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EARTH & STONE, FLOWERS & FABRICS

Full article on page 2



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ALL ABOUT *The Post*

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11/25(12)



EARTH & STONE, FLOWERS & FABRICS



The month of May is celebrated by nature related displays at the Llanwrtyd Heritage Centre.

Artist David Henry is displaying a new exhibition entitled Earth and Stone. This latest exhibition is a personal visual interpretation of 'Pentre Ifan', the ancient Neolithic burial chamber in North Pembrokeshire. All works are based upon this mysterious and enigmatic group of stones and their surrounding environment.

This theme is continued by work from Ruth Lewis of Carmarthenshire based Delyn Pottery. Ruth specialises



WI CAR BOOT SALE

The annual Pumsaint WI Car Boot Sale will be held at Coronation Hall and Field, Pumsaint SA19 8UW on Bank Holiday Monday, May 26th, from 10am to 12 noon. There will be stalls in the Hall and car/van spaces in the Field. Set up will be from 9am. Tables and car boot spaces will cost £7 and van spaces will cost £10, including one free hot or cold drink per stall/space. Remember to save some change for our famous Bacon Rolls and cakes! To book Tables or Spaces please call Rosalind on 07940 426614.

in using red earthenware to create stunning, delicate, yet fully functional ranges and unique stand-alone pieces. All her work is hand-thrown on a wheel and hand-painted.

The floral element of our exhibition is highlighted in work from artist Jill Jones in her first exhibition at the Centre, whose stunning paintings include studies of flowers and plants in addition to moonlit scenes, and images of the wild, unspoilt Welsh countryside.

Our quartet of art expertise is completed by Gorica Bulcock and Sue Reah who return to the Centre with their unique range of bags, cushions and table decorations.

Whatever your artistic interest this exhibition will not disappoint.

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VE80 DAY CELEBRATIONS IN LLANDOVERY MARKET SQUARE



Llandovery remembers the 80th anniversary of Victory in Europe Day on Saturday 3 May from 10am till 2pm on Llandovery's historic Market Square. Customers can expect a range of local produce from farmers and crafters within 25 miles of town. Live entertainment 1940s-style all day. In 2025 the market will be engaging in more community events like Llandovery in Bloom and Pride 2025. The market runs on the first Saturday of the month until October.



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0425(12)



Market Manager Raoul Bhambral is thrilled, “The market was such an amazing project last year it is great it is happening again – it had so much support from customers, traders, local musicians and businesses alike.

This year is going to be extra important too as we await our certification as a ‘Real Farmers Market’. This is a new initiative by the Farm Retail Association. It will give customers confidence that most stallholders come from the local area and that they sell produce that they have grown, reared or produced themselves.

The market already does all that! So getting this extra recognition will be a big boost to the market and all its traders, as well as for local businesses in Llandovery!”

Delicious local produce

Llandovery Farmers Market traders will bring a range of food and drink, including green shoots, microgreens and veg from Black Mountain Itals, sheep's cheese from Ffynnon Wen, goat's cheese from our new stallholder Bryngaer Goats, Garreg Fechan Honey, beef from The Welsh Farm, lamb, mutton and pork from The Tegfan Farm, gluten-free Tasty Local Cakes and award-winning marmalades, jams and chutneys from JAR'd.





Handcrafted wooden kitchenware, charcoal and biochar are available from Coed Allt Goch OPD – all from the land.

Customers can stock up on perry and ciders from Brecon Beacons Cider and spirits and liquors from Spirit of Wales.

Street food will be provided by Grub on the Go with his popular burgers and pizzas and West End Cafe with pies.

Ragged Robin Plant Nursery will bring pollinator-friendly plants to spruce up the garden, Seven Acres Plants Nursery has fruit trees and herbs, and Simany's Flowers will brighten up the house for Spring.


To commemorate the 80th anniversary of the end of World War II in Europe the market will also host a range of craft stalls.

Involving the community

Local schools and buskers who would like to perform live at the market in 2025 are encouraged to get in touch via the Llandovery Farmers market Facebook page or by emailing llandoveryfarmersmarket@gmail.com.

Raoul Bhambra said, "Now the market is established we'd like to engage with the community even more. So if there are schools or community action groups who would like to be at the market, do get in touch."

As well as VE80, we will also be hosting the Llandovery in Bloom Awards and Pride 2025 in August, so it's going to be an exciting year!"



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Golden Charter
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10/25(6)

ST PAUL'S CHURCH, MANORDEILO



Mrs Mair Griffith was recently presented with a gift by the congregation of St Paul's Church, Manordeilo, as a small acknowledgment of her outstanding contribution to the life and mission of the Church. The gift was presented to her on behalf of the Church members, by the Reverend Dr Marc Rowlands, Vicar of the Parish. As well as being Treasurer and Organist, Mair leads the services in St Paul's once a month and also does many other things to ensure everything runs smoothly from week to week. All Church members would like to thank her most sincerely for her dedication and hard work over many years. Diolch o galon am bob dim Mair!

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HELP US RAISE MONEY TO FUND THE LEGAL BATTLE AGAINST THE PROPOSED PYLONS



David v Goliath

Dozens of landowners and farmers are being taken to court by Green GEN Cymru to gain access to their land – they are on the frontline of the fight to stop pylons.

Over the last year, hundreds of local landowners have bravely prevented Green GEN's representatives accessing their properties to carry out surveys and are either being taken to court now (April 2025) or living with the threat of legal action.



Our whole community shares the threat of having lives, businesses and the environment ruined by pylons. **Our message is simple: save our landscape, farms, businesses and our community and put the cables underground.**

Your donations will help fund the legal team and experts needed to stop Green GEN Cymru forcing entry onto land.

Please donate what you can. Thank you.

Go to: crowdfunder.co.uk/p/dim-peilonau-no-pylons

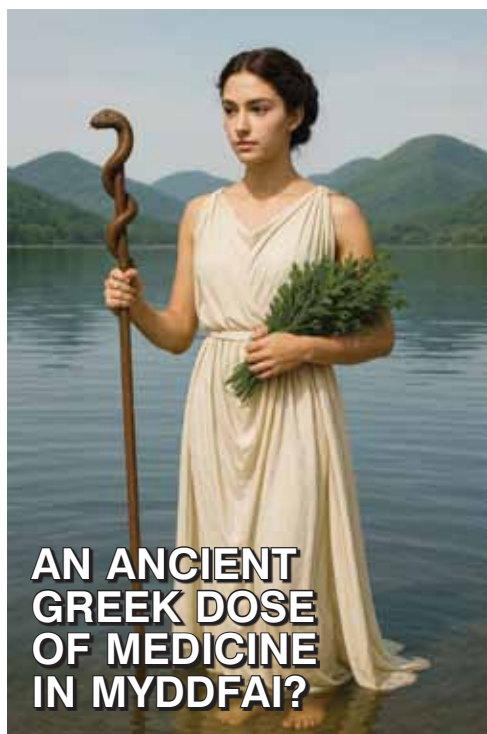
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AN ANCIENT GREEK DOSE OF MEDICINE IN MYDDFAI?

The tradition of Myddfai as a medical centre may have connections earlier than the famous physicians of the thirteenth century. Dr Huw Llewelyn, a retired consultant physician and endocrinologist, thinks that the herbal remedies used by the physicians may have been influenced by the Greek doctors who accompanied the invading forces during the Roman conquest of Britain from 43 AD. According to Dr Llewelyn, current chairman of the Physicians of Myddfai Society, retiring Greek doctors from the legions linked to the Dolaucothi gold mines may have settled in Myddfai where their ideas became combined with those of the Druids.

“The question is whether Greco-Roman ideas on medicine continued in Wales from the Romano-British period or whether they died out and were re-introduced afresh from Europe during medieval times to influence the Physicians of Myddfai,” he said.

The earliest testimony to the physicians is to be found in manuscripts written before the end of the fourteenth century, of which the best known is the Red Book of Hergest (which refers to the Greek physician Hippocrates). It contains a collection of herbal remedies associated with Rhiwallon, reputed son of the Lady of Llyn-y-Fan Fach and a shepherd from Blaen Sawdde Farm near the lake.

According to fable, the shepherd married a beautiful maiden whom he saw rising from the waters of Llyn-y-Fan Fach. They raised a family, but she returned to the lake after being struck (perhaps unintentionally) three times by her husband. However, she continued to teach

her sons about the medicinal properties of local plants and their uses. One, Rhiwallon, and his own three sons became the renowned Physicians of Myddfai.

At the annual conference of the Physicians of Myddfai Society in June, Paul Vigor, an archaeologist from Pontardawe, will explore the Roman influence on Wales and Britain and Myddfai in particular, and the credibility of the idea that the Physicians were descended from Greco-Roman doctors.

This year’s conference theme, “The Long View of Medical Education in the Past, Present and Future,” will bring together voices from archaeology, medicine, and education to explore the evolving landscape of medical training and will be preceded by a poetry reading by Mary MacGregor.

The second speaker, Dr John Rees of Llanfair Surgery, Llandovery, will outline medical education since medieval times to today, including the latest advances in teaching methods and teaching qualifications.

The final speaker, Dr Huw Llewelyn, will discuss possible future directions in medical training, including the use of AI to preserve traditional diagnostic skills, to improve them and communication with patients.

His presentation will be followed by a general discussion involving all three speakers.

The Conference, which will include a buffet lunch, will be held at Myddfai Community Hall on Saturday, 28th June 2025. Admission is by ticket only. Further information is available from Margaret Shapland (Email: cilbrydwen@gmail.com) or Huw Llewelyn (huwllewelyn@gmail.com).

LLANWRDA VILLAGE HALL COMMITTEE

We will commemorate VE Day on Saturday 5th July 2025 at the Village Hall with afternoon tea, 3.00pm. and 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.

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BABEL LADIES GUILD 2025 DAY TRIP



This year the Guild's day trip will visit St Fagans Museum in Cardiff and the McArthur Glen Designer Outlet in Bridgend. Both offer a mixture of covered and uncovered spaces to account for weather. Partners, husbands & friends welcomed. We will return for an optional evening carvery meal at The Abercamlais Arms in Sennybridge.

Cost: Coach approximately £20
Carvery Meal £14
No entrance fees

When: 19th May 2025

Pick Ups:

- 1) Llandovery Car Park 8:30am returning approximately 8:00pm.
- 2) Sennybridge 9:00am returning approximately 6:00pm

**Please contact Lynda or Blodwyn to reserve your space or for more information.
Please advise if you wish for the trip without the meal.**

**Lynda Macdonald 07774 427740 or
Blodwyn Davies 01550 720294**

WILDLIFE EVENTS

The Wildlife Trust of South and West Wales will be having the following event in May:

Sunday 4 May – International Dawn Chorus Day: Group event at Castle Woods, Llandeilo, led by Neil Matthew. Meet at 4.30 am at the start of the track leading to Dinefwr Park from Llandeilo Bridge. Stout footwear will be needed.

