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LLANDOVERY SHEEP FESTIVAL WILL BE WONDERFULLY WOOLLY THIS MONTH



Llandovery Sheep Festival will be going baaaa-ck to its wonderfully woolly roots later this month when the emphasis will be on the different varieties of sheep breeds, wool crafts and wool demonstrations.

The weekend-long festival, taking place on 20 & 21 September 2025 in Llandovery town centre, will highlight the wool industry and local sheep farming. It will also be a celebration of rural arts and crafts, local food and drink producers and live entertainment and performers.

Rachel Everett, Chairman of the Festival, said, "The Llandovery Sheep Festival is 15 years old this year and has gone from strength to strength since its inception. It is an event that's been wholeheartedly embraced by the people of Llandovery and its success is very much a reflection of that. Events such as this are important to the rural community, not only in terms of bringing people together, but also in terms of showcasing the best

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of local produce, goods and services. Thanks to the help of Lisa Denison, a local small holder, we will have lots more sheep at this September's event in the expanded sheep marquee. It will be a vibrant hub of woolly wonder packed with fibre craft stalls, live demonstrations and, of course, a variety of sheep breeds."

The Festival has been fortunate this year to have the support of the exceptionally talented illustrator and artist, Jack Skivens, who has recently moved to Llandovery with his family. Jack has generously used his skills to create brand new logos and imagery for the Festival. Jack will also create a brand new illustrated map for the Festival which will highlight the charm, history and hidden gems of our wonderful town.

Children will have their very own marquee at this month's event for the first time. There will be storytelling, crafts and entertainment especially for younger visitors.

Llandovery Sheep Festival Village Show will return again this September. Locals are being asked to showcase their talents if they make their own jam, grow their own vegetables, bake, paint, craft or keep bees. The Village Show is held on Sunday, 21 September in the Castle Hotel and entries must be handed in on the day by 10.00am.

The town's Market Square and Castle carpark will be a kaleidoscope of colour during the event with exhibitors selling their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandovery will also be packed with hot food on-the-go, entertainment and live music including a new collaboration this year between local pubs and the Festival. The Llandovery & District Model Railway Club will be back in the Castle Garage Showroom with their magical model railways.

Returning for this year's Festival will be a programme of talks on the Saturday in the Castle Hotel, including the Climate Forum discussing the future of energy from 11.00am. Sheikh Ahmed will then take us on a captivating journey through one of Wales most powerful and mysterious legends – the Physicians of Myddfai from 2.00pm and from 3.30pm. Nigel McCall, award-winning local photographer, is going to give a talk about his photography and his book 'Aberglasney Gardens – a calendar year'.

To keep up to date with everything happening at this month's Llandovery Sheep Festival visit the website: www.llandoverysheepfestival.com and follow on Facebook and Instagram.

The Festival is supported by the Arts Council of Wales, Tŷ Cerdd, the National Lottery and Welsh Government.

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We're in! After several weeks of cleaning, painting and a hint of woodworking, our lovely Llandeilo Eco hub is now open. Many of you have passed while I have been at work and lots of you have stopped to chat which has been so lovely. I am not sure

at any point I have been in anything other than my work dungarees, brandishing a drill or halfway up a ladder, so I appreciate your understanding when I had to continue with work whilst chatting!

Sustainability is important to our work so that has been at the forefront while decorating the hub. We especially wanted to show what can be done with donated, pre-loved and upcycled items, while also making the most out of a relatively small space by creating items that are movable and multi-functional. It has taken a lot longer than just going out and buying new but by doing so, we have created a unique and welcoming space to work and chat about climate and the community. Huge thanks to businesses and individuals who have donated goods to help us achieve this.

Sustainable transport and E-bike hire remains our main focus, and we are still working hard to fulfil this element of the project. It is exciting to see progress on the Tywi Valley path and we eagerly await the final section to Llandeilo being open. We have been donated a fabulous bike that while not electric, is a step or wheel should I say, in the right direction! This will be available for

loan through Pethau Pawb, along with bike maintenance equipment such as bike stands and multi-tools. You will also be welcome to use space at the hub to work on your bike if room is an issue at home.

We will have an A frame outside to let you know what is happening in the hub as well as more regular posts on social media so be sure to pop down or follow Bwrlwm Beics to keep updated.

Improvements to the outside area will be ongoing and we already have some pre-loved chairs waiting to be turned into outside benches. So, you may well pass and find me back in my work dungarees brandishing the drill yet again. Or with luck, sat on said bench if I have stopped chatting long enough to build it!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699.

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



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A LISTENING SPACE FOR PARENTS



The work of parenting is both amazing and incredibly hard, and sometimes we struggle and feel like we're on our own. We are asked to dig deep, figure things out, be the very best we can day after day, often with very little support.

Parents share a range of struggles with me, such as managing online technology

and gaming, knowing how to say no, staying close to their teenagers, finding time to be there for their child in an over-busy life, and bedtime troubles.

Also many children face school pressures of one sort or another, learning struggles, doing homework, peer group social issues, not getting on with teachers or with not following the school rules, and all of that can impact on life at home.

There is an abundance of parenting advice available, making it easy to become overwhelmed and confused.

Things I've learnt along the way:

- Listen to your child and yourself
- Find ways to be playful
- When times are difficult, let them know you care
- There is no right way; there is only you and your child's way
- Believe in yourself and trust your natural parenting intuition

I find that children benefit when their parents have a safe place to share, and someone really listens. No one can know your child like you do; you are the expert on you, your relationship with your child/children, and you know your family and your circumstances better than anyone.

I'm here to listen and understand. I believe that you can figure this out if you're understood and supported well. It's like the clouds clearing, and then you can find the sun in your life again.

You can drop in for a one-off session as and when needed or commit to regular parenting support. We can work on the phone, on Zoom or in person from my home in Cilgwyn.

My work is informed by in-depth studies with Hand in Hand Parenting, the Neufeld Institute, Dr Gabor Mate, and the Person-Centred Approach to life and relationships.

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Our Centenary year continues with fun and enthusiasm. In July we welcomed Jane Evans as our speaker on Wet Felting. Jane's work is extraordinary, creating wonderful pictures, scarves & animals from Wool, Dyes, Water and Bubble wrap! Not to mention considerable artistic flair!!

Some of our members have enjoyed passing on their new found skill with the grand children over the summer holidays too. Well done to our members who took part in the Annual Federation Show we were very proud of your entries on the theme The Wizard of Oz.

Although August is our holiday month with no formal meeting we have met in recent years for a garden party at the lovely home of our treasurer Sarah. This year we donned our finest attire sat back amongst the bunting and listened to two guest harpists Gwenda and Sian play a number of Welsh ballads. It was the perfect afternoon, Fine bone china cups, excellent food and great friends. Our thanks to Sarah once again for hosting us and to all who contributed. September beckons – our meeting will be at the Hall on Thursday 4th at 7.00pm. We also have an outing to Swansea Grand Theatre on Thursday evening 11th September for the Roy Orbison experience.

Names and info to Karen on 07908 193658. All Welcome

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LLANWRDA CRICKET CLUB

With two matches to go, Llanwrda 1st XI are still leading Division 5. The team had an easy win against Llandarcy when they were skittled out for only 51 – Garan Willimas and Steffan Roberts shared all 10 wickets.

It was a similar result against Gowerton. Adrian Davies took 5 for 26 as the visitors were dismissed for 103. Jon Lodge (22) and Steffan Roberts (27 no) steered Llanwrda to victory by 6 wickets.

