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TOWY VALLEY VINTAGE CLUB WELCOMES YOU ALL TO OUR 28TH ANNIVERSARY ANNUAL SHOW

PONTARGOTHI
SHOWGROUND,
27TH & 28TH
JUNE 2026

Page 3



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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16th June 2026**

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12,26(12)

TOWY VALLEY VINTAGE CLUB WELCOMES YOU ALL TO OUR 28TH ANNIVERSARY ANNUAL SHOW

Pontargothi Showground, 27th & 28th June 2026

This year marks the club's 32nd anniversary. Who would have thought, that long ago in April 1994, the club would still be going strong in 2026. In that time the club has raised and distributed over £27,000 to local charities. This year's main supported charities have not been selected to date. If you would like to suggest a local cause, close to your heart, please email us at info@tvvc.co.uk and we will put your suggestion forward for the club members to vote on.

From that first show at Gelli Aur in 1995, the show has now grown to a full weekend, packed full of exhibits and interest for all the family.

Camping is available from Friday afternoon for those who wish to make a full weekend of it. The show kicks off with Friday evening entertainment of Bingo and a singing performance by local singer and acoustic guitar player, Just Dylan from Tumble.

Saturday evening sees, the ever popular Glyn Shabbye, a Carmarthen based duo who have been entertaining in and around Carmarthenshire for many years, making their second appearance at the show. Saturday evening sees the draw of the raffle and charity auction (if anyone would like to donate an item for the raffle or auction, please contact info@tvvc.co.uk).

Saturday and Sunday will see an action packed field of Vintage Tractors, Cars, Motorbikes, Stationary Engines, Commercial Vehicles, Model and full size, Steam engines, the Model Tent, Trade Stands, Autojumble and a Car Boot.

NEW this year will be a Saturday Auction of vintage farm equipment and paraphernalia. If you wish to enter items in the auction, please send us an email for details of how to enter. Why not enter your canine friend into the popular Saturday Dog Show. Sunday will see the return of the very popular George Lyndsey Children Fun Fair and on Sunday afternoon the tractors will depart on their usual Tractor Run.

Look out for the Big Red Steam Roller and come talk to Mark or Aled. If ground conditions permit you might be able to have a go driving the Steam Roller (you will get your hands dirty, but don't worry we have water and Swarfega).

Free entry for Children up to 12 years old. The entry fee for everyone else is a very modest £5 (carers free). Cash payment is preferred as more of your money goes to Charity, instead of card fees.

If you would like to sponsor the show, exhibit anything vintage (over 25 years old), or would like a Trade Stand, Autojumble Stall, or Car Boot Stall, please contact info@tvvc.co.uk.

The club meets at 7.00 p.m. on the third Thursday of each month at the Black Ox Abergwili. New members are very welcome. If you would like more information about the club, please contact us at:

Chairman Jason Jones 07554 810974
info@tvvc.co.uk

Facebook: Towy Valley Vintage Club
Instagram: TVVC

**WE LOOK FORWARD TO SEEING YOU AT
THE SHOW. LET US KNOW YOU FOUND US
AT POSTDATUM**

TOWY VALLEY VINTAGE CLUB
Annual Vintage Show
27th & 28th JUNE 2026

THE SHOW WILL BE HELD AT
PONTARGOTHI SHOWGROUND, SA32 7NA
Off A40 between Carmarthen and Llandello

Admission Fees: £5pp, U12's and Carers FREE (Proof Needed)
Club Camping £25 for the weekend
Individual Camping £10 per night plus entry fee

ATTRACTIONS INCLUDE:
CARS - MOTORBIKES - TRACTORS - DOG SHOW
STATIONARY ENGINES - COMMERCIAL - MODEL TENT

EXHIBITORS: STRICTLY ONLY VEHICLES OVER 25 YEARS OLD
NO ENTRY BEFORE 2PM FRIDAY 26TH

f /towyalleyvintageclub 07554 810974

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PUMSAINT WI

In May 7 members met for some gentle exercise.

We had the business part of the meeting first. Discussed items in the monthly letter and our clues for the Hunt the Hundred celebrating the county centenary. We have arranged a separate meeting to discuss our plans.

We then welcomed Llinos who took us through exercises whilst we sat in our chairs. She is very experienced and runs many classes in Lampeter Health and Wellbeing centre for those referred through the national exercise referral scheme. Everyone thoroughly enjoyed and she also gave tips on exercises to do at home.

Something completely different for our next meeting in June. John Turrell will be talking about Skeletons in the Cupboard.

New members always welcome. We meet at 7.30pm on the first Tuesday of the month in the summer months, at the Coronation Hall in Pumsaint.

Sue Jones

TOWY & COTHI HUNT 250 CLUB

held at the red Lion, May 12th 2026

- £15 Sue Wods, Garregfechain
- £15 Bunty Morgan, Llys Llysnewydd
- £10 Blodwen Davies, Craigrwyddon
- £10 Mark James, Cilposte
- £5 Jill Richards, Garddfadu

House Prize: John Thomas, Glanryrnis
Next draw: June 9th 2026 at the White Hall

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04/21(12)

LANDOVERY FOLK DANCING



Our June Welsh Barn Dance or Twmpath will be held in the hall in Myddfai on Friday 19th June.

We are very lucky to welcome one of the country's best known ceilidh bands – Cat's Claw.

They are an all-accoustic band that gets your feet moving and the tunes are those that the band enjoys playing together, whether Welsh, Irish, Scottish, European or American.

A caller will call out the various dances, so you do not need to have any dance experience. But even if you do not want to join in the dances it is definitely worth coming to enjoy the music and soak up the atmosphere.

Date: Friday 19th June

Time: 19.30

Venue: Myddfai Hall SA20 0JD

Cost: £ 12.00 (£ 6.00 for those on benefit)

Tickets available at the door.

During the break we will share food which many of the dancers bring.

The picture shows our group dancing in April to the band Kantref, a very enjoyable evening.

Any questions, please don't hesitate to call Monika on 07411 079307.

LLANGADOG WI

May is the gateway to Summer, a month when anything seems possible, so although a visit to Melin Tregwynt may have seemed a little further to travel for our spring outing, it proved well worth the extra miles. Tucked away on the edge of the Pembrokeshire National Park at Castlemorris, the mill employs over 40 local people producing the best Welsh woolen products. After a tour of the mill and a lovely lunch it was home to Llangadog after a very satisfying day with friends.

In June we have a visit from the Hat Lady on Thursday 4th at 7.00pm – why not come along to the Community Centre.

We are also taking part in the Flower Festival at St Cadog's Church on 5th,6th,7th June – Another busy month!

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0826(3)

LLANDOVERY CROQUET CLUB



Despite the continuing cool and damp weather through May, Llandovery croquet club members enjoyed their regular club afternoons. We have also introduced a new Tuesday morning session for those members who wish to learn Association Croquet. This is a more complex version of the game where good tactics are just as important as good strokes. It will be interesting to see how we fare in this version of the game against other clubs.

On Tuesday 2nd June we will be joined by the ladies of Llansawel W.I. for an early evening's hour or so of croquet and on Thursday 4th June Clwb Gwawr Llanymddyfri will be joining us again for their annual visit. 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!

Later in June we will have visits from two teams from Mumbles Croquet Club. On Sunday 7th we have a friendly match against Mumbles B team and on Friday 12th we will be trying to beat their A team in a Welsh Inter Club match (and have our revenge for losing to them last year!)

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

0726(3)



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08/2/16 (12)

Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope that you are well and feeling energized with the longer sunnier days that come with this time of year. Nature does help us all to see the positives of life, especially among the flowers and fauna, bird song and other signs of hope. 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 is progressing well 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 started on 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.

Although this class has been going for some time it is worth contacting the Centre to see if there is any possibility of joining in, they will be pleased to help.

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

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

More information at www.padma.org.uk

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Spotlight on Elidyr



Elidyr
Communities That
Colour Run



Rotary
Llandover

We've had amazing support for the Colour Run on **Saturday 4 July**, with many local businesses donating money and services. Thank you to everyone for getting involved.



Y CASTELL

Get your club to take part

The community 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.



It's great fun and even better if you run with friends. Get your rugby, football, cricket or netball club to sign up! The more the merrier. Race starts at 11am, registration from 9.30am. Visit our website for information:

www.elidyrct.ac.uk/colour-run



From kegs to computers, a complete career change ...

Joshua was skeptical when his mother showed him the advert she'd seen in a local community magazine for an admin job.

"I could make a mean mojito and recite licensing law from memory but meetings and spreadsheets? I didn't have any experience working in admin. That's for people that spend their day at a desk, not running a busy bar or hauling around kegs."

Deciding to give it a try, Joshua applied for and secured a job as an Office Assistant at Elidyr Communities Trust.