All are welcome to this events. For further details of the group's activities, phone 07706 181616.

TOWN MAYOR OPENS LLANDEILO BOWLING CLUB'S 2025 SEASON



Llandeilo Town Mayor, Charlotte Morgan, preparing to bowl the first wood of the season supported by club members.

The 2025 lawn bowls season for Llandeilo Bowling Club (LBC) has now commenced with the formal opening of the green on Saturday 12th April.

With the weather remaining onside there was a big turnout for the opening with Llandeilo Town Council's Mayor, Charlotte Morgan, bowling the first wood of the season with remarkable accuracy. Apologies had been received from Cllr Edward Thomas who was unable to be present due to ill health.

Before games commenced the traditional "spider" competition took place with everyone bowling simultaneously to the jack in the centre of the green. The fun competition was won for the second year in succession by Pat James.

The green was in excellent condition after the winter due to the hard work of volunteers and members bowled on all rinks for a couple of hours all trying to get their hand in before the season's league competitions commence. Everyone then retreated to the club house for a sumptuous tea prepared by members with a raffle thereafter.

LBC President, Gareth James, congratulated the club's short mat teams – Tywi (division 1) and Teilo (division 2) both of which had done extremely well in their divisions considering they were relatively new teams to the short mat league but both had proved forces to be reckoned with. It was hoped that now that the 2025 lawn bowls season had started LBC would again meet with success.

Deborah Mathews, Jamie Davies, and Doug Davies, captains of the ladies, mens and veterans teams respectively were wished well for the impending season.

The Mayor, Charlotte Morgan, who remained in the company of members for the afternoon, said that she had followed with interest LBC'S successes and it was hoped this would continue for the coming season. It was encouraging to see the club thriving and in regular use with a cross section of age groups enjoying the facilities.

LBC will be holding an open day on Sunday 27th April from 2pm onwards. No previous experience is necessary. Bowls and free coaching will be provided. All you need is flat footwear. LBC looks forward to welcoming you.

WHAT'S ON IN CAPEL DEWI

The Old School SA32 8AD

3rd May VE Day Celebration – Afternoon exhibition (FREE) and Music (Crows Feet Band), BBQ and Bar in the evening. Evening tickets £5.

10th May: Local Producers Market and Plant Sale, 9.30 – 13.00

14th May – Coffee Morning Speaker TBC

28th May – Book Club 19.00

30th May – Pop up Pub & Quiz

6th & 20th May – Simon J Pizza Van 6pm-8pm

Yoga Friday morning from 10.00am

Dog Training Monday morning 10.00am

Hall available to hire for private functions.

For more details email:

capeldewicommunity@gmail.com

LLANDOVERY GARDENING CLUB

In place of our planned speaker, we held an informal questions and answers time using the experience and expertise of club members. We covered subjects such as what we grow in our greenhouses and how to prepare various types of seeds. As always, we had many useful tips from our seasoned gardeners, too. An enjoyable and informative afternoon, thanks to all our members.

IN MAY Llandovery Garden Club members will be going by cars to either Abercamlais Gardens or Llys dinam Gardens. The choice will be made on 28th April at our next meeting, also the chosen time to leave etc; As before, we will meet at the railway station car park where we can sort out passengers with drivers. Thank you for your cooperation.

If you have any queries, please phone 01550 720771

We look forward to seeing you.

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For More Information

09/25/16

MYDDFAI NEWS

Myddfai Community Hall & Visitor Centre's shop and café will be open daily from Wednesdays to Sundays 11.00am – 4.00pm,



We have a VE Day celebration in the afternoon on Bank Holiday Monday 5th May, everyone is welcome. There is another willow weaving workshop on Thursday 22nd May. Our monthly Pop-up Pub is on Friday 23rd May. Our monthly Farmers Market is on Sunday 25th May 12 noon to 3pm, come along to support the growing number of local producers and crafters that attend our market each month.

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

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

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

Come along and join in with one of our regular classes. Tuesday its yoga 9.30 – 11.00am; Wednesday it's Craft Class 1.30 – 3.30pm then on Thursdays it's Pilates 9.30 – 10.30am.

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

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0326(12)



Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you enjoyed the Easter holidays and are looking forward to the longer and brighter days of the early summer. There really is hope in the air as the different flowers and trees come into bloom and spread their scents and colours around – something we all need as our dear World struggles along.

Together with Nature's emerging energy and the lighter evenings, a yoga class can help harness positivity and bring even more fulfillment and balance to our lives. The physical movements of yoga practices can enhance the dynamic energy of the Season and the breathing practices bring a balance of both energy and a quieter stillness. The Summer term at Padmasambhava starts on Monday 28th April for some classes and Tuesday 6th May for others.

Monday's Gentle Yoga (11.45 to 1.15pm) offers a chance for students wishing to return to Yoga, and become familiar again with different practices. Gentle Yoga is also helpful for students with some health limitations, who may need to take extra care. The Beginner's (ongoing) on a Wednesday evening may have one or two spaces and it is still not too late to join this class. Thursday's Ammanford class in the Penybanc Welfare Hall is a wonderful way to join this local community group in both movement and relaxation.

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.

A good selection of classes are held 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. Perhaps with the warmer days, you might feel able to do your daily yoga practice outside in your gardens surrounded by the sounds and smells that are there.

Term dates and classes are now available and can be found online, in the Brochure or on Posters around town. Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

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LOCAL CELEBRANT PUBLISHES GUIDEBOOK TO EMPOWER FAMILIES IN END-OF-LIFE PLANNING

Bernice Benton, of Llanwrtyd Wells – known to many as Lady Lily the Pink of The Official Monster Raving Loony Party – has taken on a poignant mission to help individuals and families approach life's final chapter with confidence and clarity.

By day, Berni runs a cozy guesthouse and operates a stained-glass studio at her rural home. She also serves as a Funeral Celebrant and End-of-Life Doula (or “Soul Midwife”), guiding families with compassion through loss, grief, and planning for the end of life. As a founding partner of Llanelli-based initiative The Legacy Lounge, Berni shares a commitment to normalizing conversations about death and encouraging proactive planning.

Through her work, with Life and Death Matters drop-in sessions and Fireside Reflection events, Berni has seen the immense need for open, informed discussions about death, loss and grief. That insight inspired her latest endeavour.

My Life, My Death, My Wishes, an accessible and interactive guidebook designed to empower individuals to take control of their end-of-life planning.

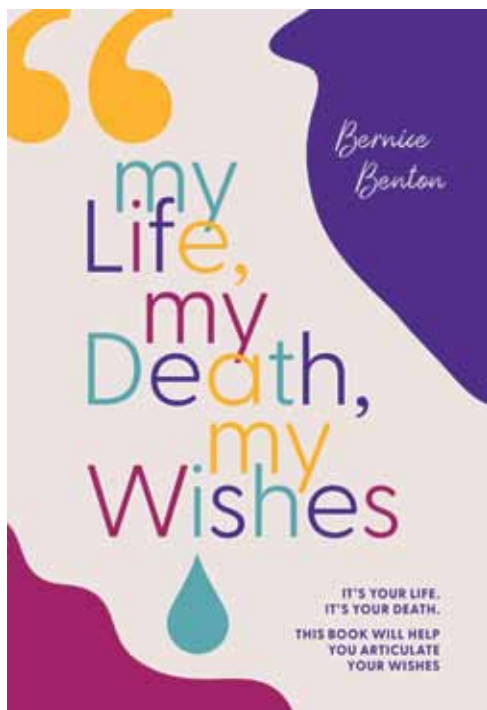
“Isn’t it, funny, how we can talk about not talking about death?!” Berni quips. “This book is my way of breaking that silence and providing people with the tools they need to navigate end-of-life decisions with confidence.”

The guidebook offers practical advice on everything from managing death anxiety and preparing wills to exploring the diverse choices available for funerals, tributes, and memorialization. With prompts, checklists, and space for reflection, the book makes it easy to gather thoughts, identify wishes, and open conversations with loved ones.

- Readers will walk away equipped to:
Have conversations with their family and next of kin
- Make informed choices that reflect their life and personality
- Think beyond the narrow confines of what we perceive to be the ‘only’ and ‘right’ way
- Articulate and document their preferred wishes, for their care as they approach end of life, their funeral and their legacy of how they wish to be remembered

Packed with warmth, humour, and wisdom, My Life, My Death, My Wishes is an empowering collaboration between Berni and her readers. “By the end of the book,” she explains, “I hope readers will feel supported, understood, and ready to have honest conversations with their loved ones – ensuring clarity and comfort even in grief.”

The book is available now on Amazon for £18, or directly from Berni for £15 plus postage. For every copy sold in 2025, £1 will be donated to the bereavement charity At A Loss.



(05/25/6)

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1025(12)

100 YRS LLANGADOG WI 100 YRS

April has been a busy month, with a visit to Xcel Bowling Carmarthen for an enjoyable yet competitive night knocking over the pins! Sally was triumphant despite being challenged by Mary and Marylyn.

We also supported the County Ad Hoc Committee Concert at Neuadd Tysul Llandysul – an excellent night with artistes Sara Davies, Cor Pam Lai, Cor Corisma and Trap Ukelele Band. Two members joined the county coach to Cardiff to see Anton Du Beke's show at the New Theatre.

Marylyn took part in the BBC Radio Cymru morning show "Bore Cothi" when she was interviewed by presenter Shan Cothi regarding our Llangadog WI Centenary celebrations- Diolch Shan!

Jutta reported that the Post Box Topper that she made for our centenary had been chosen as Yarnbomber of the month in the next issue of Simply Knitting – our fame is spreading!

Several members attended the 100th Federations of Wales Conference at the Selwyn Samuel Centre, Llanelli, it was a great day with over 500 members attending – we came away feeling very proud of the WI's achievements here in Wales.

At the time of writing, we are looking forward to our Centenary Dinner at the King's Head, Llandovery at the end of April and to our May meeting on Thursday 1st May when we welcome PC Steven Griffiths who will make us more aware of Scams – New members/ visitors always welcome at 7pm YMCA Hall.

