Llangadog School Pupils / Llangadog Gardening Club / Sian Davies / Delyth Price / Jonathan Lloyd-Davies / Cylch Meithrin / Llandovery Floral Art Society / Llangadog YFC

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09/26(6)



# LLANDOVERY TOWN TENNIS CLUB

Despite the windy and rain, we managed to finish the Spring Tournament with a worthy winner, Roger Williams.

*Here are the plans for early summer:*

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

Book here: <https://wdtwales.co.uk/llandovery>

Sunday, 31 May – **Tea on The Tow**

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

**Club Sessions** – Do come and join us at Castle Fields, Llandovery on Wednesdays and Saturdays at 10.45am for Social Tennis.



For more information:

## 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 11am 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, and donations can be brought along daily from 9.00am to 10.00am. Please give generously as you have always done in past years.

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

We are a committee of churches and chapels here in the Upper Towy valley who have worked together for many years to support Christian Aid, and we warmly welcome volunteers to join our team, from all communities going forward, and those who would be happy to do a few hours on our shop rota.

Please help us to offer support to those suffering the greatest hardship in many parts of the world.

Thank you – Pat Smith (Secretary)  
Tel. 01550 720659.

# Padmasambhava Yoga and Meditation Centre

Everyone at PadmaSamBhava hopes that you are well and enjoying the longer days with their promise of warmth and the feeling of energy and positivity that the sun can bring. Together with Nature's emerging energy, a yoga class can help harness positivity and at the same time bring balance and inner steadiness.

The Summer term starts on Monday 20th April, with a broad range of classes in-house as well as classes at the Ammanford Penybanc Welfare Hall, Cwrt Henri Reading Room and Seated Yoga at the Llandeilo Bowling Club.

A new 9-week Beginners course starts Wednesday 6th May. This series gives a perfect introduction to the many aspects of Yoga, offering the building blocks of the Foundation practices in movement (Asana), breath practices (Pranayama) and deep relaxation (Yoga Nidra). The practices together change the flow of energy within the body and guide us to Awareness. Awareness 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. This course is designed for Beginners, Absolute Beginners, those returning to Yoga – as well as for students wishing to deepen their understanding.

Thursday's Ammanford class in the Penybanc Welfare Hall is a wonderful way to join this local community group in both movement and relaxation.

The yoga taught at the Centre is Integral Yoga which brings a connection between body, breath and mind. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind. The classes are progressive throughout the weeks and terms and are suited to the students within the class.

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 attending and also value the 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](mailto:mail@padma.org.uk) More information at [www.padma.org.uk](http://www.padma.org.uk)

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15 65	Renault Captur 0.9TCE, Petrol, 5 Speed, Dynamique S, 17" Diamond Cut Alloys, A/C, Low Tax £35, Sat Nav, Orange/Cream Roof, 5dr, 89000m.....	£4995

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19 19	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, Climate Control, 19" Alloy Wheels, Privacy Glass, Met Blue, 39450m.....	£14500
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18 18	Dacia Stepway 1.5DCI 90 Ambiance, Air Con, Spare Wheel, In Metallic Blue, 57995m.....	£5995
16 66	Mini Cooper 1.5, 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£10500
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m.....	£10995
17 67	Ford Focus 1.0 Eco, 6 Speed, St-Line, Alloys, Air Con, Rear Spoiler, Met Blue, 5dr, 58887m.....	£6995
15 65	Ford Fiesta 1.25 16V (82PS), 5 Speed, Zetec, 15" Alloys, Air Con, 3dr, White, 62000m.....	£4750

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20 69	Renault Master 150BHP Speed, Lined, Carabbean Blue, 67400m.....	£9995 +Vat
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# MAY ACTIVITIES WITH HYBU LLANYMDDYFRI!



As the days grow longer and Llandoverly comes into full spring, Hybu Llanymddyfri is delighted to share another vibrant programme of activities celebrating learning, creativity and connection. With the valued support of the The National Lottery Community Fund, we continue to offer a welcoming range of events designed to bring people together, support wellbeing and strengthen community life across our town.

**Lindy Hop Dance Classes** – Tuesdays starting 28 April, 6:45pm – 7:45pm, Llanwrda Hall (5 mins drive from Llandoverly), £5 per class. Step into the joyful world of Lindy Hop, a lively swing dance full of energy and fun. These friendly sessions are open to beginners and improvers alike, and no partner is needed. It's a fantastic way to keep active, learn something new and meet others in a relaxed setting. Llanwrda Village Hall, Llanwrda, SA19 8HD. Plenty of parking!.

**Welsh Language Classes (Improvers)** – Tuesdays & Wednesdays, 6:30pm. If you've already begun your Cymraeg journey, these supportive classes with Jean Hughes are a great way to build confidence. Practise speaking, expand your vocabulary and enjoy learning in a warm, encouraging environment.

**Lunch Club (Over 60s)** – Wednesday 20 May, 11:45am, £3 (includes hot lunch and dessert), Ysgol Rhys Prichard. Our much-loved Lunch Club brings together local residents and pupils for a shared meal, conversation and a friendly afternoon of games and stories. It's a wonderful opportunity to enjoy good company and strengthen connections across generations.

**Dog Walking Group** – Saturday 23 May, 2:00pm, Free (limited to 10 spaces). Join us for 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 with Trish!** Tuesday 26 May, 10:30am, Free, LYCC. Discover the bold flavours of the Ethiopian spice

blend berbere, and learn how to transform affordable ingredients such as lentils, chickpeas and economical cuts of chicken into delicious meals. We'll explore practical kitchen skills, including making the most of your food processor, and – if time allows – prepare simple flatbreads to enjoy alongside the dishes. Everyone will receive a small packet of berbere to take home. Led by Trish (Patricia Morgan-Black), an experienced home cook with a strong background in hospitality and food hygiene.

## How to Book

Spaces are limited, so early booking is recommended.

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

**Office:** 01550 721499

**Email:** [llandoverly.leasc@gmail.com](mailto:llandoverly.leasc@gmail.com) / [llandoverly.lesc@gmail.com](mailto:llandoverly.lesc@gmail.com)

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

**Hybu Llanymddyfri – Llandoverly:** bringing people together, celebrating local identity, and building a stronger, more connected community for all!

## JUST GOOD FRIENDS

The amateur dramatic group Just good Friends is never shy of taking on challenges. Last year they performed, to great success, a less well-known musical *I Love You, You're Perfect, Now Change*. This year they're presenting *The Producers*, which some may see as politically incorrect! Originally a musical film produced by Mel Brooks and Thomas Mehan, with music and lyrics by Mel Brooks (of Blazing Saddles fame), *The Producers* has a simple plot in which a Broadway producer plots to get rich by selling overpriced shares in his play and then creating the biggest flop of his career. Unfortunately for him, *Springtime for Hitler* turns into a roaring success.

JGF's production will of necessity be more minimalist than Mel Brooks' film, as the stage area of St Peter's Civic Hall is somewhat smaller than a Broadway stage! But the company will, as usual, provide excellent entertainment.

*The Producers* is being performed in St Peter's Civic Hall, Carmarthen, on Wednesday 29th, Thursday 30th and Friday 31st July at 7.30pm, with a Saturday matinee on 1st August at 2.30pm. tickets can be purchased from [www.ticketsource.co.uk/just-good-friends](http://www.ticketsource.co.uk/just-good-friends). Adults £14, OAPS/under 16s £12.

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# LLANDEILO SWING BRIDGE GRANTED OFFICIAL BATHING WATER STATUS



Llandeilo's popular Swing Bridge site on the River Tywi has been officially granted Bathing Water Designation, following a successful community-led campaign.

The decision, confirmed by the Welsh Government, means that from the 2026 bathing season, the site will be subject to regular water quality monitoring by Natural Resources Wales and will benefit from a legal obligation to improve water quality.

Significantly, this is only the second river location in Wales to receive Bathing Water Designation. The first was a section of the River Wye at The Warren in Hay-on-Wye, which was granted designated status in 2024.

The application for the Swing Bridge was submitted by local group Tywi Bathers, supported by extensive evidence including bather counts and strong public backing during a formal consultation process.

The campaign began with a public meeting in August 2023, organised by local resident Jude Western. More than 100 people attended, hearing an inspiring talk from Kirsty Davies of Surfers Against Sewage. The meeting reflected the strength of local feeling for the site, where people have been swimming for over a century and which continues to be enjoyed by people of all ages every summer.

Bathing Water Designation marks a major milestone, offering enhanced protection for both public health and the natural environment. It also ensures that clear, accessible information about water quality will be available on-site for residents and visitors.

Kate Glanville, Chair of Tywi Bathers, said:

"This is a fantastic result for Llandeilo and everyone

who values the River Tywi. To become only the second river site in Wales to achieve this status makes it even more special.

It reflects the strength of community support and the dedication of our volunteers, who over the past three years have worked tirelessly to gather evidence and encourage participation in the consultation.

This designation will help drive improvements in water quality, benefiting swimmers, wildlife and future generations."

The Welsh Government confirmed that the designation followed careful consideration of both the application and consultation responses, concluding that the Swing Bridge meets the required criteria.

Natural Resources Wales will carry out regular monitoring during the bathing season and information regarding water quality will be available on the NRW website once the bathing season starts.

Tywi Bathers is encouraging the community to continue supporting efforts to protect and improve the River Tywi. Improving water quality and safeguarding the river for future generations is a long-term commitment, and local people can play an important role.

A number of organisations are already working to support this effort. Achub y Tywi Citizen Science Group and the West Wales River Trust, offer opportunities to help monitor water quality and improve river habitats. Cleaning up the river and ensuring that it is safe for generations to come is a long-term project.

