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LLANDOVERY CINEMA PRESENTS:



**EXPERIENCE THE MAGIC
OF DYLAN THOMAS ON
THE BIG SCREEN –
DAN Y WENALLT
(UNDER MILK WOOD)**

followed by a Q&A with Director Kevin Allen!

FULL DETAILS INSIDE

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
17th March 2025**

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

The Post Future Copy Dates

May.....	15th April
June.....	15th May
July.....	16th June

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11/25(12)

SPRING CONCERT



Cantorian Llandeilo Singers will celebrate Spring in Llandeilo on Saturday, 29th March 2025 in St Teilo's Church with a selection of favourites from their repertoire. The concert starts at 7.00 p.m.

Priced at only £10 per ticket for adults, with under-18s free of charge, this concert is sure to be an accessible, delightful, and enjoyable evening's entertainment for the whole family.

Included will be lighter music from the 20th century including 'Rhythm of Life', 'From a Distance', 'Fields of Gold', 'You Raise me Up', and a medley from Les Misérables, together with more traditional pieces from Mozart Requiem, Handel Messiah, and 'So God Loved the World' by Stainer.

Local Welsh soprano Helen Pugh, known to many, will delight with additional solo songs.

The interval will be a time to chat upstairs in the church while enjoying a drink at the li-censed wine bar.

Conductor Colin New will lead the performance, with Dorothy Singh accompanying on the piano and Wyn Turner providing the organ accompaniment.

Tickets are available from Peppercorn, King's Street, Llandeilo SA19 6BA, by phoning 07851 786569, or at the door.

Cantorian Llandeilo's last concert was performed in St Teilo's Church on 23rd November 2024 on a wild and stormy night. Despite the warnings, many brave souls and singers ven-tured out to make the concert a well-supported and great success. They enjoyed Robat Arwyn's Atgof o'r Sér and solo performances from local Welsh musicians: soprano Llinos Haf Jones, baritone Owain Rowlands, and violinist Davinder Singh, accompanied on the piano by Dorothy Singh, and conducted by Richard Whitehead.



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04/25(6)

SUCCESSFUL LAUNCH OF NEW SLIMMING WORLD GROUP



After a successful launch in January, the new Slimming World group taking place every Monday evening in Maescar Community hall at 7pm is set to attract those slightly out of Brecon in the surrounding areas. Already the growing group has seen members seeing significant weight losses just within the first month, and with Easter and the Summer looming (hopefully!), it could be time to join and drop a dress size or two by then. All ages are welcome, men included and it's a great atmosphere with like minded people all supporting each other to achieve their dream weight. The plan is easy to follow, suitable for all the family and caters for every palette and preferences. Come along and meet the consultant Jo who is extremely passionate and will help you begin your journey.

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We meet in Llansadwrn Reading Room from 2pm - 3pm every Thursday, apart from school holidays. The emphasis is on fun and wellbeing rather than perfection or performance. You don't need to be able to read music, just a willingness to have a go and get it wrong! We sing mainly in English, with some Welsh and other languages. We sing a varied repertoire, usually in parts (harmony) and many rounds. You don't have to come every week – you are welcome to just come and see if you enjoy it. Cost: £2 per session.

For more info. contact Tilla on 07711 568224.

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Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you are well and have managed to keep warm and active during Winter and are now looking forward to warmer and brighter days when we can enjoy being out and about and seeing all the new growth and colours that Spring brings.

With this new energy a yoga class will bring even more fulfillment to our lives, so why not join one of Padmasambhava's classes of which there is a good selection suitable for people of all ages and abilities, including those new to yoga.

There are the usual classes which the Centre has been running for some time, which can be found in the brochure or online, as well as a continuation Beginners, starting on March 5th. Space permitting, this class is also suitable for new Beginners. This systematic course provides tools which are useful in daily life, as well as a good foundation for classical yoga postures.

Padmasambhava holds classes in the Centre in Llandeilo as well as the Penybanec Welfare Hall in Ammanford (now starting at 6.30pm Thursdays) and the Reading Room at Cwrt Henri and has a good range of classes to suit different levels of experience, fitness and flexibility. Seated Yoga is held at the Llandeilo Lawn Bowling Club on Wednesday mornings.

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. Through the breath practices taught in class, practitioners experience the importance of breath to our good health both physical and mental. Each class ends with a deep relaxation of Yoga Nidra.

Weekly practice of yoga allows the body to gain strength and flexibility week by week and these qualities are often also reflected in the mind.

Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining 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.

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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04/25(9)

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MYDDFAI NEWS

Myddfai Shop and Café are open every week Wednesdays – Sunday 11 – 4pm,



What's on in Myddfai Hall in March – Saturday 1st March we have a St David's Day Cawl & Quiz evening from 6pm, everyone welcome. Amanda is holding an art – paper making class on Thurs 13th 1.30 – 3.30pm. Lisa's peg loom class is Sunday 16th, Willow Weaving workshop is on 20th March, book with Justine at info@westwaleswillows.co.uk ; our monthly Farmers Market is on Sunday 30th March 12noon to 3pm, please come along to support the wide range of local food produce and crafts on offer. Our regular classes are – Yoga is on Tuesday mornings 9.30 – 11am; Craft Class is Wednesday afternoons 1.30-3.30pm; Pilates is Thursday mornings 9.30 – 10.30am. Everyone welcome.

Nice to know that Spring has arrived. Just the time to have a drive to Myddfai then have a walk to take in the beautiful scenery, why not combine it with lunch or afternoon tea at Myddfai Café?

Myddfai shop has a wide choice of gifts – earrings or necklaces, Welsh tweed, scarves or head warmers, we have a good range of aprons and bags, pottery, children's knitted cardigans, Myddfai toiletries, scented candles, soaps, plus much more. Our Myddfai jams and chutneys are very popular along with local honey and apple juice. We also have wide range of hand-crafted wooded chopping boards and wooden bowls, greetings cards and art. Every purchase supports one of the many local businesses that supply the shop as well as the Myddfai TyTalcen Charity.

There are a wide range of cakes on offer at the café and various delicious, home-made soups, along with other lunchtime meals and daily specials, as well as our excellent locally roasted and freshly ground coffees and a wide range of fruit and herbal teas. Why not treat your mother for Mother's Day to an afternoon tea with delicious home-made scones and cakes.

We can arrange group talks on The Physicians of Myddfai & Herbal Medicine which can be combined with afternoon tea or we can hold them in an evening. Please get in touch to book.

Myddfai Hall is an amazing and affordable venue ideal for Weddings, parties, meetings, conferences, away-days, and any type of fitness or activity class. The underfloor heating makes it a great all year-round venue, come and take a look, or join in one of the current classes!

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

Check our website www.myddfai.org or Facebook for our What's On

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0326(12)

NEWS FROM LLANGADOG COMMUNITY CENTRE



We are pleased to say we have now recovered from post-pandemic financial blues. The Centre is now well used by many local groups and as a venue for community use.

We have a large hall with stage, lighting etc., a large room for varied use and a smaller room for meetings. There is also a snooker room with a full-sized table, kitchen facilities, toilets and a car park. Disability access is generally good through all areas of the Centre.

The main hall has basketball nets and table-tennis tables which are currently not being used. We have recently been made aware that there may be funding available from the Welsh Government for community sports groups, so wondered if there may be people out there looking to develop local sports clubs. The community centre may well be suitable for many different activities.

Although last year there were a number of shows and events, we currently have no-one on the committee to organise events such as music and theatre. Please contact us if this might be of interest to you.

For hall bookings, please visit: <https://hallbookingonline.com/llangadog>

For feedback from this article, please contact Richard on 07866489639 or email me on richardwillis352@yahoo.co.uk

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12th March – Coffee Morning Speaker Golden Grove/Gelli Aur 10.30

21st March – Eisteddfod Fach 18.00

26th March – Book Club 19.00

28th March – Pop up Pub and games night

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The Llanwrtyd Heritage and Arts Centre opens for the 2025 season on Thursday 3rd April and starts its concert programme with

CARMENCO'S "A POCKET OPERA"



Following their sell-out concert at the Centre in 2023 Emily Andrews and Francisco Correa return, together with David Massey, to perform this unique show on **SATURDAY 5th APRIL at 7.30pm.**

This evening is not just a concert – it occupies the borders between a play and a concert, with 80/20 music to spoken word. It is a performance of Spanish and Spanish inspired music presented as a play, with costumes, props and a storyline which roughly follows the story of Bizet's opera Carmen, but told from her point of view. Dare you consult the cards with her? What does she think of the men in her story? Did she foresee her gruesome ending? And does she like the opera Bizet wrote about her?

The three musicians perform from memory, enabling them to act with each other, and to engage the audience members in the show, frequently walking amongst them and involving them in the dialogue, and dancing whilst playing.

CarmenCo will have the audience in turn laughing out loud, and listening with absolute silence to the immersive and evocative music.

With rave reviews from their UK tour this will be a fun-filled evening of fantasy, comedy, drama and tremendous music from the opera together with Spanish and Spanish-inspired music by Boccherini, Falla, Garcia-Lorca, Granados, Ravel and Albeniz, all arranged by the musicians for guitars and flute / voice and showcasing their remarkable, individual talents.

It's a brilliantly accessible and an excellent way to present classical music – truly an evening not to be missed.

TICKETS £10 IN ADVANCE – £12 ON THE DOOR
Available from Caffi Sosban or the Neuadd Arms both in Llanwrtyd or by emailing ldhac2016@gmail.com or telephoning 01591 610067.

LLANDOVERY FOLK DANCING



Llandovery Folk Dancing Group has been dancing for more than 30 years. We always meet for a barn dance, or Twmpath, on the 3rd Friday of the month except in August.

A Caller will call out the various dances and explains every step – so no dancing experience is required.

Sometimes a live band will play, other times we dance to recorded music, but we always have fun.

No partner is required and children are welcome to join (as long as they don't interfere with the dancing).

Cost: £7.50 p.p or £12.50 when a live band plays.

Our next dance is on Friday 21st March in Llandovery Rugby Club, Church Bank, Llandovery, SA20 0BA featuring Di Enw.