Josh said, "I came into this job not knowing what to expect, but what I found was a caring, person-centered community that works just as hard to care for the wellbeing of its staff as it does its residents. Each of us, no matter our role, is a part of something that is worthwhile and has real meaning. Every day, we're making a real, positive difference to the lives of our residents, and I'll take that over pulling pints any day."

Josh has done so well he's recently been promoted to Office Coordinator. Leave your expectations at the door and consider working for Elidyr Communities Trust.

New career

If you'd like to explore a job you didn't know you wanted ... contact Lisa for more information or to arrange a visit.



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The Gentle Good aka Gareth Bonello is one of the most talented singer-songwriters on the Welsh music scene and we are thrilled to welcome him to Salem. A former winner of both the Welsh Language Album of the Year and the Welsh Music Prize, Gareth is known for his enchanting melodies, intricate guitar style and beautiful acoustic arrangements.

Friday 19th June

Doors open 6.00pm, Cash bar.

Neuadd Goffa Heolgaed Salem Memorial Hall,
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BOOK NOW! Booking tickets in advance guarantees your place and really helps reduce stress levels for volunteers organising the event!

<https://www.ticketsource.com/salemgar/the-gentle-good/e-bp1lx>



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COMING SOON TO AMMANFORD: EIN DEUTSCHES REQUIEM

by Brahms and the String Quartet
no. 2 by Schumann

Saturday 13th June 2026 in All Saints Church,
Brynmawr Avenue, Ammanford, SA18 2NR
starting at 7.00 p.m. – Licensed wine bar.

*Johannes Brahms
composer*



At the young age of just thirty-three years, intense personal grief prompted Johannes Brahms in 1866 to start composing what was to become his masterpiece – Ein deutsches Requiem (A German Requiem). On 13th

*Imogen Evans
conductor*



June, Cantorion Llandeilo Singers' new young conductor Imogen Evans will lead the choir and a 22-piece orchestra in this great work, with solos performed by Helen Massey (soprano) and Mark Nathan (bass-baritone).

Quartet Draig/Welsh String Quartet – four young musicians playing in the orchestra for the Brahms – will perform the Schumann String Quartet in F major, no. 2 as the first part of the concert. This prize-winning Quartet was formed in 2020 while they were studying at the Royal Welsh College of Music Drama, since when they have performed in multiple concert venues.

Tickets cost £20 (under-18s free) and are available from: Peppercorn, King Street, Llandeilo SA19 6BA; Llangadog Post Office; from choir members; at the door; and by phoning 07851 786569.

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Quartet Draig

LLANDEILO LITERATURE FESTIVAL'S SCHOOL'S PROJECT DISPLAY



Through projects like this, the Llandeilo Literature Festival aims to demonstrate how creativity can inspire, connect and enrich community life, ensuring that storytelling remains a living and shared experience for future generations.

The festival also held a Schools Workshops Day, on the 17th April, which brought over 320 children together for a full day of creative sessions led by professional writers, artists and performers, jointly hosted by Llandeilo Primary and Ysgol Teilo Sant. Activities ranged from storytelling and poetry to illustration, music and drama, all centred around the theme of telling stories. This was the third year that the festival has worked with local schools – it is always a day full of joy and creativity, enjoyed by everyone taking part.

The festival committee is already planning projects for children and young people for next year's festival, 23rd – 25th April 2027.

A creative collaboration between the Llandeilo Literature Festival and five local primary schools will be on display in the town this summer.

As part of the festival's outreach work with children, pupils from Llandeilo Primary School, Ysgol Teilo Sant, Ysgol Ffairfach, Ysgol Cwrt Henri and Ysgol Talley took part in a special poetry and illustration project set by Children's Laureate for Wales, Nicola Davies. The project invited children to explore the natural world through producing artworks which were then exchanged with fellow pupils to inspire a poem.

The results are imaginative, thoughtful and often strikingly perceptive responses to nature, demonstrating the an impressive amount of creativity and talent in all the schools

The poems and illustrations will be displayed throughout the summer in the window of the old butcher's shopwindow at the bottom of Carmarthen Street, transforming an empty space into a vibrant public gallery. With over 300 pieces of work to exhibit the display will change every six weeks to make sure all the work gets shown.



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his mother told him that his mission on earth was to be a benefactor to mankind by relieving them of pain and misery, through the healing of all manner of disease. She gave him a bag of all manner of medical prescription for the preservation of health.

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Rhiwallon and his descendants and followers grew to be the world renowned 'Physicians of Myddfai.'

The legend and legacy of these great physicians endures right up to today and we celebrate their work with the inaugural solstice wellbeing fayre at Llwynywermod Estate near Myddfai on June 21st 2026.

We would love to see you there for this truly magical day for all the family.

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21st June 2026
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WHAT'S ON AT THE U3A?

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

Speakers / activities for June and July:

10th June – History of Flight in conjunction with Radio 4 BBC Sounds. This session will review the final three episodes of this series, there will be time to discuss and review.

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.

8th July – The Mystery of the Desert Kites – Documentary from the BBC following an international

team of archaeologists and researchers as they explore the extraordinary groups of megastructures that stretch across the Arabian desert. Who built them, when and for what purpose? Using cutting-edge technologies, the multidisciplinary team uncovers the groundbreaking history of the desert kites. These remarkable and ingenious structures predate the Egyptian pyramids and Stonehenge, and the team's discoveries shed new light on a little-known period.

22nd July – Introduction to world music led by DJ Random (aka Brian Morgan-Black). An easy, accessible and tuneful guide to the music of 15 different countries from 5 continents. A world tour in music in an hour.

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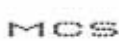
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11/26(12)



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LLANDOVERLY MUSEUM
& Visitor Gateway

MUSEUM NOTES

A WORKHOUSE THAT BECAME A HOSPITAL

Llandoverly Hospital, which is currently celebrating its 100th anniversary, stands on the site of the town's workhouse, one of the many institutions established in Wales during the nineteenth century under the Poor Law system.

Built around 1838 for the Llandoverly Poor Law Union, the workhouse stood as both a refuge for the destitute and a symbol of Victorian attitudes towards poverty.

The Poor Law Commissioners authorised the expenditure of £3,000 for the construction of the building, which was designed to accommodate up to 120 inmates. However, shortly before the workhouse was fully completed, disaster struck. On 25 July 1838, a serious fire destroyed all but one wing and the outbuildings.

Although intended for large numbers of paupers, the workhouse rarely housed anything close to its full capacity. By January 1868, a newspaper report noted that only twenty-one inmates were resident, including several children.

The article painted a grim picture of conditions inside the building. The sexes were strictly segregated, even during meals, reflecting the harsh discipline common in Victorian workhouses. The report complained bitterly about the treatment of the sick and condemned the state of the yards and outbuildings, describing them as dirty and badly maintained. Open drains containing stagnant and offensive water added to the unhealthy environment.

The sleeping accommodation for vagrants attracted particular criticism. Iron bedsteads were covered only with loose coconut fibre, while the rooms themselves were described as foul-smelling and unwholesome. The newspaper argued that the conditions resembled "the lair of wild beasts" and suggested that the Union would save money by closing the institution altogether.



A relic from the workhouse, currently at Llandoverly surgery.

Like many workhouses, Llandoverly's relied heavily upon the master and matron who supervised daily operations. Advertisements regularly appeared in newspapers seeking suitable candidates.

In March 1875, the Board of Guardians advertised for a married couple "without encumbrance" to fill the posts. The master was required to keep books and accounts as well as manage the institution. His salary was £37 10s per year, while the matron received £17 10s, together with rations and furnished accommodation within the workhouse itself. In February 1881, Mr and Mrs Thomas George of Carmarthen were unanimously elected to the positions after the death of the previous master, John Jones.

Despite its bleak reputation, the workhouse was also the focus of charitable acts from prominent local residents, especially around Christmas. During the 1890s and early 1900s, newspaper reports frequently recorded festive dinners and gifts provided for the inmates.

In January 1894, a Mrs Lloyd-Jones entertained the inmates to an excellent meal and distributed coal to seventy elderly poor people in the town. Similar generosity followed in later years. The Jones family of Ystrad House provided roast beef, plum pudding, tea, sugar, tobacco, sweets and fruit in 1895, while Mrs F. H. Perkins of Tonn hosted dinners in both 1898 and 1900. In January 1899, the Mayor of Llandoverly, Dr Owen, treated inmates to roast beef, mince pies and beer, together with gifts of tea, sugar, tobacco and oranges. Other hosts included Mrs Price Rice of Llwynybrain and Mrs R. Jeffreys Owen of Gollen House.

Some stories connected with the workhouse reveal the humanity that existed alongside the hardship. In 1901 the death was reported of "Betto Paul," an elderly beggar woman who travelled the countryside with a mouth organ.

