

# The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED



NO DISTRIBUTION  
OR FREE  
CHARGE

## Your Local Community Magazine

Also ONLINE at  
[www.postdatum.co.uk](http://www.postdatum.co.uk)

Number 341

December 2024 / January 2025

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

**Tel: 01550 721225**



## Clwb Rotari Llandymddyfri ROTARY CLUB OF LLANDOVERY

# Step into Christmas... With Santa and his Rotary Elves

Llandovery Rotary Club are busy preparing for this year's Santa Run.

Every year we are amazed by your support and generosity as we travel around Llandovery and the local villages, raising money to help local causes. We enjoy meeting you and being a part of this amazing community so please come and say hello to Santa and his 'not so little' helpers.

Fri 29th November – Switch on Town Lights

Wed 4th December – Llanwrda 7.00pm

Fri 6th December – Llansadwrn 6.30pm

Sun 8th December – Llandovery Co-op

Mon 9th December – Llangadog 5.00pm

Tue 10th December – Cynghordy 5.30pm/Heol  
Pluguffan, Llandovery 6.30pm

Wed 11th December – Rhandirmwyn (Royal Oak)  
5.30pm/Cilycwm 6.30pm

Thu 12th December – Llandovery Scout Hut 5.30pm

Fri 13th December – Myddfai 5.30pm/Llandovery  
Whitehall 7.00pm

PostDatum would like to thank all of its readers, contributors and advertisers for their constant support over the year and thank all our drop points for continually accepting copies of The Post for distribution and may I take this opportunity to wish you all a

*Very Merry Christmas and a Happy New Year*



**FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES**

# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
15th January 2025**

**Next issue distributed:  
3rd February 2025**

## *The Post* Future Copy Dates

March..... 17th February  
April ..... 17th March  
May..... 16th April

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

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

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

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

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

# GREGORY JONES

## HOME CHOOSE CARPETS

Llandeilo  
**Tel: 07766 517569**

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

03/25(3)



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

**LONG & SHORT TERM**

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

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

11/25(12)



## PETHAU PAWB – MORE THAN A LIBRARY OF THINGS

You don't need to be borrow an item to call in and see us - although we do now have over 80 items available to borrow! Join us for free online at <https://pethaupawb.ynnisigar.org>, browse through our catalogue, and then just reserve what you need and call in to the shop to collect. If you don't have access to a computer, just pop in, look around and we will help you borrow what you need.

We now also have recycling collection points for tablet blister packs, a bra bank which supports Breast Cancer Research, and a 2-minute litter pick kit. Just grab a bag and picker, collect rubbish from the streets as you stroll around town, then just pop the bag into a street litter bin. Help us keep Llandovery clean and stop rubbish and plastics from going into our drains, into rivers and the sea.

We have our first free Christmas Workshop planned for 11th December at 6.30pm. Tamar from Henllys Estate B&B will be showing us how to create and make our own stunning snowflake decorations. All items will be provided, just bring yourself! You can take your makes home, and we will have tea, coffee and hot chocolate available for a donation. Reservations are essential for this event as space is limited, just email [helen@ynnisigar.com](mailto:helen@ynnisigar.com) or pop into the shop to book.

We will also be running Craft and Chat evenings from January 2025, where anyone is welcome to come along, bring what they are working on and join us for coffee, biscuits, chats and advice from fellow crafters. Keep following us on Facebook and look at the shop window for events!

## *Brambles Plus* 8 Kings Road, Llandovery

### LARGE STOCK OF:

Collectables • Antiques

Jewellery • Glass • Baskets • Furniture

China • Glass • Books

**Open 11.00am – 4.30pm**  
(in December, Fridays till 6.00pm)

**Mob: 07840 891340**

12/24(1)

## *Symphonica Tywi*

Leader: Owen Morgan Conductor: Michael Cottam



"Bringing Home Home"

WEST WALES' PREMIER SYMPHONY ORCHESTRA Presents...

## ANNUAL CHRISTMAS CONCERT

Wonderful Music for the Festive Season



### St. CADOG'S LLANGADOG

Saturday, 14<sup>th</sup> December, 2024 at 7.30 p.m.

TICKETS: £14 – Senior Citizens £12 – Under 14s FREE

From: **MACE STORES, LLANGADOG** Or

**TICKETLINE: 07876 727906 or 07886 130208**

[mikecottam@hotmail.com](mailto:mikecottam@hotmail.com)

12/24(1)

## TOWY WASTE



## Septic Tanks & Cesspools emptied

## FRIENDLY FAMILY BUSINESS

*Registered Waste Carriers*

**Tel: 01550 720309**

**Mobile: 07831 461414**

06/25(1/2)



# IC & SM DAVIES & SONS

*Independent Family  
Funeral Directors*

## LLANDOVERY

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

## LLANDEILO

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

[www.daviesfuneraldirectors.co.uk](http://www.daviesfuneraldirectors.co.uk)



Golden Charter  
Funeral Plans



04/25(6)

# LLANGADOG VILLAGE MARKET

A new Committee was formed in mid 2023 for the Community Centre in Llangadog. It quickly became apparent that the Centre was struggling financially and that the Committee would have to encourage fundraising to meet heating bills and maintenance costs. The Village Market became part of this endeavour and was relaunched to run on the second Sunday of each month so that it did not clash with either Myddfai or Trecastle markets.

On average 20 tables are hired to our band of faithful traders each market day. Our traders are locally based and sell a variety of quality home produced items. The range of goods on offer include wooden products such as novelty signs, kitchen tools, and beautiful bread and cheese boards. Sewn goods on offer include quilts, bunting, bags, aprons, cushions, coasters etc. All of these goods have been home made. You'll find lovely Knitted hats, socks and toys, next to a table selling terracotta pots cleverly decorated with decoupage and lacquered for protection. Other sellers have produced jewellery, cards, beaded decorations and other goods.

As you enter the main hall the first thing you notice is the lovely smell of fresh flowers, all locally grown as well as a range of seasonal flower and vegetable plants. Quality local honey is usually available, and we are trying to encourage more local produce sellers. Some local smallholders are often able to bring along eggs, meat, cheese and vegetables when their stocks allow.

Refreshments are available and the market becomes a great meet and chat venue for the community to interact. The experience is better enhanced by the tasty and beautifully decorated cake stalls at the market.

The market hosts the monthly prize draw for the 300 club (another fundraiser for the Community Centre). Anyone over 18 can become a member on payment of £6 bi-annually or £12 annually. Membership numbers are growing and as they grow so does the prize pot.

We would love more people to attend – be they traders or customers. If you'd like to know more, please contact either [jaynewd33@gmail.com](mailto:jaynewd33@gmail.com) or [june.stait@outlook.com](mailto:june.stait@outlook.com).

FREE DELIVERY  
within 30 miles to  
existing points

FREE INSTALLATION  
\*electric only

QUALITY AFTERCARE  
we are here to help

# JONES

## TELEVISION & APPLIANCES

INDEPENDENT RETAILER ESTABLISHED IN 1954

**YOUR LOCAL ELECTRICAL RETAILER**  
**RENOWNED FOR AFTER SALES SERVICE**  
Repairs carried out by our own service engineers  
to most domestic appliances

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

**WE CARRY OUT AERIAL AND SATELLITE INSTALLATIONS**

**EXTENSIVE SHOWROOM OF:**  
Fridge freezers • Washing machines • Dishwashers  
Cookers • Fires and household domestic appliances

03/25(3)

[www.jones-tv.co.uk](http://www.jones-tv.co.uk)

T: 01267 290372 | 01267 290573

VISIT OUR SHOWROOM

PRESWYLYFA, NANTGAREDIG, CARMS SA32 7NH

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

Panasonic

SIEMENS

BOSCH

3C Dimplex



**AGRICULTURAL  
AND PLANT  
ENGINEER**  
MACHINERY  
Reliable Mobile Repair Service

Compact Tractors and Mini Excavators  
All Makes and models Repaired  
Ground Care Machinery  
Mobile On-Site Repairs

**07359 204318**

[DRGMACHINERY@OUTLOOK.COM](mailto:DRGMACHINERY@OUTLOOK.COM)

02/25(3)





# XMAS MARKET

**Sunday  
8th December  
12.00 noon – 3.00pm**

**Everything from delicious  
cakes to handmade wooden  
and sewn gifts.  
All locally made.**

**LLANGADOG  
VILLAGE  
MARKET**

**LLANGADOG COMMUNITY CENTRE  
SAT NAV SA19 9BR**

12/24(1)



# Y CASTELL



Wednesday – Saturday: 12pm – close  
Bar Menu: 12pm – 3pm  
Dinner: 6pm – 9pm

Sunday: 12pm – close  
Sunday Lunch: 12pm – 3pm

Bar Only:  
Monday & Tuesday: 12pm – close

Telephone: 01550 777377

Facebook: Y Castell Llangadog  
Instagram: y\_castell\_llangadog

Address: Queens Square,  
Llangadog SA19 9BW

**3 COURSE FESTIVE LUNCH/DINNER:**  
£30.00 per guest,  
minimum 6, maximum 40  
**2 COURSE FESTIVE LUNCH/DINNER:**  
£23.00 per guest,  
minimum 6, maximum 40



02/25(3)

# D.LLOYD & SONS

MASNACHWYR COED A NWYDDAU ADEILADU

• TIMBER & BUILDER'S MERCHANTS •



Busnes deuluol gyda  
blynyddoedd o brofiad

Family run business with  
years of experience

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

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



☎ 01558 650209 | 650451

✉ [info@dlloydandsons.co.uk](mailto:info@dlloydandsons.co.uk)

[www.dlloydandsons.co.uk](http://www.dlloydandsons.co.uk)

Glanrwyth Sawmills  
Pumsaint, Llanwrda, SA19 8YU

12/25(12)

## SECURE STORAGE

Facilities Available at Competitive Rates  
*Short & Long Term*



**PLEASE CALL**  
*for a free quotation*

**Trevor Davies & Sons**  
**Tel: 07967 158917**

Dulais Stores, Llanwrda, Carm. SA19 8AL Email: [winston.davies@btinternet.com](mailto:winston.davies@btinternet.com)

06/25(12)



# PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

## LLANSADWRN VILLAGERS PREPARES FOR XMAS

Christmas is coming, again!

It only seems a few months ago that we were preparing for Xmas 2023, yet here we are after a lousy summer thinking about trees and lights and carols and cawl in 2024. Where does the time go?

This year early festivities are again centred around the 'Reading Room' and 'The Sextons' and Committee members have prepared with all due customary care and co-operation of involved parties. The day is the same as last year, with mulled cider and mince pies available from around 6.00pm, but now it's Friday 6th December when Santa will touch down around 7.00pm for the 'Tree Dedication & Lights-On' by the Vicar the Rev'd Marc Rowlands.

None of this could happen without the help of Llandovery Rotary for getting Santa to be with us (and many others in the area of course), plus our village Xmas Tree intrepid erectors of ten years standing Mess'rs Hugh and Rhys Evans with Gary Robins providing the splendid tree. It will be all go for the week leading up to 6th December, but remember to wrap up warm as it is going to be a lot colder than of late. Naturally the Reading Room will be open with members providing hospitality accompanied by carol singers from a local choir.

More singing and some drinking no doubt follows at 7.30pm in The 'Sexton Arms' when landlord Cliff Cowell plays host to all for 'Cawl and Carols' with the Towy Valley section of Cór Meibion De Cymru – The South Wales Male Choir under the baton of Elaine Robins. There will be an additional opportunity this year for audience participation as well

All proceeds to charity – don't forget some cash!


**Roman Solutions**


|                                      |                      |
|--------------------------------------|----------------------|
| <b>Calor Gas</b>                     | <b>Firewood</b>      |
| <b>House Coal</b>                    | <b>Kindling</b>      |
| <b>Anthracite</b>                    | <b>Eco Heat Logs</b> |
| <b>Ovoids</b>                        | <b>Camping Gaz</b>   |
| <b>Welding Gas &amp; Accessories</b> |                      |
| <b>Heating Oil &amp; Red Diesel</b>  |                      |

Church Bank Ind. Est., Llandovery, SA20 0DT  
01550 720533 [www.romansolutions.co.uk](http://www.romansolutions.co.uk)

**BARCUD COCH LTD**


- Barn & holiday let conversions
- Refurbishments
- Extensions
- Lime Pointing and Heritage Work
- Roofing

**Free detailed cost estimates**

Email: [office@barcudcoch.co.uk](mailto:office@barcudcoch.co.uk)  
Website: [www.barcudcoch.co.uk](http://www.barcudcoch.co.uk)  
Mobile No: 07980 428856

**EYNON PRICE**  
**Landscaping & Groundworks**

**Tel: 01558 822434**  
**Mob: 07970 906489**  
Brynhyfryd Farm, Llandeilo, SA19 7HS

[www.landscaping-specialist.co.uk](http://www.landscaping-specialist.co.uk)

**Problems with your PC?**  
**Baffled by computers?**  
**EASY P.C**

...can help, with 100% jargon-free advice  
Fast and friendly service specialising in helping the novice and the older user

23 Carmarthen Road, Llandeilo  
01558 823628 | 07773 012762

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

**Now in our 20th year**


**MALCOLM SIMPSON**  
INDEPENDENT  
FINANCIAL ADVISER

20 years + experience in the industry

Pensions and Retirement Planning • Investments  
Mortgages • Health and Wellbeing Insurance  
Inheritance tax Planning

Locally Based 01550 721797  
M 07384 645606  
E [malcolm.simpson@arcuswealth.co.uk](mailto:malcolm.simpson@arcuswealth.co.uk)  
W <https://arcuswealth.co.uk/team-members/malcolm-simpson/>





# LLANDOVERY CINEMA INVITES YOU TO A FESTIVE TREAT!



Nadolig Llawen! This December, Llandoverey Cinema warmly welcomes you to celebrate the magic of Christmas with a special screening of the cherished classic *It's a Wonderful Life*. Join us on **Saturday, 14th December, at 7:00 PM**, for a heartwarming evening filled with festive cheer, timeless storytelling, and community togetherness.

**Tickets are only £5**, but they're going fast! Book yours today at [bit.ly/LlandovereyCinema-Itsawonderfullife](http://bit.ly/LlandovereyCinema-Itsawonderfullife) or in person at the Llandoverey Youth & Community Centre (LYCC).

## Evening Schedule:

- 5:30 PM: Doors Open
- 6:00 PM: Shared Meal (Bring a plate of food and drinks to share!)
- 7:00 PM: Film Screening

Prefer just to watch the film? No problem! Please arrive by **6:45 PM** to get settled. While some tickets may be available on the day, pre-booking helps us ensure the evening runs smoothly – **diolch yn fawr!**

## Why This Film Is a Christmas Must-Watch

Frank Capra's *It's a Wonderful Life* is more than a film – it's a timeless celebration of hope, love, and community. Starring the legendary Jimmy Stewart as George Bailey, this classic reminds us of the immense impact one life can have on others.

