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ALL ABOUT *The Post*

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12/26(12)

LLANDOVERY SHEEP FESTIVAL 2026



On the day of the Sheep Festival, the 19th of September the **Llandovery and District Model Railway Club** will again be demonstrating a selection of our layouts and techniques in the centre of Town by kind permission of the **Castle Garage Showrooms**.

This year we will have an industrial layout, celebrating Wales' coal mining heritage, and a variation on a more rural theme of the days of steam railways.

As well as a shunting puzzle, to test your skills in logic and driving a model locomotive, we will have the early stages of construction of a layout focusing on local railway history just up the line from Llandovery. Come along and see how a layout takes shape!

We will also have some books and models for purchase at very modest prices, if you prefer "armchair modelling".

The Model Railway Club usually meets at Llandovery railway station on Thursday afternoons about 2p.m. but on the first Thursday of each month we hold a zoom meeting in the evening instead, for those who cannot get to the station during the day. We invite anybody interested to come and chat with us at the show, check out the website at www.llandoverymrc.org.uk or call the coordinator on 01550 720901.



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LLANDOVERY SHEEP FESTIVAL 2026 – IT'S HAPPENING!

There were moments when it looked as though Llandoverly might be without its Sheep Festival this year, but thanks to an extraordinary response from local people, businesses and supporters we've raised almost £13,000!! So we're delighted to say that Llandoverly Sheep Festival will be back on Saturday 19 September – right in the heart of the town.

Before the sheep arrive, the music starts and the streets fill with visitors, there's a huge amount of less glamorous work that has to happen behind the scenes. Road closures and traffic management need arranging, licences and permissions secured, safety plans and risk assessments completed, security and first aid organised, insurance and seemingly endless forms, emails, meetings and paperwork dealt with. It's the side of running a festival that most visitors will never see – but without all that boring logistical groundwork, none of the lovely, fluffy stuff can happen!

A great deal of that work has been led and coordinated by Linzi Brown of Bumblebees of Llandoverly, who has taken on the day-to-day organisation of the festival on behalf of Llandoverly Business Group CIC.

But no festival happens completely alone, and we are incredibly grateful to everyone who has stepped forward to help – whether by taking responsibility for part of the day, volunteering, sponsoring an activity, donating, sharing our appeals or simply offering encouragement when it was badly needed. Every donation, large or small, has helped bring the festival closer to reality. Thank you.



So, what can you expect this year?

Plenty!

Our sheep will, of course, be the stars of the show, with a wonderful collection of breeds coming into the town centre for visitors to meet. Alongside them you'll find fibre producers, makers and demonstrations celebrating the journey from sheep to skein and the continuing importance of wool.

The streets will be filled with independent traders and crafts, fantastic street food and drink, and live music and entertainment throughout the day. There'll be family activities, face painting and the return of a traditional Village Show, with classes for children and adults – and absolutely no requirement to be an expert to have a go!

One of the things we're particularly excited about this year is our Drovers' Walk.

Llandoverly was once a vital drovers' town, with thousands of sheep, cattle, geese and other livestock passing through its streets on long journeys to market. This year we're bringing a little of that history back to life.

Working with Pethau Pawb, we're inviting local children to explore that history and create their own costumes using affordable and upcycled materials at a drop-in workshop on Saturday 12 September. Then, on festival day, they'll become our very own flocks of sheep and other livestock! With their drovers alongside them, they'll make their way through the town towards our "market", giving today's visitors a glimpse – with plenty of imagination and fun thrown in – of a sight that would once have been very familiar in Llandoverly.

This year's festival is about much more than putting on a good day out. It's about celebrating the sheep and farmers who have shaped our landscape, the wool and crafts they have inspired, the history of our drovers' town and, perhaps most importantly, the community that keeps all of those stories alive.

To everyone who has donated, sponsored, volunteered, offered practical help or supported us so far – thank you.

We would still love your support. Our Crowdfunder campaign remains open, cash donations can be left at Pethau Pawb or Bumblebees of Llandoverly, and we also have festival window stickers available for £3. Every extra pound helps us meet the considerable cost of putting on a free festival for the town and its visitors.

There's still plenty to do before 19 September, but the Sheep Festival is happening!

And after all the spreadsheets, forms, emails, meetings, road closures, risk assessments and paperwork... we cannot wait to finally see some sheep!

All the latest information, including the festival programme, Drovers' Walk workshop details and Village Show schedule, can be found on the Llandoverly Sheep Festival website.

Crowdfunder: <https://www.crowdfunder.co.uk/p/save-llandoverly-sheep-festival>

Festival website: www.llandoverlysheepfestival.org

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LLANDOVERY REPAIR CAFE

After some highly successful sessions and a break for August as most of our volunteers were away, and it's been very hot, we will be starting the new season on Saturday, September 5th, from 11am to 2pm, in a new venue – the Craft Centre on Kings Road, accessible entrance on Stone Street. This is not a permanent home, but we have very kindly been offered the use of the space for this session. We hope to have more news on this next month

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

We can at least try to repair small electrical items, clothes and textiles, toys, ornaments, jewellery, tools, clocks, bicycles, small items of furniture and many more things which might otherwise be thrown out and end up in landfill. Please note, for insurance purposes, and our safety, we cannot accept any petrol driven items like lawn mowers or chain saws! All we ask of you is a small donation towards our costs. And you can have tea or coffee, and cakes while you wait.

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



CAFFI TRWSIO CYMRU **REPAIR CAFE** **WALE**

Llanymddyfri Llandovery

Llandovery Craft Centre
Stone Street

Saturday 5th September 2026
11am to 2pm

Dydd Sadwrn 5ed Medi
11yb i 2yp

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No petrol-powered items please
No charge - donations welcome

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Dim eitemau sy'n cael eu pweru gan betrol os gwelwch yn dda
Dim tâl - croeso i roddion

Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope that you are well and that the Summer holidays were happy and relaxing, in spite of the intense weather that we have had. Indeed, we have had to learn how to keep cool and active and perhaps develop new routines and still enjoy this very different Summer. There are yoga practices which can help – cooling breath practices – and the deep relaxation practice of Yoga Nidra can restore energy and help refocus the mind, as well as the very gentle anti-rheumatic series to keep the body limber and energy moving. The practice of meditation can help the mind cope with changing circumstances and bring about a sense of equilibrium.

With the evenings very slowly beginning to draw in, PadmaSamBhava is preparing for the Autumn term. The term starts on the week of 14th September for some classes and 21st September for others.

PadmaSamBhava offers a good selection of classes at the Centre in Llandeilo, as well as a weekly class at Ammanford Penybanc Welfare Hall, the Reading Room at Cwrt Henri and Chair Based Yoga at Llandeilo Bowling Club.

The Beginner's classes in Llandeilo cover the foundation practices of the PMA series, breath awareness and deep relaxation. These practices bring about flexibility and strength, and provide a firm foundation upon which to begin to explore some classic postures.

The Wednesday Beginners welcomes students to join this ongoing class – both those new to yoga as well as students wishing to return to yoga. Daytime Yoga on Thursday mornings offers a steady progression and exploration of practices for students familiar with yoga. 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.

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

The classes taught by the Centre are Integral Yoga, offering a gentle and steady progression, always working with awareness of your body in the physical practices, and bringing together mind, body and breath.

Weekly practice of yoga allows the body to gain strength and flexibility week by week while developing focus and poise in the mind. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life and that the benefits of yoga resonate beyond the class.

Please contact Padmasambhava to find out more about their classes and to see which class may best suit you – or look out for the posters and Autumn term brochure. You can phone them on 01558 823842 or email mail@padma.org.uk

More information at www.padma.org.uk

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WHAT'S ON

at The Old School in Capel Dewi SA32 8AD

5th September – Open Day from 10.30am. Come along and see what happens at The Old School. A warm welcome and a cuppa await all.

25th September – Pop up Pub and Quiz. Doors – 6.30pm

26th September – MacMillan Coffee Morning from 10.30am.

30th September – Book Club is back 7.00pm.

8th and 22nd September – Simon J Pizzeria Van from 6.00pm – 8.00pm

For enquiries or further info contact: capeldewicommunity@gmail.com

JOANNA'S COLLECTION AT ABERGLASNEY IN SEPTEMBER



We are pleased to confirm that we will be back at Aberglasney Gardens from September 12th to the 24th.

With new makers and artists joining us this year we are pleased to have many of our original makers returning.

Joanna will be there with her usual scarves and shawls and some new items for this year. Helen Mountstevens will be back with her lovely vintage Welsh wool bags each one a unique piece. Also joining us is James McGill with his beautiful woodwork, ceramicists Mick Morgan and Peter Bayley, jewellers Steph Rees, Marnie Foot and Gary and Jane Rudland along with many more.

For those who have not seen our work before then it's well worth the visit and for those who have the fat fairy will be back so come and look at our beautiful handmade work.



MISSING



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LLANDOVERY FOLK DANCING

After a short break during the month of August we are all looking forward to our next dance on Friday 18th September at the Catholic Hall in Llandovery, starting at 19.30.

You don't need a partner and you also don't need to have dance experience. Just come along and see how much fun we are having. Dancing is good for you!

We have our regular dance every third Friday of the month. If you would like more information call Monika on 07411 079307

10/26(3)



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Folk Dancing
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 Friday 18th September 2026
 Catholic Hall, Llandovery
 SA20 0BD
 7.30 p.m. £7.50
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 All welcome!
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LOST



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

Allison

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18TH
ANNIVERSARY

06/27/12

FRIENDS OF CÔR MEIBION LLANYMDDYFRI Monthly Lottery draw results April to September 2026

April 2026

1st Elin Ward
2nd Dan Jones
2nd Lisa James
3rd Wyn Morgan
3rd Megan Lloyd
3rd Alexander Davies

May 2026

1st Martin Watts
2nd Cynthia Williams
2nd Rhys Morgan
3rd Carol Dyer
3rd Daf Powell
3rd Arlo Thomas

June 2026

1st Gwenan Thomas
2nd Gareth Enoch
2nd Nia Williams
3rd Dawn Jones
3rd Kevan Thornber
3rd David Stewart-Walvin

July 2026

1st James Parker
2nd Elen Powell
2nd Angharad Davies
3rd Delyth E M Morgan
3rd Lydia Lloyd
3rd Huw Morgan

August 2026

1st Lucy Fairfax
2nd Lynne Jones
2nd Dafydd Bennet
3rd Carwyn Richards
3rd Lynwen Williams
3rd Gareth Salt

September 2026

1st Jill Richards
2nd Jenny Robins
2nd Faith Harris
3rd Deio Jac Dyer
3rd Llew Davies
3rd Helen Worthington

Many thanks to you all for your continued support to the Choir.

Diolch yn fawr iawn i chi gyd!



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9th August 6.30pm

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LLANDOVERY TOWN TENNIS CLUB

We've already enjoyed two tournaments, a friendly against Aberaeron, and Tea on the Towy. Here are the plans for the rest of the year:

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

Ladies' Night – a ladies-only session on Thursdays at 7pm.

Saturday, 5 September – Adults' Tennis/Poker Tournament starting at 10.45am with a BBQ.