Another touching incident occurred in 1902 when the inmates presented a Welsh Bible as a wedding gift to Dr John Samuel Rosser, Violet Cottage, and Miss Marion Lloyd-Watkins, daughter of the Chairman of the Board of Guardians.

By the early twentieth century, the role of the workhouse was diminishing. Of 109 vagrants reported there over a fortnight in April 1902, only eight were Welsh; the remainder were mostly English, together with 14 Irish and 5 Scottish.

In 1909, a Commissioner in Lunacy inspected the institution and found five mentally ill patients being cared for satisfactorily. Yet numbers continued to decline. In 1919, the Llandoverly Guardians unanimously resolved to close the workhouse. It then housed only fourteen inmates, while costing local ratepayers approximately £1,000 annually to maintain.

Following its closure, the site was eventually occupied by Llandoverly Cottage Hospital, ensuring that the location continued its long association with care and welfare within the community.

Llandoverly Museum and Visitor Gateway is open Tuesday – Saturday between 11am and 2pm. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.

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



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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 June sessions are on the 9th and 23rd. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.



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04/27(12)

MYDDFAI NEWS

Myddfai Community Hall & Visitor Centre's shop and café are open Wednesdays to Sundays 11.00am – 4.00pm.



Events and classes in June. We have a summer solstice Twmpath on Friday 19th June – everyone welcome. Sunday 21st is another all day Willow Weaving class, Friday 26th is our monthly pop-up pub from 7.00pm. Saturday 27th June we have our annual Physicians of Myddfai conference, please book in advance. Sunday 28th is our monthly Farmers Market 12.00 noon to 3.00pm, with a wide range of quality local produce on sale.

Regular classes include – Yoga class on Tuesday 10.00am – 11.30am; Craft class is on Wednesday 1.30 – 3.30pm; Pilates is on Thursday mornings 9.30am – 10.30am; Art class is on Friday 1.30pm – 3.30pm. Please get in touch if you would like to take part in any of our classes or events.

Myddfai shop has a great range of quality local craft and artwork, from pottery, jewellery, bags, aprons and fused glass, in addition we have a wide selection of greetings cards, Myddfai jams, chutneys and marmalades, local honey as well as a great selection of Myddfai toiletries and candles, along with wooden bowls and boards and much more. We have a range of quality locally grown plants including locally grown herbs on sale outside. We also have a range of quality Myddfai Welsh Tweed caps and scarves and much more, come along and take a look.

Myddfai café is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials, great choice of cawl and soups and a wide selection of freshly made cakes on offer. Why not combine a visit with a walk in the beautiful surrounding countryside.

Myddfai Community Hall & Visitor Centre is an award-winning venue and is ideal for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party or an event please get in touch, or come and take a look.

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

Please check our Facebook page for news and events.



LLANWRDA CRICKET CLUB

The weather ruined the first match of the season. In the second, despite Tom Thurtle carrying his bat for 23, Llanwrda were well beaten by Clydach.

Attention now goes over to Llewod Llanwrda, our 2nd XI, who begin their season 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 147464. All Stars and Dynamos have officially started on a Monday evening, but it's not too late to 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:

15/04/26	25	No winner
22/04/26	7	No winner
29/04/26	27	Sion Nicholas
06/05/26	20	Barry Clement
13/05/26	14	Cerys Hopcroft

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It's only £4.33 per month.



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05/26(6)

HOW MUCH IS THAT DOGGY?



Photo: Aaron Jones

It's a common misunderstanding that, when you want to get a dog from a rescue centre, they charge you too much for that dog.

No, they don't. Any dog which finds its way to a reputable rescue and rehoming centre like West Wales Poundies will have had a through vet check, vaccinations, microchip if needed and any health issues dealt with. They will be neutered if old enough and may have to be fed specialist food. So, really, you get a free dog when you rehome from a rescue centre.

Another criticism of dog rescue centres is that they won't let you have a dog. It's not meanness on their part. It's care for the dogs. And you, the prospective keeper.

These dogs may have come off the streets, from puppy farms, may have been ill-treated, or, sadly, from someone who can no longer care for them. In most cases, kennel staff won't know the full background of each dog so have to establish a bond with each dog. Some dogs are more distressed than others by what has happened to them. Their welfare is what is most important.

The dogs' rehoming should be a forever arrangement. It must be so traumatic for a dog to be taken to kennels, then into a home, and returned to kennels a few weeks later. They don't understand. Home checks will highlight anything which needs attention, like secure fencing. Adoption posts will give as much detail as is available

for you to make an informed choice based on your circumstances and the animal's needs.

You want to give a dog a home and a new life with you? Be determined. WWP will try and match you with the right dog. Or try to put you off. Ruth Yeomans was determined she wanted Llew, a chow who hated almost everybody. She was warned, he's bitten everyone at the kennels. But Ruth had her way because of her commitment. Llew had a wonderful life with her and developed a taste for cheese and ham omelettes.

It takes time and patience and an instinct about which dog 'speaks' to you. Jackie Gibbons knew Cadi was for her and rushed to adopt her before the law against XL bullies came into effect. Cadi had been abused and had broken ribs and was emaciated when Jackie took her home. The photograph shows a different ending.

The last complaint (I'm sure there are more!); no one gets back to me! Well, the volunteers are probably working with the dogs, sorry. But someone will.

Of course, if you could spare an hour or two to help at the kennels in any way, that would help you in your search for your dog!

Ways to contact West Wales Poundies:
Email westwalespoundies@hotmail.com
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RETHINKING FUNERALS: TRANSPORT – GREENER WAYS TO MAKE YOUR FINAL JOURNEY

I encourage all of you to think about your funeral transport. If you have a copy of my book, *My Life, My Death, My Wishes*, you'll have seen a whole chapter on it and some of the alternatives available.

When we don't pre-plan for our end of life, and have conversations with the people that matter to us, especially those responsible for organising our funeral, then what is chosen may be done from an emotional and reactive place, simply agreeing with the traditional suggestion from the Funeral Director. I'm talking about a big black limo-style hearse and maybe even a second big black limo for family to travel in following the deceased.

When you have taken time to consider your person, you might choose a different option, because there are loads available, from horse and carriage, to motorcycle hearses, converted HGV's, and Morris Minors. The type of vehicle that might represent yours/your persons passions and personality. There's even multicoloured hearses. In this blog I'm going to focus on lower impact funeral transport: Greener Ways to Make the Final Journey.

Electric Hearses: When choosing your FD, check if they have moved to electric hearses, which provide the same dignity and presence without the emissions. Hearse hire, ranges from £250 – £650 depending on distance with an additional car costing £250.

Walking Funerals: I think the most impactful funeral I ever attended was a walking funeral. Obviously this is only possible if you are close to the graveyard or crematorium. There's something profoundly grounding about walking together, step by step, accompanying someone on their final journey. They:

- reduce vehicle use
- create a sense of community
- slow the pace of the day
- allow people to feel connected to the moment

Horse Drawn Carriages: Horse drawn hearses are often seen as traditional or elegant, but they're not always the most sustainable choice, especially if the horses have to be transported a long way to be used. However, they can be meaningful for certain families, especially those with farming or equestrian backgrounds, but they require careful consideration. If chosen thoughtfully — with local stables, short distances, and well cared for horses — they can offer a gentle, low impact option. Although they are certainly not the cheapest option, often exceeding £1000.

Reducing the Number of Cars: Even if the hearse itself isn't changed, the rest of the procession can be made greener. Think about car sharing or arranging for a coach or minibus for the congregation.

No Hearse at All: I'll just point out that you don't need to use a hearse or alternative at all, you can use your own vehicle. Not necessarily greener, but certainly less costly and potentially far more personal

Services Close to Home: Another way to reduce transport impact is to hold the funeral or celebration of life close to where the person lived. In my local area the local crematorium is at least 35 miles away, think of the number of vehicles travelling there and back. Instead think about community halls, gardens, rugby club, public house. You can then have the wake in the same place and instead of closing curtains and all leaving for a drive to another place for a drink and a sandwich, you can wave your person off and start sharing stories and hugs in the place you already are that holds meaning to your person.

Why Low Impact Transport Matters: Choosing low impact transport isn't just about ticking environmental boxes. It's about intention and aligning the farewell with the values of the person who has died. It's also about atmosphere. A quieter hearse, a shared walk, a familiar vehicle... these choices change the tone of the day.

Funerals are about making sense of loss. Sometimes the simplest choices — the ones that tread lightly on the earth — are the ones that stay with us the longest.



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LLANDOVERY ROTARY CLUB



As I take over the role of writing this monthly Rotary update, I would first like to extend sincere thanks to Derek Jones, who has dedicated the past 12 years to keeping our community informed about the work, events and activities of the club. His commitment, consistency and enthusiasm over such a long period have been greatly appreciated by both Rotary members and readers alike, and I know I speak for everyone in thanking him for all his hard work.

