

The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION
FREE
CHARGE

Your Local Community Magazine

Also ONLINE at
www.postdatum.co.uk

Number 347

July 2025

Published by PostDatum,
24 Stone Street, Llandovery, Carmarthen SA20 0JP

Tel: 01550 721225

Tywi Valley Open Studios ARTS TRAIL 2025

29 ARTISTS • 15 MILE RADIUS OF LLANDEILO
JULY / GORFF 26-3 AUG / AWST



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th July 2025**

**Next issue distributed:
1st August 2025**

The Post Future Copy Dates

September 15th August
October 16th September
November 16th October

Opinions expressed in The Post are not necessarily those of the publisher, editor or designer and the magazine is in no way liable for those opinions. Whilst every care has been taken to ensure that the data in this publication is accurate, the editor can accept no responsibility, and hereby disclaims, any liability for the veracity of claims made by contributors in either editorial or advertising content.

COPYRIGHT: All text, images and design in this publication are subject to copyright. Any unauthorised duplication is strictly prohibited.

All artwork is accepted on the strict condition that permission has been given for use in the publication.
Not all copy submitted is guaranteed to appear.
Position guarantees are not always given.

The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225.
info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
Closed for 2 days at the end/start of each month for delivering The Post
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

**Llandeilo
Tel: 07766 517569**

**All types of carpets
and cushionfloor
supplied and fitted.
We come to you.**

09/25(3)



Stan Archer & Sons Ltd
**Church Bank
Storage**
Safe & Secure
STORAGE

LONG & SHORT TERM

**Unit 1,
Church Bank Industrial Estate
Llandovery SA20 0BA**

**Stan : 07812 906508
Stanarcher7@outlook.com**
Contact us for a free quote

11/25(12)

LLANDEILO GARDENING CLUB

Join us! The next meeting of Llandeilo & District Gardening Club is on Thursday 3rd July at the slightly earlier time of 7.00pm for the Summer Picnic.

All are welcome to enjoy an indoor picnic in The Vestry, Capel Newydd, Crescent Road, Llandeilo. Bring your own preferred food and drinks perhaps purchase some homemade preserves, baked goods, plants and produce to take away or supplement your picnic.

There may even be some summer cut flowers after our last talk from Debbie Haughton of Flowerfields who introduced us to the glory of British cut flowers. Debbie is part of Flowers from the Farm, a nationwide group of small growers working to promote the beauty and sustainability of local blooms for all occasions. There will undoubtedly be a supplier in your area who can provide flowers for birthdays, thankyou's, weddings and funerals. Debbie suggested that locally grown flowers make a fitting tribute at funerals as the displays can be divided into small posies to distribute amongst mourners. Debbie also made some lovely bouquets as examples that were then donated to the raffle.

Llandeilo and District Gardening Club meet on the first Thursday of the month in The Vestry, Capel Newydd, Crescent Road, Llandeilo. Members free, visitors £2.00 including light refreshments.

For more information contact:

Email: stella@rhydygoch.co.uk tel: 01558 668339,

Membership: H. Simpson 01558 822405

LLANEGWAD RAINFALL

MAY

Rain fell on 12 days this month, the wettest day was 26th with 11.5mm.

MAY TOTAL: 39.5mm – 1.5", the driest May I have Recorded!

D. R. DUKE





DAVID HAY 07975 770008
SAW WORK AND HEDGE TRIMMING
Mobile Firewood Processing & Sawn Timber to Order
All jobs considered from garden to estates.
All jobs priced at day rate not per tree.

09/25(6)

Travel is my passion and with my knowledge, experience and financial protection offered, you can relax knowing you are in safe hands.

With me it's personal, I take the time to get to know you, what is important to you and take the stress out of planning your holiday. I can't wait to hear from you, let the adventures begin!

Mair Pennycook

Personal Travel Consultant

07888 678835

01550 534007

mair.pennycook@hays-travel.co.uk

Go online: haystravel.co.uk/mair-pennycook

Facebook: Mair Pennycook Hays Travel

Instagram: Mair Pennycook

Hays Travel



06/25(3)




Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

06/25(12)

TYWI VALLEY OPEN STUDIOS 2025

JULY 26TH – AUGUST 3RD



The Tywi Valley in Carmarthenshire, is renowned for its picturesque landscapes and vibrant artistic community. From July 26th to August 3rd, 2025, the valley will host the annual Tywi Valley Open Studios Arts Trail – an opportunity to explore the creative processes of local artists and makers.

Established to bridge the gap between artists and the public, the Tywi Valley Open Studios event invites art enthusiasts and curious visitors alike to step into the personal workspaces of artists, allowing visitors to witness first-hand the environments where art is conceived and created. The event has a rich history, having been held annually since 2013. Its significance in the cultural landscape was recognized in 2019 when it received the Carmarthenshire Celebration of Culture Award.

Throughout the nine-day event, 28 artists and makers within a 15-mile radius of Llandeilo will open their

studios to the public free of charge. Each studio visit promises an unique experience, as artists across various disciplines – including painting, sculpture, ceramics, textiles, and woodworking – share their creative processes. Visitors can engage in conversations with the artists, observe live demonstrations, and, in some cases, participate in hands-on workshops. These workshops cater to a wide audience, offering activities suitable for both adults and children, making it an ideal family outing during the summer holidays. Some are free. Some need to be booked in advance.

Painters include new-comers Sara Armstrong, Subhash & Natalie Singh, Roland Wallis, Jack Paulssen, Sandra & Peter Jones as well as regulars Gorica Bulcock, Sue Reah, John Mayo, Andrew Evans, Bron Jones & Cerys Rees. We welcome Amanda Stone, mixed media artist, alongside Elaine Jones, Le'Fook and Gabriel Hummerstone Lettering. We have two ceramicists/potters Carole Spackman & Viv Albiston;; Angela Farquharson & Martin Duffy, sculptors; Jane Evans, Debs Shah-Smith & Cynth Weyman, textiles; Jonathan Garrard & Justine & Alan Burgess, wood; Dieter & Philippa Rader, bookbinders; Irene Funnell, glass.

The event not only showcases the diverse talents of the Tywi Valley's artistic community but also highlights the region's natural beauty. Many studios are nestled in idyllic rural settings, providing visitors with a chance to explore the scenic landscapes that inspire much of the artwork on display. As one participating artist noted, entering an artist's studio is akin to witnessing alchemy – a place where solitude and contemplation give rise to creativity and innovation.

Detailed information, including a map, workshop times with charges, if any, and artist profiles, can be found on the official Tywi Valley Open Studios website www.tywivalleyopenstudios.wales. Free brochures containing maps and information about the participating artists and makers are available in shops, cafes, galleries, and tourist information centres in Llandeilo, Llandovery, Lampeter, Ammanford and surrounding areas. Do plan your route to ensure you make the most of the Arts Trail. Please check specific opening times of each studio.

The Tywi Valley Open Studios Arts Trail is more than just an exhibition; it's a celebration of culture, community, and creativity. Whether you're an art aficionado or simply curious about the creative process, this event offers an enriching experience.





Recruiting Now!

Support Workers

Elidyr is an award-winning provider of education and residential care. We support young adults with additional learning needs to live with greater independence.

- Great Rates of Pay
- New Benefits Package
- Joining Bonus (T&Cs Apply)
- Full Training Provided
- Try Before You Apply...



jobs.elidyrct.ac.uk

For more information, please call Lisa Blofield on 01550 760453, or email lisablofield@elidyrct.ac.uk

Elidyr Communities Trust, Rhandirmwyn, Llandoverly.
Registered Charity No. 502742.



& Jobs
**Creating Lives Full of
"Meaning & Purpose"**

ROCK OUT IN LLANDOVERY! FREE "SCHOOL OF ROCK" WORKSHOP



School of Rock!

Calling all aspiring rock stars! Whether you're a total beginner or already jamming in your bedroom, the *School of Rock Taster Workshop* is your chance to turn up the volume and discover your musical potential.

When? Saturday 30th August, 2pm – 5pm

Where? Llandovery Youth & Community Centre

Cost? Absolutely FREE!

Who? Ages 12 and upwards. Adults welcome to join.

This high-energy afternoon offers a hands-on introduction to guitar, bass, drums, keyboards, and vocals. You'll take part in fun musical games, jam with others, and rehearse real rock songs – all led by experienced and enthusiastic instructor Matt Champion. No matter your skill level, there's something for everyone!

Best of all? This taster workshop is just the beginning. Regular classes will kick off on **Wednesday 10th September**, running **every two weeks from 4.30pm to 6.30pm**, with a performance goal at the end of the year – and maybe even gigs at local events or festivals!

Expect laughter, teamwork, and a serious dose of musical excitement. Come along, find your rhythm, and join a community of like-minded musicians. Spaces are limited, so don't wait!

Book your place now: llandovery.lesc@gmail.com

Or call/text: **07761 955004**

Or stop by the Llandovery Youth & Community Centre in person

Find your voice, pick up an instrument, and rock your heart out — the stage awaits!

D.LLOYD & SONS

MASNACHWYR COED A NWYDDAU ADEILADU

• TIMBER & BUILDER'S MERCHANTS •

- Timber & Sheet Materials
- Hardware & Ironmongery
- Plumbing & Drainage
- Aggregates

- Concrete Products
- Roofing & Insulation
- Fencing Materials
- Coal, Firewood & Wood Pellets



Busnes deuluol gyda
blynnyddoedd o brofiad

Family run business with
years of experience



☎ 01558 650209 | 650451

✉ info@dlloydandsons.co.uk

www.dlloydandsons.co.uk

Glanrwyth Sawmills
Pumsaint, Llanwrda, SA19 8YU

12/25(12)

TREE TECH ARB & FORESTRY SERVICES LTD

We have a passion for all aspects of tree care and woodland management, whether it's a Beech that needs pruning or a woodland that needs thinning. We have the experience and expertise to undertake every aspect of the job whatever size or scale it will be completed to your requirements and satisfaction.

SERVICES WE OFFER

- Tree Felling/Dismantling & Removal • Woodchip
- Crown Reduction & Crown Lifting • Tree Pruning
- Woodland Management • Stump Grinding
- Storm Damaged Trees • Stump Grinding
- Site Clearance • Hedge Cutting • Firewood

Adam: 07968 476306

Kim: 07557 884987

Email: Admin@TreeTechLtd.co.uk



www.Tree-Tech.uk

10/25(6)



03/26(12)



Proud stockists of:

Eternit
CEDRAL
SWISSPEARL

ROOFING SHEETS

- Stockists of Eternit Farmtec and Swisspearl Cemsix corrugated fibre cement products.
- Steel, purlin and flat sheet stockholders.
- Suppliers of box profile, corrugated, curved, ventair, tile-effect, anti-condensation roofing sheets and composite panels.
- Steel flashings, fixings and accessories.
- PVC rainwater goods.
- Stockists of Cedral cladding products.

Tel **01550 777497**

Email **info@adclad.co.uk**

Adeilad Cladding, The Stores, Station Road, Llanwrda, Carmarthenshire SA19 8EH

LEAGUE OF FRIENDS – CELEBRATING 100 YEARS OF LLANDOVERY HOSPITAL

Your Hospital, Your Voice: Public Consultation with regards to the future of Llandoverly Hospital Services.



Hywel Dda University Health Board has launched a public consultation running throughout June and July with regards to the future of Llandoverly Hospital services.

The League of Friends of Llandoverly Hospital urges everyone in the community to attend and speak up. This hospital is a lifeline for our rural area, and now, more than ever, your voice matters.

Public Drop-In Event

Date: Thursday, 17 July

Time: 3:00pm – 6:00pm

Venue: The Castle Hotel, Llandoverly

Why Your Voice Matters:

- Closure of the X-Ray Unit – Funded by local efforts, now at risk. What will its closure mean for you and our community?
- Loss of Minor Injuries Service – Already closed. How has this affected you, your family, or your neighbours?
- Outpatient Clinics – Which clinics do you rely on? Which services must stay in Llandoverly?
- End of Life Care – Llandoverly Hospital provides compassionate care when families need it most. Help protect this essential service.



Roman

Solutions



Calor Gas
House Coal
Anthracite
Ovoids
Welding Gas & Accessories
Heating Oil & Red Diesel

Firewood
Kindling
Eco Heat Logs
Camping Gaz

(0526)(12)

Church Bank Ind. Est., Llandoverly, SA20 0DT
 01550 720533 www.romansolutions.co.uk

Make Your Voice Heard

Your experiences, concerns, and ideas are crucial to shaping the future of healthcare in Llandoverly. If we want to protect and improve our local services, the Health Board needs to hear directly from you.

Please join us, have your say, and stand up for the hospital at the heart of our community.

Further Information:

- **Full consultation details and online questionnaire:**
<https://hduhb.nhs.wales/clinical-services-consultation>
- **Accessible formats and documents available:**
<https://hduhb.nhs.wales/news/press-releases/hywel-dda-uhb-launches-clinical-services-plan-consultation/>

Castle Lawns

All Lawn Care Work

Mowing, Aerating, Scarifying,
Weed Control, Fertiliser,
Top Dressing, Seeding,
Turfing, Paddock Work.

Tel: 01550 779004
Mob: 07817 795142
derekstone4@hotmail.com

For More Information

(09/25/11)

DES CLARKE & SON Ltd

Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for 75 years

Heating & Boilers

INSTALLED, SERVICED & MAINTAINED

- Domestic & Commercial
- Natural Gas, LPG & Oil
- Landlords Gas Safety Certificates
- Bathrooms & Kitchens
- General Plumbing
- Central Heating Power Flushing
- Drain Unblocking

FOR A FREE QUOTATION
please call Huw or Dawn on

01550 720478

email: dawn@desclarkeandson.co.uk
Mobile: (Huw) 07811 350633





11/25(12)

K&M FENCING AND LANDSCAPES

- Supply and Erect Garden Fences.
- Garden Landscaping.
- Oak Pergolas supplied and erected.
- Patios.
- Seating areas.
- General garden work.



Tel: 07855 455148



KM.fencing@yahoo.com

**CHECK OUT OUR FACEBOOK PAGE
FOR EXAMPLES OF OUR WORK**



Ruth Eastwood

Need a hand getting life
or business more organised?



At Pink Spaghetti PA Services, we make life easier for small
business owners and busy individuals

- At home, we can help with admin, decluttering, event planning and gift buying
- For businesses, we can handle your time-consuming administrative, creative, and technical tasks. We can manage schedules, customer communication, invoicing, social media and project coordination
- Own a holiday let? We can assist with all aspects of the business
- No task is too small, and there's no judgment – just practical help when you need it
- You only pay for the time you use – no contracts, no fuss

Time to get organised? Get in touch today

Call Ruth on 0333 355 0897

Email ruth.eastwood@pink-spaghetti.co.uk

Learn more at: www.pink-spaghetti.co.uk/contact-us/virtual-assistant-swanseal/

Scan here
to find out more



0725(3)



GLANSEVIN

Glansevin Mansion, Llangadog,
Carmarthenshire, Wales, UK SA19 9HY

03/26(12)



Glansevin Mansion offers you a unique and comfortable setting in the beautiful Welsh countryside, with privacy & seclusion, that you can truly make your own. Simple or luxurious; bustling or relaxed; for a large gathering or a small group, Glansevin is dedicated to your needs.

Whether you are arranging a weekend getaway, a special occasion, a wedding or ceremony, a corporate event or a retreat, Glansevin cannot wait to welcome you & offer a slice of Wales at its very best.

enquiries@glansevin.com
www.glansevinmansion.com

Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you are well and enjoying the warm and sunny weather and the longer and lighter days. This is a beautiful time of year with the promise of joy and colourful times to come - and we should appreciate that we live in a safe place and have others to share this with.

Together with Summer's vibrant energy and the lighter evenings, a yoga class can help harness positivity and bring even more fulfilment and balance to our lives. The physical movements of yoga practices can enhance the creative energy of the Season and the breathing practices bring a balance of both energy and a quieter stillness. Although the Summer term at Padmasambhava is almost over, it may not be too late to get in touch to try a class.

Looking ahead, a new Beginner's will be starting in September. This course covers the foundation practices of the PMA series, breath awareness and deep relaxation. The PMA series brings about flexibility and strength, which helps ease both physical and mental tensions - and provides a firm foundation upon which to begin to explore some classic postures. The Beginner's is also a stand-alone course offering a good introduction to practices with breath awareness. Do contact the Centre if you have any questions or wish to reserve a space. Class size is limited.