The J. Hugh Thomas Memorial and Organ Dedication Concert

Public Event | Llandovery College Chapel | £12

Thursday, 22nd May 2025 – 18:30

Reserve Tickets: h.roberts@llandoverycollege.com

NEWS FROM CAPEL GOSEN, CYNGHORDY

It was lovely to see Capel Gosen filled to capacity on Sunday March 16th to celebrate the life of The Rev'd Dr Wynford Thomas. Phillip Watkins conducted and Nigel Davies accompanied the hymns which were sung with great spirit and, for the most part, ended with a loud "Amen" just as Wynford would have done when he was at the organ!

Thanks to the catering staff who worked hard to provide the traditional tea served in both the vestry and the chapel and, more importantly, cleared up afterwards! The retiring collection raised £400 and has been shared between two of the many animal charities supported by Wynford; The Dog's Trust and Brooke (action for working horses and donkeys). As someone remarked, few people are known by just one name, and in Llandovery the name "Wynford" was sufficient!

On Saturday 3rd May at 2.30pm, we will be delighted to welcome the renowned harpist Ann Clywd in a programme entitled "Tonc ar y Delyn" designed to show versatility of our national instrument. After the concert, tea will be served in the vestry. No charge, but donations welcome which, on this occasion, will go to support Cymorch i Ferched Cymru (Welsh Womens Aid).

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"TONC AR Y DELYN"

at

CAPEL GOSEN, CYNGHORDY

2.30pm Saturday 3rd May 2025

followed by tea in the vestry

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10/25(6)



WHAT (WHO) ARE ... CELEBRANTS?

Who are celebrants? What does it mean? Where can I find one? Why might I want one? What is an Independent Celebrant?

The first time I told someone I was a celebrant they looked at me a little befuddled.

They were quiet for a moment, then said, "So, how long have you been celibate?" !!!!

Generally speaking, the minute I say I'm a Celebrant, most people don't think THAT, but they do still get it wrong.

When I say, 'Independent Celebrant' they hear 'non-religious'.

It's a common mistake, the assumption that celebrants are 'Humanist'. Some are, obviously. But many of us are INDEPENDENT. And independent is about INCLUSIVITY, FLEXIBILITY, and CHOICE. Meaning we offer any combination of any religions, spiritual beliefs, or personal practises. And we deliver ceremonies to meet your needs. Whoever you are.

Literally, the term Celebrant simply means "one who celebrates".

We independent celebrants provide celebrations and commemorations that are as unique and personal as you are. So, if you want a prayer, and a chant, and a meditation, and a rendition of Highway to Hell, all in the same funeral service then we'll make that happen.

Independent Celebrants are officiants for any (or all) celebrations and commemorations from birth to death and everything in between. We are as individual and unique as you are, providing you with choice and flexibility. The only thing we can't yet offer is the legal bit of a marriage. But you can use an independent celebrant to create a beautiful and personal celebration of love and unity before or after a registrar marriage and it will be magical.

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LLANDOVERY IN BLOOM COMPETITION 2025 / GWYL FLODAU LLANYMYDDFRI 2025

Spring is here and time to arrange the colourful flower displays in Llandovery. Also time to think ahead and plan the Llandovery in Bloom Competition 2025. The entry forms will be at Llandovery Post Office, Y Gannwyl Museum & Visitor Gateway, Judy's Ice Cream Parlour & Mathews Butchers. The entry forms are available at these sites from 1st May 2025, and the closing date for entries is Friday 20th June 2025, after which the completed application forms will be gathered from these premises. Judging will take place in July with awards being presented on Saturday 2nd August 2025 at 2.00 p.m. in Market Square, during the Farmers Market, as last year.

This year the categories for the competition will be as follows:

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

Individual gardens may be entered in one category only.

Please note:

- a) Category 7 'Best Car Park Bed' will this year have a theme of 'Biodiversity' (to increase awareness). The adoptees of their bed are invited to be creative and display an aspect of biodiversity, with a short written description at the bed describing what/how they want to achieve. An award will be given for the best car park bed.
- b) We are pleased to announce that The Llandovery Business Forum are new adoptors of a bed in the car park.
- c) The category 'Best Garden Water Feature', mistakenly displayed in April's Post magazine, needs to be discussed further and approved and so will not be part of the competition for 2025.

Thank you for all your hard work & Good Luck!

LLANDOVERY FOLK DANCING GROUP

We had a great dance in March, held in the Rugby Club, Llandovery, lovely life music by DiEnw and Alexa calling the dances.

We had a very good attendance, some dancers having travelled quite some distance, and everyone enjoyed themselves immensely.

At the time of writing this we are looking forward to our April dance in the Catholic Hall in Llandovery.

We meet every third Friday of the month, except in August.

Our dance on 16th May will be held again in the Catholic Hall, College View, Llandovery, SA20 0BD from 7.30 to 10.30 pm. George Johnson will be calling circle dances.

Everybody is welcome, including children as long as they are not disrupting the dances, and no partner is required.

The cost to cover expenses will be £7.50.

If you have any queries, please call 07411 079307.

We look forward to seeing you.

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07/25(3)

BRING A MUM

A Jovial Mothers' Day service was held at Llandingat church on 30th March.

It was suggested we 'bring a mum' preferably our own, but any mum would do!

After several poems were read, the children came up to receive a small token for their mums and a posy of flowers for each family.

The delightful pictures displayed of Spring lambs caused great excitement to some of the younger members of the congregation.

So thank you to all those who contributed to a successful and enjoyable service.

PUMSAINT W.I.

Our 1st April meeting was a social evening. One to look forward to some busy & exciting events.

On Wednesday 16 April, Carmarthenshire hosts the National Federation of Wales W.I. Conference at Selwyn Samuel Centre. A very special day.

We planned our annual Car Boot event on Monday 26th May, which is enjoyed by far & wide.

For bookings for this please 'phone 07940 426614

Why don't you visit us in the hall sometime to enjoy the fun !

Rhoslyn Betts
Social Secretary

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GWYNFE PLANT SWAP AND SALE CYFNEWID PLANHIGION

The Gwynfe Community Hall will be holding their annual Plant Swap & Sale on Saturday 17th May 10.30am – 1.30pm SA19 9RD.

Bring along plants to swap or just come along and buy. Books, kitchenalia and seeds. Refreshments and raffle. Cakes and bannocks. Free entry.

Hope to see you there.

THANK YOU

I want to tell you how so very grateful I am to all of you who are showing and giving me so much love and kindness and generously supporting me over these heartbreaking months. Thank you for all your overwhelming care, beautiful cards and presents, all of which are much appreciated. Time will heal, they say, and I know of no other place where that could be possible, only here at my home in Llandovery where so many of us care for each other, as in one big family. Here's remembering my much loved daughter Susanna and beloved husband David.

Marguerite (Babs) Rees

LLANEGWAD RAINFALL



MARCH

Rain fell on 8 days this month, the wettest day was the 6th with 16mm.

March total: 28.74mm (1.1/8"), the driest on record.
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06/25(12)



AMGUEDDFA LLANYMDDYFRI
a Phorth Ynnwelyr

LLANDOVERY MUSEUM
& Visitor Gateway

MUSEUM NOTES NEW ATTRACTIONS AT LLANDOVERY MUSEUM

Several new attractions are on view at Llandovery Museum, which reopened after a winter break on Tuesday, 15 April. During the past few months, volunteers have been busy behind closed doors at Y Gannwyll, rearranging displays and preparing new labels, so that visitors can be better informed about Llandovery and the surrounding area.

There are two additional display cases, both donated by the Lloyd George Memorial Museum at Llanystumdwy, Cricieth. The cases were warmly welcomed by the curator of Llandovery Museum, Jane Carter.

She said: "They are able to accommodate large artefacts and keep them secure, with good environmental control. This will contribute to plans for displaying important items borrowed from other established museums in Wales."

A new display features miniature chairs won at local eisteddfodau. Two of the chairs were won at the Llandovery Grammar School Eisteddfod in 1958 and 1959 by David (Dai) Williams, Dinas-bach Isaf, Rhandır-mwyn, who later became a scientist specialising in grassland research. They were made by a fellow pupil, Glyndwr Evans, a carpenter's son of Glan-dŵr, Llanwrda. The third chair was won at Rhydlewis Eisteddfod in 1999 by Tomi Thomas, Tirallen, Llanwrda.

There are also two silver cups won at eisteddfodau in the area by Huw Morgan, a young baritone who lived locally and became an opera singer. Also exhibited are several prize bags, presented to the winners of various competitions, and which contained prize money.



One of the most elaborate displays, set up by Museum volunteer Hugh Davies, deals with Llandovery's long tradition of surgeons, pharmacists, chemists and druggists. The current Pharmacy in High Street has been there for over 170 years. There was also a Medical Hall in Stone Street.

Among the earliest recorded druggists was John Griffiths, a descendant of the hymnwriter, William Williams, Pantycelyn. His son, Thomas Griffiths, was the first chemist to occupy the Pharmacy. In 1851, he advertised that he was a retail agent for Jones' Nipple Powder!

William Goulstone, a native of Bristol, who died aged 93 in 1857, was a druggist in Market Street, together with his son James. The premises were badly damaged, and two people were seriously injured in 1855 when a spark ignited a canister containing gunpowder.

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Mr. O. Askrill, Chemist, Abergavenny.
Mr. S. P. Kemick, Chemist, Cardiff.
Mr. T. Griffiths, Chemist, Llandovery.

Llandovery Museum and Heritage Centre is open Tuesday to Saturday, 11.00am – 2.00pm.

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

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06/25(12)

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08/25(12)



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07/25(3)

READING THE WILD LIT FEST /DARLLEN Y GWYLLT LLANDOVERY May 9th and 10th



If you haven't got your tickets yet there's not long to go, you can buy them at the bookshop, 9 High Street or buy them online here <https://dragons-garden.com/product-category/reading-the-wild-darllen-y-gwyllt/>

You will be able to buy tickets on the day but to avoid disappointment in case some events sell out, it would be much better to book them beforehand.

Children's events and storytelling are all free but you will still need to book your ticket.

Programmes with lots more information about all the events are available in the bookshop.

Here's the line up

Friday 9th

5.00pm: Join walking guide Lisa Denison for a gentle paced walk in the fields and hills surrounding Llandovery Saturday 10th

10.15am: Stephanie Hafferty – Climate change gardening – How to adapt your garden to grow food all year round.

11.00am: Dr Rob Thomas – The Storm Petrels

11.30am: Bethany Handley – Access for All: journeying through disability and nature.

12.45pm: Michael Malay & Steven Lovatt – Resources for Hope.

2.00pm: Rhys Jones – Becoming Dr Jones.