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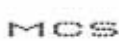
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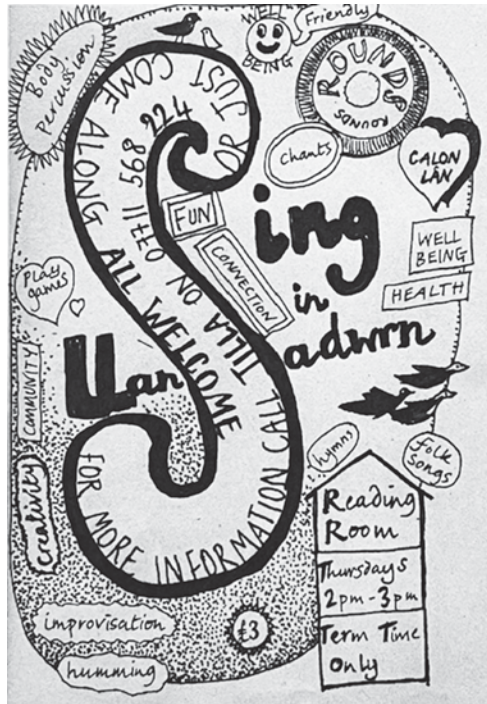
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11/26(12)

# SADWRN SINGERS ARE NOW IN THEIR SECOND YEAR AND IN FULL VOICE



The weekly sessions last just an hour but are packed with simple songs and exercises to increase confidence and enjoyment of singing in a group. We start with stillness and silence, then move into awareness of our own breathing and awareness of sound. Activities might then focus on pitch, rhythm; simple body percussion or improvisation.

We sing a lot of rounds because they are a great way of introducing harmony without having to learn different parts. Most of what we do is fresh each week which means it doesn't matter if someone has missed a week or is coming for the first time. But we're also chipping away at Calon Lan in four parts – it is our most challenging song but incredibly rewarding. Anyone who happened to be walking past the Reading Room and overhear us singing Calon Lan would be impressed!

Singing with others is really good for us. It uses different parts of our brains; promotes lung health, co-ordination, social connection and can help reduce anxiety by regulating the nervous system. The group is open to anyone who enjoys singing. You don't need to be "good" or be able to read music... we all get things wrong and mess it up! Having another go and having fun is what really matters.

Singers from the group say:

*"I enjoy this group because it is friendly and relaxed. Easy drop-in sessions, small diverse group of people."*

*"The leader (Tilla) is welcoming and leads us at our own pace"*

*"I come away feeling refreshed, energised"*

*"Our singing group is a lovely warm and friendly environment. Tilla is a brilliant teacher / facilitator. She always makes sure everyone is included and happy. She makes the sessions interesting and fun. Thursday afternoon is one of the highlights of my week."*

Sadwrn Singers meet every Thursday during school terms from 2pm – 3pm. Sessions are held in Llanadwrn Reading Room (next to the pub) and cost £3. You can just turn up or call Tilla first on 07711 568224.

## LLANDOVERY CARNIVAL IS ALL SET TO GO, GO, GO

Get your floats or costumes ready. The theme is Summer Holiday or Summer Holidays. Carnival Parade is leaving Ysgol Rhys Prichard School at 1pm on Sunday 24th May 2026.

We have chosen our Kings and Queens and shared the town's talents during April. Before the big day will be the Treasure Hunt on Tuesday 19th May from the Rugby Club at 6pm and the traditional Carnival Quiz on Thursday 21st May at the Bluebell starting at 7:30 pm.

There will be lots to do on the Carnival Field on the 24th May, including stalls, donkey rides, fun fair and displays. Please come and join us. To round the Carnival fundraising off there will be a second quiz at the Rugby club on Friday 29th May. There are a couple of music rounds and a picture round which make this quiz a little different.



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Dinner: 6.00pm – 8.30pm

Sunday lunch: 12.00 noon – 3.00pm

Bar open: 12.00 noon – close

Quiz Night: 2nd Sunday in the month – 6.30pm

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# DARLLENFA LLANSADWRN – CALON Y PENTREF



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Wedi ei berchnogi gan Gyngor Cymuned Llansadwrn a'i rhedeg gan bwyllgor o wirfoddolwyr lleol, mae'r gofod hyfryd hwn dal i fod yn gartref i lawer o grwpiau rheolaidd sy'n cynnig gweithgareddau crefft, canu, celf a ffilmiau. I gael gwybod am y rhain, edrychwch ar ein cyfryngau cymdeithasol neu ar y posteri y tu allan i'r adeilad. Y newyddion da yw bod digon o slotiau ar gael i eraill archebu'r ystafell. Mae'r gofod yn lân, hygrych, cynnes ac yn gyfforddus ac mae'r holl gyfleusterau y gallech ddisgwyl o neuadd pentref ar gael, gan gynnwys sgrin a taflunydd. Cyn hir, bydd gyda ni Wifi am ddim, diolch i grant gan y Cyngor Cymuned.

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# LLANSADWRN READING ROOM – AT THE HEART OF THE VILLAGE

The Reading Room in Llansadwrn has existed for over 100 years, originally so that agricultural workers could read the newspapers, and it has been at the heart of village life ever since. It has hosted clubs, lunches, games, meetings, films, fairs, meals, parties, wakes, voting, consultations, book readings, singing, concerts, and even a 'Gong Bath' in recent times.

Owned by the Llansadwrn Community Council and run by a committee of local volunteers, this lovely space is still home to many regular groups offering craft, singing, art and films. To find out about these, take a look on social media or at the posters outside the building. The good news is that there are plenty of slots available for others to book the room. The space is clean, accessible, warm and comfortable and has all the facilities you might expect from a village hall including a screen and projector. Free Wifi is coming soon, thanks to a grant from the Community Council.

Local community groups are offered subsidised booking rates and for others, prices range between £10 - £15 an hour (with a cap for a full day). To enquire please contact Lisa on 07900 908391 or lisadenison2@gmail.com

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04/27(12)

# MYDDFAI COMMUNITY HALL 200 CLUB

## Results for the 200 Club draw – October 2025

1st £20 Wyn Morgan (Chipo)  
2nd £10 Debbie Houghton  
3rd £5 Gareth Richards

## Results for the 200 Club draw – November 2025

1st £20 Cristal Keenan  
2nd £10 Ian Duke  
3rd £5 Kate Hoskins

## Results for the 200 Club draw – December 2025

1st £20 Jenny Thomas  
2nd £10 Janice Davies  
3rd £5 Christine Griffiths

## Results for the 200 Club draw – January 2026

1st £20 Ray Whant  
2nd £10 Fionagh Griffith  
3rd £5 Justin Lewis

## Results for the 200 Club draw – February 2026

1st £20 Bethan Jones  
2nd £10 Kevin Page  
3rd £5 Moira Davies

## Results for the 200 Club draw – March 2026

1st £20 Matthew Richards  
2nd £10 Kate Hoskins  
3rd £5 Graham Woodward

All proceeds go towards the running of hall. Many thanks to all for your valuable support!



# LLANDOVERY CROQUET CLUB



Despite a cool and damp start to the croquet season club members have been enjoying some good friendly games of croquet. We have had a number of new members join the club. New members are always welcome and receive introductory coaching as well as use of the club equipment and facilities.

Our first match of the season will be at Llanidloes on Friday 8th May when we hope to repeat the success of our match last year. On Wednesday 13th May we have our first match of Short Croquet, at home against Glamorgan. Short Croquet is a form of Association Croquet and is a far more complex version of the game than the simple Golf croquet we usually play.

On Wednesday 20th May we will be joined by the ladies of Clwb Gwawr Cothi for an early evening's hour or so of croquet before dinner. Groups are welcome to join us for private sessions when they can learn how to play this fascinating game. All the equipment is provided – you just need to wear flat shoes!

We continue to play every Tuesday and Thursday afternoon when visitors are welcome to come along and watch or have a try. To find out more about croquet and our club, or to arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)



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# FEMALE VOICES RAISED IN SONG



On Saturday, 7th March, Côr Persain took part in a groundbreaking event celebrating women's choral singing across South Wales. The inaugural 'Festival of Female Voices' was held at the recently renovated Maesteg Town Hall, fittingly on the eve of International Women's Day. The day provided a wonderful opportunity to come together with other choirs, to learn performance techniques in a series of workshops and to perform in the evening's Gala Concert.

The excitement mounted as choir members boarded the bus in Ammanford on Saturday morning, ahead of them a long day of workshops, rehearsals and performance. Eleven choirs from all across South Wales took part, amounting to over 300 female voices raised in song. As festival organiser, Diane Morgan-Wright, commented, the event was created to 'celebrate Wales' rich female choral tradition and to shine a light on what singing together means to women across South Wales.' Every member of Côr Persain agreed that the festival went above and beyond in fulfilling these aims. Choir chairperson Anna Yates spoke for everyone when she pronounced the event

a 'fantastic success. The organisation was second to none and the provision of a chaperone to each choir (in our case the lovely Dawn) was extremely helpful.' Grateful thanks are also extended to choir committee member Liz Howells who worked tirelessly, organising, booking and liaising with the festival to ensure that the day ran smoothly.

During the morning, the choirs were able to work with noted professional musicians, many of whom champion Welsh choral music across the world. Rehearsals followed in the afternoon and then came the highlight of the day, the gala performance! Compered by television news journalist Rebecca John, who has strong family connections with the Maesteg area, the concert began with all of the choirs combining together to perform Greg Gilpin's 'Why We Sing'. Following this, each choir had the opportunity to showcase its talent and repertoire. Côr Persain delivered a toe-tapping Bonnie Tyler medley, comprising 'Total Eclipse of the Heart', 'It's a Heartache' and 'Holding Out For A Hero' – a performance which was greeted with great enthusiasm and huge applause by the appreciative audience. After each choir had performed, everyone joined voices once more for May Erlewine's mesmerising 'Never One Thing' and a new arrangement of Carly Simon's 'Let The River Run'.

It was late in the evening when the choir returned to the bus for the journey home, but everyone left inspired and uplifted by this joyous celebration of women's choral singing. The feelings of all were summed up by choir member Brenda Thomas: 'Can we do it again next year?'



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05/27(12)



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07/26(3)

## LLANGADOG WI

Our April meeting had more than Pearls of Wisdom on offer as we welcomed Lesley Cutler, affectionately known as the “Pearl Lady” for her second visit. Having learnt her craft at the WI Denman College, Lesley honed her knowledge of pearls, buying abroad, selling, together with the repairs and redesign of pre loved family pearl heirlooms. It was lovely to see and touch the many pearl items on display. Competition winners for a pearl item were 1st. Pat Davies, 2nd Jutta Beer 3rd Debz Silk Many members left happy in the knowledge that the pearls left in the draw for many years were real after all!

We love to welcome visitors to our meetings so it was great to welcome Val from Llangadog to our meeting. We have a very busy time coming up as next month we are visiting Melin Tregwynt, also preparing for a wonderful flower festival at St Cadog’s Church, Llangadog on 5-7th June on the theme Children’s story books.

We will be represented at a number of County events too namely- the Live Streaming of The National AGM at Cross Hands Cinema and the Centenary Dinner at the Ashburnham Hotel, Pembrey.