It was an astonishing match at St Helen's against Swansea Civil Service. The home team piled on the runs and set Llanwrda 319 to win. After losing early wickets, Llanwrda decided to aim for maximum batting points and this was achieved with a 156 unbroken partnership between Adrian Davies (114 no) and Owen Davies (53 no). This was one of the last ever cricket fixtures at this historic ground.

Llanwrda needed the tail to force a 2 wicket win against Kidwelly. Josh Thomas took 4 for 32 as Kidwelly reached 163 in their 40 overs. Llanwrda looked set for victory after contributions from Sion Nicholas (40) and Owen Davies (54) but it took three fours from Crychan Protheroe and a six from Carwyn Jones to seal the win with only 3 balls remaining.

Our Annual Dinner will be held on 12 September. Please get in touch if you would like to attend.

Please contact Gwynn Davies for information about the juniors on 07956 147464.

We are always on the lookout for new adult players for 2026 – 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.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

16/07/25	56	No winner
23/07/25	22	Nigel Clarke
30/07/25	38	Carwyn Jones
06/08/25	35	No winner
13/07/25	54	No winner

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

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Everyone at PadmaSamBhava hopes you are well and have enjoyed the wonderful sunny weather – and not found it too hot – and that you've enjoyed a break from usual routines. At the Centre thoughts are turning to the new September term and the return of classes. Autumn, a time of change and transition, may be the perfect time to return to Yoga or try out yoga classes. The benefits of yoga resonate beyond the class and physical practices, bringing a calmer mind and body into daily life.

The Autumn term at PadmaSamBhava begins on Tuesday 16th September for some classes and Monday 22nd September for others. The term brings the usual good range of classes as well as a new Beginners. The new Beginners introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course provides tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality. This systematic course is designed for both Beginners and those returning to yoga. Each week builds upon the previous practices.

The Gentle yoga class, now on Thursdays, invites students to 'come as they are' and work within any physical limitation and learn at one's own pace. The Centre also has a Seated Yoga class, for those unable to get up and down off the floor.

Classes at PadmaSamBhava include a blend of classic postures, breathing techniques and deep relaxation of Yoga Nidra. Yoga introduces a greater awareness of the breath and its importance to our good health. Bringing awareness into breathing opens the pathway into using the breath to bring about relaxation and balance and enhance energy – all adding to a sense of wellbeing and better health. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind. Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life.

The Autumn brochure is soon available with details for all the classes. Please call the Centre on 01558 823842 for more information – they will be pleased to advise and help or email: mail@padma.org.uk to register interest for the September term and to find out more about yoga and their classes.



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LLANDOVERY SHEEP FESTIVAL

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08/25(1)



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EPYNT 85 COMES TO THE HERITAGE CENTRE

Llanwrtyd & District Heritage and Arts Centre are delighted to announce that they will be hosting this unique exhibition on Sunday 14th September.

With previously unseen photographs and personal, detailed accounts from those involved, this exhibition provides the opportunity for people to learn about this unprecedented clearance of the Epynt and how it affected the people who lived there and changed the area for ever.

In addition to the exhibition there will be live performances, in both Welsh and English, including the Drama Iorwerth Play.

The exhibition opens at 10.00am with the Welsh performance at 11.00am and the performance in English at 2.00pm.

Refreshments will be available and entry is free.

This will be an informative and moving experience for all attendees and we look forward to seeing you on the 14th.

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£15	Beryl Morgan, Llandovery	96
£10	Lowry Lewis, Rhandirmwyn	143
£10	Amy Hardwick, Halfway	68
£5	Ann Pen, Rhandirmwyn	181
House Prize: Justin Davies, Maesneuadd		173

 Next draw: 9th September 2025 at
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1025(12)

LLANDOVERY CROQUET CLUB



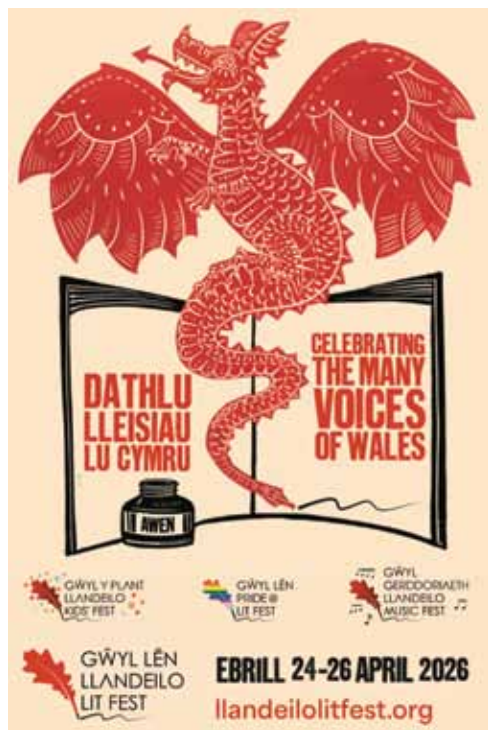
Our annual handicap competition was held last month on a lovely warm summer's day and was won by John Evans. Twelve club members enjoyed a day of competitive croquet as well as some delicious blackberry and yoghurt cake for tea, supplied by Keith Malkin.

Also in August we had visits from Cardigan Croquet Club, as well as W.I. members from Salem and Pumsaint. In September Llansawel W.I. will be visiting us again. Group visits are always much enjoyed by the participants, many of whom will be discovering the joys of croquet for the first time.

We have a busy programme in September, with matches arranged against Aberystwyth (away), Llanidloes (home) and Mumbles (home). Our season will end on 27th September with our annual club championship.

If you wish to learn more about Llandovery Croquet Club or would like to arrange a group visit please contact our secretary John on 07435 786762 or email john.evans@zen.co.uk

LLANDEILO LITERATURE FESTIVAL TO CELEBRATE 10TH ANNIVERSARY – SAVE THE DATE



Llandeilo is already preparing for a very special milestone in 2026 – the 10th anniversary of the much-loved and ever-growing Llandeilo Literature Festival. This landmark event will take place over the weekend of 24th–25th April 2026, promising a vibrant celebration of storytelling in all its forms.

From the written word to drama, art, and music, the festival will once again showcase creative expression in its many voices. The popular Children's Festival will return, alongside the outreach schools workshop day, continuing the festival's commitment to inspiring young minds and engaging with the wider community.

In the lead-up to the event, the Festival's Annual General Meeting will be held on Tuesday 9th September at 7:00 PM, upstairs at Hengwrt, Carmarthen Street, Llandeilo. All are warmly invited to attend and learn more about what's in store.

Join us as we celebrate a decade of literary magic in Llandeilo.

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LLANDOVERY FARMERS MARKET AWARD NEW INDUSTRY STANDARD



The Farm Retail Association has recognised Llandovery Farmers Market as Wales' first member to be accredited as a 'Real Farmers Market'. The Real Farmers Market Accreditation scheme was launched in January this year.

This new industry standard brings consistency and clarity to what it means to be a real Farmers Market. Market manager Raoul Bhambral explains,

"It means you can talk to the actual person who actually made the cheese, raised the livestock and grew the veg. It means they've done all that and now they are selling it to you in person. It really helps you understand more about your food. This is a fantastic tribute for the market and its traders and our role in promoting real local food.

This is what shopping should really be like. This is more than food, this is a real food story. It's fresh, it's local, it's sustainable. It tastes great too!"