Come and join us!

If you would like to know more feel free to call Jean on 07813 550635 or Monika on 07411 079307.

BADMINTON/TABLE TENNIS/ SHORT MAT BOWLS PLAYERS

Location: Coronation Hall, Pumsaint, SA19 8UW

Badminton: every Monday from 10am – 12 noon.
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Table Tennis: every Thursday from 10am – 12 noon.
Bats can be provided. Please wear sensible footwear. Cost is £2 per person per session. Open to everyone.

Short Mat Bowls: every Friday evening from 7 – 9.15pm. Bowls can be supplied. Cost is £1.50 per person per session. Please bring footwear which hasn't been worn outside (slippers, plimsolls).

All abilities are welcome to join these friendly groups. If you haven't played before – or not for some time, then come along and give one or all a try.

If you have any queries, please contact Yvonne, sports@clanlaw.org.uk or phone 07867 765614.



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02/26(12)

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04/25(12)

LLANDOVERY U3A

Llandoverly U3A meets every other **Wednesday morning from 10:30 to 12** (sometimes 12:30) at the **Rugby Club**. Anyone over 50 years young is welcome. The group has talks and interesting sessions covering a wide range of topics. Last month we heard about Travels in Antarctica and learnt about Jazz.

This month (March) we will be learning about the work of **Ynni Sir Gar / Pethau Pawb** to make Llandoverly more sustainable. Ever wondered about the Library of Things? Helen Morris will be explaining all on the **March 5th**.

We will be having fun with a **Beetle Drive on March 19th**. No beetles will be hurt, it is a game with pen and paper.

Dates to remember are April 2nd for a session of Charts of the 1950's and April 16th. when author and retired Assembly Member Peter Black will come to talk to us about moving from politics to writing. He has written five thrillers and a poetry book since retiring. On April 30th we round the month off with us finding out about the new Llandoverly Literature Festival, Reading The Wild. "Books at the Dragon's Garden" are the driving force behind the Festival, and you can find details on their website www.dragons-garden.com.

We very much like to welcome new members: anyone over 50 who would like to join us at the Rugby Club, can drop in and meet us (small charge to attend inclusive of tea or coffee or biscuits) or call 07960 979099 (Trish, secretary for U3A) to find out more We're looking forward to seeing new people, as well as some returning past members.

PUMSAINT WI

12 members and 2 guests met in the afternoon of February 4th. Following the business part of the meeting, our President invited Sue Jones (one of our members) to speak. She has been volunteering with the Waterway Recovery Group, since 2016. It is a charity, relying on volunteers to help restore and repair canals throughout the UK. Sue has so far volunteered on 12 camps on several canals. She has helped rebuild brick walls; repair and repaint lock walls; lay crazy paving; repair a wooden fence; laid many tons of gravel to create towpaths and pulled himalayan balsam. Apart from the achievement of seeing the changes on site, her highlight was learning how to drive a dumper truck. Some members had heard her speak before but still enjoyed the afternoon.

There is no meeting in March as we have our traditional cawl lunch. The next meeting is in April at 3pm when we will be having a social afternoon. We meet on the first Tuesday of the month in the Coronation Hall, Pumsaint and new members are always welcome.

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05/25(3)

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04/25(3)

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07/25(12)

100 YRS
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100YRS

We have started our centenary year with successful displays at all three of our village shops, so successful in fact that at our February meeting we welcomed three new members – Kay, Jane and Sally! Our thanks again to our local shopkeepers for letting us loose with their precious window space also a big thank you to the local craft group for the many knitted Yarn Bombs which have appeared throughout the village. We are looking forward to the 100th NFWI-Wales Conference which is being held in Llanelli on 16th April also County trips to the BBC studios in Cardiff and an opportunity to see “Mr Strictly” Anton Du Beke.

Fashion plays an important part in our lives whether we cherish vintage pieces or covet that new item with the UK market generating between £65-80 billion a staggering amount. Who better then to tell us all about the industry than Bethan Cull from Llangadog who has worked in the International Fashion Industry for many years following her graduation from De Montford University. Bethan talked us through the various stages of design from the buying of fabric to creating the design story, pattern cutting, photo shoots, marketing and all to a tight time schedule. What a fascinating insight in to the world of fashion – Thanks Bethan.

Competition winners for a fashion item was won by Margaret 2nd Sue 3rd Gwen. Our next meeting will be on Thursday 6th March at Llangadog Community Centre at 7pm – please bring a bowl and spoon for Cawl. New members are always welcome – Croeso Cynnes i bawb.

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03/25(1)

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04/25(6)

LLANDEILO LITERATURE FESTIVAL QUIZ NIGHT



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09/25(12)

Llandeilo Literature Festival Fundraiser! On Saturday, 22nd March at 7.00pm in the Civic Hall, Llandeilo. Gather your teams for a thrilling night of quality general knowledge questions from top quiz setters Jess Jones and Mark Proctor. The quiz will be followed by an auction where incredible prizes will go to the highest bidders to raise funds for The Llandeilo Literature Festival.

With teams of 6-8 players, it's just £10 per person, including a mouthwatering hog roast dinner and a fully stocked bar. For a night of fun, competition, and fabulous prizes book your tables at the desk at Hengwrt, Llandeilo, or phone 07979 572479.

The Llandeilo Literature Festival will take place 25th – 27th April. See the fantastic line-up of talks, workshops and performances, including Kids Fest @ The Lit Fest and Music Fest at www.llandeilotfest.org

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03/24(2)



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03/25(1)



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07/24(12)

LLANDEILO & DISTRICT GARDENING CLUB

After what seemed like a long gap between meetings due to bad weather 20 members of Llandeilo & District Gardening Club met for a relaxed social lunch at The Plough Rhosmaen. The service, food and company were of the expected high standard and the day was enjoyed by all.

Thursday 6th March 2025 is our next meeting when we will be joined by Don Murray, the recently appointed Head of Horticulture at the National Botanic Garden of Wales. Drawing on his extensive experience working in a diverse range of settings his talk entitled "Contemporary Gardens and Journeys round the World" promises to be both entertaining and informative.

In a slight change to the regular format there will be hot drinks and biscuits after the talk and the books from the club library will be available to purchase for a small donation.

On Thursday 3rd April 2025 there will be another inspirational speaker, Carwyn Graves, the author of the several books on Welsh food, culture, landscape and language. Carwyn is an engaging speaker with an easy rapport with his audience. Mark the date!

Llandeilo & District Gardening Club meet at The Vestry, Capel Newydd, Crescent Road, Llandeilo SA19 6HN at 7.30pm

For more information visit our website llandeilogardeningclub.co.uk or contact Stella Taylor stella@rhydgoch.co.uk 01558668339 or Hugh Simpson hugh.simpson1@talktalk.net 01558 822405.

LLANDOVERY GARDENING CLUB

Our next meeting will be on Monday 24th March from 1.30 to 3.30pm when our club will welcome Kim Stoddart as our speaker for the afternoon. Her talk will be about Climate change and the garden. Our venue is The Catholic Hall, College View, Llandovery.

The beginning of the meeting will include renewal of our membership for the coming year. The cost will be £17 for an annual subscription and guests are welcome at £5 per evening. Refreshments will be on offer from our hostesses, and gifts will be welcomed for our raffle prizes, which will be drawn at the end of the meeting.

All are welcome, new members and old, to listen and enjoy an interesting talk and good company, too

We look forward to seeing you.

Margeurite (Babs) Rees



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0425(6)

THE REV'D DR WYNFORD THOMAS

The Rev'd Dr Wynford Thomas died quite unexpectedly on Friday 29th November 2024 and, in accordance with his strict instructions (which stipulated that his passing be attended by just a few family members and friends) his body was laid to rest after a short service at his house followed by a burial at the Grofft cemetery.

Born and bred in Llandoverly, Wynford touched the lives of many people, from his early days working in a bakery, through his time as a paramedic and then as a Minister. Having led congregations in Glanamman and, for over twenty years, at Newcastle Emlyn, he retired to his hometown where he continued to take services and his organ playing was much in demand.

On Sunday 16th March at 2.30pm we will be holding a celebration of Wynford's life at Capel Gosen, Cynghordy (the chapel by the viaduct). It was sheer coincidence that, after purchasing the redundant chapel in 2014 (some four years after the final service) and restoring it, Wynford came to the opening event on Saturday 1st October 2016 and explained how we were related! After that meeting he supported everything that we did at Gosen. In fact, he was all ready to distribute posters for the 2024 Live Nativity at Gosen the night before he died.

Please join us to remember the life of one of nature's "one-offs"; a larger than life character with a heart of gold.

Nigel Davies

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A CELEBRATION OF THE LIFE OF THE REV'D DR. WYNFORD THOMAS

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16th MARCH 2025

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05/25/0)



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09/25/23)

**SINEMA LLANYMDDYFRI YN
CYFLWYNO:
PROFWCH HUD DYLAN
THOMAS AR Y SGRÎN FAWR –
DAN Y WENALLT
(UNDER MILK WOOD)
GYDA SESIWN Q&A GYDA'R
CYFARWYDDWR
KEVIN ALLEN!**

Mae Sinema Llanymddyfri yn gyffrous i gyftwyno Dan y Wenallt (Under Milk Wood) yn y Gymraeg, gyda is-deiilau Saesneg, fel rhan o'i thymor newydd o ffilmiau yn y Gymraeg. Bydd y sgriniaeth arbennig hon yn digwydd ar Ddydd Sadwrn, 22ain Mawrth, am 7 PM, a dilynir â sesiwn Q&A unigryw gyda chyfarwyddwr y ffilm, Kevin Allen.



Diolch i ariannu llwyddiannus o Gronfa Arddangos Ffilmiau Ffilm Cymru Wales, mae Sinema Llanymddyfri yn dod â rhaglen gyfoethog o ffilmiau yn y Gymraeg, dogfennau amgylcheddol, a phrofiadau sinema hygyrch i'r gymuned leol trwy gydol 2025. Mae'r fenter hon, a arweinir gan Hybu Llanymddyfri, yn anelu at adfywio golwg ddiwylliannol y dref, gan wneud sinema'n fwy cynhwysol a chyffrous i bawb.