We welcome new members at all times – please call the secretary Marylyn on 01550 777161 for further details.



Anyone who has anything to do with an animal rescue centre knows its finances are a bottomless pit. When West Wales Poundies takes in strays and dogs seized from illegal puppy farms, the first priority is the animals’ welfare, their veterinary care and feeding.

West Wales Poundies is a charity, but it still has similar overheads to a business. Fundraising for the essentials leaves little for capital works. So WWP is launching an ambitious programme for refurbishment and improvement of the kennels. Hopefully, most of this will be achieved by applying for grants and major donations.

One important improvement would be upgrading the electrical supply. Washing machines and heating are working almost non-stop and if too many appliances are operated at the same time, everything fuses!

But that could be a big project. There are smaller plans which supporters might like to get involved in. Like refurbishing the kennels. Lianne would like to tile the floors of several of the kennels and the passageway linking them. Nicky would like to repaint (though when this could be done due to the number of dogs coming through the doors every week is anybody’s guess!). If anyone out there would like to sponsor tiling a kennel floor (front 8 feet by 7.5 feet, bedroom area 4.5 feet by 7.5 feet) and/or more importantly could put in the work of fixing the tiles, that would be wonderful.

In the meantime, there are so many loyal, hardworking supporters who organise events like curry nights, psychic evenings, craft fairs and, of course, dog shows like Wagstival in Resolven, which was on 18th April. Three dates to put in your diary, though, are: the WWP Hoedown at the Three rivers Hotel and Spa, Kidwelly on 2nd May, organised by Leanne Jones, the Spring Gift Fair and Auction to be held at Tyssul Hall, Llandyssul on 9th May, from 10.30am to 5.30 pm, organised by Bryony Mitchell, and the annual Barkfest on Cothi Bridge Showground on 12th July, organised by the regular WWP band of volunteers headed by Lianne Evans. For further information, check out West Wales Poundies’ Facebook page. Or, if you feel you can help in any way or form, contact them on 07930 976022.

We look forward to seeing you at any or all of the events.

## Llanwrda School



+

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09/26(12)



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05/26(6)



# A QUIET REVIVAL?

You may have seen reports over the last year or so in regional and even national newspapers and programmes about something called ‘The Quiet Revival’.

The reports were based on a survey, commissioned by The Bible Society, and undertaken on their behalf by YouGov (YouGov plc is an international Internet-based market research and data analytics firm, based in the UK). The survey data they produced for the Bible Society suggested that something remarkable was happening in churches across England and Wales.

The survey data suggested monthly churchgoing had risen since 2018, driven particularly by younger adults and young men.

This was cause for great hope and joy for Christians across the nation.

However, many felt deflated when in early March 2026, YouGov announced that the data they gathered was flawed, and could no longer be trusted to draw these conclusions.

Even though the data collected was not rigorous enough, it doesn’t mean all is lost and there’s no new desire being seen in people to engage with authentic Christianity throughout the nation.

Williams Pantycelyn Memorial Chapel, and Capel Tabernacl Llanymddyfri are part of a Waleswide denomination called Eglwys Bresbyteraidd Cymru – The Presbyterian Church of Wales.

Through friends and colleagues in churches all across our nation I have heard many encouraging stories. Churches and chapels from Llangefni to Llanwrtyd Wells, Blaenau Festiniog to Blaenau Gwent, Caernarfon to Caerffili (my home town!) and Pontrhydfendigaid to Pontypridd, where there is a new interest, new thirst, new authenticity and new desire for the Bible, faith and a genuine expression of Christianity.

So, the ‘The Quiet Revival’ data is not reliable. But we are seeing a visible rise in the interest in the Christian faith, today, yes even here in Llandoverly.

That’s why in Williams Pantycelyn Memorial Chapel we’ve started a ‘**Christianity Explored**’ course.

What does it cover? The life of Jesus as recorded by the disciple Peter then written down by Mark, in Mark’s Gospel. This series of 7 sessions started on Monday, 13th April but don’t worry – we will be running it again soon!

‘**Christianity Explored**’ – Modern and professional resources. No pressure or hard sell! Plenty of freshly brewed

coffee and ample, sumptuous cake! No hard pews, no statues or unfamiliar ceremonies. Ordinary people, exploring an extraordinary God.

No question too small. No search too big.

If you are interested drop me a line on 07513 017286, an email on [williamsmemorial@outlook.com](mailto:williamsmemorial@outlook.com) or get in touch via the function on the church website [www.williamsantycelyn.co.uk](http://www.williamsantycelyn.co.uk)

The tag line of Christianity Explored is this, ‘**What if there really was good news?**’

The great news of Christianity?... There is!

Patrick Thomas – Pastor, Williams Pantycelyn Memorial Chapel, Llandoverly.



## LLANWRDA CRICKET CLUB

The 1st XI season starts with a home match against Mumbles CC on Saturday, 4 May in SWCA Division 4.

The Llewod begin on Wednesday, 20 May with an away match at Llandeilo CC.

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

Please contact Gwynn Davies for information about the juniors on 07956 14 74 64. All Stars and Dynamos officially begin Monday, 11 May with a free taster session on Monday, 4 May. Come and join us!

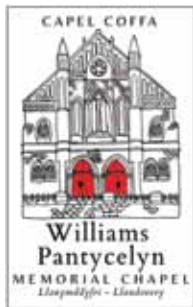
The club is forming a Women’s team this season. For information about the Women and Girls’ section please call Liz on 07791 241197.

### LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

18/03/26	52	No winner
25/03/26	43	No winner
01/04/26	48	No winner
08/04/26	37	No winner

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



# AMMANFORD LIONS CLUB



Ammanford Lions Club members have enthusiastically taken on a new project to install Critical Bleed Control Kits in Defibrillator Boxes. Last week eight kits were placed in Defib boxes in Ammanford, Betws and Llandybie. Anyone dialling 999 to report an accident involving a significant bleed will be directed to the nearest box containing a bleed kit.

Club member Margaret Garlinge said "We are funding five kits and two sponsors - Computers Don't Byte & Jim Woodall Builders - have paid for a further two. We also have a member who has committed £100 to fund one in memory of her late husband. So we are pleased that we have put out eight kits in all."

Melanie James, a trustee of and volunteer for Heartbeat Trust UK said "I am so grateful to Ammanford Lions for their generosity and support for this charitable initiative. By providing publicly accessible critical bleed control kits into the communities they are helping to save lives. I am thrilled and proud to have the support of Ammanford Lions in making our communities safer."

The kits are sourced from the Daniel Baird Foundation which is the principal kit in England. The kits contain military grade equipment specifically designed to stem a catastrophic bleed and to fill the care gap until the Emergency Services arrive. The kits are universally applicable and examples in England where kits have been used include road traffic accidents, work place accidents, sports injuries, dog bites, impalements, glass and knife injuries and so forth.

Rhian Thomas, Club President, said "We would love to have a bleed kit in every Defibrillator box in our area. We are actively fundraising and looking for sponsors. A sponsor can be an individual or a business. If you are interested in purchasing a kit for your place of work or in sponsoring a kit for a Defib box please contact Ammanford Lions via their Facebook page or ring 01269 851171."

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05/27(12)

# LLANDOVERY ROTARY CLUB



It's me, Derek. I'm back, Booooooo. But only for this month, Hooray.

As stated in last month's report I am standing down. THIS will be my last report before Tim Cannock takes over the monthly reporting here. I will miss it, of course I will, but after more than 12 years of doing it, I feel this is the right time to stand aside and let someone else put their own stamp upon this page.

We had a number of requests for funding this month which we actively encourage. After all. We have money that you have donated to us and when we receive a request from a local good cause that we believe worthy, then we'll be delighted to give it to you. Simple.

We received a request for funding from Elidyr Communities Trust for an upcoming Colour event which they are holding. The request was discussed and thought to be highly commendable and a donation is being sent to assist their very fine efforts.

Dan Jones was invited to St Asaph for the Maundy Thursday Service in recognition for his work for St David's Diocese. He was one of the 77 men and 77 women presented with Maundy money. Two leather purses one red with a £5 pound coin and a 50p coin, the white purse has 77 freshly minted 1p, 2p, 3p, and 4p pieces. The leather for the purses comes from the royal deer of Windsor park. Dan was very honoured to be invited and recognised for his hard work. Dan was congratulated by His Majesty the King for his Paul Harris Fellow award for outstanding services to Rotary.

We awarded a request for funding from the Llangadog School PTA (Parent Teachers Association) to fund a prize for their upcoming Llangadog Flower Festival. This request was granted and a donation is on its way.

At one meeting history was made. THREE generations



*THREE generations of the Clement family.*

of the Clement family were present. Patriarch Barry and his son Sam are long standing members and Sam's son Leon a potential member was present as a guest. How wonderful is that.

We received a request from Green Grove Barns to assist with the purchase of a defibrillator which they assured us would be available for use by the general public. Following discussion it was agreed to support them with a donation.

We attended the Mayors Ball at the Castle Hotel during the month in support of the Mayor and Mayoress Huw and Lisa Thomas. Huw and Lisa have supported us greatly throughout the year and are to be hugely congratulated on a fantastic year in office serving this community. A job very well done indeed.

Before the last meeting news had reached us that our Honorary Member and Past District Governor Ganesh Subrahmanyam aged 96 had sadly passed away. Known to many of us who had been here quite a few years Ganesh was a stalwart supporter of our club since the beginning and his passing was especially hard felt by those who knew him personally. Incidentally, when Ganesh arrived here as a doctor in 1966, his first task was being sent to the Aberfan disaster to help at the site. He could not have had a tougher assignment on his arrival. RIP Ganesh. A true gentleman and a very loyal friend to our club.

We received a request for funding from Llangadog Rugby Club to assist with the travel for the young people who wish to travel to the Principality Stadium to see the village play in the final. It is indeed a fantastic achievement for such a small village to achieve such an honour and we wish them well in the final (gone to press



*His Majesty the King talking to Dan. Or is it the other way around!*



*We just had to support our wonderful Mayor & Mayoress Huw and Lisa Thomas at the Mayor's Ball.*

before the match). Well done Llangadog. You've done Llangadog proud. Ardderchog bois.