September – the rearranged **Doubles Master Class** with Mike Barton.

Saturday, 19 September – Sheep Festival Open Morning – 10.45am to 12.45pm – refreshments available.

Thursday, 29 October – Pizza and a Quiz – evening.

Sunday, 13 December – Christmas meal at The Whitehall.

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

For more information:



FRIENDSHIP CLUB

Friendship Club has been well supported this year.

Meetings held at Vicar Pritchard Memorial Hall last Wednesday of the month at 1.45pm. No age limit

Forthcoming events as follows

Wednesday September 30

Visit Llandovery Museum

Wednesday 18 October

Trip to Penderyn Whiskey and Merthyr shopping centre

Wednesday 25 November

Talk By Carol Dyer

Wednesday 16 December

Christmas Lunch

For further Information contact

Gina Jones 07868017015, Teresa Jones 07957 995963 or Barbara Price 07572 263987.

POSTDATUM
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The Post

BIG CHOIR FOR CATHEDRAL CONCERT

One of Wales's famous male choirs heads west on Saturday 19th September for their now bi-ennial late Summer Concert – and in numbers not seen for more than a decade.

Around 80 choristers of Côr Meibion De Cymru – The South Wales Male Choir will perform at St Davids Cathedral under the baton of their new Director of Music D. Huw Rees, following the retirement of Elaine Robins, who served the choir for over 20 years as MD. Joining Huw will be the ever present piano accompanist Sian Davies and Merion Wynn Jones will be at the console of the mighty Willis Organ. Special Guest soloist is Tenor Rhydian Jenkins.

In the presence of their President former CMDC conductor Dr Haydn James, the men of South Wales and their Welsh exile comrades from across the border will unite in a glorious programme of traditional classic hymns and arias together with songs from the shows – one of which being 'This is The Moment' from the Dr Jekyll & Mr Hyde Musical, but arranged by Huw.

A special 'moment' more recently at concerts is receiving a Royal Message of support and welcome from CMDC's Patron His Majesty King Charles III and it is hoped that this will once again provide a fitting opening to their 34th visit to St. Davids – the first being back in 1987.

Seat tickets are available on line at www.ticketsource.co.uk/cor-meibion-de-cymru or direct from the Concert Secretary gareth_huw_davies@msn.com or 07583 853557.

CÔR MEIBION DE CYMRU
The South Wales Male Choir
One of Wales' renowned male choirs

concert in
ST DAVIDS CATHEDRAL

7.30pm Saturday 19 September 2026

St Davids, SA62 6RD
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Parti Llŵcher, Ladies Choir,
and Merion Wynn Jones (organ)

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LLANDOVERY U3A

The programme for the autumn is very nearly complete, and we have some truly excellent speakers joining us in the next few months. I would like to remind all the Post readers that the u3a is open to anyone outside the labour market on the day we meet. We are keen to welcome adults and students to sessions. There is an annual membership which allows access to all of our events, at which members pay £2:00 for refreshments. In order to encourage people to join us, we welcome guests for a charge of £5:00 to include the session and refreshments.

We are welcoming speakers with local, national and international followings during the next few months, so keep an eye on The Post or come along to our meeting on September 2nd. We meet every other Wednesday at Llandovery Rugby Club: from 10:30 till 11:00 for a chat and refreshments, with speaker or session live from 11:00 until 12:00 / 12:30.

2nd September: The House Historian – Sara Fox

Sara is on the council of Carmarthenshire Antiquarian Society and acts as the organisation's press and publicity officer. She has also been involved in the publication of Camarthenshire in 100 Objects, which we saw and some of us purchased at the museum last year. She will be sharing the research she has undertaken on the Cilycwm Dresser, and you can find a Cilycwm Dresser inside the entrance to Llandovery Museum and Heritage Centre.

16th September: Nigel McCall – Award winning photographer for Aberglasney Gardens

Nigel, a native of Carmarthenshire who was born locally and worked in the area, has spoken to us before showing his wonderful photographs from the poles. Photography has always been part of his life and became a real passion

from 2003, with wildlife and landscapes being his interest both at home and away. From 2014 he has photographed almost exclusively at Aberglasney Gardens, providing images for promotion and publicity of the Gardens. His book 'Aberglasney Gardens – a calendar year' was published in March 2022.

Photography Competition Awards.

Landscape Photographer of the Year (UK competition) 2013. First Place in the Urban category.

International Garden Photographer of the Year (worldwide competition):

2017, First Place in the Beautiful Gardens category.

2018, First Place in the Bountiful Earth category. 2021.

First Place in the Beautiful Gardens category. 2023, Third Place in the Beautiful Gardens category.

30th September: Clare Bishop – Heronries of Carmarthenshire: past and present

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

For further details contact Patricia Morgan-Black on 07960 979099.

CHARITY PLANT SALE at Ty'r Maes, Ffarmers SA19 8DP from 1.00pm on Sunday 20 September. Loads of unusual plants for sale, plus over eighty kinds of plants that can be ordered in advance for a donation. For full plant list and directions email johnhelen140@gmail.com or phone 01558 650541. Refreshments provided. All proceeds to National Garden Scheme charities.

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Spotlight on Elidyr



ITV Coast & Country

Back in June, a film crew from ITV Wales visited to film a segment in their summer series of Coast & Country. They filmed two of our learners with the rabbits and alpacas. Liam enjoyed looking at the producer's screen, enabling him to see what the camera man was filming and Emilia helped the presenter Ruth, feed the alpacas.

Check the ITV player from Friday 14 August to watch us in action in front of the camera.



Care worker questions ...

Many people who come to work with us as a Support Worker may have never worked with people with additional learning needs or disabilities. You might be thinking of applying for one of our jobs but want to know more about what to expect. Here's some FAQs.

What type of people will I work with?

The people you'll work with are either young adults on a Coleg Elidyr education programme or slightly older residents on our Inclusive Lives programme. Each learner or resident lives on site in one of our houses.

They all have unique learning and living needs and are carefully assessed so we can make sure that we're offering the right support. You are likely to be working closely with a small group that you will get to know really well.

What will I do?

Your role will be dependent on the needs of the individuals you work with and their interests. You will be helping them to understand how to carry out simple tasks and become more independent. Getting dressed, washed, cooking, taking part in activities, exercising ... You'll receive lots of training, particularly around communication as this is crucial for our young people to be able to express themselves.

What are the hours, salary & benefits?

You will work on a three week rolling shift pattern. Unlike other care roles, **you will know your shifts for a year in advance.**

This role brings extra money, as it includes 1-2 sleep-ins per week, depending on business needs. This is paid in addition to salary at £40 Mon-Thurs and £55 Fri-Sun. Providing a great opportunity to increase earnings. We also offer a private healthcare scheme, wellbeing clubs and days out. Contact Lisa for more information about job opportunities or to arrange a visit.

Current vacancies:

Support Workers: £27,040 - £30,010

Senior Support Workers: £27,459 - £30,476.



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02/27(12)



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09/27(13)



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11/26(13)



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06/26(12)

LLANDOVERY CARNIVAL

Firstly we would like to thank all the wonderful people who took part in this year's Carnival:

- Everyone who dressed up and took part on a float;
- Rotary who provided additional marshals;
- The Rugby Club who provided the Ground on Carnival Day;
- The King's Head who hosted the Kings and Queens;
- The Castle Hotel who offered their ballroom for Llandovery's Got Talent;
- The Bluebell for hosting the annual pre-Carnival Quiz
- The Motor Club for creating and organising the Treasure Hunt
- The Rugby Club for the post-Carnival Quiz

Most importantly the community of Llandovery who turned out to take part in any of the above or on the day itself. **Thank you.**

As we are all aware from the recent appeal for the Sheep Festival, putting on events is becoming more and more expensive. We can confirm that we will be able to run the Carnival next year, 2027.

The Carnival Committee is pleased to announce that we are still able to make four awards to local activities or organisations. We would like to invite the Llandovery Community to join us at the October Farmers' Market on **Saturday 3rd October** for the cheque presentations. We will also have a suggestion box for themes for the 2027 Carnival open to take your ideas at the market. Additional details will be posted nearer the day.

SADWRN STITCHERS

Weekly – term times, Weds 7.00 – 9.00pm
Llansadwrn Reading Room

We are a friendly group of crafters, have a warm room, and best of all – tea, coffee and biscuits!

Our aim is to help learners and improvers in crochet, knitting and sewing machine use. Experienced crafters are very welcome.

Have you ever wanted to learn how to...

Would you like to be able to follow a pattern?

Knit a cable design?

Crochet a toy, a hat, or a blanket?

Sew a bag or repair a seam?

We have many skills and would love to share them with you.

Contact Patricia on 07890 684075 for details.

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20 20	Renault Clio 1.0 TCE 100BHP S/Ed, Diamond Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m	£11995
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OTHER MAKES & MODELS ON OFFER

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19 69	Jaguar E/Pace 2.0 D180 AWD R-Dynamic HSE, Full Black Leather, Heated Front Seats, 20" Alloy Wheels, Sat Nav, Parking Sensors, Climate Control, Power Tailgate, Met Grey, 44200m	£17500
19 19	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, Climate Control, 19" Alloy Wheels, Privacy Glass, Met Blue, 39450m	£14500
19 68	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, 19" Alloys, Privacy Glass, Metallic Grey, 48898m	£13995
22 22	Dacia Duster 1.3 TCE 130BHP 6 Speed Comfort, 4x2, Alloys, Air Con, 1 Owner, 50000m	£12500
20 70	Vauxhall Corsa 1.2 Turbo 100HP 6 Speed SRI, Navigation HDD, Parking Sensors, Half Leather Trim, 16" Alloys, Air Con, Privacy Glass, Grey Metallic/Black Roof, 43800m	£9500
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed N-Connecta, Only 6565m, White	£16995
21 71	Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m	£10500
18 18	Dacia Stepway 1.5DCI 90 Ambiance, Air Con, Spare Wheel, In Metallic Blue, 57995m	£5995
16 66	Mini Cooper 1.5 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m	£10500
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m	£10500

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LLANGADOG CRAFTY QUILTERS

Llangadog Crafty Quilters are very proud to present their first Quilt & Craft Exhibition at Llangadog Community Hall (Canolfan Gymdeithasol Llangadog) on Friday 25th and Saturday 26th September. We will be displaying quilts, bags, toys, decorations and more, all handmade by our group. Some of these items will be for sale.

The Llangadog Knit & Natter group will be displaying some of their items and Llangadog Brownies will be showing their work.

There will be a sales table, general raffle, tombola and other activities on both days, as well as refreshments. On Saturday only, there will be tables selling fabric and craft items in the YMCA Hall. The winners of the special two day raffle of 3 quilts will be announced on Saturday afternoon.



Quilt & Craft Exhibition
 Llangadog Community Hall / Canolfan Gymdeithasol Llangadog
25th & 26th September • 10am – 4pm
Entrance £3 adults • Children free
Refreshments available
 Raffles • Tombola • Guess the number of buttons • Name the teddy • and more!
Saturday only: Destash sale also in the YMCA

LLANGADOG WI

In August, many organisations take a break - not Llangadog WI! – It's Party Time!