The movie is set in the beautifully crafted Bedford Falls, a spectacular set spanning 4 acres and 75 buildings, which brings the story to life with incredible detail. Ranked as one of the greatest films ever made by the American Film Institute, it resonates as deeply today as it did when it was first released.

At its core, this beloved Christmas tradition is about gratitude, family, and the true meaning of success. Whether it's your first time watching or your fiftieth, *It's a Wonderful Life* will leave you inspired and full of festive warmth.

## Season's Greetings from Hybu Llanymddyfri - Llandoverey

**Nadolig Llawen a Blwyddyn Newydd Dda i chi gyd!** As the year draws to a close, Hybu Llanymddyfri wishes you a **Merry Christmas and a Prosperous New Year**. We look forward to seeing you at our community activities and events in the coming year.

Stay connected! You can contact Tiago and Maggi at **07858 555938**, email [llandoverey.lcasc@gmail.com](mailto:llandoverey.lcasc@gmail.com), or visit us at the Llandoverey Youth & Community Centre (LYCC), 19 Market Square, Llandoverey. You can also find out more on our website: [www.llandoverey.wales](http://www.llandoverey.wales).

Let's make this holiday season – and the year ahead – truly wonderful, **gyda'n gilydd!**





**HHH**  
HEATING & HOMES  
07405230194

## HAYES HEATING AND HOMES

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

**We will  
beat any  
quote like  
for like**

[hayesheatingandhomes@outlook.com](mailto:hayesheatingandhomes@outlook.com)  
**Tel: 07405 230194**

09/25/23

# LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

**Tel: 01550 721026**

Email: [decorcentre@aol.com](mailto:decorcentre@aol.com)

*For all Your Decorating Needs*

Find us on  
Facebook &  
Google Maps



- Paint Mixing and Scanning (any colour mixed with mold additive)
- Tools, Ironmongery and Key Cutting • Kitchenware
- Camping and Car Accessories • Carpet, Vinyl and Rugs

**We have had a refurbishment with lots of new stock including clearance lines. Pop in for a bargain!**

**Now stocking HG Cleaning Products**

**Also at LDC, 4 Bulwark, Brecon. Tel: 01874 622707**



Proud stockists of:

**Eternit**  
**CEDRAL**

## ROOFING SHEETS

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

Tel 01550 777497

Fax 01550 777808

Email [adclad@gmail.com](mailto:adclad@gmail.com)

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

# WELSH GOVERNMENT FUNDING BOOST FOR SALEM COMMUNITY PROJECT

A voluntary group campaigning to bring the community together and breathe life back to their rural Welsh village are celebrating today after being awarded £10,000 to develop their project. Dyfodol Salem aims to create a new community cafe and social hwb at Neuadd Goffa Heolgaed Salem Memorial Hall, on the outskirts of Salem, near Llandeilo in Carmarthenshire. The group came together to save their village pub, and although factors outside their control meant that project was not to be – the community refused to lose hope.

‘Our campaign this Spring demonstrated that people really want a social space back in Salem: said Aled Williams, project volunteer. ‘We already have a small village hall so the natural thing was to refocus the project on improving and extending that – to offer somewhere for all generations to meet informally over a cuppa or a pint.’

## Perthyn: Promoting Welsh Language

The grant awarded Dyfodol Salem £10,000 from Welsh Government’s Perthyn fund, and is administered by Cwmpas, (formerly Wales Co-operative Centre) – a co-operative development agency working for positive change, in Wales and across the UK focussed on building a fairer, greener economy and a more equal society, where people and planet come first. The grant is aimed at Welsh speaking communities and supports the growth of the language in line with Welsh Governments Cymraeg 2050: Welsh Language Strategy Action Plan 2023 – 2050 - increasing daily usage of Welsh in the community and in business and the overall number of Welsh speakers to one million by 2050.

The Perthyn grant is a huge vote of confidence in our project.” said Peter Harries, chair of Salem Memorial Hall. “Our language is central to who we are – it’s our history and our heritage but we also want to see it grow



here, for our future. So we’re really pleased to be able to kick off the project with a grant aimed at protecting and growing Cymraeg here.”

## Connecting the Community

The group are consulting the community on what they’d like from the project and what improved and extended facilities the village hall could provide. While the hall is well used by groups such as WI and Salem’s award-winning Short Mat Bowls club, there’s no room for a permanent social space open to the public – leading to a loss of social cohesion, and nowhere for visitors and tourists to eat and drink and connect with the community.

“This grant is wonderful news” said Caroline Welch, project volunteer. “It will enable us to build capacity and deliver bilingual research, development and engagement which in turn will help us raise funds for the project and evidence need in the planning process. People have told us how much they miss the pub – and our pledge campaign this Spring raised £28,000 in just four weeks. So we know there is a real need for the project – and we believe we can make a difference.”

Improved facilities could offer affordable food and drink, a permanent cafe or social club and wi fi daytime space, with a small shop, parcel collection and improved space for clubs and societies to meet and socialise. It could provide a tourism offer, jobs for local people and a warm space for the community to connect, meet old friends and make new ones. Sustainability is key to the project and the ongoing survey work demonstrates how important this is to the community.

## New Pop-Up Cafe

Next cafe, Saturday 14th December, 10am – 2pm, boardgames, crafting space, hangout! This will run monthly until the new permanent facilities can be built. This is being organised in tandem with a new programme of events, including live music, designed to reach a wider audience and begin to bring the community back together – so that the new community space has strong support when it opens.

## Find out More

To find out more about events, to get involved and support the project visit [www.salemgar.org](http://www.salemgar.org) or follow progress on Facebook – Cymuned Salem Community.







Ymddiriedolaeth  
Genedlaethol  
National Trust



## Ar agor pob dydd yn Ninefwr\*

14–23 Rhagfyr & 26 Rhagfyr – 5 Ionawr 10.30am–3.30pm

## Open every day at Dinefwr\*

14–23 December & 26 December – 5 January  
10.30am–3.30pm

Dathlu tymor yr ysgall yn  
Nhŷ Newton – addurniadau  
arbennig yn dod a'r tu fas i  
mewn wrth i hud y gaeaf  
serennu heb anghofio'r  
goeden Nadolig arbennig  
'Creaduriaid Dinefwr'.

Ymlaciwch ger y tân yn y caffi  
gyda chawl neu win cynnes  
wedi taith aeafol yn y parcdir.

Archebwch i weld Siôn Corn  
ar Ddydd Sul ym mis Rhagfyr  
(1, 8, 15 & 22 Rhagfyr) yn ei  
groto newydd yn y parlwr.

Celebrating Thistlemas at  
Newton House – beautiful  
decorations bringing the  
outside in with a little bit of  
winter sparkle and the special  
'Creatures of Dinefwr' tree.

Relax by the roaring fire in the  
café, warm up with soup or  
mulled wine after a winter  
parkland walk.

Book to visit Santa on Sundays  
in December (1, 8, 15 & 22  
December) in his new magical  
grotto in the Dining Room.

\* Ar gau 24 & 25 Rhagfyr | Closed 24 & 25 December

[www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr)

Dinefwr, Llandeilo, Sir Gaerfyrddin | Carmarthenshire SA19 6RT



@dinefwrnt

© 2014

# Padmasambhava Yoga & Meditation Centre

With the Autumn term at Padmasambhava coming to a close, everyone at the Centre hopes that you are well and beginning to look forward to the Christmas and Winter festivities, and further ahead, to the New Year of 2025.

A New Year can bring hope and the renewal of energy to the body, the spirit and the mind. One good way to bring renewal of energy is through a yoga class, for both the physical and the mental wellbeing that this can bring. A New Year is often a time to sow the seeds of intent for the year ahead and the practice of the Deep Relaxation of Yoga Nidra can be helpful in this.

Yoga Nidra comes at the end of each class and is a time of rest, which nourishes the body and spirit. Time is given in Yoga Nidra for the practice of sowing your seed of intent (a Sankalpa - or loosely defined, a resolution). With the body at rest, the 'Sankalpa', can gently galvanise the forces of the mind to follow your deeply held intention. Many have found that the practice of Yoga Nidra can softly help bring about desired changes.

Padmasambhava's 'Beginners' continues on into the New Year and welcomes new Beginners. The course covers the foundation practices of the PMA series, breath awareness and deep relaxation. The PMA series brings about flexibility and strength, which helps to ease both physical and mental tensions. This course provides a firm foundation upon which to begin to explore some classic postures or as a stand-alone course is a good introduction to practices with breath awareness.

Padmasambhava holds classes in the Centre in Llandeilo as well as the Penybanc Welfare Hall in Ammanford 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. The classes at the Penybanc Welfare Hall will now be starting at the earlier time of 6.30 pm (Thursdays).

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. 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.

Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life.

The benefits of yoga resonate beyond the class.

The dates and timetable for the Spring 2025 term will soon be available. Please do contact the Centre to register your interest or make an enquiry about trying a class before the end of the Autumn term. The Centre will be pleased to help with any enquiries - just give them a call on 01558 823 842 or email - [mail@padma.org.uk](mailto:mail@padma.org.uk)

All at Padmasambhava would like to thank everyone for their support and help over the past year and wish you all a Happy Christmas and New Year, Nadolig Llawen Blwyddyn Newydd Dda. May 2025 bring peace, joy and happiness to all and to the world, especially to the troubled lands of the Middle East and Ukraine.



**HUGHES DECORATORS LTD**  
Family Business Established over 45 years  
with over 80 years combined experience.  
City & Guilds approved with qualified tradesmen

Interior and exterior painting and decorating.  
All building maintenance work undertaken including  
coving, doors, laminate flooring.  
Also hand painted furniture and kitchen units.  
CITB registered and fully insured.

Email: [r.hughes236@btinternet.com](mailto:r.hughes236@btinternet.com)  
**Mob: 07885 875012**  
[www.hughesdecoratorsltd.co.uk](http://www.hughesdecoratorsltd.co.uk)

04/25/6)

# carreg LAW

## SOLICITORS

A friendly, energetic and unpretentious solicitor practice of the highest quality serving mid and west Wales.

- Conveyancing
- Commercial & agricultural property
- Wills
- Lasting Powers of Attorney
- Probate & administration of estates
- Family & matrimonial
- Plus a Notary Public based at our offices



02/25(12)

From Builth Wells to Lampeter...  
From Brecon to Carmarthen...

...all clients are welcome

- A modern practice built on the latest technology
- Home visit service available
- Out of hours appointments possible

Os hoffech drafod mater yn Gymraeg, byddwn yn hapus i wneud. Gofynnwch am Carys neu Gwen os gwelwch yn dda.

### Llandeilo office

2 King Street SA19 6AA  
01558 678 009

### Llandovery office

14 Kings Road SA20 0AW  
01550 585 008

[hello@carreglaw.co.uk](mailto:hello@carreglaw.co.uk)

[www.carreglaw.co.uk](http://www.carreglaw.co.uk)



## TREE TECH ARB & FORESTRY SERVICES LTD

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

**Adam: 07968 476306**

**Kim: 07557 884987**

**Email: [Admin@TreeTechLtd.co.uk](mailto:Admin@TreeTechLtd.co.uk)**

**[www.Tree-Tech.uk](http://www.Tree-Tech.uk)**

### SERVICES WE OFFER

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

04/25(6)



# MOUNTAIN MEMORIAL A FITTING PLACE FOR DINEFWR RAMBLERS' REMEMBRANCE SUNDAY OBSERVANCE



*Crash site memorial on Fan Foel – by Les Lepper*

Through forestry and onto open moorland on The Black Mountain below Fan Foel, Dinefwr Ramblers seek the memorial at the crash site of the Lancaster bomber that came down here in September 1943, with the loss of all eight crew. Here, a fitting setting for their Remembrance Sunday observance at 11 o'clock. Donations amounting to £147 received go towards the wreath and the Royal British Legion Poppy Appeal.

The simple service commenced with the hymn Abide with Me, followed by readings of High Flight by John Magee, For the Fallen by Laurence Binyon, and When You Go Home by John Maxwell Edmonds. Dinefwr Ramblers Chairman Stuart Colling then concluded the service with the laying of the wreath.

This was one of many local group walks Dinefwr Ramblers offer on Sundays and Wednesdays, with a variety of themes, distance and terrain.

Find more information on Dinefwr Ramblers and all their walks on their website: [www.dinefwrramblers.org.uk](http://www.dinefwrramblers.org.uk). A friendly group that welcomes new walkers, join them as a guest on any walk by contacting the walkleader.

**Wednesday 4th December: Cilycwm, Around and About** - A stroll around the outskirts of the village of Cil-y-cwm, known for hymn-writers and drovers. William Williams was a lifelong member of Soar Chapel here and there was an early Welsh school here too. A moderate 5.5 miles. Departing 9:45am Llandeilo rail station and on by car. Walkleader Ros B. 07976 631083.

**Thursday 5th December: Dinefwr Ramblers Christmas Lunch** - At the Cawdor Hotel, Rhosmaen Street, Llandeilo 12:30pm.

**Sunday 8th December: Two Quarries Mynydd Isaf and Carreg Dwn** - On the western periphery of The Black Mountain, these 2 quarries command the landscape with their stark rocky profiles. After 2 stiff climbs, explore close up these enchanting rockscapes backdropped by striking views. 3.5 miles moderate. Departing 10:00am Llandeilo rail station and on by car. Walkleader Les L. 07887 566946.


**Wednesday 11th December: Around and About Llansadwrn** - On countryside peripheral to the charmingly quiet village of Llansadwrn. 5 miles moderate. Departing 10:00am Llandeilo rail station and on by car. Walkleader Jan J. 07790 578555.

**Friday 13th December: Llandeilo Walking Well Christmas Lunch** - At Yr Hen Vic, New Road, Llandeilo 1pm.

**Wednesday 18th December: Town & Trail Lloftly Llangunnor** - Enjoy this elevated perambulation traversing the two hills of the village of Llangunnor. Above the hubbub of this suburb of Carmarthen, rural views abound of the Tywi valley and the majestic Carmarthen Fans. Town and Trail: Ideal for guests and new members, an occasional series with a mix of urban and rural. Never far from civilisation, a chance to get mud on your boots and a taste of countryside rambling. 5 miles Leisurely. Departing 10:00am Llandeilo rail station and on by car. Walkleader Les L. 07887 566946.

**Thursday 26th December: Boxing Day Mince Pie Walk** - A chance to get some fresh air and walk off the excesses of Christmas Day. Meet 11am at the main entrance to Dinefwr Park on Carmarthen Road and take a leisurely walk to the Castle and return. Mince pies / welsh cakes with something liquid at the Castle. 3 miles easy. Walkleader Stuart C. 07775 503441.