Llandovery Farmers Market showcases a wide range of quality Welsh-made food and drink. This ranges from pasture-fed meat like beef, lamb, pork and mutton to fresh greens and vegetables, honey and sheep and goat's cheese. From beers, ciders, spirits and liqueurs to jams, chutneys, marmalades and gluten-free cakes. From mushrooms to mushroom tinctures.



It also has fresh cut flowers and pollinator-friendly plants. The street food stalls use local ingredients wherever possible.

Raoul Bhambral invites all to see,

"Come and find out for yourself! Our next market is on Saturday 6 September and we would love to see you there. Just bring your wallets and a shopping bag. A big one."

Llandovery Farmers Market met the scheme's requirements with flying colours. Three of the key principles are:

Championing the farmers – customers can buy directly from the farmers, growers and producers who grew, raised or made the products on sale and are selling it themselves

Proud of our provenance – customers can get advice and information about the product including how it was produced from field to fork

Prioritising local – stallholders are recruited from as close to the market as possible

The next market is on Saturday 6 July on Llandovery's Market Square.

The More Than Food campaign is about connecting people with their local suppliers and about the benefits of shopping at farmers markets and farm shops. The campaign ambassador is FRA patron Hugh Fearnley-Whittingstall. Find out more at <https://farmretail.co.uk/more-than-food/>

All Saints Church, Gwynfe **HARVEST SERVICE**

Sunday 21st Sept. 2025 at 6.00pm

Visiting Clergy: Rev. Delyth Richards

Harvest Supper in Community Hall afterwards

Tickets £5.00 from Church Members

We will be collecting non-perishable goods to donate to the food banks, any donation can be left at the church. Thank you.

On Thursday 25th Sept. at 7.00pm, there will be a Public Meeting in the Community Hall, to discuss the future of the Church, please make an effort to attend. Thank you.

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(09/25(3))



03/26(12)



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Dinner @ Llwynywermod

Saturday 27th September 2025
Arrival from 5pm, seated by 6.30pm

Evening Includes:

Buffet by Strawberry Shortcake
Guest speaker
Local classical musicians
Gin bar
Fundraising auction
Complimentary welcome drink

Dress Code - Black tie
Tickets: £80

All proceeds to Llandovery Pylon
Community Action Group

For tickets, please contact:

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Afternoon Tea @ Llwynywermod

2pm - 5pm, Sunday 28th September 2025



Enjoy an afternoon stroll
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and meadow, followed by
Afternoon Tea by Helen
Thomas.

Fundraising Raffle

Entry by pre-purchased ticket only:

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All proceeds to Llandovery Pylon Community Action Group

For tickets, please contact:

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MYDDFAI NEWS

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



Don't forget Myddfai Farmers Market is on the last Sunday of each month 12.00 noon to 3.00pm the August one is 31st and the September one is on 28th, we have a wide selection of food and craft stalls attending, please come along and support a local business. On Saturday September 6th it's Myddfai annual Show. Entries in by 11.30am, doors open to public at 2.00pm. Thursday 18th September we have a Flower arranging workshop 1.30pm – 3.30pm, contact us for bookings. On Friday 19th Justine has a Willow Weaving all day workshop. Friday 26th is our monthly pop-up pub evening. The regular classes in the hall are Yoga with Ginny on Tuesday mornings 10.00 – 11.30am, Craft class Wednesdays 1.30 – 3.30pm; Pilates, with Sonia is every Thursday morning

from 9.30 – 10.30am. Fridays we have a mixed media art class with Lynn, 1.30pm – 3.30pm, everyone welcome.

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

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

Why not choose Myddfai Hall for your wedding? With our wedding licence we can do the whole package. The hall makes a great venue for any party, concert, conference, exercise or activity class. It is fully equipped with staging, lighting and sound system and a catering standard kitchen, with crockery, cutlery and glasses for over 130 place settings.

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



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12/25(12)



LLANDOVERY SHEEP FESTIVAL & LLANDOVERY COMMUNITY CINEMA PRESENT: “NOTES FROM SHEEPLAND”



A Special Screening in Celebration of All Things Woolly!

Llandovery Sheep Festival and Llandovery Community Cinema are delighted to announce the next film in its 2025 environmental series, with a special screening of *Notes from Sheepland* on **Saturday 13th September** at the **Rhys Prichard Memorial Hall**.

This heartwarming and thought-provoking documentary follows the lipstick, always swearing, no nonsense, artist and shepherd, Orla Barry. Through her fields in rural Ireland, her digital diaries, and the pedigree sheep she cares for, we discover how the art is in the doing.

Film Ireland calls *Notes from Sheepland* “one of the most mesmerising pieces of film I have seen in some time... completely spellbinding”.

Yet, while the film invites audiences on a journey through the pastoral beauty of sheep farming and its ties to sustainable living, it does not shy away from the harsh

realities of the industry and the financial hardships faced by farmers all over the UK.

Evening Schedule:

- 5:30 PM – Doors Open
- 6:00 PM – Shared Community Meal - bring a plate and drinks to share.
- 7:00 PM – Screening of *Notes from Sheepland*, followed by a special post-film discussion with local experts in the field (pun intended)

The event promises an engaging and communal evening, bringing together film, food, and conversation in celebration of our rural heritage and environmental consciousness.

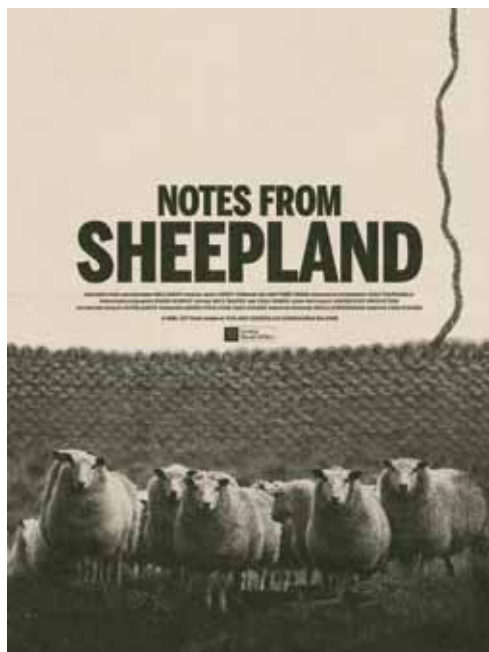
That's why we have partnered with the much-loved **Llandovery Sheep Festival**, to kick off a sheep-themed September. **www.llandoverysheepfestival.com**

This screening of *Notes from Sheepland* is made possible with support from the National Lottery Community Fund / Awards for All.

The screening also forms part of a year-long initiative funded by Ffilm Cymru, enabling Llandovery Community Cinema to showcase environmentally themed films and Welsh language films throughout 2025. *Notes from Sheepland* continues the cinema's mission to spark dialogue and connection around local and global ecological issues.

Join us for an evening of blending culture, sustainability and community spirit all under one roof.

Tickets are just £5 and can be purchased on the door (subject to availability), in person at the LYCC (Market Square, Llandovery) or online via the link below: **www.bit.ly/notesfromsheepland**



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08/25(12)



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10/25(6)

RECORD TURNOUT FOR PHOTO SOCIETY EXHIBITION

Dinefwr Photographic Society once again held its summer exhibition in The Hen Farchnad Llandeilo, courtesy of Carmarthenshire County Council. In its third year at this venue the exhibition ran for two weeks until 2nd August. For the second year it shared the space with the Towy Valley Arts Trail. Over 800 people visited the exhibition, a record for the society, with visitors coming from all over the UK and Europe as well as Sydney, Australia and Alberta, Canada! The exhibition marked the end of this season's programme of activities and a well-earned summer break for members.