A few of us are actively involved in the Llandoverly Hospital Centenary Dinner Celebration at Green Grove Barns. Although not a Rotary event President of the League of Friends Mickey has ensured a few of us are very actively involved. Mickey, Tim, Anthony, Barry, Derek and the ladies Elen, Andrea and Meryl are all involved together with Ian and Pippa Watts and Dr Rees and his wife Kerry in arranging this massive celebration event on May 2nd. We must do everything possible to ensure our fantastic Hospital continues long after the 100 years. The Rotary Club will certainly offer every possible support and encouragement.

We now have a new 'permanent' Secretary. The newly retired John Kelly volunteered for the post. Well, he might have mentioned that he just may be somewhat interested in finding more about the job. That was good enough for us. He was quickly proposed, seconded and voted on unanimously, (except for John), before he could even cough. 'Permanent' in this case will mean at least 10 years in the job! He is indeed a very capable person and ideal for the job. Mind you, anyone who just hinted they'd be interested would have been ideal for the job! His minutes thus far have been exemplary. Well done John.



*Our new 'permanent' Secretary John Kelly.*

The last 12 years has seen tumultuous change in Llandoverly Rotary Club and it has been a great privilege and pleasure reporting the changes which have happened on this watch.

Years ago, in Rotary of old, when it was a much more staid organisation only one person of any occupation was allowed into any club. For example, 2 bankers were not allowed to join the same Rotary Club. There were ways around it as in most things. If there was a bank manager already in the club and another bank manager wanted to join, then his occupation would be written down as a financial advisor. When Llandoverly Rotary Club was started, it was an all male affair for many years and one member in particular ensured that a very strict dress code was followed. A jacket and tie and proper trousers with a crease in and shiny shoes were obligatory. Nothing less was tolerated. Ieuan Pugh Morgan who was a member just after it started will testify to this and even a clean and tidy haircut was de rigueur. Anyone who turned up with anything less than that stated would have been quickly pulled aside and torn off a real strip and I t would not happen again. Now of course things are much more relaxed.

We have always had to call ourselves a dual gender club for legal reasons, but the fact was that no lady ever requested to join. This was tested when Rosie asked to join and of course she was welcomed. It changed the dynamic of the club and more ladies followed which in fairness has been a revelation. The dress code has



*Ganesh Subrahmanyam.*

*continued on page 30*

since been relaxed also and now the stipulation is 'Smart Casual'. Even this has been tested on occasions. The word 'smart' can mean different things to different people!

The Club now is absolutely thriving and over £100,000 has been donated to local good causes over the last 10 years. We now have 23 members which is over 1% of the population which is regarded by Rotary to be a very high proportion.

It has been a great privilege and pleasure to report on the happenings of this wonderful Club that does so much for this community, not just financially but for the support it gives for all the needy causes.

The Club introduced the fabulous Droverfests that are enjoyed by so many. The Duck Races which local people support so well and in my opinion the best of all the superb James Bond Night at the Castle Hotel. Oh the wonderful memories. We have assisted at the Carnivals, the Fireworks Displays, Motor Cycle Weekends, Sheep Festivals, the hugely important Covid and Flu Clinics at the Rugby Club which are continuing and on going, Fun Runs and the Rotary Santa runs when we used to go around the villages and farms were always tough going on the back of the sleigh for a week. The run back from Llanwrtyd was positively frostbite inducing with a freezing wind traveling at 40 miles per hour on the back of the sleigh! Rusty once fell off the sleigh on the Cilycwm run in the pitch black. He stepped off the sleigh when he thought it had stopped when it was actually still going at 10 mph! Cuts to head, body and new glasses were required together with a badly bruised ego! Oh the joy. Rotary health and safety put a stop to that.

The dreaded rallies on Epynt were as tough a test as you could get. Having endured quite a few freezing nights without sleep in the perishing Crychan Forest I can confirm it is true and absolute brass monkey weather in winter when the RAC Rally came through in November. Not for the feint hearted but a good earner for our bank account so we did it. Brrrrrrrr. I can still feel the cold in my knees now!

We have gained many new members over the years which is always a pleasure to report. Not all stay and some move on. We have also lost some great friends which is always heartbreaking to report. Truly heartbreaking.

The weekly meetings could bring up almost anything. We have been asked to support people traveling all over the world. From the NASA Space Centre to Vietnam to South Africa and beyond. We have supported sports teams. Football, rugby, cricket and archery among them. The Youth Club, Young Farmers Clubs, the Scout and Guide Hut renovation which we took on, the schools, playground parks in Llandovery and Llangadog. We have organised the wonderfully supported schools competitions where Primary school pupils compete against each other in maths, english and art. This was another real pleasure to report. The children were so polite and well behaved. Honestly, they were.

The many speakers that we have had the privilege of hearing from have been brilliant. They have been

varied and from all walks of life. The subjects have been about anything and everything that were of interest. We have had Sirs, a High Court Judge, Welsh Rugby Internationals, a man riding around the world on a bike, a Governor of a Prison and even the Archbishop of Canterbury has come to speak.

Of course these are just examples of who we have supported and who we have reported on in the superb POST Magazine. There are very many, many others too who we have supported. This, of course is on going and we will continue to support this community wherever and whenever possible. As stated it has been a great pleasure to report them. But honestly, I'm done. Absolutely done this time. It is time to hand over the reins.

As stated, it has been an absolute honour to report on the goings on at our Rotary Club. Good luck to Tim taking over and I'm sure the change over will be seamless. I must say a heartfelt thank you to those of you who have sent messages thanking me for keeping them informed and wishing you well in my retirement! Although it's not quite retirement yet as I will continue to run the Love Llandovery Facebook page together with the Llandovery Rotary Club page and I strongly urge you to follow both.

Thanks also to Aaron at the brilliant POST Magazine for posting our monthly report and getting the word out.

That's it. I'm done.

Thank you all and from this page at least, Goodbye.

Derek.

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08/26(12)



## NEW SEASON OPENS FOR LLANWRTYD'S HERITAGE & ARTS CENTRE



Spring got off to a fantastic start at the Llanwrtyd Heritage & Arts Centre, with reopening for its tenth season coinciding with Easter festivities that saw over 110 children and family members participating in the annual Egg Hunt. The youngsters and their families started their hunt at the local Ysgol Dolafon, following a route around the town before arriving for a morning of activities and refreshments at the Heritage & Arts Centre.

As in previous years, in addition to its heritage displays, regular talks and performance events, the Centre's art gallery will for its 2026 season play host to an eclectic, stimulating and interesting range of artists and groups.



April's exhibition commenced the 2026 season with the pictures of Llandrindod Art Group and Llandovery based artist and maker Elain Jones, together with the organic-themed work of local ceramicist Wendy Chamberlain, and the sculptural lighting of fellow maker Jonathan Burton.

With the start of May, the next exhibition will feature the work of New Start Art, a group of three female artists – Gorica Bulcock, Sue Reah and Val Fowler – who live in the Llandovery area of the Upper Towy Valley. Their work reflects the nature, landscapes and environment of this beautiful part of mid Wales, drawing inspiration from their surroundings. Working in mediums including oils, watercolours, acrylics, inks, and pastels, their paintings cover a wide range of styles and subjects, including the landscapes, flora and fauna of the area, as well as still life and abstract works. In addition to their many pictures, other work to be included in this exciting May exhibition will include textiles such as tote bags, patchwork cushions and aprons.

May will also mark a significant birthday milestone in the life of the Llanwrtyd Heritage & Art's centre, which celebrates a decade since the former Congregational Chapel opened it's doors for the first time as Llanwrtyd's premier arts and cultural centre. On Saturday 16th May, a coffee morning will be hosted at the Centre, with talks describing how the Centre was brought into being through a community-led initiative by local volunteers, supported by funding from the National Lottery as well as a range of other generous donations by companies and individuals. The event will start at 10am and will be followed by a heritage trail walk around Llanwrtyd commencing at midday.

# RHAPSODY IN BLUE – TIM KLIPHUIS TRIO: A MIDSUMMER CONCERT AT ST CADOG’S CHURCH, LLANGADOG



*The Tim Kliphuis Trio celebrates its 20th Anniversary with George Gershwin’s landmark hit in a masterful new version.*

Come and celebrate midsummer at St Cadog’s Church, Llangadog, with the internationally acclaimed Tim Kliphuis Trio! Reverend Jeff Thomas and the congregation warmly welcome the Trio back to the village, following their sell-out concert here in 2024 – and what better way to mark the longest days of the year than an evening of dazzling live music.

Just over 100 years ago, George Gershwin composed *Rhapsody in Blue* for the Paul Whiteman Orchestra, blending elements of classical, jazz and blues. This iconic piece opened up a new era in America’s musical history and remains one of the most recognisable compositions in the world today.

To mark 20 years of touring together, Tim Kliphuis and his Trio present a brand-new, virtuosic *Rhapsody* that swings, grooves and dazzles. With their trademark high-octane sound, the three musicians play the roles of both orchestra and soloist, reviving the free-flowing improvisational spirit that Gershwin’s timeless melodies deserve.

Paired with the *Rhapsody* is the Trio’s much-loved arrangement *Hoedown for the Common Man* – performed with orchestras across the world – celebrating the music of another great American composer, Aaron Copland. To top this exciting programme off, the Trio play some other Gershwin gems: *It Ain’t Necessarily So*, *I Got Rhythm* and *They Can’t Take That Away from Me*, in a solo guitar version.

Over their 20-year career the Tim Kliphuis Trio has delighted audiences across this area and far beyond. Recent highlights include a Royal State Visit to Sweden and collaborations with the Netherlands and Tallinn Chamber Orchestras and the Cape Town Philharmonic Orchestra. With two Sony albums ‘Reflecting the Seasons’ and



‘Brandenburg’, their innovative new version of Vivaldi’s masterpiece hit the number one spot on the i-Tunes charts.

This special midsummer concert is a fundraiser for St Cadog’s Church, Llangadog.

**Saturday 20 June, 7.30pm**, drinks will be available, doors open 6.30pm, St Cadog’s Church, Llangadog, SA19 9AA

**Tickets:** £15 (£12 concessions)

To reserve your seat: call 01550 777657 or email [ireenhayes@aol.com](mailto:ireenhayes@aol.com)

Online tickets can be purchased at <https://tinyurl.com/kliphuis-gershwin>

Tickets are also available from Morgans and Baileys in Llangadog, Peppercorn in Llandeilo, and the Dragon’s Garden Bookshop in Llandovery.