Mae'r addasiad dewr a gweledol o'r gwaith clasurol ddrama radio Dylan Thomas yn cynnig persbectif newydd ar waith annwyl. Cyfarwyddwyd y ffilm gan Kevin Allen, ac mae'n uno ef â Rhys Ifans, dros 15 mlynedd ar ôl eu ffilm enwog Twin Town. Mae Ifans yn serennu fel y Llais Cyntaf a Captain Cat, ynghyd â chast o actorion gwych, gan gynnwys Charlotte Church fel Polly Garter. Addaswyd y ffilm i'r Gymraeg gan T.

James Jones, gyda sript gan Murray Lachlan Young, Michael Breen, a Kevin Allen, ac mae'r ffilm yn dod â'r gerddoriaeth freudol o waith Thomas yn fyw mewn ffordd rhyfeddol ac heriol. Mae gweledigaeth Allen yn herio'r syniad bod barddoniaeth yn dal i fod o fewn y byd darllen yn unig, gan gynnig profiad sinema sy'n gryf, dychmygol, ac ymwrthod â'r norm. Ffilmwyd y ffilm yn Solva, Sir Benfro, a chafodd y ffilm ei chreu i ddal hanfod Llareggub, y pentref fluglennol yng nghanol gwaith meistr Thomas.

*"Wedi'i wneud yn ddoniol ac yn adloniannol, heb fethu i fynd i'r man, mae'r addasiad hyperactif a lliwgar hwn, a gyfarwyddwyd gan Kevin Allen, yn gweld Rhys Ifans yn camu'n ddewr i'r plat gyda stori egniol." ★★ ★★
The Guardian*

Gyrrwr: Kevin Allen yw'r cyfarwyddwr, sgriptiwr, cynhyrchydd, actor, ffermwr moch, ac artist. Treuliodd ei arddedau yn Loughor ac mae wedi byw ledled y byd. Ar ôl gyrfa actio lwyddiannus, gwnaeth ei ymddangosiad cyntaf fel cyfarwyddwr gyda Dyddiadur Fideo'r BBC 'On the March with Bobby's Army'. Yna cyd-ysgrifennodd a chyfarwyddodd ei wyth ffilm nodwedd gyntaf, y clasur cwl't 'Twin Town'. Ar ôl chwe blynedd o sgriptio a chyfarwyddo yn Hollywood, symudodd i Iwerddon, lle bu'n ffermio moch ac yn rhedeg Gŵyl Lenyddol a Chelfyddydau Flat Lake. Yna symudodd Kevin yn ôl i Gymru i sefydlu Ffatti Ffilm, lle cyfarwyddodd 'Y Syrcas' ar gyfer S4C, ac yna fersiwn ffilm o 'Dan y Wen Fy Nhadau' gan Dylan Thomas. Trwy ei Ysgol Ffilm Symudol, ysgrifennodd a chyfarwyddodd 'La Cha Cha', ffilm nodwedd a saethwyd yn gyfan gwbl ar iPhones yn ystod y cyfnod clo.

Dyddiad & Amseroedd: Dydd Sadwrn, 22ain Mawrth
6:30 PM – Agor Drws / **7:00 PM** – Sgrin Ffilm /
8:30 PM – Q&A gyda Cyfarwyddwr Kevin Allen

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Peidiwch â cholli'r cyfle unigryw hwn i brofi gwaith meistr Dylan Thomas ar y sgrin fawr a chlywed gan y meddwl creadigol y tu ôl i'r addasiad arloesol hwn!



**LLANDOVERY CINEMA
PRESENTS:
EXPERIENCE THE MAGIC OF
DYLAN THOMAS ON THE BIG
SCREEN –**

**DAN Y WENALLT
(UNDER MILK WOOD)
FOLLOWED BY A Q&A WITH
DIRECTOR KEVIN ALLEN!**

Llandovery Cinema is thrilled to present Dan y Wenallt (Under Milk Wood) in Welsh, with English subtitles, as part of its new season of Welsh-language films. This special screening will take place on Saturday, 22nd March, at 7 PM, followed by an exclusive Q&A session with the film's director, Kevin Allen.



Thanks to successful funding from Ffilm Cymru Wales' Film Exhibitor Fund, Sinema Llanymddyfri – Llandovery Cinema is bringing a rich programme of Welsh-language films, environmental documentaries, and accessible cinema experiences to the local community throughout 2025. This initiative, led by Hybu Llanymddyfri – Llandovery, aims to revitalise the town's cultural scene, making cinema more inclusive and engaging for all.

This bold and visually striking adaptation of Dylan Thomas' classic radio play offers a fresh perspective on a beloved work. The film, directed by Kevin Allen, reunites him with Rhys Ifans, over 15 years after their cult classic *Twin Town*. Ifans stars as both First Voice and Captain Cat, alongside an outstanding ensemble cast including Charlotte Church as Polly Garter. Adapted into Welsh by T. James Jones, with a screenplay by Murray Lachlan Young, Michael Breen, and Kevin Allen, the film brings Thomas' dreamlike verse to life in a radically surreal and provocative way. Allen's vision challenges the idea that poetry should remain solely within the realm of reading, offering a cinematic experience that is powerful, imaginative, and immersive. Filmed on location in Solva, Pembrokeshire, the film captures the essence of Llareggub, the fictional village at the heart of Thomas' masterpiece.

"Funny and entertaining, never getting bogged down, this hyperactive, highly coloured adaptation directed by Kevin Allen sees Rhys Ifans step bravely up to the plate for an energetic retelling." ★★★★★ The Guardian

About the director: Kevin Allen is a director, screenwriter, producer, actor, pig farmer, and artist. He spent his teenage years in Loughor and has lived all over the world. After a successful acting career, he made his directorial debut with the BBC Video Diary 'On the March with Bobby's Army'. He then co-wrote and directed his first of eight feature films, the cult classic 'Twin Town'. After six years of screenwriting and directing in Hollywood, he moved to Ireland, where he farmed pigs and ran the Flat Lake literary & Arts Festival. Kevin then moved back to Wales to set up Ffatti Ffilms, where he directed 'Y Syrcas' for S4C, followed by a movie version of Dylan Thomas' 'Under Milk Wood'. Through his Mobile Film School, he wrote and directed 'La Cha Cha', a feature film shot entirely on iPhones during lockdown.

Date & Times: Saturday, 22nd March
6:30 PM – Doors Open / **7:00 PM** – Film Screening /
8:30 PM – Q&A with Director Kevin Allen

Venue: Llandovery Cinema at Rhys Prichard Memorial Hall, 4 Waterloo Street, SA20 0DD

Tickets: £5 – Reserve your spot today!

- **In person:** Llandovery Youth and Community Centre (LYCC)
- **Online:** <https://bit.ly/LlandoveryCinema-Dan-y-Wenallt>
- **At the door** (subject to availability)

For more information: llandovery.lcasc@gmail.com

Don't miss this unique opportunity to experience Dylan Thomas' masterpiece on the big screen and hear from the creative mind behind this visionary adaptation!





LLANWRDA CRICKET CLUB

Training for the Juniors restarts at Castle Fields, Llandovery on 25 April. Again we will be running All Stars and Dynamos which begin a fortnight later. Please contact Gwynn Davies for information about the juniors on 07956 147464.

Nets for the adults will be at Llandovery College Sports Hall on Monday evenings.

We are always on the look out for new adult players – Saturday matches for the 1st XI begin on 3 May away at Bronwydd. We also have 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.

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(04/25(3))

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06/25(12)

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04/25(12)

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LLUEST

‘TAILS’ FROM THE TRUST.....



popular Open Days and Dog Shows. You may want to get your pooches show ready and mark your calendars for Sunday June 1st and Sunday September 7th Full details will be posted nearer the dates.

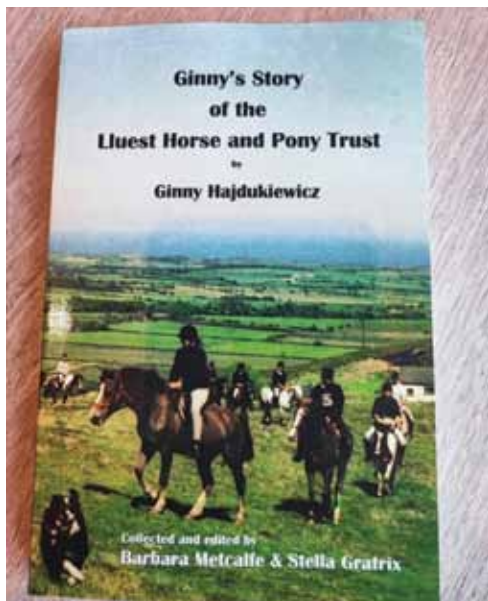


Summer & Autumn Open Days with Dog Show

If you love an online auction why not join us for our exciting Fundraising Online Auction happening on 1st - 8th May. Join us as we raise vital funds for the rescue, care, and rehoming of neglected and abandoned horses, ponies, and donkeys. Every bid you make supports our ongoing mission to give these incredible animals a loving and safe future free of suffering and neglect. Full details can be found on our Facebook page: www.facebook.com/lluest

GINNY'S STORY

Ginny Hajdukiewicz was the founder of Lluest Horse and Pony Trust and it is thanks to her that over 450 equines have been rescued, rehabilitated and rehomed. Ginny was not the stereotypical girl whose enthusiasm



40TH ANNIVERSARY YEAR

Did you know 2025 marks our 40th anniversary year? Since 1985, Lluest Horse and Pony Trust has been dedicated to rescuing, rehabilitating, and providing a safe haven for equines in need. This year, we celebrate four decades of compassion, hard work, and the amazing community that makes it all possible. The last 40 years has seen us face our fair share of challenges, but thanks to the countless remarkable people who choose to support us, we have continued to give second chances to so many horses, ponies and donkeys across Wales. There are too many heroes to name and many whose contributions we probably don't even know about, but every trustee, volunteer, staff member, donor, grant-making body, and kind soul who has left a legacy has played a vital role in our story. To every one of you who has contributed to our work....you are all Lluest Heroes and we hope you will join us in celebrating 40 years throughout 2025 in a range of events and fundraisers. This includes our ever



Every penny raised supports our work

for horses waned after a few years. At twenty-three she had achieved her ambition to have her own riding centre, and in 1982 she moved to Wales with her 'misfit' horses and set up a trekking centre. Always deeply concerned regarding the welfare of horses and ponies, and distraught at the treatment of the 'wild' ponies that were sold at market, in 1985 she formed the Lluest Horse and Pony Trust. Ginny often wrote about her life and work – sometimes on scraps of paper. Her lively accounts have now been compiled into a book featuring not only her horses and ponies, but also her beloved dogs, cats, chickens and even Herbie the crow. And, of course, they include many of the people she met over her short life, which she sadly lost to cancer when she was just thirty-eight. The book entitled 'Ginny's Story of the Lluest Horse and Pony Trust' can be bought from Amazon or Feedaread.com. The book includes lots of pictures of Ginny, her animals, and the Trust in its early days, including this one of Ginny with her Grandfather.