It is a privilege to continue where Derek leaves off, and I hope over the coming months to share not only the events and fundraising activities of the club, but also the positive impact Rotary continues to have within our local community and beyond. Rotary is built on friendship, service and community spirit, and there is always plenty happening behind the scenes that deserves recognition.

We have another busy and exciting year ahead, with a variety of events, projects and community initiatives planned, and I look forward to keeping readers updated along the way. On behalf of everyone at Rotary, thank you for your continued support and interest in what we do.

Glyn evans

It was with great sadness that members of Rotary learned of the passing of former Rotarian Glyn Evans.



Glyn was a founder member and was valued and respected member of the club from for many years and served as President during 1990–1991. Throughout his time in Rotary, he was known for his friendship, commitment and dedication to both the club and the wider community.

Many members will remember Glyn not only for his involvement in Rotary activities and events, but also for the support and encouragement he offered to others over the years. His contribution to the club formed part of a long and valued period of service before his retirement from Llandoverly College in 2006, when he stepped away from Rotary.

We extend our deepest condolences to Glyn's family, who are very much in our thoughts.

Members of the Rotary Club were saddened to learn of the passing of Heather Gay Harrison, who died peacefully on Monday 20th April 2026 in Llangadog.

Heather was the beloved wife of the late David Harrison, who served as President of the Rotary Club during 1991–1992, as well as a loving mother, grandmother and great-grandmother.

David was a well-known and respected member of the club for many years, and many members will fondly remember both David and Heather's friendship and support over the years.

Donations in memory of Heather will be gratefully received towards the Rotary Club of Llandoverly and may be kindly received by IC & SM Davies Funeral Directors, Britannia House, Llandoverly.

We also say goodbye to a couple of Rotarians who have sadly left Rotary – Tim Ridge-England who has moved to Llanddewi Brefi to Enjoy retirement and Lynette Armstrong, who is taking time to manage her millinery





business and her two sons. We thank them both sincerely for their service and contribution, and wish them all the very best for the future.

P.s Lynette we hope its more "au revoir" than goodbye

The ever-popular Great Llandoverly Rotary club Duck Race, will return on Sunday 30th August 2026. At Swan Bridge

A total of 2,000 ducks will once again take to the water in what promises to be a fantastic day full of fun and excitement. There will be lots of great prizes on offer, including a first prize of £1,000 for the winning duck.

The event continues to attract huge support each year and promises another memorable afternoon for all involved.

Several Rotarians joined together with members of the League of Friends to organise a very special evening celebrating the 100th anniversary of Llandoverly Cottage Hospital at Green Grove barns Llangadog. From the outset, the ambition was to create an occasion that would be bold, memorable and fitting for such an important milestone – and the evening certainly lived up to expectations.

Guests were superbly entertained by Nigel Owens with his after-dinner speaking, bringing plenty of laughter and warmth to the occasion. More importantly, however, the evening served as a reminder of just how important Llandoverly Cottage Hospital has been over the past century, and how vital it continues to be to the local community today.

The Rees family very kindly allowed the use of Green Grove Barns, Llangadog, providing a fantastic venue for the celebration. Huw Rees, a trustee of the League of Friends, and their events manager Sera played an important part in helping make the evening possible.

A huge thank you must go to the Rotarians and members of the League of Friends who dedicated so much time and effort to ensure the event was such a success — Mickey, Derek, Anthony, Barry, Ian, Dr John Rees and myself.

Special recognition must also go to the ladies — because, as we all know, they were the ones who really made everything happen! The venue looked absolutely fantastic thanks to the hard work and creativity of Meryl, Elen, Pippa, Kerry and Andrea.

It was a truly fitting celebration of a remarkable 100 years. The question now is — will there be an equally memorable celebration for the 125th anniversary?

Well that's me signing off for this month, let's hope I haven't missed too much !! And Let's hope the transition from Dereks wonderful work hasn't been too painful .

Tim

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11/26(6)

CÔR MEIBION DE CYMRU DELIVER A CELEBRATION OF WELSH VOICES IN LLANDEILO

Llandeilo, a cultural hub in the rolling green landscapes of the Towy valley, played host to a memorable male voice concert on Saturday 18th April, delivered by one of Wales' most renowned regional male voice choirs – Cor Meibion De Cymru, (The South Wales Male Choir).

The choir, performing for the first time under the highly experienced leadership of Musical Director Designate, D. Huw Rees, delivered a wonderfully eclectic and engaging programme. Their repertoire ranged from the serene beauty of Caccini's *Ave Maria*, to the power and passion of Arwel Hughes' *Sanctus*. They moved effortlessly into lighter theatrical territory with the atmospheric mysteries of *The Phantom of the Opera*, before showcasing Rees' artistry in his own arrangement of *This Is the Moment* (a tune that the Choir had sung previously, also conducted by him, in 2024, at the Royal Albert Hall in a WAMC – Welsh Association of Male Choirs – massed choir event).

It was a programme that demonstrated not only the choir's versatility, but also a fresh musical vision guiding them into their next chapter.

As one of the newer members of the choir remarked after the concert: 'I sang here 18 months ago when I was a new chorister with Côr Meibion De Cymru. Coming back to sing this time I was far more aware of the fantastic acoustics in the church as well as the historic setting of Llandeilo. Huw has given us different insights into our performance and it is such a delight to sing and receive such joyful, positive feedback from a capacity audience.'

Guest soloist, Jessica Robinson's performances stood out as some of the evening's most captivating moments. She brought a sense of poise and emotional intelligence to each piece; delivered with precision, control and passion combined with sensitivity that thrilled an appreciative and enthusiastic audience.

As her international profile grows, Jessica remains deeply connected to her Pembrokeshire roots, bringing an authenticity that allowed her to capture the spirit and significance of the occasion and develop a rapport with not only the audience, but the choir as well, with whom she has a long association.

The entertainment didn't stop there. Siân Gwawr Davies, Côr Meibion De Cymru's esteemed longstanding and outstanding principle accompanist, with an enviable list of musical credits to her name, combined with D Huw Rees to perform two double-handed piano pieces – Nola (Felix Arendt) and *Qui Vive!* (Wilhelm Ganz).

It was a memorable display of fluidity and flair based on understanding and responsiveness that has evolved over a long-standing musical partnership. Together they brought a unique treat to entertain choir and audience alike.

All the ingredients of the evening combined to deliver a seamless night of celebration of Welsh voices, of music, and song, time and place that ended in a standing ovation.

The Llandeilo concert was in support of Gelli Aur – Golden Grove Trust. The Gelli Aur Estate holds a significant place in the cultural heritage of the region

and the Golden Grove Arboretum is one of Wales's most remarkable historic tree collections.

Côr Meibion De Cymru remains committed to supporting communities through the uplifting force of song. The Choir extends its thanks to all attendees, sponsors, and volunteers who made the evening unforgettable.

As a renowned touring choir, we extend a warm welcome to new recruits - particularly existing choristers from other "home choirs" who, as choir numbers decline, may find touring and singing in bigger, more prestigious venues, an interesting addition to their singing. For further information visit our website at www.southwalesmalechoir.co.uk, follow us on Facebook or email us: recruitment@southwalesmalechoir.co.uk

The Choir's next performance will be at Liverpool Anglican Cathedral, when they take part in a Welsh Association of Male Choirs (WAMC) massed choir event. They also return to Llandeilo on May 31st to perform a short concert in the bandstand in Penlan park as part of the innovative and ambitious '10 Bandstands Challenge': ten short concerts performed in bandstands across the breadth of South Wales, from Milford Haven in the West to Newport and Cardiff in the East in the space of a single day.

WANTED



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

3rd June: AGM, 7.30pm, all welcome

6th June: Summer Party inc Bar, BBQ,

Ukulele Band and Raffle. £5

24th June: Book Club, 7pm

26th June: Pop up Pub, 6.30pm

2nd 16th and 30th June: Simon J Pizzeria Van
from 6pm – 8pm

Any queries or question please contact
capeldevicommunity@gmail.com



JUNE ART EXHIBITION AT LLANWRTYD



The June exhibition at Llanwrtyd's Heritage & Arts Centre will bring together the work of three distinctive Welsh artists whose practices, though very different in medium and style, are united by a deep connection to landscape, imagination and the natural world.

Ceramicist Ruth Lewis has spent almost four decades refining her craft. Having trained under renowned potter Pru Green at Gwili Pottery before studying at Carmarthenshire College of Art, Ruth has established herself as an accomplished independent



production ceramicist. Working from Delyn Pottery in Carmarthenshire, she creates elegant hand-thrown and hand-painted pieces in red earthenware, ranging from functional domestic ware to striking one-off works.