## WHAT’S ON at The Old School in Capel Dewi SA32 8AD

9th May: Local Producers and Craft Market, 9.30am – 1.00pm

16th May: Annual Plant Sale, 9.30am – 1.00pm

27th May: Book Club, 7.00pm

29th May: Pop up Pub, 6.30pm

5th & 19th May: Simon J Pizzeria Van from 6.00pm – 8.00pm

Any queries or question please contact [capeldewicommunity@gmail.com](mailto:capeldewicommunity@gmail.com)



## RETHINKING FUNERALS: COFFINS

**Wood:** Coffins can cost a fortune, but they don't have to cost the earth! Prices vary hugely, with a traditional wooden coffin in the UK costing anything from £350 to £10,000(!) depending on the choice of wood, who you buy it from, what furniture is added.

You may think of wood as being environmentally sound, a natural product. But think, where was the wood grown and imported from, how long did it take to grow? How long will that tree take to replace? What is the wood treated with? Lined with? furnished with? Most traditional wooden coffins are made from veneered chipboard, held together with glues, varnishes and metal fittings. They look polished, but they're not environmentally friendly, and they don't break down naturally.

However, if you still prefer a traditional wooden coffin, there are suppliers who use sustainably sourced wood, avoid glue and varnish and have wooden or hemp handles. You can even make it yourself if you're handy!

**Willow** is one of the most popular eco friendly choices. They range in price, typically £500-£1000 and are hand woven by skilled craftspeople, they feel warm, natural and deeply human. They are not only available in their natural colour, but can be dyed using natural colourings to create vibrant, vivid shades too. Willow coffins biodegrade gently and can be personalised with flowers, greenery or ribbons woven into the structure. There are even craftspeople who invite you to get involved in the weaving of your loved ones (or your own) final resting place.

**Cardboard** coffins are often misunderstood. People hold the view that they look "cheap" and that they might be flimsy. This is not true. They look natural (if you want) but they can also be beautifully printed. Personally I love that they can be left plain for families to decorate with messages, drawings, photos or pressed flowers. They're also surprisingly sturdy. In terms of cost, they start at around £200. Typically c£200-£700 and they're one of the lowest impact options available and invite creativity and connection.

**Mushroom** Coffins: This is exciting! A company called Loop Biotech found a way to create a coffin (they call

The Cocoon), grown in 7 days (!) from mycelium root and upcycled hemp fibre. Typically lined with moss. Not only are they sustainable and biodegradable, they actually enrich the soil, increasing biodiversity and feeding the earth. They cost c £1500

**Wool** is, surprisingly strong. There is a fabulous company called The Woolen Cwtch Company that uses locally sourced British wools. I'm very excited that these include my local Welsh mountains of the Epynt. Can you imagine laying your loved one to rest in a warm natural fibre. C£850

**Bamboo, Seagrass & Banana Leaf:** These days there are all sorts of materials in nature that are being used for coffins. Materials that create soft, tactile coffins that are strong, sustainable and elegant – perfect for someone who valued simplicity or the natural world. Currently these range from c£450-£1500

**Shrouds** are one of the oldest and most natural ways to be laid to rest. To put it simply, it is any piece of fabric used to wrap a body.

Made from wool, cotton, linen or felt, they wrap the body gently, without the need for a coffin – though some natural burial grounds require a simple board beneath for support.

You can even make your own. There are lots of helpful guides online. You need to think about the type of material, choose a natural one that degrades quickly. Also the size, at least 7ftx7ft (c2.5m square). Also consider how it is tied and supported. Most importantly, don't use my instructions, seek out a proper guide!!!

Shrouds feel intimate, soft and deeply personal. For some families, they bring a sense of peace that a coffin never could.

What I love most about eco friendly coffins and shrouds is how personal they can be.

- A willow coffin can be woven with flowers from the garden.
- A wool shroud can be stitched with a favourite colour or pattern.
- A cardboard coffin can become a canvas for love – covered in messages, handprints or memories.

These choices invite participation. They invite creativity. They invite connection. They remind us that funerals don't have to be cold or clinical. They can be warm, natural and reflective of the person we're saying goodbye to.

**Next Time:** Rethinking Funerals : Transport



# TRACTOR & 4X4 RUN FUNDRAISER

On Sunday morning, 24th May the Llandoverly Pylon group are delighted to be organising a fundraising Tractor & 4X4Run. Please come along and join the event, bringing your 'No Pylons' themed vehicle to help raise much needed funds for the ongoing campaign.

Together, we need to show your continued commitment against the proposed wind farms and pylons. By coming together, as residents, landowners and local businesses we will display the strength and unity of our community against the Green Gen proposals.

As a group, we rely heavily on the generosity of local donors and are incredibly grateful for support from a number of individuals, organisations and businesses. To date, confirmed prizes and donations towards this event include; Judy's Ice Cream Parlour, Morris Isaacs, G T & E Feeds & Y Caban. West End Cafe are providing a hot meal following the run. Such events could not be planned without such support and generosity, thank you.

On the morning of the 24th May, a planned route, to include areas more recently impacted by the most latest proposed pylon route. The run will depart from the Tonn at 9.30am, with a refreshment break before joining the celebrations of Carnival Day, leading us all to the Rugby Club.

Please book your place on the run, including passengers to secure your hot meal by Monday 11th May. You can book your place at Judy's Cream Parlour – Market Square, Llandoverly or at Y Caban, Abermarlais lay-by, Llangadog or by emailing [llandoverlypsg@gmail.com](mailto:llandoverlypsg@gmail.com). For further information see your promotional posters in the community.

We look forward to seeing you! Tractors – new, vintage and 4X4 vehicles, all decorated to highlight our campaign message – NO PYLONS to show your continued support.

The Senedd continues to push for the industrialisation of rural Wales at the expense of the land & people & communities. As a group we are pro renewable energy but not at all costs. Please continue to contact your council & politicians voicing your concerns & you can find the latest information and property devaluation calculator on the website [nopylonswales.co.uk](http://nopylonswales.co.uk)

We very much hope you can join us – We will NOT be defeated – The fight goes on.

# POPULAR CHOICE ALL STARS XV 1996-2025



Photo by Stuart Ladd

Photo of wing Aaron Warren who won the popular vote for inclusion in Llandoverly's Best XV of the last 30 years (1996 – 2025)

The response to the questionnaire that asked Llandoverly RFC clubmen to nominate their best composite Drovers XV of the last 30 years was disappointing writes Tom Stephens

Of just 21 selections sent in by a sprinkling of former players, committee men, board of directors and supporters, most agreed with Huw S Thomas's XV.

The two changes, suggested by a majority of answers were the inclusion of wing Aaron Warren (for Joe Ajuwa) and lock John Westgarth (for Bryn Griffiths).

Some suggestions did not meet the criteria of the need to have played for the club on at least 30 occasions -



Tadhg Beirne only played twice, both Jamie Cudmore and Macc Page just 23 times.

Carwyn Davies who went on to be capped by Wales on the wing could not be considered as his last game for the Drovers was back in 1992, four years too early for inclusion.

The main positions where selections differed from Huw S's choices were at wing and lock.

Many disagreed with the inclusion of Joe Ajuwa and there were 80% in favour of replacing him with Aaron Warren. It meant moving Mark Jones to the right wing spot and slotting Aaron Warren into his favourite left wing place.

The wing's record of 120 tries in 262 appearances may never be beaten and both he and brother Adam make the All Stars XV by popular acclaim.

Back rower Marc de Marigny got a few surprise votes, the only man not to have featured in the original list of a possible 100 players to be considered.

The biggest difference of opinion was at lock where John Westgarth won heavy votes from the public.

The most insistent argument for the selection of Westgarth was the club President Handel Davies's view that the hugely popular Geordie was the most rugged, strongest, hardest and most influential forward to have turned out for the Drovers in the last 30 years.

The Maltese born former West Hartlepool second row played 108 games for Llandovery 1994-1999 and never took a backward step in the heat of battle, befitting a man who only lost an European Heavyweight title fight on a controversial split decision.

His early death at the age of 64 much saddened his Llandovery fans and friends.

### POPULAR CHOICE ALL STARS XV

*(Changes from Huw S Thomas's selection in bold with name of player replaced)*

Full Back: Jac Davies

Wing: Mark Jones

Centre: Rhodri Jones

Centre: Adam Warren

**Wing: Aaron Warren (Joe Ajuwa)**

Fly Half: Ioan Hughes

Scrum Half: Lee Rees

Loose Head: Wyn Jones

Hooker: Taylor Davies

Tight Head: Andrew Jones

**Lock: John Westgarth (Bryn Griffiths)**

Lock: Jack Jones

Flanker: Dafydd Jones

No 8: Jonathan Mills

Flanker: Chris Davies

## LLANDOVERY IN BLOOM COMPETITION 2026 / GWYL FLODAU LLANYMDDYFRI 2026

Following on from the spectacular display of daffodils and crocuses in the town earlier this year, it is again time to arrange the colourful flower displays in Llandovery. Also time to think ahead and plan the Llandovery in Bloom Competition 2026. The entry forms will again be available from the 1st May 2026 at the following places: Llandovery Post Office, Y Gannwyl Museum & Visitor Gateway, Judy's Ice Cream Parlour & Mathew's Butchers. Once the application form has been completed, please leave it at the premises you got it from, from which it will be collected. The closing date for entries will be Friday 19th June 2026. Judging will take place in early July with awards being presented on Saturday 1st August 2026 at 2.00 p.m. in Market Square, at the Farmers Market, as last year.

There will be an additional category this year for the 'Best Garden Water Feature'. All categories are as follows:

1. Best Street
2. Best Garden (up to 100 sq. yds)
3. Best Garden (over 100 sq yds)
4. Best Dwelling Frontage
5. Best Business including Public House
6. Best Individual Hanging Basket
7. Best Car Park Bed (Biodiversity)
8. Best Senior Citizen's Display
9. Best Childrens Display (13yrs. old or less)
10. Best Vegetable Display
11. Best Garden Water Feature

### Individual gardens may be entered in one category only

Please note: The judge will visit the gardens early July 2026. Awards will be presented to those judged best in each category for the First, Second and Third.

As last year, Category 7 'Best Car Park Bed' will have the theme of biodiversity, to increase awareness. The adoptees of their bed are invited to be creative and display an aspect of biodiversity, with a short written description at the bed describing what/how they want to achieve.

Thank you for all your hard work & GOOD LUCK!

## 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 May sessions are on the 12th and 26th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.