**DAVID HAY**  
07975 770008  
**SAW WORK AND HEDGE TRIMMING**  
*All jobs considered from garden to estates.*  
*All jobs priced at day rate not per tree.*

02/25/01



Chwaraeon a Hamdden  
Sport and Leisure

# Dosbarthiadau 60+

Canolfan Hamdden Llanymddyfri

## 60+ classes

Llandovery Leisure Centre

|                        |  |
|------------------------|--|
| <b>Zumba</b>           | Dydd Mercher / Wednesday 6:30pm  |
| <b>Zumba gold</b>      | Dydd Sadwrn / Saturday 11am  |
| <b>Circl Mobility</b>  | Dydd Mercher / Wednesday 7:25pm, &<br>Dydd Sadwrn / Saturday 12pm  |
| <b>Aqua fit</b>        | Dydd Llun / Monday 7pm   |
| <b>Cycle H2O</b>       | Dydd Llun a Gwener / Mondays 6pm and<br>Fridays 2pm  |
| <b>60+ ageing well</b> | Pob yn ail Dydd Gwener / Every other<br>Friday (class only 9:45 am) alternating<br>weeks Friday 2:30 talk and class. |



Sganiwch manylion aelodaethau  
Scan for membership details



01267 224733



06/25(12)



# LLUEST

## 'TAILS' FROM THE TRUST.....

As we near the end of 2024 we would like to thank all the people and organisations that have supported us this year....far too many to mention but you know who you are. From attending our summer and Halloween open day events to giving us your time, purchasing from our tack shop, donating goods and funds or raising money for us...we simply could not exist without you. **Diolech yn fawr / thank you so much!**

*Thank you from the Lluest Team!*



We would also like to update you on the progress of our most recent rescue, young Captain Jack Sparrow. Rescued as a tiny foal from a desperate situation, Jack Sparrow received round the clock lifesaving care from the Lluest on-site team. We're happy to report that he has thrived here at the Trust and is turning into a very fine (and cheeky!) young pony under the guidance of his beautiful foster mum, Ari. We will continue to support Jack through 2025 to help prepare him for eventually moving into his very own long term Guardian home.



*Captain Jack Sparrow*

## CHRISTMAS GIFTS THAT GIVE BACK

Winter is always a challenging time for us and this year is no exception with the rising costs of feed, bedding, hay, and routine veterinary care. If you are looking for festive gifts that also support our work please take a look at our Pony, Donkey or Stable Sponsorship packages.

**Digital Sponsorship** of a pony or donkey costs just £30 a year and you will receive an emailed certificate, PDF information and photo of your chosen pony, regular emailed news and the 6 monthly update.

**Full or Gift Sponsorship** of a pony or donkey costs just £38 a year, you will receive a posted certificate, card with information about your chosen friend, fridge magnet with your new friend's photo, regular e-news and a 6 monthly email update.

**Stable sponsorship** costs £120 a year or £10 per month by direct debit. This helps us to keep one of our rescues warm, safe and comfortable while they go through rehabilitation. As a thank you, you will receive a certificate and your name displayed on a board outside your sponsored stable.

Who will you choose...Beatrix, Darcy, Linus, Maggie, Pudding, Silas, Captain Jack or donkeys Misty and Caesar? Be part of their journey.....



*Misty & Caesar sponsorship available*

Other festive are gifts are also available from our online store including Christmas cards, our 40th Anniversary 2025 calendar and some beautiful tote bags....you can never have too many!



Full details for all sponsorship packages and gifts can be found on our website: [www.llusthorseandponytrust.co.uk/lluest-online-store/](http://www.llusthorseandponytrust.co.uk/lluest-online-store/)



## EVERYTHING FOR YOU AND YOUR EQUINE!

Don't forget our on-site and online Tack Shop for some amazing new and nearly new gifts. We've for clothing, equipment and beautiful tack and we're open every Saturday from 10am – 2.30pm or check out the bargains online: [www.ebay.co.uk/str/lluesthorseandponytrust](http://www.ebay.co.uk/str/lluesthorseandponytrust)



*Grab a bargain!*

If you need to contact Llust for any reason you can phone us on: 01550 740661 or email us at: [info@lluesthorseandponytrust.co.uk](mailto:info@lluesthorseandponytrust.co.uk)

*Wising all our supporters and Post readers a very Happy Christmas and New Year / Nadolig Hapus a Blwyddyn Newydd.*

## THANK YOU FROM RE-THINK

A huge thank you from us to everyone who has already donated to the 100x£100 fund. We have already raised over £4000. But we will need a lot more to pay for professional help to stop Bute's plans to cover Radnor Forest in tall wind turbines. We have now launched our Crowdfunder. Have a look at the beautiful images of the Radnor Forest that is about to be changed forever. Unless we can stop these plans!

We are commissioning a professional report to help us stop the planning application. If we can raise enough money, we will also use it to stop the other two wind energy projects planned for the area. And we are also campaigning to stop the private pylon line through the Tywy valley to take the energy to a substation near Carmarthen.

You can now help us by donating, how ever small the amount. Or by sharing our Crowdfunder page with anyone you know. Or by doing both!

<https://www.crowdfunder.co.uk/p/save-radnor-forest>

THANK YOU/DIOLCH!

<https://www.rethink.wales/>



## Osian Williams

Cyfrifydd Ariannol | Financial Accountant

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

**01550 777311 • 07908 810392**  
**info@osianwilliams.cymru**

Cefn Parc, Taliaris, Llandeilo, SA19 7DH

07/24(12)

## KB HOME MAINTENANCE

12/24(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**

# FESTIVE CHEER AT GLANSEVIN MANSION RAISES FUNDS FOR WALES AIR AMBULANCE



On Sunday, November 17th, Glansevin Mansion hosted its first Christmas Fair, marking a joyous start to the holiday season with festive cheer and community spirit. The event, which drew a steady stream of visitors, featured a diverse range of stalls and engaging activities, all in support of the Wales Air Ambulance service – a crucial lifeline for the rural areas of Wales. Thanks to the generous contributions from visitors and local businesses, over £600 was raised through a raffle, a “weigh the cake” competition, and refreshment sales.

The fair showcased a vibrant array of stallholders: Diana Brook, Christmas Stamp Workshop; Elaine Jones Art & Crafts; Jo Nelson, jewellery; Sian Phillips, Children’s book author, Carolyn Cummings, seasonal cards and crafts; Sharon Jones, uniqueness4u ; Gayle Nicholls, Gigi’s Bakery; Sharon Cannon, silver smith jewellery ; Mariella Scott, seasonal crafts and cards; Vanessa Bolton, handmade crafts ; Helen from Bars of Distinction; Ashlie Walsh, botanical artist; Katy Pearson, Sieving the dream; Lauren showcasing traditional sweets; Christine Griffiths, handmade Welsh themed crafts; Judy Dunkerton, bespoke crafted hats ; Susan Clayton, wooden crafts; Patricia Turner-Lawlor, handmade felt items; Penny Bird, wreath making workshop; Diana Brookes, Christmas stamp workshop, Talley Wood Fired Pizza ; Katie Lewis Photography. Not only did they display their unique offerings but they also donated raffle prizes and contributed to the fundraising efforts. The raffle, a highlight of the day, boasted 66 prizes donated by local businesses from Llangadog, Llandovery, and Llandeilo.

Prizes were donated by, Llangadog, Post Office; grocery shop; Telegraph Garden Centre Plant; Les - Butcher ; Y Castell ; Davies Pet Store. From Llandovery: La Patisserie ; Lowri Gift Shop ; Hiraeth Gallery ; Books at the Dragon’s Garden ; Ystrad Nursery ; Morris Isaacs ; The Bear Inn ; Old Printing Office ; Myddfai Trading Co. ; Llechyd Da Wholefoods ; West End Cafe ; Coop ; Goodfillers; King’s Head; Pampers Salon ; Mathew Butchers ; Bumble Bee ; Ratcliffes ; Arthur’s Electric Shop ; Pharmacy ; Penygawse ; Petshop ; Pethau Pawb ; Replay ; Clock Cafe ; JTs Fish Shop ; Animals in need. Llandeilo: Scorpio ; Peppercorn ; Cuckoo Nest ; Eve’s Toy Shop ; Indigo’s Hill ; Diod ; Lighthouse ; Dod Clothing ; Nigel Williams Pharmacy ; Charity shop worker gave a Handmade Xmas decoration ; Llandeilo Bakery ; Sians Emporium ; Yant Saw Wool shop. We received cash donations from Gwili Cafe, the cat charity shop in Llandovery, Penny Bird and our very own housekeeper, Alethea Rees. Thank you too to Karen Clayton who made the cake which weighed 3lbs 10 oz.

Special thanks from the owner Camilla, go to her dedicated team at Glansevin Mansion, whose hard work and enthusiasm ensured the event’s success. The fair not only brought the community together in festive celebration but also demonstrated the spirit of giving, supporting an essential charity that benefits many. For those interested in reliving the day’s festivities, photos are available on Glansevin Mansion’s Facebook page.

Escape to a Festive  
Wonderland at  
**Glansevin  
Mansion!**

**This Christmas, immerse yourself in the  
magic of the season at Glansevin Mansion,  
an exquisite retreat tucked away in the  
beautiful Welsh countryside.**

Embrace the cosy charms and comforts that await you, offering a perfect  
sanctuary for cherished holiday moments. Whether you dream of a  
secluded escape or a lively celebration with loved ones, Glansevin  
Mansion caters to all your festive desires. Ideal for weekend getaways,  
weddings, corporate events, or simply a rejuvenating retreat, our mansion  
provides a welcoming embrace and a true taste of Welsh hospitality. Book  
your enchanting holiday experience now and let Glansevin be the canvas  
for your cherished memories.

**Special Offer:**  
Enjoying  
a 10% off room bookings that  
27th November! Don't miss  
out on this magical  
opportunity - reserve your  
home away from home today!

enquiries@glansevin.com  
**www.glansevinmansion.com**

02/25(3)

**REASONABLE RATES  
RELIABLE SERVICE**

**HANDYMAN**

- Painting and  
Decorating
- Gardening
- General  
Maintenance

**TELEPHONE NIGEL  
0749 546 5979**

# CENTAFRAME

## WINDOWS AND DOORS

LOCAL | RELIABLE | QUALITY



**FAMILY RUN  
BUSINESS**

**EST. 2004**



**WWW.CENTAFRAME.COM**



NO OBLIGATION | NO PRESSURE | NO GIMMICKS



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

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

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



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





## PROFESSIONAL DOG GROOMING SERVICES

Bathing, Drying, Brushing,  
Styling (scissors/clippers)  
& Nail Clipping  
Over 10 years of experience  
Fully qualified and insured  
Gentle and patient handling  
No cages

**\*\* Trainee Groomer Appointments also  
available at a reduced rate**

Find us on Facebook.com/pretty pawfect  
or call: 07914 800371

## A.R. DAVIES BUILDERS LTD

06/25(12)

Barn Conversions

Extensions

Renovations

Roofing

Garages

Driveways

Stonework

Brickwork

Patios Tiling

Carpentry Kitchens Bathrooms

Solid and Laminate Flooring

**Mobile: 07850 715711**

Email: ardaviesbuilders@btinternet.com



## LLANWRDA CRICKET CLUB

Training for the Juniors restarts in April and again we will be running All Stars and Dynamos. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

We are always on the look out for new adult players – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. If you are interested in any of these teams, please contact Adrian Davies on 07867794771 for more information.

For information about the Women and Girls' section please call Liz on 07791 241197.

### LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

|          |    |              |
|----------|----|--------------|
| 9/10/24  | 48 | No winner    |
| 16/10/24 | 43 | No winner    |
| 23/10/24 | 47 | Gwynn Davies |
| 30/10/24 | 7  | No winner    |
| 6/11/24  | 17 | No winner    |
| 13/11/24 | 17 | No winner    |

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



## LLANDOVERY GARDEN CLUB 27TH JANUARY

I have booked the Catholic Hall, College View, Llandovery, SA20 0BD for the 1st Monday of the month, that is 27th January. We will begin the meeting with the AGM from 1.30pm until 2.00pm when we will collect subscriptions from Members at £17.00 per annum, guests are welcome at £5.00 per evening. Our Speaker commences at 2.00pm after which our hostesses will serve Tea/Coffee & biscuits and we will draw for the raffle prizes.

Please come and join us as new Members are very welcome and you don't have to be a gardener to enjoy our Talks and company!!

If you have any queries please phone 01550 720771. I look forward to us meeting up again.

# LOCK PROBLEM? NO PROBLEM!

Covering all  
of west wales  
and beyond!



01558 82 33 55  
07816 37 77 10  
**24HR**

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



New shop now open at:  
**Parc Bryers**  
**Dryslwyn SA32 8QX**  
Mon - Fri 9am-4pm  
Sat 9am-1pm



[GTLOCKSMITHS.CO.UK](http://GTLOCKSMITHS.CO.UK)

03/25(3)



- Rollers
- Dumpers
- Cherry Pickers
- Access Platforms
- Ride on Brush Cutters
- Excavators and Attachments
- Operator Available




**Staghire.co.uk**

**Tel: 07747 446709**



**Doel & Rowlands Ltd**  
**BUILDERS**



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

Wernellyn, Llangadog, Carmarthen

**Tel: 01550 777787**

Email: [stuart@doelandrowlands.co.uk](mailto:stuart@doelandrowlands.co.uk)

[www.doelandrowlands.com](http://www.doelandrowlands.com)

10/25(12)

# DIM NO PEILONAU PYLONS



Our cause has received some good publicity by Nation Cymru, Wales Online, Western Mail and the BBC Radio 4 programme Rare Earth.

The Countryside Alliance has been conducting a survey to give the general public an opportunity to have their say on future electricity infrastructure. The results will be presented to an Independent Advisory Group set up by Welsh Government which is looking at possible approaches to delivering electricity infrastructure in Wales.

We continue to hold meetings with Senedd members and hope to persuade them of the benefits of using the cable plough technique to lay cables underground, as this is far less disruptive than erecting pylons or digging very wide trenches. We had a productive meeting with Jane Dodds, MS for Mid and West Wales which resulted in her inviting Rebecca Evans the Cabinet Secretary for Economy, Energy and Planning to view a cable ploughing demonstration.

If you are an affected landowner who has received communication from Bruton Knowles or Green GEN and have not been in contact with our group previously, we would urge you to contact us at [llandoverypsg@gmail.com](mailto:llandoverypsg@gmail.com) or by phone on 07584 683641 and we will do our best to assist.

If you are looking for a Christmas present for someone, we have T-shirts available!

The fight goes on!



12/24(12)



**Davies Tree Services**

Seasoned Firewood for Sale  
Hedge Laying • Chipping  
Tree Surgery • Tree Felling

**01267 202430 / 07826 716899**

04/25(12)



**Rhys Jones**  
**CHIMNEY SWEEPING**

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

**07554 647544**

Email: [info@rhysjoneschimneysweeping.co.uk](mailto:info@rhysjoneschimneysweeping.co.uk)

[www.rhysjoneschimneysweeping.co.uk](http://www.rhysjoneschimneysweeping.co.uk)

## WHAT'S ON AT THE CAPEL DEWI COMMUNITY ASSOCIATION

The Old School, Capel Dewi  
SA32 8AD

11th December: Coffee Morning – Christingle  
Orange Making led by Emyr  
Williams, 10.30am.

16th December: Carol Evening/Noson Garolau –  
7.00pm.

Yoga every Friday 10.00am – 11.30am.