Our August Afternoon Tea this year was at the lovely home of Jutta and John Beer. We all contributed to the catering and amongst the orchard, suitably decorated with bunting we enjoyed a wonderful afternoon of fun and friendship.

The Hunt the Hundred County event is well underway with many members from all over the County – hunting for our 100 in the village! Bethan's design is proving popular!

Our next meeting will see the return of a very popular potter on Thursday 3rd September at 7pm – Llangadog Community Centre – Why not come along for a visit, a warm welcome awaits you.

At the time of writing, wild fires are being fought in Rhandirmwyn and other local areas. We send our thanks to all those involved with efforts to contain further damage, together with our thoughts for those who have suffered losses.

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LLANDOVERY CROQUET CLUB



On Friday 17th July we entertained a team from Llanidloes and after some close games Llanidloes won by 9 games to 7. On the following day our first team went to Merthyr Mawr to play the Welsh number one side Glamorgan. The conditions were quite difficult with super fast lawns and despite putting up a reasonable fight we eventually lost by 16 games to 4. On 13th August we travelled to Aberystwyth where, despite heatwave conditions, we managed to record an impressive win by 10 games to 6.

We continue to play every Tuesday and Thursday afternoon when visitors are welcome to come along and watch or have a try. New members are always welcome and now enjoy reduced fees for the remainder of the season. 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

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09/27(12)



APPROACHING END OF LIFE: THE ROLES OF A DOULA AND CELEBRANT

One of the most important parts of my work – whether I'm acting as a doula or a celebrant – is refusing to let someone's identity shrink to the size of their circumstances. Illness has a way of narrowing the world. Systems have a way of reducing people to tasks. Even well meaning loved ones can start to see only the fragility, the needs, the decline.

But a person doesn't stop being themselves just because they're nearing the end of life. They don't stop being funny, or stubborn, or creative, or messy, or proud. They don't stop having preferences, or passions, or a lifetime of stories that still matter.

So when I walk into someone's space – whether that's a hospital room, a hospice, or their own home – I make a conscious choice to see the whole human being in front of me. Not just the body that needs care, but the life that has been lived. The relationships that shaped them. The things that made them light up. The things that irritated them. The things they loved fiercely. Just because they are approaching end of life, and are tied more to medical and practical needs, it doesn't mean they are less whole.

And I try to help everyone else in the room see that too.

Sometimes that means gently reminding a nurse that the person in the bed used to be a carpenter who built half the furniture in their village. Sometimes it means helping a family remember that their mum wasn't always this quiet – she was once the loudest singer in the pub. Sometimes it means asking about hobbies, favourite

foods, old routines, or the things that made them feel most themselves. And if they can't tell me themselves, then trying to discover their passions and values myself.

Person-centred approach

Recognised the whole person is, in essence, my role as a doula. The way my time is occupied when I'm with a client can vary hugely but the purpose does not. My role is holistic, it's about really seeing someone, for who they are and who they were. It's about helping maintain dignity, autonomy and authenticity even as capacity diminishes. It's about quality of life even as it approaches its end. Making the moments count – comfort, dignity, inclusion,. Client-led. Client-centred.

Because when we remember the whole person, something shifts. The room softens. The fear eases. The conversations deepen. And the person – the actual person – feels held, not handled.

Seeing the whole person also helps families prepare for what's coming. It connects the past to the present. It allows them to honour their loved one's identity even as they navigate the practicalities of care. And later, when it's time to plan a funeral, those memories become the threads we weave into a farewell that feels true.

This work isn't about pretending everything is fine. It's about refusing to let the end of life erase the rest of life. It's about dignity, yes – but also about humanity, humour, tenderness, and truth.

Because nobody becomes smaller at the end of life. We just have to look more closely – and more lovingly – to see the fullness that's still there.

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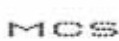
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11/26(12)

WE ARE DELIGHTED TO ANNOUNCE THE RETURN OF COOKING WITH TRISH (AND BRIAN) at the Llandovery Youth and Community Centre.

It has been some time since our last cooking session at the LYCC, as the sessions known as Cooking on a Budget have lost their previous funding. At the close of the fully funded sessions everyone shared that they would be happy to pay £5:00 per session, and this has been included into the new funding for the sessions. We have received an offer to help fund the coaching and cooking for September and October, and are reaching out to potential sponsors of future classes.

Due to popular demand (yes, really!) the sessions will change slightly:

- there will still be recipes and tasting of all the recipes (and fun);
- the focus of the sessions will be health and healthy eating (but fun);
- there will be a full portion of one of the dishes provided, as lunch for all to share (good jolly fun);
- Michael our Mixologist will be back to share his virgin cocktail (alcohol free) suggestions with us (to keep us merry, and help lunch go down).

The first session will focus on anti-inflammatory recipes, adding to ideas we covered in some of the Cooking on a Budget classes. For more information, or to book your place please call Trish on 07960 979099.

SAVE THE DATES FLU CLINIC at Llandovery Rugby Club

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

9.00 – 12.30pm & 2.00pm – 6.00pm

Shirley Price-Davies Practice Nurse

MYDDFAI NEWS

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



Don't forget Myddfai Farmers Market is on the last Sunday of each month 12.00 noon to 3.00pm the August one is 30th and the September one is on 27th, we have a wide selection of food and craft stalls attending, please come along and support a local business. On Saturday September 5th it's Myddfai annual Show. Entries in by 11.30am, doors open to public at 2.00pm. Friday 25th is our monthly pop-up pub evening everyone welcome. We have a Fermentarium sour dough Cooking courses on Saturday 26th – get in touch for more details. We will be running fortnightly Flower Arranging Classes with Sue Thomas starting on Monday September 28th at 2.00pm please contact Sue on 07920 263273 to book your place. The regular weekly classes in the hall are Yoga with Ginny on Tuesday mornings 10.00 – 11.30am, Craft class Wednesdays 1.30 – 3.30pm; Pilates, with Sonia is every Thursday morning from 9.30 – 10.30am. Fridays we have a mixed media art class with Lynn, 1.30pm – 3.30pm, everyone welcome.

Myddfai shop has some wonderful gifts. There is a vast range of quality hand-made items from Welsh Love-spoons, fused glass clocks and gifts, a wide range of jewellery, hand crafted wooden chopping boards & bowls, aprons, bags, pottery, Myddfai Tweed caps, cushions & gifts, locally hand-made hats for all occasions, assorted Welsh soaps & candles, knitted items and a wide range of Myddfai toiletries. We have a great selection of local paintings and prints, interesting books, greetings cards in English and Welsh, Myddfai made Jams, marmalades and chutneys, local Honey plus much more. Every purchase made supports a local business and the Ty Talcen charity.

We can arrange talks on the Physicians of Myddfai, for groups if booked in advance. Why not combine a talk with lunch or afternoon tea from our great little café. The café always has a tasty range of lunches and snacks, and lots of delicious freshly made soups, cakes and bakes.

Why not choose Myddfai Hall for your wedding? With our wedding licence we can do the whole package. The hall makes a great venue for any party, concert, conference, exercise or activity class. It is fully equipped with staging, lighting and sound system and a catering standard kitchen, with crockery, cutlery and glasses for over 150 place settings.

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



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04/27(12)

LLANDOVERY COLLEGE CELEBRATES EXCEPTIONAL A LEVEL AND BTEC RESULTS

Llandovery College students are celebrating an outstanding year of A Level and BTEC results, with significant improvements across all headline measures and excellent outcomes achieved across both academic and vocational pathways.

2026 Results

- A*-A: 32.8% (up from 20% last year)
- A*-C: 72.3% (up from 59% last year)
- A*-E: 97.8% (up from 97% last year)

These results represent substantial year-on-year improvements and reflect the strong academic progress being made by pupils at Llandovery College. As a proudly non-selective school, the College continues to demonstrate the value it adds through high-quality teaching, individual support and a culture of ambition and achievement.

The College also celebrated exceptional success in the Extended Project Qualification (EPQ), with 70% of students achieving an A grade and 100% achieving grades A-C. These results reflect pupils' growing confidence in independent learning, research and critical thinking skills.

Several subjects recorded particularly strong performances. Mathematics, English and Physics each achieved over 80% A*-C grades, with Mathematics standing out as a particular strength, where 40% of students achieved an A* or A grade. In addition, students studying BTEC Sport achieved excellent results, with 55% gaining the highest Distinction and Distinction* grades and a 100% pass rate, highlighting the strength of vocational learning opportunities available at the College.

Among the highest-achieving students, one pupil secured an outstanding three A* grades, while a number of others achieved combinations of A and A* grades, securing places on competitive university courses and other exciting pathways beyond school.

Acting Warden, Dr George Bevan, said:

"We are immensely proud of our students. These outcomes are the result of years of dedication, perseverance and hard work, and we are delighted to see our pupils rewarded for their efforts."

"Whether they are progressing to university, apprenticeships, employment or other exciting opportunities, they should be extremely proud of what they have accomplished."

"I would also like to extend my sincere thanks to our dedicated staff, who have worked tirelessly to support our students throughout the year. Their commitment, expertise and care have made a significant contribution to these excellent results, and we are incredibly grateful for all they have done."

Deputy Warden (Academic), Miss Cressy Passmore, added:

"We are delighted with this year's results and particularly pleased with the significant improvements seen across all key performance measures. To increase our A*-A outcomes from 20% to 32.8% and our A*-C results from 59% to 72.3% represents exceptional progress and demonstrates that Llandovery College is continuing to go from strength to strength academically."

These outcomes reflect not only the hard work of our students, but also the personalised support that is available throughout their educational journey. In particular, our Academic Action Plans have provided targeted and supportive interventions for pupils who required additional guidance. We are especially pleased that students supported through this programme improved, on average, by two grades, demonstrating the positive impact that timely intervention, encouragement and expert teaching can have on pupil achievement.

As a non-selective school, we are incredibly proud of the progress that our students make. Today's results are a testament to the ambition of our pupils, the dedication of our staff and the strength of a school community that is committed to helping every young person achieve their potential."

The College's Year 12 students also performed strongly in their AS Level examinations, producing results that mirror the success seen at A Level. The highest proportion of top grades was achieved in Mathematics, Physics, Chemistry and Biology, providing an encouraging indication of continued academic success as these students progress into their final year of Sixth Form studies.

As students celebrate their achievements and prepare for the next stage of their educational and professional journeys, the entire Llandovery College community congratulates them on their success and wishes them every happiness and success for the future.

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E: nick@brownpartnership.com
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(05/27/12)



LLANWRDA CRICKET CLUB

Llanwrda 1st XI continue to have a difficult season with player availability a real problem. They have been close to victory a number of times but luck has been against them. Typically, they made a decent score against Gorseinon with good contributions from Adrian Davies, David Cumming and Garan Williams. Gorseinon were in deep trouble at 97 for 8 but still managed to reach the target without losing another wicket.

Against Swansea and Civil Service, David Cumming took an excellent 5 for 29 off 4.3 overs. Still, the opposition posted the challenging score of 214. Llanwrda were agonisingly close and failed to reach the target by only 12 runs. 68 by Steffan Roberts and 34 not out by Carwyn Jones were not quite enough.