Ginny would be proud that the Trust continues her mission and all proceeds from this book will go towards our work as she would have wished.

WILL AND JACK FIND A FOSTER HOME TOGETHER

And finally, a little update on two of our rescues including our most recent arrival William Turner (or Will to his friends!). Just before Christmas we were contacted by the British Horse Society (BHS) to see if we could help Will, a colt found wandering dangerously on a busy road. Thanks to the quick thinking of some kind locals, two year old Will was safely removed from the road, and an abandonment notice was posted. Despite every effort, no owner came forward. As the 8th colt or stallion to come into our care in 2024, Will's story highlights the growing need for equine welfare support. We're incredibly grateful to the BHS for funding his castration, along with the insertion of a microchip and a



Handsome Will Turner



Jack getting ready to leave for his foster home

passport application. This successful collaboration meant we could step in to help him at a time when our resources were being stretched to their limit. Winter is always the most challenging time for us. A heartfelt thank you also goes out Will's fabulous foster home, whose care and compassion have made all the difference. Without them, we simply wouldn't have had the resources to help him. Will has started a new chapter in his life with the promise of a brighter, safer future and has just been joined by youngster Captain Jack Sparrow. Post readers may recall that Jack was found only days old dumped in a deep ditch on the outskirts of a Welsh city. Quick actions by a member of the public saved his life and he has thrived here at Lluest. Will and Jack now look forward to many adventures together with their foster family.

Both ponies are a fitting testament to our work over the last 40 years. With your support we look forward to changing the lives of many more equines in desperate need across Wales. If you're not already familiar with our work, you can find more information about on our Facebook page (listed above) or our website: www.lluesthorseandponytrust.co.uk

Diolch yn fawr iawn / Thank you so much

ABERGLASNEY 'AUTUMN MORNING, CLEARING MIST' PHOTOGRAPH REWARDED IN INTERNATIONAL GARDEN PHOTOGRAPHER OF THE YEAR COMPETITION



The winning image 'Autumn Morning, Mist Clearing' taken from Aberglasney's Cloister Garden wall looking down beyond the pool garden.

Aberglasney is delighted to announce its photographer, Nigel McCall, has been recognised once again in the International Garden Photographer of the Year (IGPOTY) competition for his stunning image 'Autumn Morning, Clearing Mist'.

IGPOTY brings together the best garden, plant, flower and botanical photography from across the world. The competition started in 2008 and continues to be one of the world's most respected photography competitions and exhibitions.

Nigel's image of Aberglasney during an autumn morning as the mist was clearing was announced as Highly Commended in the 'Beautiful Gardens' category. His breath-taking images have won a staggering 19 awards from IGPOTY over the last nine years. Awards include three first places, one third place, six finalist, six highly commended and three commended places.

Nigel McCall said, "I am pleased to have been recognised once again in this year's International Garden Photographer of the Year awards. I take photos of the Gardens for pleasure rather than rewards but it is always heart-warming when given accolades for the hobby I enjoy doing so much."

A collection of Nigel's award-winning photographs of Aberglasney Gardens through the seasons and over the past few years, are currently on display in an exhibition in the Mansion. A book of Nigel's images entitled 'Aberglasney Gardens – a calendar year' is available to purchase in the giftshop alongside jigsaws and postcards using some of his award-winning images.

Helen Scutt, Aberglasney Gardens' Director said, "Congratulations to Nigel on this latest recognition of his hard work and dedication. We are very grateful to him for all the time he puts in to visiting Aberglasney and producing such amazing photographs. It's thanks to Nigel that we're blessed with a wealth of beautiful images of the gardens throughout the seasons."

Nigel McCall has been a volunteer and member of Aberglasney since 2014. He was the managing director of Towy Works Ltd in Carmarthen before he retired in 2020. Nigel has a great interest in photography and has spent many years documenting Aberglasney's changing seasons with over 2,500 images of the Gardens.



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1223(1)



& Jobs
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- Root vegetables and fruit

Explore exciting flavours with:

- Thai curries
- British casseroles
- Moroccan spices

Gain confidence in mixing and matching ingredients to create your own dishes. All recipes are based on cookery book reading.

Patricia is an experienced home cook with a Degree in Tourism and Leisure, including training in hospitality and food hygiene. She has taught numerous short courses on employability, communication skills, and team development, and holds an adult teaching qualification. Her approachable style and practical expertise make learning fun and accessible for everyone—whether you're a seasoned cook or just starting out!

HOW TO BOOK

Contact Tiago and Maggi at 07858 555938, email llandover.ylccsc@gmail.com, or visit Llandover Youth & Community Centre (LYCC) at 19 Market Square, Llandover.

LUNCHEON CLUB AND COOKING DELICIOUS MEALS ON A BUDGET CLASS



Hybu Llanymddyfri – Llandover is excited to continue presenting two popular activities this March: the monthly Luncheon Club and the Cooking Delicious Meals on a Budget class. Both offer a chance to enjoy good food, learn new skills, and connect with your community.

LUNCHEON CLUB

- **When:** Wednesday, 19th March at 12 PM
- **Where:** Ysgol Rhys Prichard
- **Cost:** £3

Enjoy a tasty hot meal and friendly company at Ysgol Rhys Prichard. After lunch, join in fun games and activities with local pupils. It's a great opportunity for those over 60 to make new friends and be part of the community. All safeguarding measures are ensured by school staff. Spaces are limited, so book early! We can also help with transportation if needed.

Cooking on a Budget with Patricia Morgan-Black

- **When:** Tuesday, 18th March, 11 AM – 12:30 PM
- **Where:** Llandover Youth & Community Centre
- **Cost:** FREE!



JOIN THE TACLO LITTER PICKING GROUP – KEEP LLANDEILO BEAUTIFUL!



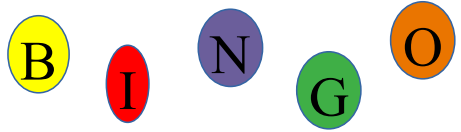
For the past two years, dedicated volunteers have been litter picking in Llandeilo once a month. When there is a good turnout, the job is done in an hour—but with only three active volunteers left, it now takes much longer. Taclo needs your help!

Join the group at 10 AM on the first Sunday of each month at the main central car park. All the equipment is provided – just bring your enthusiasm! It can be great fun and a good way to meet other like-minded people. All ages are welcome (children must be accompanied by an adult.)

If you can't attend, consider keeping your street litter-free with your neighbours. Let's take pride in the beautiful town of Llandeilo and protect the environment together!

Contact Llandeilo Town Council for more information.
clerk.ltc@gmail.com

Sextons Arms, Llansadwrn
Saturday 22nd March
7.30pm



Cash Prizes
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LLANWRDA SCHOOL
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ROD AND SALLY'S FUN QUIZ

RETURNING ON 1ST APRIL

Yes don't be fooled by the date.

CASTLE HOTEL 8PM

£2 per person teams up to 5.

Let's begin raising funds for this
year's CHARITY.

Looking forward to seeing you all.

DIGWYDDIADAU LLANYMDDYFRI 2025 / LLANDOVERY EVENTS 2025

Sat 1 Mar

St David's Day Celebrations:

Window Decoration judging

10am: St David's Day Service at Llanfair Church

11am: Market Square Free refreshments kindly supplied by Williams Pantycelyn Memorial Church

7pm: Llandovery Twinning Assoc. Fun, Games & Refreshments
Charcuterie & bottle of wine: £25 per couple
Rhys Pritchard Memorial Hall, Waterloo Street

Sat 1 Mar

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

Mon 3 Mar

Ysgol Rhys Prichard Parade through town to Memorial Garden for 1:30pm

Sun 9 Mar

Daffodil Cycle Ride: Llandovery Mart. 8am
Info: Facebook: Clwb Seiclo Llanymddyfri - and - Daffodil Ride. www.britishcycling.org.uk/events/details/314077/Daffodil-Ride

Fri 21 Mar

Llandovery Carnival – Carnival Queen

Presentation: Venue TBC 5pm

Sat 5 Apr

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

Sat 5 Apr

Ar Y Gorwel Fun Run: Llansawel

Facebook: Ar y Gorwel / Instagram: arygorwel

Sat 12 Apr

Castle Garage – 100 Year Anniversary:

Congratulations to all at the Castle Garage!

Fri 25 – Sun 27 Apr

Drovers Rally: H-D RCGB: Llandovery RFC

Please note this is a closed event for H-D RCGB members only.

Sun 27 Apr

Auto Rally: Autotest Championship- Round 2

9.30 – 4pm - Crychan Forest

www.epyntmc.co.uk/calendar

April – date TBC

Mayor's Charity Dinner: Details to be confirmed

May

Entries for Flowers in Bloom Competition:

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

Sat 3 May

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

Fri 2 - Mon 5 May

Ar y Gorwel - Hot Air Balloon Event: Various locations.