*We wish all our community a Merry Christmas and  
a Happy New Year.*

Contact at [capeldewicommunity@gmail.com](mailto:capeldewicommunity@gmail.com)



# **AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS**

Home Re-Wiring

Electric Vehicle Charging Points

Domestic, Commercial & Industrial Testing

Portable Appliance Testing

CCTV Shops, Pubs & Restaurants

Testing for Property Landlords  
& Letting Agents

Fire Alarms & Emergency Lighting

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

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

**Mob: 07774 142327**

**Tel: 01550 721198**

Email: [martin.rees@martinrees.co.uk](mailto:martin.rees@martinrees.co.uk)

Web: [www.martinrees.co.uk](http://www.martinrees.co.uk)



10/25(12)

# CÔR CYSWLLT CILYCWYM



*Aelodau'r cor yn cyflwyno'r sic/Choir members presenting the cheque.*

Ar nos Wener, Tachwedd 8fed daeth aelodau'r côr at ei gilydd yn y Royal Oak, Rhandirmwyn ar gyfer noson gymdeithasol – pryd o fwyd a sgwrs fach. Ar ddechrau'r noson braf oedd cael cwmni Mike May, Ambiwylans Awyr Cymru a Gina Jones, Ffrindiau Ysbyty Llanymddyfri.

Deufis yn ôl bu'r côr yn brysyr yn trefnu 'Pabell Lawen' ar fferm Clynmawr a bu'r noson yn llwyddiant ysgubol. Hoffem ddiolch i Deulu Clynmawr, yr artistiaid, y noddwyr a'r gynulleidfa niferus a ddaeth ynghyd i gyflwyno a mwynhau noson o adloniant Cymraeg. Fel canlyniad i llwyddiant y noson, braf oedd medru cyflwyno £2,500 yr un i Ambiwylans Awyr Cymru a Ffrindiau Ysbyty Llanymddyfri.

On Friday evening, 8th November the choir met at the Royal Oak, Rhandirmwyn for a social evening. We were very happy that Mike May, Ambiwylans Awyr Cymru and Gina Jones Friends of Llandoverly Hospital, could join us. Two months ago the choir had a busy period preparing for our evening of Welsh entertainment in the 'Pabell Lawen.' We are very grateful to the Clynmawr family, the artists, the sponsors and everyone who came to enjoy the concert. As a result of this wonderful evening we were able to present £2,500 each to Ambiwylans Awyr Cymru and Ffrindiau Ysbyty Llanymddyfri.



*Eini noddwyr caredig/Our kind sponsors.*

## MYDDFAI NEWS

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

Over the festive season we will be closed on 25th & 26th December – open Friday 27th, Saturday 28th & Sunday 29th and closed again on 1st & 2nd January opening as normal from Friday 3rd January.

*We would like to thank all of our wonderful staff, volunteers, contributors, customers, directors and trustees for their continued support and wish you all a wonderful Christmas and a Happy New Year.*

**What's on: December** – Ginny has a Yoga Workshop on 1st December 2.00 – 5.00pm, Willow Weaving classes are on 5th & 6th December, Myddfai Christmas Market is on Saturday 7th December 10.00am – 4.00pm with festive refreshments from our café and a wide range of local foods, drinks, crafts, gifts and art on offer. Debbie has a Wreath Making Class on Saturday 30th November & again on Tuesday 10th December 12.00 noon – 2.00pm. Friday 13th we have a FREE taster Zumba Gold Class 10.00 – 11.00am and later on 13th the Christmas Story Trail returns to Myddfai Church. Sunday 15th we have a Festive Craft Taster Event from 1.30pm, phone to book your place asap. Our monthly pop-up pub evening is on Friday 27th December. **For January:** Our Farmers Market will be on Sunday 26th January 12.00 noon – 3.00pm, and our pop-up pub is on Friday 31st. Come and join us at our events. Everyone is welcome.

Myddfai shop has a huge selection of unique quality gifts, crafts, artwork, books and cards to choose from, ideal for Christmas presents.

Myddfai cafe will have a feast of freshly made soups & cawl, warming treats and cakes this December and January. Why not or pop in for a delicious cake and a Teifi coffee or one of our speciality teas in our cosy, warm café this winter. Every Thursday is our Soup & Cawl Club specials.

Myddfai Hall is a great venue for most events and classes, from Weddings to small meetings, activity classes, kids' parties, conferences, away days and workshops. The hall is fully equipped with staging, and audio equipment. We can provide food for events or you can bring in your own caterers.

Why not join one of our regular classes in our warm hall Tuesday mornings it's Yoga from 9.30 – 11.00am, Wednesday Craft Class is 1.30 – 3.30pm, Pilates is on Thursday mornings 9.30 – 10.30am. New from January Zumba Gold weekly class every Friday from 10th January 10.00 – 11.00am.

For further information or bookings please contact [les@myddfai.org](mailto:les@myddfai.org). Mobile 07879 119223 or Hall No. 01550 720449. Check our Facebook page and our website for What's On.

# FRIENDS OF CÔR MEIBION LLANYMDDYFRI

Monthly Lottery draw results for September and October 2024.

## September 2024

1st Deri Hughes  
2nd Leah Thornber  
2nd Louise Davies  
3rd Emlyn Morgan  
3rd Derek Jones  
3rd Helen Thomas

## October 2024

1st Geraint Morgan  
2nd Mati Morgan  
2nd Telor a Lowri Dyer  
3rd Lucy Fairfax  
3rd Olivia Robins  
3rd Lynwen Williams

*Many thanks to you all for your continued support to the Choir. Diolch yn fawr iawn i chi gyd.*



**DES CLARKE & SON Ltd**  
Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for 75 years

## Heating & Boilers

### INSTALLED, SERVICED & MAINTAINED

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

FOR A FREE QUOTATION  
please call Huw or Dawn on  
**01550 720478**

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



11/25(12)

Capeli ac Eglwysi Llanydderyn

Llandoverey Churches and Chapels

## Gwasanaeth Carolau Cymunedol ar y Cyd

Ffes Sul 22.12.24

5:00 yh llunioeth ysgafn i ddilyn

Pluadd Ysgol Rhys Pritchard

Sunday 22.12.24

5:00 pm followed by light refreshments

Ysgol Rhys Pritchard Hall

Mynediad am ddim

Joint Community Carol Service

Free entry





# LLANDOVERY REPAIR CAFE

The Repair Cafe is settling into its new home at Pethau Pawb, the Library of Things, in Stone Street, and into its new regular slot of 11am to 2pm, every first Saturday of the month. We had a very successful session in November despite not having some of our regular volunteers, and among other things we repaired a set of dining chairs, a radio, a carved wooden box, an electric blanket, a wooden storage box and a blouse, although, sadly, we were unable to fix some items of jewellery and an umbrella. And of course, we served teas and coffees, with home made parkin - a north of England speciality for Bonfire Night.

We have one more session before Christmas, on Saturday, December 7th, so if you want to make sure everything is working for the festive season, come along then and our wonderful volunteers will do their best to fix anything for you. And if you break anything over Christmas, we will have another session on Saturday, January 4th.

And by the way, we could always do with more volunteers, so if you enjoy fixing things, of any sort, do drop in and talk to Helen at Pethau Pawb, or send an email to Liz at [llandoverypaircafe@gmail.com](mailto:llandoverypaircafe@gmail.com)

And if we don't see you before then, a merry Christmas and a happy New Year to everyone!



**CAFFI TRWSIO CYMRU REPAIR CAFE WALES**  
**LLANYMDYFRI LLANDOVERY**

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

**Sesiwnau nesaf**  
**Dydd Sadwrn 7fed Rhagfyr a 4ed**  
**Ionawr, 11yb - 2yp**

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

**Next sessions**  
**Saturday 7th December and 4th January,**  
**11am - 2pm**

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

# POWYS NATIONAL GARDEN SCHEME



Take part in our Christmas Book Raffle, before midnight on Sunday 8th December. There's a chance of winning one of the best gardening books to be published in 2024. Generously donated by their authors, these books are set to inspire and delight you through the winter months, with a range of titles to satisfy both beginner and more experienced gardeners. Tickets are just £5 from [ngs.org.uk](https://ngs.org.uk)

Or visit our Shop to find gifts for every occasion there's our new nature-inspired Christmas cards, aprons, tea towels to mugs and notebooks. Choose one of our new Christmas gift bundles and save yourself up to £15.00. Pre-order the Garden Visitor's Handbook 2025, at the lower price. In February it will be delivered to your door providing inspiration for a year of garden visiting to new hidden gems and old favourites. The essential guide to over 3,500 gardens opening for the National Garden Scheme next year and with detailed descriptions of every garden, stunning photos, and handy maps and calendars, all of the information you could possibly need to visit a beautiful garden is right at your fingertips! Purchases will help the National Garden Scheme raise money for some of the UK's best-loved nursing and health charities - charities which include Macmillan Cancer Support, Marie Curie, Hospice UK, Carers Trust, Parkinson's UK, The Queen's Nursing Institute, Maggie's and Horatio's Garden.

We have received the most generous donation from the Julia Rausing Trust of £1.5 million, to support our community gardens programme for five years from 2025. In recent years we gave around £250,000 annually in donations (maximum £5,000) to community gardens. This came as part of our centenary fundraising programme. Sadly, Julia Rausing died in April this year having been ill with cancer. But we are delighted that her husband Hans is going to host an open day for the National Garden Scheme in 2025, in the garden of their home in Gloucestershire.

Watch out for the Annual Impact Report which will be launched on Giving Tuesday – 3 December. Details of early opening gardens which break the winter sleep with blankets of snowdrops and early spring bulbs will be added in mid-December.

There's a video of our Llanidloes Gardens opening in August, created by Jac Newley from Llanidloes at <https://youtu.be/6R2ysqvWaDw?si=bQ8EDHPVqJOjP7p1>

# DIAL A BATHROOM



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

## COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET

Outstanding results on every budget, guaranteed



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

Email: [dialabathroom@hotmail.co.uk](mailto:dialabathroom@hotmail.co.uk)

**WWW.DIALABATHROOM.CO.UK**

08/25(12)

# K&M FENCING AND LANDSCAPES

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



**Tel: 07855 455148**



[KM.fencing@yahoo.com](mailto:KM.fencing@yahoo.com)

CHECK OUT OUR FACEBOOK PAGE  
FOR EXAMPLES OF OUR WORK



# BLAENAU TYWI HISTORY



A new book highlights the stories of some of the people who lived and worked in the area around Cilycwm, Rhandirmwyn, Siloh and Porthyrhyd in days gone by. As well as information from the censuses, newspapers and wills, the authors have drawn together the family history research of many of those whose families left the district looking for a better life in America and Australia. Many moved to Pennsylvania, swapping lead mining for coal mining. About 600 people who had emigrated from the Llandovery countryside met up for a grand picnic at a park in Wilkes-Barre in 1881, when the speeches praised the clever and brave men from the upper Tywi valley (Carmarthen Journal 2/10/1881).

One man who travelled to Australia was Daniel Lloyd Jones, born in Penybont Llandovery, but his mother came from Cefntrenfa. For Christmas in 1881 he gave £100 to help the “poorest of the poor” in Cilycwm and Llandovery, chosen by the vicars of the two parishes. The gift provided 74 pairs of blankets, 80 yards of flannel, 681 pounds of meat, 21 tons of coal 79 pounds of tea, 69 pounds of sugar and 120 loaves of bread (South Wales

Daily News 2/1/1882). By 1883 he was considering sending Australian mutton over to Wales to “gladden the hearts of the aged”.

Of those who stayed, one great character was John Rolley, manager of Lord Cawdor’s Lead Mine, Nantymwyn. When news of an impending French invasion reached him in 1797, he and Edward Jones apparently assembled 3000 men armed with their working tools, similar to tomahawks, and started marching towards Fishguard. Lord Dynevor met them about halfway to Carmarthen and persuaded them to turn back on the assurance that the danger had subsided (Kentish Gazette 10/3/1797). In 1789, John Rolley’s nephew or brother William drowned whilst returning from Cilycwm Fair as noted in the Llanfair a y bryn burial records. Such was life in crossing the river Tywi then.

In 1843 PC Jonah Davies, living in Lisburne House, Cilycwm was actively involved with capturing the notorious Rebecca rioter, Shoni Sguborfawr in the Gwendraeth valley and received a government reward of £25 equal to around £3000 today (Carmarthenshire An-tiquary). Jonah also got his name in the paper when he charged two drovers with driving pigs through the parish on a Sunday. The defendants were each fined 10s with costs (Welshman 6/4/1855).

At a meeting of the Carmarthen Bay Fishery District in 1868 a request was made to in-spect the Rhandirmwyn mines after fish were poisoned for about six or seven miles downstream. Five years later Capt. Mitchell, the mine manager, answered questions re-garding pollution from the lead mines entering the river Tywi. He was asked to install catch pits to help take the contamination out of water from the mine. It was said that over **100 men crossed the river Tywi on stilts** going to their work in the lead mines and there was “nothing better for spearing salmon than stilts” – a novel way of poaching (Welshman 3/4/1868 & 25/4/1873).

**Pobl yn y Tirwedd Blaenau Tywi People in the Landscape** gives a fascinating insight into the lives of hundreds of former inhabitants of the area for over 200 years. The authors are Dafydd and Meryl Tomos and Kate Arblaster. Copies of the book and more information are available from Dafydd Tomos, 07944 373473 or from other locations including Morris Isaacs in Llandovery and Myddfai Trading Company in Llandovery and Llandeilo.