Inspired by the coastlines and countryside of west Wales, Ruth's ceramics combine practicality with artistry. Her delicate forms and richly decorative surfaces reflect the textures and colours of the Welsh landscape while being fully oven, dishwasher and microwave-proof for practical everyday use. Each piece carries the unmistakable character of handmade craftsmanship and a strong sense of place.

Joining Ruth is emerging artist Lowri Ball, founder of the creative business Ivory Quill. Raised among the hills and fields of Pant-Y-Dwr and encouraged from an early age to pursue creativity, Lowri has developed a highly personal artistic style inspired equally by nature and fantasy literature. Working primarily in ink, pen and acrylic, her work frequently draws on natural forms, particularly fungi and woodland imagery, while also exploring themes of identity, self-image and empowerment.

Lowri's work celebrates individuality and the beauty of the natural human form. Through expressive compositions and imaginative detail, she seeks to create art that is both uplifting and thought-provoking, encouraging viewers to embrace authenticity and self-acceptance.

Completing the exhibition is watercolour artist Jon Hather, whose paintings capture the tranquil beauty of the mid-Wales landscape. Inspired by the Dulas and Irton valleys, where many of his ideas emerge during long daily walks, Jon's work reflects the ever-changing moods of the countryside through the seasons. Fields, rivers, lakes and dramatic skies are rendered in a traditional watercolour palette that perfectly conveys the subtle tones and atmosphere of rural Wales.

Together, these three artists offer visitors a rich and varied exhibition celebrating creativity rooted in the Welsh landscape – from the tactile artistry of clay, to expressive contemporary painting, to the timeless beauty of watercolour.

Entry to the gallery is free of charge and the Llanwrtyd Heritage & Arts Centre is open Thursdays to Sundays 10am to 4pm.



LLUEST

‘TAILS’ FROM THE TRUST..... MEET TARAN BACH



Taran Bach & Rhian

During the last few days of April we rescued a little colt foal called Taran Bach, Welsh for Little Thunder. Born sometime last year the little unhandled foal had been bought by his new owners, released into a large back garden after which they couldn't get near him despite spending hours sitting and lying with him, trying to gain his trust. To their absolute credit, his owners had been doing their very best. He had water, hay and feed but they reached out for help when they realised they were out of their depth. They had contacted us initially for advice. At the time, we were full to capacity so we referred them to the British Horse Society, who arranged for him to go to the Blue Cross. Unfortunately, without a passport and microchip in place, that couldn't go ahead in time. Luckily, three ponies had just left us for new Guardian homes, which meant we were then in a position to offer him a place. It took staff and a number of volunteers to gently encourage young Taran into a safe holding pen and finally into a horsebox. He's now safe at Lluest completing his quarantine period after which he'll receive everything he needs. In time, he'll be gelded, have company to learn

from, and go on to find his own Guardian loan home. There's a long way to go, but this is where it begins.

WELCOME PETER PAN

We also recently welcomed Peter Pan, a sweet young boy who had spent at least part of his short life tethered. He arrived in very poor condition and like Bryn the young pony who we reported on last month, Peter needed to follow a very careful feeding plan. Both ponies are of a similar age and have been following a carefully managed feeding plan designed to allow them to safely and steadily gain weight. Unfortunately, both ponies also arrived with lice and despite our best efforts to treat them, their thick coats prevented the treatment from working properly. So they have had a clip and been retreated to get rid of the lice. As both ponies came to us very underweight and malnourished, their coats had become extremely thick but also very dull and dry. Being clipped, alongside receiving correct nutrition will also help their healthy summer coats grow. We also reassessed their body condition scores. Since being in our care Bryn has gone from a Body Condition Score of 0 to 1.5 and Peter Pan has gone from a 1 to 2.5. Although this isn't the end of their rehabilitation journey, they are both a far cry from where they were when they arrived at Lluest. We're delighted that they are enjoying being out together in the paddock during the day if the weather is nice. It's lovely to see them both starting to feel stronger and more settled, and to have each other's company during their rehabilitation journey.



Peter Pan on arrival at Lluest



Peter looking and feeling so much better

SWEETIE & ROMEO FIND THEIR NEW FOREVER HOME

We are all over the moon that Sweetie and Romeo have found their forever home.

Sweetie returned to us last year after her Guardian's circumstances changed. Whilst she was out in her Guardian home she became bonded to Romeo. Therefore, when Sweetie returned, Romeo came with her and joined the Lluest family. These two adorable Shetlands have been loved by all the staff and volunteers and we wish them all the best in their new Guardian home.

MEET ALL OUR RESCUES!

Don't forget our Open Day & Dog Show on Sunday 7th June from 10.30am – 3.30pm. Come and meet the horses, ponies, donkeys, mules and sheep! Enjoy a day at the farm, and see first-hand the work your support makes



Sweetie & Romeo say goodbye!

possible. There'll be plenty going on throughout the day including a Demo by Joanna Lowes Horse Training, our fun dog show, craft stalls, raffle, ROC Authentic Wood Fired Pizza, tea, cake & a huge tack and rug sale. Open Days are a really important fundraiser for us and every penny raised helps go directly towards feed, bedding, vet care and rehabilitation for the equines who rely on us. We therefore ask for a £5 parking donation per car. If you've never visited before, this is a lovely chance to come and see what Lluest is all about. If you already support us, we'd love to see you again! at Beili Bedw Farm, Llanddeusant, Llangadog, SA19 9TG

For more information please visit our website or Facebook page.

www.lluesthorseandponytrust.co.uk

www.facebook.com/lluest

THANK YOU

Gaff is 80. Gaff Greenville from Llangadog had his birthday on 22nd April and would like to thank all his close family and friends for all their lovely cards.

Gaff was born at Cefnfedw Fawr in 1946.

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A SUNDAY SCHOOL STARTING IN LLANDOVERY!



Did you go to Sunday School as a child?! Are the stories from the Bible part of what you remember from your youth? Stories like Noah and the ark, Joseph and his amazing technicolour dreamcoat, Daniel in the lion's den and David and Goliath. Do you remember the miracles and parables of Jesus? The Good Samaritan, the Prodigal Son and the Lost Sheep. Jesus turning water into wine, feeding the 5000 or raising Lazarus from the dead!

Even though you may not have carried on going to church, these are stories that are there in our collective consciousness and will stay with us for the rest of our lives. They taught us to love our neighbour, that everybody is equally important and that each individual matters, that forgiveness is possible even if you've done terrible things if you turn around and change, that there is such a thing as right and wrong, that good things can come out of bad, and many more.

You may have learned Bible verses like John chapter 3 verse 16, 'For God so loved the world that he gave his only son, that whoever believes in him shall not perish but have everlasting life.' Or you may have learned passages from a Psalm like 'The Lord is my shepherd, I shall not want...' from Psalm 23 verse 1.

The passages, stories and verses from the Bible not only stay with us, but they help to form who we are when we're growing up and they can come back to us in times of need or times of joy.

I can remember the Sunday School trips to Barry Island or the Gower when I was growing up in Caerphilly. Ice cream with sand in it, warm sandwiches and squash, the thrill of the log flume in Porthcawl's Coney Island.

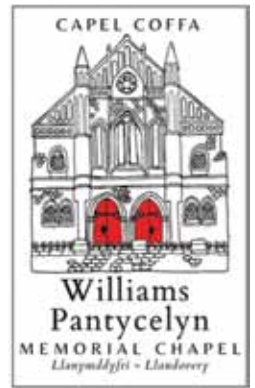
At Williams Pantycelyn Memorial Chapel, we feel the importance of giving the next generation access to the experiences, knowledge and heritage we had. Sunday School has been an important part of Welsh life for centuries, and if we don't continue the tradition, who will? Likewise, if we don't pass this on, and other chapels and churches in the town and surrounding villages with us, who will be the future movers and shakers of churches and chapels in Wales?

Look at this amazing photo! Derek shared this in

2020 on Love Llandoverly Facebook page. It's a wonderful photo of Salem Queen Street Sunday School from around 1965. It was kindly passed to him by Bethan Price. I am sure you can see some familiar faces! They've not changed a bit!

So, the great news is that we're starting a Sunday School in Llandoverly in September!

But, as a taster, we're first running a kids' holiday bible club in the summer holidays.



Monday, 24th, Tuesday, 25th and Wednesday 26th August at Rhys Prichard Memorial Hall (The Drill Hall) form 10.30am – 12.00pm. Fun. Free. Fantastic! Keep an eye on our church website and Facebook page for more details of the holiday bible club.

Then, when the school go back in September, a Sunday School too!

Patrick

Pastor – Williams Pantycelyn Memorial Chapel

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08/26(12)



DOLEN TEIFI: SUPPORTING COMMUNITY TRANSPORT IN LLANDOVERY.