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 Centre has 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 the Llandeilo Bowling Club. The classes taught by the Centre are Integral Yoga - 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.

The benefits of yoga resonate beyond the class. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life.

With a few weeks left of the Summer term, preparations are now underway for the Autumn Brochure and classes. Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk. Enjoy the Summer break and PadmaSamBhava looks forward to the start of classes in September and seeing you all again.

A.R. DAVIES BUILDERS LTD

Barn Conversions

Extensions

Renovations

Roofing

Garages

Driveways

Stonework

Brickwork

Patios Tiling

Carpentry Kitchens Bathrooms

Solid and Laminate Flooring

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com



easytrees



- Tree Removal
- Crown Reduction
- Ash Dieback Management
- Log Sales
- Pruning/Thinning
- Hedge Trimming

City & Guilds/
NPTC Certified
Insured, Free Quotations
& VAT Free

colin@easytrees.co.uk

www.easytrees.co.uk

www.facebook.com/TreeSurgeryWales

T: 07450 470787

07/25(1)



Quick update this month. For those who have been regularly following our project journey, it is a joy to report that we finally have the keys to the Llandeilo hub located on Station Rd (just up from the station itself)! For those who are new to our journey,

welcome on board. You join us at an exciting time.

The hub is in need of a little TLC so over the next few weeks, we will be looking to repair, replace and generally spruce up as sustainably as possible. Our aim is to create a space that reflects our work and passion for the environment and hopefully one that brightens up the area at the same time. Work is underway to refresh Llandeilo train station which has been a little unloved of late and we are excited to be involved with that as well. We won't be short of work any time soon, so anyone interested in volunteering opportunities either with ourselves or with Friends of Llandeilo Station, please just get in touch.

Launching of our E-Bike hire scheme has been somewhat delayed but is still very much at the forefront of our work and we will be holding some Open Days while we establish that element of the project. We are hopeful that the multi-use path will be fully open in time to get some dry miles in, before we need to offer wetsuits and flippers with the bikes in addition to helmets!

If you happen to be passing the hub and see the door open, please pop in and say hello. We already have a pre-loved kettle and mugs at the ready and are happy for any excuse to stop for a cuppa!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.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.



LLANDOVERY U3A

9th July Jack Skivens, a local artist / illustrator who works with art in the modern environment. His expansive yet accessible visions have been projected onto buildings and he is an ace children's illustrator. Jack is very much part of our community, having spoken eloquently and passionately to our Rotary Club and has kindly agreed to come along to share his work and stories with the u3A.

23rd July We will be creating our own Jazz Club – music to remember from our shared experiences. Following on from the success of the introduction to Jazz and the number of memories of attending jazz clubs, this is a follow-on session to take members back to those heady dancing days.

We have started a car share scheme to transport members/guests to and from Llandovery Rugby Club for the sessions, which run from 10.30 to 12-ish on alternate Wednesday mornings. If anyone needs transport please ring or email our secretary and we will see what we can set up. Contact Tricia Morgan-Black via email patriciablack@gmail.com or mobile 07960 979099.

IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY

Clive, Sue and Stephen
Britannia House, Llandovery, SA20 0DD
Tel. 01550 720636

LLANDEILO

Nick and Lizzie
Glyn Heulog, Ffairfach, Llandeilo,
SA19 6PD
Tel. 01558 824344

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plan



10/25(6)

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Electric Vehicle Charging Points

Domestic, Commercial & Industrial Testing

Portable Appliance Testing

CCTV Shops, Pubs & Restaurants

Testing for Property Landlords
& Letting Agents

Fire Alarms & Emergency Lighting

**MCS APPROVED SOLAR PV PANEL &
BATTERY INSTALLERS**

Tal y Rhyn Farm, Cilycwm, Llandovery, Carmarthenshire SA20 0EY

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



1025(12)

EYNON PRICE
Landscaping
& Groundworks
Tel: 01558 822434
Mob: 07970 906489
 Brynhyfryd Farm, Llandeilo, SA19 7HS
www.landscaping-specialist.co.uk

 **COSY TOES**
FOOT HEALTH PRACTITIONER
 Jill Lloyd, DipCFHP, MPSPract
Builth Wells Clinic – Monday
Llandovery Clinic – Thursday
also Home Visits
 Nail Trimming – Corns Removed – Callus Reduction
 – Ingrowing Toenails – Diabetics Treated
Mobile: 07718 150571 or
Evenings: 01591 620355

KEVIN FOSTER
Building
&
Renovations
Tel: 07727 682 295
www.building-renovations.co.uk

 **CASBER**
SCAFFOLDING
 All scaffolding work undertaken,
 call for your quote;
Adam Kimber
Tel: 07825 505551
casberscaffolding@hotmail.com

PUMSAINT WI

Pumsaint WI members had a successful Car Boot and Table Sale on the Late May Bank Holiday Monday, with all the indoor Table spaces taken, and a number of outdoor pitches as well, and the rain held off for most of the morning. The following week members enjoyed a fascinating talk on making textile jewellery from Sir Gar member Maureen Davies, whose interest started when she attended a course at the former Denman College. Maureen uses various kinds of beads to make all kinds of jewellery. She also uses the Kumihimo Disk method of weaving ornamental threads to make bracelets and necklaces. Our next meeting is on 1st July at 7.30pm at the Coronation Hall, Pumsaint when we will welcome a speaker from Guide Dogs. Visitors and new members are always welcome.

AMMAN VALLEY ART GROUP

Do you enjoy drawing, painting or any type of artwork?

Why not join our group?

We are always excited to welcome new faces, whether you are a beginner or a more experienced artist.

Check us out on Facebook or contact us on 07745 341220.

WHAT'S ON IN CAPEL DEWI

THE OLD SCHOOL SA32 8AD

9th July: Coffee Morning 10.30 Speaker Dewi Thomas and Andrew Rees on Milk Stands in the County.

12th July: Local Producers and Craft Market 9.30 – 13.00

29th July: Book Club 19.00

31st July: Pop up Pub 18.30

1st, 15th, 29th July: Simon J Pizza van 18.00 – 20.00

Yoga Friday morning from 10.00am

Dog Training Monday morning 10.00am

(09/25/3)



We are Fleur Fauna, a small, lovingly run pet crematorium. We provide an individual pet cremation service and care for your beloved pet as if it was our own. Fleur Fauna is open to anyone, near or far. We offer a service to collect your pet and return them safely back home to you.

✉ fleurfaunapetcrematorium@gmail.com

☎ 01558 534553

🌐 www.fleurfaunapetcrematorium.co.uk



OPEN 7 DAYS

CENTAFRAME

WINDOWS AND DOORS

LOCAL | RELIABLE | QUALITY



**FAMILY RUN
BUSINESS**

EST. 2004



WWW.CENTAFRAME.COM



NO OBLIGATION | NO PRESSURE | NO GIMMICKS



**UPVC & ALUMINIUM
DOUBLE GLAZING IN THE HEART OF
CARMARTHENSHIRE & THE TOWY VALLEY**

CASEMENT WINDOWS | SASH WINDOWS | FLUSH FIT WINDOWS
COMPOSITE DOORS | FRENCH DOORS | PATIO DOORS | BI-FOLDING DOORS
CONSERVATORIES | ORANGERIES | PORCHES | WARM ROOFS
FASCIAS | SOFFITS | RAINWATER GOODS

16 RHOSMAEN ST, LLANDEILO, CARMARTHENSHIRE, SA19 6LU
📞 01558 823177 | ✉️ ADMIN@CENTAFRAME.COM



CENTAFRAME WINDOWS AND DOORS IS THE TRADING NAME OF CENTAFRAME PVCU SYSTEMS LTD | COMPANY REGISTRATION NUMBER 0523682

LLANDOVERY ROTARY CLUB



Another month with a Bank Holiday Monday in it meant one meeting short, so a very quiet news month and little Rotary action to report.

But



Our super new purple marquee. You can't miss us now!

We quite often attend external events eg the Carnival, Sheep Festival, Duck Race etc and are often exposed to the vagaries of the Welsh tropical monsoon climate meaning enjoying the four seasons in one afternoon. We have seen ourselves sun bathing in t-shirts in the morning, been in winter woolies in the afternoon and been absolutely hissed on in the evening. Well, no more. Ohhhhh no. No more. Many of us are getting too old to continue in this vein and we can announce that from now on have a new all weather, bright (purple), high profile (purple), very posh (purple), Llandoverly Rotary marquee at these events. You won't miss us now, no chance. We will be warm, sheltered, dry, posh and purple. Hallelujah

Members were hugely saddened to hear the news that reached us last month that John Kendrick, long time resident of Llandoverly and Master at Llandoverly College had passed away at his now home in Somerset.

John was President of Llandoverly Rotary Club in 2001-02 and was a long serving active member for many years. He was also Secretary of Llandoverly Rugby Club.

John dedicated many years to Llandoverly College, where he served as Biology Master, Rugby Manager, and Housemaster of Ty Cadog. He also ran Ty Illtyd, and supported his late wife, Jackie, in her role in Ty Llanofor. Together, John and Jackie played a vital part in the life of the College helping to shape and support generations of pupils with care, commitment and good humour.

We held a minute silence at the first meeting following his passing and John will be very fondly remembered by all in this club and the Llandoverly community.

I have approached Sue Hope-Bell (Deputy Head of Education in Elidyr Communities Trust) and we Rotary members have been invited to have a guided tour of the education campus with refreshments included. We are really looking forward to this and will keep you

posted with developments – time/date to be confirmed. Thanks Sue.

Sister Shirley Price-Davies and Sister Rhian Evans of Llanfair Surgery have very kindly agreed to come and give us a talk on 'Living Well'. I have informed them that maybe their idea of living well and some of our members ideas of living well may not exactly align at all, but doubtless if we can take in a fraction of what they tell us maybe, just maybe, some of us may add a few years to our lives which appear to be hopelessly lost causes.

Annual General Meeting.

We held our AGM at one meeting and a very happy, convivial and satisfying one it was too.

We always reflect on the year that has passed and as ever the outgoing President gets to relax as the weight of responsibility and expectation is being slowly lifted from his shoulders. Kevan has done well, very well and his time in charge is coming to an end.

Here direct from Rosie's wonderfully comprehensive minutes is how it went:

AGM MEETING

President

I would like to thank all our members for another great year. We have continued to be busy, productive for good causes and supportive of our community, which sees us as a force for good. Importantly, we have continued to enjoy ourselves as we do this. Details of our activities follow below.

- Membership has been quite fluid through the year with new members joining, some members leaving for life reasons and some because we were not for them. This sort of churn is normal in all organisations and the bigger we grow the more we will see it. Nevertheless, we must continue to work to attract new members while staying relevant and fun for the existing membership. Growth in membership is desirable, but



Former President John Kendrick who very sadly passed away recently at his home in Somerset.

new members will always be needed to replace those that leave. Details of arrivals and departures follow.

- I would like to thank our Council for their work throughout the year. The bulk of the heavy lifting in keeping our club functioning is done by a few stalwarts. All have been great, but I would particularly note:

Presidents depend on their Secretary and Treasurer and ours are brilliant; Rosie and Mickey fulfil their difficult roles with energy and efficiency I am especially grateful to Tim for stepping up when Rosie needed to step back from Secretary for a few months.

Rachel has been outstanding again leading the engine room of our productive activity.

Dai as the leading light in the District has maintained our good name in Youth Engagement, keeping our profile high with the young.

Derek has supplied a steady stream of interesting speakers and his excellent articles in the Post are widely read in the Town.

- The Club is in good shape as we approach the start of a new Rotary year, and Gareth's time as President; I wish him good luck and my support.

Treasurer

- Because of the strength of general account, membership fees will remain at £50 a month. Likely to have a price increase for our meals at The Castle from the start of July, but not known.
- The real saviour of the day is the £2.00 a week raffle for people that attend.

Community

Activities:

- Droverfest (Jun 24)
- BikeFest (Jul 24)*
- Port Talbot Bikes (Jul 24) 25*
- Duck Race (Aug 24)
- Vaccination Clinics (Oct 24)*
- Fireworks (Nov 24)*
- Christmas Lights (Nov 24)*
- Santa Run (Dec 24)
- Carnival (May 25)*

*Estimated Voluntary Hours in the community: 150

Upcoming Events:

- Sheep Festival (Sep 25)
- Vaccination Clinics (Oct 25)?
- Fireworks (Nov 25)
- Christmas Lights (Dec 25)
- Santa Run (Dec 25)
- DroverFest (Jun 26)

Fellowship

Fellow Rotarians, we have had many events this year including:

- 40th anniversary dinner at the Lakes Llangammarch Wells
- Winter Dinner at the King's Head
- President BBQ at Kevan's and thank you to Kevan for hosting.

- We had the handover dinner at The Castle
- Christmas dinner at the King's Head

We have hosted unofficial meetings:

- The Whitehall
- Y Castell, Llangadog
- TJ's Fish Bar
- Miz Spice
- The Castle Coaching Inn, Trecastle

And we have attended the Mayor's Ball.

Finally, We have now been at the Castle for another year – I would like to Thank all the staff for putting up with us!

International

- Raised the profile of the Foundation with members encouraging a review of personal donations.
- £600 to ShelterBox.

Youth

- We organised the Reading Art and Maths competitions which the children enjoyed.
- Two young people represented us in the Young Musician competition at area level which Dai organised.
- Dai can't quite recall, but he thinks somebody represented us in the Young Chef
- Dai organised the District Welsh Youth Speaks competition and our team of Mared, Gruff and Ifan won the competition. Thank you to Dan for his support.
- Dai organised the District Young Writer in Welsh competition
- Dai is in the process of organising two RYLA candidates
- Dai represented Youth Speaks team at a district gathering in Llanelli
- As for support from members in general, it has been poor as usual and it is high time that members realise that giving our young people the opportunity to participate and shine should be one of the club's main functions, but I'll probably write the same thing next year!

Membership

- This year has seen its fair share of ups and downs regarding membership. We have had people leave the club as it has not been right for them, and of course we have had a retirement with Edward.
- Not forgetting our newer members which are hanging on in there, well done you guys, I'm sure you're enjoying.
- We are still a very strong club and I don't see the need to have open days or anything similar to try and gain members. As a club we do a huge amount throughout the year, with several activities, we are always self-promoting and in the public eye. The write up in The Post always helps people to know what we are doing (well done Derek).
- We haven't had anyone come as a guest lately, but I am sure it won't be long. Lets keep up the good work!

continued on page 18

Communication and speakers

We continue to have speakers on a regular basis around one a month in Winter and around every six weeks in the Summer.

They are from a very broad cross section of society reflecting our interest in a very wide range of subjects.

We do not normally pay for speakers but most come along gladly.

Some of the speakers are whom we may have supported financially and offer to come to tell us about their experiences.

We will continue with this policy ongoing into the coming year.

Thanks Rosie.

Two Rotarians Buy A Pub!

Two of our Rotarians with no previous experience of pub ownership decided in their wisdom to buy a pub! Yes, honestly. What many Rotarians believed to be a reason to buy their beer at a reduced cost has actually turned out to be a very shrewd move. Anthony Wathan and Gareth Davies purchased the town centre pub the White Hall recently and have transformed it from an already successful business into a very busy hub which is now absolutely thriving. They brought in a highly regarded chef and their Sunday dinners have already earned a wonderful reputation for very high quality and generous portions. They have two darts teams, a weekly meat draw and this at one time headquarters of the Llandovery Rugby Club

is positively jumping. In the 'Pages From The History Of Llandovery' it states The Whitehall Inn was once the Glanbran Arms and offered "Comfortable Accommodation for Tourists, Cyclists and Commercial Gentlemen".

A shrewd investment indeed gentlemen. And cheap beer for you too!

It is a very long standing tradition here not to meet on the Tuesday following a holiday Monday. Quite why, nobody really knows but that's the way it is. A few hardened 'I'm not staying in on a Tuesday' members (me included), usually agree to meet on these Tuesdays in a neutral local venue. As it is an unofficial meeting of members any Rotary talk is off limits. Also as in all Rotary meetings is politics as Rotary is non political. That just leaves us with current affairs, sport and sex! We manage! This time it was JT's Fish Bar and very very nice it was too. Running the Love Llandovery site I can tell you that at the moment Llandovery has a choice of really good eating establishments each offering tempting offers to entice us in. Well we're all for it. We want to be enticed in and take advantage of these offers. Let's all get out there and enjoy these lovely places, really good meals and tempting offers. We've never had it so good!