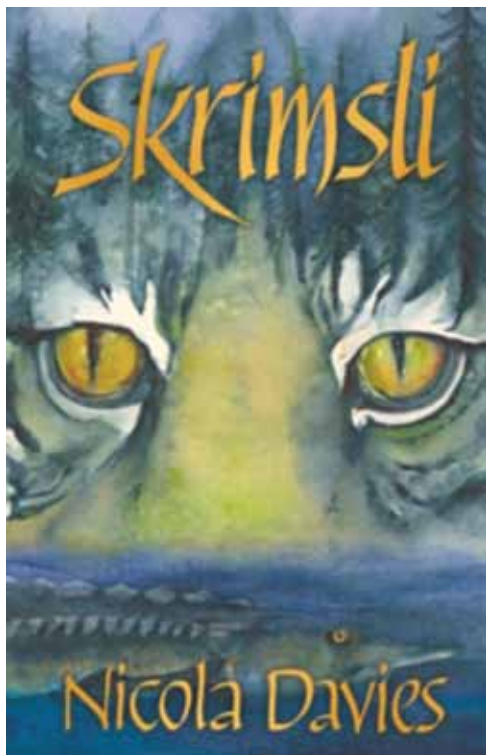
3.00pm: Laura Moss – An Introduction to Wildflower Identification.

3.15pm: Nicola Davies – Speaking to Whales and Talking with Lions....and Other Stories.

4.15pm: Julie Brominicks – Walking the Talk.

4.30pm: Helen & Thomas Docherty – Into the Wild.

5.30pm: Carwyn Graves – Tir.



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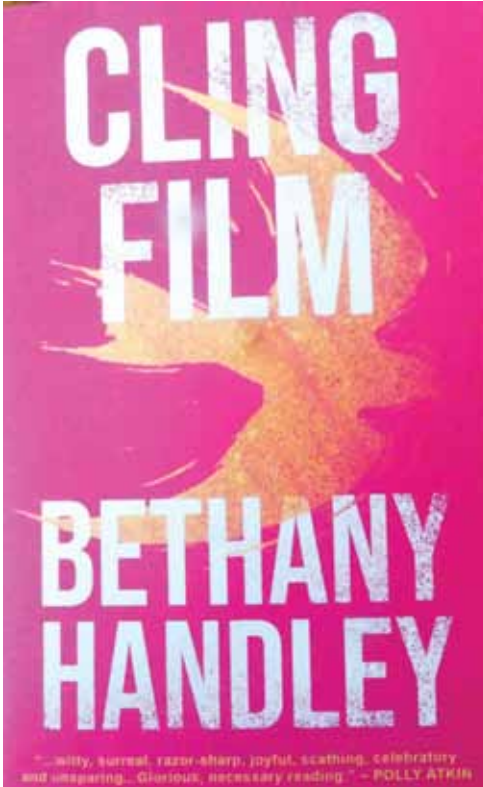
7.00pm: Jackie Morris & Tom Bullough – Wales, Climate and the Age of Saints.

Storytelling with Ceri John Phillips
10.30am at Hiraeth Gallery (English).

12.30pm at Llandovery Youth & Community Centre (English).

2.00pm at Pethau Pawb (Cymraeg)

Look forward to seeing you !



04/25(1)



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0725(12)

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06/25(6)

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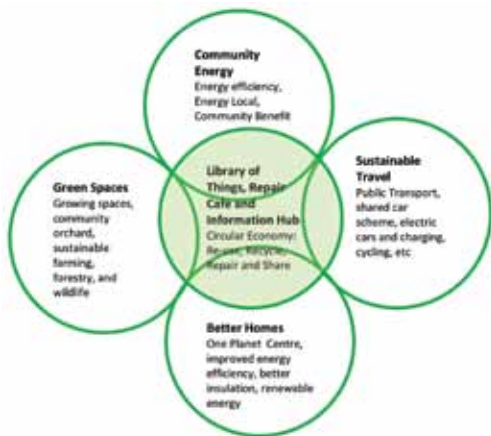
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Climate Action Llandovery

CLIMATE ACTION LLANDOVERY



Three Years On:

Climate Action Llandovery started work in 2022. Three years later many parts of our ambitious programme are well on their way

- Thanks to our partner Ynni Sir Gar we now have a Library of Things at Pethau Pawb in Stone Street, Llandovery.
- Pethau Pawb is also the venue for our Repair Cafe on the first Saturday of each month.
- Again, thanks to Ynni Sir Gar, we have an electric car sharing scheme. There are EV chargers in the main car park and at the swimming pool.
- Help and support on energy efficiency is provided through the One Planet Centre.
- We have uncovered the community orchard at Llandovery College and work to maintain the trees.
- We have supported the Llandovery Sheep Festival with

an annual conversation about sustainable farming and climate change.

- We have started consultations on a community energy scheme.
- We proposed the inclusion of environmental short films as part of the Llandovery community cinema program.

After the loss of two key members of our group last year – David Thorpe and John Hampson – we found our numbers at our monthly meeting dwindling. Ill health and other pressures have further diminished our capacity to sustain regular meetings. So we are putting our energies in to supporting the projects outlined above and have suspended the monthly meetings for now.


Anyone who would like to help with any of the projects or coordinate the development of new climate friendly ideas can contact us via Pethau Pawb, drop in to the Repair Cafe for a cuppa and a chat, check out our Facebook page or email us at llanymddyfriclimataction@gmail.com.

We'll also be at the Llandovery Sheep Festival in September, coordinating the climate forum around the development of hydrogen and battery technologies to reduce our dependence on fossil fuels and their consequent climate impact. Look out for that and come to join the debate.

All the best for 2025.

Criw Amgylchedd Llanymddyfri – Llandovery Climate Action Group

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02/26(12)

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LLANDOVERY & DISTRICT CARNIVAL – SUNDAY 25TH MAY 2025



Get ready, Llandovery! One of the biggest and brightest events in the local calendar is just around the corner – the 2025 Llandovery Carnival is back on Sunday 25th May!

But the fun doesn't start there – we've got a fantastic lineup of events in the lead-up to Carnival Day, so grab your diary and get involved!

“Stars In Your Eyes” – Friday 16th May @ 7pm

Castle Hotel, Llandovery

Step into the spotlight and become your favourite star for the night! Whether it's Cher, Frank Sinatra, Bon Jovi, Lady Gaga or someone totally unexpected – this is your time to shine. Costumes encouraged and laughs guaranteed!

Treasure Hunt – Tuesday 20th May @ 6pm

Starting at Llandovery Rugby Club

Grab your mates or family and join the hunt around town. Fun for all ages and a great way to explore Llandovery while solving clues!

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Carnival Quiz – Friday 23rd May @ 7pm

White Hall, Llandovery

Put your brain to the test in this friendly but competitive quiz night. Teams welcome – prizes and plenty of laughs on the cards!

CARNIVAL DAY – Sunday 25th May @ 1pm

Procession starts from Ysgol Rhys Prichard School

This year's theme is “As Seen On TV” – so get creative! Whether it's characters, adverts, series or unforgettable TV moments, we want to see your wild, wacky and wonderful interpretations.

Be funny, be clever, be outrageous – this is your time to think *outside the gogglebox!*

Community and Non-Profit Groups Welcome!

Llandovery Carnival warmly invites all **community and non-profit groups** to take part by hosting a **stall** at this year's event at **Llandovery Rugby Club, Church Bank, SA20 0BA**.

Interested? Contact **Trish** on **07960 979099** to book your place and find out more.

All proceeds from the Carnival go towards **local charitable causes**, supporting the brilliant groups and individuals who do so much for our community. A presentation evening will be held after the Carnival to recognise and thank them.

Carnival info: Contact: llandoverycarnival@gmail.com
/ Phone: 07761 955004

Let's make this the best one yet – **see you at the Carnival!**

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LLANDOVERY COMMUNITY CINEMA PRESENTS: “WILDING” – AN AFTERNOON OF FOOD, FILM AND ECO DISCUSSION

Llandovery Community Cinema is proud to announce a special screening of the acclaimed environmental documentary Wilding, as part of our brand-new programme focused on films that explore pressing environmental and ecological issues.

Wilding is a powerful and visually stunning documentary that explores the urgent need to restore natural habitats and reintroduce native species in order to heal ecosystems and tackle climate change. Through perseverance of one couple, it highlights stories of hope, resilience, and transformation in the face of environmental crisis.

This thought-provoking feature will be shown on Saturday 17th May at 2pm, at Rhys Prichard Memorial Hall, and will be accompanied by a community meal share and an engaging post-film discussion.

The afternoon will include a friendly and informal shared meal, starting from 1pm (doors open at 12:30pm). Guests are encouraged to join the pot-luck and bring a dish to share, savoury or sweet. Enjoy some food and conversation with this wonderful chance to connect and share recipes and build community spirit before settling down for the film.

Following the screening, there will be an opportunity to discuss the presentation with special guests (TBC), offering the opportunity to reflect on the themes of the film, ask questions, and consider how we can take action locally.

This is more than just seeing a film – it’s an afternoon of connection, conversation, and community action.

Event Details:

Date: Saturday 17th May

Meal Share: 1pm (doors open at 12:30pm)

Film Screening: 2pm

Venue: Rhys Prichard Memorial Hall

Entry: £5

Buy tickets online: www.bit.ly/llandoverycinema-wilding / At LYCC / On the door

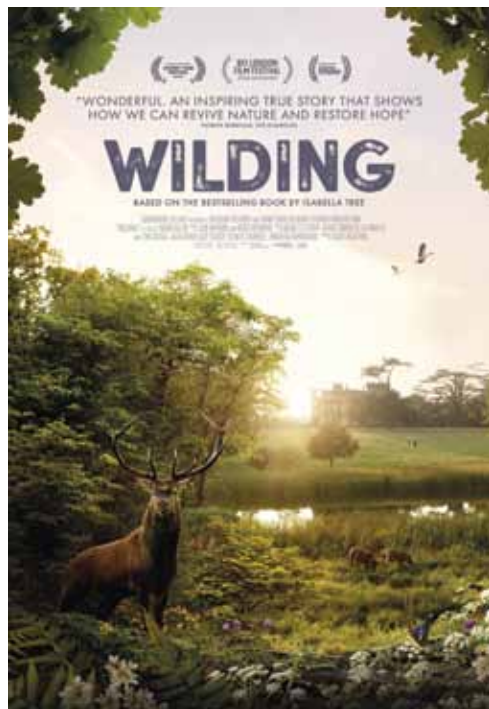
Everyone is welcome – bring a dish, bring a friend, and bring your passion for the planet!