AMGUEDDFA LLANYMDDYFRI  
a Phorth Ymwelwyr

LLANDOVERY MUSEUM  
& Visitor Gateway

## MUSEUM NOTES

# MEMORIES SEATED IN A MUSEUM CHAIR



When Ebenezer Baptist Chapel in Llandovery closed recently, new homes had to be found for its contents. One of its beautiful oak chairs has been gratefully accepted by the town museum.

The chair was originally made for the Llandovery Eisteddfod in 1936 by a local cabinet maker, Peter Williams. It was among more than a hundred chairs won by the poet David Rees Griffiths (1882–1953), better

known by his bardic name, Amanwy. His brother, James Griffiths, was the Labour MP for Llanelli and became the first Secretary of State for Wales.

Amanwy was born on 6 November 1882 in the blacksmith's house in Betws, Ammanford. He was the fifth of ten children born to William and Margaret Griffiths. At the age of twelve, he began working underground in the coal mines. In 1908, he was seriously injured in a collapse at the Pantyffynnon colliery, an accident that also claimed the lives of two miners, including his brother Gwilym.

The accident proved to be a turning point in his life. During the two months spent bedridden with his injuries, Amanwy discovered a love of poetry. Between 1910 and 1923 alone, he won 52 bardic chairs. He won his first Llandovery chair in 1925, and during the May Bank Holiday of 1931, he won three chairs on three consecutive days – in Llandovery, Pembrey, and Treorchy. In addition to the prestige, these triple victories brought financial prizes totalling £16 16s, equivalent to over £1,000 today.

Amanwy was known for his generosity. Much of the prize money he won at various eisteddfodau went to help others. From 1928 until his retirement, he worked as caretaker at Amman Valley Grammar School, where many pupils benefited from his kindness and influence.

Earlier in his life, he helped Gomer M. Roberts pursue a college education by collecting the poetry of fellow miners and donating all the profits from their published collection, *O Lwch y Lofa* ("From the Dust of the Mine"). Roberts later became a well-known minister and historian, and after Amanwy's death in 1953, he edited a collection of the poet's verses.

Amanwy's personal life was marked by hardship. In 1910, his first wife died of tuberculosis, leaving him with two young sons. Three years after he remarried, one of the boys died at the age of twelve, and the other passed away, aged twenty-seven in 1935 – just months before his father won the chair now housed in Llandovery Museum.

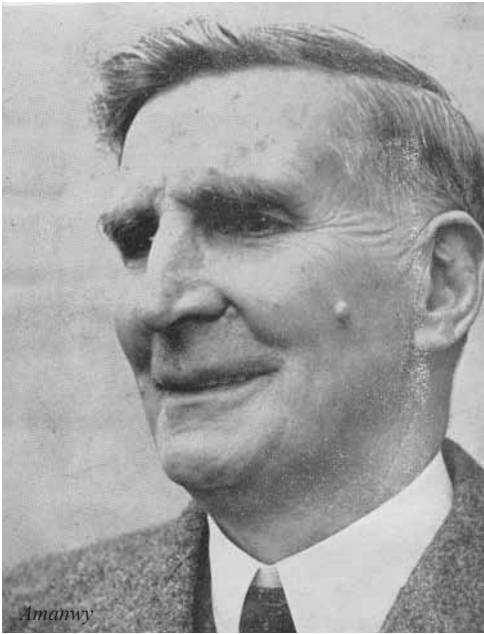
## PUMSAINT WI

On Tuesday 7th April members welcomed our speaker Graham Watkins. He spoke about Welsh Myths and Legends. He has written many books on the topic including walking tours and another entitled *60 Welsh Follies*. All books were available for members to purchase and some did. Graham read three short stories from the *Welsh Myths and Legends* book, about a ghost hunter; a magician and the last about a fisherman. Everyone was enthralled by the interesting tales.

Our next meeting is 5th May and we are looking forward to Llinos showing us some gentle exercises.

New members always welcome, please come along to the Coronation Hall in Pumsaint, 7.30pm during the summer.

Sue Jones



The Llandovery Eisteddfod was considered second only to the National Eisteddfod and attracted many of Wales's leading poets, musicians, and adjudicators. It was held in a large tent on the castle grounds, while the brass band competitions took place outdoors. These events drew huge crowds, with three divisions of competition and renowned bands such as Parc and Dare, Cory, and Emlyn competing in the First Division.

Peter Williams was born on 1 February 1895 in Llandovery, the fourth son of Thomas Williams, a plasterer, and his wife Rachel. Thomas was a native of Caio, while Rachel came from Cil-y-cwm. Although Peter considered following in his father's footsteps, he chose instead to become a cabinet maker.

In 1914, he won the Carmarthen School of Art's wood-carving prize. A year later, his artistic talents were further recognised when he achieved almost full marks in Geometrical Drawing in the Newspaper Illustrating Course.

By April 1916, he had joined the Army, and before the end of the year he was reported missing in France. His parents endured an anxious wait before receiving a letter informing them that he was a prisoner of war in Germany. Two years later, shortly after Christmas 1918, they were finally reunited.

Two of his brothers also served in the First World War. Evan, a well-known welterweight boxer, took part in the Suvla Bay landing and in the subsequent fighting at Gallipoli. David John, who fought in France, was severely wounded and had to be discharged.

After the war, Peter worked for a cabinet maker in Ammanford before establishing his own business at Cambray House (41 Stone Street), next door to the New White Lion.



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# IAN MILLAR & DOMINIC SPENCER SAXOPHONE & PIANO DUO FROM SCOTLAND

## The UK's hardest working jazz group!

*“Very cool music played in a magical atmosphere – this will appeal to jazz novices as well as hardcore enthusiasts.”* Three Weeks Magazine

Appearing at: LLANDEILO FAWR CIVIC HALL,  
17 Crescent Rd, Llandeilo SA19 6HW, Sat 2nd May 8pm



Ian and Dominic are unique in the UK Jazz community taking their blend of melodic jazz standards and original compositions to rural communities all over the UK. They use programmable lighting and table lights to create a wonderful intimate atmosphere for the music.

They tell stories of their travels in their Tour Bus – an old converted Yorkshire Ambulance, in an entertaining evening of creative music and enthusiastic joy.

“We are delighted to be performing all over the UK in a variety of venues with many sell out concerts and record sales in the Edinburgh Fringe Festival” says Ian

“We are now also making many return visits to venues up and down the country. Throughout lock down we called ourselves the Socially Distanced Duo now we’re getting out and meeting our audience again!” says Dominic

LLANDEILO FAWR CIVIC HALL, 17 Crescent Rd,  
Llandeilo SA19 6HW, Sat 2nd May 8.00pm, £12,  
Accompanied under 16s free.

Ticket sales number 01558 822001 or from Yarn and Sew  
Ltd, 99 Rhosmaen street, Llandeilo.

### Licensed bar

Visit our website for our blog, videos, photos, reviews and our Concert Diary plus links to our Social Media accounts.

[www.millarandspencer.co.uk](http://www.millarandspencer.co.uk)

## MYDDFAI NEWS

*Myddfai Community Hall & Visitor Centre's shop and café will be open daily from Wednesdays to Sundays 11.00am – 4.00pm. Unfortunately we won't be open on either bank holiday Monday in May.*



**What's on:** We have two willow weaving workshops in May on Thursday 14th and Thursday 21st May. Our monthly Pop-up Pub is on Friday 29th May, everyone is welcome. Our monthly Farmers Market is on Sunday 31st May, 12 noon to 3pm- come along to support the local producers and crafters that attend our market each month.

We are always looking for volunteers to help out in the café and shop, please get in touch if you have a few hours to spare per month, where you can join our friendly team, lunch is provided.

For anyone who has not yet been up to Myddfai and visited our shop and café has missed a real treat. There is a huge range of quality local suppliers from pottery, Welsh Tweed, jewellery, aprons and bags wooden bowls and boards, fused glass, a wide selection of artwork, books on local history and traditions. In addition, we have a wide selection of greetings cards, Myddfai jams and chutneys, local honey and the awesome smelling Myddfai range of toiletries, as well as a great selection of candles and soaps, knitted items, antiques, and much more.

Myddfai cafe is a great place to stop for a delicious lunch or afternoon tea, we always have a wide selection of freshly made cakes and soups on offer. Our Afternoon Teas, and Cream Teas proving very popular, come along and give them a try, you won't be disappointed! If you are part of a group or club you can book a talk on the Physicians of Myddfai, or a related subject and combine it with afternoon tea?

This award-winning Hall is a great venue for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party please get in touch – we offer a range of catering options to suit all budgets.

Come along and join in with one of our regular classes. Tuesday its yoga 10.00 – 11.30am; Wednesday it's Craft Class 1.30 – 3.30pm then on Thursdays it's Pilates 9.30 – 10.30am, Friday it's Art 1.30 – 3.30pm.

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org) 07879 119223 or Hall No. 01550 720449. Check our website [www.myddfai.org](http://www.myddfai.org) or our Facebook page for What's On.



## **BARCUD WILL PUT TENANTS AT THE HEART OF NEW TENANT & COMMUNITY INVOLVEMENT STRATEGY**



Barcud is developing an enhanced Tenant and Community Involvement Strategy which continues to build on tenant engagement and sets out a commitment to placing tenants at the heart of future decision-making across the organisation.

The strategy is currently being shaped following a recent series of collaborative workshops which involved tenants, Board members and colleagues.

The Barcud group is based in mid and west Wales and comprises Barcud Housing Association, together with Care and Repair in Powys, The Care Society and EOM. As a group it is committed to creating an ambitious, forward-thinking business, focused on developing affordable homes for rent and purchase, as well as providing essential first-class housing support and maintenance services for tenants and communities.

The purpose of the workshops, which were held in Aberystwyth, Lampeter, Newtown and online, was to understand how involved tenants currently feel, identify barriers to meaningful engagement, gather ideas and lived experiences ahead of creating the new Tenant and Community Involvement Strategy.

Alison Thorne, Chair of Barcud's Board, said, "Tenant involvement is fundamental to delivering high-quality, responsive services. By actively listening to tenants and creating accessible opportunities for participation, we will learn more together and therefore can strengthen trust, improve satisfaction and ensure services are designed and delivered in ways that reflect current needs and experiences."

Alison continued, "Tenant involvement is fundamental

to delivering high-quality, responsive services. By actively listening to tenants and creating accessible opportunities for participation, we aim to strengthen trust, improve satisfaction and ensure services are designed and delivered in ways that reflect real needs and experiences."