Facebook: Ar y Gorwel / Instagram: arygorwel

Fri 9 - Sun 11 May

Reading the Wild Literature Festival: Books at the Dragons Garden, Llandovery

Facebook: Books at the Dragon's Garden

Fri 16 May

Stars In Your Eyes - Llandovery Carnival: The Castle Hotel, 7pm

Sat 17 May

Llandovery Male Voice Choir Annual Concert:

Tabernacle Chapel, Queen Street, Llandovery 7pm £12. Two soloists to feature.

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.

Fri 23 May

Quiz - Llandovery Carnival: The Whitehall, High Street, 7pm.

Fri 23 - Mon 26 May

All Mountain Adventures: Headstock 500 / 200

Info: www.allmountainadventures.wales/

Facebook: All Mountain Adventures Wales

Sun 25 May

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

Sat 7 Jun

Llandovery Farmers Market: Market Square

Llandovery 10am – 2pm

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 Llwynwernod:

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/

Sat 5 Jul Llandovery Farmers Market: Market Square Llandovery 10am – 2pm

Sat 12 – Sat 19 Jul

Cycling Event: The Perfidious Albion. Passes through Llandovery

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

Jul - date TBC

The New Llandovery Motorbike Weekend:

Facebook: The New Llandovery Motorbike Weekend

www.thenewllandoverymotorbikeweekend.co.uk

Sat 26 Jul – Sun 3 Aug

Tywi Valley Open Studios: Facebook: Tywi Valley Open Studios / www.tywivalleyopenstudios.wales

Fri 1 & Sat 2 Aug

Llandovery Pride 2025: Performance on Friday evening (venue tbc). Pride – Saturday am. Cabaret - Saturday pm the Kings Head.

Sat 2 Aug

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

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

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

August Bank Holiday Facebook: Llandovery Duck Race

Mon 25 Aug

Sioe Cilycwm Show: Erryd Fields SA20 0UA

August Bank Holiday Facebook: Sioe Cilycwm Show / website: www.cilycwm.com

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

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

Sat 4 Oct

Llandovery Farmers Market: Market Square

Llandovery 10am – 2pm

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

Sun 9 Nov

Remembrance Sunday: Details to be confirmed.

Thurs 20 - Fri 21 Nov

Roger Albert Clark Rally: Welsh Stages

www.raclrmc.org or Facebook @RogerAlbertClark

Nov - date TBC

Llandovery Fireworks Display, Agricultural Mart.

Free event. Details to be confirmed.

Fri 28 Nov

Christmas Lights Switch On: Market Square. Free event. Details to be confirmed.





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BARGAIN HUNT FILMS IN LLANDEILO



BBC's Bargain Hunt returns to film at the Llandeilo Antiques and Vintage Fair, due to be held on Saturday 5th April at the Civic Hall and will be setting high standards.

The fair has always turned up some surprises over the years, with different celebrities turning up. This is the third time that Bargain Hunt has chosen this venue to film their show, which is aired at lunchtime on BB1 and is watched by millions of viewers each day. The presenter on the day will be the popular Roo Irvine. Bargain Hunt sensation Roo Irvine has captured the hearts of viewers since she graced the screen as an antiques expert in 2018. Known for her encyclopedic knowledge and vibrant fashion choices, the Scottish star has become a familiar face on the programme. Roo is a regular on your screens as a 'veteran' of various antiques shows as well as being one of the main presenters for BBC Bargain Hunt. She is well known for her many TV appearances on Antiques Roadtrip, Bargain Hunt, Flipping Profit, Celebrity Antiques Roadtrip and many more. Roo has also recently appeared on Celeb Mastermind, Celeb Pointless & Richard Osmans House of Games. In addition Roo has done numerous podcasts, interviews, corporate and charity engagements – and continues to write for several monthly publications. From a wee antiques shop in a small village in Scotland to the screens of millions of

people in a matter of months, Arusha Irvine or 'Roo' as she is known, says she didn't go looking for fame.

Roo was discovered after BBC Antiques Road Trip visited her store, Kilcreggan Antiques, in early 2015 and very shortly after, BBC producers invited her to join the team of antiques experts.

Almost 8-years on and Roo is now a regular TV expert and she recently has taken on the role as a main presenter for BBC Bargain Hunt – with consummate ease. However the two experts who will join Roo on the day will not be revealed until the day of the fair to add that element of surprise.

Bargain Hunt was first aired on BBC 1 on 13 March 2000 and was originally presented by David Dickinson. From 2003 to January 2016 it was presented by Tim Wonnacott. In 2016 the format changed to a rota of hosts from a "team of experts" fronting the show.

Two teams – designated the "Reds" and the "Blues" – compete. Each team has two members, who wear jackets that correspond to their team's colour. At the beginning of the show, each team is given £300 with which to purchase antiques. The objective is to find items that will earn the team a profit when later sold at auction. Each team is accompanied by their expert, though it is the contestants' decision whether to heed the advice, given by their expert. After the contestants have completed their purchases and presented them to the host, home viewers are shown a "what the auctioneer thinks" section in which the auctioneer appraises the buys and gives the auction estimate. At the auction, as each item is sold, the host compares the auction sale price to the price originally paid by the team. If the final total shows a profit, the team receives that profit in cash; otherwise, the team receives nothing.

The show is punctuated by footage of the host visiting a place of historical interest, such as a stately home or museum, and talking about the items housed there.

2019 again brought a change to the rules with two challenges, the 'Big Spend Challenge' and the





'Presenter's Challenge' being introduced. The teams have to spend at least £75 on one item, and buy an item relating to a specific category. Other changes include the contestants introducing themselves to camera, rather than to the presenter, and the bonus buy is now revealed to the contestants in the auction room after the sale of the first three items. If the teams gain profits on all 3 items then a golden gavel is awarded to the team members.

The experts who aid the contestants in their choice of item are only revealed at the beginning of the show and therefore their identity is kept top secret.

We were delighted to have the Bargain Hunts teams back at the Llandeilo fair and it will be exciting to see what bargains the contestants discover at this popular fair. They will then be filmed at auction at a later date ,to witness what money has been made or lost! The programs will be aired later in the year.



During the last filming in 2023, Eric Knowles the presenter at the time was bowled over by the spectacle of the fair and he actually got up on stage to congratulate all the stall holders for the quality and variety of antiques on offer. He said it was a "proper antiques Fair" and he was blown away by their displays. This went down well with the stall holders and there was a resounding round of applause from them. We were all very impressed by Eric as he took time out to speak to both the public and the stall holders. He also commented on the friendliness and the welcome they were given.

The fair at Llandeilo brings a surprising diversity of antiques on display. There should be a good selection of Welsh items on offer. Whether it's an original Welsh watercolour or oil painting or a piece of Welsh pottery or examples of Welsh blankets and textiles on display.

Attractive displays of gardenalia has proved extremely popular at the fair, including watering cans, wheel barrows and garden tools and large garden pots and urns.

The Llandeilo fair has a rich cross section of antiques and vintage on display, from jewellery, watches, books, ephemera, postcards, militaria and vintage clothes and accessories. There will also be collections of glass and up cycled and pre loved furniture, plus interior design pieces. I'm sure visitors will not be disappointed with the selection on offer at this popular fair, especially as there will some outside stands to browse.

Homemade refreshments will be available and doors open at 10 am until 4pm. Admission is just £2 and dogs are allowed admission.



CROESO I ALICIA, EICH WYNEB NEWYDD CYFEILLGAR YN LYCC! MEET ALICIA, YOUR FRIENDLY NEW FACE AT LYCC!



Shwmae pawb! Hello everyone! We're super excited to introduce you to Alicia, the brilliant new Project Development Assistant here at the Llandovery Youth and Community Centre (LYCC)! Alicia's all about helping people and has tons of experience working in our community. She's bubbling with fresh ideas and a creative spirit, and she can't wait to get stuck in at LYCC.

Alicia says: "I moved to lovely Llandovery four years ago with my husband and our dog. I have worked a variety of jobs within the community, and I am looking forward to the challenge ahead and bringing a fresh, mindful and creative approach to my role. We are happy to help and support across many areas and subjects. Get in touch either by email, phone or come into the office for a cup of tea".

Jill Tatman, LYCC's Centre Manager says: "We are delighted to welcome Alicia to our team at the LYCC. Her friendly and helpful manner will complement all that we aim to do in the Centre, and we look forward to her being involved in everything! There is so much to introduce Alicia to in our wide range of activities/events/workshops and general support for the community, but we know she is up to the task!

So, what does Alicia do?

- She's a friendly ear for anyone who needs help, pointing them towards the right activities or other organisations like Citizens Advice.
- She's the welcoming face you'll see when you visit LYCC.
- She answers all your questions over the phone.
- She plans fun activities for the Getaway Club (our after-school club) and joins in the art, crafts, and games.
- She's in charge of the food bank and organises fundraising to keep it going.
- She makes sure everyone has yummy refreshments at our workshops and events.
- She snaps photos of all the fun stuff happening at LYCC and keeps our Facebook page buzzing.

- She helps people with job searches, CVs, applications, and all sorts of computer stuff, whether it's laptops, phones, or tablets.

Come and join the fun! LYCC has a whole heap of activities going on in March. Here's a peek at what's coming up:

Monday AM

- 9.30 Drop-in centre and open computers
- 10.30 Willow weaving (3rd and 17th)
- 11.00 NACRO Wellbeing drop in (17th)

Monday PM

- 1.30 Willow weaving (3rd and 17th)
- 2.00 Tai Chi Shibashi
- 3.45 After School Club

Tuesday AM

- 10.00 Click first computer group
- 10.00 Young parents baby group
- 10.00 Hwb Bach Y Wlad CCC (18th)
- 11.00 Gardening Group

Tuesday PM

- 2.00 Knit and Natter
- 3.45 After School Club
- 7.30 Youth Club

Wednesday AM

- 10.00 ETO Re-use shop
- 10.30 creative writing course
- 10.00 Brecon Bus trip (12th)

Wednesday PM

- 1.00 Art Psychotherapy
- 2.00 Pyrography
- 2.00 Sign Language
- 3.45 After school club

Thursday AM

- 10.30 Sewing group

Thursday PM

- 1.30 Art for fun and relaxation
- 3.45 After School Club
- 7.30 Youth Club

Friday AM

- 10.30 Woodland Ecotherapy
- 10.30 Art for fun and relaxation
- 11.00 Friday social group

Friday PM

- 1.30 Art and fun for relaxation
- 3.45 After School Club

Youth Club Climbing Trip!