For more information, contact:

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LLANDOVERY 2025 EVENTS LIST

May

Entries for Flowers in Bloom Competition:

Entry forms: Llandovery Museum & Post Office from May. Entries closing date: 20th June.

Fri 2 – Mon 5 May

Ar y Gorwel – Hot Air Balloon Event: Various locations. Check social media early morning for on-the-day details:

Facebook: Ar y Gorwel / Instagram: arygorwel

Sat 3 May

Llandovery Farmers Market: Market Square Llandovery 10am – 2pm.

Facebook: Llandovery Farmers Market

Sun 4 May

Llandovery Open Mic Night: Castle Hotel, Llandovery 6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Fri 9 – Sat 10 May

Reading the Wild Literature Festival:

Books at the Dragons Garden, Llandovery

Facebook: Books at the Dragon's Garden

Sat 10 May

Shoulder To Shoulder: Llangadog Community Centre, A new chamber opera inspired by the members of Men's Sheds Cymru

Doors open 6.45pm for 7.30pm start. Ticket price: £10 from Mike: 07920 251637, mensshedopera@gmail.com or on the door.

Fri 16 May

Stars In Your Eyes – Llandovery Carnival: The Castle Hotel, 7pm. More info & details:

Facebook: Llandovery & District Carnival

Sat 17 May

Llandovery Male Voice Choir Annual Concert: Tabernacle Chapel, Queen Street, Llandovery 7pm £12. Two soloists to feature.

Sat 17 May

Llandovery Cinema: Film: "Wilding" (2023 – Dir. David Allen)

Rhys Prichard Memorial Hall, Waterloo Street. 2.00pm Shared meal at 1pm. Doors open at 12.30pm Tickets £5: Online: www.bit.ly/llandoverycinema-wilding / At LYCC / On the door

Sat 17 May

Daisy's Ride & Country & Western Evening

Motorcycles start from Owl's Nest Llandovery at 11am The Gallstone Cowboys at Llandovery Rugby Club 7:30 For Tickets & details: Facebook: Daisy's Journey

Sun 18 May

Auto Rally – Cambrian Mountains Tour: 9am – 5pm www.epyntmc.co.uk/calendar/cambrian-mountains-tour-2025

Tues 20 May

Treasure Hunt – Llandovery Carnival: Starts from Rugby Club 6pm.

Facebook: Llandovery & District Carnival

Fri 23 May

Quiz – Llandovery Carnival: The White Hall, High Street, 7pm.

Info: Facebook: Llandovery & District Carnival

Fri 23 – Mon 26 May

All Mountain Adventures: Headstock 500 / 200

Info: www.allmountainadventures.wales/

Facebook: All Mountain Adventures Wales

Sat 24 May

Cwmdau Beer Festival: Cwmdau Inn SA19 7DY. Free Entry. Family Friendly, 1pm till 11pm. Great beer, food and music all day.

Facebook: Cwmdau Inn, Shop and Post Office

www.cwmdau.org/cwmdau-beer-festival

Sun 25 May

Llandovery Carnival: Procession through Llandovery from 1pm to Fete at Rugby Club.

Facebook: Llandovery & District Carnival.

Sun 25 May

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 25 May

Llandovery Open Mic Night: Castle Hotel, Llandovery 6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sat 7 Jun

Llandovery Farmers Market: Market Square Llandovery 10am – 2pm

Facebook: Llandovery Farmers Market

Fri 20 - Sun 22 Jun

Grit Fest: Off-road cycling event. Rhandirmwyn, Nr. Llandovery.

Entries & Info: www.gritfest.co.uk

Facebook: Gritfest

Sat 21 Jun

Arusha Gallery Launch: Arusha at Llwynwermod: Myddfai

www.arushagallery.com/press/ & Instagram: @arushagallery

Jun – date TBC

Llandovery Motor Club: "3 Rivers Tour 2024"

Full details at: www.llandovery-motorclub.co.uk/3-rivers-tour-2024/

Sun 29 Jun

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 29 Jun

Llandovery Open Mic Night: Castle Hotel, Llandovery
6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sat 5 Jul

Llandovery Farmers Market: Market Square
Llandovery 10am – 2pm

Facebook: Llandovery Farmers Market

Sat 12 – Sat 19 Jul

Cycling Event: The Perfidious Albion. Passes through Llandovery

www.theperfidiousalbion.cc/the-perfidious-albion/

Sat 26 Jul – Sun 3 Aug

Tywi Valley Open Studios: Facebook: Tywi Valley Open Studios / www.tywi-valley-open-studios.wales

Sun 27 Jul

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 27 Jul

Llandovery Open Mic Night: Castle Hotel, Llandovery
6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sat 2 Aug

Llandovery Pride 2025: From 10am in Market Square and at various spaces in and around Llandovery.

Sat 2 Aug

Llandovery Farmers Market: Market Square
Llandovery 10am – 2pm

Facebook: Llandovery Farmers Market

Sat 2 Aug

Flowers In Bloom Competition Prize Giving, Market Square, Llandovery

Sat 16 – Sun 17 Aug

Target Sprint Wales: Welsh Open Championship. Llandovery Rugby Club.

Facebook: Target Sprint Wales

Fri 22 – Sat 23 Aug

Sioe Rhandirmwyn Show: August Bank Holiday

Sheepdog Trials: Fri 22 Aug. Main Show: Sat 23 Aug

Facebook: Sioe Rhandirmwyn Show.

Sun 24 Aug

August Bank Holiday

The Great Llandovery Duck Race: Swan Bridge, Dolau Bran Field

Facebook: Llandovery Duck Race

Mon 25 Aug – TBC

August Bank Holiday

Sioe Cilycwn Show: Erryd Fields SA20 0UA

Facebook: Sioe Cilycwn Show

website: www.cilycwm.com

continued on page 36

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continued from page 35

Sun 31 Aug

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 31 Aug

Llandovery Open Mic Night: Castle Hotel, Llandovery 6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Mon 1 – Sat 6 Sept

The Dragon's Back Race: 6 Day Ultra Running Event.

Entries & Info: www.dragonsbackrace.com/

Fri 5th Sept – race passes through Rhandirmwyn and Llandovery.

Sat 6 Sept

Llandovery Farmers Market: Market Square Llandovery 10am – 2pm

Facebook: Llandovery Farmers Market

Sat 6 – Wed 10 Sept

Cycling Event: Mountains of the Merfynion. Passes through Llandovery

www.theperfidiousalbion.cc/mountains-of-the-merfynion/

Sat 20 – Sun 21 Sept

Llandovery Sheep Festival: Market Square & Car Park, Llandovery.

Facebook: Llandovery Sheep Festival

www.llandoverysheepfestival.co.uk

Sun 28 Sept

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 28 Sept

Llandovery Open Mic Night: Castle Hotel, Llandovery 6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sat 4 Oct

Llandovery Farmers Market: Market Square Llandovery 10am – 2pm

Facebook: Llandovery Farmers Market

Sat 11 & Sun 12 Oct

Auto Rally – Tour of Epynt:

www.brmc.org.uk/calendar/october/event/1226

Sat 18 Oct

Apple Day: Llandovery Youth & Community Centre. 10am – 3pm

Facebook: Hybu Llanymddyfri ~ Llandovery

Sun 26 Oct

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

Sun 26 Oct

Llandovery Open Mic Night: Castle Hotel, Llandovery 6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sun 9 Nov

Remembrance Sunday: Details to be confirmed.

Thurs 20 & Fri 21 Nov

Roger Albert Clark Rally: Welsh Stages

www.racrmc.org or Facebook @RogerAlbertClark

Nov – date TBC

Llandovery Fireworks Display, Agricultural Mart.

Details to follow.

Fri 28 Nov

Christmas Lights Switch On: Market Square. Free event.

Details to follow.

Sun 30 Nov

Myddfai Farmers Market: Myddfai Community Hall & Visitor Centre, SA20 0JD

Facebook: Myddfai Community Hall & Visitor Centre & www.myddfai.org

LLANWRDA SCHOOL MAMMOTH BOOK SALE Adult + Children's

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04/25(12)

Sun 30 Nov

Llandovery Open Mic Night: Castle Hotel, Llandovery
6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night

Sat 6 Dec

Myddfai Christmas Craft Event: Myddfai Community Hall & Visitor Centre

Facebook: Myddfai Community Hall & Visitor Centre
& www.myddfai.org

Sun 28 Dec

Llandovery Open Mic Night: Castle Hotel, Llandovery
6pm start 'til late. Every last Sunday of the month

Facebook: Llandovery Open Mic Night



LLANWRDA CRICKET CLUB

The 1st XI have their first match of the season away at Bronwydd on Saturday 3 May while the 2nd XI – Llewod Llanwrda – begin on 14 May against the same opposition.

Training for the Juniors has restarted at Castle Fields, Llandovery on Friday evenings. Again, we will be running All Stars and Dynamos which begin on 9 May. 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 look out 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 friendly matches on Sunday 18 May and also 29 June.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

19/03/25	28	David Cumming
26/03/25	14	Cerys Hopcroft
02/04/25	53	No winner
09/04/25	43	No winner
16/04/25	45	No winner

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

POWYS GARDENS NEWS AND OPENINGS FOR CHARITY

Wasn't it a joy to see the emergence of spring. The bright trumpets of daffodils and the soft blossom of the fruit trees heralded warm days, perfect for exploring the great outdoors and gorgeous spring gardens. We now look forward to finding beautiful bluebells, mostly in the dappled shade of woodlands full of birdsong that make these visits uplifting.

In May opening for the National Garden Scheme for the first time is Bronllys Court, near Brecon. Open between 11am and 4pm on Sundays 4th May, 8th June and 6th July, find medicinal trees and plants, ceremonial circles and wild areas.

Saturday 10th and 11th May Dingle Nurseries & Garden, Welshpool.

On 17th May Llanrhaedr Ym Mochnant plays host to a village opening with five gardens demonstrating an innovative use of small spaces. Two of these gardens are opening for the first time. Refreshments are available in the public hall.

Sunday 18th May Treberfydd House, Llangasty near Llangorse Lake has 10 acres of formal gardens and shrubberies Find the notable historic trees.

Saturday 24th and 25th May Bachie Uchaf, Llanfyllin who have opened for The National Garden Scheme for well over ten years. And on Sunday 25th May Llwyn Madoc, Beulah overlooks a lake. The gardens slope down away from the house and are at their best when the rhododendrons and azaleas are out. While Llys dinam, Newbridge on Wye has large garden developed over 150 years.

Monday 26th May Llanstephan House, nr Llys swen has a 20 acre garden, take a picnic and enjoy the views of the Wye Valley and Black Mountains. Also, Monday 26th Garthmyl Hall, Montgomery.