2nd Paul Williams Awen y Coed



3rd Barry Thomas Mortimer & Whitehouse

Visitors to the exhibition were asked to vote for their favourite image, not easy according to many! The winning photographer, capturing the image with the highest number of votes, is awarded the Hugh Gillings Commemorative Trophy, which commemorates the society's founder. This year's winner is John Burton with an image of Castell Carreg Cennen.

The new season starts back on Thursday 11th September, welcoming old and new members alike. With a programme already planned that kicks off with guest speaker, Gareth Martin who is a member of the executive team at the Welsh Photographic Federation and one of their competition judges. Gareth will be talking about his favourite prints. Following this there is a full programme of talks, challenges, practical evenings and field trips.

If you are interested in coming along, and visitors are always welcome, there is no charge and no obligation to join. The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. For further information please contact Simon on 07773 943536 or Dorian on 07492 741919.



On Saturday 6th September, with the help of Lampeter Quakers, a group of us will be entertaining some 30 refugee families and individuals from Swansea and elsewhere with a fund day out in Llangadog.

Any helpers will be most welcome. We particularly need one or more people to help put out the food, organise the washing up etc. and others to welcome the visitors and help with the children. Offers of cakes and vegetarian food would also be greatly appreciated. If you could help in any of these ways please contact:

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09/25(1)

CHARITY PLANT SALE

Charity Plant Sale at T'yr Maes Ffarmers SA19 8DP (what 3 words eminent notch dunk) from 1.00pm on Sunday 28 September. Loads of unusual plants for sale and plenty more that can be ordered online. For a full list and directions please email johnhelen140@gmail.com or phone 01558 650541. Free entry, refreshments provided. All proceeds to National Garden Scheme charities.

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09/25(2)

CADOG FILM CLUB

The Cadog Film Club starts a new season on Saturday 4 October. We have two film nights every month, the first Saturday and third Friday of the month, at the Llangadog Community Hall. Entrance fee is £5.00 for members, £6.00 for non-members. Annual membership is £5.00.

Saturday night films

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

4 October – Mr Burton (2025)

UK Biography/Drama 2hr 4min. Certificate 12A. Cast includes Toby Jones, Harry Lawtey, Lesley Manville. Directed by Marc Evans.

This is the story of how Richard Jenkins, the son of a Welsh miner, became the film star Richard Burton. It is also the story of Philip Burton, young Richard's teacher, mentor and surrogate father, from whom Richard Jenkins takes his surname.

1 November – September 5

(2024) USA Historical Drama 1hr 34min. Certificate 15. Cast includes Peter Sarsgaard, John Magaro. Directed by Tim Fehlbaum.

The true story of the hostage crisis at the 1972 Munich Olympics is brought to life from the point of view of the American TV crew, who are having to react to an ever-changing situation that they couldn't have anticipated, while coping with the limited technology of the time. The tension never drops during this powerful film.

6 December – The Ballad of Wallis Island

(2025) UK Comedy 1hr 39min. Certificate 12A. Cast includes Tom Basden, Tim Key, Carey Mulligan. Directed by James Griffiths.

An eccentric lottery winner living alone on a remote island fulfils his dream of getting his favourite musical duo back together in this thoughtful and very funny drama.

3 January – A Complete Unknown

(2024) USA Biography/Drama 2hr 21min. Certificate 15. Cast includes Timothée Chalamet, Edward Norton, Elle Fanning. Directed by James Mangold.

A biopic of Bob Dylan at the beginning of his career with his arrival in New York in the early 1960s. This film is as much an insight into societal change as it is of Dylan's artistic journey, re-creating the time period through costumes, settings and mood, and of course the music.

THANK YOU

Maureen Jones and Family would like to thank I C and S M Funeral Directors for the thoughtful caring and dignified service they provided for my husband Graham and father Michael Johnson.

Also thank you to Huw Bates of Seren Celebrants for conducting and helping to arrange the order of services.

Friday night films

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

17 October – When Autumn Falls

(2024) France Drama 1hr 44min. Certificate 12 Cast includes Hélène Vincent, Josiane Balasko. Directed by François Ozon.

Michelle's peaceful retirement in a Burgundy village is shattered when she makes a mistake foraging for mushrooms. Or is it entirely a mistake? Family secrets surface in this nuanced and gripping drama. (In French with English subtitles)

21 November – A Real Pain

(2024) USA Drama 1hr 29min Certificate 15. Cast includes Kieran Culkin, Jesse Eisenberg. Directed by Jesse Eisenberg.

Two mismatched cousins set out on a Jewish heritage tour of Poland, at the behest of their late grandmother, a Holocaust survivor. The trip is beset with complex emotional responses to their own family history as well as Jewish history. The film manages to treat the painful subject matter with a light and often humorous touch.

19 December – The Crime Is Mine

(2023) France Comedy 1hr 42min. Certificate 15. Cast includes Nadia Tereszkiewicz, Rebecca Marder, Isabelle Huppert. Directed by François Ozon.

Light and sweet, but with hints of something darker, this French farce set in the 1930s is an irresistible delight featuring a deliciously over-the-top cameo from Isabelle Huppert. (In French with English subtitles)

16 January – Vermiglio

(2024) Italy Period Drama 1hr 59min Certificate 15. Cast includes Tommies Ragno, 16 Roberta Rovelli, Martina Scrinzi. Directed by Maura Delpero.

Set in a remote Alpine village towards the end of WWII, 'Vermiglio' is a portrait of a large Italian family who must deal with the consequences of the eldest daughter's romance with a Sicilian army deserter. A quietly devastating film, beautifully evoking a way of life now long gone, and a time when opportunities, particularly for women, were very limited. (In Italian with English subtitles).

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

(09/25/3)



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08/25(3)

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

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ON QUALIFICATION**

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Please contact Nia on 01550 720495

08/25(3)

IT'S A BUMPER ORCHARD YEAR IN DYFFRYN TYWI!



Once renowned for its orchards the Tywi Valley is experiencing a revival in orcharding, and 2025 is heading to be a record breaking harvest of apples, pears, plums and damsons.

Paul Davis, of Dolau Hirion in Capel Isaac is a plant hunter.....not in far flung parts of the world, but right here in the Tywi Valley. He has spent the last 30 or so years hunting out local and distinctive varieties of apples, and propagating and selling them throughout the locality and beyond. Paul is now retired (he likes to keep his hand in of course!), but varieties like Pig yr Wydd (Llanwrda), and Marged Nicolas (Dinefwr area) are just two varieties that have been registered in the National Fruit Register as from this area. Paul has probably sold thousands of trees in and around the Tywi Valley and many are now reaching maturity and are producing heavy crops. There are also many that are probably not being managed to their full potential!

More and more communities up and down the valley have been celebrating apples and orchards in recent years with apple days and other orchard related events and activities. There's an upsurge in fruit tree owners seeking out and re-learning the once common but now largely forgotten skills and crafts of orchard management.

Dinefwr Orcharders, a voluntary community group based in Llandeilo, has been quietly working with various orchard and fruit tree owners in and around the Tywi Valley for 10 years, alongside looking after the National Trust heritage tree orchard at Dinefwr Park. They are

now equipped with excellent processing facilities to deal with the increasing harvest of fruit from around the valley and turn it into delicious apple juice and cider. The Orcharders have started accepting donations of surplus apples and pears too and may even be able to offer a collection service – if enough volunteers are available!