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. The club has formed a Women's team this season with training on a Thursday evening. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

The juniors will restart in April.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

Draw	Round 1	Winner
15/07/26	56	No winner
22/07/26	46	No winner
29/07/26	54	No winner
05/08/26	08	No winner

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

**PostDatum will be closed from
1st September to 11th September
for a holiday.**

**Please email any information for
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Cheers Aaron

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CADOG FILM CLUB

The Cadog Film Club starts a new season on Saturday 3 October. We have two film nights every month, the first Saturday and third Friday of the month, at the Llangadog Community Hall. Entrance fee is £5.00 for members, £6.00 for non-members. Annual membership is £5.00.

SATURDAY NIGHT FILMS

On Saturdays the doors open at 6.00 pm, at 7.00 there is a meal (everyone brings a dish of food to share). Bring your own wine or soft drinks, and glasses. We aim to start the film by 8.00. Those who want to see the film only without the meal should arrive by 7.45.

3 October – Hamnet (2025)

UK Drama 2hr 5min Certificate 12. Cast includes Jessie Buckley, Paul Mescal. Written by Maggie O'Farrell and Chloé Zhao. Directed by Chloé Zhao.

A powerful, poignant historical drama about the domestic life of William and Agnes Shakespeare. The film tells how the tragic death of their young son inspires the play Hamlet, which brings to both parents, from their very different perspectives, comfort and closure. It is a beautifully crafted masterpiece that explores grief and loss and how that pain can be channelled into art.

7 November – Tuner (2025)

USA Thriller/Drama 1hr 47min Certificate 15. Cast includes Leo Woodall, Dustin Hoffman, Havana Rose Liu. Directed by Daniel Roher.

Leo Woodall stars as Niki, a piano tuner whose heightened sense of hearing gives him a talent for safe-cracking – a talent that draws the attention of a criminal gang capable of violence. An original and inventive story with a flawed but compelling character at its heart.

5 December – Power Ballad (2025)

Ireland/USA Musical Comedy/Drama 1hr 38 min Certificate 15. Cast includes Paul Rudd, Nick Jonas. Directed by John Carney.

This delightful transatlantic comedy of bromance and betrayal starts when a singer with a wedding band and an insecure former member of a boyband spend time together drinking and sharing creative inspiration – resulting in a song that will change both their lives.

2 January – The Devil Wears Prada 2 (2025)

USA Comedy/Drama 1hr 59min Certificate 12. Cast includes Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci. Directed by David Frankel.

This is a razor-sharp follow-up to the 2006 original: but if you've forgotten the first film, or if you've never seen it, there's plenty to enjoy in this one. The surface may be glamorous and glossy, and yet, albeit with a light touch, the film has something to say about the strength

needed to survive in the modern corporate world against the background of digitalisation and AI. The undoubted chemistry amongst the reunited cast makes this a delight.

FRIDAY NIGHT FILMS

The Friday night films are selected from the very best of world cinema, often foreign language films, which don't always appear at the multiplexes. There is no meal, just wine and soft drinks for sale. Doors open at 7.00 pm, film starts at 7.30.

16 October – Effi o Blaenau (2026)

Wales Drama 1hr 30min Certificate 15. Cast includes Leisa Gwenllian, Tom Rhys Harries. Directed by Marc Evans.

Based on Gary Owen's highly praised one-woman play 'Iphigenia in Splott', Effi is the story of a rebellious young woman in Blaenau Ffestiniog who likes a drink, and remains defiant in the face of pity and curtain-twitching. It's also about surviving in an era of austerity and crumbling services. At its heart is a phenomenal performance from Leisa Gwenllian. (In Welsh with English subtitles)

20 November – Colours of Time (2025)

France Comedy/Drama 2hr 4min Certificate 15. Cast includes Suzanne Lindon, Abraham Wapler. Directed by Cédric Klapisch.

In 1895, Adèle travels to Paris trying to solve the mystery of her origins. In the present day, her descendants investigate their family history and Adèle's story: in doing so, they discover something surprising about the birth of Impressionist painting. 'Colours of Time' cleverly interweaves perspectives across more than a century-and-a-half with humour and pathos. Gorgeous cinematography shows both Paris and rural Normandy at their most beautiful. (In French with English subtitles)

18 December – Father Mother Sister Brother (2025)

USA Comedy/Drama 1hr 50min Certificate 15. Cast includes Tom Waits, Adam Driver, Charlotte Rampling, Cate Blanchett, Vicky Krieps. Directed by Jim Jarmusch. Just in time for Christmas, this film focuses on three different family gatherings — three witty and ironic snapshots of grown children's relationships with their parents, and with shared family memories.

15 January — Sentimental Value (2025)

Norway Drama 2hr 13min Certificate 15. Cast includes Renate Reinsve, Stellan Skarsgård. Directed by Joachim Trier.

Two sisters are faced with dealing with their estranged, egotistical father. A mature and subtle look at a complicated family dynamic, funny and heartbreaking by turns. A well-deserved winner of the 2026 Oscar for Best International Feature Film. (In Norwegian with English subtitles)

For further information, ring Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

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09/26(12)



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11/26(6)

IRFON VALLEY ARTISTS AND ARTISANS RETURN FOR SEPTEMBER EXHIBITION



Following a summer of diverse and inspiring exhibitions, Llanwrtyd Heritage & Arts Centre welcomes back the **Irfon Valley Artists and Artisans** for its September exhibition. The group brings together a talented collection of artists and makers from across the countryside between the Cambrian Mountains and the Epynt, stretching from the Sugar Loaf through Beulah, Garth and Cilmeri.

The exhibition provides an opportunity to see the remarkable breadth of creative work being produced in this beautiful part of mid-Wales. Members work in a wide variety of media, including watercolour, oil and acrylic painting, photography, printmaking, ceramics, stained glass and textiles. While many take inspiration from the hills, valleys, rivers, streams, fields and woodland around them, others look further afield for their ideas and inspiration.

This year's exhibition features work by a particularly



varied group of artists and artisans. **Simon H Lilly** presents pieces from his extensive *A Welsh Dreaming* series, created using layered photographs to produce evocative and imaginative images. **Katie Fiszman** explores Islamic geometric compositions alongside flowing biomorphic patterns.

Paul Rickard, whose work has featured in previous exhibitions at the Centre, draws on his long-standing interest in archaeology to create original relief, intaglio and lithographic prints. Photography is represented by **Sarah Mason**, whose long-standing interest in the medium now focuses on the landscapes of mid-Wales, and **Andrew Dally**, whose photographs of wild places are inspired by the landscape, history and literature of the region.

The surrounding countryside is also central to the work of **Jon Hather**, whose watercolours capture the peaceful valleys, hills and moorland through the changing seasons, and **David Wetner**, who paints landscapes and nature subjects in oils, often using palette knives and working *en plein air* in the mid-Wales hills.

There are also some fascinating and more unusual approaches to art. **Mandi Baykaa Murry** creates delicate paintings on naturally moulted feathers, inspired by quiet encounters with birds, while **Peter Barnett** produces dramatic wildlife scenes in oils.

Completing the exhibition are the extraordinary stained-glass work of **Jeff Pine** and **Linda Pace Avery**, alongside ceramics by **Wendy Chamberlain** and **Jonathan Burton**.

Together, the artists offer a colourful celebration of the creativity, character and inspiration to be found in the Irfon Valley and its surrounding landscape. Admission is free and the Llanwrtyd Heritage & Arts Centre is open Thursday to Sunday, 10am until 4pm.

CYNGOR CYMUNED LLANSADWRN COMMUNITY COUNCIL

Expressions of interest are being sought from members of the public who are interested in representing their community on the aforementioned Community Council. You must be over 18 years of age and meet at least one of the following criteria:

- (a) Registered as a local government elector for the area named above, or
- (b) During the whole of the last 12 months occupied as owner or tenant land or other premises in the community named above, or
- (c) your principal or place of work during the last 12 months had been in the community named above, or
- (d) you have during the whole of the last 12 months resided in the Community or within 4.8 kilometres

Please contact a member of the Community Council, or email the Clerk:
joywaters@hotmail.co.uk

LLANDOVERY COMMUNITY SPORTS ASSOCIATION TEAMWORK MAKES THE DREAM WORK: HOW THE LCSA IS SECURING THE FUTURE OF SPORT IN LLANDOVERY

Have you ever wondered who keeps the heart of Llandovery's local sports beating?

Back in 2016, a major local initiative changed the game for our town's sports facilities. Six local sports organizations – **Llandovery Town FC, Llandovery Town Juniors FC, Llandovery Town Tennis Club, Llandovery Croquet Club, Llandovery College, and Llanwrda Cricket Club** – decided to stop working in isolation. Instead, they joined forces to form the **Llandovery Community Sports Association (LCSA)**. We have recently grown to bring **Llandovery Archery Club** based at Castle Fields under our umbrella.

The goal was simple yet powerful: pool our resources, work collaboratively, and make sport in our area stronger than ever before.

Putting the community in control

A major turning point for the town occurred when the Castle Fields sports ground was transferred from the Council directly to the Llandovery community. Known as a "community asset transfer," this move handed local control, development, and maintenance of the facilities right back to the people who use them.

By shifting to a volunteer and community-led management model, the LCSA gained the freedom to apply for crucial grant funding opportunities to help keep our facilities top-notch. Although this funding is invaluable, it alone is not sufficient to cover all of the costs associated with looking after the facilities without exploring other avenues.

Where your community funding goes

Managing these facilities takes more than just volunteer time; it takes significant financial investment. The LCSA continuously pours funds back into the town's sports infrastructure to ensure everything is safe, modern, and usable. Recent essential projects include:

- **The Castle Pavilion:** Recently received an overhaul, including roofing work, completely new electrics, plumbing, and vital health and safety updates.
- **The Castle Tennis Courts:** Ongoing funding goes toward the regular maintenance of the playing surfaces.
- **The Croquet Club Pavilion:** Soon to undertake essential roof maintenance to clear and repair damage caused by excess moss.
- **Site security:** The installation of security cameras across the facilities to protect our community assets from vandalism and ensure a safe environment for everyone.

What we do for Llandovery

From day one, the LCSA has been focused on three core pillars:

- **Improving facilities:** Working together to upgrade and maintain Castle Fields for everyone.
- **Youth development:** Giving our local young people a safe, structured, and exciting place to play, grow, and learn team values.
- **Long-term sustainability:** Ensuring that grassroots sport survives and thrives in Llandovery for generations to come.

A modern tradition

In small towns across the UK, maintaining sports infrastructure increasingly relies on passionate, volunteer-led partnerships. The LCSA is proud to represent this modern tradition of organized, structured sport in Llandovery.

We aren't just managing fields; we are building a healthier, more connected community. Whether you are kicking a football, swinging a racket, skating, or cheering from the sidelines, the LCSA until now has been working hard behind the scenes to keep Llandovery moving. We now wish to start actively engaging with the local community to try and explore other avenues to increase awareness of the association and to increase support to help us keep these invaluable services.

In future posts we will be bringing you news from each club and you can start to follow us and see what we are getting up to.