## HORMANNS FIREWOOD

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

**LOGS CUT & SPLIT TO ANY SIZE**

Ring for prices and load size

Accredited

**01550 720285**

**RHI**  
Supplier

Email: [hormannfan@gmail.com](mailto:hormannfan@gmail.com)

[www.hormannsfirewood.co.uk](http://www.hormannsfirewood.co.uk)

022413





# Thomas Services Llandeilo

## New & Used Car & Van Sales & Repairs

### Independent Renault Specialists

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



|       |  |        |
|-------|--|--------|
| 21 21 | Renault Captur 1.0 TCE 6 Speed Iconic, 17" Alloys, Sat Nav, 5dr, Black, 15600m.....  | £13995 |
| 20 20 | Renault Clio 1.0 TCE 100BHP S Edition, Diamond/Cut Alloys, Sat Nav, Reversing Sensors,<br>In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m..... | £13500 |
| 19 69 | Renault Captur 1.3 TCE S/Edition, Sat Nav, Half Leather, Grey/Black, 29350m.....   | £10995 |
| 15 65 | Renault Scenic 1.5DCI Dynamique, Sat Nav, £20 Road Tax, Black, Only 34000m.....  | £7500  |
| 11 60 | Renault Scenic 1.5DCI Privilege, Sat Nav, Half Leather, Met Brown, 83500m.....   | £2850  |

### CONVERTIBLE

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

### OTHER MAKES & MODELS ON OFFER

|       |  |            |
|-------|--|------------|
| 21 21 | Peugeot 208 GT (100BHP), Half Leather, Sat Nav, Diamond Cut Alloys, Red/Black, 31850m.....     | £14500     |
| 20 70 | New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed N-Connecta, Only 6565m, White.....            | £17995     |
| 19 68 | Ford Kuga 2.0TDI Titanium 150PS 6 Speed, Half Leather, 17"Alloys, Met Grey, 42225m.....        | £13500     |
| 20 69 | Citroen C3 Aircross 1.2 P/T 110 Origins, Air Con, Black Alloys, Grey/Black, 40420m.....        | £10750     |
| 21 71 | Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m.....            | £11500     |
| 20 69 | Peugeot 108 Top 1.0, Alloy Wheels, Revs Camera, Electric Roof, Met Red, Only 3000m.....        | £9995      |
| 19 68 | Citroen C3 1.2P/T 82 Flair, Nav, Alloy Wheels, Privacy Glass, Park Sens, Grey/Red, 27000m..... | £9750      |
| 20 70 | Ford Puma 1.0 E/B Mehv 125 ST/Line, 17" Alloys, Nav System, Met Grey, 14950m.....              | Now £16995 |
| 19 19 | Ford Focus 1.0 Eco Boost (125BHP) ST-Line 6 Speed, Sat Nav, 17" Grey Alloys, Red, 45960m.....  | £13500     |
| 16 66 | Mini Cooper 1.5 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....       | £11500     |
| 18 68 | Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m.....       | £11995     |
| 18 68 | Citroen C3 1.2P/T Flair, Parking Sensors, Alloy Wheels, Air Con, Grey/Black, 40665m.....       | £8495      |
| 18 68 | Kia Picanto 2 1.0, Alloys, Air Con, 2 Owners, Only 19200m, Blue, 5dr.....                      | £8495      |
| 17 67 | Dacia Stepway 1.5DCI SE Summit, Sat Nav, Half Leather, Air Con, Desert Orange, 37250m.....     | £7995      |
| 17 67 | Fiat 500 1.2 Pop Star, Air Con, Alloys, 2 Owners, 3dr, In Red.....                             | £7500      |
| 16 16 | Fiat Panda 1.2 Lounge, Air Con, Alloys, 2 Owners, £35 Road Tax, In Black, 29000m.....          | £6750      |
| 16 16 | Dacia Logan 1.5 DCI Estate Car, Alloys, A/C, Sat Nav, Zero Road Tax, Met Black, 55000m.....    | £5995      |
| 15 65 | Dacia Stepway 0.9TCE, 5 Speed, E/Windows, C/Locking, £35 Road Tax, 5dr, Blue, 74450m.....      | £4,500     |

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

### COMMERCIALS

|         |  |                           |
|---------|--|---------------------------|
| 2024 73 | New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats,<br>Reversing Sensors, Air Con, Choice of 2, White or Grey, Only 25m..... | £22995 +Vat & £23250 +Vat |
| 19 69   | Renault Traffic 28 2.0DCI (120BHP) 6 Speed Business, Side Door, Lined, White, 29250m.....  | £16995 +Vat               |
| 18 67   | Volkswagen Caddy C20 2.0TDI 102 BHP Starline, Ply Lined, 1 Owner, White, 50135m.....   | £10500 +Vat               |
| 19 19   | Renault Kangoo 1.5 DCI ML19 Energy Business +, S/Door, Ply Lined, White, 56450m.....   | £8500 +Vat                |
| 17 17   | Renault Master 2.3DCI LL35 Dropside Pick Up, White, 1 Owner, 86000m.....   | £7500 +Vat                |


**\*ALSO A FEW PART EXCHANGE VEHICLE IN STOCK TO CLEAR WITH LONG MOT\***

**TEL: 01558 824499**

**ALL VEHICLES ON WEB SITE [WWW.THOMASSERVICES.CO.UK](http://WWW.THOMASSERVICES.CO.UK)**

**SERVICING 01558 822859**

**MERRY CHRISTMAS & A HAPPY NEW YEAR TO NEW & OLD CUSTOMERS**



*'Lighting Your Way  
To Christmas'*

AT LLANWRTYD & DISTRICT HERITAGE & ARTS CENTRE


This year the Llanwrtyd & District Heritage and Arts Centre will be showcasing how other countries celebrate with their own Festivals of Light at their Christmas Drop-in on Saturday 7th December 10am to 4pm.

Visitors will be welcomed with a free sherry and mince pie into the Centre which will be filled with lights and displays representing how Sweden, India, China and Germany celebrate the festive season in addition to our own traditional Christmas display.

There will be themed activities for the children, a raffle, Christmas fayre and presents on sale and the galleries will be open for viewing and the purchase of that special gift.

Organised to coincide with the Llanwrtyd Christmas Tree Festival that is held at St James' Church this event makes a visit to the town a great start to the Christmas festivities.

**LLANEGWAD  
RAINFALL**



**OCTOBER**  
Rain fell on 20 days this month the wettest day was the 15th with 21mm – 3/4"

October Total: 135.75mm – 5.3/8th"

D. R. DUKE



**CASBER  
SCAFFOLDING**

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

12/24/23

## CAPEL GOSEN, CYNGHORDY SA20 0LW

# LIVE NATIVITY

On Saturday 14th December at 4.45pm for 5.00pm local folk and animals will be performing our Nativity. Parking will be from 4.30pm in nearby Glandwr Farnyard from where guides will light and accompany you to the chapel. There are four disabled parking places at the chapel.

The play takes about twenty minutes outside by the stable and the wonderful viaduct. From there we go into the decorated candle-lit chapel for carols accompanied by the organ working up a thirst for hot punch and nibbles by the roaring fire in the decorated vestry.

Do come along – well wrapped up, in wellies and with a torch or lantern ready to join in this magical event. There is no admission charge, but please donate as generously as you can to help the work of two animal charities (especially for abused and abandoned working donkeys).

**CAPEL GOSEN  
CYNGHORDY  
SA20 0LW**

**LIVE NATIVITY**

**Saturday 14<sup>th</sup> December 2024  
4.45pm for 5.00pm**



A celebration of the birth of Christ  
enacted by local folk and animals.

Park at Glandwr Farm and Walk to the short outdoor play,  
Sing carols by candlelight in the chapel before seasonal  
refreshments are served by the fire in the vestry.

Warm clothing, wellies and a torch are essential!

No charge, but donations to support the work of the



**KEVIN FOSTER**

**Building  
&  
Renovations**

**Tel: 07727 682 295**  
**www.building-renovations.co.uk**

05/25/23

We specialise in industrial electrical applications and control systems. We work with a wide variety of clients from small independent factories to large global manufacturers, delivering a service tailored to their specific business requirements.

Our range of services includes:

- Automation and Control System Design
- Control Panel Design & Manufacturing
- Installation & Commissioning
- Remote & On-site Technical Support
- PLC Programming & Software Support



01558 615014 [info@cwbe-ee.co.uk](mailto:info@cwbe-ee.co.uk) [www.cwbe-ee.co.uk](http://www.cwbe-ee.co.uk)

06/25(12)



# LLANDOVERY ROTARY CLUB



This is the last edition of the post this year and Llandovery has lost many of its own during the last 12 months. It has been a tough year for many. Few will not have been affected by the great losses suffered and those of us who are fortunate enough to be still here can look forward to Christmas and the New Year with optimism and great anticipation.

First of all, congratulations to Lynnette Armstrong of Cariad Millinery on winning best Wedding Millinery, Tailors and Dressmakers in Wales 2024 at the Welsh National Wedding Awards held at the Brangwyn Hall recently. An incredible achievement as Lynnette only set up Cariad Millinery on her own just a couple of years ago. Very many sincere congratulations Lynnette.

We were asked to marshal at the annual Fireworks night organised by the Town Council and, as ever were glad to be of assistance.

We celebrated our 40th anniversary as a Rotary Club last month and did it in some style too! A bus load of us left Llandovery to join up with 20 more that were staying at the venue. DG Malcolm and his lovely wife Carol were already there. A magnificent dinner was provided by the superb Lake Hotel in Llangammarch Wells. it was a black tie dinner and the ladies really turned on the style. The big surprise of the evening (to him anyway) was the



*Happy people at our 40th Anniversary Dinner.*

award of the prestigious Paul Harris Fellowship award to our only surviving founder member Ieuan Pugh-Morgan. The recipient must have no knowledge of the impending award and it worked, perfectly. Congratulations Ieuan, what wonderful service to the community you have given. It was great that DG Malcolm was present too. The bus headed home at midnight but little has been heard of the party that stayed on, and on, and on. We haven't asked! Or at least we did ask, but we met with blank looks and mute responses. We didn't ask again! Suffice to say it was a magnificent celebratory evening which was enjoyed by all.

We received a message of thanks from Dolau Brân Hall for the donation we sent. In return they kindly extended to us an open invitation to attend on any Tuesday afternoon for tea and cake. Thank you. We'll be there!

We attended yet another flu and Covid jabs clinic organised by the Llanfair Surgery. Marshalling duties for this year is now complete.

Jill Tatman from the Llandovery Youth & Community Centre came along and visited us with Hayley working the laptop and on screen projections. I give you Rosie's magnificent minutes taken on the evening live as it happened:

Derek introduced guest speaker Jill Tatman from Llandovery Youth and Community Centre LYCC. Thanking Jill for the hard work that she has given to the community. Derek shared memories of his misspent youth in the church hall playing snooker and having 'dances' - costing 12 and a half pence. Derek reminisced going to watch 'groups' playing and how he used to spend his Saturday nights. Thank you Jill for coming to give us a talk this evening and for all you do for the community.

Jill's talk included .....

- Jill talked about children rushing to come to the LYCC to get onto the computers.
- When completing a survey about what they wanted us to do, some of the older ladies said that they would like the dance hall back.
- Bought the building from Church of Wales about 20 years ago. At first using the front two rooms of the building for youth clubs. The Castle Hotel would allow them to come and use the toilets.



*The Best in Wales, Lynnette's Cariad Millinery.*



*The remarkable Jill Tatman in full flow.*

- Gradually got small grants to sort out electrics, plumbing and holes in the roof. Got £75,000 lottery grant to renovate the building.
- Youth is at the heart of what we do but we also help others within the community.
- We have 'Digilab' a place where people come to study, come to do their invoices, photocopying service, renewing bus passes, some people just come to hang out.
- During Covid we started a food bank, which has continued to grow. Have had various grant from different organisations, including food from 10 harvest festivals so are currently very well stocked.
- Offering advice and signposting is one of the key areas of support. Hayley has worked for Citizens Advice for several years, so her experience is invaluable in supporting and sign posting people.
- Every month we have 6-20 organisations come to offer support, including organisations like Mind.
- Have a book shop, selling lots of books and DVDs.
- Lottery grant money used to purchase a minibus, that is available to other clubs and groups to use – Jill shared a story of a trip to see the Exmoor ponies and getting the journey cut short due to a tree across the road with the young people helping to clear the wood.
- The centre has lots of meeting spaces that people use for all sorts of things. This week it was used for a Youth Advocacy group, as well as other groups as can be used as a central place to meet for joining counties.
- The youth club room has recently been refurbished with a grant administered by Carmarthenshire County Council.
- Run lots of different craft workshops, including woodcraft, Christmas wreath making, needle & felting and printing.
- Have linked with HYBU (Maggie and Tiago), they have organised many new events as well as supporting existing events. One of the new events includes cooking on a budget lesson.
- A lot of groups that meet on regularly. One of the most popular groups includes willow weaving group - with one participant sharing that this group gives their life purpose.
- There is a Tuesday MeetUp group – mostly older people attend, they get together to talk, go on outings, etc.

- Pyrography is another course that takes place in the centre (burning pictures into wood) – many people enjoy this including residents at Glasallt and children that attend the centre.
- There is a weekly creative writing class in the centre
- At the rear of the centre there is a garden, there is a Tuesday group that anyone can come along and get involved.
- Knit and Natter group takes place on a Tuesday afternoon.
- There was a Job Centre drop in at the centre, however this has been discontinued, but they still run job fairs and still offer advice.
- The only Youth and Community centre in Wales that has an inhouse Art Psychotherapist. She offers support through art for a people who experience a range of challenges and barriers in life.
- A sewing class takes place in the centre as well as an art for fun and relaxation class. This started off as 1x 2 hour session a week, but due to its popularity has gone up to 3x 2 hour sessions weekly.
- On a Friday a Woodland Ecotherapy session is facilitated by the Art Psychotherapist and her husband. This offers people the opportunity to engage in meaningful activities outside.
- The centre also offers IT support. This is often utilised by people who need support with new phones or internet banking.
- Carmarthenshire County Council provide English lessons for Ukrainians – this has been a great opportunity to meet and get to know Ukrainians living within our community.
- NAAFI group meets.
- Getaway after school club for 9-12 year olds – favourite activities include baking, playing pool, using the computers and table tennis.
- Youth club for 11-25 year olds. Mixed group of mixed abilities and mixed ages with a range of activities.
- Summer camp: Rotary club gave donation towards this previously. Summer camp is great opportunity to get to know everyone. Lots of activities include surfing, cooking, putting up tents, learning about different cultures.
- Jill explained that a lot of her time gets spent applying for grants – £355,350 core funding for three years from the Lottery grant.
- Co-op also offer support.
- Donations of food or money made for foodbank as well as donations made by Carmarthenshire County Council to support with this.
- £155,000 funding awarded for the HYBU project, and they are based in the building.
- £74,000 grant for refurbishment and equipment from UK Prosperity Fund.
- We would not be able to do what we do without the help of the brilliant team, including an incredible group of volunteers.
- Feel free to come in whenever. Often people come in just for a cup of tea and a chat.

*continued on page 34*

*continued from page 33*

- Lawrie thanked Jill and Hayley for the work that they do and that his children have both utilised the LYCC and gave them the opportunity to make friends when first moved here.

Vote of thanks given by Kevan and prolonged applause broke out.

Well done Jill.

Thank you Rosie. Marvellous.

We turned out in force at the superb Royal British Legion annual Armistice Day parade as we always do. Our president Kevan a retired army officer laid our wreath and other Rotarians were involved in organising traffic control, marching representing The Club and indeed photography for the day. We're an adaptable lot us Rotarians! Well done to the Royal British Legion Llandovery Branch for organising the event. Many thanks also to Scott the magnificent bugler who adds so much to the event.

We at Rotary have enjoyed a very successful year with many new projects taken on. The decision to introduce ladies to the club has been a revelation and their input and fresh ideas have brought a new impetus to the club



*President Kevan on Armistice Day.*



*New member Steve Mitchell.*

which we take forward into next year. We are absolutely flying at the moment!

We have another new member. Oooohh yessss. Steve Mitchell from Porthyrhyd has joined us. Welcome Steve.

A reminder to ALL organisations. Now would be a good time to apply for funding for your much needed project. We never chuck money about but we have a pot put aside to accommodate a few requests should they come in! Roll up. Roll up.