This year, working with other community groups and organisations, a wide range of events are being presented as a.....

TYWI VALLEY FESTIVAL OF ORCHARDS

..... kicking off with the ever popular Cwmdru Apple Day on 27th September and running right through to National Apple Day on 21st October.

If you've ever wanted to find out more about starting and caring for an orchard (defined as five or more fruit trees in the same 'enclosure'), or what to do with your apples and pears, then why not come along to one or more of the family friendly community events planned this autumn:

- **Saturday 27th September – The annual Apple and Cider Day** at Cwmdru from lunch time until 5 pm (ish). A celebration of apples and cider in the pub streamside garden at the community run Cwmdru Inn. Bring your apples for possible identification or have a go at pressing and juicing. Seek out expert advice on the management of fruit trees and taste some of the wide range of ciders on sale. A fun afternoon out for all the family.
- **Saturday 4th October – Apple Day** at Ysgol Bro Dinefwr, 10 am until 2 pm. Bring your apples for pressing and bring your own bottles to take your fresh juice home with you. The school garden known as 'Natur' will be open and there will be an opportunity to view developments for this vital outdoor classroom for our students.



- **Sunday 5th October – Harvest Day** at Aberglasney Gardens with apple pressing, folk dancing, music, workshops and storytelling – hopefully in a new Tipi.
- **Saturday 11th October – Orchard Day** with Dinefwr Orcharders at the Dinefwr Heritage Orchard on the National Trust Dinefwr Park Estate. 11 am to 4 pm. Take an orchard tour to view the over 100 varieties of heritage fruit trees. Collect a bag of apples from the orchard and have a go at pressing them right there in the orchard and taste the freshly pressed juice. Bring your own apples for pressing or identification and seek out expert advice. Taste and buy some of the range of pasteurised apple juice and ciders produced from the orchard.
- **Saturday 18th October – Llandovery Community Apple Day** 10 am to 4 pm. Join us at the Llandovery Youth and Community Centre. Bring along your apples and make fresh juice on the day using our scrapper and press. Bring suitable containers so that you can take your juice home – it freezes beautifully, giving you a taste of autumn all winter long. There will also be a seed and plant swap. Whether you're an apple enthusiast, a gardener, or just looking for a friendly community event, we look forward to seeing you
- **Saturday 18th October – Apple Day** at the National Botanic Gardens of Wales. Apple experts will be on hand to try and identify your apples and there will be a display of the many and varied apples growing throughout the area.

- **Tuesday 21st October – It's National Apple Day!** A special celebration initially launched by Common Ground, a cultural charity, to celebrate and promote the diversity of apples and orchards.

If you've a surplus of apples this year, have you considered making cider? Join the valley wide Cider Club and learn the dark arts of cider making, in a very sociable manner. Or let Dinefwr Orcharders make cider for you in their Apple Shed – a treat to look forward to in 6 to 9 months' time.

If you'd like to volunteer, or find out more about anything mentioned here please contact Philip James of Dinefwr Orcharders on 07968 116325

05/26(12)



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02/26(6)

LLANDOVERY ROTARY CLUB



Our new Top Table in deep thought. It does happen!

September. The month when the children go back to school. Or they start School. Or they have recently left and gone out into the big wide world to pursue a career, or further education. The month when some mums, and dads, are glad or relieved that the holidays are over. Some though love having their offspring at home for 6 weeks or so. Another school year starts and each child goes up a year. A step up in the cycle of life. Another step towards adulthood when you make your own choices. You choose your own route in life, choose your own destiny. So many choices. Choose wisely.

Once, Rotary was for business people only. And officially only one of each occupation was allowed. Of course there were ways around these 'rules'. If a club already had a 'Banker' as a member, a second banker would be a 'Finance Advisor' and a third would be an 'Administrator'. Creativity was the name of the game as it so often is. Ladies were only 'allowed' to become Rotarians in 1989 as the Council on Legislation voted to admit women into Rotary. The vote followed decades long efforts of men and women from all over the Rotary world to allow the admission of women into Rotary clubs. Now, the Rotary webpage states "Rotary celebrates and welcomes the contributions of people of all backgrounds regardless of their age, ethnicity, race, colour, abilities, religion, socioeconomic status, culture, sex, sexual orientation and gender identity". So there. You're all welcome to join us!

School leavers, young people and ladies, you are all especially welcome to join us.

We have bought 8,000 Crocus corms (bulbs) to support the Rotary 'Purple4Polio' & 'End Polio Now.'

If any organisation would like a few hundred to plant then please contact me (Derek).



We are donating 8,000 Croci bulbs to the community (Crocuses) for local organisations to plant wherever they like (with the landowner's permission).

Any organisation i.e. schools, nurseries, Youth Clubs, Young Farmers Clubs, Town Council, Brownies, sports clubs etc etc etc..

Plant them anywhere (with the landowner's permission).

They are free courtesy of Llandoverly Rotary Club.

They are not for resale and if there are any over we will just give them to anyone who will promise to plant them.

So far we already have 19 organisations who have requested them.

Let's turn Llandoverly purple.

We had the pleasure of a visit by our new District Governor, Ian Hughes, who joined us at a recent meeting. Ian was very complimentary about our club and our involvement in the community. I am indebted to Rosie for her minutes and notes from Ian's address taken at the meeting:

District Governor Ian

- It is great to be here, thank you for having me.
- Congratulations to Gareth (although not present), what clear leadership succession this club has.
- Well done to Rosie for creating a poster to show the wonderful activities that your club has been part of. It could be worth considering making posters to raise awareness for any club projects.
- It is great to see that your club utilises social media to share projects and initiatives that you are doing as a club
- Rotary is evolving, the world is changing, and life is busier. Rotary is no longer a one size fits all organisation. Rotary International is embracing the change and finding new, more accessible ways for people to get involved, including enabling individuals' direct membership without being involved with a particular club.
- As a club, it may be worth considering project focused impact groups and corporate membership extends opportunities for other people in the community to get involved even if they are unable to commit their time to attend your meetings.



Our District Governor Ian graced us with a visit this month. Unfortunately President Gareth was unable to be there so Vice President Tim stood in.

- As a club, Llandoverly Rotary Club support so many events within the community and is very successful at fundraising. You should get the recognition by receiving the Excellence Award. By putting 14 goals into My Rotary and completing these by the end of the year would enable Llandoverly Rotary Club to win an Excellence Award.
- Advised of the Rotary International 8 pillars.
- Thank you for your wonderful ongoing service.

Thank you Ian and Rosie.

We have received a request from the Llandoverly Affiliated Croquet Club for a donation towards the cost of a replacement strimmer cartridge. This was urgently required and we were delighted to contribute the total requested. Happy strimming.

Lawrie asked Derek if he could do a survey on Love Llandoverly regarding the location of Defibrillator Stations in and around Llandoverly so that they are included on the map he is creating. This has been circulated and many replies received. This list could conceivably save someone's life and will be published for all to see as soon as we believe the list is complete. If your local defibrillator has not been included then please do so asap. Thank you.

We are massively looking forward to our annual barbecue this year as, in a first for this club, it will be held in or outside a public house owned by two of



Our Duck sellers have been busy, and persuasive!

our own Rotarians. We usually take our own food to barbecue and drink to consume, but this time it will be available to purchase on site! It will save a number of our members from hiring a packhorse to carry the necessary booze from their homes to the BBQ and also from sneaking down to the bottle bank at an ungodly hour the next morning to avoid being seen depositing a few boots full of empty bottles. We know who you are! We will however do our utmost to boost the takings in the Whitehall on the 30th of August as it's easier to carry cash or a credit card than a few crates of wine. Anyone for lobster and champagne? This could get messy, it often has, but all will be revealed with photographs of proof in next months exciting episode in this wonderful Post magazine.