The Strategy will deliver a clear and accessible definition of tenant involvement which will create a consistent approach in the future. It will empower tenants, strengthen communities, and ensure that involvement is meaningful, inclusive and impactful. It will reflect Barcud's commitment to working in partnership with tenants to shape services, improve outcomes, and build a stronger, more connected organisation.

The new Tenant and Community Involvement Strategy is scheduled to be launched this summer. If you are a tenant and were unable to attend any of the recent workshops but would like to contribute your views please email: [post@barcud.cymru](mailto:post@barcud.cymru)

## **PHYSICIANS & PHARMACISTS PAST, PRESENT, FUTURE: CLIMATE, ILLNESS AND MEDICATION**

The 2026 Physicians of Myddfai Society conference on Saturday 27th June at Myddfai Community Hall and Visitor Centre explores the effects of climate change on pharmacy, the evolution of healing, and how ancestral wisdom and cutting-edge science converge to meet the health challenges of the future.

Our journey begins in the ancient world with Professor Rosalie David (University of Manchester), who reveals how environmental shifts influenced disease and treatment in Ancient Egypt. Drawing on our own heritage, Dr Geertje van Keulen (Swansea University) discusses "Redesigning Resilience," sharing groundbreaking research into how medieval Welsh medicine is inspiring modern antimicrobial solutions.

Looking toward the horizon, Dr Zi Hong Mok (Swansea University Medical School) presents the future of pharmacy, focusing on 3D-printed drug formulations and the rise of precision medicine. The day also features a poetic tribute to the late Dr Morfydd Owen by Mary MacGregor, and the speakers will be introduced by Dr John Rees and Gwenno Williams.

Admission is by ticket only, which includes conference, lunch and refreshments. For further information please contact Margaret Shapland [cilbrydwen@gmail.com](mailto:cilbrydwen@gmail.com) 01550 740330 or Huw Llewelyn [huwlllewelyn@gmail.com](mailto:huwlllewelyn@gmail.com) 07968 529154.

# FRIENDS OF CÔR MEIBION LLANYMDDYFRI MONTHLY LOTTERY DRAW RESULTS JANUARY TO MARCH 2026

## January 2026

- 1st Lynne Morgan
- 2nd Christopher Jones
- 2nd David and Linda McDonald
- 3rd Wyn Morgan
- 3rd Gareth Rees Morgan
- 3rd Keri Hughes

## February 2026

- 1st Ceri Davies
- 2nd Julie Harries
- 2nd Telor Dyer
- 3rd Rhys Watts
- 3rd Kevan Thornber
- 3rd Mollie Lloyd

## March 2026

- 1st Rhodri Thomas
- 2nd Becca Richards
- 2nd Isla Thomas
- 3rd Gina Jones
- 3rd Louise Davies
- 3rd Louise Thomas

Many thanks to you all for your continued support to the Choir. Diolch yn fawr iawn i chi gyd!

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## WRITE-ON REV!

Dear Friends,

As we move through the Easter season, the Church prepares to celebrate the great feast of the Ascension of the Lord, when Christ is taken from the sight of the disciples and yet promises to remain present with his people always. The Ascension is not a story about absence, but about hope. Jesus entrusts his mission to ordinary people and assures them that God's presence will accompany them in every place and every time. It is a reminder that the work of love, reconciliation, and renewal continues through us. This year we will gather as a united community for our Ascension Day Eucharist at St Paul's, Manordeilo, on **THURSDAY 14 MAY 2026 AT 7.00PM**. Ascension reminds us that Christ draws all creation towards the life of heaven, and that our calling is to live now in the light of that promise. Everyone is warmly welcome to join us for this joyful and reflective service. Later in the season we also celebrate Trinity Sunday, which speaks of the mystery of God's life as communion, relationship, and love. Reflecting this shared life, we will hold three **UNITED LMA TRINITY SUNDAY EUCHARISTS ON 31 MAY AT 10.30AM IN LLANSADWRN, LLANDINGAT, AND LLANDEUSANT**, offering an opportunity for fellowship across our communities. These shared gatherings are signs of hope. They remind us that the Church is not simply a collection of buildings, but a living community shaped by faith, friendship, and prayer. In uncertain times, we continue to trust that God is at work among us, calling us forward together. Croeso i bawb – all are very welcome.

Father Neil, The Vicarage, Llandoverly.

## TOWY & COTHI HUNT 250 CLUB

held at the Castle Hotel, Llandoverly on 10th March 2026

- £15 Benjamine Morgans, c/o Cwmto Fawr
- £15 John Thomas, Glanrynyis, Llangadog
- £10 Chris Thomas, Llwynrhos, Ffarmers
- £10 William John Lloyd, Llwynberllan
- £5 Caio Lewis, Nantyrast, Rhandirmwyn

**House prize: Justin Davies, Maesneuadd, Llawrda**

held at the Castle Hotel, Llandoverly on 14th April 2026

- £15 Brendan Thompson, Caerwyn, Hafod Bridge
- £15 Beryl Morgan, Broad Street
- £10 Mark Plunket, Rhiwyrhwch, Silo
- £10 Alun Davies, Cefnhirfryn, Cynghordy
- £5 Rhees James, Glynpentan, Pentretygwyn

**House prize: Anne Morgans, Cwmto Fawr**

Next 250 Club at the Red Lion, Llangadog, 12th May 2026.

# READERS' SALES & WANTS

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

## FOR SALE

- **Seasoned firewood** (mostly ash) available in Manordeilo in various forms. Lengths for cross cutting, cut rounds for splitting or cut and split logs. Contact: clairemansellewis@icloud.com or 07773 474048. We can also deliver. Prices to be negotiated.
- **Fireguard.** A black Lincsfire extendable fireguard. Rectangular and extending widths up to around 150cm by about 75cm high with 40cm sideguards. Hardly used, £20 Contact Alan: 07969 570733.
- **Fiesta 2007 Good little runner** but no longer needed. £300 ono 01550 721557.
- **Wonderful pot plant,** 5ft tall in 27inch pot. Has outgrown our conservatory, £10 to good home only. 01550 721557.
- **Exercise bike,** hardly used, £40. Tel: 01550 721557.
- **3 Seater sofa,** newly upholstered gold colour, £40ono. Tel: 01550 721557.
- **Fischer Electric storage heaters,** 5 never installed, together or 1-5. Offers. Tel: 01550 721557.
- **Earthquake Badger Garden Tiller/Rotorvator,** 190cc little used, very good condition with handbook, £215. Tel: 01558 685234.
- **Electric Ceramic 4 ring hob,** very little use (good as new) with box, £25. Tel: 07836 749652.
- **Single electric oven,** fitted 13amp plug, very good condition, very little use, £25. Tel 07836 749652.
- **Epson compatible ink cartridges,** 8 black, 4 yellow, 3 magenta and 1 cyan. Tel: 07944 373473.
- **CHEST FREEZER.** Scandinova make. Approx 8cu ft capacity. EC range: E. External Dimensions: H 83cms L 103cms D 60cms, white, top loading, in good condition, £40 ono. Tel 01558 685606 or 07555 164 434. please leave message if no reply.
- **Tyme Avon wood turning lathe,** 36 inch bed, good working order, £200 ono. Tel 07801 334490.
- **Power Craft circular table saw,** £20. Tel 07801 334490.
- **Milenco Triple 3 leveling blocks,** £30 ono. Tel 07801 334490.
- **Brabantia 50 metre rotary drier.** Unused and in original packaging, £25. Tel: 07831893389.
- **4 Hatchets,** £2 each. Tel: 07831 893389.
- **10kg grass seed,** £10. Tel: 07831 893389.
- **100 + audio cassettes** various genres. Free to a good home. Tel: 07831 893389.
- **Aquarium** – brand new unopened box. Large rectangular wall mounted fish tank. Comes as complete kit including pump. Size: 1180mm x 150mm x 680mm, £100. Contact Alan: 07969 570733.
- **Large TV wall rack,** £5. Tel: 07761 462850 Llandoverly.

- **Coleman MacKenzie Cabin 4 berth tent.** Used, in good condition. Includes matching wind break. Steel sectional poles. Tent size: 480cm x 315cm x 217cm (height). Packed weight: 25kg, £100. Contact Alan: 07969 570733.
- **Record No. 2 bench vice,** £25. Tel: 07761 462850 Llandoverly.
- **Bosch Pof500 router,** £20. Tel: 07761 462850 Llandoverly.
- **Petrol strimmer,** £35. Tel: 07761 462850 Llandoverly.
- **Sturdy 8ft rope ladder,** £12. Tel: 07761 462850 Llandoverly.
- **Mountain bike tyres,** 26 x 1.95 pair, £10. Tel: 07761 462850 Llandoverly.
- **x46 Wall tiles,** 6" x 6", white, £6. Tel: 07761 462850 Llandoverly.
- **x87 light blue wall tiles,** 4" x 4", £6. Tel: 07761 462850 Llandoverly.
- **Heritage basin pillar taps,** pair, £5. Tel: 07761 462850 Llandoverly.
- **JVC headphones** for Apple/Android, £5 new. Tel: 07761 462850 Llandoverly.
- **Olympus digital voice recorder,** £5. Tel: 07761 462850 Llandoverly.
- **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.
- **Wrought iron gates,** x2 4'3" w x 3'4" h, £50 also x2 4'1" x 3'4", £50. Tel: 01550 721640.
- **Swivel office desk chair,** black, £10. Tel: 07805 093803.
- **Parasol,** 2.5m, cost £65, as new, £30. Tel: 07805 093803.
- **Portable ice making machine,** in excellent working order, £50. Tel: 07805 093803.
- **John Deere ride on mower,** Sabre 1998 model RG1028, good runner, £325. Tel: 01558 669130 Dryslwyn.
- **x2 Oak beams,** slightly arched, x1 6" x 4" x 4' and x1 6" x 5" x 4'8", £80. Tel: 01558 669130 Dryslwyn.
- **Exercise machine.** Tel: 07591 954980.
- **Rowing machine.** Tel: 07591 954980.
- **Light fittings,** new, various. Tel: 07591 954980.
- **Large selection of ladies modern clothes,** all new, size 10 – 20, from £1 – £5 each. Shoes, all new, size 3 – 8, £3 – £5 per pair. Room needed. Tel: 01554 788593 Llanelli.
- **Round white plastic patio table,** approx. 100cm diameter, £10. Tel: 01550 777059 Llanwrda.
- **Beko Slimline Dishwasher,** never used but few marks on outside, silver with tablets, bargain £50. Tel: 07790 384670 Llandoverly.
- **x2 brand new in pack door curtains,** 1 red tab top, x1 pink/mauve, £5 each. Tel: 07790 384670 Llandoverly.
- **Kids curtains,** pirate design, new in pack, £5. Tel: 07790 384670 Llandoverly.
- **x7 Lap blankets,** hand knitted, new, £10 each. Tel: 07790 384670 Llandoverly.