So, there we have it. Coming up is our Club Assembly then our Handover Dinner when President Kevan hands over to Gareth. This will be in our HQ the Castle Hotel.

Then, we begin another year of doing whatever we can to help and assist this wonderful community and its people.

Derek Jones.



The two Rotarians who bought a pub! Good luck boys.



HAYES HEATING AND HOMES
Gas, oil – installations, servicing, breakdown
Heatpumps – installation, servicing, breakdown
Solar P.V. • Solar thermal
Landlord safety certificates
Hot water cylinders • General plumbing
Bathrooms
Septic tanks and deep drainage

We will beat any quote like for like

hayesheatingandhomes@outlook.com
Tel: 07405 230194

0925(12)



- New Build • Barn Conversions
- Extensions & Renovations
- Loft Conversions • Roofing
- Excavation & Site Clearance
- Stonework • Plastering
- Alterations & Improvement Work
- Over 35 Years Experience

Wernellyn, Llangadog, Carmarthen

Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk
www.doelandrowlands.com

0725(12)

ARMONICO CONSORT

Ten years since their most successful concert series and recording to date, the exquisite voices of renowned choir Armonico Consort bring you a second collection from the incredible world of choral music spanning 800 years.

Relax in the glorious acoustic of St Teilo's Church and immerse yourself in some of the greatest choral music ever written, performed by these incredible singers around the building. Featuring music from Allegri's Miserere Mei and Tallis's O Nata Lux, to Eric Whitacre's Sleep and Elgar's Lux Aeterna, the concert will be linked by the timeless chants by the 11th century abbess, Hildegard of Bingen.



LLANDOVERY FLORAL ART SOCIETY

We have had a very enjoyable year starting with our very own vice president, Helen Walters giving us a very instructive demonstration on how to take up the challenge to start entering competitions. Over the last few years Helen has bitten the bullet and entered a number of competitions at area day meetings. Highly commended and 3rd prizes at first saw her take a first, second and 2 thirds in Hereford this April. It all takes thought, planning and skilled preparation. Luckily Alan has been very supportive and encouraging. Well done Helen we are very, very proud of you. Talking about Hereford it was a very successful day for Llandovery club with another member and the present Area Chair of 3 Counties and South Wales, Delyth Price, winning 4 firsts, 1 2nd, runner up best in show and several other awards. Delyth is a very busy lady, a farmers wife, grandmother, and a world wide demonstrator. Another member to be very, very proud of, especially as she still finds time to join us whenever she can.

In March we welcomed Mrs Brenda Howells to demonstrate for us. Saying Goodbye Winter, Hello Spring in her varied and delightful arrangements. Her reflections and humour kept us all enthralled. Thank you Brenda hope you will come again in a year or two.

April brought us a second visit from Julie, Ysrad Nurseries. This time she showed how to make the best of our Spring/Summer pots and baskets. A very informative demonstration and our gardens will be looking even better this year. Thank you Julia.

Demonstrators can be expensive, as we all know everything has gone up and flowers are no exception. Plus most have to travel to get here and petrol costs are frightening. So for the past few years we have been relying on the wonderful flower growers, florists and our own skilled members to keep us entertained. In May we held a Ready, Steady, Create evening. We bought/provided enough materials and flowers for three members to create their own display. We drew names from a hat and three very nervous members, Pat, Heather and Jan stepped forward and created three delightful arrangements. We were very good and had our refreshments while they were working so they did not have us watching every placement of flower or stem. Well done all of you. You produced lovely arrangements and I know it was a confidence boost for at least one of you. I promise that if we repeat this idea we will choose three different members to participate.

In June 7 members are off to Dinefwr House, for a workshop. We are all looking forward and hope to learn lots of new ideas, especially to working without oasis, as we are all being encouraged to do.

July will see us visiting The Telegraph Nursery, Llangadog for a talk and demo. We then take a break in August and will be back at the Catholic hall for our Autumn meetings. the 3rd Wednesday of the month at 7pm. Guests are always welcome.

Gina Jones Chair.

FREE DELIVERY
within 30 miles to
existing points

FREE INSTALLATION
*electric only

QUALITY AFTERCARE
we are here to help

JONES

TELEVISION & APPLIANCES

INDEPENDENT RETAILER ESTABLISHED IN 1954

YOUR LOCAL ELECTRICAL RETAILER

RENOWNED FOR AFTER SALES SERVICE

Repairs carried out by our own service engineers
to most domestic appliances

- Television sales and rentals – Brands include Panasonic, Sony, Hisense, Samsung and LG
- 5 year guarantee on selected televisions

WE CARRY OUT AERIAL AND SATELLITE INSTALLATIONS

EXTENSIVE SHOWROOM OF:

Fridge freezers • Washing machines • Dishwashers
Cookers • Fires and household domestic appliances

www.jones-tv.co.uk

T: 01267 290372 | 01267 290573

VISIT OUR SHOWROOM

PRESWYLF, NANTGAREDDIG, CARM 34 7NH

Mon-Fri: 8am-5pm
Sat: 9am-2.30pm

Panasonic

SIEMENS

BOSCH

CDimplex

ELBONICS

Hotpoint

SEED



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymweilwyr

LLANDOVERY MUSEUM
& Visitor Gateway

NOTES FROM LLANDOVERY MUSEUM



In a later edition of *The Post*, we hope to pay tribute to one of the most influential people of the 19th century, Sir Gardner Wilkinson, who was buried in Llandinag Churchyard at the beginning of November 1875. Although his name isn't well known outside his specialist circles, his influence was enormous, and he was described as the 'Father of Egyptology in Britain'.

Meanwhile, we shall note some of the other events that made the news in Llandovery and surrounding district 150 years ago. Browsing through old papers, we found the heading 'Salem Chapel Dorcas Club'. According to the report, several women who were members in Salem had formed the club and during the previous week they had visited around twenty of the chapel's poorest members to offer them financial help. The minister, the Rev. William Gibbon, was the Dorcas treasurer and pharmacist Thomas Griffiths was the secretary.

The first Dorcas Society had been established in the United States in 1828 with the intention of clothing the children of the poor black population of New York. It was named after a woman whose story can be found in the Acts of the Apostles: "In Joppa there was a disciple named Tabitha (in Greek her name is Dorcas); she was always doing good and helping the poor." The main objective of the society was to help the poor who could not afford to buy suitable clothes, especially during the cold winter months.

It appears that there were a significant number of poor people in Llandovery in 1875; during a spell of very cold weather in January, three of the town's prominent men set out to collect money to distribute among needy families. A total of £35 was collected, which would be equivalent to over £450 in today's money. On top of that, Mr Davies, Ystradwalter, distributed a hundredweight

of coal to every poor household in Llandovery and the surrounding area.

These days, much attention is given to veterans of the Second World War, who have reached an advanced age. In 1875, soldiers who fought in the Battle of Waterloo were the heroes. In Llandovery, one 86-year-old veteran finally got a pension after a campaign by his neighbours; the Government agreed to give him one shilling and sixpence a day.

In June 1875, the Towy Vale Congregational Choral Union held a Singing Festival in Salem Chapel. Their conductor, Eos Morlais, believed that the singing was better than during the previous year - although there was room for improvement. A novel feature was the chanting, but it was an experiment that failed. It was reported in the *South Wales Daily News* that only about 50 took part: "It appears that some wrong feeling has arisen with regard to it in some of the chapels, and it has been condemned. The largest choir in the Vale refused to attend for this reason."

A few days earlier, members of the Cil-y-cwm Church Sunday School had been treated to a visit to Llanwrtyd by Miss Campbell Davys, Neuadd Fawr. Around 150 children marched from the train station to the wells, singing hymns every step of the way. Before returning to Llandovery by train, they enjoyed tea and cakes at the Bellevue Hotel.

In October 1875, a new school was opened in Porth-y-rhyd, and a campaign was underway to collect money to build a new school in Llanwrda. A few months later,



Waterloo medal



Ring Ouzel

work would begin on building Ystrad-ffin Church, thanks to the generosity of the Earl of Cawdor.

1875 was a troublesome year for farmers. Foot and mouth disease had spread from England, through Breconshire to Llandovery, and onwards to Pembrokeshire.

In The Welshman newspaper, the well-known naturalist, Frank Buckland, boasted that his friend, Willis Bund, had sent him a letter from Bron-cwrt, Rhandir-mwyn, to say that he would post two ring ouzels which he had shot the previous day. In the nineteenth century, flocks of ouzels would feast on the berries of rowan and elder trees in the Upper Tywi Valley after arriving from Norway and Sweden.

The person who shot the birds was probably Willis Bund

of Worcestershire who wrote the history of the Church in Wales. He was a frequent contributor to the Transactions of the Cymmrodorion Society and he edited the Black Book of St Davids. Reviewers were not impressed by his work. Among their comments were 'indifferently done', 'very haphazard' and 'dubious and prejudiced'.

Llandovery Museum and Heritage Centre is open Tuesday to Saturday, 11:00am – 2pm.

If you are interested in history, walking, cycling, wildlife, Welsh language and culture, and you would like to greet our visitors to share your enthusiasm, we would love to meet you. Call in to chat with us, contact us on Facebook or by email: enquiries@llandoverymuseum.wales

05/26(12)



Rhys Jones

CHIMNEY SWEEPING

- Clean Professional Service • Fully Insured
- Power Sweeping • Bird Nest Removal
- CCTV Inspections
- NACS Registered Member




 **07554 647544**

Email: info@rhysjoneschimneysweeping.co.uk

www.rhysjoneschimneysweeping.co.uk

LLANFAIR GRANGE CARE HOME, LLANDOVERY IS LOOKING FOR: **CARE ASSISTANTS AND NIGHT STAFF**

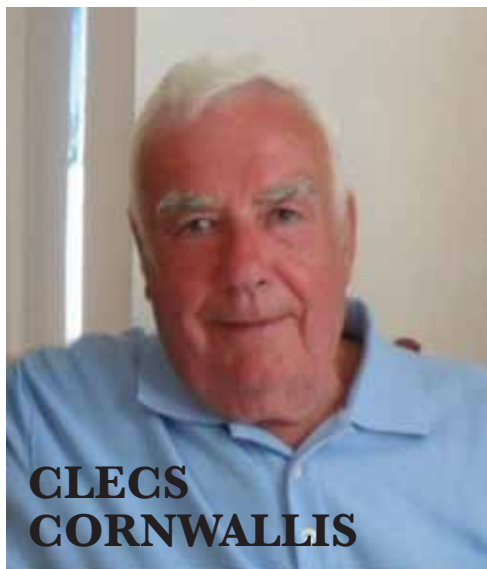
Who must be a good team player, and compassionate.

***WAGES NEGOTIABLE DEPENDING
ON QUALIFICATION***

Experience not essential as training provided.

Please contact Nia on 01550 720495

08/25(3)



CLECS CORNWALLIS

The Cornwallis Almshouse Trust that operates in the old parishes of Llanwrda and Llansadwrn is mourning the loss of one of its most committed members, Mr Carwyn Jones, who passed away suddenly at the end of April this year, aged 86. For many years Carwyn had been keeping the work of the Trust going, both as its Treasurer and main organiser, to the considerable benefit of the two communities in the Tywi valley. In recent years the Trust has seen something of a resurgence thanks to Carwyn's efforts to recruit new trustees and supporters, and it now finds itself close to fulfilling one of its main objectives in aiming to provide social housing in a proposed development in Llanwrda.

A native of Llansadwrn, Carwyn grew up as the son of the local headmaster there, before attending Llandovery College in the 1950s. He went on to have a successful career in banking which took him to Saudi Arabia, Nigeria and Peru, but he and his late wife Ann eventually settled back in Llanwrda. He was the classic 'bachgen o'r wlad' who loved country pursuits, rugby and cricket, and who once narrowly avoided being recruited as a semi-professional singer in a nationwide show!

Carwyn's natural organisational skills and community-mindedness led to his repeatedly being involved in projects in the upper Tywi valley throughout his life, but after retirement he gave more and more time to leading the Almshouse Charity of Letitia Cornwallis, to Country Cars, and serving his local Church in Llanwrda.

The Cornwallis Trust Chair, Mr Lyn Rowlands summed up the feeling of his fellow Trustees by saying that Carwyn's contribution to the Trust's work over the years was second to none, and that he will be irreplaceable in every way – we will all miss him.

The Trust always welcomes new supporters and Trustees and should contact the secretary on 01558 685043 for further information.



LLANWRDA CRICKET CLUB

The 1st XI are first in Division 5 after six matches. There have been some outstanding individual performances.

On 17 May, Llanwrda had no trouble in overcoming Llandarcy when Adrian Davies (54 not out) and Steff Roberts (33 not out) successfully chased the target of 113. Sion Nicholas having taken 3 for 21 off 8 overs.

Llanwrda were in trouble against Gorseinon chasing 148. However, the middle order saved the day – captain Steff Roberts 31, Owen Davies 34 not out and Lloyd Boddington 23 also not out.

David Cumming took 3 for 22 against Gowerton and Owen Davies produced another match-winning innings of 54 not out.

In their only loss against Swansea Civil Service, Adrian Davies chipped in with 3 for 34.

Against Kidwelly, Daf Hughes scoring 60 from only 40 balls and then Tom Corcoran took 5 for 16 to seal the victory.

Training for the Juniors has restarted at Castle Fields, Llandovery on Friday evenings. Again, we are running All Stars and Dynamos. Please contact Gwynn Davies for information about the juniors on 07956 147464.

Nets for the adults are at Castle Fields on Thursday evenings.

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

For information about the Women and Girls' section please call Liz on 07791 241197. There will be opportunities for the ladies to play in a friendly match on Sunday 29 June.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

21/05/25	02	Sam Clement
28/05/25	13	No winner
04/06/25	31	Rhys Davies
11/06/25	39	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.

TREVOR DAVIES & SONS

Dulais Stores, Llanwrda, Carm. SA19 8AL

07/26(12)



SECURE STORAGE FACILITIES

Short & Long Term Hire?

Containers also available for Sale

Tel: 07967 158917 (Winston) 07779 129080 (Lloyd)
winston.davies@btinternet.com



Y CASTELL



NEW OPENING TIMES

Monday: 5.00pm – 8.30pm Burger Night

Tuesday: 5.00pm – 8.30pm Steak Night

Wednesday: 5.00pm – 8.30pm Pie & Mash Night

Thursday – Saturday: 12.00 noon – 11.00pm

Lunch Service: 12.00pm – 3.00pm

Dinner Service: 5.00pm – 8.30pm

Sunday: 12.00 noon – 11.00pm

Sunday lunch: 12.00 noon – 3.00pm

(closing times may vary, we are in a small village and on a quiet night the bar may shut early, thanks for understanding)

Telephone: 01550 777377

Email: enquiries@ycastell.wales

Facebook: Y Castell Llangadog

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

www.ycastell.wales

Address: Queens Square, Llangadog SA19 9BW

DEAL NIGHTS

Monday – Burger Night

Tuesday – Steak Night

Wednesday – Pie Night

*Includes Free glass wine (125ml)
or Free Pint!!*



08/25(3)

LLANDEILO IN BLOOM

A Town-Wide Celebration is Coming This Summer!

This summer marks the launch of the town's very first 'Llandeilo in Bloom' competition – a fun, colourful initiative inviting everyone to get involved, from green-fingered residents to creative businesses.

2025 will be the first 'In Bloom' event, with hopes that Llandeilo could enter the prestigious RHS Wales in Bloom national competition in the future. Llandeilo Town Council has already signed up for the free RHS 'It's Your Neighbourhood' (IYN) Awards, paving the way for this to grow into a long-term project that celebrates everything that makes our town special.

Enter one of the 5 blooming marvellous categories:

- **Tallest Sunflower** – Supported by Dewi Roberts Family Butchers
- **Most Colourful Hanging Basket** – Supported by Telegraph Garden Centre
- **Best Business Floral Display** – Supported by NT Dinefwr National Trust
- **Best Wildlife Garden** – Supported by Aberglasney Gardens
- **Best Residential Display** – Supported by the National Botanic Garden of Wales

Judging Day is Saturday 5th July 2025, and the whole town is getting involved! The **Llandeilo Business Forum** will be adding to the fun with activities planned for that day – expect community spirit, colour and creativity.

