

The Post

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LLANDOVERY MUSEUM AND VISITOR GATEWAY

SHINING A LIGHT ON NORTH EAST CARMARTHENSHIRE



DEWCH I YMUNO GYDA NI YN Y FENTER
NEWYDD CYFFROUS HON YN ADEILAD Y
GANNWYLL AR Y 13eg O EBRILL 2019.

**You are cordially invited to join us at the start of
something very special on Saturday 13th of April 2019.**

An exciting, community-driven venture is working to deliver what our area clearly deserves – a central point for Welsh culture. Llandovery may be a small town but it packs a huge historical and geographical punch and is ideally located as a Visitor Gateway to the Brecon Beacons, the Cambrian Mountains and the rest of Carmarthenshire.

The home of this venture will be the old Heritage Centre building on King's Road which has been renamed "Y Gannwyll" in honour of Vicar Prichard whose poems were published under the title of Canwyll y Cymru (The Welshman's Candle).

The new logo you see above is part of the professional branding we will be using throughout the building, on signage, social media, marketing, packaging, website and all media. We want to be distinctive and therefore we have dared to be different. The Logo is based on the helmet of Llywelyn ap Gruffydd Fychan and it can be perceived, and used, in many different ways.

This bilingual venture will bring together three naturally linked themes all under the one roof. There will be:

- 1) A Museum for History and Culture
- 2) A Visitor Gateway to promote local activities and businesses, and
- 3) A Family History Centre.

continued on page 3



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ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th April 2019**

**Next issue distributed:
1st May 2019**

The Post Future Copy Dates

June.....	16th May
July.....	17th June
August.....	16th July

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06/19/60

continued from page 1

As we begin our journey in making this project something we can all be proud of we will commence this Easter with a soft opening on the 12th April. We are very ambitious to promote local attractions whilst we continue to grow the project.

AND WE NEED MORE VOLUNTEERS.....

There's such a lot of work to get through over the next couple of years so please if you can spare a little time and would like to volunteer then call us. There's something for everyone to get involved in, so join us now at the start of something special.

And finally we would like to express our sincere thanks and appreciation to the following, without whom, this undertaking would not be possible:

Llandovery Town Council, Carmarthenshire County Council, The Princes Trust, Llandovery History Society, Dyfed Family History Society, Brecon Beacons National Park, Pach Business Solutions, Antidote Design and John Morgan.
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Diolch o galon i pawb sydd wedi helpu ni.

LLANGADOG W.I.

LLANGADOG W.I. At our March meeting the speaker was Sheik Ahmed, who gave an informative talk about "The Physicians of Myddfai". As well as being interesting it gave us some health remedies for coughs and colds, which were well appreciated, especially for this time of the year. Mary and Marion were our hostesses for the night and they made us Cawl with cheese and Barra Brith, to celebrate St. David's Day. Our monthly competition, herbal treatments, was won by Ann, 2nd Mary, 3rd Marion. The April gathering will be about "Bead Woven Jewellery". New members are always welcome, so please join us on the 1st Thursday of each month at Llangadog Community Centre at 7.00 p.m.



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04/19(3)

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04/19(1)

LLANDOVERY GARDEN CLUB

28th February our Guest Speaker: The Club warmly welcomed Richard Bramley of Farmyard Nurseries, Llandysul to talk about the flora and fauna of New Zealand. Richard began by talking about his love for this country. His visits have been primarily for holidays with his friends and family, entailing camping, hiking and kayaking.

He described how New Zealand's geographical isolation has meant the development of a unique variety of flora and fauna. Many of New Zealand's native birds (Kiwis and Weka) and insects are flightless due to the lack of predators. As settlers arrived, however, they hunted birds, felled the forests and brought in predators such as rats which had hitch hiked a lift with them on their boats. They also introduced rabbits as a food source, followed by stoats to control the burgeoning rabbit population which unfortunately also ate bird eggs. All in all, 50% of the bird species were quickly driven to extinction in a very short period of time.

Richard then moved on to describe the fauna, the majority of which are evergreen. The flowers of the native plants are typically small and white, apart from the yellow flowers of the kowhai and the bright red flowers of the pohutukawa (New Zealand's Christmas tree). Richards photographs of the native forests showed beautiful forest areas covered with tree ferns, beech and pines, together with a luxurious undergrowth of native shrubs, grasses and ferns. He also showed photographs of species of moss and lichens and Richard and his group went to some lengths to photograph some of the unusual liverworts they happened upon on their kayaking adventures. Finally, Richard pointed out that human migration has led to the importation of many other plants such as lupins and agapanthus which have now escaped into the wild where they provide bountiful late spring and summer colour.

At the end of his highly entertaining talk, Richard received a very warm round of applause.

Jan Human gave the vote of thanks

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11/19(12)

DINEFWR PHOTOGRAPHIC SOCIETY'S SPOTLIGHT ON 'RAW CHINA'

Following on from our last speaker shooting at twilight the society had a visit and presentation from highly respected photographer Mike Cullis (ARPS). Mike brought along some of his images of his travels around China, speaking at some length about the country away from the normal tourist hot spots. The opportunity to have a look 'behind the scenes' at a country that has not had a reputation for openness was fascinating and insightful along with some fabulous images of parts of the country rarely seen by western eyes. During the second half of the evening Mike showed some of his images of the Massi Mara and his recent trip to the Falkland Islands, we saw superb images of 'The Mara', many big cats and their dinners! Moving on to his recent Falklands trip we were treated to amazing shots of penguins, seals and some of the birdlife of the islands. Members then had the opportunity to question Mike on how he managed to get the shots picking up many hints and tips on the way. Many thanks to Mike for such an interesting and informative evening.

The club is always open to new members of all levels to come along to meet us at any of our regular meetings. We pride ourselves on being a friendly welcoming bunch who enjoy photography and to socialise. We meet at The White Hart Llandeilo in the Raven room at 7:00pm every other Thursday.

For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

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04/19/13

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*Lady Letitia's Gift: Cornwallis House & Grounds,
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If old houses could speak, this is what you might hear from the sad Georgian house pictured above:

"I was completed in 1794 with an endowment from Lady Letitia Cornwallis. I gave shelter to 'Maiden Gentlewomen' as instructed, and, over the years, welcomed many until the 1960s. Although I was already showing my age, young people gradually took up rented accommodation, and I once more had a purpose.

Sadly, despite my faded grandeur, the Guardians were unaware that I needed personal attention; so, the tenants departed and I was left to crumble.

There were so many fine houses in Carmarthenshire that have disappeared: Abermarlais, Tregib, Neuadd Newydd, Glanbran, Dolgarreg and The Ton – all within ten miles from here! Perhaps I am going to be more fortunate as Trustees and kind hearted villagers work to raise funds: I have seen two Country Markets on my site, and now a Car Boot Sale is planned for April. With the hope of Lottery Funding in the wings, maybe I can be restored to my former self – so, please, come along on Sunday 7th April. I would be so pleased to see you!!"



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08/19(12)

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

A very successful whist drive was held at the old school towards the end of February, with barely an empty chair in the room. Many thanks to Rachel, Llwynmddy, for organising the evening, and to Mrs. Eirlys Rowlands for her work as MC.

Everyone had a very enjoyable time, whilst at the same time raising funds for the hall.

The March supper took place on the 8th. Once again, it was a sell out, and a great evening was had by all.

The April supper, the final one of the season, will be held on Friday the 12th. It will feature an Italian theme, always so popular, with the main course consisting of a spinach and ricotta pasta bake, accompanied by bowls of salads and Italian breads.

Pudding options are either a pear frangipani tart or mango and passion fruit Eton Mess.

Contact Nia to book a place.

Many thanks to Alan and Andy for stepping into the breach for the March quiz. Unfortunately two thirds of last month's winning team, Universally Challenged, were struck down with a nasty flu virus, but Alan and Andy very kindly came up with a just-for-fun quiz at the very last minute, so everyone was still able to enjoy a really good night out. Universally Challenged will now be hosting their quiz on April 8th.

On Thursday April 25th, local musicians Dai Thomas and Nigel Philip Davies will be performing at the hall. Keep an eye out for posters with more details.

And an advanced notice for May – the Sunday pop-up cafe will start up again on the 5th, 12.00 – 3.00pm. It was a resounding success last summer, raising a vitally important sum of money for the hall, but this success can only be achieved through the help of local volunteers.

If you can spare a couple of hours on the occasional Sunday over the summer, to take orders, serve, and clear up (no actual cooking required), then please contact Nia as soon as possible.

Keep up to date with all Bethlehem events on our Facebook page www.facebook.com/bethlehemcymru Contact Nia for more information and to hire the hall niaelement@aol.com 01550 777254.

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LLANDOVERY U3A

We meet in the Rugby Club, Church Bank, at 10.00am on Wednesday mornings.

Time for a chat and cup of coffee then the speaker of the day starts at 10.30am

Special interest groups meet at other times and include: Music Appreciation, Social History, Latin and Greek.

Wednesday 3rd April

Rupert Brooke and the Old Vicarage
Grantchester – Maureen Williams

Wednesday 17th April

Art in the Twenties

Wednesday 1st May

Campaign to end loneliness – Claire O'Shea

For further information contact Anne Lynd-
Evans 01550 750286.