Our duck sellers have been out in force and at the time of going to press only a few were left to purchase. The head honcho for this event is Barry and he assures us that all will be sold and hopefully the owner of the winning duck will be there to collect their £1000 prize on the day. Thanks go to you the local public and sponsors for a fantastic response and your support is greatly appreciated in this Grand Duck Race. Thanks also to the Co-op store in Llandoverly for allowing us to sell our ducks in their store on a couple of Sundays. It is very much appreciated and we will have more lovely lolly to distribute to good causes. Again photos and report next month.

All the profits from the events that we organise get redistributed and the vast majority of the funds go locally. The redistribution of the funds is the most joyous task that we have to do. Knowing that the money raised will help people or organisations is very rewarding indeed.

Thank you all for the wonderful support that you continue to give us.

If we can all survive the Duck Race and the upcoming BBQ, which in itself is a test of extreme endurance, then we will reconvene here again next month. See you all then.

Derek Jones.



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymwelwyr

LLANDOVERLY MUSEUM
& Visitor Gateway

MUSEUM NOTES THE MYSTERY OF 'JENNY FACH'



One of the most popular exhibits at Llandoverly Museum is a photograph of a young woman taken in the town at the end of the nineteenth century. Visitors are invariably drawn to her – not only by the fine composition of the image, but by the sitter's magnetic expression. Her clothing suggests she was a servant, but her identity remains unknown.

The portrait bears only two words, *Jenny Fach*, in the hand of its creator, the celebrated Welsh photographer John Thomas. Although museum volunteers have spent countless hours scouring parish records, newspapers, and archives, 'Jenny' has stubbornly resisted positive identification. However, it is now believed that her true name may not have been Jenny – or Jennifer – but Ann.

A clue emerges from the *Carmarthen Journal and South Wales Weekly Advertiser* of 9 October 1891, which

reports the death of an inmate at Llandovery Union Workhouse: "The Master reported the death at the house at the age of 40 of Ann Jones (better known as 'Ann Jenny Fach') on the 25th September."

Given that John Thomas visited Llandovery in 1885 and again in 1891, it is plausible that this Ann Jones is the woman in the picture. If so, the photograph was likely to have been taken during his first visit, when Ann was in her mid-thirties.

The name 'Jenny Fach' may well have been given to her by Thomas himself. Perhaps she reminded him of 'Sweet Jenny Jones', the dairy maid whose romantic adventures were immortalised in a popular ballad. Whether intended as a whimsical nickname or an affectionate label, it is likely that the title stuck.

Born near Cellan, Cardiganshire, in 1838, John Thomas began his working life as an assistant in a Lampeter draper's shop before moving to Liverpool. After a decade behind the counter, he turned to photography, establishing The Cambrian Gallery.

Thomas was more than a studio photographer – he was a tireless traveller who hauled his heavy equipment the length and breadth of Wales. In an age when photography was painstaking and technical, he mastered the challenges of wet-plate negatives, which had to be processed on the spot. His travelling kit included not only the camera, lens, and tripod, but a portable darkroom, five bottles



John Thomas

of chemicals, heavy glass plates, and a cloth to block out the light.

Every portrait entailed infinite creativity and patience. Exposure times were long, and sitters had to remain perfectly still for several seconds. Clothing might be borrowed or adjusted to present the subject in their best light, and Thomas, unusually, was even known to pay his subjects for the privilege of photographing them.

When he retired, over 3,000 of his negatives were purchased by Sir O. M. Edwards to illustrate his Welsh-language magazine *Cymru*. Today, those images form part of the National Library of Wales' photographic collection – an extraordinary visual record of nineteenth-century Wales.

John Thomas died in October 1905 and was buried in Liverpool's Anfield Cemetery. Yet, his work remains as popular as ever. The woman, known only as *Jenny Fach*, gazes out across more than a century, her life story lost to time. Whether servant, workhouse inmate, or ballad-inspired muse, she remains Llandovery Museum's most enigmatic face.

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

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

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10/25(6)

LLANDOVERY GARDENING CLUB VISIT TO GREENFIELD GARDEN, CYNGHORDY

It was lovely to be welcomed by Steve, the owner of Greenfield. As it was such a hot day, he was keen for us to wander at leisure and keep in the shade, where possible.

We were all stunned by the variety of trees, shrubs and planting of the kitchen garden. The layout of the planted beds made our wander around an exciting adventure, wondering what we would come across next. This included hens popping out from the undergrowth to meet us. The lakes, on descending levels, gave the peaceful sounds of water to a lovely display of water lilies.

It was also lovely to experience a great example of neighbourly friendship. Thanks to Margaret and Colin Newman for letting us park next door to the garden.

We were also blessed with a delicious spread of refreshments made and served by Simany, as well as a stroll around her beautiful and colourful field of flowers, which rounded off a most enjoyable afternoon.

Thank you to you all, but especially to Steve for letting us walk around and enjoy this beautiful and tranquil garden.

Our next outing is to Ystrad Nurseries on Tuesday 23rd September at 2.00pm

Julie Robinson will be giving a talk and demonstration about Autumn/Winter baskets and tubs.

We will go by cars, so please check if you can take other members, and meet at Ystrad Nurseries (A40 between Llandovery and Llangadog). Our fee will be paid on our behalf by Llinos (Club treasurer).

Refreshments will be available in the café at Ystrad's usual prices.

All members are welcome to watch the demonstration. Please let Babs know if you are going as she will need to let the café know numbers for catering.

If you have any queries, please phone 01550 720771.

We look forward to seeing you.

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10/25(3)



LLUEST

‘TAILS’ FROM THE TRUST.....

40TH ANNIVERSARY AUTUMN OPEN DAY & DOG SHOW SUNDAY, SEPTEMBER 7TH FROM 10.30AM

A huge THANK YOU to everyone who made our Summer Open Day such a success – from donating prizes and baking cakes, to running stalls, entering the dog show, and simply showing up to enjoy a cuppa with us. Your kindness and support have helped us make the past 40 years a better place for the horses and ponies we’ve rescued and helped, and with your continued support, we hope to be here for the next 40 years, changing even more lives of equines in need. If you missed it, don’t worry – we’re back for our Autumn Open Day and Dog Show continuing our 40th Anniversary celebrations. Join us from 10:30am for a wonderful day out where you’ll meet our rescued equines and the dedicated team who care for them. Enjoy brunch or lunch from our ever-popular vintage tea tent, and don’t miss our Dog Show, featuring a wide range of categories and prizes – it’s the perfect opportunity for your four-legged friend to shine! We’re at: Beli Bedw Farm, Llangadog SA19 9TG. Car entry fee: £5. We can’t wait to welcome you!

HORLICKS FINDS HIS FOREVER HOME

We’re over the moon to share that Horlicks, following a successful foster home trial, has now found his permanent home. This handsome boy came to us in early 2023 in poor condition after a challenging racing career and multiple old injuries. Although he’s no longer ridden, he still has so much to give. After two previous guardian homes that weren’t quite the right fit, we’re thrilled to say that Horlicks is now settled, and bonding beautifully with his new Guardian — and he’ll be living out his days with another Lluest pony for company. He’ll be deeply missed at Lluest, especially by Rhian, but we’re so happy to see him begin this next chapter in the most perfect home.