## WANTED

- **Oxygen regulator.** Tel: 07591 954980.
- **Audio amplifier.** Tel: 07591 954980.

# Church Services

E-English W-Welsh B-Bilingual

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

3 May 9.30am Bilingual Ewcharist  
17 May 9.30am Bilingual Ewcharist

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

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

3 May 11.15am Bilingual Ewcharist  
17 May 11.15am Morning Prayer

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

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

10 May 9.30am Morning Prayer  
24 May 9.30am Bilingual Ewcharist

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

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

3 May 9.30am Eucharist  
17 May 9.30am Eucharist

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

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

3 May 11.15am Morning Prayer  
10 May 11.15am Bilingual Ewcharist  
17 May 11.15am Morning Prayer  
24 May 3.00pm Messy Church

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

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

3 May 11.15am Morning Prayer  
10 May 11.15am Christian Aid Ewcharist  
17 May 11.15am Morning Prayer  
24 May 11.15am 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)

3 May 8.00am 1662 Eucharist  
9.30am All Age Worship  
10 May 9.30am Bilingual Ewcharist  
17 May 9.30am Morning Prayer  
24 May 9.30am Bilingual Ewcharist

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

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

10 May 6.00pm Evening Prayer  
24 May 11.15am Bilingual Ewcharist

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

## EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

3 Mai 11.15am Y Boreol Weddi  
17 Mai 11.15am Ewcharist Cymorth  
Cristnogol

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

## ST MARY'S, CYNHORDY (a Bro Dyfri Church)

10 May 2.30pm Eucharist  
24 May 2.30pm Eucharist

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

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

3 May 9.30am Bilingual Ewcharist  
10 May 9.30am Bilingual Matins  
17 May 9.30am Bilingual Ewcharist  
24 May 9.30am Bilingual Matins

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

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

3 May 9.30am Eucharist  
10 May 9.30am Morning Prayer  
17 May 9.30am Eucharist  
24 May 9.30am Eucharist

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

## ALL SAINTS', GWYNFE (a Bro Dyfri Church)

3 May 11.15am Bilingual Ewcharist  
10 May 11.15am Morning Prayer w.  
Animal Blessings  
17 May 11.15am Bilingual Ewcharist

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

3 May 11.00am Holy Communion  
10 May 11.00am Holy Communion  
17 May 11.00am Holy Communion  
24 May 11.00am Morning Worship  
31 May 11.00am Joint Service Celebration.  
Venue to be confirmed.

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

Ann Thomas, Churchwarden 07788 789195  
mathomas056@gmail.com

## ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

## ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.  
Weekday masses – see notices or  
Phone: 01558 824305 or  
Mob. 07507 071337.

## EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)  
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

10 May 9.30am Holy Communion  
24 May 9.30am Morning Service

Email: h\_lloyd\_davies@hotmail.com

### ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

- |                   |                                                                                                     |
|-------------------|-----------------------------------------------------------------------------------------------------|
| 3 May 2.00pm      | Communion Service with Canon Sian followed by a Cuppa in the Hall. Soup lunch in the Hall from 1pm. |
| 13 May 5.00pm     | Pilgrim Prayers – note time change!                                                                 |
| 17 May 2.00pm     | Afternoon Prayer service followed by a Cuppa in the Hall.                                           |
| 30 May 2pm to 4pm | Quiet Space of Reflection and Contemplative Prayer.                                                 |

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

To find us: What3Words: gain.agent.acid

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

### LLANEGWAD CHURCH

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

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

### OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD  
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

For other details see notice board  
Fr Donatus Chukwuodo  
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.williamspanycelyn.co.uk

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

Sunday, 3rd – Rev Meirion Thomas 11.00am  
Tuesday, 5th – Prayer meeting 11.00am  
Wednesday, 6th – 'Cefnogi' Support Centre  
Sunday, 10th – Sunday service 11.00am  
Monday, 11th - Christianity Explored 6:30pm  
Tuesday, 12th – Prayer Meeting 11.00am  
Wednesday, 13th – 'Cefnogi' Support Centre  
Sunday, 17th – Sunday service 11.00am  
Sunday, 17th – Rev G Rhydderch Welsh service 4.30pm  
Monday, 18th – Christianity Explored 6.30pm  
Tuesday, 19th – Prayer meeting 11.00am  
Wednesday, 20th – 'Cefnogi' Support Centre  
Monday, 25th – Blaenos Care home worship 2.00pm  
Tuesday, 26th – Prayer Meeting 11.00am  
Wednesday, 27th – 'Cefnogi' Support Centre  
Sunday, 31st – Sunday Service 11.00am



## REGULAR EVENTS IN MAY IN THE BRO DYFRI LMA CHURCHES

### EVERY MONDAY: Vestry Venture – Friendship & Free Refreshments

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

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

A friendly pre-school group with play, crafts, songs and stories at St Dingat's, Llandovery, 9.30–11.00am (term time). Safe, welcoming and open to all families, with refreshments provided. DBS-checked volunteers. Completely free. Croeso i bawb.

### EVERY TUESDAY: Bro Dyfri LMA Bell Ringers

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

### MOST WEDNESDAYS: Time 4 A Cuppa

Join us on Wednesday 13 May in Llandingat, Wednesday 20 May in Llangadog, and Wednesday 27 May in Llansadwrn this month from 10.30am–12.00 noon. The church doors are open, the kettle is on, and everyone is welcome to drop in for a cup of tea or coffee, a biscuit, and friendly conversation. There is no programme and no pressure ... Croeso i bawb / All welcome!

### EVERY THURSDAY: Families Together – Free Activities for Families

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

# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

**ASHMOLE & CO OFFICES** in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: [Llandovery@ashmole.co.uk](mailto: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](mailto: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](mailto:llandovery@lhp.co.uk) | [www.lhp.co.uk](http://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](mailto: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](mailto: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 STONEMWORK**, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 10/26(12)

### CARPET FITTER & SUPPLIER

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

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

### COMPLEMENTARY THERAPIES

**REFLEXOLOGIST:** CAROL DEBORAH LORD IHHHT ICHT FHT. Fully qualified & insured member of the Federation of Holistic Therapists for 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 • 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. Open: Mon – Thurs, 9.30am – 5.30pm. Email: [info@postdatum.co.uk](mailto:info@postdatum.co.uk), Tel: 01550 721225, [www.postdatum.co.uk](http://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](http://www.cathrinwildwood.co.uk) [cathrin@cathrinwildwood.co.uk](mailto:cathrin@cathrinwildwood.co.uk) 07870 888141. 09/26(6)

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

**HUGHES DECORATORS LTD.** Family Business Established over 45 years with over 80 years combined experience. City & Guilds approved with qualified tradesmen. Interior and exterior painting and decorating. All building maintenance work undertaken including coving, doors, laminate flooring. Also hand painted furniture and kitchen units. CITB registered and fully insured. Email: r.hughes236@btinternet.com Mob: 07885 875012 www.hughesdecoratorstld.co.uk 05/26/6

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 09/26/6

**HOME HELP AND PETCARE:** Offering reliable friendly service, cooking cleaning, light gardening, dog walking, pet sitting, equine and livestock care. Insured. Contact Becky 07901 552978 email: beckyandmoff@gmail.com 06/26/6

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 10/26/12

**DOUGLAS WAUGH.** Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 03/27/12

## PROPERTY MAINTENANCE

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 10/26/6

## SPORTS FACILITIES

**LLANDOVERY SQUASH CLUB:** New members of all abilities are very welcome at Llandovery Squash Club, situated opposite Llandovery College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st will automatically have their membership extended to March 31st of the following year. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm - 9.00pm all existing & prospective members are encouraged to attend. We have internal leagues for casual and competitive players. For more details please find us on Facebook: [facebook.com/llanoverysquash](https://facebook.com/llanoverysquash) or visit our website: <https://llanoverysquashclub.co.uk> *05/27(12)*

## TUITION

**MATHS & SCIENCE TUITION** Primary level to GCSE. Qualified teacher with years of experience with a wide range of abilities and needs. Transform your child's confidence and outlook. "My son is really buzzing after the lessons." Year 10 parent. "From U in mocks to A at GCSE! Thank you!" Year 11 parent. "My daughter's maths skills have leapt forward!" Year 4 parent. Fully insured and enhanced DBS certificate. Phillip Creasey 07449 922639 *07/26(12)*

## WINDOWS & EXTERIOR CLEANING

**DAZZLERS - EXTERNAL CLEANING SPECIALISTS:** Windows, Conservatories, Gutters, Patios, Pathways – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: [Dazzlerswindow@gmail.com](mailto:Dazzlerswindow@gmail.com) Facebook: [dazzlers the window cleaners](https://facebook.com/dazzlers) *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](http://www.RClean-Wales.co.uk) Call or text us on 07773 900777 Email [info@rcleanwales.co.uk](mailto:info@rcleanwales.co.uk) Facebook [@rcleanwales](https://facebook.com/rcleanwales) *03/27(12)*

**PRESSURE WASHING SERVICE.** Driveways, patios, render cleaning, soft washing and decking restoration. For a free quote call or WhatsApp Nick on 07970 987434. *03/27(12)*

# THE POST

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# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadrwn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pontargothi, Pumsaint, Rhandirmwyn, Sennybridge, Talley, Trecastle.

● = Magazine Drop Points  
○ = Ref. Points Only



## ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
Black & White	£140.60+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
<b>QUARTER PAGE</b> (64mm x 93mm)				
Full Colour	£102.30+VAT	£76.75+VAT per issue	£68.54+VAT per issue	£51.15+VAT per issue
Black & White	£97.20+VAT	£72.90+VAT per issue	£65.15+VAT per issue	£48.60+VAT per issue
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
<b>SIXTEENTH PAGE</b> (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+VAT per issue

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

**LOCAL DIRECTORY** (discounts not available): 6 months = £63.55+VAT 12 months = £99.95+VAT

# Noticeboard

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

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

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

**MULTIPLY 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	13.01	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
Frair-fach	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	Frair-fach	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	15.31	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.