NEWS FROM THE TOWN HALL

The Town Council congratulates Wyn Jones, Clynmawr, Llandovery, member of the Wales Rugby squad, following their outstanding achievements in winning the 2019 Triple Crown and Grand Slam

With the Urdd Eisteddfod coming to Llandovery in 2021, the Town Council looks forward to working with businesses and residents to ensure that we make the event a huge success leaving a lasting legacy for the town

The Llandovery Museum have its official opening on Saturday 13 April at 10.30am

The Mayor's Charity Ball will be held also on Saturday 13 April at Llandovery College to raise money for Llandovery Parks and Playgrounds and the Llandovery Museum. Tickets are £40. Please contact the Mayor or any of the Town Councillors.

We are delighted to have our new Ystrad Post Office in the centre of the town in Market Square, the building in its striking colours enhances the Town. We wish them every success with this venture and we are sure all our residents and visitors to our lovely town will use the Post office and the gift shop.

We are very lucky to have a great number of businesses in the town supported by us all, these include good Hotels, Bed and Breakfasts, eateries, coffee shops, florists, patisserie, gift shops, including clothes and a shoe shop, also a Butcher by Royal Appointment, builders merchants and cook shop to name just a few.

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08/19/12

CARMARTHENSHIRE'S 50 PLUS FORUM IN COMMUNITY ENGAGEMENT IN LLANDOVERY

Members of the Llandovery Friendship Club welcomed two members of the Carmarthenshire 50+ Forum Steering Group in February and gave them a lot to think about! The Forum's Steering Group is engaging with community groups around the County to discuss priority challenges for older people in the County and what can be done to achieve improvement.

Vice Chair Wyn Llewellyn and Gill Wright from the 50+ Forum Steering Group attended the regular meeting of the Llandovery Friendship Club at the Rhys Pritchard Hall, Llandovery and were introduced by the Club's Chair and Secretary Gina Jones and Angela Jackson-Kenyon. The presentation covered the aims and objectives of the county's 50+ Forum for which membership is free and provides a voice for older residents. Although the secretarial support is provided by the County Council, it is independent and is run by its members. It is able to provide them with united voice to raise issues and

challenges involving rights as citizens, providing and/or improving services, identifying gaps in provision and challenge service providers, holding them to account.

The free membership has benefits such as a free newsletter/magazine, an invitation to attend the annual event at the Botanic Gardens and the AGM, participate in the Annual Survey regarding issues important to the 50+ age group, be kept up to date with other events and offers, and have your say in consultations and services. Recent activity had included the Steering Group submitting responses to the Consultations organised by the Welsh Assembly on "Disability – the Right to Independent Living" and "Connected Communities – Tackling Loneliness and Social Isolation".

After Wyn had talked through the 50+ Forum slides on priority issues emerging from the 2018 Annual 50+ Survey, Club members had a useful and lively discussion about some of the challenges seen locally; some that came from the Survey and others that have affected local residents in Llandovery. The priorities highlighted for action from the 2018 survey are:

- Improve support for carers from appropriate organisations
- Reduce the risks of falls generally
- Promote use of mobile libraries, expand the services they offer and better publicise what they do, where they are and when
- Capitalise on the popularity of Fitness/Health/Wellbeing as a theme for libraries/mobile libraries
- Facilitate more computer and Internet safety training
- Resolve issues of bus service accessibility/frequency/service connectivity
- Pursue more action on Loneliness and Isolation – events, meeting places, community engagement, volunteering

The Llandovery Friendship Club members raised the following concerns and are being investigated:

- Availability of and accessibility to mobile banking services is insufficient and the demand is greater than the allocated time slots can service.
- Difficulties with connection timings between two bus services operating on a popular local route.

Wyn and Gill were delighted with the reception they received and excited with the positive responses. The 50+ Forum is happy to visit any community groups in Carmarthenshire who are interested in taking action on the challenges facing older people locally.

For further info see <http://carmarthenshire50.org.uk/>, or Facebook page "Carmarthenshire 50+" or Twitter, or Phone the 50+ Forum officer at County Hall on 01267 224692.



From left to right are – Angela, Gina and Gill.

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The boiler is located in a barn adjacent to the property and fuel can be stored next to the system. The property is finally getting warm, consumes less wood than the old system and will be paid for by the Domestic Renewable Heat Incentive (RHI) scheme.



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02/20(12)

CARMARTHENSHIRE PUB WINS BEST BRITISH COUNTRY PUB 2019



Staff and customers at a 16th century pub and restaurant in the picturesque Cambrian Mountains are celebrating winning the BBC Countryfile Magazine Award for the Best British Country Pub. The Dolaucothi Arms Hotel was nominated by the magazine's readers before being selected as one of 6 finalists by a panel of judges. Over 30,000 readers and online voters registered and voted for the finalists.

Announcing the Award yesterday the judges said that the Dolaucothi Arms is:

'A coaching inn at the heart of its small community serving Welsh ales and great pub food and a large beer garden with views over the valley. Set in the heart of the National Trust's Dolaucothi Estate with great walking routes and even a goldmine nearby.'

Landladies Clare Perry and Karen Charles have created a relaxed environment with two bars and two dining areas and a guaranteed welcome for all, including well behaved dogs and children.

Commenting on the award, Perry said 'We are really pleased to have won. It's a great accolade for our hardworking staff and we are very grateful to the people who voted for us. However, we won't be resting on our laurels. The key to success in a country pub is to keep enhancing the offer and adding variety so that people will travel to you. For example, our Chef, Laura Cane, will be launching a pop-up Mediterranean restaurant here at the start of April.'

Karen Charles added 'there are many stories about how many pubs are closing these days. So, we congratulate The Chequers at Retford in Nottinghamshire and The Crown Inn at Crowtown in Cornwall, the runners up, and all the pubs that entered the contest. They must be doing a lot of things right to earn the support of their communities'.

CORRECTION

In the February issue of The Post an article about Billy Werns Spring stated that the OS Map Ref for location was SN944477. The correct map ref. is SN29392502.

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

Our gathering to celebrate St David's Day held on 4th March saw 25 members plus guests meeting at the Sexton's Arms Llansadwrn. It is great to see our club membership increasing and hope all will enjoy the programme for the coming year as much as we all enjoyed that evening. We ate a wonderful cawl supper provided by Cliff and thoroughly enjoyed the entertainment of tradition welsh tunes played by Dan and Claudine.

Our next meeting will be in the Reading Room Llansadwrn on 1st April when there will be a presentation by Sandra McKenzie who is the co-ordinator for Help for Heroes in Carmarthenshire and Ceredigion.

COTHI GARDENERS

Container growing is so popular nowadays. You can find a pot or a planter in every colour, size and shape imaginable. There are durable plastics or, if you're moving away from oil-based materials try terracotta or build your own wooden planter.

To get you started, come along to Cothi Gardeners on April 17th to hear expert Gareth Davies talk to us about growing in containers.

You may wish to have a pot of culinary herbs at the back door or a bright display of tulips, Gareth will advise about the type of compost to use and how to prepare your plants. The choice of flower, plant or shrub is important too, so Gareth will be happy to answer your questions. His talk begins at 7.30pm.

Cothi Gardeners are delighted to announce that Ceredigion Growers are hosting a plant fair in Pumsaint on 7th July and we'll be taking part. Save the date and look out for more information soon.

Our members often have surplus plants from their own gardens and these are sold at each meeting with proceeds going towards club funds, so come and browse our stall for a spring bargain.

Cothi Gardeners meet at the Coronation Hall, Pumsaint, on the third Wednesday evening of the month, an annual membership is £14 per person or £25 for two at the same address. Guests and visitors welcome, £3, to include refreshments.

www.cothigardeners.com

We're on Facebook too, or phone Yvonne on 01558 650870.



SINEMA SADWRN VILLAGE CINEMA FUNDRAISING SUCCESS!

Sinema Sadwrn, which was established a year ago in Llansadwrn has managed to raise over £3000 to purchase it's own equipment. They received a generous grant from Williams Brown Hill Trust for £2000, as well as cheques from Llandovery Rotary Club and Llansadwrn Community Council. Local people also helped fundraise towards this important goal.

Up until now the cinema group have had to rely on volunteers to collect and return hired equipment from Film Hub Wales in Cardiff which wasn't sustainable in the long term. With their own equipment they now have scope to think about different offers alongside their regular monthly screenings in Llansadwrn Reading Room.

Owen Burt, Chair of Sinema Sadwrn, is delighted that the cinema is proving so popular and growing it's audience. 'We are welcoming new people from a wider area at every screening and hope that by providing a six monthly programme, our audience can plan ahead and find something to their taste. The new equipment will help improve our offer without a doubt. We are extremely grateful to everyone who has provided funding and supported us over the last 12 months.'

This development build on the success of the group who won 'Best New Film Society 2018' at the National Film Society of the Year Awards, back in September. Their next film, 'Incredibles 2', is an Easter special on April 26th and will be in the Sexton Arms Pub from 18.00. More details available on Facebook @ sinemasadwrn



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LLANDOVERY FRIENDSHIP CLUB

The February meeting was supposed to be held on Wednesday 27th February by having cawl at West End Cafe in celebration of St. David's Day, his was not held in respect of Mrs Trixie Smiths funeral, Trixie was a member of the club and we were all saddened about her death.