MYDDFAI COMMUNITY HALL 200 CLUB

Results for the 200 Club draw - May 2026

1st	£20	Judith McSwiney
2nd	£10	Kate Hoskins
3rd	£5	Ray Whant

Results for the 200 Club draw - June 2026

1st	£20	Jacki John
2nd	£10	Sylvia Evans
3rd	£5	Mair Pennycook

Results for the 200 Club draw - July 2026

1st	£20	Gorica Bulcock
2nd	£10	Ali Neyland
3rd	£5	Lynne Knowles

Thank you for your support. New members welcome!
Drop into the hall or contact 07847 381676.

LLANDOVERY ROTARY CLUB



A fairly quiet one this month

Last Wednesday, the Ashberry Staff Awards were held at Blaenos House, and it was a huge success!

The event honoured the dedication and core values that define Ashberry Healthcare: loyalty, integrity, and compassion, including long-service achievements ranging from 3 to an incredible 25+ years.

Congratulations to the award recipients: Zoe E for Core Values, Dawn R for Employee of the Year, Gosia Bailey for Wellbeing, Daria B for Dementia Awareness, and Ivy J, who received a brand-new Above-and-beyond Resident-nominated Award.

Dan and John thankfully stepped in to the breach as President I was busy farming. Rotarians spoke about their charity work and their connection to Blaenos House. They thanked Adrian, the Vice President, and Ivy, who has done so much for the community, for choosing them us their charity of choice.

Your dedication and heart are exactly what make Blaenos House the warm, caring home it is.

A huge Congratulations to Dai and Carol Dyer on being members of the winning Pensioners Choir (Côr Pen Talar) at the National Eisteddfod/Eisteddfod Genedlaethol.

Fantastic!!

We have had a few requests for assistance this last month from some very worthy causes.

Llandovery tennis club wrote to us to acquire a bench for the courts, which we unanimously supported , along with new kit for the Llandovery Ladies tug of war



team, who have just returned from Ireland from a very successful event.

The pupils at Ysgol Rhys Pritchard requested assistance to fund swimming lessons which we wholeheartedly supported.

Also the club had sponsored 2 candidates to attend Rotary youth leadership awards, This program brings together outstanding youth to develop leadership skills, connect with peers, and explore ways to make a positive impact within the community.

As some very intense fires broke out at Rhandirmwyn



it was quickly decided via WhatsApp that we as a club should support the firefighters and farmers by way of a donation to provide sustenance for them. In collaboration with Josh at JT's fish and chip shop facilitated the general public to donate along side us. I wouldn't like to hazard a guess at how many meals and drinks were provided over the time, but it was significant and a massive logistical feat. A huge thanks to all the firefighters who do such a great task and to all the farmers who worked closely along side and to all that supported.

That's it for another month

Duck race report and much more!

Best wishes

Tim

LLANDDEUSANT PARISH CHURCH

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

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

PUMSAINT WI

We do not have a meeting in August but we have a summer outing. On the 18th August we are off to the Arts centre, Aberystwyth. First for some lunch and then to see the stage production of The Calendar Girls.

Our next meeting is 1st September when we will be welcoming Victoria who will be talking about sweets.

New members are very welcome, we are a very small group and would love to see some new faces. We meet on the first Tuesday of the month (not in August) at the Coronation Hall in Pumsaint. November to March we meet at 2pm and April to October 7.30pm. Do come along for a taster meeting.

Sue Jones



What have the Romans ever done for us? As we know, quite a lot. Especially in and around Pumsaint, where the Dolaucothi Gold Mines are still testament to the engineering skills of the invaders. Sarn Helen Road, which they built AD 70 to 75, is about 160 miles long and linked Aberconwy in Snowdonia with Carmarthenshire and the Brecon Beacons. So well-built was Sarn Helen that some sections now form the basis of many B roads in the area, and there are still parts which feature visible cobblestones.

We were excited, then, by the prospect of taking part in a rare, first-time-in-30-years public archaeological dig to uncover part of the Roman road in the Community field behind Pumsaint Village Hall as part of a Roman re-enactment event. Hosted by the National Trust as part of the Festival of Archaeology, the displays were by Legio VIII Augusta MGv (Mutinensis, Gallica, Victrix, all battle awards)

In that respect, we were to be disappointed. Permission had not been given (presumably by the National Trust, who own the field) to excavate, so we were unable to pick a pebble from the remains of a road built nearly 2000 years ago. However, we enjoyed seeing the grandchildren's' names written in Roman script, coins being minted, and hearing how well the Roman empire looked after its soldiers. We learned about how the armour was made and watched the soldiers at their military manoeuvres, ending in a religious ceremony where they thanked all the gods for their victory.

Then one of the poor soldiers had to go off and try to find a couple of arrows which he'd shot into the long grass!

So, why did the Romans come to this particular part of the world? For the gold, of course. They built the roads to extract the wealth from our country to take back to Rome.

The National Trust website says the first-time-in-30-years dig of the Roman road took place. It did not. Permission was not granted. How ironic would it be, then, if permission is granted for the whole field to be dug up to create a 5-metre-wide transport road to carry parts for 19 wind turbines of up to 230 metres height; for the remains of the Roman settlement here to be destroyed; the A482 changed beyond recognition to carry abnormal loads? These roads will not lead to Rome; they will remove a significant aspect of Pumsaint's history.

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LLUEST

‘TAILS’ FROM THE TRUST.....

READY TO REIN IN THE COMPETITION?

Saddle up and join us for our Charity Quiz Night at The White Hart, Llandeilo in the Raven Room! Every last Thursday of the month. First quiz scheduled for Thursday 24th September, starts at 7:00pm. Just £2 per person and teams of up to 6 people. Every penny raised goes towards supporting our rescued horses, ponies, donkeys and mules here at Lluest Horse & Pony Trust. Whether you're a quiz champion or your general knowledge is a little... unbridled, everyone is welcome! There'll be laughs and friendly competition but don't foal under the pressure when the questions get tough! Gather your cleverest stablemates and come along for a fantastic evening.

LLUEST PONY ACHIEVEMENTS

Summer is always a busy time at Lluest when we make the most of the good weather to maximise training and rehabilitation time with our rescued ponies. This vital work helps ensure that each pony is ready and confident

to take their next steps into a loving new Guardian home. Every equine is unique and each rehabilitation programme is carefully designed to meet their individual needs, building trust, confidence and the skills required to thrive. Here are just three Lluest ponies who we think deserve a shout out this summer.

Wonderful Linus was an absolute superstar at this year's Llangadog Show taking 3rd place in the non-ridden coloured class. We couldn't be prouder of him! Linus is a permanent resident at Lluest and an essential part of the rehabilitation team when new rescues take their first steps out of quarantine. Linus' gentle nature gives newbies the confidence to mix with their fellow rescues always providing a reassuring presence to those who need it. Linus is also the perfect pony for anyone who may feel nervous around equines or who has never had the opportunity to get up close and personal with one. It was also so lovely to see Lluest's Blitzen out with his young guardian, having an amazing day, winning 1st place in both the Lead Rein class and the Young Handler class. Huge congratulations to them both!

Earlier this year Lluest's Timmy moved into a great guardian home along with Lluest's Connie at Mount Pleasant RDA (Riding for the Disabled Association). He is doing brilliantly there! Seeing him make a positive difference and provide amazing experiences to young people makes us very proud indeed. Timmy came into our care in 2014 as a cheeky little colt after he was abandoned. He has been in a couple of lovely guardian homes before he came back to Lluest after changes in the guardian's circumstances. He returned to the farm two years ago where he was backed and proved to be a wonderful ridden pony.



Linus



Blitzen



Timmy meets his new rider

All three ponies are wonderful examples of just how incredible rescue ponies can be. They continue to prove that, with love and care, rescue horses and ponies can achieve amazing things.

AUTUMN OPEN DAY & DOG SHOW

If you'd like to meet Linus and all our current on-site rescues to support them in their own rehabilitation journeys we'd love to welcome you to our annual Autumn Open Day and KC Companion Dog Show on Sunday 6th September 10.30am start. We're also delighted to announce that Martin Hacker, a Crufts 2024 Judge (SHERIFS), will be judging our Fun Dog Show. You can also purchase refreshments in our ever popular vintage tea tent, grab yourself some tack sale bargains, and check out the trade stalls and demonstrations. Do come and join us

at Beili Bedw Farm, Llandeusan SA19 9TG. All funds raised at our Open Day are vital in enabling us to continue our work, particularly as we head towards the challenging colder months. Parking is available on site and we kindly ask visitors for a car park donation. Every contribution makes a difference and is greatly appreciated.

LLUEST HAY HEROES

We'd like to end this Post article by saying a heartfelt thank you to a number of people in our local community and members of the Carmarthenshire Meadows Group who kindly donated a huge amount of loose hay and 470 small hay bales at the end of July. Every donated bag or bale of hay is one less we need to find the funds for. These donations don't just fill a hay barn, they ease some of the financial pressure winter always brings. To everyone who donated hay, everyone who gave up their evening to collect it and everyone who helped stack it safely in our barn – THANK YOU. It will make a huge difference to every horse, pony, donkey and mule who calls Lluest home over the months ahead.

FFAIR HYDREF BRECHFA AUTUMN FAIR 2026

Our 27th annual Autumn Craft Fair will be held on Saturday, 10th October at Brechfa Church Hall and adjacent marquee and gazebos in Victoria Community Park.

With quality art and craft stalls, including new woodwork and jewellery, this year's Fair promises to be another friendly and very popular, long established event in the Cothi Valley.

Free Entry with bacon butties, hearty veg soup and homemade cakes available to buy.

There will be a raffle to raise funds for local community projects.

Open 10.00am – 4.00pm

Visit Brechfa Autumn Fair on facebook and Instagram or email: ffairbrechfa@gmail.com for further information.





AMGUEDDFA LLANYMDDYFRI
a Phorth Ymwalwyr

LLANDOVERY MUSEUM
& Visitor Gateway



T. Melinddwr Davies: the only known photo.

MUSEUM NOTES

A GIFT NOT TO BE SNIFFED AT



A snuff box that was owned by a leading nineteenth-century poet, T. Melinddwr Davies, is among the latest items received by Llandovery Museum.

It is the gift of Mrs Beryl Morgan, a member of the local branch of the Family History Society. The snuff box, which is dated 1900, was a gift from Melinddwr to Mrs Morgan's great-grandfather, David Evans of Penbeili, Llansawel (11.10.1872-26.5.1952). Known as 'Dafi Bush', he was a rural craftsman who was engaged in hedging on local farms and whose hobby was basket making.

Thomas Melinddwr Davies (c.1843-1912) spent his life in Llansawel where, like his father, he earned a living as a weaver. From an early age, he won prizes for singing and reciting at local eisteddfodau and in later years he was generously rewarded for composing poetry. The first prize he won was three pence, but at the London National Eisteddfod in 1887 he shared a prize of £15 and a silver medal for a *Cywydd*. Two years later he won £2.10s and a silver crown at the Flintshire Chair and Crown Eisteddfod.