Out Santa Grotto rota has been formalised and Rachel has arranged for the dates to be printed elsewhere in this wonderful magazine. We look forward to meeting many of you during our visits to the villages. Our Santa is rarin' to go! We will also be out and about delivering our Christmas Hampers on the morning of Sunday 15th December. These are always very well received and it also gives us a warm glow to see the joyous smiles on the doorsteps.

Although it may be early in the month when you read this, on behalf of us all at Llandovery Rotary Club we would like to wish each and every one of you the compliments of the season and a very happy and peaceful New Year.

See you all in 2025 when we will do it all over again. Can't wait.

Derek Jones.



*DG Malcolm Hallowell, Ieuan Pugh-Morgan (newly appointed Paul Harris Fellow) and President Kevan.*





# Recruiting Now! Support Workers

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

- Great Rates of Pay
- New Benefits Package
- Joining Bonus (T&C's Apply)
- Full Training Provided
- Try Before You Apply...



[jobs.elidyrct.ac.uk](http://jobs.elidyrct.ac.uk)

For more information, please call Lisa Blofield on 01550 760453, or email [lisablofield@elidyrct.ac.uk](mailto:lisablofield@elidyrct.ac.uk)

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



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

# DO SOMETHING BRILLIANT TODAY WITH LLANDOVERY U3A!

Are you retired or semi-retired and ready to embrace new adventures? If so, the Llandovery u3a group wants to meet you! Join a vibrant, growing community where fun, learning, and connection take centre stage.

Our group is on a mission to bounce back stronger than ever after the pandemic. We're looking for enthusiastic individuals to help breathe new life into our activities and grow our numbers. Could that be you?

## What is u3a?

u3a is a UK-wide network with over 1,000 local groups and nearly 400,000 members. It's a hub for people no longer in full-time work to explore new skills, hobbies, and interests in a relaxed, no-pressure environment. From creative arts to science, history to hiking – there's something for everyone, and no qualifications or exams are required!

## Why Join u3a?

- **Learn for Fun:** Pick up new skills or delve into fascinating topics in an easy-going, friendly atmosphere.
- **Connect Locally:** Meet like-minded people, forge friendships, and enjoy shared passions through group activities and events.
- **Stay Active:** Keep your mind sharp and curiosity alive with workshops, talks, visits and hands-on experiences.

## Come Along to Our Next Session!

**Wednesday 11th December 2024**

AGM and Christmas Celebration

**Wednesday 8th January 2025**

Group Discussion – 'Our TV programme recommendations'

**Wednesday 22nd January 2025**

Group Play Reading (play TBC)

*\*Important Date for Your Diary\**

**Wednesday 19th February 2025**

Nigel McCall – Award Winning Photographer –  
Presentation on his travels to Antarctica

We meet twice a month at Llandovery Rugby Club, 10.30am for coffee and a chat, ready for the speaker to start at 11.00am.

There is easy access and parking. Visitors are welcome. Whether you're looking to rekindle old interests, explore new ones, or simply meet a welcoming group of people, Llandovery u3a is the place to be.

Get in touch for details: Contact Tina on 01550 721883  
Because learning, fun, and connection don't have an expiry date – do something brilliant with u3a today!

# LLANDEILO LITERATURE FESTIVAL WINS 'BEST EVENT 2024' AWARD!



We're thrilled to announce that the Llandeilo Literature Festival has been named Best Event 2024 by the Carmarthenshire Tourism Association! Founder Christoph Fischer and 2025 Festival Chair Kate Glanville proudly accepted the award at the ceremony held at The Plough Hotel, Rhosmaen.

The Plough Hotel took home both the Best Hotel and Best Place to Eat awards – what a fantastic night for Llandeilo!

The winners will now be entered into the regional competition against events and businesses in Pembrokeshire, Neath and Swansea Bay. Winners of the regional award go forward to be the 'Best in Wales' award next year – fingers crossed!

Looking ahead, the Llandeilo Literary Festival team is busy preparing for the 2025 Festival, happening from April 25–27. You can already find books from our featured authors at Hengwrtton Carmarthen Street – perfect gifts for book lovers this Christmas!

Mark your calendars for next year, and stay tuned for more updates at [www.llandeilotfest.org](http://www.llandeilotfest.org)



# LLANDOVERY RFC'S RECORD BREAKING 2023-2024 SEASON IS TO BE CELEBRATED BY A NEW BOOK, WRITTEN BY RUGBY JOURNALIST HUW S THOMAS



*Blwyddyn Bythgofiadwy – A Chronicle Of An Unforgettable Season is a 192 page book – a photo of club patron King Charles on the inside cover – that chronicles the fortunes of Llandoverly over the course of last season.*

In their “annus mirabilis” the Drovers won the WRU National Cup, headed the Indigo Premiership table and won the Indigo Premiership play-off final in beating Newport.14-7.

The keys to that success are woven into the book’s pages – “excellent coaching, fine players, sound tactics, intelligence, adaptability and bravery.”

There is a blow by blow account of all 29 games played, 27 of which were won, contributions from Llandoverly skipper Jack Jones, coaches and their back up team, committee men and fans but also enthralling articles by TV commentator Phil Steele and British and Irish Lion Wyn Jones.

Steele praises the club as offering the warmest welcome in the UK and Jones talks of his time at Llandoverly, when the toughening up process of the Premiership paved the way to high honours.

There are statistics and tables and perceptive pen



Huw S Thomas

portraits of the Llandoverly squad wherein there are nuggets of intriguing and often amusing facts.

Skipper Jack Jones who missed the play-off final through injury explains his emotions in watching the play off final.

“I saw the win over Newport from the touchline but I made every tackle, hit every ruck and maul, won every lineout ball, wound up the opposition, had my usual chat with the referee and nearly got sent off!”

There are also points of contention with Thomas bemoaning the fact that the WRU has ignored the game of 7s and that the Scarlets have shown so little interest in Llandoverly’s best players.

The book ends with a section on “Special Events During A Special Season” – a Farmers’ Day, Ladies’ Day, Ad Clad Memorial Rugby Festival Day and Drovers’ Cap Presentation Night, all accompanied by high quality photos taken by Ian Williams.

And what comes through finally is how fortunate the club is, that Risk Management and its director John Herring continue their support by covering production costs, with all proceeds going to the funding of the new 3G pitch.

\*\*\* The book – price £20 – will be on general sale, ready for Christmas and promises to be a great stocking filler for rugby fans.

*With the permission of the Welsh Country Magazine*







**FLOWERFIELDS**  
Flower farmer & florist

Growing and supplying seasonal British cut flowers.

Services available: Funeral flowers, weddings, seasonal gift bouquets and subscription flowers.

Contact me to discuss your floral needs.  
debbie@flowerfields.co.uk  
Tel: 07460 194791



12/24(5)

**IEUAN JONES**  
**PHOTO RESTORATION SERVICE**  
CWRTYCADNO

Photo Restoration  
Cine Film Transfer  
VHS to DVD Transfer  
Slide Transfer



Local Fortnightly Collection & Delivery Service

**Tel: 07946 704522**  
Email: ieuau@glynhebog.co.uk  
www.cwrtyphotorestoring.com

02/25(3)

**Crown Store**  
**Llandeilo**

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

**Your Local Convenience Store Offering:**

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

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

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

**Tel: 01558 823592**

07/25(12)

## TOWY & COTHI HUNT 250 CLUB

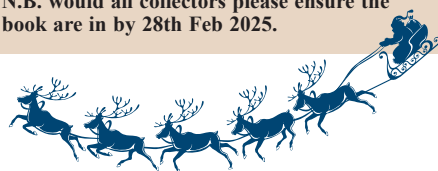
held at the Castle Hotel, Llandovery,  
12th November 2024

£15 Mr H Davies, Aberdeunant, Cilycwm  
£15 Mrs Ann Jones, Divlyn  
£10 Mr Alun Pritchard, Crugybwach  
£10 Griff Davies, Penlan, Llanwrda  
£5 Carwyn Jones, Dan Y Coed, Llanwrda

House Prize: Justin Davies

Next draw to be held at the Red Lion,  
Llangadog on 10th December.

N.B. would all collectors please ensure the  
book are in by 28th Feb 2025.



## GET IN THE FESTIVE SPIRIT

**AT ST MICHAEL'S CHURCH, MYDDFAI**

Get in the festive spirit with our annual Christmas Coffee, Cake and Carols at St Michael's Church, Myddfai on Friday 6th December from 11.00am until 3.00pm.

Have a chat with friends over coffee and cake, with a background of Christmas Carols, in our ancient and atmospheric Church.

All proceeds to St Michael's Church, Myddfai.

## LLANWRDA SCHOOL MAMMOTH BOOK SALE

Adult & Children's

+  
**Christmas £1 Stall**

Mulled wine and mince pies available

**SUNDAY 8th December**  
**1.00pm – 4.00pm**

Bargain stocking fillers

Book purchases by donation only

Plastic bags available

Come bag yourself a bargain!!

All proceeds to charity





# **BANNERS**

**LARGE FORMAT PRINTING**

**INVOICE PADS**

**VINYL SIGNS**

**THE POST ADVERTISING**

**BOOKLETS**

**LEAFLETS**

**BUSINESS CARDS**

**STICKERS**

**POSTDATUM**



your Local Link

**TEL: 01550 721225**

**INFO@POSTDATUM.CO.UK**

**24 STONE ST., LLANDOVERY**



# Aberglasney

GARD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

## ABERGLASNEY EXCITED TO HOST ONE OF CARMARTHENSHIRE'S BIGGEST FESTIVE EVENTS



Carmarthenshire's ultimate festive event is set to take place in the beautiful surroundings of Aberglasney Gardens. The annual Winter Fair will be held over three days – Friday, Saturday and Sunday – 29 & 30 November and 1 December 2024.

For the Winter Fair the Gardens will be transformed into a Christmas paradise. There will be festive live music, a children's trail and Santa will be in his Aberglasney grotto. Stall holders will include artists and crafters as well as artisan food and drink producers.

Jim Stribling, Aberglasney's Director of Operations, said, "Aberglasney's Winter Fair is the perfect start to the festive season. The Gardens and Mansion will be transformed into a winter wonderland. We're delighted to be able to offer visitors the opportunity to do all their Christmas shopping whilst enjoying the festive atmosphere in these beautiful surroundings."

The Fair will be open each day from 10.00am until 4.30pm. A complimentary glass of mulled wine and a mince pie will welcome visitors to the Gardens as will the sounds of Christmas from a variety of live performers.

Visitors will find unique gifts, handmade decorations, art and beautiful homeware. There will be one-off pieces

of jewellery and fashionable winter wear for those who want something special for themselves or to give as gifts.

Santa will make time in his busy schedule to visit every day. Sion Corn will be happy to chat in English, neu yn Gymraeg. There will be a gift for each child that visits him and there will be a festive trail around the Gardens for children to enjoy finding the clues.

The event will have a food marquee which will give visitors the opportunity to stock up on all their festive treats. From decadent chocolate, festive spirits to Welsh cheese, there's something to tantalise everyone's tastebuds. There will also be a range of outlets for 'on the go' eating and drinking.

Entrance to the Winter Fair will be £14.50 per person with no separate entrance fee to the Gardens. Visitors to the Winter Fair will be able to enjoy a walk around the Gardens during their visit. Aberglasney members are admitted to the Winter Fair free of charge as part of their annual membership package.

There will be a free park and ride service available each day of the event. On the Friday the buses will run from Cae William Llandeilo RFC ground and on the Saturday and Sunday the buses will run from Ysgol Bro Dinefwr this year giving us more spaces for parking. Group discounts are available if pre-arranged. For full details visit the website: [www.aberglasney.org](http://www.aberglasney.org)



## LLANGADOG W.I

19 members attended the November AGM and voted in the Officers / Committee for the next 12 months. The official proceedings were expertly managed as always by Bet Nichols & Anne Astington, with many thanks.

Afterwards members and guests enjoyed a supper buffet and chat.

Top of the agenda was the menu choices for the December Christmas lunch. The pre-booked event is at The Mansion House, Llansteffan.

In January Llangadog W.I will be celebrating 100yrs and plan a series of centenary events to mark the occasion.

On a more sombre note, member Glenda Hampsons' husband John, suddenly and unexpectedly passed away at The Tenby Blues festival. He will be sorely missed as our "music man" and we send her our heartfelt sympathies.





## LOCAL TALENTED TRAINEES POWER THE SUCCESS OF RURAL ACCOUNTANCY FIRM

Local talented trainees are the lifeblood of rural accountancy firm, Ashmole & Co, which has offices throughout south and west Wales. Owain Rees, from Hermon, recently started with the Llandeilo team as a Trainee Accountant after completing his A Levels.

Ashmole & Co is committed to supporting its local communities by employing local talent, from trainee accountants to customer services, every member of the team is sourced from within the region.

Owain joined Ashmole & Co after gaining his A Levels at Ysgol Gyfun Bro Myrddin. He lives with his family on a small holding in Hermon. He is now studying for his AAT level 4 with Coleg Sir Gar as part of his traineeship with Ashmole & Co.

As a Trainee Accountant, day to day, Owain completes various tasks relating to preparing accounts, VAT and tax returns for clients including local farming businesses, sole traders, partnerships and limited companies.

Ceri Llwyd, Partner in the Llandeilo and Llandovery Ashmole & Co offices, said, "It is important as a profession that we help nurture the next generation of professional accountants. Trainee staff members are the lifeblood for the future success of our firm. We are a local business and our commitment to sourcing local talent stems from our belief that the success of our business is closely tied to the well-being of the community around us. By hiring locally, we can help build a more robust and resilient economy."

During his spare time Owain helps out on the family small holding, where they keep Texel and Suffolk sheep. When he isn't studying for his AAT exams, he enjoys playing cricket for Bronwydd Cricket Club and is a keen supporter of the Scarlets rugby team and Liverpool football team.

Owain said, "I'm grateful to Ashmole & Co for giving me this opportunity as a trainee. I had the opportunity to gain work experience at an accountancy firm while I was in school and that influenced my decision to pursue this



career. It is very rewarding to be able to support clients with their financial matters."

Ashmole & Co are one of the largest chartered certified accountants in south Wales. The rapidly expanding and modern firm often has job opportunities for enthusiastic individuals both qualified and non-qualified within the organisation. If you feel you have the qualities to be part of the team at Ashmole & Co, please email, with your CV attached, to [AshmoleHR@ashmole.co.uk](mailto:AshmoleHR@ashmole.co.uk). Alternatively, apply for a specific vacancy listed on the website: [www.ashmole.co.uk](http://www.ashmole.co.uk)

**HANDMADE CARDS**

£2 each

**at Postdatum**  
**24 Stone Street, Llandovery**

# THIRD COMMUNITY DROP IN WELCOMES NEW COMMUNITY GROUPS AND SERVICES



About 20 community groups and services gathered in the Civic Hall to showcase what they can do to make people's lives easier. While grabbing a free coffee and biscuit provided by the WI, visitors to this regular, free event can have conversations with representatives about a wide range of issues.

The drop in is organised by Llandeilo Town Council, the Llandeilo Community Action Hub and Nacro Connecting Carmarthenshire with funding from the CK / NISA Making a difference grant.