5th July – What You Need to Know:
It's Judging Day!

If you're entering one of the categories, make sure to fill in an entry form (you'll find them in many town shops) and return it to the Town Council in plenty of time.

IEUAN JONES

PHOTO RESTORATION SERVICE

CWRTYCADNO

Photo Restoration

Cine Film Transfer

VHS to DVD Transfer

Slide Transfer



Local Fortnightly Collection & Delivery Service

Tel: 07946 704522

Email: ieuana@glynhebog.co.uk

www.cwrtyphoto restoring.com

(08/25/3)

Flower Power Day

Join the celebration by dressing in your boldest, brightest, most floral fashion. We're inviting everyone to take part in **Flower Power Day**; wear it loud and proud – whether you're competing or not.

Llandeilo Art Competition

Feeling creative? Don't miss the **Llandeilo Art Competition**. Whether you're a seasoned painter or just fancy giving it a go, come and capture your favourite scene in Llandeilo.

- Register at **Horeb Chapel, Rhosmaen Street at 1.30pm**
- Painting will take place from **2.00pm to 4.00pm, judging at 4.30pm**
- Sponsored by **Oriel Mimosa Art Gallery**

For more information, keep an eye on local noticeboards, social media or pop into one of the town shops. See you on 5th July – dressed to impress, and ready to bloom!

LLANDOVERY CROQUET CLUB



We had a good start to our season with a convincing win in a friendly match with Aberystwyth at home. But, in our first league match, we were narrowly defeated by Llanidloes. We struggled to get to grips with the slopes on their lawns, which gave the home team a considerable advantage. We now look forward to matches with Glamorgan and Mumbles in July, when we hope to be more successful. On Saturday 26th July we will be taking part in the Welsh Invitational event at the Glamorgan club.

At our Castle Fields home, our club afternoons continue to be well attended on Tuesdays and Thursdays. A number of new members have joined the club recently as croquet seems to be gaining in popularity. It is a sport which anyone can enjoy. Free tuition at the club is available for anyone who would like to give it a try.

To find out more about the club, or arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk

Thomas Services Llandeilo

New & Used Car & Van Sales & Repairs

Independent Renault Specialists

**First Garage in Carmarthenshire
to be approved by Trading Standards**



22 72	Renault Arkana 1.3TCE S/Edition, Automatic, Half Leather, Climate Control, Diamond Cut Alloys, Sat Nav, Reversing Camera, In Metallic, Black, 23500m.....	£16995
23 73	Renault Clio 1.0TCE 90BHP 6 Speed Evolution, Navigation System, Parking Sensors, Climate Control, 17" Alloy Wheels, Diamond Black Metallic, Only 9000m.....	£14995
20 20	Renault Captur 1.0 TCE Iconic, Sat Nav, 17" Alloys Grey/Black, Only 18750m.....	£12995
20 20	Renault Clio 1.0 TCE 100BHP S Edition, Diamond Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m.....	£12995
18 68	Renault Clio 0.9 TCE GT-Line, 17" Grey Alloys, Sat Nav, Flame Red, 49375m.....	£8995
18 67	Renault Captur 0.9 TCE Dynamique, Air Con, Sat Nav, Alloys, Blue/Black, 49900m.....	£7995
18 18	Renault Clio 1.5 DCI Iconic, Sat Nav, 17" Diamond Cut Alloys, Met Grey, 71500m.....	£6995
17 17	Renault Megane 1.6 DCI 6 Speed Gt Line, 17" Alloys, Half Leather, Black, 53500m.....	£7995
13 63	Renault Clio 1.2 16V Dynamique, Satnav, Alloys, In Flame Red, Metallic, 80000m.....	£3995

CONVERTIBLE

19 19	Mini Convertible Classic 1.5 Convertible, In Chilli Red, Black Roof, 21778m.....	£15995
-------	--	--------

OTHER MAKES & MODELS ON OFFER

22 22	New Model Kia Sportage 1.6 T GDI 150BHP 6 Speed Manual, Gt-Line, Half Leather, Sat Nav, Reversing Camera & Sensors, Diamond Cut Alloy Wheels, 1 Owner, In Metallic Blue, 30750m.....	£22500
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.....	£16995
21 21	Nissan Juke 1.0 Tekna Dig-T, Sat Nav, Reversing Camera & Parking Sensors, Half Leather, Heated Front Seats, 19" Alloy Wheels, 2 Owners, In Metallic Grey, Only 24000m.....	£13995
22 22	Dacia Duster 1.3 TCE 130 BHP 6 Speed Comfort, 4x2, Alloys, Air Con, 1 Owner, 50000m.....	£13500
20 20	Vauxhall Corsa 1.2 Turbo 100HP 6 Speed Elite Premium, Navigation, Hdd Parking Sensors, Half Leather Trim, 17" Diamond Cut Alloys, Quarts Silver Metallic/Black Roof, 9750m.....	£13250
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed N-Connecta, Only 6565m, White.....	£17500
21 71	Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m.....	£10995
20 69	Peugeot 108 Top 1.0, Alloy Wheels, Revs Camera, Electric Roof, Met Red, Only 3000m.....	£8,995
19 19	Dacia Duster 1.3 TCE 130BHP techroad, Sat Nav, Park Sensors, Alloys, Met Red, 37500m.....	£11995
19 68	Citroen C3 1.2P/T 82 Flair, Nav, Alloy Wheels, Privacy Glass, Park Sens, Grey/Red, 27000m.....	£9750
20 70	Ford Puma 1.0 E/B Mehv 125 St/Line, 17" Alloys, Nav System, Met Grey, 14950m.....	Now £16500
18 18	Ford Focus 1.0 E/B 125BHP Zetec, 6 Speed, Sat Nav, Parking Sensors, A/C, Alloys, 58500m.....	£7500
16 66	Mini Cooper 1.5 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£11500
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m.....	£11995
15 65	Mercedes- Benz Glaz220 Auto Amg-Line Prem+ CDI, Half Leather, Sat Nav, Red, 90000m.....	£10995
17 17	Mercedes A Class 2.1 TD Sport, Black Leather, Sat Nav, Rev Camera, Silver, 61500m.....	£10500
17 17	Nissan Qashqai 1.6DCI 4x4 Tekna, Leather, Pan Roof, Nav & Camera, Met Blue, 69250m.....	£9995
17 67	Dacia Stepway 1.5DCL SE Summit, Sat Nav, Half Leather, Air Con, Desert Orange, 37250m.....	£6995
17 67	Fiat 500 1.2 Pop Star, Air Con, Alloys, 2 Owners, 3dr, In Red.....	£7500

UP TO £500 DISCOUNT ON ANY OF THE ABOVE VEHICLE WITH NO PART EXCHANGE

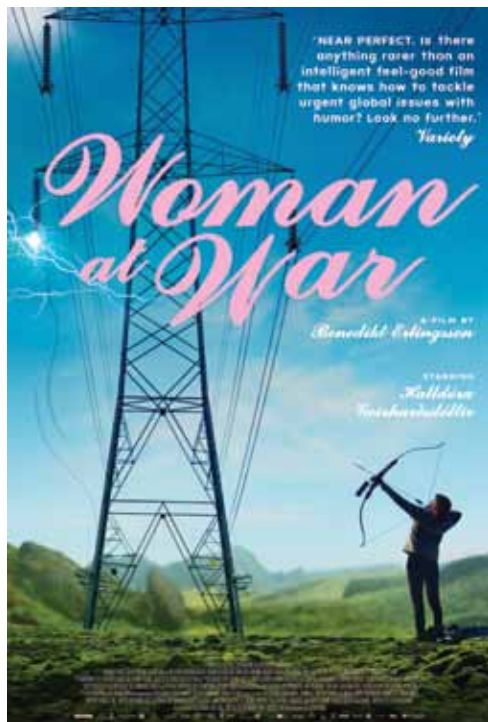
COMMERCIALS

2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats, Reversing Sensors, Air Con, Choice of 2, White or Grey, Only 25Miles.....	£21995 & £22500 +Vat
19 69	Renault Traffic 28 2.0DCI (120BHP) 6 Speed, Business Side Door, Lined, White, 29250m.....	£16500 +Vat
20 69	Renault Master 150BHP Speed, Lined, Carabbean Blue, 67400m.....	£9995 +Vat

TEL: 01558 824499

**ALL VEHICLES ON WEB SITE www.thomasservices.co.uk
SERVICING 01558 822859**

LLANDOVERY COMMUNITY CINEMA PRESENTS: WOMAN AT WAR



Environmental Cinema Series Continues with Powerful Icelandic Tale Inspired by Local Struggles

Llandovery, Carmarthenshire – Llandovery Community Cinema is proud to announce its next screening in the 2025 Environmental Film Series: *Woman at War* (2018), an award-winning Icelandic drama that resonates deeply with current local environmental activism in the Tywi Valley.

Thanks to generous funding from Ffilm Cymru, Llandovery Community Cinema is showcasing seven Welsh-language films and three environmental-themed features throughout the year. On Saturday 19th July,

Woman at War marks the second in this environmental series, chosen for its striking parallels to the ongoing Cofiwch Dyffryn Tywi protest – a grassroots movement opposing the construction of large-scale electricity pylons through our treasured local landscape.

Event Details:

Date: Saturday 19th July

Venue: Rhys Prichard Memorial Hall, 4 Waterloo Street, Llandovery SA20 0DS

Time: Doors open: 5:30 PM – Join us for a shared community meal at 6:00 PM

Film Screening: 7:00 PM, followed by a **Q&A with the local Anti-Pylons Committee: Llandovery Pylon Community Action Group**

Woman at War, directed by Benedikt Erlingsson, tells the story of Halla, a quiet choir conductor who leads a secret life as an eco-activist, waging a one-woman war against an industrial threat to her homeland. Her courage and tenacity mirror the real-life determination of local residents standing up to protect the Tywi Valley.

Following the screening, members of the local Anti-Pylons Committee will lead a discussion on the current state of the protest, what's next, and how community members can get involved. This is more than a film night – it's a rallying call.

"This film empowers us to act," said Ella Peel, Llandovery Cinema's Film Coordinator. "It shows how one voice, when joined with others, can shape the future of a community. We hope it inspires more people to join the fight for our landscape."

Everyone is welcome – bring a dish to share, bring your neighbours, and bring your voice.

Tickets are just £5 and can be purchased at LYCC on Market Square Llandovery, online at Ticket Source <https://bit.ly/llandoverycinema-womanatwar>

or on the door (subject to availability)



SCAN ME

HORMANNS FIREWOOD

Suppliers of seasoned, kiln dried, hardwood firewood and biomass woodchip from a sustainable source.

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size

Accredited
RHI
Supplier

01550 720285

Email: hormannfan@gmail.com

www.hormannsfirewood.co.uk

02-26(12)

DIAL A BATHROOM



The supply and installation of complete, affordable, quality bathrooms, assisted mobility bathrooms, shower rooms and wet rooms by qualified and experienced tradesmen, offering friendly, reliable service.

COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET

Outstanding results on every budget, guaranteed



To discuss your requirements and for a free no obligation quote
PHONE: 01558 685352 or 07780 630407

Email: dialabathroom@hotmail.co.uk

WWW.DIALABATHROOM.CO.UK

08/25(12)

LOCK PROBLEM? NO PROBLEM!



Covering all of West Wales & beyond!

- All types of locks supplied, fitted and opened
- **UPVC door lock specialists**
- **Key cutting specialists**
- **Safes**

GTLOCKSMITHS.CO.UK



01558 82 33 55
07816 37 77 10

Shop: Parc Bryers
Dryslwyn SA32 8QX
Mon - Fri 9am - 4pm
Sat 9am - 1pm



06/25(3)

LLANDOVERY HOSPITAL LEAGUE OF FRIENDS FFRINDIAU YSBYTY LLANYMDDYFRI

2025 started well with us being able to return to the sun room at the hospital for our meetings. It has also been a sad one as we have lost our dear friend and long time, hard working, supporter Nesta. She is greatly missed by us all. Last year saw a number of our committee suffering with our health, but most of us are back on track by now. We have gained a few new committee members and a new Secretary and assistant treasurer, lovely to have you on board and look forward to working with you for years to come. As always we are very grateful to all those who donate to the hospital, sadly too often in memory of former patients. But also to organisations who hold events especially for us. Castle garage held a birthday party in April and very generously donated the £3,875 made to the hospital, we have recently received a further £750 in match funding thanks to Sue Augustus and Barclays.

As you will have probably heard by now a decision was taken in 1925 to extend the existing Workhouse into a community hospital. A trowel used at the laying of the first stone, by John Lewis ESQ, Lord Lieutenant of Carmarthenshire, on the beginning 5th June 1925 is on display in the Sun lounge at the hospital. By the following September 23rd the new hospital was being opened by Dame Margaret Pryce-Rice, Llwynybrain and Mr Ben Jones, vice president of the Carmarthen Society in London. Funding for the hospital came from a legacy of £3,500 left by Mr David Howell Jones native of the borough of Llandovery and manager of National Provincial bank in Abergavenny. £2,500 was used for the building, £500 for furnishing and equipment, £500 for investment.

To celebrate the 100 birthday of the hospital we started with a Strawberry Tea at the Rugby club on the 8th June. The event was well attended, and thanks to the hard work of the committee and their partners was very successful. We are very grateful to the Rugby Club, Patisserie and Co-op for their support. The scones, cream and strawberries were delicious.

We are also very grateful to everyone who gave us a raffle prize, an amazing £450 was made on the raffle and a total of £1,241 was made. Thank you all.

We are planning to hold a number of events during the next 15 months ending with a concert and a church service late September 2026. Watch this space for more details.

You should all have received with your post a notification from the Health Board of another consultation they are carrying out about changes in 9 departments within the 4 four main hospitals and the community. More information can be found on their website hduhb.nhs.wales/clinical-services-consultation or by ringing 0300 303 8322 (local call rates) and selecting option 5 'other services'. There will be an opportunity for you to drop in at the Castle Hotel on Thursday 15th July, 3pm until 6pm to find out more and share your thoughts/concerns. Please come out in force again and show them how important this is to us here in this area.

Gina Jones (Treasurer)



Davies Tree Services
Seasoned Firewood for Sale
Hedge Laying • Chipping
Tree Surgery • Tree Felling
01267 202430 / 07826 716899

BOOST Your Business

With prices as low as £99.95*
for the year, its a great way
to boost your sales.

See inside back cover for all our rates
or ring 01550 721225 for details.

* Local Directory line advert (10 lines max)
for 12 months excluding VAT. (VAT charged at 20%)

TENNIS TENNIS TENNIS

Llandovery Tennis Club is thrivin



May was a busy month at the club with Wednesday and Saturday Club play sessions each week. Saturday 24th saw the Committee and helpers tidying and cleaning the courts before play. On Sunday 18th we had a social evening at Miz Spice and on Saturday 31st we ran a doubles tournament followed by a social buffet lunch.

It doesn't stop through June and July either. A group of us are off to play Aberaeron in a friendly tournament next month. And our next social event is a sundowner takeaway by the Towy on 19th July. The Wednesday and Saturday Club sessions continue throughout the summer.

The Club is friendly and welcoming for new players and members. There is no dress code and equipment is always available to newcomers. We have low-bounce balls for beginners and children to practice with.

Club sessions are informal and relaxed with players of all abilities mixing in together.

Activities planned for the Summer include a children's play day and a Doubles Masterclass with a coach. Additional coaching sessions can be arranged where demand is sufficient.

The club is LTA registered, which means we can put in a request for Wimbledon tickets for members.

The season officially ends with a BBQ following match play in August, but members play throughout the year with a social get together around Christmas.



Membership is less than £1 a week and gives unlimited access to the courts.

Come along and have a go! Just turn up on Wednesday or Saturday mornings from 11, or contact Helen on helsm62@yahoo.co.uk 07814 423097.

LLANGADOG WI

Celebrating 100 Yrs

Dathlu 100iant

We had a wonderful day out at the Waterfront Museum at Swansea Marina for our June meeting. It was fascinating to see the history of the area unfold before us with so much to see and appreciate for all ages. Of course, following a morning of cultural activity, it was only right that a lovely lunch followed at the Altitudes Restaurant, 28 floors up overlooking Swansea City and the beautiful Swansea Bay. Another special day completed with friends for our Centenary memory book. We were pleased to hear that our Vice President Ann Clarke was making great progress following a recent illness – Get Well soon Ann!