The club then had their St. David's Day cawl at West End Cafe on Wednesday 6th March.

Due to the Chairperson and Vice being absent, apologies sent. President Mary Jackson opened the afternoon by saying grace.

There were 36 members present and thoroughly enjoyed a lunch of cawl, bread and cheese, which was plentiful and very tasty. There was a choice of 3 sweets and tea and coffee was served by the efficient staff of West End Cafe, who were very helpful and polite.

Mrs Rosemary Butler has organised the river Tawe cruise for May 29th names to Rosemary.

The secretary informed the members that we had been invited for afternoon tea at Llandeilo Hall by the round table on Saturday 6th April at 4pm, transport free, names to Angela Jackson – Kenyon.

Raffle was drawn. Vice President Mrs Pat Smith thanked everybody for coming and thanked the Chef and staff from West End Cafe for a lovely meal and the service we received.

Next meeting Wednesday March 27th at Vicar Prichard Hall.

New members always welcome.

Angela Jackson - Kenyon

LLANDOVERY AUDIO TRAIL APP

In 2013 Llandovery Town Council produced a bilingual Audio Trail to provide a wonderful opportunity for visitors and townspeople alike to journey into the past of this historic town and rediscover the people and events which have shaped it.

The Trail could be accessed at that time via a handset available at the Heritage Centre.

An App has now been designed by Pach Business Solutions for the Town Council which can be freely downloaded on your smart-phone through Apple App Store and Google Play Store.

You can hear the voices of Dafydd Davies, Menna Davies and Delyth Pugh (formerly of Ysgol Pantycelyn) reading the script written by Dai Gealey with his unique knowledge of Llandovery's history (Welsh translation by Helen Harries and recently Jean Hughes), together with Llandovery Male Voice Choir at Llanfair Church.

A large panel designed by Phil Wait depicting a map of the town and the Trail is situated next to the Bus-stop in the Car-park.

Further information and Trail leaflets will also be freely available at the Heritage Centre in April.



LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn!
Welcome, once again, to the regular Club news.

"Fortune", they say, "favours the prepared mind". A lucky bounce of the ball into the hands of the winger will mean little unless the player is skilled enough, and aware enough, to take advantage of the opportunity. And a team that is prepared for a spell of bad luck is more likely to succeed than one that allows setbacks to derail them. And, of course, the shape of the rugby ball adds to the unpredictability – once it touches the ground!

We've seen, over the years, that the resilience and ability (usually!) of the Drovers to respond to the challenges posed by the opposition has brought them great sporting success. At the time of writing the side is joint 4th in the table. And still their record – the third highest points difference in the league, and among the very best in terms of 'tries against' – suggests that a higher ranking should, at least, be possible, especially with five home games to come in a row. And, after a fine (even if it was a bit nerve-jangling in the second half) win against Ebbw it seems that we are now arithmetically certain to avoid relegation. Whatever the final outcome for the season may be, their performance has been a tribute to the quality of the coaching team and the quality and attitude of the players.

But sometimes life hits us hard and, however well we may prepare, we find it impossible to deal with the problem alone. With that thought in mind our Ladies Day Committee have, this year, decided to support the Amser Justin Time charity devoted to helping sufferers of pancreatic cancer (and their families) in Wales. The occasion will be the ever-popular and well-supported

fixture against Pontypridd to be held at Church Bank on Saturday 30th March. The festivities will start at 3pm and the game is a late kick-off at 5:15pm. It will be televised on BBC 2 so, if you want to come along and wave to the cameras – and at the same time support a charity that is doing extraordinary work to help sufferers of this condition – then please support us on the 30th.

We are still working to find a secure basis on which our Second XV can play regular competitive rugby, but it is proving to be a long-drawn-out process. We were, though, pleased to receive the support of other Clubs in our region for us to join the National League when it was put to the vote at a recent meeting.

The last home game the Seconds played was a Friday evening fixture against Nantgaredig when they won by 33-24. It was good to have a home fixture and it was a great game of rugby enjoyed by the players of both sides and the supporters alike. Let's look forward to being able to give them a chance to play more regular, and still competitive, fixtures next season!

The youth have been inactive over the last few weeks due to the 6 nations and the inclement weather, but they have continued to train hard every Thursday evening. There are still many games to come before the end of the season with 6 league games left to play and the semi-final of the Carmarthenshire Cup against Cefneithin where, if successful, they will be through to the final which will be at Parc Y Scarlets. Hopefully next month we will be able to update you on the results from some of these games.

Our Juniors have been working hard with our First XV by supporting them on home games as mascots. So far, members of our Under 7s, 8s and 9s have all taken part. They were Aled Morgan, Nicolas Jones, Fflur Jones, Maisy James, Crychan Protheroe, Osian Jones and Izayah Edwards. All who have taken part so far, have thoroughly enjoyed themselves.

Our Under 10s have the role on March 23rd, when we welcome Swansea in the next round of the WRU National Cup. The mascots for the day are Rhys James, Luca Burgess-Williams. Owen Williams and Ryan Lewis.

At the end of the month when we welcome Pontypridd (that will be the Ladies Day game mentioned above to be televised on BBC 2) our under 11s will be mascots and

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Our Under 12s in action v Blynnaman

our Under 7s and Under 8s will be playing tag during half time. Let's hope they get some air-time!

It is good to see as well that, apart from their enthusiasm and effort, our young players are also beginning to show some real promise as players. The Under 7s and 8s have scored over 140 tries in 2019 - what a fantastic achievement by all these young Drovers – we look forward to see them playing as well as that in years to come.

Our Under 12s were very unlucky to lose to Carmarthen Quins in the semi-final of the Carmarthenshire Cup. Well done boys, it was great team effort.

Our Under 14s are hosting New Dock Stars in their semi-final game on Sunday 31st March, KO is 11am. We all wish you the very best of luck boys.

Please come down and support all of our young players if you have time – and if you feel that you could help our team of hard-working volunteers, in any way at all, please get in touch.

As usual the Club's rooms and social facilities are always happy to take your booking for a party or other function. To arrange this, you can email the Club (droversrfc@gmail.com) or phone Gina on 01550 721110 or Jackie on 07774 914992.

Thank you for your continued support for the Club. We look forward to seeing you at Church Bank in the coming weeks – ymlaen y Porthmyn!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmni a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!

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04/19(3)

CELEBRATION EXHIBITION



Back in 1979 a group of quilting enthusiasts got together to form The Quilter's Guild. Open to everyone and run by its members it brings Quilters from across the country together in a spirit of friendship and learning. It has grown from a founding membership of 300 to over 6,500 individual members today. As a voluntary organisation all of its activities across 18 regions are delivered by members. It is seen as the national organisation for all involved in patchwork and quilting, beginner or experienced or simply someone interested in the history and development of patchwork and quilting.

Region 12 of the Quilters' Guild covers Mid, South and West Wales. The only all Welsh region, known as the Dragon's Patch activities are organised throughout the region. Back in 2018 we began planning our celebration of 40 years of the Quilter's Guild. A challenge was put out to members to create a quilt on the theme of Celebration. Now, in 2019 we are ready to show our quilts to everyone. Our Celebration exhibition is in Flying Goose, Crescent Road, Llandeilo from 8th - 26th April 2019, including Good Friday and Easter Monday. A collection of some 40 plus quilts, it showcases a variety of techniques and styles that are part of quilting in the region today. The skills of ladies that are part of the Dragon's Patch are evident and range from accurate piecing to hand and machine appliqué, traditional styles and modern are seen too.

We'd love to share our work with you. Do come along if you are able and see for yourself the wealth of quilting talent we have.

If you can't get along to Flying Goose between April 8th and April 26th the exhibition will be at four other venues through out the region:

6th – 26th July at Cynon Valley Museum, Aberdare
2nd – 29th August at Swansea Library
23rd September – 19th October at CARAD, Rhayader

For anybody interested in finding out more please contact our Regional Coordinator, Gill Clark by email: reg12@quiltersguild.org.uk or by phone: 01685 383690.

LLANWRDA CRICKET CLUB



REGISTRATION EVENING

The cricket season is quickly approaching and our registration night will be on Friday 12th April at Llandovery College Sports Hall at 6pm. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running four junior teams and the very popular All Stars programme.

All Stars is an initiative from the England and Wales Cricket Board aimed at providing children aged five to eight with a great first experience in cricket. It is a fun and active way to develop your child's skills, and through our eight-week programme they will learn lots – as well as make new friends – in a safe and inclusive environment. Registration is now open for the programme, just search online for "all stars cricket".

Please contact Gwynn Davies at 07956 147464 or llanwrddacc@gmail.com for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 and £10 for siblings. Training and matches throughout the summer. Come and join us.

We are also on the look for new senior players – on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who will play midweek and Sunday games. Our 1st XI now play in Division 4 of the South Wales Cricket Association, and after 2 promotions in a row will be looking for another successful season in 2019. Our new Occasionals XI will play shorter games, which will be on more of a friendly level.

If interested in any of the teams, all new players are welcomed to join us on a Friday night for some training – please contact Adrian Davies on 07867 794771 for more information.