Dolen Teifi is proud to play a leading role in keeping Llandovery connected through accessible, reliable, and community-focused transport services. In a rural area where public transport can be limited, these services are essential helping residents attend appointments, go shopping, and stay socially active.

What Transport is Available?

Through Dolen Teifi and partnered with Age Cymru Dyfed Llandovery benefits from a variety of flexible transport options designed to meet local needs:

- Community minibuses for group outings, events, and regular activities.
- On the Go service providing convenient door-to-door journeys.
- Volunteer opportunities, where training is provided free of charge.

These services are particularly valuable for older people, those with mobility challenges, and anyone living in more remote areas.

Cost of Hiring Transport

Dolen Teifi is committed to keeping transport affordable and accessible:

- Minibus hire is typically charged by the mile.
- On the Go vehicle which is a 5 seater assessable vehicle is charged at 58p per mile.

For exact pricing, it's best to contact Dolen Teifi directly on 01559 362403.

How to Hire Transport

Arranging transport with Dolen Teifi is simple:

- Contact the team – Reach out by phone or email -info@dolenteifi.org.uk.

MYDDFAI COMMUNITY HALL 200 CLUB

Results for the 200 Club draw – April 2026

1st	£20	Jessica Chaytor
2nd	£10	Justin Lewis
3rd	£5	Susan Pick

Thank you for your support. New members welcome!

Drop into the hall or contact 07847 381676

- Share your requirements – Include journey details, number of passengers, and any accessibility needs.
- Check availability – The team will recommend the most suitable option.
- Confirm your booking – Finalise arrangements.

If you require a driver, Dolen Teifi can help arrange this. Where available, a volunteer who has been appropriately trained through an organisation may be able to drive on behalf of the individual or group hiring the vehicle. Alternatively, Dolen Teifi may be able to provide one of our own approved volunteer drivers to support your journey.

Booking in advance is recommended to ensure availability.

Volunteer Drivers Needed

Dolen Teifi relies on the generosity of volunteer drivers to keep these vital services running. Volunteers are at the heart of community transport in Llandovery.

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- Support people in your community.
- Help reduce loneliness and isolation.
- Work flexibly around your availability.

Even a small amount of your time can make a meaningful difference.

Get involved

Whether you need transport, want to hire a vehicle, or are interested in volunteering, Dolen Teifi is here to help. By working together, we can ensure that everyone in Llandovery has access to safe, reliable, and friendly transport.

If you like to know more, then please contact Sharen Davies Community Transport Development Officer. Email: Sharen.Davies@dolenteifi.org.uk

HOLY TRINITY CHURCH, PONTARGOTHI

If you've never visited this unique church then perhaps you might come to Pontargothi this year. Built in a tranquil setting on the banks of the River Cothi our lovely little church is well worth a visit. The unique interior is beautifully decorated with murals of biblical scenes covering all the walls. It is open to visitors every Thursday afternoon, between 2.00 and 4.00pm from May to the end of September. A warm welcome, along with a cuppa and biscuits, awaits all visitors. Anyone wishing to visit the church at any other time can contact Nelly Jones on 01267 290522 to arrange a visit. Group visits are always welcome and most popular. We encourage photography and there is plenty of parking.

OPEN AFTERNOON AT LLANDEUSANT CHURCH

Saturday July 4th, 2.00 – 5.00pm



Members of Llanddeusant Church invite visitors & the local community to an open afternoon, taking place in the ancient Llanddeusant Church, where tea, coffee, cakes and other pastries will be served – a great opportunity to meet new people, build community ties and support this Church.

The hamlet, Llanddeusant, dates back to Celtic times when a small group came over the mountains from St Illtyd's Monastery in Llantwit Major. They walked around 50 to 60 miles over mountainous terrain descending from the Black Mountain via the legendary glacial lake Llyn y Fan Fach. They decided to stop at what is now known as Llanddeusant – the religious community of two saints. Our present church was built in the 14th century, doubling in size in the 15th century as the population grew. Victorian times saw more renovations, yet still retaining the ancient building. No doubt the deep soil inside hides many secrets.

We look forward to welcoming you to bring family and friends to explore our ancient church, find the King's signature in our visitors book,! And enjoy refreshments in this amazing setting.

For more information, contact Margaret Shapland. Email: Cilbrydwen@gmail.com

From Wicked to Oz

St Michael's Church Myddfai is holding its Annual Summer Fayre and Treasure Trail at 2.30pm on 11th July, a few weeks earlier this year, to avoid clashing with other events.

The theme this year is "From Wicked to Oz" and the trail in the Church blends in scenes from Wicked and The Wizard of Oz.

As usual, the fayre, held in Myddfai Village Hall has stalls for Tombola, White Elephant, cakes and much more. There will be many games and competitions such as welly wanging, Tin Can Alley, Find the Bottle, a Treasure Map and will you dare to put your hand in the box?? Also the vicar, Father Neil, is gamely going in the stocks to have wet sponges thrown at him!! Free entry but bring a pocket full of change. Fancy Dress optional. A fun afternoon out whatever the weather.

CHOIR EXTENDS AN OPEN INVITATION

It's well established that there are many benefits to singing in a choir. A quick internet search will turn up thousands of articles testifying to the positive effects of this activity on both physical and mental health. But one thing that is often ignored is the sheer fun to be had by singing in a group with others on a regular basis.

Ammanford based women's choir Côr Persain are on a mission to share this message. During the whole of June, their rehearsals, which are held at the Miners' Theatre every Tuesday, will be open to the public to attend. This is a great opportunity for anyone considering joining a choir to check out the experience, with choir members keen to add their encouragement. 'I've always wanted to sing, but lacked the confidence,' explained Alison Williams. 'Being part of Côr Persain has given me that confidence and so much more. The choir feels like a family; from the beginning everyone was so friendly and welcoming. Joining the choir is one of the best decisions I've made and I'd recommend it to everyone.' Chris Northover added, 'Tuesday evenings are for me to forget being Mum and being asked what's for dinner! Being with a fabulous group of like-minded women does wonders for my wellbeing.' Rhian Thomas agreed wholeheartedly. 'I joined the choir for some 'me time' and my family knows Tuesday evenings are sacrosanct. You can't beat the feeling when, after fun, laughter and practising to learn your part, our voices sing out in glorious harmony.'

Recently, the choir has participated in some amazing experiences, including an event celebrating International Women's Day where fourteen women's choirs from across South Wales got together for a day of celebration and song. As well as regular local concerts, the choir has sung in the Houses of Parliament and also before an international rugby game at the Principality Stadium. With a repertoire which includes contemporary popular hits, ranging through musical theatre and more classical styles, much of it expertly arranged by the choir's musical director Huw Morgan, there's something to appeal to everyone. 'We get a blend of learning music and having fun together. We all want to support each other, which is really lovely,' commented one choir member, while Susan Woodman described the experience as 'friendly, happy, fun, enjoyable, spirit raising and fulfilling.' Liz Lee concurred, adding, 'You can sing your heart out and people applaud you for it!'

Unlike some other choirs, Côr Persain has an open door policy, with no auditions and no requirement to read music. All anyone needs is a love of singing and a willingness to learn. As choir member Cherry Stevenson explained, 'I thought it would be a challenge to join a choir with no previous experience, but immediately I felt welcome. Singing is great for my mental health and wellbeing and I'm surrounded by wonderful, warm people. It's good for the soul.'

Beginning on Tuesday, June 2nd and continuing throughout the month, Côr Persain's open practices will be held at Ammanford Miners' Theatre, Wind Street, from 7pm to 9pm. All are very welcome to attend.



LLANDOVERY TOWN TENNIS CLUB

Here are the plans for the summer:

The We Do Tennis coach, Becky Tennant, is continuing with her coaching sessions on Sundays.

- 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

Please, book here: <https://wdtwales.co.uk/llandovery>

Saturday, 13 June – **Tea on The Towy**

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

Saturday, 27 June – **Adult Tournament**

Sunday, 5 July – **Barclays Open Day**

Saturday, 5 September – **Adult Tournament**

Saturday, 19 Sept – **Sheep Festival Open Morning**

Plus friendly matches and an introduction to Walking Tennis.

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



For more information:

WRITE-ON REV!

Dear Friends,

Each year, on 20 June, the world marks World Refugee Day, remembering the millions of people who have been forced to flee their homes because of war, persecution, violence, poverty, or disaster. Behind every statistic is a human story: families separated, homes lost, fears endured, and hopes carried into an uncertain future. As Christians, we are reminded that the Holy Family themselves knew what it meant to be refugees. In Saint Matthew's Gospel, Joseph took Mary and the child Jesus and fled into Egypt to escape the violence of King Herod. The Son of God entered the world not in wealth or safety, but in vulnerability, displacement, and dependence upon the kindness of strangers. In the Bro Dyfri LMA, we seek to practise a spirit of "radical welcome". We believe that EVERY person is made in the image of God and worthy of dignity, compassion, friendship, and belonging. Whoever you are, wherever you come from, and whatever your story may be, you are welcome to attend any of our churches. World Refugee Day calls us not only to awareness, but to action: challenging prejudice, supporting those in need, and building communities where strangers may become neighbours and friends. "Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it." (Hebrews 13:2) Croeso i bawb – all are welcome.