THINKING OF REHOMING? JOIN OUR GUARDIANSHIP SCHEME

If you have space in your heart and home for a Lluest horse or pony, you can find out more about



Rhian wishing Horlicks a fond farewell.

our Guardianship Rehoming Scheme on our website: www.lluesthorseandponytrust.co.uk Our equines come from a variety of backgrounds — some rescued from heartbreaking situations, others born at the Trust, or handed over due to changing circumstances. Each has their own personality and needs, and we take great care to find the perfect match for a lifelong home. Two ponies currently looking for their special Guardian homes are Timmy and Morgana, who recently took part in their first ever show at Llangadog, proudly handled by Alys and Helen. Please get in touch if you’re interested, we’d love to hear from you.

Timmy & Morgana at Llangadog Show.



RUG WASH SERVICE IS BACK!

Our rug wash service is now fully operational again!

All profits go directly towards the care and rehabilitation of equines in our care. Email us for more information: equine@llesthorseandponytrust.co.uk

HALLOWEEN AT LLEST – SATURDAY, OCTOBER 25TH FROM 12:30PM



Halloween at Llest.

Get ready for a spooky afternoon with our Halloween Activity Trail – fun for all ages (dogs on leads welcome!). Treat yourself to a professional Halloween or Autumn photo shoot in our pop-up photography studio, hosted by Pet & Equine Photography Co by Rhian Mai. You can choose a shoot with your dog, your family – or even a Llest pony! More details to follow in October's post – stay tuned.

02/26(12)



Davies Tree Services

Seasoned Firewood for Sale

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Tree Surgery • Tree Felling

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Bryndolau Retreat Garden

!! SEPTEMBER OPENING CANCELLED !!

It is with regret that we have had to cancel our September opening due to Dwr Cymru digging up half of the village of Cwmifor. The dates of the disturbance are uncertain so with a heavy heart we considered that it would be very likely that the disruption would ruin the tranquillity of the garden and, indeed, access.

We hope for a donation from Dwr Cymru to Llangadog Church in lieu but we are not holding our breath.

Apologies to all who were looking forward to a peaceful walk around our garden and a cream tea!

LLANEGWAD RAINFALL



JUNE

Rain Fell on 20 days this month. The wettest day was 13th with 37mm.

JUNE TOTAL: 123.75mm

JULY

Rain Fell on 13 days this month. The wettest day was 15th with 10mm.

JULY TOTAL: 35.75mm

D. R. DUKE

WHAT'S ON IN CAPEL DEWI at The Old School (SA32 8AD)

13th September: Local Producers Market
9.30 – 13.00

26th September: Pop up Pub and Quiz,
open 18.30, Quiz 19.00

9th, 23rd September: Simon J Pizza van
18.00 – 20.00

Contact: capeldewicommunity@gmail.com
for further details

CONTEMPORARY CREATIONS INSPIRED BY OUR COUNTRYSIDE



by Nature, particularly focussing on how Nature takes back and embraces what we humans have built. She uses pigmented beeswax as her medium, blending her own colours into pure beeswax from local beekeepers, which is crafted into stunning artwork by the use of a small iron, a hot air gun and a soldering iron.

The work of these two equally interesting, but very different, artists is beautifully complemented by the wonderful textiles produced by Sue Reah and Gorica Bulcock whose items are always very popular when they exhibit at the Centre. Their colourful bags, table runners, quilts and wall hangings showcasing their needlecraft skills are both decorative and useful.

Come along and see the work of these talented artists throughout September.

The Heritage Centre is open Thursday to Sunday 10.00am to 4.00pm – entry free.



September sees another blaze of colour in our galleries at the Llanwrtyd & District Heritage and Arts Centre. Unique use of various mediums has produced another exciting exhibition from four returning artists.

Paul Rickard is a printmaker creating original relief and intaglio prints inspired by the beauty of mid Wales. With a long-held interest in archaeology he was attracted to print making because of its graphic feel and relishes the intellectual, technical and artistic challenges involved in the creation of an image by the repeated transfers of layers of ink onto paper by carved, etched or engraved block. His work always proves popular with buyers and he has had many successful exhibitions both at the Centre and other galleries.

Our downstairs gallery will showcase work by Christine Williams, another artist who creates unusual art inspired





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03/26(6)

READERS' SALES & WANTS

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

FOR SALE

- **Pine farmhouse kitchen dining table with drawer**, 7ft x 2ft 10" (inc 4 chairs), £120. Tel 07460 888646.
- **Foxhunter Garden Marquee**, 3m x 9m for sale c/w poles, pegs, instructions etc – unused. Buyer to collect or can deliver provided close to Llandeilo, £30. Tel: 01558 822407.
- **Electric Kenwood cooker**, good as new. Free standing, double oven, KDC606B22/KDC665522, 60CM x 60CM top width, height: 90cm, £400. Warranty available. Tel: 07843 274728.
- **Kitchen table with four chairs**. Wood type: Remi, in excellent condition, Length: 150cm Width: 107cm Height: 74 cm, £74. Tel: 07843 274728.
- **Stylish oak side table**. Height: 55cm, Width: 40cm, £70. Tel: 07843 274728.
- **Volkswagen Tiguan Estate**, in very good condition, 5 seats. M.O.T. until 19.06.26, £1800. Contact Gene on 07843 274728 /email:g.caminade1857@gmail.com
- **Selection of trumpet mutes for sale**, £10. Tel: 07572 168275.
- **Trumpet music books**. Suitable for learners and upwards, £10. Tel: 07572 168275.
- **Dr Marten black lace up boots**, Size 6, Good condition, £40, Offers considered. Tel: 01550 777149.
- **Larch field gate hanging posts** £6 each
- **Receiving posts**, £4 each. Tel: 07761 107055.
- **Stuart Turner 240 volt water pump** one ins suction, £10. Tel: 07761 107055.
- **Bosch 240 volt strimmer** in GWO, £15. Many more items for sale, will also trim lawn edges, in GWO. £15. Tel: 07761 107055.
- **240 volt lead lamp**, £4. Tel: 07761 107055.
- **240 volt steam mop (MONTIS)** for tiles and carpets. £8. Tel: 07761 107055.
- **240 volt Hair Dryer**, £7. Tel: 07761 107055.
- **TOM TOM GO 500 Sat Nav** with instructions in GWO, £10. Tel: 07761 107055.
- **240 volt Timers**, fit 13 amp plugs (new) £2 each. Tel: 07761 107055.
- **Garden pulsating water sprinkler** with adjustable tripod, £15. Tel: 07761 107055.
- **Lots of Welsh & English records & tapes**, offers. Tel: 07761 107055.
- **Fiat Ducato Motorhome** 2003, 44000 miles, 3 berth, cooker, fridge, toilet, shower, rear bike rack, sunshine roof, awning. Some electrical work needed, £6000. Tel: 01558 685914.
- **Three seater** in oxblood leather & two chairs, £300. Tel: 07754 784109.