BONUS BALL WINNERS

23 Jan 19	38	Carwyn Jones
30 Jan 19	2	Sam Clement
06 Feb 19	15	Adrian Davies
13 Feb 19	55	No Winner
20 Feb 19	48	No Winner
27 Feb 19	16	Rob Williams
06 Mar 19	17	Roland Griffiths

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(08/19/0)



A STEP BACK IN TIME

The first reaction of most visitors to the Cwmdau Inn, Post Office and Shop is "Wow! – didn't know places like this still exist!" Many are entranced and fascinated by the historic C18th building with many authentic fittings and furniture – the wooden shelves, the traditional counters and drawers, the metal hooks hanging from the ceiling.

Yet its stock is far from old fashioned. The tiny shop is packed to bursting point with a huge range of provisions and foods - many locally produced. Your entry is announced by the tinkling of the antique sprung door bell and you are welcomed by the smell of fresh coffee and our friendly staff, the majority being volunteers.

The building is owned by the National Trust, but the business is run by the community. Cwmdau is a very small hamlet but the supporting community extends far beyond, including nearby Talley, further out to Llansadwrn, Llanfynydd, Abergorlech, Llansawel, Saron and Capel Isaac and even as far as Llandeilo.

Our volunteers are a valued part of our business and they are proud to be part of such a unique place, but we need more of them to help the business succeed.

If you have an hour or two to spare on a regular basis and would like to be part of this family – to help in the shop or Post Office – behind the counters or even making that coffee – you will be most welcome.

Call in any time to meet everyone or let your interest be known by phoning the shop on 01558 685156 – we'd love to meet you!

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LLANWRTYD AND DISTRICT HERITAGE AND ARTS CENTRE OPENS FOR THE NEW SEASON

The Centre opens for its fourth season on Friday 5th April with an exciting programme of exhibitions, talks and concerts. In addition to a new display on the work being undertaken at St David's Church, we welcome two new artists to the gallery.

Ray Burnell is a landscape and seascape painter who, in addition to the more traditional oils, works in mixed media using the addition of sand and slate to his work to create texture and abstract shapes which result in interesting and unusual pieces. Originally from Devon, Ray now finds his inspiration from the coastline of West Wales.



Genevieve Caminade, whose creative talents extend to ceramics and photography in addition to painting and textile design, will be exhibiting paintings and fabrics that have been inspired by the Welsh landscape. With a background influenced by France and the Mediterranean her work has been exhibited throughout the country.

The Heritage & Arts Centre provides a fascinating insight into the history of the town and surrounding area through the use of bilingual displays, interactive maps and recordings by residents of their memories through the decades.

The Centre is open Thursday to Sunday (10am – 4pm) plus bank holidays. Special arrangements can be made for groups outside of these hours. Entry is free.

Please visit www.history-arts-wales.org.uk for more details.

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05/19(12)

It's a busy month at ChallengeAid as we are engrossed in organising many of our 2019 fundraising events around the UK. Here's a round up on what lies ahead:

Join us on Friday 3rd May for a 'Day at the Races'. We are hosting a race day at Chepstow race course with Andy Powell. There will be a raffle and auction, Bucks Fizz on arrival, a complimentary tipster as well as a luxury three course lunch! There are still some tickets available and we'd love you to join us.

If your organisation would like to hold its own Welsh Three Peaks Challenge then we can facilitate this for you, just get in touch with us at 1 King's Road Llandoverly, 01550 721122 or via email info@challengeaid.org

Thursday 30th May is the date set for our Burhill Charity Golf day and dinner hosted by Craig Quinnell in Walton-on-Thames. The day is fully booked so if its something you would like to get involved in then look out for our 2020 announcement!

Saturday 29th June sees us hosting the Welsh Three Peaks Team Challenge in conjunction with Hub Cymru Africa. This is a challenge for teams of four plus a driver, times up and down the three peaks will be recorded by computer chip It will be a great opportunity to challenge yourself physically, see some of Wales' greatest landscapes and raise sponsorship money for ChallengeAid or for your own designated charity.

ALL SAINTS GWYNFE

Once again it's that time of the year when Easter is fast approaching, last year we were not able to decorate our Church with Lilies, due to the renovation work, this has now been finished and will be decorating the Church with Lilies, as we have done in the past years.

If you would like to have your loved ones remembered at Easter, please contact Wendy Fleming on 01550 740686 she will take the names of your loved ones and your donation. The names will be read out, at the Easter Sunday service and the list will be placed on the Alter afterwards.

Easter Saturday we will be holding a Coffee Morning, with cake stall and raffle, a warm welcome to everyone.

GWYNFE EVENTS & NEWS



The next Monday Club will be on Monday, 1st April (1.30 p.m. onwards) in the Community Hall. There will be the usual chat + tea/coffee + cake. £1 collection. If you require transport to/from the hall, please contact Heather on 01550 740512.

The next Gwynfe Quiz will be on Friday, 12th April. Food at 7.00p.m. and Quiz from 7.45 p.m.. Entrance £2 for quiz only and £6 for quiz + food. Come along to the Community Hall as a team of 6 – or join one on the evening – and give your grey matter a work-out! Paying bar and raffle as usual. The nominated charity for this event is Air Ambulance Wales.

On Friday, 10th May Gwynfe Community Hall is pleased to present an Arts Council of Wales-sponsored production The Government Inspector. This is an update of the Gogol classic and we are promised an irreverent comedy rich in clowning and physical humour. Doors open at 7.00 for a 7.30 start. Food, bar and raffle. Tickets, £7 and £6, available from John/Colin on 01550 740462, Betty on 01550 740240 or through e-mail address: gwynfe_community_hall@yahoo.co.uk

Murder Mystery event! On Saturday, 15th June a murder will take place at Gwynfe Community Hall... but...whodunnit? Come and test your sleuthing skills. More details to follow in next month's Post.

Finally, a reminder of the regular weekly events held at Gwynfe Community Hall: Tuesdays at 1.00 for Tai Chi, Tuesdays at 6.30 for Gentle Yoga and Thursdays at 2:00 for indoor, short-mat bowls. Newcomers are welcome to join in.





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06/19(3)

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OPEN POTTERY STUDIO AT EASTER WITH CAROLE SPACKMAN



Over warmer Bank Holiday weekends, Carole Spackman has often demonstrated her pottery techniques, alongside her display of ceramics for sale in Llanddeusant Church. Llanddeusant Church is open daily from 9am to dusk throughout the year. Sales of her pottery help support this 15th century church.

This year, Carole has decided to open her own studio to visitors on each of the days, Saturday, Sunday & Monday over the 2019 Easter weekend. 11am – 5pm. Carole’s studio is 200 yards along the road leading to the Red Kite (formerly the Cross Inn) from Llanddeusant Church and Llanddeusant Youth Hostel.

Carole has been making pottery & sculpture at Llanddeusant Pottery for over 36 years. She discovered her perfect location in which to locate while she was working at the now closed Towy Pottery, Rhadirmywn. Carole was looking for a place where she could not only make her own pottery, but also a place where she could develop a garden. Small saplings bought from the Llandoverly Nursery planted in 1983 now tower in the field above her pottery studio to make an interesting spinney accessed by winding paths.

Carole’s pottery designs are continuously evolving. Her ‘Meadow Flowers’ tableware has increased in colour, becoming similar to the impressionist style of painting of the local Welsh wild flower meadows in Summer. Earlier pots in this range, which have been reduced in price to make way for new pieces, will be available both in Carole’s studio and Llanddeusant Church.

If there was a Michelin guide to restaurants for birds, Carole’s garden would be rated 5* as well as being a safe haven for hares that can be seen when all is quiet. Unfortunately the sparrowhawk is amongst the many feathered visitors. From observation of these creatures, Carole continues to develop her range of local bird sculptures, particularly owls. She has also extended her range of hare sculptures over the past year. This Easter there will be some reduced price ‘old stock’ bird sculptures on sale.

Carole has led pottery workshops for people to make owls & other animals such as foxes and hares. The next available full day workshop is ‘Making a Hare’ on April 13th.

Why not enjoy a day visiting Llanddeusant?

- Carole’s studio, on the road leading from Llanddeusant Church & Youth Hostel to the Red Kite Feeding Station (formerly the Cross Inn). Open Saturday, Sunday & Monday over the 2019 Easter weekend. 11.00am – 5.00pm,
- The Red Kite Feeding Station, SA19 9YG, feeding time 3pm
- Llanddeusant Church, SA19 9UL, open daily 9.00am – dusk with a service at 2.00pm on Easter Sunday
- The nearby legendary Llyn y Fan Fach lake beneath the dramatic heights of the Black Mountain.

More details can be found on: www.carolespackmanceramics.co.uk

e-mail contact: carolepottery@hotmail.co.uk

Follow on Instagram and Facebook: Carole Spackman Ceramics

Carole is also taking part in the Tywi Valley Open Studios week, together with 37 other artists all within 15 miles of Llandeilo. She is offering some half day workshops during this event.

2019 Tywi Valley Open Studio Week Saturday July 20th – Sunday 28th.

Brochures will be available shortly in local shops & information centres.

Details can be found on the website: www.tywi-valley-open-studios.wales



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2.00pm – 4.15pm

Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm



SPRING WORKSHOPS 2019 WITH ELEANOR BIRCHELL HUGHES

Disappearing nine patch quilt by Eleanor Birchell Hughes. Taken at Talley Abbey

Saturday 6th April:

Getting to know your sewing machine.