On Thursday, March 6th, the Youth Club is heading to Overhang for an evening of climbing! If you're interested or want to book a spot, give LYCC a call.

Want to know more or get involved? Get in touch with Alicia:

- Email: alicialycc@gmail.com
- Phone: 01550 721499
- Pop into the LYCC office for a cuppa and a chat!

Funded by The National Lottery Community Fund.

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24 STONE ST., LLANDOVERY

LLANDOVERY ROTARY CLUB



This Months meet the member IEUAN PUGH MORGAN.



District Governor Malcolm and the lovely Carol with President Kevan.

Already we are at the end of the first quarter of 2025 and time is moving on, fast. The snowdrops are out, I've already cut my lawn once and the hosts of golden daffodils are fluttering and dancing in the breeze all ready to brighten up our lives on St David's Day. Bendigedig. We've already had St Dwynwen's Day and Valentine's Day so we should be well and truly loved up by now and looking forward to Spring and a glorious hot sunny Summer. Ha, happy thinking! Well, you never know your luck!

Right, Rotary business. As ever we always look forward to our District Governor's visit and Malcolm and Carol have been superb to us this year. I think that this was their fourth visit to us. The first was out of duty as the DG visits every Club at least once in a gruelling calendar criss crossing South Wales sometimes visiting two clubs (two dinners) in a single day. They also attended our celebratory 40th Anniversary Dinner and this time to make us fully aware of the Rotary Foundation. The other time they came was to attend our Grand Duck Race and Malcolm made himself a legend locally, heroically dressing up as a duck! Yes really. Quack, quack.

After a lovely supper at the King's Head DG Malcolm and his lovely wife Carol outlined the importance of Foundation where Rotary does so much worldwide to support the many problems the world population face in trying to live a normal life just as we are fortunate enough to live here. Many are suffering intolerably through no fault of their own. Rotary does so much to help, support and improve the lives of these poor people. Long may Rotary continue with this fantastic work.

We have had our President's Board updated and the last 8 President's names have been added. It stands proudly in our Headquarters at the Castle Hotel.



This months Meet The Member, Ieuan Pugh Morgan (IPM).

Ieuan Pugh-Morgan was born in Brecon in 1955 and was educated in Brecon Boys Grammar School before moving to Llandeilo in 1970, when he started working with a Menswear Specialist in Carmarthen in the Summer of 1971. In 1974 he had an eye opener when he took the role of a manager in a male boutique selling white suits & velvet jackets....will they make a comeback?! Following that he joined the Great Universal Stores Group as a Manager for "John Temple Menswear".

In 1981 Ieuan married Barbara and they settled in Carmarthen, but he had always had a desire to own his own business, and in July 1983 "Squire Menswear" was opened in Llandoverly. With roots laid down in Llandoverly Ieuan was invited to the meetings of the founding of the Rotary Club of Llandoverly, and 1984 was when the fun began!!

Ieuan has one daughter Lowri and is now a proud grandparent of Anna and Gwilym who he enjoys spending time with after he retired from the Menswear Business in 2021 after 38 years and as part time Mobile Library Driver for Carmarthenshire Library service.

As Llandoverly Rotary Club celebrated 40 years in late 2024 Ieuan was presented with the Paul Harris Fellow Award. He says, "I feel honoured to be a Founder Member of the Rotary Club where I have served as Secretary, Treasurer and President and am delighted with the way the Club has progressed in the town and the community over the years and hope the Club will continue to serve for very many years to come."

Thank you Ieuan.

Fact. Early on in his Rotary life Ieuan put down his initials, IPM, on a volunteer sheet. A Rotarian on picking up the sheet and checking it was flummoxed by this and blurted out “Who the hell is One P M? Since that day years ago he is often affectionately referred to as One P M (1 o'clock).

Gary Strevens' dear wife Carol has had to undergo further surgery on her back. Carol is beginning her recovery and everyone at the club wishes you well Carol.

We had a Speaker during the month, Jack Skivens.

Taken directly from Tim's minutes

Alan introduced Jack, his (almost) son in law, together with his daughter Chloe.

- Jack is an illustrator, used to spend my time making illustrations of tv celebs and politicians.
- Started a punk band and toured the UK
- Life's dream of being an artist.
- Worked for various retailers inc John Lewis.
- Occasionally small commissions would come in.
- Shown a fantastic “ Elton Johnesque “ drawing of Huw Clarke, frightfully uncanny.
- Offered a job to join a company in Cardiff to enhance art career.
- One of my designs was used as a promo, on t shirts and advertising campaign based on a fantastic Cardiff pub where I met lots of bands, large and small.
- Contacted a few years later to design a map for Radio 6 music festival in Cardiff, drawing many music venues for the map and during lockdown was contacted by Torfaen Council to design images for empty shopfronts to encourage business to come to Pontypool.
- Opportunity to paint a mural on Chippy Lane in Cardiff.
- Wrote a book on the animals that are around Cardiff Castle, a book not just for children, info for people to find free places to visit in and around Cardiff, The BBC showcased.
- Worked on 2 projects over the last 2 years.



Our largest donation ever was given to the Llandoverly Museum. President Kevan hands the cheque over to the grateful volunteers.

- Doodles and doughnuts and Tanio with connecting carers.
- Dai Thomas extended a massive thanks to Jack for giving us a talk on what is a very talented and remarkable career.

Rosie has informed us of her increased commitment at work and her time will be severely limited so her attendance for the next few months will be very difficult. In the meantime, Tim has agreed to take the minutes whenever Rosie is not present with Rachel as extra cover. So we now have a Secretary, a deputy Secretary and a deputy to the deputy Secretary. How Blessed we are!

As stated last month we agreed to support the Llandoverly Museum with our largest donation ever to assist with the purchase of a stair lift at the Museum. They were thousands of pounds short of their very large target but we were delighted to be able to step in and fill the void. President Kevan took time out to present the cheque to the grateful volunteers at the Museum. Believe me. It gives us as much pleasure to give as those get when they receive. Right proud we are!



Alan with (almost) son in law Jack with Chloe and Kevan.

Siarad Cyhoeddus/Welsh Youth Speaks

Ers tua 1990 buodd Ysgol Pantycelyn yn cymryd rhan yng nghystadleuath Siarad Cyhoeddus Rotari ac mae Ysgol Bro Dinefwr wedi parhau a'r traddodiad 35 mlynedd ar ol hynny. Erbyn hyn mae nifer o'r rhai fuodd yn cystadlu nawr yn beiriadu!!! Eleni eto buodd tim Bro Dinefwr wrthi gan gamu drwy'r rownd gyn derfynol yn Bro Dinefwr ac ymlaen i'r rownd derfynol yn Yr Egin Caerfyrddin gan ddod lan yn erbyn ysgolion Bro Pedr, Henri Richard, Glantaf, Gartholwg, Gwent is Coed a Bro Myrddin. Pwnc Bro Dinefwr eleni oedd “Mae amaeth dan warchae” pwnc oedd yn agos iawn at galon Ifan Davies Griff Jones a Mareed Roberts ac fe fu cryn lwyddiant gan gipio ail wobwr yng nghystadleuath y cadeirydd a'r siaradwr o blaid gorau (Ifan a Griff) a'r siaradwr gorau drwyddi draw i Mareed. Ond i goroni'r cwbl fe enillodd y tim dlws R Alun Evans ac o styried

continued on page 42



The successful Welsh Youth Speaks team. Mared, Griff and Ifan.

bod 14 o ysgolion gorau Cymru wedi dechrau ar yr ornest mae hyn yn dipyn o orchwyl - da iawn nhw a llongyfarchiadau i'w hyfforddwy Mr Noir Jones a Dai Anon!!

The above report refers to the Ysgol Bro Dinefwr public speaking team who took the first prize in the Welsh medium Rotary Public Speaking competition for South and West Wales recently.

Thank you Dai. Diolch yn fawr Dai Dyer am yr ardddiad yma.

We have had fair debate about what used to be our Christmas Dinner. A few years ago we ditched that in favour of a Winter Dinner. Some rebelled when we wore Dinner Jackets so we went without a dinner then. This year with 'Go Ahead Rhian' in the Chair the event has been revived but in another new format. This year it will be an informal Dinner in Fancy Dress with an 80s Theme. This could be carnage! As we go to press before the 21st you will have to wait until next month to have a good laugh when you see the photos. Unless you follow us or Love Llandoverly on Facebook of course, then you'll be the first to see the photographs. The Rotary Club in fancy dress? This really is a first!

We have a host of speakers to fit in over the coming months. The Welsh Trail Riders, Adrian Davies, Llanfair Surgery Nurses, Ian Gravel, Prostate Cancer and people we have sponsored recently who have agreed to share their adventures with us, namely Neil, Jess and Tomos. Where will we find the time? Don't worry, we will.

Another month of Rotary, another record of our club's goings on. What will next month bring? Who knows? There is only one way to find out. Don't miss next month's exciting episode in the fabulous The Post magazine. See you all again then.

Derek Jones.



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymwelwyr

LLANDOVERLY MUSEUM
& Visitor Gateway

THE HARPS AND HARPISTS OF GLANBRÂN



Glanbrân, Cyngordy.

One evening in December 1835, as the stagecoach from Gloucester to Carmarthen approached Melin Guto near Llandoverly, a horse and cart suddenly appeared through the murk. The coach driver, who was drunk, made no effort to avoid a collision. The horses jumped over the bank and the coach disintegrated after falling 120 feet into the River Gwydderig. Miraculously, no one was seriously injured, and the mail was delivered safely in Carmarthen the same evening.

The names of the passengers are inscribed on a stone pillar at the scene of the accident. Among them is that of Colonel Sackville Gwynne, Glanbrân, Cyngordy, who managed to jump off the stagecoach before it fell into the river. Within nine months, however, the Colonel was dead. He passed away peacefully as he was writing a letter, and he was buried in September 1836 in Llanfair-ar-y-bryn churchyard.