He was also in great demand as adjudicator, but his interests extended beyond weaving and literature. He was a keen gardener who had considerable success in local shows. He attended tonic sol-fa lessons when the system was introduced into the parish in 1865, and he was the first to obtain a certificate.

In 1894, Llansawel Parish Council, with eleven members, was formed under the Local Government Act,

to replace the old vestry meetings. The councillor who attracted the highest number of votes was none other than T. Melinddwr Davies, who later became council clerk.

Within a year of his election success, his wife, Eleanor, died suddenly at the age of 52. She had borne him four sons and a daughter. The youngest child, William Emrys, died in 1908 at the age of only 21 when he was studying at St David's College, Lampeter, with the intention of becoming a clergyman. During his final illness he had been nursed by his sister, Jane Morfudd, at their father's home in Pantysgawen, Llansawel. She is variously described as a stocking knitter and housekeeper.

At the time, the eldest child, Dafydd Enoch, was married and living in Carmarthen. The third child, John Idris, was a schoolmaster in Llanfair Caereinion, and the fourth, Thomas Aneurin, was a clergyman in Porthmadog.

The curator of Llandovery Museum, Jane Carter, commented: "We are very grateful to Beryl for her gift. Her generosity is an excellent example of the close relationship that exists between the museum and the Upper Tywi branch of Dyfed Family History Society in Y Gannwyll."

Llandovery Scout and Guides

This organisation has a long and important history in the area and we are researching for an exhibition in Spring '27. If you have any uniforms, badges, photographs which you would be happy to loan to us, we would love to hear from you.

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

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

WEST WALES POUNDIES BARKFEST

It was very disappointing that the original Barkfest had to be postponed, but the weather was just too hot for dogs and owners. The committee have set a new date of 13th September, in the same venue, Cothi Bridge Showground. They also pointed out that I didn't make it clear in the last article that all dogs are welcome, not just rescues. So do bring your canine companions, wherever you got them from!

This show is an excellent fundraiser, but volunteers are busy throughout the year. The two shops in Llandeilo and Ammanford are busy most of the time, online auctions and sales, various one-off fundraisers keep the finances ticking over. Charlotte Elliot-Jones brings her lovely dog Rosco to various Tesco supermarkets. They can sometimes be seen at the Carmarthen store, where people were very generous. Mostly because of Rosco!

We hope to see you at Barkfest on 13th September.



NEWS AND POWYS GARDENS OPENINGS FOR CHARITY



Reveal the hidden wildlife in your garden. A new collaboration between the National Garden Scheme and the UK Centre for Ecology & Hydrology (UKCEH), this project aims to celebrate the role gardens play in providing space and resources for wildlife. Survey ends 30 September, to register visit <https://surveyor.ceh.ac.uk/national-garden-scheme/register-garden>

We were awarded a Gold Medal for our Royal Welsh Show micro show garden. The theme was Surviving Drought. There's a short film <https://youtu.be/JqBd1l-8D0k> Royal Welsh Show Ambassador Teleri Haf Thomas and Adam Yr Ardd featured the garden in one of her posts! Thanks go to creator, volunteer Jude Boutle of Mow, Grow, Tidy of Llanbister, The Dingle Nursery near Welshpool, for kindly loaning the plants who is our final garden with a dated opening in 2026 10 & 11 October, 9.00am – 5.00pm, **Dingle Nurseries and Garden, Welshpool SY21 9JD**. Over 4 acres, RHS partner garden. Unusual trees, herbaceous plants and shrub. Partial access to top areas – gravel path for those with mobility issues.

Open during Hereford Art Week 5 to 13 September, 11.00am – 5.00pm, **The Hymns, Walton, Presteigne LD8 2RA**. Work in the woodland has created new structures and water retention improvement. Refreshments in aid of local communities.

We'd love to have more, visiting gardens and eating cake raises money for nursing and health charities. If you would like to open please contact alison.kemp@ngs.org.uk

If you missed a public open day or simply want to explore somewhere completely uncharted there are 8 gardens open for group visits. Often hidden gems the By Arrangement gardens cater for different group sizes from as few as one to 20+, it all depends on the size and accessibility of the garden. Visits can be by gardening groups, Women's Institutes, others, or you can form your own group of family, friends, work colleagues, neighbours as long as it meets the size requirement. Arrange via findagarden.ngs.org.uk

Launched to celebrate the centenary of the National Garden Scheme in 2027, a new rose, bred by Harkness Roses, 'Lemon Drizzle'. Throughout the season, the plant produces masses of soft lemon, lightly fragranced blooms. More at <https://ngs.org.uk/new-lemon-drizzle-rose-launches-to-celebrate-our-centenary/>



ASHMOLE & CO DELIGHTED TO SUPPORT EISTEDDFOD Y GARREG LAS

Ashmole & Co, one of mid and west Wales' largest bilingual accountancy firms, is delighted to support next month's Eisteddfod y Garreg Las in north Pembrokeshire.

As the Auditor of the National Eisteddfod, and with offices close to the event in Pembrokeshire, Ceredigion and Carmarthenshire, Ashmole & Co were keen to help support the movement financially.

Ashmole & Co are sponsoring the Learners' choir (Côr dysgwyr) competition for new Welsh speakers which is a vital part of Eisteddfod week, held in the Pentref Dysgu Cymraeg on Thursday morning and attracting an enthusiastic, supportive audience. For many, this is the very first time they step forward to use Welsh in public – a moment made possible in a fun, welcoming and inclusive atmosphere.

The new Welsh speakers competitions are varied and full of life – from solo singing to recitation, and of course the big event, the Learners' Choir. This takes place on the Eisteddfod's largest stage, the Pavilion stage, and is broadcast live on television, giving new speakers a national platform. It's a unique experience that brings together learners, audiences and sponsors – a chance to support a vital part of the Eisteddfod and to celebrate Welsh as a living language that opens doors for everyone.

Ceri Llwyd, Ashmole & Co's Partner in the Llandovery and Llandeilo office, said, "We encourage and support our staff to learn Welsh if they are not already fluent so it is great for us as a firm to also support Welsh learners at the National Eisteddfod. We wish everyone competing luck."

Ceri continued, "As well as Eisteddfod Genedlaethol Cymru, I am the Partner at Ashmole & Co responsible for the accounts, and audit where applicable, for some of the most prominent businesses and charities within the artistic world in Wales. When I was invited to tender for the audit services of Eisteddfod Genedlaethol Cymru I had no hesitation in wanting to work with this client given the importance of the organisation in Wales. We have developed an excellent working relationship and

I very much hope that this will continue for years to come."

Ceri lives in Cross Hands with her two young sons and has been a partner with Ashmole & Co since 2008 when the firm opened its office in Llandovery. Ceri is a fluent Welsh speaker and specialises in working with charities, farmers, solicitors and family run businesses. Ceri enjoys singing in her spare time with Côr Llanddargog a'r Cylch.

Ceri said, "My client portfolio in the Welsh sector has grown significantly over the years and being able to provide a service where the accounts are prepared in Welsh as well as undertaking the work and general conversation in Welsh is somewhat of a niche area."

Eisteddfod y Garreg Las will be held in north Pembrokeshire from 1 – 8 August 2026, marking 850 years since the first festival in 1176. The premier Welsh language cultural festival, which welcomes approximately 175,000 visitors to a different part of Wales each year, is a major celebration of Welsh language, music, literature and arts. For full details visit the website: www.eisteddfod.wales

CYNGOR TREF LLANYMDDYFRI LLANYMDDYFRI YN EI BLODAU 2026

Thank you to all who participated in the Llandovery In Bloom competition 2026. It has been an unusual and difficult year during the heatwave, but through your love, energy, time and passion you have triumphed. Llandovery bloomed magnificently. Thank you also to the Judge, Maggie (Margaret Swallow) who took photographs and displayed them outside the Red Lion, for you to view on presentation day. A special thank you also to the Mayor & Mayoress for presenting the prizes.

Diolch yn Fawr.
Cllr. Dorothy Burgess

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Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

PLANT LOVERS WILL BE IN HORTICULTURAL HEAVEN WHEN THEY VISIT ABERGLASNEY'S LATE SUMMER FAIR THIS SEPTEMBER



Aberglasney is set to indulge all your horticultural senses in September when it holds its Late Summer Fair in the beautiful surroundings of the Gardens.

Inside the mansion there will be Orchids filling the main rooms thanks to the Orchid Study Group's Orchid Festival and outside the mansion there will be plants and produce stalls.

The weekend-long event, which takes place on 5 & 6 September 2026, will also have stalls selling locally produced food and drink and hot food on-the-go. Entertainment throughout the weekend will be provided by a variety of music artists from around west Wales.

The Welsh Orchid Festival, organised by the Orchid Study Group, will completely take over the mansion. Marvel at the wonderful orchids on display and for sale from specialist orchid nurseries who will offer advice. There will also be relaxed, informative and fun orchid talks with orchid enthusiasts happy to share their experiences in growing these fabulous plants.

Helen Scutt, Aberglasney Gardens' Director, said, "We hope visitors to Aberglasney will enjoy this extra special



experience in September. The mansion will be full of Orchids, the gardens will be full of plants, the North Lawn will be full of music as well as delicious choices of food and drink. This really is an event to tease all your senses."

The Fair will be open each day from 10am until 5pm. Entrance to the event will be £10 per person with no separate entrance fee to the Gardens. Aberglasney members are admitted to the event free of charge as part of their membership package. Parking will be at the Gardens with additional parking available in adjoining fields. For full details visit: www.aberglasney.org

During the weekend children will be able to play in Aberglasney's natural playground and there will be a trail for younger visitors to find the clues hidden around the gardens.

Amongst those confirmed to appear on the music main stage on the North Lawn on Saturday will be the Carmarthen Ukuleles and the Tom Collin Band duo. On the Sunday there will be the Saxy Brass and the Flyrites. There will also be a belly dancing performance by the Lotus Sisters on the Sunday and Carmarthen Spinners will be demonstrating the craft of spinning on both the Saturday and the Sunday in the Cloister Garden.

There will also be stalls featuring some of the best food producers west Wales has to offer. There will also be on-the-go hot food stalls and Aberglasney's very own Tearooms with its terrace overlooking the Pool Garden.

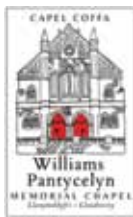
TOWY & COTHY HUNT 250 CLUB

held at the ROYAL OAK on August 11 2026

- £15 Sara Morgan, Garreg Fechan, Porthyrhyd
- £15 Martin Morgan, Garreg Fechan, Porthyrhyd
- £10 Sandra Ingram, Towy Avenue
- £10 Joe Babs, Gellywen, Cilycwm
- £5 Meirion Thomas, Devaar, Llangadog

House Prize: Mr & Mrs Davies, 27 Maesglas

Next 250 Club at the Castle Hotel, Llandovery,
8th Sept 2026



WILLIAMS PANTYCELYN MEMORIAL CHAPEL – ON THE MOVE!

From Sunday, 6th September, 2026 you will notice a move of location in Sunday services of *Williams Pantycelyn Memorial Chapel to Rhys Prichard Memorial Hall, aka The Drill Hall*. This is because we are having restoration work done to the Pulpit.