Start your textile adventure by making a simple tote bag. Supply your own fabric and please bring your sewing machine and manual. £25

Wednesday 10th April:

Cutting mat/Portfolio bag.

A practical bag to store and transport your cutting mat and long ruler. Wadding included. Supply your own fabric. Sewing machine required. £30

Saturday 4th May: Textile Landscape.

Have a go at creating your own textile art. All materials provided to make an A4 size panel. Sewing machine required. £40

Wednesday 8th May: Trellis quilt top part 1.

A quilt I designed to allow for larger areas of quilting. Part 1, making two types of block to create the design. Supply your own fabric. Sewing machine required. £25

Wednesday 15th May:

Disappearing Nine Patch quilt top.

A lovely way to start patchwork and quilting. Supply your own fabric. Sewing machine required. £25

Wednesday 29th May: Trellis quilt part 2.

Making the border for the trellis quilt. Sewing machine required. £25

There are 5 places for each workshop at my studio in Llandeilo. Workshops are from 10.30 AM until 4 PM. Please bring a packed lunch, other refreshments are provided. To book a place or for further information please call 01558 824781 or email eleanorbh@gmail.com

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03/19(12)



Myddfai Café and shop opening hours are now Tuesday – Sunday 10.30am – 5.00pm from March. We are open Good Friday & Easter Monday as well.

Myddfai Hall Table top & Car Boot Sale is 13th April 10.00am – 1.00pm, stalls are £5, come along to cash in those unwanted items or to pick up a bargain; April 16th is another Willow Weaving course 10.30am – 4.30pm. Wed 24th April is our monthly Farmers Market 9.00am – 1.00pm, with a wide range of quality local produce. #support local.

Why not join in with one of the weekly classes at Myddfai Hall: Flower arranging on Tuesdays 2.00 – 4.00pm (ends on 9th April); Yoga on Tuesdays 7.00 – 8.30pm; Craft Class on Wednesdays 10.00am – 1.00pm; Pilates on Thursdays 10.00 – 11.00am. Amanda's Art class is on Wednesday afternoons twice a month.

Carol and the café staff have been very busy trying out some tasty recipes to offer our lovely customers. With spring and warmer weather ahead we will be serving our lunch time specials from 12.00pm till 3.00pm daily or if you fancy a tasty breakfast why not pop in and try our Walkers breakfast served till 12.00pm. Our tasty cream, afternoon teas and a wide selection of Homemade cakes and puddings are freshly made on the premises.

Carol is pleased to help with any enquires you may have regarding any catering for events, weddings or parties, Afternoon Teas, buffets, please get in touch for a quote.

Myddfai Hall is available to hire for weddings, parties, meetings and any kind of activity class. It is a very well equipped and adaptable venue, which is always warm with its ground source heated underfloor heating.

The café and gift shop are open every day except Mondays so come along for some delicious foods from the café kitchen and take a look in the lovely gift shop whilst you are here. There is a superb range of quality crafts from glassware, jewellery, pottery, cards, antiques, tweed, jams, honey, soaps and skincare products, candles, books and artwork and much more all at very reasonable prices. Every purchase helps to support a small local business. There are many unique gifts not available anywhere else.

For booking enquiries ring the hall on 01550 720449 or Les on 07879 119223 or email les@myddfai.org. For catering enquiries contact Carol on carolannedugdale@hotmail.co.uk

For a full list of what's on and more information go to our website www.myddfai.org

QUILTERS GUILD FOR SOUTH AND MID WALES QUILTS EXHIBITION

From April 8th to April 26th the Quilters Guild for South and Mid Wales will be holding an exhibition of quilts in the rear of Flying Goose Quilting, Crescent Road, Llandeilo. Over 40 quilts will be on display to celebrate 40 years of the guild from Monday to Saturday 10am to 4.30pm (including Good Friday and Easter Monday). Admission is free.

For those with any interest in quilting, sewing or crafts this will be a great opportunity to see some very fine work.

Flying Goose Quilting will be open throughout and will be continuing its sale with at least 30% off all fabrics.

However, on 30th April this shop will be closing but will continue to have a wide selection of fabrics on sale in its shop in Dolecoed Road, Llanwrtyd Wells. There will also be handcrafted items, gifts and more on sale here.

Sue and Rob would like to thank the customers who have supported them in almost three years in Llandeilo. They hope that some will continue to support them by making the journey to the new shop. The Flying Goose has flown only to roost in another location.

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04/19/12

STARS AND CHOIRS PREPARE FOR LLANDEILO GRAND CONCERT IN AID OF WALES AIR AMBULANCE



Bring together a young Ladies choir and one of Wales's premier male choirs and you have the promise of a special evening of song. Then add one of the legendary Welsh three tenor's and a duo from Ysgol Bro Dinefwr and you have the opportunity of witnessing a night to remember.

Côr Meibion De Cymru – The South Wales Male Choir is delighted to be sharing the stage once again with the 16 strong Pembrokeshire-based ladies choir BELLA VOCE. They enthralled their male choir counterparts performing new arrangements of traditional Welsh hymns

and arias, so much so that choristers were determined to hear them again. Two young ladies from Ysgol Bro Dinefwr who thrilled the Llandeilo audiences who witnessed the schools' production of 'Starlight Express' before Christmas will also join the men in song. The duo BETHAN A FFION are also set to perform a couple of duets to delight the undoubted star of the concert.

RHYS MEIRION possesses the reputation of being one of the best tenors Wales has produced. He is an ambassador for the Wales Air Ambulance charity and has been responsible for raising hundreds of thousands of pounds through his performances but by undertaking sponsored walks the length of the country.

THE SOUTH WALES MALE CHOIR under the direction of Carmarthenshire's ELAINE ROBINS and piano accompanist SIAN DAVIES has also built an envious reputation for the quality of their live choral performance. In January they sold out the 650 seat Severn Theatre, in aid of the Samaritans of Shrewsbury and return next year making it 'three in a row'. Similarly the Rotary Club of Newbury has asked CMDC to return to St Nicholas Parish Church next year following their most recent sell-out performance celebrating St Davids Day last month.

Tickets to the Grand Concert at Ysgol Bro Dinefwr are £15. Available from 'PEPPERCORN' or 'GT LOCKSMITHS' on the car park, or phone 01588 823355 and at the door on the night.



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04/19(12)

PALM SUNDAY WEEKEND: LLANSADWRN ANNUAL APPEAL

We are once more asking for your help in enabling us to keep the grass cut in the parish churchyard, a large and difficult area to maintain. Even with only one cut a month during the growing season, the cost last year was £3,000. However this is a vital and precious facility available to everyone in the parish, of any faith or of none. With the help of volunteers, both church and non-church-goers, overgrown areas are gradually being cleared. In addition Spring flowering bulbs have been planted opposite the porch, in the hope that a succession of naturalised flowers will gradually become an added feature providing colour, interest and biodiversity – but this will take time to develop.

There will again be light refreshments over the Palm Sunday weekend, on Friday 12th April, between 1.00 and 4.00pm, and on Saturday 13th, from 10.00am to 1.00pm.

If you are unable to come that weekend yet are interested in offering support of any kind, whether practical or financial, please contact the Reverend Vivienne Sayer via e-mail on revd.viv.sayer@gmail.com, phone 01550 777200, or contact the Treasurer Jane Shaw on 01550 777302.

Thank you so much. Diolch yn fawr iawn.

LLANEGWAD RAINFALL



Rain fell on 15 days in January, the 19th being the wettest with 24mm.

January Total = 87.5mm – 3.5”

Rain fell on 17 days in February with 62 mm. between 4th & 10th

February Total = 90.25mm – 3.5/8”

D. R. DUKE

PUMSAINT WI

The Pumsaint WI March meeting was held in the Doloucothi Arms at Pumsaint on March 5th.

After the business part of the meeting was over, St Davids Day was celebrated with the traditional fare of Swper Cawl with bread and cheese. followed by Apple pie or Apple cake. 22 members attended. A very good evening.

Seven members are taking part in a fun quiz on the 15th of March. Other members of the Pumsaint WI will attend the Spring Group meeting on March 18th at Llangadog.

The next meeting will be on Tuesday, April 2nd at the Coronation Hall Pumsaint when the speaker will be Sue Balsom who was the High Sheriff of Dyfed during 2017/18.

May meeting is on Tuesday, 7th and will deal with the WI Resolutions.

All meetings start at 7:30 in the Coronation Hall in Pumsaint. Refreshments are served.

Please direct all enquiries to the Pumsaint WI Secretary. email annetelych@gmail.com

EASTER LLANDEILO ANTIQUES AND VINTAGE FAIR

You will always find something interesting at the Llandeilo Antiques and Vintage fair. The diversity of stands on display and the wide range is extensive and always eye catching. The fair has grown in popularity with record numbers being recorded at the last fair. The next fair will held at the Llandeilo Civic Hall on Saturday 27th April.

This successful fair can be located in the heart of the busy town of Llandeilo, close to the main car park. Here you will find a bustling, vibrant fair with lots of antiques and vintage at affordable prices. Moving with the times we have included a vintage element to the fair.