As far is known, this gentleman is of little interest, unlike his father, another Sackville Gwynne, an acclaimed harpist who played a crucial role in the development of the triple harp. The date of Sackville the Harpist's birth varies, according to various sources, but an official record of his baptism states that he was born on Sunday, 13 January 1750 at five o'clock in the morning.

1794 is given as the year of his death. However, a letter from Llandoverly, dated Saturday 16 November 1793, published in the Gloucester Journal, states that he died that morning at Glanbrân. According to the letter, 'He was well known to the musical world for his skill in music, and his exquisite performance on the treble harp, in which he was unrivalled.'

The first Sackville Gwynne was born in 1670, and when he died childless in 1734, Glanbrân passed to his nephew, Roderick Gwynne, father of Sackville the Harpist. Many members of the family had the name Sackville and there were interesting connections with the Methodist Revival through Howel Harries and the Wesley brothers.

In 1772, without his father's knowledge, Sackville the Harpist went to Ireland in the company of Catherine Thomas, daughter of Clynsaer, Cynghordy, and the two were married in Dublin. Catherine died at the end of 1787, and shortly before his death in 1793, Sackville married a lady named Elizabeth Lewis. He chose to be buried in the churchyard of Tirabad Church, erected by his great-uncle – yet another Sackville Gwynne- rather than in the churchyard of Llanfair-ar-y-bryn, where William Williams, Pantycelyn, whose hymns mention 'the golden harp', had recently been buried.

The harp maker, John Richards, Llanrwst, who did work for Charlotte, wife of King George III, was also buried there after his death at Glanbrân in 1789. He was described as the 'Stradivarius' of the harp makers and made at least twenty harps for Sackville the Harpist so that he could give them as gifts.

John Richards taught his craft to Glanbrân carpenter Tom Davies. In 1784, after hearing the harp being played

at a memorial service for the composer Handel, Sackville the Harpist arranged for Davies to make a special harp for him. Because of its size, it was known as 'King David'. It was intended as a gift for the Prince of Wales but, for some reason, that didn't happen.

Many harpists would visit and receive a warm welcome at Glanbrân. Among them was William Williams (Wil Penmorfa), who plucked the strings with such force that he would sometimes break the soundboard.

By the 1830s, the Gwynnes of Glanbrân were in financial difficulties and the mansion began to deteriorate. Around 1875, the estate was divided and sold, and around 1930 the house itself was demolished. The stairs were cut in two. Half were installed at Cwm Irfon Lodge, Llanwrtyd, and the other half went to Clynsaer, Cynghordy.

Llandovery Museum and Visitor Gateway will be opening for the 2025 Summer Season at Easter. 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, contact us on 07527 753688 or email: enquiries@llandoverymuseum.wales



A harp made in Glanbrân by John Richards, Llanrwst



HYBU LLANYMDDYFRI – LLANDOVERY: FFILM CYMRU WALES FUNDS EXCITING CINEMA INITIATIVE IN LLANDOVERY & JOB OPPORTUNITY FOR A PART-TIME FILM COORDINATOR



Llandoverly is set to benefit from an exciting new cinematic initiative, thanks to successful grant funding from **Ffilm Cymru Wales' Film Exhibitor Fund**. This funding will support **Sinema Llanymddyfri – Llandoverly Cinema**, a project led by **Hybu Llanymddyfri – Llandoverly**. The initiative aims to bring **Welsh-language films, environmental documentaries, and accessible cinema experiences** to the local community throughout 2025.

Maggi Swallow, Llandoverly Events Support Coordinator says: “Hybu is thrilled to announce they have secured funding from Ffilm Cymru to bring Welsh language films and environment-themed films to our community cinema. This opportunity will not only celebrate the town’s rich Welsh cultural heritage but also spark important conversations about the environment, energy, sustainability and the health of our planet. It’s a step towards creating a space where creativity and awareness meet, and we’re delighted to have the opportunity to share these impactful stories with our community.”

The **Film Exhibitor Fund**, run by Ffilm Cymru Wales, supports initiatives that help **innovate, include, and sustain film viewing across Wales**, ensuring that diverse communities have access to high-quality cinematic experiences. With this funding, Hybu Llanymddyfri – Llandoverly will deliver a **series of monthly Welsh-language film screenings and quarterly environmental documentaries**, promoting both cultural heritage and sustainability.

Lee Walters, CEO of Ffilm Cymru Wales, says: “We are thrilled to see Llandoverly Cinema revived, reopened and once again making film the heart of the local community. This new role with Llandoverly Initiative

will be a fantastic opportunity to celebrate Welsh culture, creativity and ambitious climate action, and Ffilm Cymru Wales is proud to support it.”

To bring this project to life, **Hybu Llanymddyfri – Llandoverly is seeking a Part-Time Film Coordinator** to assist with the cinema programme from **March to December 2025**. The role is an excellent opportunity for someone passionate about **film, community engagement, and sustainability**.

The Film Coordinator will be responsible for organising and managing film screenings, including seven Welsh-language films and three environmental documentaries. A key part of the role will be promoting accessibility, ensuring that the cinema remains affordable and welcoming to all, particularly for rural and low-income residents. The coordinator will develop bilingual marketing materials to effectively reach both Welsh and English-speaking communities. They will collaborate with local groups such as Llandoverly Climate Group, Bwrlwm, and Ynni Sir Gâr to promote sustainability through film. Additionally, the role will involve organising events, bringing in guest speakers, facilitating discussions, and helping to build an engaged and active local audience. The new Film Coordinator will be announced in March – keep an eye on our social media channels for updates!

This project is more than just cinema—it’s about **celebrating Welsh culture, promoting sustainability, and making film accessible** to all. Through **reduced ticket prices, transport subsidies, and community partnerships**, Sinema Llanymddyfri will ensure that everyone in Llandoverly can enjoy thought-provoking and high-quality films in a welcoming environment. Tiago Gambogi, Llandoverly Community Activities Coordinator, says: “With many Welsh speakers in Llandoverly and a growing interest in learning the language, including Welsh-language films in our programme celebrates and supports its growth. These screenings let Welsh speakers enjoy stories in their native tongue while helping learners engage in a natural, immersive way. They also showcase Wales’ landscapes, history, and culture—sparking reflection and conversation in the community.”

For more updates, follow **Hybu Llanymddyfri – Llandoverly** on **Facebook and Instagram**. This initiative is proudly supported by **Ffilm Cymru Wales**.



READERS' SALES & WANTS

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

FOR SALE

- **Golf Club Set.** Mizuno Zoid 3-SW. RH reg flex. Was my reserve set and barely used, £50. Driver Cobra SS290 10.5 R Flex and KZG 9.0 S Flex £40 each. Tel 01550 721365.
- **Paint spray gun**, £1. Tel: 07761 107055.
- **FERN Router**, as new in box, £25. Tel: 07761 107055.
- **240 volt electric water pump**, STUART Turner 1" with hoses, £20. Tel: 07761 107055.
- **Chimney cowl 10"**, new in box . bargain, £20. Tel: 07761 107055.
- **Square mouthed shovel**, as new, £8. Tel: 07761 107055.
- **Lamb shelter/feeder**, 6ft 3ins x 4ft troughs inside with adjustable entry, £15. Tel: 07761 107055.
- **Set of rubber car mats** including boot tray in good condition, £8. Tel: 07761 107055.
- **TITAN 240 volt electric wood mulcher** in new condition, £45. Tel: 07761 107055.
- **Antique Brass coal scuttle with shovel**, very nice one, £25. Tel: 07761 107055.
- **Belmont curtain rail**, metal decorative, 180mm (71") long still in box, £8. Tel: 07761 107055.
- **Panasonic Radio Cassette and CD player**, £20. Tel: 07761 107055.
- **YAMAHA PSS270 electronic keyboard**, £10. Tel: 07761 107055.
- **Three-wheeled Walker**, £10. Tel: 07859 500374.
- **Buckingham Caddy** for a zimmer frame, brand new, £5. Tel: 07850 500374.
- **Vax Carpet Cleaner**, £10. Tel: 07850 500374.

- **CANON Camera.** EOS1300D, with Double lense kit. battery and charger, equipment carry bag and original box, 50 GB extra storage, unwanted gift. Never used. Realistic offers. Tel: 01550 721557.
- **Collection of 120 Old 12" Vinyl:** LPs, Pop, Jazz & Classic, £200 ono. Tel: 07791 888067.
- **Tiles x 40 Beige.** Cabrera. Size 25 x 36.5 cm. Approx total 4sq.m. £15. Tel. 07546 732570.
- **B & Q Glue-free Tile.** Yellowstone effect. Panel size 8 x 1276 x 327 mm. Total 5sq. metres. 15 pieces. Tel. 07546 732570.
- **x3 Chimney Pots**, Terracotta with caps, 13" diameter x 14" tall, £50. Tel: 01269 594660.
- **Lister D 1950 Stationary Engine**, £200. Tel: 07916 081252.
- **KUBOTA digger**, KH51, for sale. Good working condition. New rubber tracks, new front drive sprockets, new back idlers. Also comes with two extra buckets, £5950 o.n.o. Tel: 01550 777149 or 07975 168275.
- **1200 litre gravity fed diesel tank**, free to collector. Tel: 01591 620659.
- **Strider mobility scooter**, very little used, brand new battery and hand grips, VGC, £400 ono. Tel: 07583 996827.

WANTED

- **Sewing machine, standard size.** Contact Gene on g.caminade1857@gmail.com or Tel: 07843 274728.
- **Wood chairs for a kitchen.** Contact Gene on g.caminade1857@gmail.com or Tel: 07843 274728.
- **Woman's mountain bicycle.** Contact Gene on g.caminade1857@gmail.com or Tel: 07843 274728.
- **Gardener wanted** with experience for varied projects, Caio area. Please leave contact details 07563 386852.
- **Polytunnel.** Tel: 07565 998330.
- **Old motorcycles needing restoration**, none running ok, any size engine. Tel: 07917 164044 cash on collection.