Saturday 31st May Gregynog Hall & Garden, Newtown. Also Saturday 31st May and 1st June Clawdd-Y-Dre, Montgomery is a well established ¾ acre garden, with shrubs and perennials and stunning panoramic views across the valley.

There are gardens open by arrangement e.g. The Hymns, Presteigne (group or bespoke visit); Tranquility Haven, Knighton (up to 30); The Neuadd, Crickhowell (up to 12); Tyn-y-Graig, Newtown (up to 15 people) and Llys dinam see above.

As well as garden open days and gardens open by arrangement, for the first time this year we have gardens opening as Special Events. Visitor numbers are limited and tickets must be booked in advance at [ngs.org.uk/powys-special-garden-events](https://www.org.uk/powys-special-garden-events) for Fron Heulog, Berriew, Wednesday 11 June. Fairdene Gallery Garden, Montgomery; the home of Frieda Hughes, daughter of Ted Hughes and Sylvia Plath, Wednesday 25 June & Wednesday 16 July.

Powys County Booklet is available online at <https://online.fliphtml5.com/lzzfh/tioc/#p=1>

LLANDOVERY ROTARY CLUB



And into the month of May we go with a spring in our step and smiles on our faces. Well, sometimes. Nah, most of the time, surely!

This has been a month of turmoil. Some huge highs together with some disappointing news which has come our way. We have a new member but sadly for various reasons have lost a few as well. More later.

The month started off when local lad Adrian Davies formerly of Llanfair Road but now a photographer of note came to visit from his home in Kidwelly. Adrian gave us a talk showing us his superb photographs of his visit to Iceland. Here are Tim's wonderful minutes and Adrian's story of his visit to us:-

I was a nurse for 25 years, after a short illness I gave up nursing and began photography.

Started with weddings, with over 250 under the belt.

With a mix of corporate clients customers include an indoor plant grower in Llandysul and the Gwili railway. Landscapes are also a large part of the business.

There are a lot of my photographs within the X-ray and intensive care units of Glangwili hospital.

Events include Proms, tractor runs and family studio shots.

I am able to restore a lot of old photographs, which used to be done by hand but now is done by artificial intelligence.

Went on a photography tour of Iceland in 2022.

We started in Reykjavik, my favourite part was Diamond beach, a 4 1/2 hour journey from Reykjavik, roads can be tricky, often blocked and closed by snow. The landscapes of Iceland are a photographers dream and we drove around 110 miles a day. Although it's not that cold it is extremely windy.

Glacier lagoon was my most favourite place.

Iceland's longest tunnel is 7km long.

The wonderful photographs gave us a real feeling for the country and we thoroughly enjoyed Adrian's visit.



Photographer Adrian Davies with his sister Gail.

Thank you very much Adrian for a most interesting talk, (and Tim).

We have made a donation to 'ShelterBox'. ShelterBox provides emergency shelter following some of the world's worst disasters supporting disaster-hit families with essential items like tents, tarpaulins, toolkits, solar lights, water filters and carriers, blankets, cooking sets and mosquito nets.

This is supported by Rotary clubs all over the world.

We have a brand new branded gazebo which we cannot wait to show off. You will see it when we attend any outdoor event. This was not paid for by your donations but we absolutely love it. Well, to be honest we haven't seen it erected yet but it looks fantastic in the photographs! It will be on display at our stall in the Carnival. We hope you'll come and see us.

Edward Ransom who has served this club with great distinction for over 35 years serving as President, Treasurer and Secretary has with great regret had to hand in his notice as a member. Edward states that his health is not what it was quoting slowing mobility and an ageing body as his reasons. I know the feeling Edward! Edward has been a stalwart of this club and his voice of reason and common sense has kept us in line on many an occasion and his humour and kindness will be very greatly missed by us all. He was awarded the Paul Harris Fellowship for outstanding services and will now be made an Honorary Member of the Club. We wish you all the very best Edward with our grateful thanks for your outstanding service to the club and to this community.

We received a request for funding from the Llandoverly Rugby Club. The Club have made a huge investment by purchasing a 3-G pitch for the use of the whole community. This includes all sports clubs, including rugby, football, netball, other ball sports etc etc. The Junior Drovers have up to 8 teams playing there on a Sunday morning and the schools and College are able to use it on request. We wished to show our support for this initiative and sent on a donation.

Following the installation of a stair lift at the Llandoverly Museum which we supported with our biggest donation ever a plaque has been installed thanking us for our support.

Planning has already started for the Great Duck Race which an awful lot of effort goes into ensuring all health and safety issues, insurances, permissions and supplementary stalls, toilets etc are in place well before the event. It is incredible the amount of time and effort goes in to ensuring a big event like this goes ahead without incident, but we are on schedule to provide yet another Grand event for the community. The event itself will take place on Sunday August 24th.

Planning has also begun for the Llandoverly Carnival when we will be marshalling the event from its start at Ysgol Rhys Pritchard travelling through the town down to the Fete at the Rugby Club.

This month's 'Meet the Member' is Rosie'Boo McCartney. Rosie has been a member since 2022 and was our first female member!



Rosie dressed as a duck at last years Great Duck Race.

Despite not growing up in town, Rosie very much considers herself a Llandovery girl. Rosie was one of the original Llandovery College Prep school pupils, starting there the year it opened and staying for 8 years before moving to Tregaron school. After school, Rosie tried her hand at construction and hospitality, but ultimately was drawn to working with people with learning disabilities.

After a few years of working in Wiltshire, Rosie set off for two years travelling and living in Australia! She then moved to the Llandovery area, working at Coleg Elidyr and living in a variety of places including a tipi, self-built (with lots of help) Shepherd's hut and a campervan.

During this time Rosie travelled at every opportunity and was even lucky enough to walk across Spain in the Camino De Santiago. Her dream was to travel the world, and then Covid....

Skip forward a few years, Rosie lives in a house she bought with her partner Owen, is a qualified Occupational Therapist, is working her way through an MSc in Sensory Integration and has taken up gardening.

Thank you Rosie.

Many Congratulations go to the fabulous Drovers who have won the Super Rygbi Cymru Welsh Cup for the third time. Quite how a 'minnow' team from the 'sticks' can defeat monster world famous clubs like Cardiff,



President Kevan with our new member Adrian Cizmas.



Andy Brown and John Daniels representing Prostate Cymru gave a very informative talk.

Swansea, Pontypool. Newport and Ebbw Vale is almost beyond comprehension but we are so proud of them raising the profile of Llandovery to new heights and it is truly wonderful for this small town. Ardderchog bois.

Sadly three members have left the Club for various reasons. Laurie, Brian and Steve have stood down and although we do not like to lose anyone we understand their reasons for doing so. Good luck to each of you.

But, we have a new member too. Oh yes we do. Adrian Cizmas has joined us and delighted to have him we are too! Adrian is a Deputy Manager at Ashbery Healthcare at Blaenos Care Home and is eager to volunteer in the community. You've come to the right place Adrian thats for sure. Welcome.

And finally, we had a talk on Prostate Cymru from two volunteers, Andy Brown and John Daniels. This was an extremely informative and interesting talk and made us sit up and realise we should take their advice and get checked out before any symptoms arise at which time it will probably be too late. It is always easy to sit back and wait for something to happen whereas by far the better option is to go to your GP and get yourself checked out. Andy led the talk with a number of slides to exemplify

the importance of the matter. Many thanks to you both as you may have added a few years to each of our lives. Some of you may remember John as he was a policeman here in the 1970s and represented the town in rugby.

Well, there you have it. Another month into the annals of history. What is to come next month, none of us know but all we can hope for is for peace and good health. We'll manage the rest for sure.

See you all next month.

Derek Jones.



The plaque in recognition of our contribution to the stair lift.

environments. With only 10 spaces available, this free, engaging activity is a fantastic opportunity to bond with your dog and connect with our vibrant community.

SWEET TREATS ON A BUDGET: DESSERTS, PUDDINGS & MORE FOR SUMMER

HYBU LLANYMDDYFRI – LLANDOVERY: ACTIVITIES IN MAY JOIN OUR NEW DOG WALKING GROUP!



Photo by Bruce Warrington

Have you ever wanted to enjoy a stroll with your dog while meeting fellow dog guardians and their four-legged friends – all in a safe, supportive environment led by a seasoned dog behaviourist? Now's your chance! Our new dog walking group launches on Saturday, 17th May at 2pm at the Llandovery Youth and Community Centre (LYCC). The group will be facilitated by Sam, an experienced Dog Trainer and Behaviourist with over 30 years of hands-on expertise, particularly in rescue



Get ready to delight your taste buds without breaking the bank! Join us for a fun, hands-on workshop on Tuesday, 27th May at 11am at the Llandovery Youth & Community Centre (LYCC). In this session, you'll discover the art of crafting mouthwatering sweets—from classic puddings and cheesecakes to inventive treats using homegrown produce, dried fruits, and unique flavour combinations. Led by Patricia Morgan-Black, an experienced home cook with a strong background in hospitality and food hygiene, you'll learn practical tips and tricks to create desserts that are perfect for summer.

Booking & Contact Information

Both activities are free but spaces are limited. To secure your place, please use the following booking details:

- Call or text: Tiago & Maggi at 07858 555938 or 01550 721499
- Email: llandovery.lcasc@gmail.com
- Visit: Llandovery Youth & Community Centre, Gerwyn House, 19 Market Square, Llandovery, SA20 0AB

Come along, join the fun, and be part of our vibrant community!

Interested in Our Other Activities? If you're curious about more of what we offer, get in touch for details on: Luncheon Club, Welsh Language for Beginners, Llandovery Cinema and more. These activities are proudly organised by Hybu Llanymddyfri – Llandovery with support from the National Lottery Community Fund.

U3A FOR MAY

14th May – Memories of VE Day Members will be sharing what they remember and showing items that relate to World War Two. We will be creating an archive that will be added to the Museum collection.

28th May – Comedy Gold Following on from this year's Carnival "as seen on TV" we will be reading comedy scripts and revisiting comic sketches. Things like Monty Python, "four candles" and "that's arm full!" If that doesn't mean anything, come and find out

We extend a welcome to new members, we are looking to create a car pool to help people get to the Rugby Club, please email patriciablack14@gmail.com, if this would help you join in. We meet at 10.30am for chat over tea / coffee and meeting starts at 11.00am.