Whether hunting at the antique fair for enjoyment, or for getting just the right item, the fair has all the credentials and meets most people's requirements.

Although there is a good selection of antiques at the fair, keeping up with the times, there is now a good representation of Vintage at the fair.

The theme of the fair then generally will be harping back to the 30's, 40's, 50's and 60's with stands showcasing stylish ladies and men's fashion. The emphasis will be on affordable vintage clothing and accessories. There will also vintage collections of home furnishings mixed in with vintage inspired jewellery.

The fair boasts a good range of quality antiques from silver and gold watches to Welsh textiles including the much sought after Welsh blankets. there will be displays of toys and clothes, kitchenalia, up cycled and preloved furniture, militaria, and a display of books.

There will be displays of toys and vintage clothes, kitchenalia, up cycled and pre loved furniture, paintings and prints, and an impressive display of books, quality jewellery, watches and clocks, silver and curios.

Whether hunting at the antique fair for enjoyment, or surfing for just the right item for a loved one or finding that one thing you have been searching for ages, the fair provides the ideal shopping experience.

The displays of paintings will include a selection of Welsh artists including works by local Pontawade artist Lynford Jones. His art uses mixed mediums and the range of pictures depicting scenes of women cooking on the Gower Coast, are stunning. He is fast building up a reputation and displays in many Welsh Galleries. There will also be a colourful collection of pottery from the nearby Gwili pottery.

Homemade snacks and refreshments will be available at the fair.

Doors open at 10.00am and close at 4.00pm. Admission is just £1.



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CHARITY MEMORIAL CONCERT

Review by Doug Constable



The Requiem Mass holds a special place in the hearts of many concert-goers. Music can touch the soul in ways that words alone don't always manage, and, when a Requiem is being sung, we can assume that many prayers and thanks are offered for departed dear ones. On 23 February performers and audiences in St Teilo's Church united in remembering Tom Williams in a concert sponsored by his family. Tom was a founder member of the choir now known as Cantorion Llandeilo, and performances of the Requiems of Maurice Duruflé and Gabriel Fauré were given, together with the Nunc Dimittis of Geoffrey Burgon and Fauré's Cantique de Jean Racine. Charities to benefit were Parkinson's UK and Tenovus.

The Duruflé, a work begun in Vichy France and completed in 1947, draws extensively on Plainsong motifs from the Latin Mass of the Dead, whilst being clothed in modern harmonic textures; for performers, three challenges in one. The Llandeilo Singers and their conductor, Gordon Kilby, are to be congratulated for having ventured into this testing terrain, and for having emerged to present a confident performance. From the flowing 'Requiem aeternam' that begins the work, one felt that they had a secure hold on the notes and a feeling for austere monastic worship that inspired this work; an impression confirmed as the Requiem's nine sections progressed. At some points there was need for closer attention to dynamic markings and to the composer's expressive shaping of the words. But overall we could admire and be grateful for the choir's dedicated preparation.

With extraordinary sensitivity William Reynolds made the sophisticated organ accompaniment sound effortless. Robert Glyndwr Garland's baritone solos in 'Domine Jesu Christe' and 'Libera me' were marked by warm tone and great breath control. Mezzo-soprano Flora York Skinner and cellist Kirsten Miller together brought a beautifully assured serenity to 'Pie Jesu', the prayer at the heart of the work.

Soprano Helen Pugh and William Reynolds began

the second half with a haunting offering of Burgon's 'Lord, now lettest thou thy servant'; some readers will remember this piece as the theme for a TV adaptation of Le Carré's 'Tinker, Tailor, Soldier, Spy'. For the two works by Fauré the choir were joined by a fourteen-piece chamber orchestra led by Sian Jenkins; their playing added rich sonic textures to the whole performance.

The choir are more familiar with these works, and both are well-loved by audiences; they were sung well, by choir and soloists alike. But, for me, something didn't quite work. Perhaps it was the contrast between the first and second half, for in this concert the Duruflé was, unavoidably, the mountain to be scaled. Having achieved the summit, after Burgon's 'Nunc Dimittis', there was, musically speaking, nowhere else to go. Fauré's Cantique from 1865 and the 1888 Requiem are lovely works that sing out for themselves; but even the built-in tingle-factor of 'Hosannah!' in the 'Sanctus' and the lush romanticism of the 'Agnus Dei' seemed subdued. It's always a pleasure to hear (and, I confess, wallow) in this work, but on this occasion I wonder whether it would have been more affecting had it been sung before the interval, pointing forward to the Duruflé.

It was, though, a memorable concert. As well as being a musician and a teacher, in his quiet way Gordon Kilby is a fine impresario who brings people together and gets things done, as witness his gathering of guest musicians and the organising of support services for this and all the other concerts by Cantorion Llandeilo.

The well-produced printed programme included a handsome tribute to his father by Charles Williams, but it omitted a list of the singers in the choir. Praise to them all, along with the other artists mentioned.



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LLANDEILO LITFEST WINS CULTURAL AWARD FOR 2ND TIME

Carmarthenshire Celebration of Culture Award has awarded Hwyl Llên Llandeilo Litfest a second award for last year's book festival. However the organisers are not resting on their laurels as the third festival takes place between April 25th -28th this year.

The 2018 festival was a sweeping success and attracted many visitors to the town from near and far, some coming for the whole weekend for a mini culture-filled break.

Gaynor Jones, one of the organisers said, "The fact that the second festival has been commended as well in the Carmarthenshire Celebration of Culture Award is a reflection of how popular the event is; showcasing local talent and the best of Welsh poets, authors and performers."

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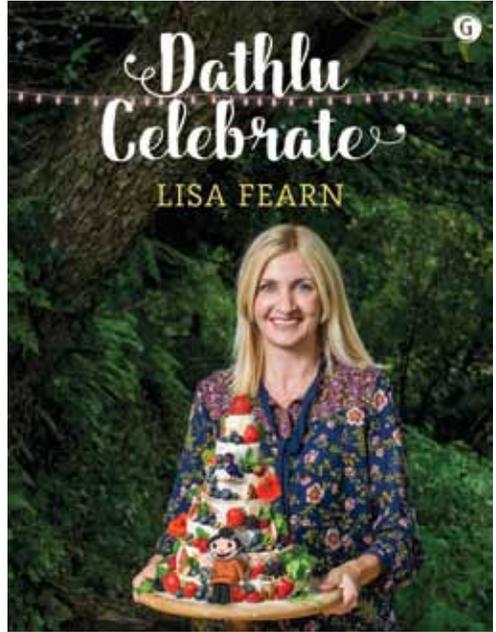
“Events will be held in various shops, galleries and hostelrys around the town and we are very grateful to Carmarthenshire County Council for their support, as well as Menter Bro Dinefwr and the town’s businesses who have made it all possible.

“If anybody wishes to volunteer as a steward over the weekend, for a few hours or a day, then please get in touch through the Facebook page, as the festival depends on a small bunch of volunteers to make it happen.”

This year’s programme include household names including poet Eurig Salisbury, the Archdruid and poet, Myrddin ap Dafydd, authors Jasper Fforde, Mike Parker and Sally Spedding, Britain’s Got Talent semi-finalist, comedian Noel James, ex-rugby player Phil Steele, cook, Lisa Fearn, sporting greats Malcolm Nash and Derek Bevan and BBC newscaster, Lucy Cohen.

Children’s sessions are all free and during the day most

sessions cost no more than £5 entry fee. Tickets are now available on www.llandeilotifest.org or at the Peppercom and Red Cross Bookshop.



04/19(1)

Hwyl Llandeilo Litfest
Hwyl Llên Llandeilo

Ebrill 25 – 28 April 2019

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Dave Newton  04/19/13

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Padmasambhava Yoga & Meditation Centre

The Spring term has just ended and we can all look forward to Easter. Afterwards, we hope the summer will arrive with many flowers and trees starting to put on their bright colours, the birds singing and nesting, bees, butterflies and other insects flying around. Padmasambhava welcomes in a new term on Monday 29th April with a good variety of classes which are suitable for people of all ages and abilities, including those who have never done yoga before. There will be a new Beginner's starting Thursday 2nd May.

Besides classes at the Centre, there are also classes held in Ammanford, Cwrt Henri and Maes Elfryn Hall, Llandeilo.

New courses will start at the Ebenezer Baptist Chapel, Ammanford, on Monday 29th April, Cwrt Henri Tuesday 30th April and Maes Elfryn on Friday 3rd May. The brochure listing all the classes will be available soon.

Classes at Padmasambhava take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, the classes can help you to deal with everyday life and the problems it may bring and generally help with your well-being. Please do ring the Centre on 01558 823842 to find out more about yoga and what joining a class involves – they will be very pleased to talk to you.

Looking further ahead and starting on 16th November, Poornam and Vanessa will be presenting 'The Golden Thread: Sadhana and the Rhythms of Nature'. This four-part course runs over one year, connecting with each Season, developing and strengthening practice whilst drawing inspiration from Nature. Practices will take place both indoors and out. See the website for more information www.padma.org.uk or call the Centre on 01558 823 842 or email: mail@padma.org.uk

Chair-based Yoga at Maes Elfryn

This class is held fortnightly on Friday afternoons, 3.30 – 4.30pm, and is perfect for Elders and others with restricted movement or unable to do floor-based yoga. It is a good introduction to yoga, through gentle movements whilst seated. Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. The next course starts on Friday 3rd May. To find out more please ring the Centre on 01558 823842.