"It's so important for people to learn how much support there is for everyone," says councillor Kate Glanville. "I hope more people hear about our event and decide to pop in for a free coffee and an informal chat."

Some of the attendees and their services were:



- **Adfer Energy Redress**, who can help with your energy bills,
- the new **Carmarthenshire Enterprise Hub**, who can support your business,
- **Hope** provides a suicide prevention line,
- **Adferiad** provides for carers,
- The **Care and Repair** scheme can help improve homes and enable elderly people to stay in their own property longer,
- **Elidir** and **Mencap** work for people with additional learning needs,
- **Mind** and other groups can help if you are struggling with your mental health – Adferiad Sanctuary y Noddfa especially after hours,
- **Delta Wellbeing** provides new initiatives
- **Llandeilo Mayor Charlotte Morgan** and county councillor **Edward Thomas** are available to hear about concerns you have,
- our local social prescriber explained how the scheme works.





There was also advice on Domestic abuse or health care and local active groups such as the Rotary Club, Permaculture Upcycling, Tenovus Cancer Care and Llandeilo Friends of Dementia.

"For the 2 hours we run for the hall is filled with friendliness and chatter," says Llandeilo Mayor Charlotte Morgan. "As we are heading towards winter, we hope the free WI Coffee Morning will provide a meeting point for those feeling lonely or isolated. There's no need to have a reason for visiting other than wishing for some company over a coffee.

Community Gateway Officer Catherine Hyndman said: "Nacro are proud to be part of the Llandeilo drop in event, we are proud to provide a valuable information service to the community along with all the other agencies"

"At every event I acquire a lot of new information," says councillor Christoph Fischer. "So many ways our lives can be improved by picking up a leaflet or speaking to one of the representatives. Each drop in has new groups and additional services joining us, and even if you personally do not need support, it's amazing to see how much is out there, and maybe you can spot something just right for your neighbour, friends or relative, who are struggling with one thing or another."

If you want to include your group or service to be part of the event, email [clerk.ltc@gmail.com](mailto:clerk.ltc@gmail.com) or Robert. Ramsaha-Southall@nacro.org.uk



# Church Services

E-English W-Welsh B-Bilingual

## ST. CWRDAF CHURCH, LLANWRDA

1 Dec 9.30am Holy Communion  
15 Dec 9.30am Holy Communion  
17 Dec 5.00pm Christingle Service  
24 Dec 9.00pm Christmas Eucharist  
29 Dec 11.00am LMA Eucharist & Refreshments, Talley

5 Jan 9.30am Holy Communion  
19 Jan 9.30am Holy Communion  
2 Feb 9.30am Holy Communion

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

## ST. SADWRN CHURCH, LLANSADWRN

1 Dec 11.00am Holy Communion  
15 Dec 11.00am Morning Prayers  
25 Dec 11.00am Christmas Eucharist  
29 Dec 11.00am LMA Eucharist & Refreshments, Talley

5 Jan 11.00am Holy Communion  
19 Jan 11.00am Morning Prayers  
2 Feb 11.00am Holy Communion

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

## ST. PAUL'S CHURCH, MANORDEILO

8 Dec 9.30am Holy Communion  
15 Dec 9.30am Morning Prayers  
25 Dec 9.30am Christmas Eucharist  
29 Dec 11.00am LMA Eucharist & Refreshments, Talley

12 Jan 9.30am Holy Communion  
26 Jan 9.30am Morning Prayers

Lessons & Carols Service to be announced.

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

## ST. MICHAEL'S CHURCH, CILYCWM

8 Dec 6.00pm Lessons & Carols  
22 Dec 11.15am Holy Communion  
24 Dec 7.00pm Christmas Eucharist  
29 Dec 11.15am LMA Eucharist & Refreshments, Talley

12 Jan 6.00pm Plygain  
26 Jan 11.15am Holy Communion

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

## ST CYNWYL'S CHURCH, CAIO

1 Dec 9.30am Advent Holy Communion  
15 Dec 3.00pm Carols & Christingle  
24 Dec 9.30am Christmas Eve Holy Communion

Rev Rik Mayes 01558 685118.

## ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

1 Dec 11.00am Holy Communion  
8 Dec 11.00am Morning Prayers  
15 Dec 17.30am Christingle  
22 Dec 11.00pm Holy Communion  
25 Dec 11.00am Christmas Eucharist  
29 Dec 11.00am LMA Eucharist & Refreshments

5 Jan 11.00am Holy Communion  
12 Jan 11.00am Family Worship  
19 Jan 11.00am Holy Communion  
26 Jan 11.00am Morning Prayers

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

## ST MICHAELS, MYDDFAI

11.30am except Christmas Eve

1 Dec 11.30am Morning Prayer  
8 Dec 11.30am Holy Communion  
15 Dec 11.30am Morning Prayer  
22 Dec 11.30am Communion  
24 Dec 9.30pm Communion  
29 Dec 11.00am Bro Dyfri Communion @ Talley

5 Jan 11.30am Morning Prayer  
12 Jan 11.30am Communion  
19 Jan 11.30am Morning Prayer  
26 Jan 11.30am Communion

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

## LLANDINGAT, LLANDOVERY

1 Dec 9.30am Family Advent Service  
8 Dec 9.30am Holy Communion

19 Dec 9.30am "Every Valley" Morning Prayer  
"The Lord is near" Meet the donkey @ Market Sq, Crib Service & Christingle

24 Dec 11.30pm Christmas Eve Communion

29 Dec 11.00am Bro Dyfri Communion @ Talley

5 Jan 9.30am Family Epiphany Service  
12 Jan 9.30am Communion "Baptism of Christ"

19 Jan 9.30am Morning Prayer "Spiritual Gifts"

26 Jan 9.30am Communion "One Body"

## YOUTH ALPHA for January!

We are passionate about creating spaces for young people to have open conversations about faith, purpose and life. We are excited to announce that we have a new Alpha Youth Series coming out this year, which has been made by youth & for youth from across the globe so...What's on your mind?! Look out locally for details or contact Llandingat.

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

## ST SIMON AND ST JUDE, LLANDDEUSANT

8 Dec 6.00pm Carols with Readings followed by Mulled Wine with mince pies etc.

25 Dec 9.00am Holy Eucharist  
12 Jan 2.00pm Evening Prayer  
26 Jan 11.15am Holy Eucharist

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

1af o Rag 11yb Cymun  
15ed o Rag 11yb Carolau  
25ed o Rag 10yb Plygain  
29ed o Rag 11yb Cymun Bro Dyfri @ Tallyllychau  
5ed o Ion 11yb Boreol Weddi  
19ed o Ion 11yb Cymun

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

## ST. MARY'S CHURCH, CYNGHORDY

8 Dec 2.30pm Family Christmas Service (informal)

22 Dec 2.30pm Christmas Communion  
29 Dec 11.00am Bro Dyfri Communion @ Talley

12 Jan 2.30pm Family Service  
26 Jan 2.30pm Communion

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

## ST CADOG'S CHURCH, LLANGADOG

1 Dec 9.30am Holy Communion  
8 Dec 9.30am Morning Prayer  
15 Dec 9.30am Holy Communion  
18 Dec 6.00pm Carol Service  
22 Dec 9.30am Morning Prayer  
25 Dec 10.30am Christmas Day Eucharist  
29 Dec 10.30am Joint Service, Llangadog

6 Dec 6.00pm Winter Fair in Church  
14 Dec 7.00pm Symphonica Twy Concert

5 Jan 9.30am Holy Communion  
12 Jan 9.30am Morning Prayer  
19 Jan 9.30am Holy Communion  
26 Jan 9.30am Morning Prayer

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

## ST SAWYL, LLANSAWEL

1 Dec 11.00am Holy Communion  
15 Dec 16.00pm Christingle  
22 Dec 17.00pm Carols by Candlelight  
24 Dec 18.00pm Christmas Communion  
29 Dec 11.15am LMA Eucharist & Refreshments, Talley

5 Jan 11.00am Holy Communion  
19 Jan 11.00am Morning Prayer

## 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

|        |        |   |
|--------|--------|---|
| 1 Dec  | 7.00pm | No Service in St Barnabas – Christmas by Candlelight Concert in Llandovery College Chapel, Llandovery |
| 8 Dec  | 9.30am | Holy Communion  |
| 15 Dec | 9.30am | Morning Prayer  |
| 22 Dec | 9.30am | Holy Communion  |
| 24 Dec | 2.30pm | Christmas Service   |
| 29 Dec |        | No Service  |
| 5 Jan  |        | No Service  |
| 12 Jan | 9.30am | Morning Prayer  |
| 19 Jan | 9.30am | Holy Communion  |
| 26 Jan | 9.30am | Holy Communion  |

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

### ALL SAINTS CHURCH, GWYNFE

|        |         |                         |
|--------|---------|-------------------------|
| 1 Dec  | 11.15am | Holy Communion          |
| 8 Dec  | 11.15am | Morning Prayer          |
| 15 Dec | 6.00pm  | Carol Service           |
|        |         | Refreshments to follow  |
| 22 Dec |         | No Service              |
| 24 Dec | 6.00pm  | Christmas Communion     |
| 29 Dec |         | Service to be confirmed |
| 5 Jan  | 11.15am | Holy Communion          |
| 12 Jan | 11.15am | Morning Prayer          |
| 19 Jan | 11.15am | Holy Communion          |
| 26 Jan |         | No Service              |

We would like to wish everyone a Merry Christmas and a Prosperous and Peaceful New Year. Nadolig Llawn.

### 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.

### ST JOHN'S MAESTEILO

|        |        |                |
|--------|--------|----------------|
| 1 Dec  | 9.30am | Morning Prayer |
| 15 Dec | 9.30am | Holy Communion |
| 22 Dec | 2.00pm | Carol service  |
| 5 Jan  | 9.30am | Morning Prayer |
| 19 Jan | 9.30am | Holy Communion |

Margaret James: 07771 621538.

### HOLY TRINITY TALIARIS

|        |        |                |
|--------|--------|----------------|
| 8 Dec  | 9.30am | Holy Communion |
| 22 Dec | 9.30am | Morning Prayer |
| 24 Dec | 4.00pm | Carol Service  |
| 12 Jan | 9.30am | Holy Communion |
| 26 Jan | 9.30am | Morning Prayer |

Email: h\_lloyd\_davies@hotmail.com

### ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services e.g. Christmas and Easter.

### 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

|        |        |   |
|--------|--------|---|
| 24 Dec | 4.30pm | Carols                                  |
|        | 5.00pm | Vigil Mass for the Nativity of the Lord |

For other details see notice board

Fr Donatus Chukwuedo

Tel. 01269 267382

Email: ammanford@menevia.org

### ST TEILO'S CHURCH, BRECHFA, SA32 7RA

|        |         |                              |
|--------|---------|------------------------------|
| 1 Dec  | 11.00am | Communion Service            |
| 15 Dec | 11.00am | Communion Service            |
| 22 Dec | 2.30pm  | Carol Service                |
| 25 Dec | 7.00am  | Plugain on Christmas Morning |

|        |         |                   |
|--------|---------|-------------------|
| 5 Jan  | 11.00am | Communion Service |
| 19 Jan | 11.00am | Communion Service |

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](http://www.williamspantycelyn.co.uk)

### EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)  
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](http://www.lampeterorthodox.org.uk)

Tel: 01974 261452

### ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

|        |        |   |
|--------|--------|---|
| 1 Dec  | 2.30pm | Holy Communion  |
| 11 Dec | 5.30pm | Pilgrim Service   |
| 14 Dec | 2.30pm | The Carol Service followed by tea and the Opening of the Refurbished Church Hall till 5.00pm. |

|        |         |                         |
|--------|---------|-------------------------|
| 15 Dec | 2.30pm  | Holy Communion          |
| 24 Dec | 11.45pm | Midnight Christmas Mass |

|        |        |                 |
|--------|--------|-----------------|
| 5 Jan  | 2.30pm | Holy Communion  |
| 8 Jan  | 5.30pm | Pilgrim Service |
| 19 Jan | 2.30pm | Holy Communion  |

Location SA32 7RP – What3Words – gain.agent.acids.

"Lle Llonydd – A Quiet Space of Reflection and Contemplation". These sessions will restart in March 2025. They normally take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm. Refreshments available. Info Churchwardens.

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

### 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](mailto: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 Lidi's.

Contact: Brian Woodall – [brwoodall1940@gmail.com](mailto:brwoodall1940@gmail.com)

# READERS' SALES & WANTS

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

## FOR SALE

- **Terrace house for sale** in Llansawel, £90000. Text to 07946 366292.
- **Kindling firewood**, £5 per bag. Tel: 01550 779209 (Mornings).
- **Hitachi VM-C30E Camera Recorder**, £25. Tel: 07761 107055.
- **TOM TOM Sat Nav** complete with manual, £15. Tel: 07761 107055.
- **YAMAHA electric key board**, £10. Tel: 07761 107055.
- **Welsh & English records** (old & not so old), OFFERS. Tel: 07761 107055.
- **Nice set of rubber car mats** inc boot tray, £12. Tel: 07761 107055.
- **Cast Iron cookery book stand**, £5. Tel: 07761 107055.
- **2 very nice brass centre light fittings**, £10 each. Tel: 07761 107055.
- **Lots of MATCHBOX yesteryear models** in mint condition, £4 each & up. Tel: 07761 107055.
- **Antique Brass coal scuttle**, £25, bargain. Tel: 07761 107055.
- **Brass Poker**, £5. Tel: 07761 107055.
- **Liberty coat hook board** with 4 hooks, £5. Tel: 07761 107055.
- **Curtain rail**, BELMONT metal decorative, ext to 180cm=71 ins, £7. Tel: 07761 107055.
- **Electric hair dryer**, £5. Tel: 07761 107055.
- **Montis steam mop** for carpets & tiles inc manual, £12. Tel: 07761 107055.
- **LG 44inch flatscreen smart TV**. Picture is great but could no longer get iplayer, £45. Tel: 01550 777848.
- **Large, comfortable antique three-seater sofa**, refurbished and reupholstered in blue fabric, three feather-filled piped seat cushions, scroll arms, cup feet, 72in long, 38in deep, 31in high, £350. Tel: 07925 131974.
- **C.L.H. Livestock trailer**, 5ft x 3ft, drop down tail board, excellent condition, £650 ono. Tel: 07855 085573 Llandovery area.
- **Star Wars items**, x2 heads and some figures etc, £60. Also some Lego. Tel: 07840 891340 or call in to Brambles Plus, 8 Kings Road.
- **Dog Stroller**, as new, £100 (no negotiating), bought for £279.95, used only three times. Contact John on 07858 425261.
- **Mafia Kush 2 bicycle**, only used three times, paid £350, asking price £100 (no offers). Contact John on 07858 425261.
- **x70 new white square wall tiles**, 8" x 8" (20cm x 20cm), £20. Tel: 07980 399951.
- **New 16" space saver wheel**, jack and wheel brace, fits lots of modern cars, £70 ono. Tel: 01550 721241.