CHRISTIAN AID WEEK 2025

SUNDAY 11TH MAY –
SATURDAY 17TH MAY 2025
LLANDOVERY & DISTRICT

This year Christian Week starts on Sunday 11th May with a service in Memorial Chapel at 11.00am. Refreshments will be provided and a cake stall, and all are welcome.

We are hoping to have a pop-up shop during the week to sell plants, cakes etc. (if successful the details of this will follow shortly). Plants will also be available at 5, Towy Ave, by request.

Christian Aid works tirelessly to help those suffering from poverty and the effects of war in Ukraine and many other countries in the world, and also those affected by climate change such as Guatemala where they fund training for communities to grow their own food, be independent and plan for a better sustainable future. We can help them to do this.

Please support Christian Aid this year, as you have done so generously in the past. We are a committee who have worked together for many years, and we would welcome volunteers joining us for the future.

Pat Smith – Tel. 720659 Secretary

Cymdeithas
Amaethyddol
Frenhinol
Cymru

Royal
Welsh
Agricultural
Society



MARTIN CLUNES TO JUDGE SUPREME HORSE CHAMPIONSHIP AT THE 2025 ROYAL WELSH SHOW

The Royal Welsh Agricultural Society is delighted to announce that acclaimed actor and devoted equestrian, Martin Clunes OBE, will serve as the distinguished judge for this year's prestigious Supreme Horse Championship at the Royal Welsh Show.

Best known for his portrayal of Dr Martin Ellingham in the much-loved television series Doc Martin, and more recently, Out There, which was filmed across rural mid-Wales, Martin Clunes is also a passionate advocate for the equestrian community. Since becoming President of the British Horse Society (BHS) in 2011, he has been a dedicated champion of horse welfare, rider safety, and equestrian access. His lifelong love of horses is well documented, and he has actively supported numerous equestrian events and charities across the United Kingdom.

His extensive experience and deep appreciation for equine excellence make him the ideal choice to judge the Supreme Horse Championship at the Royal Welsh Show. This prestigious competition represents the pinnacle of equestrian achievement at the event, bringing together the finest horses and ponies from across the country to vie for the coveted title.

Speaking ahead of his role, Martin Clunes said: "It is a great honour to be invited to judge the Supreme Horse Championship at the Royal Welsh Show. The show is a highlight of the agricultural and equestrian calendar, and I am very much looking forward to seeing the exceptional standard of horses on display."

The Royal Welsh Show, held annually at the Royal Welsh Showground in Llanellwedd, is one of Europe's premier agricultural events, celebrating the best of Welsh livestock, rural life, and equestrian excellence. This year's show promises an exciting line-up of competitions, demonstrations, and family-friendly activities, attracting thousands of visitors from across the country.

The Supreme Horse Championship will take place on the final day of the show, Thursday 24th July, offering spectators the opportunity to witness some of the finest examples of equine breeding, presentation, and performance. Martin Clunes' involvement adds an extra layer of prestige to what is already a highly anticipated competition.

TOWY & COTHI HUNT 250 CLUB

held at the Royal Oak, Rhandirmwyn,
8th April 2025

APRIL DRAW

£15	Noel Evans, Llwynceilyn	162
£15	Eurig Evans, Pwllagddu	30
£10	Michael Morgans, c/o Cwmto	08
£10	Amy Hardwick, Goyallt, Halfway	68
£5	Delyth Davies, Broad St, Llandovery	204
House prize: Phil Jones, Bronhaul		85

MARCH DRAW

£15	Caio Lewis, Nantyrast	110
£15	TR & ME Powell, Cwmllynfe	135
£10	Ian Morgan, Fardre	114
£10	Alun Pritchard, Crug y Bwbach	180
£5	Megan Morgan, Penrhiw, Siloh	25
House prize: Lyn Morgans, Cwmto		156

Next draw: 13th May 2025 at the Castle Hotel, Llandovery

A CLEMENT WINS BUT IT IS LEON AND NOT BARRY WHO WINS LLANDOVERY RFC 25 CLUB SIX NATIONS COMPETITION

The winner of the 2025 Six Nations competition which involved forecasting five statistics over the 15 games was Leon Clement and not grandfather Barry Clement as first thought. He wins the prize of £200.

Leon wins on the tie break, pipping RFC secretary Robin Barlow by one solitary point.

The late announcement that there had been a post match red for Italy's Giacomo Nicotera affected the scoring. Then, it was confirmed that the yellow card for France's Peato Mauvaka, against Scotland, would not be upgraded.

The re-adjustment – 4 red cards and not 3 (worth two points) – meant that eight people ended up all tied on 7/10.

With Derek Jones, Janet Thomas, Sandra Clarke, Robin Barlow, Leon Clement, Barry Clement, Mike Gibbons of Tywyn and Nigel Penn of Harpenden all on 7/10, the tie breaker had to be used to find the winner.

The tie breaker involved naming the total number of points scored by Wales over the five games.

Wales scored 76 points in their five matches and predictions were as follows

Leon Clement 77 (-1)
Robin Barlow 78 (-2)
Janet Thomas 85 (-9)
Barry Clement 67 (-9)
Derek Jones 88 (-12)
Sandra Clarke 91 (-15)
Nigel Penn 95 (-19)
Mike Gibbons 108 (-32)

Scoring details /10

SIX NATIONS WINNERS: FRANCE (3 points)

WALES FINISHING POSITION: 6TH (2 points)

TOP POINTS SCORER: ANY OTHER PLAYER (BEN THOMAS WITH 18 POINTS) (2 points)

NUMBER OF RED CARDS: FOUR – Niamack, Ringrose, Vintcent, Nicotera - (2 points)

NUMBER OF DROP GOALS: NONE (1 POINT)

TIE BREAKER, NUMBER OF WELSH POINTS: 76



CALON HEARTS
SCREENING AND DEFIBRILLATORS UK

CARDIAC ARREST HAS NO BOUNDARIES
NO: 1193404

CALON HEARTS CONTINUES TO TACKLE HEART DISEASE BY OFFERING FREE AND SUBSIDISED HEART SCREENING

Calon Hearts, the heart screening and defibrillator charity, is offering FREE heart screening to all 16–25-year-olds, in a bid to reduce the number of people who die unnecessarily each year due to an undiagnosed heart condition.

Every week in the UK, 12 seemingly fit and healthy young people die from an undetected heart condition which could have been discovered through a simple screening process.

To combat this, Calon Hearts is inviting young people to book a screening session. This includes an ECG – with a follow-up echocardiogram if the ECG detects any abnormalities, or at the discretion of the cardiologist.

In addition, the charity subsidises heart screenings for adults over 26, and includes an ECG, an echocardiogram and a consultation with the cardiologist for £280 (average prices are up to £1000).

Sharon Owen, charity director, says: “We are proud to offer both free and heavily subsidised heart screening programmes, thanks to our Ben McDonald screening fund. Ben tragically lost his life at the finish line of the Cardiff Half Marathon in October 2018, caused by an undiagnosed heart condition, so we are on a mission to ensure that no other family has to endure what Ben’s family did.

“We urge everyone from the age of 16 to get their heart checked with us, as we know that early detection is key to effective treatment or could even save a life.”

Heart Screening sessions take place in a number of locations across Wales and south west England. To book, and for further information, visit calonhearts.org/screenings

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ASHMOLE & CO PARTNER CELEBRATES 30-YEAR WORK ANNIVERSARY

Ian Badham, one of Ashmole & Co's Partners in Haverfordwest, Tenby and Cardigan is celebrating a significant work anniversary this month having been employed by the accountancy firm for 30 years.

Ian started as an ACCA Trainee Accountant in Ashmole & Co's Haverfordwest office in 1995 after graduating with an Accountancy & Finance Degree from Bristol University. He became a Partner, based in the Cardigan office, 10 years later in 2005.

A lot of changes have taken place during Ian's time with Ashmole & Co. When he started there was only one computer with internet access in the whole office. It was a huge change to go from everything being paper-based to where we are now working in a digital office environment.

Ian, who lives in Penally near Tenby, said, "As a firm in west Wales employing over 100 staff it is very rewarding as a Partner with Ashmole & Co to be able to provide quality, professional jobs in the area for local people, in the same way as when I joined the firm all those years ago. Seeing staff progress in their career means a lot to me.

"Being a first point of contact as a trusted professional adviser to clients and their businesses is a key element of my role. We are here to help them during good times and also difficult times. The Covid pandemic was probably



the most challenging time over the past 30 years, as we were still working full time to help businesses claim support and to give advice. I certainly felt the pressure to find solutions to help local businesses survive, but equally it was very rewarding."

As well as managing a team in Haverfordwest, Ian is also one of the Partners in the Cardigan and Tenby offices. He is married to Claire and they have two sons. Most of Ian's spare time is taken up with family as his youngest son plays rugby for the Scarlets and Carmarthen Quins, so he travels all around Wales to support him. His eldest son has recently had a child so Ian is enjoying his grandad duties. He also makes the most of the great outdoors in Pembrokeshire as he enjoys playing golf and sea rowing and kayaking.

Ashmole & Co, Chartered, Certified Accountants, has been established for over 125 years this year. It is one of the largest accountancy and auditing practices in south Wales, operating from thirteen offices including Swansea, Ammanford and Llandeilo.

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READERS' SALES & WANTS

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

FOR SALE

- **Large plastic dog bed**, 34", Free to good home. Tel: 01550 779214 or 07837 868490.
- **Bosch 240 volt Fast Trim strimmer**, (in very good working order), £20. Tel: 07761 107055.
- **Bosch 240 volt Art 30 Combtrim**. Has wheels for trimming edges (this also in VG working order), £30. Tel: 07761 107055.
- **3ins x 3ins x 4ft long pressure treated posts** (18), £2 each. Tel: 07761 107055.
- **Field Gate posts** (LARCH) hanging posts £15 each, Receiving posts, £10 each. Tel: 07761 107055.
- **Garden Pulsating garden water sprinkler** on adjustable tripod, £15. Tel: 07761 107055.
- **Water pump** 240 volt 1ins STUART TURNER, £18. Tel: 07761 107055.
- **Chimney Cowl** (new in box) 10ins stainless steel, (cost £35), £20. Tel: 07761 107055.
- **FERN Router** (as new in box), £22. Tel: 07761 107055.
- **Square Mouthed builders shovel**, (hardly ever used), £8. Tel: 07761 107055.
- **Panasonic radio cassette and CD player**, £18. Tel: 07761 107055.
- **YAMAHA Electronic keyboard**, PSS 270, £20. Tel: 07761 107055.
- **TOM TOM GO 500 Sat Nav** complete with disc/manual in GW0, £15. Tel: 07761 107055.
- **Rowan trees** still available for planting/ potting up. Any offers or donation welcome. Phone: 01550 777149 / 07572 168275.
- **Kyak** 9ft. Gc. Complete with trolley and equipment to enable single person to load onto roofrack, £140. Tel: 07896 316132.
- **Childs High Chair**, £10. Tel: 07964 661406.
- **Laminate worktop** surplus to new kitchen. Calacatta Marble. Suitable small kitchen or utility room. Sections 148cm 129cm 94cm plus other pieces including backboard, sealing strip, £80 ono. Tel: 01550 779214 or 07837 868490.
- **Two Antique steel wheels**, 29.5 inch Diameter, £40 each. Mobile 07967 539887.