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LLANDOVERY ROTARY CLUB



When this column was first started a few years ago there seemed to be so much good news to pass on to our loyal readers. As time has gone on these reports still contain so much that is good in this community but some reports are tinged with much sadness as well. It is still a great pleasure to report the happy and generous goings on but it is so hurtful to pass on the sad news.

Only last week we received the terrible news that a great friend of Llandovery Rotary, Edgar Jones had passed away. Edgar and his wife Phyl have always been so very generous in their support in many ways to this club over very many years. Phyl indeed has association all the way back to our very first founding meeting back in 1984. Edgar will be greatly missed by Llandovery Rotary Club. We pass on our sincere condolences for your sad loss Phyl. RIP Edgar.

Our first 'Speaker' of the month was David Long. David has served Llandovery well since moving here in 2003. He has always believed in being active in the community and has encouraged others to do the same. David was elected on to the Ysgol Rhys Prichard PTA and was a Governor there for 2 years. David had the great honour of becoming Mayor of Llandovery for a period of 2 years which he undertook with great dedication and success. He attended literally hundreds of appointments in his years of office and was true to his word in being very active. Although he has now retired as a Town Councillor David is involved with the challenges which have become opportunities when the Castle Playing Fields and the Playground & Parks were transferred to local control. Active he is indeed. David's final message was to encourage the young people of the town to get involved in everything they can to improve Llandovery and the Community. Ian gave the vote of thanks and members showed their appreciation with a rousing round of applause.

Sinema Sadwrn the aptly named cinema in Llansadwrn was in need of funds to acquire the necessary equipment for the final push to reach their goal to be able to show films in the village. They wrote to us requesting funding. This was considered a very worthwhile project and we supported it with a donation. Very soon after we



David Long with Gary and Ian.

forwarded the cheque we received a letter from Owen Burt thanking us for our generous donation stating that on announcing the news to the meeting there were loud cheers and applause. How heartening it is to be able to help the community in this way. One of the great pleasures of being a Rotarian.

In our efforts to get out into the community more and more we decided to support The Three Horseshoes Fish and Chip Restaurant for one of our weekly meetings. Better and more affectionately known as Chippo's we all took our places and each ordered their own freshly cooked fish and chips with garden or mushy peas. There are but a few Rotarians who are committed to a diet and even if they were they went flying (or frying) out of the window that night. All plates were returned with hardly half a mushy pea between them left over. B...y lovely. In fairness to Chippo's they have decided to do their bit to reduce the consumption of plastic and have stopped using plastic forks and polystyrene boxes. We warmly applaud such measures. A lovely change and few pubs supported as well afterwards. Although as always I left early, some others did not!

We received a lovely letter from Menna Evans, the Menna that ran 40 marathons in 40 days! Who could



David has everyone's attention.



Mmmmmmm fish and chips.



Llandoverly College Warden with Derek, President Gary, Barry and Dan.

forget? She thanked us saying how much she enjoyed giving us her presentation and for our generous donation. Thank you Menna. We say the same as those of us old enough to remember The Spencer Davis chart hit record titled "Keep on Running." The pleasure was truly ours Menna.

We were invited to sing Happy Birthday to one of our members last month who celebrated (celebrated?) a big birthday. Without disclosing his tender age, dart players would need an outer bull, then a bull to make that score. That's how young he is. Cheers Mike. He even bought us a drink!

On being informed of his moving on officially last month we hastily arranged our member, Guy Ayling the Warden of Llandoverly College to address us on his experiences over the last 7 years (yes seven years). Guy gave an open and honest account of his time here starting from the first days when the College was in liquidation when he learnt so much about the good and bad that people can do. Guy stated that despite a few people who tried to make life intolerable for him and his family he had thoroughly enjoyed his time in the College and the town. He was proud of his record in steering the College back into being a top Private School seat of learning and how much stronger educationally and financially it is now than when he took over. Guy added that he had thoroughly enjoyed his time in Rotary and making friends in and around Llandoverly and especially getting involved in the Sports Association. Guy's talk was followed by an interesting question and answer session and a vote of thanks by Derek. Derek stated that Guy was a very able, capable and professional man far too modest to mention the massive contribution he had made to the College which involved a 6am start and a very late finish almost every day. He had made difficult decisions which had to be made without hesitation and had completely transformed the College for the better during his seven years here. Another factor was that Guy had made huge and successful efforts to integrate himself into the community joining the Rotary Club, Investment Club and the Sports Association. Guy is moving on to Mount Kelly School in Tavistock and we all wish you well and thank you for the massive contribution to Llandoverly College and to the town Guy. Mount

Kelly are indeed very fortunate to have appointed such a wonderful person and Warden. We return the words that you ended your talk with, "May God Bless You." All members stood and applauded Guy for his contribution to all things Llandoverly. Tavistock would be a lovely place for Rotary to visit!

Since this was added to the Rotary facebook page the Southern Wales Assistant Governor Kevin Sivyver has kindly added his best wishes.

As above everyone is welcome to follow Llandoverly Rotary Club facebook page for much more including news and informal photos!

Also follow Love Llandoverly for all the daily news! (I thought I would sneak that one in as well!). Incidentally Love Llandoverly gets over one point two million views per year. Advertise for free!

President Gary is keen to continue with our adventurous Speaker program and we have more excellent speakers attending in the next months. We have Carmarthen Tywi Rotary Club visiting us on a 'Scatter Night' which promises to be an eventful evening. They've been before! Andy Edwards from Carmarthen Tywi, who used to holiday at Home Farm, will be a Speaker followed by an Old Rhandirmwyn boy (an old Rhandirmwynian?) Alun Jones, now living in Porthcawl, who has done much research into local people and the area will follow later in the month. All this and much more will be revealed next month. Don't dare miss it!

Derek Jones.

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09/19/12

VOLUNTEERS RAISE GLASSES TO SHOP'S SUCCESS

A sense of outrage and a drink (or more) too many have resulted in 40 volunteers at Dryslwyn Community Shop and Post Office raising a toast to ten years of success.

As Tony Graf (who spearheaded the campaign to create the community business) explains: "It all started around April 2008, when we heard that the Post Office were planning to close its Dryslwyn branch, and that the shop would go with it, because the shop depended heavily on the post office income.

"I was appalled, because I was faced with abandoning my daily paper or clocking up a 14-mile round journey to buy a copy in Llandeilo. And I was not alone!"

Spurred by his own indignation, Tony and his wife Madeleine set up a campaign to change the Post Office's mind.

"We called a meeting to set up an action group and set about lobbying everyone we felt could make the PO change its mind: councillors, AMs and MPs. Adam Price, AM, organised a mailshot to 6000 households in the area inviting them to attend Llangathen Hall for a meeting with PO Ltd where we presented them with a 30 page dossier of facts and figures to support our argument that the plans for a weekly mobile PO weren't feasible."

But to no avail: the PO held firm and a 'wake' was called to mark the closure of the shop and PO, and wind up the campaign. And it was then that the drink began to speak.

Tony Graf recalled: "I remember sometime during the evening hearing the late Alan Bryer (the 'Mazda man' who owned the shop) muttering something about volunteers taking the business over. I thought he'd drunk one too many at that point, but after one or two more of my own I decided it was a perfectly wonderful idea.

"As a result, Malcolm Williams and I delivered 350 questionnaires to houses around the area asking people if they liked the idea of volunteers running a community shop, and the response was very positive",

So, with a steering committee taking the project forward and a shop building available, it was decided it was the post office outlet could be reclaimed - and the outcome proved far easier than expected.

"Basically", Tony Graf continued, "we asked if we could operate as a 'partner; to the former Llandeilo post office, with the postmaster Mike Williams acting as our 'guarantor and mentor' and the PO said 'yes!'"

Armed with a £500 donation from Castell Howell Foods, offers of financial support from within the community and an interest-free loan from Carmarthenshire County Council, members of the newly-formed 'Dryslwyn Community Shop Ltd' then set about preparing for business.

For a week after the shop and PO officially closed on March 28th, 2009, the volunteers set about preparing for their own big opening day - April 3rd.

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Originally the aim was to open for a limited number hours per week, but even before the first penny was taken at the till, there were enough volunteers available to cover a 40-hour week.

One for the first customers through the door that first day was former County Councillor DT Davies. He had fought hard to try and keep the post office going, having been a customer from the age of six, back in 1924.

Tony Graf continued: "We were delighted by the response. Within a couple of weeks we actually took £200 in one day for the first time – it seemed astonishing!"

Ten years later daily takings are more than double that figure, and the Post Office is thriving – ironically boosted by the closure of banks in Llandeilo.

As director Jeremy Fonge pointed out: "It is amazing to think that ten years ago people in Dryslwyn were faced with travelling to Llandeilo to buy a newspaper, now we have people travelling to Dryslwyn for their banking needs – rather than trek to Carmarthen just to pay in a cheque".

Many of the volunteers today have moved into the area since the shop opened, and it has proved a valuable source of friendship contacts. Two have even become paid, part-time staff, such has been the growth in business.