Father Neil, The Vicarage, Llandovery.

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05/26(3)

Church Services

E-English W-Welsh B-Bilingual

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

7 Jun 9.30am Bilingual Ewcharist
21 Jun 9.30am Bilingual Ewcharist

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

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

7 Jun 11.15am Bilingual Ewcharist
21 Jun 11.15am Morning Prayer

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

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

14 Jun 9.30am Morning Prayer
21 Jun 9.30am Bilingual Ewcharist

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

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

7 Jun 9.30am Eucharist
21 Jun 9.30am Eucharist

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

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

7 Jun 11.15am Morning Prayer
14 Jun 11.15am Bilingual Ewcharist
21 Jun 11.15am Morning Prayer
28 Jun 3.00pm Messy Church

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

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

7 Jun 11.15am Morning Prayer
14 Jun 11.15am Christian Aid Ewcharist
21 Jun 6.00pm Evening Prayer
28 Jun 11.15am Bilingual Ewcharist

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

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

7 Jun 8.00am 1662 Eucharist
9.30am All Age Worship
14 Jun 9.30am Bilingual Ewcharist
21 Jun 9.30am Morning Prayer
28 Jun 9.30am Bilingual Ewcharist

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

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

14 Jun 6.00pm Evening Prayer
28 Jun 11.15am Bilingual Ewcharist

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

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

17 Mehefin 11.15am Y Boreol Weddi
17 Mehefin 11.15am Ewcharist

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

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

14 Jun 14.30pm Eucharist
28 Jun 14.30pm Eucharist

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

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

7 Jun 9.30am Bilingual Matins
14 Jun 9.30am Bilingual Ewcharist
21 Jun 9.30am Bilingual Ewcharist
28 Jun 9.30am Bilingual Matins

Revd Jeff Thomas 01550 777758
jeffthomas@churcheinwales.org.uk

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

7 Jun 9.30am Eucharist
14 Jun 9.30am Eucharist
21 Jun 9.30am Eucharist
28 Jun 9.30am Morning Prayer

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

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

7 Jun 11.15am Bilingual Ewcharist
14 Jun 11.15am Morning Prayer
21 Jun 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

7 Jun 11.00am Holy Communion
14 Jun 11.00am Holy Communion
21 Jun 11.00am Holy Communion
28 Jun 11.00am Holy Communion

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

Contact: E. Gilbert. 01558 685763.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday
Bible talk.

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

Contact: Brian Woodall –
brwoodall1940@gmail.com

HOLY TRINITY CHURCH, TALIARIS

DATES NOT AVAILABLE AT TIME OF GOING
TO PRESS.

Email: h_loyd_davies@hotmail.com

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

- 7 Jun 2.00pm Afternoon prayer followed by a Cuppa in the Hall.
10 Jun 5.00pm Pilgrim Prayers.
21 Jun 1.00pm Lunch
2.00pm Communion service with Canon Sian followed by a Cuppa in the Hall.
27 Jun 2pm Quiet Space of
to 4pm 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 10.30am Morning Prayer
3rd Sun 10.30am Morning Prayer
4th Sun 11.00am Eucharist

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

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

HOLY TRINITY CHURCH, PONTARGOTHI

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

ST. JOHN'S CHURCH, FELINGWM

4th Sun 2.00pm Eucharist

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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



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

Monday, 1st – Christianity Explored, 6.30pm
Tuesday, 2th – Prayer meeting, 11.00am
Wednesday, 3rd – 'Cefnogi' Support Centre
Sunday, 7th – Sunday service, 11.00am
Monday, 8th – Christianity Explored, 6.30pm
Tuesday, 9th – Prayer Meeting, 11.00am
Wednesday, 10th – 'Cefnogi' Support Centre
Sunday, 14th – Sunday service, 11.00am
Sunday, 14th – Nigel Davies – Welsh service, 4.30pm
Tuesday, 16th – Prayer meeting, 11.00am
Wednesday, 17th – 'Cefnogi' Support Centre
Sunday, 21st – Sunday service, 11.00am
Sunday, 21st – Patrick preaching in Seion, Rhandirmwyn, 2.00pm
Monday, 22nd – Blaenos Care home worship, 2.00pm
Tuesday, 23rd – Prayer Meeting, 11.00am
Wednesday, 24th – 'Cefnogi' Support Centre
Sunday, 28th – Sunday Service, 11.00am
Tuesday, 30th – Prayer Meeting, 11.00am

REGULAR EVENTS IN JUNE 2026 IN THE BRO DYFRI LMA CHURCHES

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

EVERY TUESDAY: Bright Sparks – Pre-School Fun & Friendship. A friendly pre-school group with play, crafts, songs and stories at St Dingat's, 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 10 June in Llandingat, Wednesday 17 June in Llangadog, and Wednesday 24 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.

READERS' SALES & WANTS

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

FOR SALE

- **Erica Pan 0 caravan.** Lovingly cared-for vintage caravan (1996) plus awning, motor mover and other items. Very good condition, no damp and easy to tow. £5500. Tel: 07790 578555.
- **3 drawer filing cabinet,** £20. Tel: 07831 893389.
- **2 no. single mattresses,** good condition, rarely used, £20 each. Tel: 07831 893389.
- **Ikea Poang armchair** with footstool, £20. Tel: 07831 893389.
- **Victorian antique prayer chair,** £5. Tel: 07831 893389.
- **2no. stackable hardwood chests** each 105cm wide, 55cm deep, 45cm high, 3 drawers in one, 2 in the other, £30. Tel: 07831 893389.
- **Zanussi fridge,** 83cm high, Good working order, £15. Tel: 07831 893389.
- **Trinity Bendix compact freezer,** 51cm high. Good working order, £15. Tel: 07831 893389.
- **Knitting Machines** – job lot of knitting machines and accessories need TLC, £25. Tel 07979 988122.
- **36" Weaving Loom** – 4 shaft in need of renovation, £25. Tel 07979 988122.
- **Aluminium Greenhouse** – dismantled 10ft x 8ft app, £25. Tel 07836 749652.
- **Snooker/billiard table.** Good condition. Slate bed. 7'x4'. Includes sets of balls, triangular frames, cues, scoreboard. £100. Open to offers. Tel: 07572 168275 or 01550 777149.
- **Logik Electric Cooker.** Little Used in Clean condition, 49cms X 60cms, 4 elements, Grill & Oven, £100 ono. Tel: 07983 279085
- **Panasonic Inverter MicroWave,** Good condition, £40. Tel: 07983 279085.
- **Mobility 4 wheel scooter,** model Strider MN4BL in VGC, invoice for new batteries and service, £400 Tel: 01558 685234.
- **Wheelchair,** brand new, £100. Tel: 01591 610507.
- **Astra 24 piece router,** 1/2" shank, never been used, still in box, offers. Tel: 01591 610507.
- **Four wheeled walker,** used once, new condition, cost £69.99 selling for £50 ono. Tel: 01550 777395.
- **Single cabin bed** with wardrobe, storage below bed, white, 330. Tel: 07771 817277.
- **Dewalt 18 volt 1st fix nail gun,** type 3 DCN692, £165. Tel: 07779 078091.
- Assortment of 1st fix nails, £60 Tel: 07779 078091.
- **Charnwood W815 variable speed mini wood lathe,** £60 Tel: 07779 078091.
- **Wood turning chisels,** 16 in total, 6 are record, open to offers Tel: 07779 078091.
- **Dewalt mitre saw DWS773** 240 volt, £125 Tel: 07779 078091.
- **2 sets of Thule roof bars** plus fixings, £70 Tel: 07779 078091.
- **Dewalt laminate trimmer,** £40 Tel: 07779 078091.
- **Dewalt DCS391 circular saw,** 18 volt, £60 Tel: 07779 078091.