Our craft minded members are beavering away in preparation for the County Show in July on the theme of the Wizard of Oz- Good Luck to all our competitors.

We also have an afternoon tea and fashion show to look forward to and our next meeting will be at the YMCA Hall- Llangadog Community Centre on Thursday 3rd July at 7pm – Demonstration on Wet Felting.

Visitors to our meetings are always welcome!
Croeso Cynnes i chi gyd!

MYDDFAI NEWS

Myddfai Shop and Café opening hours are 11.00am – 4.00pm Wednesdays to Sundays.



What's on in Myddfai: Sunday 29th June is our monthly Farmers Market, 12.00 noon to 3.00pm. Thursday 17th July we have an all-day Willow weaving course, Friday 18th we have a Folk Dancing and Pop-up pub night, with Talley Pizza. Sunday 27th July is our monthly Farmers Market 12.00 noon to 3.00pm, come along to support the wide range of local producers and crafters. Our regular activity classes are: Tuesday it's Yoga 10.00am – 11.30am; Wednesday: craft class 1.30 – 3.30pm, Thursdays its Pilates 9.30 – 10.30am, come along and join in, everyone is welcome.

Myddfai craft shop has a wide range of quality crafted goods including pottery, stained and fused glass, jewellery, wooden chopping boards and bowls, slate items, knitwear, aprons and bags, Welsh tweed clothing and gifts, scented candles, Welsh soaps, engraved glass and the popular Myddfai bathroom range. In addition, we have locally made jams, chutneys and honey, plus a superb range of local artwork and greetings cards and much more. Every purchase made supports a local business and the Myddfai Ty Talcen charity.

Why not come up to take a walk in the stunning countryside and call in the café for a delicious, freshly made lunch or afternoon tea. There is a good selection of lunch dishes as well as cawl or soup and a wide range of delicious cakes and choice of coffees. We also offer afternoon teas with a talk on The Physicians of Myddfai for any groups, please book talks in advance.

Myddfai Hall is a very adaptable and popular venue for any type of event from Weddings and conferences to kids' parties as well as all types of activity classes. It is one of the most stunning and affordable Wedding Venues around, with fantastic views, acoustic ceiling with beams, the main hall can accommodate over 120 guests and has a ceremony Licence too. We only book a maximum of one wedding per weekend, so there is loads of time to set up. The hall is fully equipped with crockery, cutlery and glasses, tablecloths, chair-covers, portable staging, stage lighting and audio equipment.

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

THE CHAIRMANSHIP OF LLANDOVERY GARDENING CLUB

I instigated the Llandovery Garden Club in 2004. It has, over the years, given me great joy and pleasure. Owing to the enormous support of my trusty friends on our committee, and the continuous support of our members. We are now halfway through the clubs' 21st and final year of my position as Chairman of the Club. It is not before time for me to step down and I will be so pleased to pass on the position to whoever will, hopefully, enjoy it as much as I have.

The pleasure of meeting so many well-known and talented people; horticulturists, gardeners and many others with a variety of connections with gardening, and all that goes with it, has been a privilege. These people give their time and energy to come and give our club interesting, enlightening and encouraging talks which, inspires us to do our best with our gardens, no matter how big or small. We have visited many wonderful gardens throughout Wales and England including "Highgrove Gardens" and Tetbury. The benefit of visiting people's gardens is so different from seeing them in films, books or photographs. Actually visiting and seeing many different ideas of formal and informal landscaping and plant growing, wooded areas, water features etc., plus feeling the atmosphere, is incomparable.

Thank you all for your support and friendship.

Members please will you kindly put your names forward in an email to Sue Caldecote susancaldecote@gmail.com if you would like to take over as Chairman. I hope there will be many names on this list as I'm sure you will enjoy the role and find it very rewarding.

Marguerite (Babs) Rees

Problems with your PC?
Baffled by computers?

EASY P.C

...can help, with 100% jargon-free advice

Fast and friendly service
specialising in helping the
novice and the older user

23 Carmarthen Road, Llandoilo
01558 823628 | 07773 012762

Repairs
Upgrades
Tuition

Wireless set-up
Data back-up
Virus removal
Laptop and
desktop sales

Now in our
21st year

01266 1212

LLANDOVERY GARDENING CLUB VISIT TO ABERCAMLAIS MANSION, GARDENS AND PARKLAND

We were welcomed by the current owners Anthony and Andrea who inherited Abercamlais about 10 years ago. It has been in Anthony's family for over 500 hundred years.

Half of our club was taken for a tour of the gardens, which included their very own medieval bridge, which has recently been repaired, after floods had washed one side of it away. We were also shown an iron pedestrian bridge in remarkable condition. A walk around the amazing walled garden of 1 and half acres mainly to grass but also holding the national collection of beautifully coloured bearded irises, plus many new fruit trees planted near the walls, was an opportunity to see how such a place was run in the past.

We were taken below ground to see the vigorous grape vines of white and black eating grapes that grow in an ideal environment. It was explained to us that at one time the house had its own Halt on the Neath & Brecon railway line at the end of garden, where trains used to stop to collect staff and produce for market.

In the past, the house employed many staff to tend the gardens and farm, thus making the household self-sufficient, apart from salt.

The other half of the club was taken around the magnificent house, which has many rooms on 4 levels. We were shown around several of the rooms on the ground and first floor. There was rather fine oak wood panelling and many paintings of ancestors to look at. An Organ, which had been in the entrance hall for many years, but taken away with the redesigning of the house is now to be returned by Brecon cathedral. Although the first-floor bedroom illustrated simpler decoration including a 4-poster bed it felt a cosy place. We were given some of the extensive history and were shown the amazing library of books and fine pieces of china displayed in the unusual, altered stalls from the local church.

During the second world war the house was put to use by a London girls' school.

Sitting in another part of the garden we were given

tea and delicious cake, enjoying the lovely views, and after which we swapped groups and continued our tours. Despite not seeing much of the sun we were blessed with the ability to wander around without the use of an umbrella!! Thanks to Anthony and Andrea for an enjoyable visit.

Our next outing is to Greenfield Garden on Thursday 10th July at 2.30pm

We will meet at Greenfield, Cynghordy SA20 0YP

From Llandovery take the A483 {for 3 miles}, once on the straight take the 3rd turning on the right - yellow house and garden are on the corner of the turning (lane).

Parking is the 1st on the left AND Greenfield Garden is the 2nd on the left.

Steve Greenfield will give a tour of the garden, and as there is no entrance fee, he would appreciate a donation for Llanfair Surgery. This will be organised as a group donation from the gardening club funds by Llinos, our treasurer. Non-members to give their own donation.

After the tour we will cross the lane to meet with Simany (of Simany Flowers) who will have prepared tea and cakes. An individual donation for her generosity would also be appreciated. She will finish our visit with a floral demonstration.

All members are welcome, and non-members who are invited and accompanied by a member, to a private garden of great interest

If you have any queries, please phone 01550 720771

We look forward to seeing you.

NIALL MOORJANI THE GREEN KNIGHT (BUT IT'S GAY)

Thursday 10th July at 7pm

Limited tickets for sale / £12 per ticket.

Come along for queer comedy-storytelling magic in Niall Moorjani's unique and raucous retelling of the Arthurian classic set on New Year's Eve which means it's absolutely a Christmas show.

Follow the story of Sir Gawain and his adventures, all started by the peer-pressured, unfortunate and unsuccessful chopping off of The Green Knight's head. Now Gawain is going to get his head chopped off in return by the miraculously still alive green knight. Disaster. King Arthur reckons this will be grand as Gawain needs to do more manly things anyway and there is nothing more manly than taking a good head chop off.

Niall Moorjani breathes modern life and queer joy into this medieval classic!



POSTDATUM
Producers of
The Post

HYBU LLANYMDDYFRI – ACTIVITIES THIS JULY!

Shwmae a chroeso! Hello and welcome! We're *Hybu Llanymddyfri*, a two-year project bringing people together to enjoy community activities and events across our beautiful Llandovery – all thanks to funding from The National Lottery Community Fund. Whether you're a familiar face or new to the area – *croeso cynnes iawn!* (*a very warm welcome!*) We'd love for you to get involved! **Stay connected with us via the contact details below and on our social media:** Facebook & Instagram: Hybu Llanymddyfri – Llandovery. More about Llandovery: www.llandovery.wales

Dog Walking Group – Saturday 12th July, 2pm (Free!) – Do you and your dog fancy some fresh air, wagging tails and friendly company? Join our Dog Walking Group for a relaxed stroll with fellow dog lovers and their four-legged friends. Led by Sam (She/Her), a highly skilled Dog Trainer & Behaviourist with over 30 years of experience—especially in rescue settings—you'll be in safe hands whether your pup is playful or a bit shy. Route to be confirmed. Spaces limited to 10.

Lunch Club Llandovery – Wednesday 16th July, 12pm at Ysgol Rhys Prichard | £3 for hot lunch + dessert. Enjoy a delicious home-cooked meal in great company, followed by light-hearted games and activities with local pupils. Open to over 60s – it's the perfect way to connect, laugh, and feel part of the community. "Few spaces left – waiting list available." All safeguarding measures are in place.

Welsh Language Classes – For Improvers - Tuesdays & Wednesdays, 6.30pm | Ongoing. £40 for 12 sessions. Bursaries available. If you've started learning Cymraeg and want to go a little further – *da iawn chi!* (well done you!) These classes, led by the wonderful Jean Hughes, are perfect for building confidence and improving your Welsh in a relaxed, friendly group.

Cooking on a Budget – Summer Salads & Smoothies - Tuesday 29th July - 11:00am at LYCC. Join the brilliant Trish Morgan-Black for a fun, hands-on session full of smart, budget-friendly cooking ideas! We'll be mixing up colourful summer salads and refreshing smoothies using seasonal, home-grown goodies. You'll get to experiment with oils and vinegars (and even flavour your own! make your own dressing to take home and receive a mini pack of seeds to grow your own ingredients. We'll finish by sharing a tasty salad and smoothie together – yum! "Hi, I'm Trish!" With a lifelong love of creative cooking and years of experience teaching both adults and young people, I believe you don't need a big budget to make food that's blasus iawn (very tasty!). Whether you're a beginner or a kitchen pro, come along for a friendly,



inspiring session full of flavour, tips, and community vibes!

How to Book – Limited Spaces! Booking is essential – don't delay!

Call, text, or WhatsApp: Tiago & Maggi – 07858 555938, 07761 955004 or 01550 721499

Email: llandovery.lcasc@gmail.com

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

Dewch i ymuno – come and join us! Whether you're walking the dog, learning Cymraeg, sharing a hearty lunch, or cooking up something delicious – there's a place for you at Hybu Llanymddyfri. Got your own community activity or local event? If you need help with planning, promotion, or anything else, we're here to support you – just get in touch! *Gyda'n gilydd* – together, let's make June joyful! *Diolch yn fawr* – thank you – and we hope to see you very soon!



Osian Williams

Cyfrillydd Ariannol | Financial Accountant

Accounts and Tax Returns
 VAT and Making Tax Digital • Payroll • Book-keeping
 Tax Planning and Advice • Capital Gains Tax

☎ 01550 777311 • 📠 07908 810392

✉ info@osianwilliams.cymru

Cefn Parc, Taliaris, Llandeilo, SA19 7DH



New funding secures essential grounds-maintenance equipment to enhance therapeutic outdoor spaces for veterans and their communities

United Kingdom — 16 June 2025 — Make Your MARK (Registered Charity No. 1209768) is proud to announce that Riverside Retreat Veterans Camp has been selected as a recipient of the inaugural “Make Your MARK” grant. The £2,499 award will fund the purchase of vital grounds-maintenance equipment, ensuring the five-acre veteran-owned site in the Brecon Beacons National Park remains a safe, welcoming, and accessible haven for outdoor therapy and community connection.

Retreat, Refocus, Reconnect: Strengthening Outdoor Wellbeing

Riverside Retreat offers free, nature-based activities and skills training to veterans, their families, and carers. Nestled within dark-sky territory and bordered by forest and river, the camp provides a secluded environment where beneficiaries can Retreat, Refocus, and Reconnect—driving measurable improvements in mental and physical health.

On the Llandovery Royal British Legion Armed Forces Day celebrated on Saturday 21st of June 2025, the Riverside Retreat will be presented with a lawn mower by Make Your MARK at the event to mark the day at the Owl's Nest.

With the new equipment, Riverside Retreat will:

- A ride-on mower would be a vital asset to the veteran's campsite, managed by Alan and Michelle, who both live with physical injuries following their combined 50 years of military service.
- It would allow them to maintain the grounds more easily and independently, reducing physical strain and enabling them to manage the large outdoor space without overexertion. For the veterans, families, and carers who visit, a well-maintained site is not only safer, minimising trip hazards and reducing fire risk, but also more accessible and welcoming, especially for those with mobility issues or mental health challenges.
- The mower would support the delivery of outdoor wellbeing activities by keeping grassy areas clear and usable, and it can even serve as a therapeutic tool, giving veterans a purposeful routine and opportunities to connect through shared tasks. In short, a ride-on mower enhances the sustainability, safety, and healing environment of the retreat for all who use it.

Alan Tucker, Operations Manager at Riverside Retreat said:

“A tidy, well-kept outdoor environment is crucial for our veterans' peace of mind and recovery. Thanks to Make Your MARK, we can uphold the highest health-

and-safety standards and give our members—and the wider community—a beautiful space to heal and grow. Owning our own maintenance equipment will also dramatically reduce long-term costs, freeing up funds to reinvest directly in frontline wellbeing programs and new initiatives for veterans and carers. In short, this investment not only safeguards the therapeutic power of our natural surroundings but also cements Riverside Retreat's role as an inclusive, sustainable resource for the entire community.”

Expanding Impact Across Wales and Beyond

Based in Carmarthenshire, Riverside Retreat supports approximately 500 veterans and carers each year, partnering with organisations such as Boots on the Ground, Icarus Charity, Bulldog Boxing, Blind Veterans UK, and the Welsh Rugby Union.

Purchasing its own grounds-maintenance equipment will transform Riverside Retreat into an even more powerful sanctuary for the veterans it serves. For individuals grappling with trauma, isolation, or mental health challenges, stepping onto pristine, level pathways and into well-kept activity areas brings immediate peace of mind and a profound sense of stability.

A clean, safe outdoor environment isn't just a backdrop—it's an active ingredient in every therapeutic workshop, river-edge mindfulness session, and fire-circle conversation. Equally important, this equipment empowers veterans themselves to take an active role in maintaining the site, whether as a meaningful volunteer activity, vocational skills development, or simply as a purposeful way to channel energy and build confidence. For wheelchair users and amputees in particular, reliably smooth access routes are not a luxury but a necessity—one that this investment guarantees we can uphold to the highest standards.

Beyond the fences of Riverside Retreat, a well-maintained five-acre site becomes a beacon of community connection. Local schools, partner charities, and community groups are drawn to spaces that are welcoming, functional, and safe—qualities that foster stronger partnerships and expand the reach of its support.

Paul Sims, Chairperson at Make Your MARK commented:

“Seeing Riverside Retreat receive this grant is a moment of immense pride for Make Your MARK. By equipping this veteran-led sanctuary with its own grounds-maintenance tools, we're not just investing in lawn care—we're bolstering a vital space where our heroes can retreat, refocus, and reconnect. A well-kept environment is central to their healing journey, and we're honoured to support Riverside Retreat as it continues to transform lives through nature, community, and compassion.”

About the Make Your MARK Grant Program

Make Your MARK's grant program awards up to £2500 for projects that promote kindness, connection, and better mental health through biker-le initiatives. New funding will power mental wellbeing in communities and inspire acts of random kindness throughout the UK. Applicants submit a brief form outlining their mission, project details, budget, and expected community outcomes. Successful recipients demonstrate clear, compassionate impact—one good deed at a time.

For more information about the grant program or to request an application pack, please get in touch with the treasurer@makeyourmark.charity

KIZZY CRAWFORD TO PERFORM IN LLANWRTYD WELLS



The Llanwrttyd & District Heritage and Arts Centre is delighted to welcome the multi-talented Kizzy Crawford to the Centre in July.