The pulpit is an original, listed feature of the chapel and is constructed out of Caen stone, from northern France. It depicts scenes from each of the four gospels, Matthew, Mark, Luke and John: the prodigal son, the good Samaritan, Jesus calming the storm on the sea of Galilee and a scene from John chapter 4 when Jesus met the woman from Samaria at a well. Between these pictures of Jesus' earthly ministry is a seated portrait of William Williams, Pantycelyn.

In order for exploratory and restoration works to be completed on the pulpit, the fellowship is moving to the 'Drill Hall' just for Sunday Services.

This will be a very different experience for the church.

Maybe this is a new beginning that could be significant not only for us as a fellowship, but for you too.

Have you been thinking about what life is all about?! Thinking about God? Thinking about your future? Considering how to make sense out of life - but 'church' has been something outdated, cold, intimidating spaces with uncomfortable pews, from an era you that don't understand?

Maybe you've had a bad experience of 'church'. Maybe you think there'll be condemnation? Maybe you think you'll stand out?

What can you expect if you come along to The Drill Hall from Sunday September 6th? It's on High Street,

just before Victoria Bridge, opposite the weaver's shop.

If you come early enough, there is tea, real filter coffee, biscuits and squash or water. Refreshments too after the meeting at around 12:15pm.

We'll have tables of Lego, jigsaws, plasticine and colouring if you feel uneasy sitting in rows of chairs. There's no ban on mobile phones and devices! Some people read the Bible on their phone. You don't need smart clothes or to dress up; you can wear whatever makes you comfortable.

Children are welcome and part of the family. We don't pass a plate around asking for money. You don't need to read anything out loud if you don't want to. Don't worry if you can't sing in tune or even at all!

There is a structured time where we sing some songs of praise – we use a piano, guitar and sometime other instruments. We read from the Bible because we believe God not only spoke when it was written but still speaks powerfully through his words in the Bible to us today. We pray prayers of thanks, worship to God, Jesus and the Holy Spirit and ask for his help and healing love. We have a message, typically around 20 minutes, where we explain and apply the Bible to us, understanding what it meant then and what it means to us now. On some Sundays we share bread and grape juice in remembrance of Jesus' sacrifice for us.

We use a screen to help you keep track of where we are! We project the words to songs and the Bible readings. If you don't have a Bible and would like one, you can take one for free.

Sometimes it can be difficult to walk into an old chapel or church building; we understand that. 'Where can I sit, how do I follow, when do I sit and stand and what do I do...?'

At Williams Pantycelyn Memorial Church it is a very relaxed atmosphere. Different ages and sorts of people, from lots of different places with one thing in common.

What we have in common is that we have all discovered the wonder of the Gospel of the Lord Jesus Christ, good news that God is Love, that in Christ God is reconciling us to him and not counting our sins against us.

That, friends, is the very best kind of good news there is! I hope I'll see you there.

If you're anxious about coming feel free to come at 12:15pm for refreshments after the service or drop me a message if you'd like a chance to talk and have a coffee.

Get it in the diary.... from 10:30am for coffee.... Sunday, 6th September 2026 could be the day your life is changed forever!





Have you ever heard or uttered the phrase 'are we there yet', when on a particularly long journey? It has popped into my head a few times now throughout this lovely project of ours but finally, I feel like we are in sight of the finishing line.

As I write, one of our lovely volunteers is making

the final adjustments and safety checks to make the bikes ride ready. Yes, you read that right. We actually have bikes!! Four of them to be precise and to keep it simple, they are all identical, assist step-thru electric hybrids, unisex and adjustable to suit a range of heights. Available from our lovely hub on Station Rd in Llandeilo, hiring will be by the day (8hrs) to allow plenty of time to explore our beautiful countryside or to take them on the Heart of Wales line to explore further afield. The bikes will come with a helmet and pannier bag, though you are welcome to bring your own if you prefer. For further details and to book, simply head to www.pethaupawb.ynnisigar.org or contact Vanessa via the details below.

If you have a passion for bikes and are interested in becoming one of our Bike Champions please get in touch. In exchange for a couple of hours volunteering a week with our community bike project, we offer four free bike rentals a year and it goes without saying that the kettle will always be on during your volunteering hours. In addition, you can earn yourself Tempo Time Credits which can be exchanged for various activities nationwide.

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



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



JUST GOOD FRIENDS: THE PRODUCERS



Oh, dear, oh, dear, oh dear. How are they going to top this year's performance? Just Good Friends have surpassed their already astronomically high standard of performance with their recent offering of Mel Brooks' *The Producers*. It was three hysterically funny hours of high energy, professional standard acting and superb costumes. The audience had aching jaws from laughing so much. Just Good Friends' version should be on Broadway! Gareth Iwan as Max Bialystock and Rhodri Rutherford as Leo Bloom played a blinder in the main roles; even when Gareth ran out of voice in one of his solos, he made his 'three-minute hydration break' part of the entertainment. Each member of the 12 strong cast performed faultlessly.

For those who don't know the premise of *The Producers*, it's the tale of a Broadway producer fallen on hard times, whose accountant discovers that under the right circumstances, they could actually make more money by deliberately creating a flop musical. In the worst possible taste, they decide to stage the show *Springtime for Hitler*. Against all odds, it's a success. Mayhem, madness and pathos ensue.

The cast of Just Good Friends gets bigger every year, an indication of the popularity of community theatre, director Ollie Gouldstone says. The production is a team effort, with members of the cast, the musicians, backstage boys and girls, front of house, all giving their time freely and with enthusiasm, not just in rehearsals, but creating the sets, props and costumes.

If you would like to support Just Good Friends in any capacity, perhaps by becoming a patron for the princely sum of £5, email Ollie Gouldstone on gouldstoneoliver@gmail.com

DISCOVER THE HIDDEN HEALING PLANTS OF WALES

AN EVENING WITH RENOWNED HERBALIST SALENA WALKER

Have you ever wondered about the medicinal plants growing right on your doorstep?

Join acclaimed Welsh herbalist, nutritionist and naturopath **Salena Walker** for a fascinating journey into the world of **Wales' seasonal wild medicinal plants**. Discover the Welsh names of native herbs, explore their traditional medicinal uses, and uncover the rich folklore and healing wisdom that has been passed down through generations.

Drawing on over **40 years of experience working with herbs** and more than **20 years of teaching**, Salena will bring to life the stories of the Welsh landscape, including insights from the legendary **Physicians of Myddfai**, whose knowledge helped shape Wales' unique herbal tradition.

WHAT TO EXPECT:

- Learn about seasonal wild medicinal plants of Wales
- Discover traditional Welsh folklore and herbal wisdom
- Explore the healing traditions of the Physicians of Myddfai
- Sample a selection of delicious herbal shots
- Opportunity for questions and discussion

Salena is the founder of **Wild Welsh Herbalism®**, combining herbal medicine, Welsh mythology, and nature-based learning. Her inspiring talks weave together **myth, magic and medicine**, helping people reconnect with the land, its plants, and its stories.

- **Wednesday 30th September**
- **7.30pm**
- **Llangadog Community Centre**
Hosted by Llangadog Garden Club
- **Tea, coffee and homemade cakes will be served after the talk.**

Everyone is warmly welcome. Whether you're a gardener, nature lover, or simply curious about the natural world, this promises to be a memorable and inspiring evening.

Come and discover the ancient healing treasures growing all around us!

Please contact Sarahfrancesdobson@yahoo.com for more information.

WRITE-ON REV!

Dear Friends,

What Is Creationtide?

Creationtide is a season from the beginning of September until the Feast of St Francis on 4 October. It is a time to thank God for creation, to pray for our world, and to consider how we are caring for it. During these weeks, we are invited to notice the gifts that surround us: the hills, the movement of water, birdsong, rich soil, and the food the earth provides. These things can be taken for granted, yet each speaks of God's generosity. The psalmist declares, "The earth is the Lord's and all that is in it." Creation does not belong to us. It belongs to God, and we are entrusted with its care. This calling matters when pollution, waste, habitat loss, and climate change are damaging our common home. Yet faithful living begins with small choices. We can waste less food, use less energy, avoid unnecessary plastic, plant flowers for bees, support local farmers, and cherish wildlife. We can listen to those whose lives are affected by climate change and speak up for decisions. Creationtide is both a season of thanksgiving and a call to action. For our LMA, the season will culminate at Francistide with an Animal Blessing Service in Ss Simon and Jude, Llandeusant, on 4 October at 2.00 pm. As we gather, may our gratitude lead us to live gently upon the earth and cherish all God's creatures.

Father Neil, The Vicarage, Llandeovery



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LLANDOVERY CLIMATE FORUM 2026

THE TRUTH ABOUT TREES

The **Llandovery Climate Forum** this year will be on **Saturday 10 October 2026** in The Castle Ballroom from 11am to 1pm. We're calling it "**The Truth about Trees**" and it will feature the latest research into how effective tree planting is against climate change and will discuss the best ways to plant, look after trees and keep carbon locked away. We will have our regular panel, chaired by Ian Rickman, FUW, plus presentations from Charles Nicholls, co-founder and trustee of The Carbon Community, and Dr Will Lock, Assistant Professor in International Development and Anthropology at the University of Sussex. **All welcome!**

In previous years we have discussed farming, and in particular sheep farming, in relation to climate change. We have looked at the impact of a changing climate on farmers and food production and how to mitigate these issues. We have considered the contribution of farming practices to the climate emergency and what changes would help reduce these effects. We have talked about the loss of biodiversity in our landscapes and how we might act together to reverse this trend, working with nature to adapt to climate change.

Last year we talked about the future of energy and the change from a fossil fuel dependency to an electrified economy. Presentations by Neil Lewis (*Ynni Sir Gar, Carmarthenshire Renewable Energy*) and Guto Owen (*HyCymru, the Wales Hydrogen Trade Association*) set the scene and stimulated the conversation.

This year it's the turn of trees and whether tree planting in our landscape is a good use of resources in pursuit of a low carbon economy and to reduce the carbon dioxide in our atmosphere. Does it work to help mitigate our wetter, milder winters and hotter, dryer summers? Does it help reduce the likelihood of wildfires or increase the fuel that encourages them to go out of control? Can carbon offset schemes which fund some extensive tree planting here and around the world be justified in terms of their effectiveness in combating climate change.

So we hope you will come to join us on 10/10/26 to hear what our two experts have to say and take part in this discussion:

Charles Nicholls is co-founder and trustee of The Carbon Community, a science-based environmental charity that owns and operates the Glandwr Forest research site near Cynghordy in Wales. Charles helped conceive and design the Glandwr Forest Carbon Study, a large-scale field trial testing enhanced rock weathering and soil microbiome enrichment as tools to boost carbon

capture in newly planted woodland — the largest and most highly replicated experiment of its kind worldwide, involving over 25,000 trees and more than 290 citizen science volunteers. The study, led by Dr Bonnie Waring of Imperial College London in collaboration with the University of Sheffield, Royal Botanic Gardens Kew, and ETH Zurich, was published in *Communications Sustainability* in 2026, with Charles as a named contributing author. The Carbon Community works closely with a wide range of other Universities including Swansea, Cardiff, Bangor and Black Mountains College. Alongside his research and charity work, Charles is a passionate advocate for practical, evidence-based approaches to climate action and forest restoration.