KB HOME MAINTENANCE

02/26(12)

PLUMBING &
BATHROOM
INSTALLATIONS
& MAINTENANCE

SOLID FUEL
HEATING FLUES
& CHIMNEYS

SOLAR HOT WATER
UNVENTED
CYLINDERS
UNDERFLOOR
HEATING

ARCHITECTURAL
& BUILDING
CONSERVATION

24/7 Call Out TEL: 07838 386069 or 01558 824590 Brendan

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

- 2 Mar 9.30am AGM & Communion
5 Mar 7.00pm Ash Wednesday
Communion & Ashing
16 Mar 9.30am Holy Communion
30 Mar 11.00am Mothering Sunday,
St Sadwrn's
6 Apr 9.30am Holy Communion

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent every week

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

ST. SADWRN CHURCH, LLANSADWRN

- 2 Mar 11.00am Communion & AGM
5 Mar 7.00pm Ash Wednesday
Communion & Ashing,
Llanwrda
16 Mar 11.00am Morning Prayers
30 Mar 11.00am Mothering Sunday
6 Apr 11.00am Holy Communion

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent every week

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

ST. PAUL'S CHURCH, MANORDEILO

- 5 Mar 7.00pm Ash Wednesday
Communion & Ashing,
Llanwrda
9 Mar 9.30am AGM in Reading Room
23 Mar 9.30am Morning Prayers in
Reading Room
13 Apr 9.30am Holy Communion in
Reading Room

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent every week

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

ST. MICHAEL'S CHURCH, CILYCWYM

- 5 Mar 7.00pm Ash Wednesday
Communion & Ashing,
Llanwrda
9 Mar 11.15am Morning Prayers
23 Mar 11.15am Holy Communion
13 Apr 11.15am Morning Prayers

Monday 10 March onwards, 6pm
St Cadoc's: Compline for Lent every week

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

ST CYNWYL'S CHURCH, CAIO

- 2 Mar 9.30am Holy Communion
16 Mar 9.30am Holy Communion
6 Apr 9.30am Holy Communion

Rev Rik Mayes 01558 685118.

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

- 2 Mar 11.00am Holy Communion
5 Mar 11.00am Ash Wednesday Said
Holy Communion
9 Mar 11.00am Holy Communion
16 Mar 11.00am Morning Prayers
23 Mar 11.00am Holy Communion
30 Mar 11.00am Morning Prayers
6 Apr 11.00am Holy Communion

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

ST MICHAELS, MYDDFAI

- 1 Mar 10.30am St David's Day
@ Llanfair
2 Mar 11.30am Morning Prayer
9 Mar 11.30am Communion (B)
16 Mar 11.30am Morning Prayer
23 Mar 11.30am Communion (B)
30 Mar 9.30am Mothering Sunday
@ Llandingat

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

LLANDINGAT, LLANDOVERY

- 1 Mar 10.30am St David's Day @
Llanfair (B)
2 Mar 9.30am Family Service
9 Mar 9.30am Communion
16 Mar 9.30am Morning Prayer
23 Mar 9.30am Communion
30 Mar 9.30am Mothering Sunday

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

ST SIMON AND ST JUDE, LLANDEUSANT

- 9 Mar 2.00pm Evening Prayer
23 Mar 11.15am Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

- 1af o Fawrth Dydd Gwyl Dewi Sant
10.30yb
16ed o Fawrth Cymun 11yb
30ain o Fawrth Sul y Mamau @
Llandingat 9.30yb

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

ST. MARY'S CHURCH, CYNGHORDY

- 1 Mar 10.30am St David's Day
@ Llanfair
9 Mar 2.30pm Family Service (B)
23 Mar 2.30pm Communion (B)
30 Mar 9.30am Mothering Sunday
@ Llandingat

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

ST CADOG'S CHURCH, LLANGADOG

- 2 Mar 9.30am Holy Communion
5 Mar 6.00pm Ash Wednesday
Holy Communion
9 Mar 9.30am Morning Prayer
16 Mar 9.30am Holy Communion
23 Mar 9.30am Morning Prayer
30 Mar 10.30am Joint Service Gwynfe

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

ST SAWYL, LLANSAWEL

- 2 Mar 11.00am Boreuol Weddi
16 Mar 11.00am Cymun Bendigaid
6 Apr 11.00am Boreuol Weddi

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

- 9 Mar *10.30am Morning Prayer
16 Mar 9.30am Holy Communion
23 Mar 9.30am Holy Communion

For further information, please see Church
Notice Board or call 01550 728319
(Office hours).

*Please note time change.

ALL SAINTS CHURCH, GWYNFE

- 2 Mar 11.15am Holy Communion
9 Mar 11.15am Morning Prayer
16 Mar 11.15am Holy Communion
23 Mar No Service
30 Mar 10.30am Combined service at
Gwynfe. Light
refreshments after
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
10.30am 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) now 4.00pm

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

ST TEILO'S CHURCH, BRECHF, SA32 7RA

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Info – contact Rev Roger Nock
01267 202347.

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

2 Mar 2.30pm Transfiguration –
Communion
4 Mar 5.00pm Pancake Feast/
High Tea
12 Mar 5.30pm Pilgrim Service –
prayer and meditation

16 Mar 2.30pm Communion
29 Mar 2.00pm to 4pm Quiet Space
6 Apr 2.30pm Communion

12 Apr 2pm to 4pm Dydd Blodau/Day of the Flowers – the day before Palm Sunday is the traditional day for visits of relatives to tidy up graves and leave flowers – the Church Hall will be open to all in the afternoon with light refreshments

Contacts Rev Roger Nock n 01267 202347, Churchwardens Andrew Tait 07846 310848 or Beryl Edwards 0742 8833 278.

Pancake Feast – Tuesday, March 4, at 5pm at Eglwys Llanfihangel Rhos y Corn Church Hall – a Shrove Tuesday fun event, timed so children and workers can come and enjoy pancakes and other goodies in our newly renovated Church Hall. Adults £2.50, children 16 and under £1 [must be accompanied]. Children can join in the "Hunt for the Baby [chocolate] Rabbits". Offers of help and donations welcome including goodies esp vegan ones. Info Caroline Evans 01267 202 305.

"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 4pm so Saturday, 29 March. Refreshments available. Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278. Location SA32 7RP - What3Words - gain.agent.acids.

TOWY & COTHI HUNT 250 CLUB

February Draw held at the
White Hall 11th February 2025

£15.00 Claire & Ritchi Latimer, Henlllys Fach
£15.00 Laura Lloyd, Llwynberllan, Cilycwm
£10.00 Milly James, Glynpentan, Pentretgywyn
£10.00 Julie Hartbury, Towy Bridge, Rhandir
£5.00 Jenny James, Cilpotau, Silo

House Prize: Anne Jones Divlyn

Next draw to be held at The Royal Oak Rhandir on the 8th April 2025

A BIG THANK YOU

On December 28th I had a lovely 65th Birthday joined by friends and family. I wish to thank you all for the very generous £340 which has now been divided between a stroke group in Ammanford "B.L.A.S." and Parkinsons.

Diolch yn fawr i bawb.

Carol Harries

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. 02/25(12)

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru
Tel: 07908 810392/01550 777311. 07/25(12)

LHP ACCOUNTANTS is a well-respected accounting firm located in the heart of Llandovery. Known for its commitment to providing comprehensive accounting services, tax advice and audit services. LHP Accountants is more than just a service provider; they are a partner in your financial success. Whether you're a small business owner, a growing company, or an individual looking for financial guidance, LHP Accountants is equipped to support your journey. Get in touch for your first free consultation with our friendly experts. Address: 31 High Street, Llandovery | Phone: 01550 910910 | Email: llandovery@lhp.co.uk | www.lhp.co.uk 12/25(12)

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BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llandeusan, Llangadog, Carms SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 05/25(12)

BEAUTY SALON

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

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 05/25(12)

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

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 03/25(6)

CATTERY & KENNELS

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

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

J & J CLEANING & GARDENING SERVICES. All jobs considered, competitive rates, holiday lets/office and private. Also end of tenancy cleaning undertaken. Lawn cutting and all outdoor work considered. Also pressure washing and carpet cleaning. References available. Covering Carmarthen and Brecon areas. Contact 07872 509031 / 07770 777992. 03/25(12)

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

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

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WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 04/25(12)

ELECTRICIANS

V.W. REES (Llandeilo) All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. No job too small. All work guaranteed. Tel: 07790 568072. 04/25(6)

FUNDRAISING

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

GARDENING – SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 08/25(12)

ALL SMALL ENGINES. Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carms SA19 7BG. Tel: 07718 044879. 12/25(12)

A & C HOME SERVICES. Grass Cutting, Hedge Trimming, Strimming, Pressure Washing etc. All general garden maintenance undertaken from One Offs to Regular work. Call 07855 064152 to discuss your requirements. 03/25(12)

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

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

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CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 08/25(12)

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At **INSIGHT EYECARE,** we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: insighteyecare@llandoverey.org. Find us on 8 Stone Street, Llandoverey, SA20 0JR. Optometrist: Sara Tidey. 11/25(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)

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

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At **ALL ASPECTS PROPERTY SERVICES,** we bring over **35 years of experience** in renovation and maintenance. Based near Llandoverey, we cover all **major trades – carpentry, electrics, plumbing, plastering, bathrooms,** and more – all at competitive prices. We travel to you and guarantee **high-quality service.** Call now: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit us: allaspectspropertieservices.co.uk Quote **WINTER10** for a **10% discount** through November, December and January. 11/25(12)

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LLANDOVEREY SQUASH CLUB: New members of all abilities are very welcome at Llandoverey Squash Club, situated opposite Llandoverey 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, Llandoverey. 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/llandovereysquash](https://www.facebook.com/llandovereysquash) or visit our website: <https://llandovereysquashclub.co.uk> 03/25(12)

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The Post

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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

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

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/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)

		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
Llandeilo	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	10.10	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
Cyngorhdy	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	05.55	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
Cyngorhdy	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
Llandeilo	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

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
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

	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 services operate Mon-Sat

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