- **x2 Suitcases**, offers. Tel: 07964 661406.
- **Wardrobe sections**, offers. Tel: 07964 661406.
- **Lawnflite ride on mower** by MTD, 32" cut, in working order, bought as seen, £450. Tel: 01550 721085 or 07779 566095.
- **In car 12 volt cool box**, £10. Tel: 07858 150056.
- **Modern bucket style velour chair** with matching pouffe, £40 ono. Tel: 07508 047818.
- **Planters**, tub tractor tyres, 46 inch diameter, free to collect. Tel: 01558 650208.
- **Pine interior glazed french doors**, 78"H x 66"W, £55. Tel: 07444 539748.
- **Ford Kuga Titanium 2.0L Diesel**, white 2008, 4x4, MOT Dec 2025, non runner, requires diagnostic investigation (Suspected fuel issue), many new parts fitted including 3 new tyres, complete new clutch recently, too good to scrap, top of the range, great condition for year, £1000 ono. Tel: 07444 539748.
- **12v DC Diesel transfer pump** with pipes inc. delivery gun nozzle, fast flow rate 45L/min., speed 3600R, excellent working order, £65 ono. Tel: 07444 539748.
- **Vary rare antique (Chatwin) engineers bence vice**, quick release (swivel jaw 4.5" wide) 4.75" opening, VGC, suitable for pipe work, £200 ono. Tel: 07444 539748.
- **Large selection of ladies clothes**, all new and unworn, cheap for quick sale. Tel: 01554 788593 or 07487 445971.
- **Wooden blinds**, white for bay window, brand new, sent in error, x2 1.42m wide x 1.67m drop, x1 1.38m wide x 1.63m drop, x2 .69m wide x 1.63m drop, x2 .7m wide x 1.63m drop. Tel: 07855 767447.
- **Drumworld drum kit**, adult size, 4 drums, 2 cymbals & seat, £80 ono. Tel: 07881 707542 or 01267 290833.

WANTED

- **Detached or semi-detached house to rent** [must have a garden] in the 15 mile radius of Llandovery or Llandeilo. Contact Genevieve on g.caminade1857@gmail.com or by telephone: 07843 274728.
- **Collapsible garden table**. Tel: 07858 150056.

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

4 May 11.00am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

4 May 11.00am Holy Communion

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

ST. PAUL'S CHURCH, MANORDEILO

11 May 9.30am Holy Communion in Reading Room

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

ST. MICHAEL'S CHURCH, CILYCWYM

11 May 11.10am Morning Prayers

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

ST CYNWYL'S CHURCH, CAIO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Rev Rik Mayes 01558 685118.

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 May 11.00am Holy Communion

For further information, please call 01550 728 319 (Office Hours).

ST MICHAELS, MYDDFAI

4 May 11.30am Morning Prayer
10 May 10.00am – 2.00pm LMA

Conference @
Llandinat

11 May 11.30am Communion (B)
18 May 11.30am Morning Prayer
25 May 11.30am Communion (B)

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

LLANDINGAT, LLANDOVERY

4 May 9.30am Family Service
"Road to Damascus"

10 May 10.00am – 2.00pm Bro Dyfri
LMA Conference
Communion "My Sheep
Hear My Voice"

18 May 9.30am Morning Prayer
"Death Will Be No More"
25 May 9.30am Communion "The Crystal
Fountain"

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

ST SIMON AND ST JUDE, LLANDEUSANT

11 May 6.00pm Holy Eucharist

25 May 11.15am Morning Prayer

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

27fed o Ebrill 11yb Cymun ar y Cyd
Bro Dyfri – gyda Parch

Patrick Mansel Lewis
(Dydd Sadwrn)

Cynhedaeth Bro Dyfri @

Llandinat 10yb – Zyp
11yb Cymun

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

ST. MARY'S CHURCH, CYNGHORDY

10 May 10.00am – 2.00pm LMA
Conference @
Llandinat

11 May 2.30pm Family Service (B)

25 May 2.30pm Communion (B)

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

ST CADOG'S CHURCH, LLANGADOG

4 May 9.30am Holy Communion

11 May 9.30am Morning Prayer

18 May 9.30am Holy Communion

25 Apr 9.30am Morning Prayer

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

ST SAWYL, LLANSAWEL

6 Apr 11.00am Cymun Bendigaid

20 Apr 11.00am Cymun Bendigaid y Pasg

27 Apr 11.00am Combined Bilingual

Eucharist,
Llanfair-ar-y-bryn

4 May 11.00am Cymun Bendigaid

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

10 May 10.00am – 2.00pm LMA
Conference @
Llandinat

11 May 9.30am Morning Prayer

18 May 9.30am Communion

25 May 9.30am Communion

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

ALL SAINTS CHURCH, GWYNFE

6 Apr 11.15am Holy Communion

13 Apr 11.15am Morning Prayer

20 Apr 11.15am Easter Communion

27 Apr No Service

Easter is approaching, once again we will be decorating the Church with Lillies. If you would like your loved ones remembered, please let us know. For a donation towards the cost of the Lillies, their names will be read out in the Easter Sunday Service. Please let us know by phoning: June Howard 01550 740281 or Mary James 01550 740293. Thank you.

At Easter we will be collecting non-perishable goods, to take to the Food Banks in Llandovery and Llandeilo. Donations can be left at the Church.

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 Cwmdru)

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 MAESTEILO

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_loyd_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

EASTER

19 Apr NO MASS
20 Apr 8.00am Mass

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]

For further information or to contact Pastor Rob please visit
www.williamspantycelyn.co.uk

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

4 May 2.30pm Service followed by tea/coffee time.
14 May 5.30pm Pilgrim Service – prayer and meditation cancelled.
18 May No service.
31 May 2pm to 4pm Quiet Space – Reflection and Contemplation

Contacts – Churchwardens Andrew Tait 07846 310848 or Beryl Edwards 07428 833278.

"Lle Llonydd - A Quiet Space of Reflection and Contemplation".

These normally take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 4.00pm so Saturday, 31 May. Refreshments available. Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 07428 833278. Location SA32 7RP - What3Words - gain.agent.acids.

MINISTRY AREA CONFERENCE

On Saturday May the 10th, the local Anglican Churches have our Ministry Area Conference. The Bro Dyfri Ministry Area Council will begin at 10.00am with our Annual General Meeting (Easter Vestry). This is followed at 11.00am with worship.

Our first speaker will be the Rev Jeff Thomas (Llangadog, Llandeusant and Gwynfe) and our second speaker will be the Venerable Mones Farah, St David's Archdeacon Missioner. This is our 3rd Annual Conference and we welcome all Bro Dyfri church members to join us for a time of encouragement and inspiration. Visitors will be welcome to join us from 11.00am for worship and listen to the talks. For more information, contact Rev Paul Pritchard at the Llandovery vicarage – 01550 938534.

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)

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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)

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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)

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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. 05/25(12)

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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one off to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 03/25(12)

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10/25(6)

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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)

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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)

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SPORTS FACILITIES

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

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The Post

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Noticeboard

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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

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

Llandoilo: 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.

Towry Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

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 15/12/24 – 17/05/25) Not all stops shown

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	04.50	05.16	08.56	12.51	17.48	04.51	08.59	12.53	17.48		11.10	15.26			
Gowerton	D		05.28	09.08	13.03	18.00	05.03	09.11	13.05	18.00		11.22	15.38			
Llanelli	D	05.13	05.38	09.19	13.16	18.10	05.13	09.22	13.17	18.10		11.33	15.49			
Ffairfach	D	05.48x	06.13x	09.54x	13.51x	18.46x	05.48x	09.57x	13.55x	18.46x		12.08x	16.23x			
Llandoilo	D	05.54	06.19	10.00	13.57	18.51	05.54	10.03	14.01	18.51		12.14	16.29			
Llangadog	D	06.04	06.29	10.09	14.06	19.01	06.04	10.12	14.10	19.01		12.23	16.39			
Llanwrda	D	06.07	06.32	10.13	14.10	19.04	06.07	10.16	14.14	19.04		12.27	16.42			
Llandovery	D	06.16	06.40A	10.22	14.19	19.13	06.16	10.25	14.23	19.13		12.36	16.51			
Cynghordy	D	06.24	10.29x	14.26x	19.22x		06.24x	10.32x	14.30x	19.22x		12.45x	16.59x			
Llanwrtyd	D	06.42	10.47	14.44	19.39		06.42	10.50	14.48	19.39		13.01	17.16			
Llandrindod	D	06.55	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	17.05	21.59		15.14	19.35			
Shrewsbury	D	04.20	05.25	10.02	13.54	18.35	05.28	10.06	13.55	18.35		12.04	16.20			
Llandrindod	D	05.46A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27		13.59	18.05			
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58		14.30	18.36			
Cynghordy	D		08.14x	12.19x	16.18x	21.11x	08.14x	12.26x	16.21x	21.11x		14.43x	18.49x			
Llandovery	D	06.44	08.26	12.32	16.31	21.23	08.26	12.39	16.34	21.23		14.55	19.02			
Llanwrda	D	06.50x	08.32x	12.37x	16.36x	21.29x	08.32x	12.44x	16.39x	21.29x		15.01x	19.07x			
Llangadog	D	06.54x	08.36x	12.41x	16.40x	21.33x	08.36x	12.48x	16.43x	21.33x		15.05x	19.11x			
Llandoilo	D	07.05	08.48	12.54	16.53	21.45	08.48	13.00	16.56	21.45		15.17	19.23			
Ffairfach	D	07.08	08.50	12.56	16.55	21.47	08.50	13.03	16.58	21.47		15.19	19.26			
Llanelli	D	07.46	09.31	13.38	17.37	22.35	09.34	13.41	17.38	22.35		15.57	20.05			
Swansea	A	08.09	09.54	14.01	18.01	22.58	09.57	14.04	18.01	22.58		16.19	20.29			

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandoilo, 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
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	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	—	—	—
Llandoilo, 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
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.