Dr Will Lock is an Assistant Professor in International Development and Anthropology at the University of Sussex. His research focuses on the social impacts of climate change, global carbon markets and food system transformation. He has explored the role of private organisations in the conservation and reforestation of land in both the Peruvian Amazon and Carmarthenshire, analysing the different market-based instruments applied to land management and forestry and their impacts for local communities.

LIFE DRAWING

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

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

The September sessions are on the 1st, 15th and 29th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.



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Church Services

E-English W-Welsh B-Bilingual

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

6 Sep 9.30am Bilingual Ewcharist
20 Sep 9.30am Bilingual Ewcharist

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

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

6 Sep 11.15am Bilingual Ewcharist
20 Sep 11.15am Morning Prayer

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

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

13 Sep 9.30am Morning Prayer
27 Sep 9.30am Bilingual Ewcharist

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

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

6 Sep 9.30am Eucharist
20 Sep 9.30am Eucharist

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

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

6 Sep 11.15am Morning Prayer
13 Sep 11.15am Bilingual Ewcharist
20 Sep 11.15am Morning Prayer
27 Sep 3.00pm Messy Church

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

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

6 Sep 11.15am Morning Prayer
13 Sep 11.15am Bilingual Ewcharist
20 Sep 6.00pm Evening Prayer
27 Sep 11.15am Bilingual Ewcharist

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

TABOR LLANWRDA

Cynhelir cwrdd Diolchgarwch yn
Tabor ar Medi 20 2026 am 6 o'r
gloch.

Pregethwr Y Parch Beli Wyn James.

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

6 Sep 8.00am 1662 Eucharist
9.30am All Age Worship
13 Sep 9.30am Bilingual Ewcharist
20 Sep 9.30am Morning Prayer
27 Sep 11.15am Choral Matins

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

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

13 Sep 6.00pm Evening Prayer
27 Sep 11.15am Bilingual Ewcharist

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

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

6 Sep 11.15am Y Boreol Weddi
20 Sep 11.15am Ewcharist

neilhook@cinw.org.uk | 07706 496541

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

6 Sep 11.15am Eucharist
20 Sep 11.15am Eucharist

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

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

6 Sep 9.30am Bilingual Ewcharist
13 Sep 9.30am Bilingual Matins
20 Sep 9.30am Bilingual Ewcharist
27 Sep 9.30am Bilingual Matins

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

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

6 Sep 9.30am Eucharist
13 Sep 9.30am Eucharist
20 Sep 9.30am Eucharist
27 Sep 9.30am Morning Prayer

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

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

6 Sep 11.15am Bilingual Ewcharist
13 Sep 11.15am Morning Prayer
20 Sep 11.15am Bilingual Ewcharist
27 Sep 6.00pm Harvest Thanksgiving
& Supper

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

6 Sep 11.00am Holy Communion
13 Sep 11.00am Holy Communion
20 Sep 11.00am Holy Communion
27 Sep 11.00am Holy Communion
Morning Worship

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

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

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

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.

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

ST. TEILO'S CHURCH, LLANDEILO

1st Sun 11.00am Holy Communion
6.00pm Evening Prayer

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

3rd Sun 11.00am Holy Communion
6.00pm Evening Prayer

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

5th Sun Please contact Vicar for
further details

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

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdud)

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

Contact: E. Gilbert. 01558 685763.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall –
brwoodall1940@gmail.com

HOLY TRINITY CHURCH, TALIARIIS

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

Email: h_loyd_davies@hotmail.com

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 MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

2 Aug 2.00pm Afternoon Prayer
followed by a Cuppa in
the Hall.

Like many churches out in the countryside, we are facing possible closure in early 2027 – if you want to know more, want to help and/or would like to receive the Supporters Newsletter then email Churchwarden Andrew Tait on LLYRC@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 Chukwuedo
Tel. 01269 267382
Email: ammanford@menevia.org

ST. JOHN'S CHURCH, FELINGWM

4th Sun 2.00pm Eucharist

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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



WHAT'S HAPPENING

IN SEPTEMBER 2026 @WILLIAMS PANTYCELYN
MEMORIAL CHAPEL, LLANDOVERY?

Sunday, 6th – Sunday 11am – Pat Thomas
Monday, 7th – 6:30pm – LYCC – CURIAD youth
Tuesday, 8th – Prayer Meeting 11am
Wednesday, 9th – 'Cefnogi' Support Centre
Sunday, 13th – Sunday 11am
Monday, 14th – 6:30pm – LYCC – CURIAD youth
Tuesday, 15th – Prayer Meeting 11am
Wednesday, 16th – 'Cefnogi' Support Centre
Sunday, 20th – Sunday 11am – Christian Institute
Sunday, 20th – 4:30pm CROESFAN Welsh service
Monday, 21st – 6:30pm – LYCC – CURIAD youth
Tuesday, 22nd – Prayer Meeting 11am
Wednesday, 23rd – 'Cefnogi' Support Centre
Sunday, 27th – Sunday 11am – Pat Thomas
Monday, 28th – 6:30pm – LYCC – CURIAD youth
Tuesday, 29th – Prayer Meeting 11am
Wednesday, 30th – 'Cefnogi' Support Centre

REGULAR EVENTS IN SEPTEMBER 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. Following the summer break, sessions resume on the first Monday of the school term this month. Free tea, chat, games and toys. 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. After the summer holidays, we restart on the first Tuesday 8th September. Refreshments, DBS-checked volunteers and free family fun. 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 2nd September in Gwynfe, Wednesday 9th September in Llandinat, Wednesday 16th September in Llangadog, and Wednesday 23rd September in Llansadwrn this month from 10.30am – 12.00 noon. The church doors are open, the kettle is on, and everyone is welcome to drop in for a cup of tea or coffee, a biscuit, and friendly conversation. There is no programme and no pressure ... Croeso i bawb / All welcome!

EVERY THURSDAY: Families Together – Free Activities for Families

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



Neuadd Pentre Llanwrda Village Hall

BLODAU A CHÂN

FLOWERS & SONG

Dydd Gwener, Hydref 9 2026 7yh
Friday, October 9 2026, 7pm

gys / with
SUE THOMAS
Chelsea Flower Show Gold Medal Winner

NIA TYLER
S4C 'Y Llais' Semi-Finalist

Georgina Cornock-Evans
Rhys & Megan Cook
Beshley Thorpe

TOCYNNAU / TICKETS: £12
I gynnwys gwydded o fybil i (to include a glass of bubbly!)

Cyswlltwech / Call:
07794 129838 neu/or: 07966 099407
ELW/PROCEEDS
TO
ST. CWRDAE, LLANWRDA

READERS' SALES & WANTS

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

FOR SALE

- **Honda Jazz**, Petrol, MOT to Dec 2026, mileage 117632. Tel: 01558 685553.
- **Oak Chester Drawers** in excellent condition. Width 46cm, Length 76cm, Height 92cm, £200. Contact details: g.caminade1857@gmail.com
- **L shaped sofa**, dark blue cotton textured cover, in excellent condition. Width 97cm, Length 250cm, Smaller length 190cm, £100. Contact details: g.caminade1857@gmail.com
- **Oak draw leaf antique dining table**, in very good condition. Length 180cm, height 74cm, Width 93cm, £100. Contact details: g.caminade1857@gmail.com
- **Ikea double bed**, good as new, Length 196cm, Width 140cm, £150. Contact details: g.caminade1857@gmail.com
- **Ikea mattress**, good as new, Length 196cm, Width 140cm, £150. Contact details: g.caminade1857@gmail.com
- **Clarks Multifunction FPL-3 aluminium ladder** – 10 in 1 function. Little use, £70. Tel 01550 779214 (long ring/leave a message).
- **Hillka 1/2" drive Torque Wrench**. Little use, £20. Tel 01550 779214 (long ring/leave a message).
- **Original Workmate and vice**, £30. Tel 01550 779214 (long ring/leave a message).
- **Bottle Jack 6 ton**, £15. Tel 01550 779214 (long ring/leave a message).
- **Engineers work bench** – all steel construction including 2 vices. 2'3" x 2'5" x 5'8". Buyer collects, £150. Tel: 01550 779214 (long ring/leave a message).
- **Garage Sale Saturday 3rd October 2026**, Ty Ni, Bethlehem SA19 6YL, 01550 779214, 07837 868490. Sundry mixed tools including drills and many mechanical and engineering items. Sensible offers accepted. Cash only.
- **Gents mountain bike**, Carerro Ltd edition, black, VGC, £80. Tel: 01550 720076.
- **Ford Focus 2006 to 10 complete exhaust system**, never used and container of 5W-30 oil, never used, £70. Tel: 01550 720076.
- **Dr Marten Boots**, black, size 5, vegan, almost new, £20. Tel: 07875 366787.
- **FREE to collector:** x2 black tubs (20" dia, 15" high) of bamboo cane – two varieties, 6' to 7' high, nice screening for patio. Sennybridge area, 01874 638090.
- **Bread maker**, £18. Tel: 07591 954980.
- **Makita heavy duty drill**, model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mahogany dining table**, 8ft x 3ft 6ins, including 8 chairs, £250 ono. Tel: 01267 202230.

WANTED

- **Driver required**, would suit someone retired or who enjoys driving etc. Tel: 07591 954980.
- **Engineer required** to repair a saw bench. Tel: 07591 954980.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru
Tel: 07908 810392/01550 777311. 09/27(12)

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

ARCHITECTURAL SERVICES

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

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

BUILDING SERVICES

TRADITIONAL 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 IIHHT 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)

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

FINANCIAL PLANNING SERVICES

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

FUNDRAISING

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

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 Llandovery. Tel: 07805 694016 Email: gabriel@hammerstone.wales www.hammerstone.wales 08/26(12)

JOINERY

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

KEYCUTTING SERVICES

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

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 03/27(6)

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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)

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At **ALL ASPECTS PROPERTY SERVICES**, we bring over **35 years of experience** in renovation and maintenance. Based near Llandovery, 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@allaspectspropertyservices.co.uk or visit us: allaspectspropertyservices.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/llanadoverysquash or visit our website: <https://llanadoverysquashclub.co.uk> 05/27(12)

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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 03/27(12)



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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@cmarthenshire.gov.uk

Mon Closed
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Wed 1.30pm – 5.30pm
Thurs Closed
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Sat 9.00am – 1.00pm
Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

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

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

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Tuesday – Saturday, 11.00am – 2.00pm

Email: enquiries@llandoverymuseum.wales

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

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.										x = request stop		A = until 9 August		B = from 16 August		Sun.	
										Sat.				A		B	
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	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	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	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	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	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	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	10.44	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		
												B					
Shrewsbury	D	04.30	05.54	08.35	11.31	16.00	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	07.29	10.22	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	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	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	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	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	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	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	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	20.05	10.02	12.55	16.00	19.59	22.55	13.56	16.15	20.30			

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Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

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

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

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

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

All services operate Mon-Sat

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

All 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.

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