- **Wrought iron gates,** x2 4'3" w x 3'4" h also x2 4'1" x 3'4", £50. Tel: 01550 721640.
- **Harvest flat bed trailer,** ideal small bale, 14' x 6' x 6", very well constructed, thick timber boards on RSJ chassis, front rack, jack, braked, single axle, VGC (ideal small holder), creosoted and painted, £475 ono. Tel: 07444 539748.
- **10" single bed base** with silver gliders, as new, suitable for child or elderly, £50. Tel: 07527 277060.
- **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.
- **Pantycelyn farm painting** by local artist Lon Owen, £20. Tel: 07790 384670 Llandoverly.
- **Large canvas print,** Couple in Woods, £10. Tel: 07790 384670 Llandoverly.
- **Pebble art pics,** framed, £5, £10, £15. Tel: 07790 384670 Llandoverly.
- **Mystery parcels,** 100, all new items, £3 & £5. Tel: 07790 384670 Llandoverly.
- **Ladies hooded cardigan,** long, new, size 3XL, with highland cow print, was £49, now £25. Tel: 07790 384670 Llandoverly.
- **Heavenly feet ladies lace up boots,** dark blue, size 6, new, £15. Tel: 07790 384670 Llandoverly.
- **Fur rug,** beige, new, was £29.99, now £12. Tel: 07790 384670 Llandoverly.
- **Blue Peter framed signed picture,** £10. Tel: 07790 384670 Llandoverly.
- **Microwave sandwich toaster,** new/boxed, £12. Tel: 07790 384670 Llandoverly.
- **x4 Xmas candle light holders,** boxed, snowman, penguin, reindeer, santa, all new, £4 each. Tel: 07790 384670 Llandoverly.
- **9 small window expansion rods** for nets etc., new, £1 each. Tel: 07790 384670 Llandoverly.
- **King size bedding set,** grey print, new in packet, £20. Tel: 07790 384670 Llandoverly.
- **Double bed duvet set** including fitted sheet and 2 pillow cases, new in packet, £20. Tel: 07790 384670 Llandoverly.
- **Single bed duvet set,** new in packet, grey large check print, £12. Tel: 07790 384670 Llandoverly.
- **Heavy duty Makita drill,** model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mahogany dining table,** 8ft x 3ft 6in including 8 chairs, £200 ono. Tel: 01267 202230.
- **Large mirror,** 53" x 41" including 2.5" painted wooden frame, circa 1990, £20. Tel: 07866 489639 (Llangadog).

WANTED

• **Book Donations.** We thank you so very much for your donations as always. We would be grateful if you could use your discernment in book quality and then just box/bag everything up and help will always be available to assist you to offload. Thank you for helping us to maintain Newton House and Dinefwr Park. For walkers, the Park, the Takeaway Hut and the Oak Yard are open all the time for a welcome break. Don't forget to visit Volume Two with loads of bargain books in the Oak Yard during your visit. Any queries: Holly Dwyer 01558 825910. email: jayne.henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

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

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

ARCHITECTURAL SERVICES

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

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – Extensions, new build, replacement dwellings, loft conversions, schedules, specifications, tendering and overseeing of work. Planning and Building Regulation applications. All grant work working locally for 35 years. Contact Nick Brown, Criafolen, Llansadwrn, Llanwrda, Carmarthenshire SA19 8LE on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com
www.brownpartnership.com 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, Tel: 01550 721225, www.postdatum.co.uk

COUNSELLING

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

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

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 rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 09/26(12)

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

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@hummerstone.wales www.hummerstone.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 377710. 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.hughesdecoratorsltd.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@allaspectspertyservices.co.uk or visit us: allaspectspertyservices.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 Llandoverly Squash Club, situated opposite Llandoverly College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st will automatically have their membership extended to March 31st of the following year. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandoverly. The club operates a weekly club night on Wednesday's from 7.00pm - 9.00pm all existing & prospective members are encouraged to attend. We have internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverlysquash or visit our website: <https://llanadoverlysquashclub.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 Llandoverly and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: [dazzlers the window cleaners](https://www.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 Call or text us on 07773 900777 Email info@rcleanwales.co.uk Facebook [@rcleanwales](https://www.facebook.com/rcleanwales) 03/27(12)

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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
FULL PAGE (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
HALF PAGE (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
QUARTER PAGE (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
EIGHTH PAGE (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
SIXTEENTH PAGE (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.
Tony Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 17/05/26 - 13/09/26) Not all stops shown

	Mon. to Fri.					Sat.					A = until 9 August		B = from 16 August		
Swansea D		05.13	07.29	10.39	14.49	17.47	04.50	07.30	10.38	14.50	17.48	08.53	11.05	11.10	15.18
Gowerton D		05.25	07.41	10.51	15.01	17.59	05.02	07.42	10.51	15.02	18.00	09.05	11.17	11.22	15.31
Llanelli D	05.12	05.35	07.52	11.02	15.11	18.09	05.12	07.52	11.05	15.12	18.09	09.15	11.27	11.32	15.42
Ffairfach D	05.49x	06.11x	08.29x	11.39x	15.49x	18.47x	05.49x	08.29x	11.42x	15.50x	18.47x	09.51x	12.04x	12.09x	16.18x
Llandeilo D	05.55	06.17	08.47	11.45	15.54	18.52	05.55	08.46	11.48	15.55	18.52	09.57	12.10	12.15	16.24
Llangadog D	06.05	06.26	08.57	11.55	16.04	19.02	06.05	08.56	11.58	16.05	19.02	10.07	12.20	12.25	16.34
Llanwrda D	06.08	06.30	09.00	11.58	16.07	19.06	06.09	09.00	12.02	16.09	19.06	10.11	12.23	12.29	16.38
Llandovery D	06.17	06.37A	09.09	12.07	16.16	19.15	06.18	09.09	12.11	16.18	19.15	10.20	12.35	12.38	16.47
Cynghordy D	06.24x		09.17x	12.15x	16.25x	19.23x	06.25x	09.16x	12.18x	16.26x	19.23x	10.27x	12.42x	12.45x	16.54x
Llanwrtyd D	06.42		09.35	12.33	16.42	19.39	06.42	09.34	12.35	16.43	19.39	10.44x	13.00	13.03	17.11
Llandrindod D	06.05	07.32		10.12	13.12	17.38	07.32	10.12	13.08	17.38	20.25	11.28	13.45	13.45	17.59
Shrewsbury A	07.38	09.03		11.42	14.42	19.10	09.01	11.42	14.38	19.09	22.00	13.03	15.16	15.15	19.36

	Mon. to Fri.					Sat.					A = until 9 August		B = from 16 August		
Shrewsbury D	04.30	05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	09.43	12.08	16.20	
Llandrindod D	05.56A	07.29	10.24	13.24	17.33	20.27	07.29	10.25	13.22	17.32	20.27	11.31	13.53	18.03	
Llanwrtyd D		07.59	10.54	13.58	18.04	20.58	07.59	10.53	13.56	18.03	20.57	12.01	14.24	18.34	
Cynghordy D		08.11x	11.05x	14.10x	18.17x	21.11x	08.12x	11.05x	14.08x	18.16x	21.09x	12.13x	14.37x	18.47x	
Llandovery D	06.41	08.23	11.18	14.26	18.29	21.23	08.24	11.18	14.24	18.28	21.21	12.31	14.49	19.00	
Llanwrda D	06.47x	08.29x	11.23x	14.31x	18.35x	21.29x	08.30x	11.23x	14.29x	18.34x	21.27x	12.37x	14.55x	19.05x	
Llangadog D	06.51x	08.34x	11.28x	14.36x	18.40x	21.34x	08.35x	11.28x	14.34x	18.39x	21.32x	12.42x	15.00x	19.09x	
Llandeilo D	07.02	08.45	11.54	14.48	18.55	21.45	08.46	11.50	14.48	18.53	21.43	12.53	15.11	19.22	
Ffairfach D	07.05	08.48	11.57	14.51	18.58	21.48	08.49	11.53	14.51	18.56	21.46	12.56	15.14	19.25	
Llanelli D	07.44	09.30	12.42	15.32	19.44	22.35	09.40	12.34	15.31	19.36	22.32	13.35	15.54	20.06	
Gowerton A	07.52	09.38	12.50	15.42	19.52	22.43	09.48	12.42	15.41	19.44	22.40	13.43	16.02	20.14	
Swansea A	08.11	09.51	13.03	16.00	20.25	22.58	10.02	12.55	16.00	19.59	22.55	13.56	16.15	20.30	

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

Traveline: 0800 464 0000

BUS TIMES

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

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

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

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

	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	—	—	—
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.

Summer Fayre

Saturday 27 June
1.30pm – 4.30pm

Elidyr Communities Trust,
Rhandirmwyn,
Llandovery,
Carmarthenshire,
SA20 0NL



Fun family afternoon
Free entry with ample parking



Try your hand:

- Woodwork
- Weaving
- Wet felting
- Soap making
- Mosaic
- Bushcraft

Featuring:

- Duffnuts Doughnuts
- Nigella's Dragon Fired Pizza
- Soft play JJ Castles & nerf machine
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- Meet the bunnies, alpaca & donkeys



Free shuttle bus supported by Castle Garage

Covering: Rhandirmwyn, Cilycwm, Llandovery & Cyngordy
Book a place: ellenwileen@elidyrct.ac.uk