Kizzy is a dynamic singer-songwriter, composer, producer and multi-instrumentalist blending soul, folk, and jazz into a sound that's entirely her own. Bilingual and bold, her music weaves together rich storytelling with a deep sense of place and identity.

Kizzy was raised in Wales and educated in Welsh and, having launched her career at the age of fifteen with a debut single in 2013, she has continued to develop a varied career encompassing recorded music, theatre, TV, and live performance.

She has performed with the BBC National Orchestra of Wales and at the 2014 BBC Wales Six Nations Championship and the Euro 16 Welsh team homecoming concert at Cardiff City Stadium. Her live performances also include the National Eisteddfod, and various festivals including the Hay Festival and Glastonbury.

Kizzy has appeared on radio and TV, both as a singer and as an actor. She was interviewed live on Radio 4's Woman's Hour and had a role in the award-winning BBC Drama - Keeping Faith.

Five of her original songs were selected for the WJEC A-Level and GCSE music syllabus in Wales, where they continue to be studied alongside Welsh icons like Gruff Rhys and Super Furry Animals.

She is currently composing an original score for a bespoke, hour-long production with Ballet Cymru – her latest move into ambitious, cross-disciplinary work and also writing new material for her third studio album.

Kizzy is an amazingly talented performer whose reputation ensures that the evening will showcase her musical abilities and appeal to a wide audience.

The concert takes place on **SATURDAY 26th JULY**, at 7.30pm and is supported by the Night Out Scheme.

Tickets, which are £12 on the door or £10 in advance, are available by contacting the Heritage Centre on 01591 610067 or email: ldhac2016@gmail.com or from Neuadd Arms Hotel or Caffi Sosban in Llanwrttyd Wells.

SLIMMING WORLD



15 members from Brecon & Sennybridge Slimming World with Jo, took part in the Cancer Research - Race for Life in Cardiff last month, and have so far raised over £2,500! There were all ages and abilities taking part, some running and some just enjoying the day walking together to raise vital funds for this amazing charity. At the end it was agreed what a great way it was to spend a Sunday morning together, and it's going to become a permanent fixture in our calendars. Many also said they would never have had the confidence or stamina to do it, if they hadn't lost weight with such supportive groups.

If you would like any information on joining Jo at one of her groups – give her a call on 07411 891480.

LLANDOVERY IN BLOOM 2025

Thank you all for taking part in the Llandovery In Bloom Competition 2025.

Judging will take place during July. The awards presentation will be Saturday 2nd August 2025 at 2.00pm in Market Square, Llandovery, during the Farmers Market.

GOOD LUCK & SEE YOU ALL ON THE 2ND AUGUST IN MARKET SQUARE!

(Please note: enter once for each category you choose. Completed applications can be left (and obtained) from the following businesses: Judy's Ice Cream Parlour, Llandovery Post Office, Y Gannwyll/ Museum & Visitor's Centre & Mathew's Butchers).

COACH ANNOUNCES DEPARTURES AND SIGNINGS AT 25 CLUB DINNER



Left To Right: Nic Hudd, Gareth Potter, Huw S Thomas, Euros Evans (Photo by Huw S Thomas).

At the annual 25 Club Dinner on Friday last Llandovery RFC club coach revealed a number of signings for next season **writes Tom Hughes.**

Sitting alongside fellow coaches Gareth Potter and Nic Hudd in a question and answer session, chaired by Huw S Thomas of the 25 Club, Evans was happy to share the information to an invited audience.

“We have lost two fine players to retirement in hooker Taylor Davies and No 8 Nathan Hart but we have also been able to bring in some talented players who will suit our open style of play.”

“Three-quarter Corey Baldwin and hooker Cameron Lewis are really good arrivals at Church Bank; both players who, if they stay clear of injury, will be big players for us” added Evans.

Davies’s departure will still be a big loss for the Drovers. In two different spells at Church Bank, sandwiching time at the Scarlets and Dragons, the hooker scored a quite remarkable 32 tries in 59 games.

In the club’s annus mirabilis, 2023 – 2024, he was the Premiership’s top try scorer with 18 tries, including a four timer against Neath at the Gnoll.

Most of the tries were scored from a driving maul at the end of a close range line-out but there was much more to his play – a mobile, ball handling, hard tackling competitor that was forever in the thick of things.

36 year old Hart, too, will be much missed, after two outstanding seasons since arriving from Llanelli in 2023.

Often used as a second half replacement for No 8 Joe Powell, Hart had the rare ability to slip a first tackler and put the forwards on the front foot, being on the winning side 39 times in just 46 outings.

The loss of Davies and Hart will be balanced by the arrival of some exciting youngsters and proven competitors

The star signing is Corey Baldwin, an Old Llandoveryan, who played 17 games for the Drovers before spells at the Scarlets, Exeter Chiefs and Dragons.

Photo by Huw S Thomas



As centre or wing, he was tipped for great things but injuries have dogged his career and Super Rugby Cymru rugby will give the 26 year old a new challenge.

He will compete for places with centre Will Thomas who enjoyed a very good season at Premiership Llangennech and Llandovery College ‘s hugely promising centre Gryff Watkins who led his school to the Welsh Schools and Colleges title.

Cameron Lewis is yet another hooker, coached by Evans who went to Coleg Sir Gar and who now rejoins his old mentor.

The 25 year old, former Wizard, son of former Llandovery coach Lyndon Lewis, is another to be unlucky with injuries but has a full rounded game, suitable for the Drovers.

Other signings up front include Dan Gemine, a dynamic second row/back row who is in the upcoming U20 World Cup squad and Tom Pritchard – a former Wales U20 tight head prop who transfers from Cardiff Met.

His younger brother, Jac Pritchard, current Wales U20 tight head, will also be joining as a Scarlets Academy attached player.

There are also high hopes of Lampeter lock Kai Jones, son of former Drover Ceirion Jones, and outstanding at the recent U18s International 1 Festival.

Full back Sion Jones, a former Junior Drover, will join the club as a Scarlets-attached player.

Also training with the squad will be fellow Junior Drovers Ioan Thomas and prop Llyr James. both of whom were key figures in Llandeilo ‘s Welsh Youth Cup final 22-20 win over Pontypool,

Centre Thomas was the hero of the day at the Principality Stadium, kicking a last gasp penalty 45 metre to pip Pooler.



LLANDOVERY BUSINESS GROUP SET TO BECOME A CIC – LET’S GROW TOGETHER

We’re delighted to announce that the Llandovery Business Group is officially becoming a Community Interest Company (CIC) – an exciting step that marks a new chapter in supporting and strengthening the business community in our beautiful town.

Founded by Mark and Karen of the New White Lion B&B, the group was created from a shared belief that Llandovery’s local businesses are stronger together. From independent shops and cafés to tradespeople, creatives and service providers, we all play a vital role in the life and economy of the town. “We started this group because we believe passionately in the strength of Llandovery’s local businesses,” said Karen, co-founder of the initiative. “By becoming a CIC, we’re laying the foundation for long-term growth and giving local businesses a stronger, collective voice.”

The aim of Llandovery Business Group attaining CIC status is simple: To improve business opportunities in Llandovery through meaningful support, community collaboration, and practical action;

- To increase footfall in Llandovery through promotional campaigns and events

- To support local businesses with networking, training, and funding opportunities
- To develop partnerships with local authorities and community organisations
- To create a vibrant, sustainable business environment in the town

The Llandovery Business Group CIC welcomes all local businesses – from shops, cafes and guesthouses to tradespeople, artists, and startups.

Regular meetings are held to share ideas, collaborate on projects, and shape the future direction of business in the town.

“Whether you’re just starting out or have been in business for generations, we want you to feel supported,” added Mark. “This is about building a strong, connected community that can thrive together.”

If you’re a business based in and around Llandovery, we warmly invite you to join the group, attend our meetings, and be part of shaping a bright future for the town.

By working together, we can build stronger connections, increase visibility for what we all do, and help Llandovery thrive – not just for visitors, but for the people who live and work here every day.

For more information or to get involved, please contact:
Email: llandoverybusinessgroup@gmail.com

Next Meeting:

Monday 7th July, 6.30pm at The Blue Bell



AWEL TYWI RESIDENTIAL HOME

FFAIRFACH, LLANDEILO

In conjunction with the League of Friends, will hold a

TABLE TOP SALE
on **Saturday 12 July 2025**

commencing at 2.00 p.m
Tables available at £10 each

To book a table Contact Mair 01558 822588

RAFFLE, REFRESHMENTS

A warm welcome to all / Croeso cynnes i bawb

LLANDOVERY REPAIR CAFE – LESSONS LEARNED DO YOU NEED HELP KEEPING YOUR VACUUM CLEANER IN TIP-TOP CONDITION?

We have welcomed a lot of people bringing in vacuum cleaners and carpet washers to the monthly Repair Cafe that aren't working properly. When we look at them we realise that the main problem with many of them is that they need the filters and brushes cleaning thoroughly. We would like to help you keep these household items working efficiently for longer, saving energy and preventing them being thrown away. This is what Repair Cafes are all about.

Manufacturers recommend regular cleaning of the brushes, rollers and filters but this can be difficult. It can be complicated, awkward and daunting to get into these parts of the machine. Part of the ethos of Repair Cafes is helping people to maintain or repair items themselves. We hate to see people struggling to use equipment that seems to be faulty when they just need a bit more maintenance.

So if you have a vacuum cleaner or carpet washer that isn't working at its best but can't figure out how to clean it why not bring it in to us? We'll work out with you how to get at the brushes, rollers and filters and give them a bit of TLC. Bring any instructions you may have to guide us as there are many makes and models and they're all different. That should mean you can extend the life of your machine, make using it so much easier and give you the satisfaction of knowing how it works. We look forward to meeting you and your cleaner.

While this time we're highlighting vacuum cleaners, we also try to repair most household items. If you have something that isn't working at its best, pop in to see if our volunteers can help.

We don't charge for any of our repairs (unless specific parts are needed) but we welcome any donations you may be able to make to help us continue with our work.

We hold the Repair Cafe in Llandoverly on the first Saturday of the month (alongside the Farmer's Market) 11-2pm at 5, Pethau Pawb, Stone Street, Llandoverly SA20 0BX.

Our next Repair Cafe is 5 July 2025

Criw Amgylchedd Llanyddyfri – Llandoverly Climate Action Group

STEP INTO SUMMER SWING: FREE LINDY HOP TASTER WORKSHOP



Photo by Stuart Ladd

Ready to add some vintage flair to your summer? Dust off your dancing shoes and discover the joy of Lindy Hop – a lively swing dance with roots in 1920s Harlem. Join the energetic Tumble Lindy Hoppers for a free taster session on Saturday, 9 August, at Rhys Prichard Memorial Hall, Llandoverly from 2.00pm to 4.30pm.

WHAT TO EXPECT

- **Open to everyone** – perfect whether you're solo or partnered, seasoned or totally new.
- **Step-by-step guidance** from our friendly, skilled instructors.
- **Classic Lindy routines** set to authentic swing tunes.
- **Social breaks** with refreshments, plus a chance to chat and get to know fellow dancers.
- A spotlight moment to **strut your moves**, inspired by the group's lively VE Day performances in Llandoverly's Market Square.

WHY LINDY HOP?

More than a dance – Lindy Hop is social, joyful, and energising. It's a great way to connect with others and improve well-being. You'll learn both partner and solo moves, embrace the community spirit, and maybe even spot a new favourite summer pastime.

HELP US BUILD A DANCE COMMUNITY!

If there's enough interest, we'll launch regular classes – so come along and show us you're ready to soar! Your enthusiasm helps us keep this vintage tradition alive – and fun – for everyone.

BOOK YOUR SPOT

- **Email:** llandoverly.lesc@gmail.com
- **Call/Text:** 07795 955004
- **Or pop into:** Llandoverly Youth & Community Centre

Don't miss your chance to glide and swing through the afternoon – completely free! Whether you've got the moves or just the heart, this is your invitation to join the dance.

See you on the floor on Saturday 9th August!

FRIENDSHIP CLUB

Having welcomed everyone to April's meeting I introduced the speaker Dr Elwyn Vaham. Born and brought up in Gladestry, Radnorshire. Elwyn explained that he went off to Aberystwyth University to study Geography but realised after awhile that Physics had a much greater appeal and changed course. Having broken his leg just before his final exams he was pleased to graduate. He met and started dating Maureen Evans, of Llanwrda and a few years later they married.

Elwyn was offered the opportunity to do study for a PHD in Nuclear Physics at Aston University, Birmingham.

He took a post at Rutherford High Energy Lab in Oxfordshire where he remained for 52 years with the family. During this time he addressed numerous conferences around the world and took several short term placements when they all moved with him. They spent 4 months in Japan, son Rob joined the local school and Maureen joined a ladies choir, Elwyn was busy working long hours. Whilst there they met up with Micky Jones, Llanwrda, the late Rusty Jones' brother.

He explained how all this research and hard work in this field has made for the development of Nuclear Fusion, taping into the safe and immense energy of the Sun.

An important offshoot of all this are MRI scanners which have made a huge difference to health diagnostics. Also Phozon beams used to treat tumours. He concluded by saying how Physics is still studied by a good number, but that courses in Chemistry have reduced a lot.

In May we welcomed Mr Hugh Davies, who has steadily been growing his love of antiques since retiring from teaching. He is fast becoming a much respected expert in the field and we were lucky that he was able to find time to fit us in for a visit.

Hugh divided us into groups of five, gave a sheet to fill in and then presented us with 17 different antiques to identify. Much discussion took place and many guesses were made, some more wisely than others. Finally he went through each item and explained what it was, to much laughter at some of our guesses. He was impressed at the fairly high scores of two teams.

A very enjoyable afternoon was spent, but sadly I'm not too sure we will remember all we learnt if we saw some of the items again.

In June's meeting we will be welcoming Tom Jones to give us a talk on Health and Safety around our houses and gardens. It should be a very interesting and valuable talk.

July we are off on a bus trip to Penarth. As always the trip is open to non members at the cost of £20 per person. Names and a deposit must be given by July 23rd to Mrs Gina Jones, Chair, 07868 017015, 01550 720790; Mrs Teresa Jones, Treas, 01550 720048 or Mrs Barbara Price 07572 263987, 01550 750263987.

Our August meeting has been postponed until Thursday 4th September when we will be going to Myddfai hall for afternoon tea and a talk.

All the best Gina Jones

CAMRA CLICKS IN CARMARTHENSHIRE

The local county branch of CAMRA (Campaign for Real Ale) headed to the Cressely Arms, Pontargothi for a well-attended AGM on Saturday 7th June. As well as celebrating a growth in membership – proof that more and more people are passionate about their local pubs – the branch awarded its prestigious Pub of the Year accolade to the Cressely's landlord, Stephen Smith, and his staff. Making the presentation (see picture below) is immediate past-Chairman, Jonathan Mason.

The branch is looking forward to the next Carmarthenshire real ale festival, to be held in our county town between Thursday 2nd & Saturday 4th October. Everyone is welcome!

<https://carmarthenshire.camra.org.uk>



BRYNDOLAU RETREAT GARDEN OPEN FOR A CREAM TEA!

JULY 12TH

On the second Saturday in July take some time to sit in our colourful retreat garden away from household chores and worries with an option of a cream tea during your visit. We shall be open from 11.00am to 5.00pm.

Further dates this summer are:

Saturday, August 9th

Saturday, September 13th

You are welcome to follow our mown meadow paths, explore the wildlife pond, orchard and retreat hut or simply sit in the garden and enjoy the distant views.

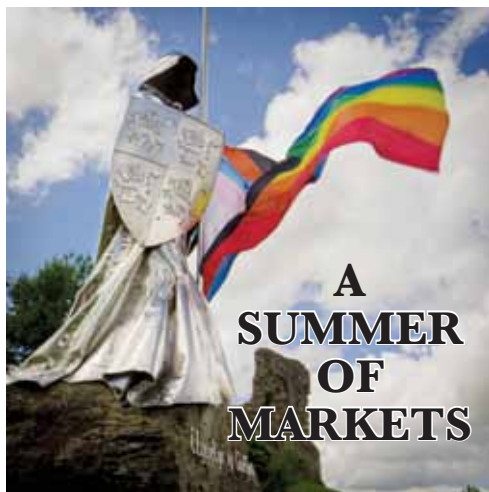
Climb Magic Hill and sit on the top to delight in the 360° view over the Beacons, Tywi Valley and Carmarthenshire. Bring a friend.