- **Mountfield Princess 42** electric lawnmower, POA. Tel: 07513 614833.
- **Impact shredder** by Handy, 2500 watt, POA. Tel: 07513 614833.
- **Titan electric scarifier & lawn rake**, POA. Tel: 07513 614833.
- **McGregor electric hedge trimmer**, POA. Tel: 07513 614833.
- **Garden bench** with cast iron ends & oak slats, POA. Tel: 07513 614833.
- **Various garden tools**. Tel: 07513 614833.
- **Brand New 16 inch Space Saver Spare Wheel**, (50 mph max), suitable for Kia Stonic and all 16 ins wheels with four-wheel nuts, £50. Contact: 07929 191913.
- **Classic Mini mk1 sliding door glass**, some Triplex with locks, rear screen, front windscreen, x2 petrol tanks. Complete N/S/F TR7 head lamp assembly with spare motor. Citroen 2014 VTR 16" alloy wheels with centre covers x4. Phone for prices. Tel: 07444 539748.
- **Breaking Ford Kuga Titanium 2008 2.0TDCI**, all parts available, x3 new tyres, non runner, fuel problem. Tel: 07444 539748.
- **Ideal small holders bale harvest trailer**, very strong, timber boarded bed, 14' long, single axle, front rack & jack, VGC, £500 ono. Tel: 07444 539748.
- **Gents vintage Raleigh bike (winner)**, drop handle bars, 10 speed, red/white, tool bag, wheel size 28 x 1 1/8, £30. Tel: 01550 777704.
- **International B23 finger mower**, blade included, ideal for restoration, £175. Tel: 01550 777704.
- **Large selection of ladies clothes**, all new from shop, size 8 to 20, £1 each, clearance needed. Tel: 01554 788593.
- **Rockjam electronic keyboard**, 54 keys, multi function, buyer to collect, £25. Ring Geoff on 01550 777708.

WANTED

- **Cash offered for old red telephone box**. Please telephone Michael on 07866 397635.
- **Gas fired Rayburn** in good condition with RH oven. Tel: 01558 650450.

LIFE DRAWING

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

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

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

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

- 31 Aug 10.00am Combined Communion,
St Sadwrn's
7 Sep 9.30am Holy Communion
21 Sep 9.30am Holy Communion
5 Oct 9.30am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

- 31 Aug 10.00am Combined Communion
7 Sep 11.00am Holy Communion
21 Sep 11.00am Morning Prayers
5 Oct 11.00am Holy Communion

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

ST. PAUL'S CHURCH, MANORDEILO

- 31 Aug 10.00am Combined Communion,
St Sadwrn's
14 Sep 9.30am Holy Communion
28 Sep 9.30am Morning Prayers

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

ST. MICHAEL'S CHURCH, CILYCWYM

- 31 Aug 10.00am Combined Communion,
St Sadwrn's
14 Sept 11.15am Morning Prayers
28 Sept 11.15am Holy Communion

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

ST CYNWYL'S CHURCH, CAIO

- 7 Sep 9.30am Holy Communion
21 Sep 9.30am Holy Communion

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

ST SAWYL, LLANSAWEL

- 7 Sep 11.00am Boreuol Weddi
14 Sep 11.00am Holy Communion
21 Sep 11.00am Holy Communion
28 Sep 3.00pm Llanast y Llan/Messy Church

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

- 7 Sep 11.00am Holy Communion
14 Sep 11.00am Morning Prayer
21 Sep 11.00am Holy Communion
28 Sep 11.00am Morning Prayer

Please contact Ann Thomas for further information on 07788 789195 mathomas056@gmail.com

ST MICHAELS, MYDDFAI

INFO NOT AVAILABLE AT TIME OF GOING TO PRESS.

LLANDINGAT, LLANDOVERY

INFO NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST SIMON AND ST JUDE, LLANDDEUSANT

- 31 Aug 10.30am Joint Holy Communion
(place TBC)
14 Sep 6.00pm Evening Prayer
28 Sep 6.00pm Harvest with refreshments.
Speaker: The Reverend Carys Hamilton, Priest in Charge of St. Teilo, Llandeilo

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

INFO NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST. MARY'S CHURCH, CYNGHORDY

INFO NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST CADOG'S CHURCH, LLANGADOG

- 7 Sep 9.30am Holy Communion
14 Sep 9.30am Morning Prayer
21 Sep 9.30am Holy Communion
28 Sep 9.30am Morning Prayer

Annual Supper and Auction 27th September
Contact 07721 694703 for tickets and details

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

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

- 21 Sep 2.30pm No Service
(Evening Prayer in Ystradffin)
28 Sep 9.30am Communion

For further information, please call 01550 728319 (Office hours).

ST PAULINUS, YSTRAD FFIN, RHANDIRMWYN

- 21 Sep 2.30pm Evening Prayer

For further information, please call 01550 728319 (Office hours).

(St Paulinus Church is 4 miles north of Rhandirmwyn by RSPB & Ogof Twm Sion Catti Cave).

ALL SAINTS CHURCH, GWYNFE

- 7 Sep 11.15am Holy Communion
14 Sep 11.15am Family Service.
Refreshments afterwards
21 Sep 6.00pm Harvest Service. Supper in the hall afterwards
25 Sep 7.00pm Public meeting in Community Hall
28 Sep No Service

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

- 1st Sun 11.00am Holy Communion
2nd Sun 8.00am Holy Communion
11.00am Morning Prayer
6.00pm Evening Prayer
3rd Sun 9.30am Boreol Weddi
11.00am Holy Communion
4th Sun 9.30am Cymun Bendigaid
11.00am Holy Communion
6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

EBENEZER APOSTOLIC CHURCH

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

Contact: E. Gilbert. 01558 685763.

LLANWRDA CHURCH

McMillan Coffee Morning on Friday,
26th September 2025, 10.00am – 12.00pm.

Please come and support this worthy cause.

CWRDD DIOLCHGARWCH TABOR LLANWRDA

Medi 21 am 6.30 o'r gloch
Pregethwr – Tudur Dylan Jones

ST. JOHN'S, FELINGWYM

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 TALIIARIS

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

For other details see notice board
Fr Donatus Chukwuedo

Tel. 01269 267382

Email: ammanford@menevia.org

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

- | | |
|---------------|---|
| 7 Sep 2.30pm | Service (Communion) followed by tea/coffee time. |
| 10 Sep 5.30pm | Pilgrim Service – prayer and meditation. Bring and Share Lunch – all welcome. |
| 21 Sep 1.00pm | Service (Communion) followed by tea/coffee time. |
| 21 Sep 2.30pm | Service (Communion) followed by tea/coffee time. |
| 27 Sep 2.00pm | Quiet Space – reflection and contemplation. |

Info Churchwardens Andrew Tait on 07846 310848 and Beryl Edwards 07428 833278.

Location: What3Words - gain.agent.acids.

LLANSADWRN

Dydd Sul 21 Medi DEWCH I GANU!

An hour of informal hymn singing is planned for 21st September in Llansadwrn church, 5.00 – 6.00pm.

A glass of Pimms will be offered from 4.20pm onwards (or a non-alcoholic alternative).

Do join us : Ymunwch a ni.

Dydd Llun 8 Medi YN Y FESTRI

Vestry Venture will re-start on 8th September: open to all 3.00 – 5.00pm.

Books to borrow, people to meet, games to play. All ages welcome; light refreshments provided.

Dydd Mercher 24 Medi YN Y FESTRI

Time for a Cuppa is held every 4th Wednesday of the month.

Join us for a cuppa, chat and company, 10.30am – 12.00 noon, also in the Vestry.

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07/25(12)

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

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Thurs Closed
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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

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Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

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11 Glamorgan Street, Brecon. LD3 7DW:

Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

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

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

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

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

All services operate Mon-Sat

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

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur. You are advised to check details. Please notify The Post of any inaccuracies or changes.