- **Dimplex wall mounted 2KW electric heater** PLX150E, as new, £70 ono. Tel: 01550 721241.
- **Small dog cage**, ideal for puppies etc, £20 ono. Tel: 01550 721241.
- **30KG dumbbell Set**, new, 4 x 1.25KG; 4 x 1.5KG; 4 x 2KG; 4 x 2.5KG; 2 bars; 4 nuts, £25. Tel: 01550 720999.
- **Oil for sale to the highest bidder**. Contact Valerie Wood-Gaiger, Myddfai on 01550 721884 for details. Buyer must remove tank.
- **Carpet**, 9' x 4' 3" Royal Sovereign 100% Wool, colour Oatcake (creamy colour), £220. Tel: 07977 121201.
- **Heavy domestic carpet**, 18' 3" x 8' Gold (Tweed), £150. Tel: 07977 121201.
- **100 CD Wood Rack**, 2' 10" high x 1' 2" wide, £5. Tel: 07977 121201.
- **Hayter Harrier lawn mower** with roller, in working order, £200. Tel: 07977 121201.
- **Younger bed frame** with headboard. Tel: 07977 121201.
- **Younger dressing table**. Tel: 07977 121201.
- **Dressing table mirror**. Tel: 07977 121201.
- **3' x 3' wood effect coffee table** with shelf. Tel: 07977 121201.
- **x4 heavy duty Landrover wheels**, 235 x 16 with Continental tyres with approx 25% tread, £100 the lot. Tel: 07922 174986 (Llandeilo).
- **Adjustable towbar** to fit Landrover or 4x4, complete with ball and pin, £25. Tel: 07922 174986 (Llandeilo).
- **Large selection of ladies clothes**, all new, sizes 8 - 20, from £2 - £10 per item, also large selection of shoes still in boxes, £5 - £10 per pair. Tel: 01554 788593.

## WANTED

- **Polytunnel**. Tel: 07565 998330.
- **Land wanted to rent for grazing livestock**. Long term lease preferred. Anything considered. Call or message Jonny on 07734 108192 or email: jonny.browne@hotmail.com
- **Preloved Books wanted**. Whenever you are busy making space/clearing your house, we would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom within Newton House. We have a varied selection of fiction/non fiction/children's as well as some special "collectables". Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. The House is open every weekend 10.30 - 4.00 and there will always be someone to help you offload if required. The tearoom will also be open at weekends. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer 01558 825910. ([www.nationaltrust.org.uk/visit/wales/dinefwr](http://www.nationaltrust.org.uk/visit/wales/dinefwr)).
- **Motorcycle, scooter etc needing restoration**. Garage stored and no longer needed, any size engine ok. Cash and collected same day. Tel: 07917 164044.

Please would the person who bought my small hay baler last spring contact me with a view to collection. Tel: 01558 668744.



# 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](mailto:Llandovery@ashmole.co.uk)  
Tel: 01550 720098. 12/24(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](mailto: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](mailto:llandovery@lhp.co.uk) | [www.lhp.co.uk](http://www.lhp.co.uk) 12/25(12)

### ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: [dmills@dmarchitect.co.uk](mailto:dmills@dmarchitect.co.uk) [www.dmarchitect.co.uk](http://www.dmarchitect.co.uk) 09/24(12)

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

### BEAUTY SALON

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

### BUILDING SERVICES

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

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

### CAR REPAIRS

**SERVICING, REPAIRS**, MOT pre checks and MOT preparation carried on all makes of cars, light vans and 4X4's. Over 35 years experience, Reasonable rates, Not VAT registered. Located near Pumpsaint. Please call or Whatsapp on 07834 872945. 05/25(6)

### CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 02/25(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)

### CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 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 Carmar and Brecon areas. Contact 07872 509031 / 07770 777992. 03/25(12)

## COMPLEMENTARY THERAPIES

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

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**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)

## FITNESS & EXERCISE

**ZUMBA CLASSES – Llandovery.** Mon 6.00pm Rhys Pritchard Memorial Hall. Learn all the Latin dance rhythms along with mega cond! Also at 7.00pm why not try CIRCL Mobility – NEW from Zumba. Mobility/Flexibility Matwork – to help keep everything moving better for longer. For all info please call 07909 903773 or go to melissamerran.zumba.com

## 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. 10/24(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, Carm 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)

**GARDENER, CARPENTER AND HANDYMAN.** Lawn mowing and garden maintenance. Home maintenance and alterations. I offer a friendly and professional service and have good local references. I am based near Llandeilo with 25 years experience in horticulture and arboriculture. Call Nick on 07970 987434 or Email at: gydacoed@gmail.com 12/24(6)

## HAIRDRESSERS

**MOBILE HAIRDRESSER.** Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702. 06/25(12)

## HANDYMAN

**CARMARTHENSHIRE ODD JOBBERS:** We carry out house visits every Friday, Saturday and Sunday. Get yourself booked in and we will get the job done. Gardening, tree surgery, house clearance, plastering, painting and decorating, carpentry, minor electrical and plumbing work, window cleaning, house removals, kitchen installations, jet washing, paving slabs and much much more. We are open 7 days a week so call us anytime, we are here to help. Please contact us on 07393 396599 or email: carmsoddjobbers@gmail.com 06/25(12)

## HEADSTONES AND HOUSE NAME PLAQUES

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



## JEWELLERY REPAIRS & ENGRAVING SERVICES

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

## JOINERY

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

## KEYCUTTING SERVICES

**G.T. LOCKSMITHS LLANDEILO,** Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Car & Van keys/remotes cut & coded & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377710. 06/25/12)

## OPTOMETRIST

**At INSIGHT EYECARE,** we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: [insighteyecare@llandoverly.org](mailto:insighteyecare@llandoverly.org). Find us on 8 Stone Street, Llandoverly, SA20 0JR. Optometrist: Sara Tidy. 11/25/12)

## PAINTER & DECORATOR

**HAYDN ADAMS,** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 12/24/12)

**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](mailto:philashworth@hotmail.co.uk) www.paintabilitydecorating.co.uk 06/25/12)

**INTERIOR DECORATING SERVICE.** First class professional finish. Past work can be seen in Llandoverly. For a free quotation, please ring Sue on 07954 198824 and leave a message or email: [susanlizbrown68@gmail.com](mailto:susanlizbrown68@gmail.com). A quality job – nothing less! 12/24/6)

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 02/25/6)

**PAWS FOR THOUGH PET CARE SERVICES.** All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates, all areas considered. Contact 07872 509031. 12/24/6)

## PLASTERERS

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

## PLUMBERS

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

## PROPERTY MAINTENANCE

**At ALL ASPECTS PROPERTY SERVICES,** we bring over **35 years of experience** in renovation and maintenance. Based near Llandoverly, 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](mailto:info@allaspectspropertieservices.co.uk) or visit us: [allaspectspropertieservices.co.uk](http://allaspectspropertieservices.co.uk) Quote **WINTER10** for a **10% discount** through November, December and January. 11/25/12)

**GUTTER CLEANING SERVICE AND ROOF MOSS REMOVAL SERVICE.** Professional Service cleaning gutters and roof moss. Call: 07393 396599. 06/25/12)

## ROOFING

**LLANDEILO ROOFING –** Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: [localroofer.wales@gmail.com](mailto:localroofer.wales@gmail.com) 12/24/6)

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandoverly 01550 721500. 03/25/12)

*Merry Christmas*



## SPORTS FACILITIES

**LLANDOVERY SQUASH CLUB:** New members of all abilities are very welcome at Llandoverly Squash Club, situated opposite Llandoverly College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandoverly. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: [facebook.com/llanadoverlysquash](https://facebook.com/llanadoverlysquash) or visit our website: <https://llanadoverlysquashclub.co.uk> 03/25(12)

## WINDOWS & EXTERIOR CLEANING

**DAZZLERS - EXTERNAL CLEANING SPECIALISTS:** Windows, Conservatories, Gutters, Patios, Pathways – covering Llandoverly and surrounding areas. Tel: 07761 097389 Email: [Dazzlerswindow@gmail.com](mailto:Dazzlerswindow@gmail.com) Facebook: dazzlers the window cleaners 05/25(12)



# THE POST

advertising

you  
CAN afford

# The Post

## Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points  
○ = Ref. Points Only



## NEW ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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

# Noticeboard

## LLANDOVERY LIBRARY Tel. 01550 721626

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

## LLANDEILO LIBRARY

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

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

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## COUNTRY MARKETS

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

## 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

**LOCAL POLICE** Tel. 0845 3302000.

**Crime Stoppers:** Tel. 0800 555111.

## TAXI SERVICES

**Bridge Taxis,** Llandoilo. 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

## Train Times (Timetable 02/06/24 – 14/12/24)

|             |   | Mon. to Fri. |        |        |        |        |        |        | Sat.   |        |        |        |        |        |        | Sun. |  |  |
|-------------|---|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------|--|--|
| Swansea     | D | 05:47        | 09:09  | 11:38  | 14:18  | 18:20  | 21:15  | 05:47  | 09:08  | 11:45  | 14:26  | 18:18  | 21:15  | 11:10  | 15:37  |      |  |  |
| Gowerton    | D | 05:59        | 09:21  | 11:50  | 14:30  | 18:33  | 21:27  | 06:00  | 09:19  | 11:58  | 14:38  | 18:31  | 21:27  | 11:22  | 15:49  |      |  |  |
| Llanelli    | D | 05:13        | 06:09  | 09:31  | 12:03  | 14:44  | 18:44  | 21:36  | 06:10  | 09:31  | 12:08  | 14:49  | 18:42  | 21:36  | 11:33  |      |  |  |
| Ffairfach   | D | 05:49x       | 06:45x | 10:07x | 12:46x | 15:24x | 19:20x | 22:12x | 06:46x | 10:07x | 12:46x | 15:25x | 19:19x | 22:12x | 12:08x |      |  |  |
| Llandoilo   | D | 05:54        | 06:50  | 10:12  | 12:51  | 15:29  | 19:25  | 22:17  | 06:51  | 10:12  | 12:51  | 15:30  | 19:24  | 22:17  | 12:14  |      |  |  |
| Llangadog   | D | 06:03        | 06:59  | 10:21  | 13:00  | 15:39  | 19:35  | 22:27  | 07:01  | 10:21  | 13:00  | 15:39  | 19:34  | 22:27  | 12:23  |      |  |  |
| Llanwrda    | D | 06:07        | 07:03  | 10:25  | 13:04  | 15:42  | 19:38  | 22:30  | 07:04  | 10:25  | 13:04  | 15:43  | 19:37  | 22:30  | 12:27  |      |  |  |
| Llandovery  | D | 06:15A       | 07:12  | 10:34  | 13:13  | 15:51  | 19:47  | 22:37A | 07:13  | 10:34  | 13:13  | 15:52  | 19:46  | 22:37A | 12:36  |      |  |  |
| Cwmifor     | D | 07:20x       | 10:42x | 13:21x | 16:00x | 19:56x |        | 07:22x | 10:42x | 13:21x | 16:00x | 19:55x |        | 12:43x | 17:10x |      |  |  |
| Llanwrtyd   | D | 07:40        | 11:03  | 13:42  | 16:17  | 20:19  |        | 07:42  | 11:03  | 13:42  | 16:17  | 20:15  |        | 13:01  | 17:27  |      |  |  |
| Llandrindod | D | 05:50        | 08:13  | 11:36  | 14:15  | 17:01  | 20:52  | 23:10  | 08:15  | 11:36  | 14:15  | 17:02  | 20:48  | 13:44  | 17:59  |      |  |  |
| Shrewsbury  | A | 07:37        | 09:46  | 13:08  | 15:45  | 18:32  | 22:22  | 00:39  | 09:45  | 13:10  | 15:45  | 18:36  | 22:26  | 15:14  | 19:37  |      |  |  |
|             |   |              |        |        |        |        |        |        |        |        |        |        |        |        |        |      |  |  |
| Shrewsbury  | D | 05:22        | 08:57  | 11:22  | 15:17  | 18:08  | 21:27  | 05:30  | 08:56  | 11:26  | 15:25  | 18:08  |        | 12:04  | 16:20  |      |  |  |
| Llandrindod | D | 07:06        | 10:29  | 12:56  | 17:06  | 19:45  | 23:00A | 07:08  | 10:28  | 12:59  | 17:06  | 19:40  |        | 13:53  | 18:05  |      |  |  |
| Llanwrtyd   | D | 07:41        | 11:03  | 13:41  | 17:37  | 20:17  |        | 07:42  | 11:03  | 13:41  | 17:37  | 20:15  |        | 14:24  | 18:36  |      |  |  |
| Cwmifor     | D | 07:54x       | 11:16x | 13:55x | 17:50x | 20:30x |        | 07:55x | 11:16x | 13:55x | 17:50x | 20:28x |        | 14:37x | 18:49x |      |  |  |
| Llandovery  | D | 06:26        | 08:06  | 11:28  | 14:07  | 18:02  | 20:42  | 22:43  | 08:07  | 11:28  | 14:07  | 18:02  | 20:40  | 22:43  | 14:49  |      |  |  |
| Llanwrda    | D | 06:32x       | 08:12x | 11:34x | 14:13x | 18:08x | 20:48x | 22:49x | 08:13x | 11:34x | 14:13x | 18:08x | 20:46x | 22:48x | 14:55x |      |  |  |
| Llangadog   | D | 06:36x       | 08:16x | 11:38x | 14:17x | 18:12x | 20:52x | 22:53x | 08:17x | 11:38x | 14:17x | 18:12x | 20:50x | 22:52x | 14:58x |      |  |  |
| Llandoilo   | D | 06:50        | 08:28  | 11:50  | 14:28  | 18:24  | 21:04  | 23:04  | 08:29  | 11:50  | 14:28  | 18:24  | 21:02  | 23:04  | 15:11  |      |  |  |
| Ffairfach   | D | 06:53        | 08:30  | 11:52  | 14:31  | 18:26  | 21:06  | 23:07  | 08:31  | 11:52  | 14:31  | 18:26  | 21:04  | 23:06  | 15:13  |      |  |  |
| Llanelli    | D | 07:44        | 09:10  | 12:40  | 15:12  | 19:07  | 21:44  | 23:48  | 09:11  | 12:38  | 15:12  | 19:09  | 21:49  | 23:46  | 15:51  |      |  |  |
| Swansea     | A | 08:08        | 09:33  | 13:04  | 15:37  | 19:32  | 22:07  | 00:16  | 09:34  | 13:01  | 15:37  | 19:32  | 22:12  |        | 16:13  |      |  |  |

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

Off-Peak Day tickets may not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri. Please check restrictions before travel.

## 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.

Traveline:  
0800 464 0000

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

### Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

All services operate Mon-Sat

|                           | 281  | 280   | 281   | 280   | 281   | 280   | 281   | 280   |
|---------------------------|------|-------|-------|-------|-------|-------|-------|-------|
| L'ndoverly(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'ndoverly(car park)      | 6.58 | 8.36  | 10.41 | 11.36 | 13.46 | 15.36 | 17.44 | 19.05 |

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