Sorry, unsuitable for children. Dogs on a lead please.

No entry fee. Optional cream tea £7.50 p.p.

Donations this year to Llangadog Church.

01558 824514. www.kitesnestcottage.co.uk. SA19 7AT.



Llandovery will host a summer of Producers Markets from July through September. The next market is Saturday 6 July from 10am – 2pm on Market Square. August will host ‘Flowers, Food & Rainbows’ – a celebration of Llandovery in Bloom and Llandovery Pride. Put it in your diary now for fabulous food & drink, live music and cabaret!

James Rees will entertain us in July from 12pm. He is a singer-songwriter with something for everyone; folky, sometimes upbeat and sometimes laid back. This will be a perfect accompaniment to shopping for a range of locally produced food and drinks as well as a variety of craft stalls.



The August market on Saturday 2 August will celebrate Pride. Huw Thomas, the Mayor of Llandovery will say a few words to launch the parade at 11am at Market Square. All are invited to join and show their support for the LGBTQ+ community in the Heart of Wales. The parade will be a colourful stroll around town, accompanied by a band and ends back at the Square to live music.

The King’s Head presents the cabaret from 6pm. Tickets for Llandovery Pride Cabaret can be bought from ticketsource.co.uk [OR SCAN THE QR CODE IF INCLUDED]. Confirmed acts are Fabergé, Anita Fag, Jorddropper and Justin Drag. It will be a night to remember.

We will also host the Llandovery in Bloom Awards Ceremony. A chance to show your appreciation for the flowers all around town, which lift spirits and make the town look lovely.

Music on the Square will continue till 6pm until the cabaret closes a fun-packed day.



WELCOME TO THE FRIENDS OF CÔR MEIBION

Llanymddyfri Monthly Lottery draw results April to June 2025.

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

Diolch yn fawr iawn i chi gyd!

April 2025

1st Llew Davies
2nd Molly Evans
2nd Louise Thomas
3rd Richards Lloyd
3rd Arlo Thomas
3rd John Richards

May 2025

1st Hywel Richards
2nd Kyla Hughes
2nd Robert Davies
3rd Kiah Thomas
3rd Jim Boxall
3rd Gareth Morgan

June 2025

1st Rhian Powell
2nd Audrey Thomas
2nd Owen Bennet
3rd Nesta Evans
3rd Tony Byard
3rd Noah Harries

CHARITY ULTRAMARATHON CHALLENGE



It was an early start for a Sunday morning as Tywi Valley lads, Iestyn Williams & Gabriel Mackenzie, set off on their UltraMarathon, running 52.4 miles to raise money and awareness for Cancer Research Wales. Both of the young men have recently faced their Dad's being diagnosed with cancer and Gabriel lost his Grandfather to bowel cancer. This pushed them to do something to help in the fight against this cruel illness.



The very challenging route, with a total elevation gain of 4300 ft, took them through some of Wales most scenic and rugged countryside. Starting at Llangadog Rugby Club it followed the river Tywi taking them around Llyn Brianne Dam & reservoir with the ghostly Y Fannog farm hidden beneath the water. Then on through the Cambrian Mountains along the old Drovers track known as Devil's Staircase with its series of hairpin turns and a maximum gradient of 25%. Finally, almost 10 hrs later they finished to a hero's welcome outside Y Castell in Llangadog. The total running time was 8.39.44, burning 7000 calories and completing 88,000 steps.

Their epic run was for everyone whose lives have been touched by cancer and for a future where cancer is no longer a life threatening disease. Cancer Research Wales is the independent Welsh cancer research charity. Through world class research Cancer Research Wales aims to reduce the impact of cancer and improve unacceptable survival rates. Cancer Research Wales funds cutting edge research into the early diagnosis, better treatment and preventatives of cancer. They give hope to cancer patients and their families.

Generous support has helped them smash their £4,000 fundraising target but they will continue accepting donations until the end of July.





TOWY & COTHI HUNT 250 CLUB

held at the Red Lion, Llangadog on 10th
June 2025

- £15 Paul Henshaw, 3 Station Terrace, Llanwrda
- £15 Gwynndaf & Megan, Troedrihiw, Rhandirmwyn
- £10 Goroney Prothero, Fronwen, Llanafan
- £10 G. Davies, Llwyn, Llandovery
- £5 Amy Hardwick, Goyallt, Halfway

House prize: Lynne Davies, Maesneuadd, Llanwrda
Next draw 8th July 2025.

LLANWRDA VILLAGE HALL COMMITTEE

We will commemorate VE Day on the 5th July
2025 at the Village Hall with afternoon tea.

We will be joined by the Llandovery Male Voice
Choir together with Megan and Rhys Cook who
are both winners of the prestigious Dr Terry James
Award.

LYCC SUMMER YOUTH CAMP – THE PLACE TO BE THIS SUMMER!



*Our Kitchen tent which is ex-army and has 1950
stamped on the bag!*

Ever since the youth club started in Llandovery in the late 1980s there has been a youth camp for teenagers every summer. For the past few years the LYCC have taken groups for a 2 day adventure in a Youth Hostel and then onwards to Creationfest which is a huge Christian festival held in the Royal Cornwall Showground in Wadebridge where we camp in stunning surroundings. The event includes workshops, music, crafts, drama, dance, skateboarding, football and basketball and everyone loves the campsite where we even have our own electricity and water supply! Off site activities include boating, the biggest slip and slide in Europe, Coasteering and beach exploration! Our stop-over point on the way down this year is at a YHA Youth Hostel in Cheddar which will mean a time to explore the caves at Cheddar Gorge.

Lots of people buy our plants which are grown by Penny and the children at the LYCC, our wonderful supporter Hazel Redgrave and lots of other community members who kindly let us have their excess plants. We obtain grants and donations from local organisations too. We are grateful to them all as this enables us to create an affordable and fun holiday for every teenager who would like to go.



LLANDEILO FAWR FESTIVAL OF MUSIC

Sun.13 July 7:00pm

Venue: Newton House

LAST TANGO'

GABRIELLA ALBERTI (Flute)

CAI CHARLES (Guitar)

The Australian/Welsh Flute and Guitar Duo provide a tantalising programme for their Festival debut.

A vibrant international ensemble who, love to explore the passionate world of dance and tango music. Gabriella has worked with major Orchestras and in 2023 she was the winner of the 'All Flute Pluse Prize' while guitarist Cai has had many successes, including performing the UK première of the Dos Dalias concerto by Gerardo Tamez as a soloist during the World Harp Congress 2022. He has also performed as part of the 'Maestros de la Guitarra' concert series in Granada, Spain.

Programme: Piazzolla.

History of the Tango,

Bartok. Romanian Dances,

Tedesco. Sonatina

First Milonga, Last Tango by, Welsh composer, Stephen Goss.

Book early to avoid disappointment!

Admission £15



Mon. 14 July 1.00pm

Venue: St Teilo's Church

HARP MASTERCLASS

with **ELINOR BENNETT**

Mon. 14 July 7.00pm

Venue: St. Teilo's Church

ELINOR BENNETT (Harp)

LLAIS HEN DELYNAU /VOICE OF OLD HARPS

A fascinating evening with one of Wales's most iconic harpists.

An opportunity to listen to wonderful music from the 18th and early 19th centuries played on two historic harps made in that era. The story starts with the Triple harp, which was developed in Italy during the Baroque period and was played at the Royal Court London. Programme will feature music by *Handel, blind harpist John Parry, Edward Jones (The King's Bard), Rosetti, Spohr and contemporaries.*

Admission £15

Tue. 15 July 7.00pm

Venue: St. Teilo's Church

SARAH WILLIAMSON (Clarinet)

SAM HAYWOOD (Piano)

Virtuoso clarinetist Sarah Williamson has performed as a soloist in many of the world's major concert halls (the Albert

BBC Music Magazine wrote: 'A tenacious player like Williamson doesn't need gimmicks – her sonorous timbre and natural musicality speak for themselves.' The Independent hailed her as a 'superb player'; and The Telegraph praised her 'blend of languor and exuberance.' For this recital, she teams up with internationally acclaimed pianist and composer, **Sam Haywood**, whose work as both a soloist and chamber musician has taken him across the globe. *The New York Times* has praised his "passionate flair and sparkling clarity" and the *Washington Post*, his "dazzling, evocative playing".

Programme: Poulenc Clarinet Sonata,

Weber Grand Duo Concertante, op.48

Schumann's Fantasiestücke, op.73,

Gerald Finzi Five Bagatelles,

Gershwin's I got Rhythm Brahms

Clarinet sonata no.2. in Eb major, op.120. -Considered one of great masterpieces in the clarinet repertoire.

Admission £20

POSTDATUM
Producers of
The Post

Wed 16 July 7. 00pm
Venue: St.Teilo's Church

JUNYAN CHEN (Piano)
"superb performance by young Chinese born pianist – Junyan Chen" – Classic-FM

"exhilarating and technically thrilling performance" – Gramophone.

"The vivacity was outstanding..." – Theartsdesk

Junya Chan emerges as a concert pianist, chamber musician, and collaborator with a wealth of experiences across diverse musical genres. She won Second Prize at the 2024 Leeds International Piano Competition as well as winning the chamber music prize and the Alexandra Dariescu award for a work by a woman composer. "

Programme: Couperin: *Les Barricades mystérieuses*, (Le Tic-toc-choc ou les maillotins, Les Ombres errantes, Les Tricoteuses)

Messiaen: *Prelude No.1 'La Colombe'*, *Un reflet dans le vent*.

Ravel: *Le Tombeau de Couperin*,

Amy Beach: *Balkan Variations*

Ravel: *La Valse*

Admission £20

Thurs. 17 July 7.00pm
Venue: St.Teilo's Church

CHARLIE LOVELL JONES (Violin)
ARIEL LANYI (Piano)

"Charlie Lovell-Jones' playing is rapturous..." – Ralph Moore, Music Web International

"Charlie... was spell-binding with wonderful control and tone and technical ability" – West Wight Arts Association



Charlie Lovell-Jones debuted at a sold-out Royal Festival Hall aged 15. An international soloist and critically acclaimed concertmaster of the Sinfonia of London, he won top prizes at Oxford University and the Royal Academy of Music. He has many competition successes and enjoys a busy international concert and recording schedule. He will be partnered by the equally talented international pianist, Ariel Lanyi. A much-celebrated artist in his own right, he has performed with major

orchestras and in 2021 he was awarded 3rd prize at Leeds International Piano Competition

"He doesn't simply play the notes, he lives the music, seeks to capture its essence, and reflects it with extraordinary intensity, sensibility, and expressive maturity." – Rudolf Buchbinde

Programme:

Beethoven *Violin Sonata No. 3*

Debussy *Violin Sonata*

Arseny Gusev, *Crossroads (British Premiere)*

Elgar *Violin Sonata*.

Admission £20

Fri. 18 July 7:00pm
Venue: St.Teilo's Church

SIR WILLARD WHITE
BRODSKY QUARTET

One of the best-loved and most versatile opera stars of the last 40 years, **Sir Willard White's** illustrious career has taken him to the most prestigious opera houses and concert halls throughout the world, collaborating with conductors, directors and orchestras of the highest calibre. Expect an eclectic evening full of favourites including *Ol' Man River*, spirituals and folksongs, highlights from *Porgy & Bess* and a touch of Sinatra magic via the iconic *My Way*.

Highlights of the 2024/25 season include a house debut at Dallas Opera as Arkel in Debussy *Pelléas et Mélisande*, his return to the Bayerische Staatsoper as Bartolo in Mozart *Le Nozze di Figaro* and Porgy in Gershwin *Porgy and Bess* for Hungarian State Opera. On the concert platform, White performs, Tippett *A Child of our Time* with The Royal Northern Sinfonia and continues his collaboration with The Brodsky Quartet, including a performance at The Llandeilo Fawr Festival of Music and together on a tour to China.

He'll be joined by the **Brodsky Quartet** who has been described as not just a great group but as a genuine phenomenon..... with a musical repertoire which is mind-blowing in its diversity.

"They are one of a handful of string quartets that have come to represent an elite in redefining the nature and function of a string quartet ensemble." – The Scottish Herald

Admission £25



**OPEN
GARDEN**
At
**GAS COTTAGE, GASWORKS
LANE,
LLANDOVERY, SA20 0BP**
On
SATURDAY 12th JULY 2025
From 2.00pm until 6.00pm.

REFRESHMENTS :
Homemade Scones & Sponge
Cakes with Cream & Homeade Jam

**TEA OR COFFEE OR JUICE
ALSO
A RAFFLE
&
A PLANT & COUNTRY PRODUCE
STALL** including cakes & jams etc.

**ALL PROCEEDS WILL GO TO

AIR AMBULANCE
LLANELLI, WALES**

SHAKESPEARE IN THE PARK



Llandeilo Town Council presents "The Tempest" at Penlan Park on Saturday 12th July, doors open at 5.30pm for a 6.00pm start.

Shakespeare's most magical play bursting with mayhem, comedy, romance, and surprises will be preformed by Immersion Theatre – the multi-award nominated company behind last year's smash hit "A Midsummer Night's Dream." With heaps of audience participation, this mesmerising show will be brought to life in unforgettable style, perfect for both, seasoned theatre-goers and newcomers to Shakespeare's work. Not to be missed!

Age suitability: 8+ The performance will last approximately 110 minutes including an interval. Please bring your own low-backed chairs or rugs. Performances will continue in wet weather so please come prepared! You are welcome to bring your own picnics/refreshments. Tickets for sale on the night: adults £15, children £10 – family ticket £45. Tickets also available online – see Llandeilo Town Council Facebook Page

**Crown Store
Llandeilo**

**56 New Road, Llandeilo,
Carmarthenshire, SA19 6DF**

**Your Local Convenience
Store Offering:**

- GROCERIES • LOTTERY •
- OFF LICENCE •
- PAPERS •
- PHOTOCOPIES •

**NEWSPAPER
HOME DELIVERY SERVICE
7 DAYS A WEEK**

**OPEN 7.00AM – 10.30PM
7 Days a Week**

Tel: 01558 823592

07/25(12)



READERS' SALES & WANTS

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

FOR SALE

- **Electric bike Giant Daily Tour**, Large frame size, Yamaha 620 W motor with 17250 mAh removable battery. 540 mile only. Solid touring and commuting bike. Offers around £1350. Tel 07421 884293 or 07927 401501 (Llangadog).
- **RADIATOR**, Henrad Compact, 600 x 1000mm compatible with air source system. Brand new, £50. Llandeilo 07517 443369.
- **Larch field hanging posts** (3 available), £8 each. Tel. 07761 107055.
- **Larch receiving gate posts** (3 available), £6 each. Tel. 07761 107055.
- **Stuart Turner 1ins 240 volt water pump**, £15. Tel. 07761 107055.
- **Garden roller**, (as new), £30. Tel. 07761 107055.
- **Router**, FERN, as new in box, £20. Tel. 07761 107055.
- **Bosch 240 volt (Fast Trim) strimmer**, in good working order, £18. Tel. 07761 107055.
- **Bosch 240 volt (Art 30 Combtrim)**, For trimming edges of borders, £18. Tel. 07761 107055.
- **Lead lamp 240 volt**, £5. Tel. 07761 107055.
- **Steam mop (Montis) for carpet and tiles**, £10. Tel. 07761 107055.
- **Hitachi Camera Recorder VM-C30E** with carrier bag and manual, £25. Tel. 07761 107055.
- **Electric hair dryer**, in good working order, £10. Tel. 07761 107055.
- **Cast iron cookery book stand** (as new), £5. Tel. 07761 107055.
- **Tom Tom 500 sat nav** with instructions, in perfect working order, £10. Tel. 07761 107055.
- **240 volt timers**. Fits into 13 amp sockets, New, 3 available, £3 each. Tel. 07761 107055.
- **Garden pulsating water sprinkler** with adjustable tripod. 360 degrees, £20, New in box. Tel. 07761 107055.
- **Kitchen Worktop pieces**: Consentino Proline Solumastic Quartz – Miami White, All 620mm wide: Lengths: 1400mm, 1290mm, 980mm, 770mm, 720mm (x3), 540mm, 530mm, Two 1500gm tins of jointing compound Best before 2021, but unopened with tubes of hardener. Open to offers. Tel 01550 760136.
- **Steel hinges for kitchen cabinets** – 24 assorted, again, open to offers. Tel 01550 760136.
- **Haynes Workshop Manual** – Land Rover Discovery 2 Nov 1998 – Jul 2004 (S-04 Reg) Diesel. Tel 01550 760136.
- **Suzuki Vitara Spare wheel**, 135/90/16, New, £40. Tel. 07968 170830.

- **Land Rover Discovery 2 Parts Catalogue** 1999 – 2003MY Land Rover part No STC9049CA, Open to offers. Tel 01550 760136.
- **Clothes Rails** – metal tube black-painted on castors – very strong – three: 1800mm long 1500mm tall – with additional removable rail, 150mm long, 1500mm tall, 850 long 1200mm tall, Open to offers. Tel 01550 760136.
- **Three wheeled walker**, free. Tel: 07850 500374.
- **Laminate worktop surplus to new kitchen** – Calcutta Marble – sections 148cm 129cm 94cm plus other pieces including backboard, sealing strip – suitable small kitchen or utility room, Offers. Tel: 01550 779214 or 07837 868490.
- **Portable double burner stove** 'Camping Chef' with LPG regulator and grill pan, £35. Tel: 01558 668201.
- **Bush 40" TV**, excellent condition, was £399, now £100. Tel: 07790 384670.
- **FAHR KM 22 Drum Mower**, ideal for small holder, good working order, new blades fitted, £420 ono. Tel: 07444 539748.
- **Hotpoint Ariston 3D Zone Dishwasher**, under work top fitting, immaculate condition, £85. Tel: 07805 093803.
- **Mobility Scooter** – Rascal Veo Sport, good condition, new batteries, £400. Tel: 07513 614833.
- **Careco Rollator Walking Aid**, good condition, 4 wheel model with brakes, seat and under seat storage, £40. Tel: 07513 614833.
- **Wolf vintage heavy duty electric drill** on stand. Tel: 01550 777410.
- **Heavy duty bench grinder**. Tel: 01550 777410.
- **Surveyors level complete with case**, tripod and staff, as new. Tel: 01550 777410.
- **Vintage Raleigh road racer bicycle**, usable. Tel: 01550 777410.
- **Tumble dryer**, 8KG TCM 580 Aquarius, £80 ono, buyer collects. Tel: 07774 004295.
- **Mens bicycle** – **Stealth Falcon**, Shimano 515 sis, £40. Tel: 07774 004295.

WANTED

- **Cash offered for old red telephone box**. Please telephone Michael on 07866 397635.
- **Help on a smallholding**, one day a week. Please phone 07825 133270 to discuss.
- **Preloved Books wanted**. We would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom. Any subject gratefully received as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. The House and Tea Room are now open every day. There is always someone available on any day to help you offload if required. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer : 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

6 Jul 9.30am Holy Communion
20 Jul 9.30am Holy Communion
3 Aug 9.30am Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. SADWRN CHURCH, LLANSADWRN

6 Jul 11.00am Holy Communion
20 Jul 11.00am Morning Prayers
3 Aug 11.00am Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. PAUL'S CHURCH, MANORDEILO

13 Jul 9.30am Holy Communion
27 Jul 9.30am Morning Prayers
10 Jul 9.30am Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. MICHAEL'S CHURCH, CILYCWYM

13 Jul 11.15am Morning Prayers
27 Jul 11.15am Holy Communion
10 Aug 11.15am Morning Prayers

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST CYNWYL'S CHURCH, CAIO

6 Jul 9.30am Holy Communion
20 Jul 11.00am Holy Communion
3 Aug 9.30am Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

6 Jul 11.00am Holy Communion
13 Jul 11.00am Morning Prayer
20 Jul 11.00am Holy Communion
27 Jul 11.00am Morning Prayer & Joyous Song, Prayer and Poem.

For further information please contact Ann Thomas, Churchwarden 07788 789195.

ST MICHAELS, MYDDFAI

6 Jul 6.00pm Evening Prayer
13 Jul 11.30am Communion
20 Jul 11.30am Morning Prayer with Rev Ian Aveson
27 Jul 11.30am Communion

For further information, please contact Revd Paul Pritchard 01550 938534.

LLANDINGAT, LLANDOVERY

6 Jul 9.30am Family Service "The Harvest is Plentyful" with Ann Pritchard
13 Jul 9.30am Communion with Archdeacon the Ven Matthew Hill
20 Jul 9.30am Morning Prayer "Hospitality" with the Rev Ian Aveson
27 Jul 9.30am Communion "The Power of Intercession"

For further information, please contact Revd Paul Pritchard 01550 938534.

ST SIMON AND ST JUDE, LLANDEUSANT

13 Jul 6.00pm Evening Prayer
27 Jul 11.15am Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

6ed o Orffennaf - 11yb - Boreol Weddi
20fed o Orffennaf - 11yb - Cymun

For further information, please contact Revd Paul Pritchard 01550 938534.

ST. MARY'S CHURCH, CYNGHORDY

13 Jul 2.30pm Evening Prayer
20 Jul 2.30pm Evening Prayer @ Ystrad Ffin
27 Jul 2.30pm Communion

For further information, please contact Revd Paul Pritchard 01550 938534.

ST CADOG'S CHURCH, LLANGADOG

6 Jul 9.30am Holy Communion
13 Jul 9.30am Morning Prayer
20 Jul 9.30am Holy Communion
27 Jul 9.30am Morning Prayer

Summer Fair Saturday 5th July from 2.00pm in Church

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

ST SAWYL, LLANSAWEL

6 Jul 11.00am Holy Communion
13 Jul 11.00am Boreol Weddi
20 Jul 11.00am Holy Communion
27 Jul 3.00pm Messy Church/Llanast y Llan
3 Aug 11.00am Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

HOLY TRINITY CHURCH

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

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

ST. BARNABAS, RHANDIRMWYN

13 Jul 9.30am Morning Prayer
20 Jul 2.30pm Evening Prayer @ Ystrad Ffin
27 Jul 9.30am Communion

For further information, please call 01550 938534 (Office hours).

ST PAULINUS, YSTRAD FFIN, RHANDIRMWYN

4 miles north of Rhandirmwyn by RSPB & Ogof Twm Sion Catti Caves
20 Jul 2.30pm Evening Prayer

ALL SAINTS CHURCH, GWYNFE

6 Jul 11.15am Holy Communion
13 Jul 11.15am Morning Prayer
20 Jul 11.15am Holy Communion
27 Jul No Service

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
2nd Sun 8.00am Holy Communion 11.00am Morning Prayer 6.00pm Evening Prayer
3rd Sun 9.30am Boreol Weddi 11.00am Holy Communion
4th Sun 9.30am Cymun Bendigaid 11.00am Holy Communion 6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdud)
Services every Sunday
10.30am Worship and Communion Service (Also Sunday School for under 15s)
5.00pm Evening Service
Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.
All are welcome.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall – brwoodall1940@gmail.com

ST JOHN'S MAESTILO

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

Margaret James: 07771 621538.

HOLY TRINITY TALIARIS

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

Email: h_lloyd_davies@hotmail.com

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

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

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

Tuesday drop-in prayer and reflection from 10.00am – 12.00pm [available also via zoom from 11.00am]

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

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

6 Jul	2.30pm	Evening Prayer Service followed by tea/coffee time.
9 Jul	5.30pm	Pilgrim Service – prayer and meditation.
20 Jul	2.30pm	Communion Service followed by tea/coffee time. Bring and Share Lunch preceding service starts 12.30pm all welcome.
26 Jul	2pm to 4pm	Quiet Space – Reflection and Contemplation.
3 Aug	2.30pm	Service followed by tea/coffee time.

Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 07428 833278. Location SA32 7RP - What3Words - gain.agent.acids..

“God is the highest good of the reasonable creature, and the enjoyment of him is the only happiness with which our souls can be satisfied ... fathers, mothers, husbands, wives, children, or the company of earthly friends, are but Shadows ... God is the substance, these are the scattered beams, but God is the Sun. These are the streams, but God is the fountain. These are the drops but God is the ocean.”

Jonathan Edwards

CAFFI TRWSIO CYMRU
LLANYMDDYFRI Llandovery

Yn /At Pethau Pawb, Llanymddyfri
Dydd Sadwrn cyntaf pob mis
First Saturday of every month

Sesiwn nesaf
Dydd Sadwrn 5fed Gorffennaf 2025
11yb - 2yp

Galwch draw i Pethau Pawb i archebu eich lle, fel y gallwn sicrhau bod gennym atgyweirwyr a all eich helpu

Next session
Saturday 5th July 2025
11am to 2pm

Call in to Pethau Pawb to book your place, so we can ensure we have repairers who can help you

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. 02/26(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. 07/25(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 12/25(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 www.dmarchitect.co.uk 10/25(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llandeusan, Llangadog, Carms SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 06/26(12)

BEAUTY SALON

NORA ELAINE WALL IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon. (Established since 1997 providing Beauty, Electrolysis & Holistic Therapies). I offer you a bespoke appointment-based service of treatments in my dedicated Salon. Using the finest of ingredients in my Facial Care, Manicures & Pedicure, Shellac Gel, Eye brow & Eyelash tinting, facial waxing and Sterex Electrolysis (facial hair removal). Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ. (on A476 between Ffairfach and Carmel). Open: 9am to 6pm on Tuesday, Wednesday, Thursday and Fridays. Tel 01269 831585 to book. 08/25(12)

BUILDING SERVICES

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

TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 08/25(12)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 03/26(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 09/25(6)

CATTERY & KENNELS

BLACK MOUNTAIN CATTERY & KENNELS, Derwydd Rd, Ammanford SA18 3LJ – A home from home for your furry family. To book please call either Sharon 07914 075851 or Rachel 07714 693038. 06/25(12)

CLEANING SERVICES

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

COMPLEMENTARY THERAPIES

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IIHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 24 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 08/25(12)

COPYING AND PRINTING SERVICES

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

ELECTRICIANS

10/25(6)

V.W. REES (Llandeilo) All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. NO job too small. All work guaranteed. Tel: 07790 568072.

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 11/25(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 08/25(12)

A & C HOME SERVICES. Grass Cutting, Hedge Trimming, Strimming, Pressure Washing etc. All general garden maintenance undertaken from One Offs to Regular work. Call 07855 064152 to discuss your requirements. 09/25(6)

ARE YOU LOOKING TO IMPROVE OR ENHANCE YOUR GARDEN OR OUTDOOR SPACE? I can craft sturdy weather resistant structures that integrate beautifully into your space. Shelters and arbours. Wood sheds. Animal houses. Compost toilets. Cob ovens, using natural materials. Garden gates. Assembly of manufactured sheds. I also offer a jet washing and a renovation service for any existing structures. I work with either round or square timber to create a structure specific to meet your requirements and build to be durable and functional in the Welsh climate. Friendly and professional service. For a free quotation call Nick any day of the week on 07970 987434 or email: gydacoed@gmail.com 08/25(6)

GARDEN MAINTENANCE AND OTHER ODD JOBS. Garden clearance, digging, grass cutting, strimming, hedge trimming, pressure washing and other odd jobs. Llandovery, Llandeilo and surrounding areas. Contact 07460 274145. 08/25(6)

HAIRDRESSERS

MOBILE HAIRDRESSER. Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702. 07/25(12)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, based in Llandovery. Tel: 07805 694016 Email: gabriel@hummerstone.wales www.hummerstone.wales 07/25(12)

HORSEMANSHIP

TRAINING, STARTING AND SCHOOLING OF HORSES AND PONIES. Training livery or home visits. References available. 26 year's professional experience. Telephone Jonny on 07734 108192 www.simplegoodhorsemanship.com Instagram: [simple_good_horsemanship](https://www.instagram.com/simple_good_horsemanship) 09/25(6)

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 08/25(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 08/25(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. 06/25(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. 11/25(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 02/26(12)

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 06/25(12)

HUGHES DECORATORS LTD. Family Business Established over 45 years with over 80 years combined experience. City & Guilds approved with qualified tradesmen. Interior and exterior painting and decorating. All building maintenance work undertaken including coving, doors, laminate flooring. Also hand painted furniture and kitchen units. CITB registered and fully insured. Email: r.hughes236@btinternet.com Mob: 07885 875012 www.hughesdecoratorsltd.co.uk 10/25(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 08/25(6)

PLASTERERS

AARON MORGAN PLASTERING SERVICES. Call, text or WhatsApp 07446 850842 for a free quote. 06/25(6)

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 09/25(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. 02/26(12)

PROPERTY MAINTENANCE

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. 11/25(12)

SPORTS FACILITIES

LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandovery Squash Club, situated opposite Llandovery College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as 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> 04/26(12)

TUITION

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

WINDOWS & EXTERIOR CLEANING

DAZZLERS - EXTERNAL CLEANING SPECIALISTS: Windows, Conservatories, Gutters, Patios, Pathways – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: [dazzlers](https://facebook.com/dazzlers) the window cleaners 06/26(12)

**THE POST
ADVERTISING
you CAN afford**

The Post

Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points
○ = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

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

LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk

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

CARMARTHENSHE 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.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

TAXI SERVICES

Bridge Taxis, L'dello. 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/CARMARTHENSHE

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

Gweler y wefan; www.aktif.cymru ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

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

Train Times (Timetable 18/05/25 – 13/12/25) Not all stops shown

		Mon. to Fri.				Sat.				Sun.			
Swansea	D		05.16	08.56	12.51	17.47	04.51	08.59	12.51	17.48	11.10	15.18	
Gowerton	D		05.28	09.08	13.03	17.59	05.03	09.11	13.03	18.00	11.22	15.31	
Llanelli	D	05.12	05.38	09.18	13.15	18.09	05.13	09.21	13.16	18.10	11.33	15.42	
Ffairfach	D	05.48x	06.14x	09.54x	13.51x	18.46x	05.48x	09.57x	13.54x	18.46x	12.08x	16.16x	
Llandeilo	D	05.54	06.20	10.00	13.57	18.51	05.54	10.03	14.00	18.51	12.14	16.22	
Llangadog	D	06.03	06.29	10.09	14.06	19.00	06.04	10.12	14.10	19.01	12.23	16.32	
Llanwrda	D	06.07	06.33	10.13	14.10	19.04	06.07	10.16	14.13	19.04	12.27	16.35	
Llandovery	D	06.16	06.40A	10.22	14.19	19.13	06.16	10.25	14.22	19.13	12.36	16.44	
Cynghordy	D	06.23		10.29x	14.26x	19.21x	06.24x	10.32x	14.30x	19.22x	12.43x	16.52x	
Llanwrtyd	D	06.41		10.47	14.44	19.38	06.42	10.50	14.48	19.39	13.01	17.09	
Llandrindod	D	05.53	07.32	11.40	15.33	20.24	07.32	11.44	15.34	20.24	13.44	17.59	
Shrewsbury	A	07.38	09.03	13.12	17.04	21.55	09.02	13.15	17.06	21.59	15.14	19.38	
Shrewsbury	D	04.18	05.27	10.02	13.54	18.35	05.28	10.06	13.55	18.35	12.08	16.20	
Llandrindod	D	05.44A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27	13.55	18.05	
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58	14.26	18.36	
Cynghordy	D		08.14x	12.19x	16.18x	21.11x	08.14x	12.25x	16.21x	21.11x	14.39x	18.49x	
Llandovery	D	06.44	08.26	12.32	16.31	21.23	08.26	12.38	16.34	21.23	14.51	19.02	
Llanwrda	D	06.50x	08.32x	12.37x	16.36x	21.29x	08.32x	12.43x	16.39x	21.29x	14.57x	19.07x	
Llangadog	D	06.54x	08.36x	12.41x	16.40x	21.33x	08.36x	12.47x	16.43x	21.33x	15.01x	19.11x	
Llandeilo	D	07.05	08.48	12.54	16.53	21.45	08.48	13.00	16.56	21.45	15.13	19.23	
Ffairfach	D	07.08	08.50	12.56	16.55	21.47	08.50	13.02	16.58	21.47	15.15	19.26	
Llanelli	D	07.47	09.30	13.38	17.35	22.35	09.34	13.41	17.38	22.32	15.53	20.05	
Gowerton	D	07.54	09.37	13.45	17.43	22.43	09.43	13.48	17.46	22.39	16.01	20.13	
Swansea	A	08.11	09.51	14.01	18.01	22.58	09.56	14.02	18.01	22.55	16.15	20.28	

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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.