And just around the corner are plans to open a café in an adjoining building. It may be a year or so away, but it is again proof that the community venture is proving a valuable social (and commercial) resource within the type of scattered rural community where loneliness and isolation can often prove a significant problem.

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04/19(1)

FRIENDS OF BRECON AND DISTRICT MIND

STRONG YOUNG MINDS:

Kaye Berry, chief executive of the CLD Trust, a Herefordshire-based mental health charity working primarily with children and young people, talks about its early intervention service.

Wednesday 10 April 2019, The Muse, Glamorgan Street, Brecon, 7pm, £5 (Friends / Members £2)

Kaye Berry, chief executive officer of the Herefordshire-based CLD Trust which is a mental health and wellbeing charity which works primarily with children and young people, will talk to the Friends of Brecon and District Mind on Wednesday 10 April at The Muse, Brecon. She will describe the organisation and its programmes and, in particular, its early intervention project 'Strong Young Minds'.

The CLD Trust, concerned with Counselling, Learning and Development, was established in 1994 and provides a therapeutic service 'Healthy Minds, Healthy Futures', an early intervention service 'Strong Young Minds' as well as 'Participation Plus', a commitment to the involvement of young people in the design and development of services.

'Strong Young Minds' is a Big Lottery-funded project for 10-24 year olds who are disenfranchised, distressed, unemployed and at risk of social isolation, poor achievement and ill health due to poor mental health and wellbeing. It works with them to address issues such as anxiety, depression, eating disorders, self-harm, bullying, cyber-bullying, relationship breakdown, employability, low self-esteem, body image and loss.

Kaye has over thirty-five years' experience in developing and delivering young people's services including careers services, targeted youth support, substance misuse and children's rights and advocacy. She has worked as an additional inspector for Ofsted. Now living in rural Wales and working part time, she is keen to contribute to Welsh life and is learning Welsh.

The Friends support the work of Brecon and District Mind and raise awareness of mental health issues in and around Brecon, Crickhowell, Talgarth and Hay-on-Wye. It is open to everyone and holds talks, walks, social activities and fund-raising events.

Brecon and District Mind, Tŷ Croeso, St David's House, 48 Free Street, Brecon, Powys, LD3 7BP / 01874 611529 / info@breconmind.org.uk / www.breconmind.org.uk

NATIONAL BOTANIC GARDEN OF WALES EXHIBITION



The National Botanic Garden of Wales will be exhibiting, in their Art Gallery, vibrant contemporary 'Joie De Vivre' flower inspired fabrics, wallpapers and paintings by french painter/designer Genevieve Caminade from the 13th April until 19th May 2019. Genevieve will also be exhibiting some of her paintings [more landscapes of Carmarthenshire] and 'Joie De Vivre' fabrics at the Llanwrtyd & District Heritage Arts Centre from 4th April until 28th May 2019.

Genevieve will also be teaching Drawing and Painting on certain weekends, in the Great Glass Dome at the National Botanical Garden of Wales during the spring and summer months. For more information and bookings, please look on their website, under Courses.



GYMANFA FODERN

Cilycwm church are holding a Gymanfa Fodern in the church on Sunday October 6th 2019 in the evening with Ann Davies, Bremenda, Llanarthne conducting the singing.

Chaff in the Wind

I will remember as a nine year old school boy, my burning ambition was to get enough money together to buy myself a good quality pocket knife, this one had better steel in it, I knew about different grades of steel, as I used to help an elderly neighbour, turn his manual grindstone, that he used to sharpen all the neighbours domestic bread knives, and he always discussed the varying steels with me, as I turned the handle. So I was savvy enough to aspire to a knife that was going to cost 7/6d, (35p) today, a lot of money those days, this was practically a labourers wage at the time.

Well nature gave me a hand, a local farmer that we bought our ration of milk from had trouble with badgers in one of his fields, he asked us if we would catch by snaring, (using wire snares) some of the offending creatures, he would supply us with a few snares, and pay us 1/6 per head, we learned a few tricks as we tried, and soon we were successful, and I soon achieved my goal, and had enough money for the knife I wanted, it seemed to be an essential tool for a country lad, that was out in all weathers of that time, after all there was precious little to do indoors, some few years before televisions arrived.

This type of upbringing instilled a modicum of common sense into us, we valued what little we had, and were thankful for it, today we have so much that we are already filling our streams, rivers and oceans with waste plastic, even Prince Charles has complained, saying that this has to stop, and quite right too. If we carry on being so thoughtless we will soon be doomed.

The demand for homes recently has meant that building materials are now so expensive it has become uneconomical, except for the larger companies, to make a reasonable profit. I wondered how they did it, but lately I hear that they sell the finished houses mostly on variable leases, that soon become a headache for the new owners, the old saying "buyers beware" springs to mind, especially if you have access to money, very recently, I even came across two firms of solicitors that were not able to understand a simple building site plan. So what hope have ordinary people got.

This week I read in some paper that the English government have refused to grant our Cardiff aerodrome the right to set their own airport duties, fearing that they will get an advantage and steal some of the English passengers off other airports, it seems to me that everyone has to stand up firmly for themselves.

Well the weather this year has been extra mild, all over the world, the ring necked pigeons are back in this country much sooner than usual, I saw five of them together last week, like the swallows they spend our winters in Africa, our daffodils have also bloomed around a month earlier than usual, this year flowers and the like will be expensive and scarce when the Easter weekend arrives considerably later than usual this year.

It seems that our County councils are putting up the parking fees in our county towns, for someone rather shaky on their feet, who need to move from one car park to another this is getting too expensive, years ago when petrol was rationed we shopped locally at home, and soon I see us doing that again, maybe sooner than later, well all this, gor blimley, and not a word about Brexit, a new word, sooner forgotten the better.

TRY CROQUET IN LLANDOVERY



Members of the Llandoverly Croquet and Bowls Club are once again looking forward to the start of a new croquet season on Tuesday 2nd April at 2.00pm at the Castle Fields Bowling Green.

If you wish to try croquet, now is your chance! The Club is open to visitors and non-members; no previous experience is necessary – all equipment is provided – you just need to wear flat shoes!

Croquet is a sport suitable for all ages and is one of the very few sports that men, women, boys and girls can play on equal terms. It is also suitable for those with limited mobility. It is a challenging and intriguing sport requiring tactical ability, judgement and skill rather than strength and fast reflexes.

If you would like to give croquet a try or watch it being played then come along to the bowling green at Castle Grounds.

Our club afternoons are Tuesdays and Thursdays, when refreshments are available. Individuals can also play at other times by arrangement.

For further information about the Club or to arrange a free trial please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

MERCHED Y WAWR

Ar y 13eg o Fawrth cafwyd noson hwylus ym Mhen y Brenin i ddathlu Gwyl Dewi yng nghwmni cartrefol Ioan Hefin. Bu yn rhannu ei daith fel actor, oi fagwraeth ddiwylliedig ym Mynyddau y Gareg. Mae ym gysylltiedig a chynnyrchiadau amserol heriol sydd iw gweld yng nghymru a thramor.

Bydd y cyfarfod Nesaf ar Ebrill 10fed am 7 or gloch yn Neuadd Dolau Bran. Edrychwyn ymlaen i groesawu Mr David Thomas i ddehongli Enwau lleoedd a'u Hystyr.



THE BBC'S ANTIQUES ROADSHOW

IS COMING TO THE NATIONAL BOTANIC GARDEN OF WALES ON FRIDAY 19 JULY 2019

Join Fiona Bruce and her team of experts offering free valuations for your family heirlooms and car boot bargains.

Programme producer Robert Murphy says: "We are looking forward to a bumper turn-out at the National Botanic Garden and can't wait to see what kind of cherished objects emerge from the attic.

"It's a great family day out and you can see how we make one of BBC One's most popular programmes."

The Garden's Head of Marketing, David Hardy said: "This is fantastic news - for the Garden, for Carmarthenshire and for Wales. It's going to be an unforgettable day."



Each Roadshow event attracts thousands of people, who come along to find out if they might own a missing masterpiece and discover the priceless history of their items. Around 15,000 items are valued at each show by Roadshow experts from which around 60 are filmed for inclusion in the show.

Antiques Roadshow is one of the BBC's most popular factual programmes with around six million people regularly watching on Sunday evenings.

Fiona Bruce has presented the show for the past 12 years: "So much of what you see on the Antiques Roadshow is about the story of an object and its owner as much as about its value. We are never short of people bringing along items that tell a hell of a story, which can be very exciting, poignant or funny; sometimes, all three. Or it can tell us something about ourselves.

"Even after all these years, people still have the most amazing things tucked away in their attics and garages and I can't wait to see what they pull out of their bags and trolleys in 2019."

Entry to the show is free, everyone is welcome, and no tickets or pre-registration is required. There is a £5 per car parking charge.

ANNUAL SEED AND PLANT SWAP

Llandeilo Food Network from Transition Tywi and Cymdeithas y Dalar would like to invite growers to their annual seed and plant swap. Seed and plant swaps allow gardeners in the community to come together and share seeds, cuttings, transplants and experiences from their own gardens with others. The Swap will take place on Saturday, the 6th of April from 10 am to 1 pm at the Cymdeithas y Dalar Allotments, Dinefwr Home Farm, Llandeilo SA19 6RT.

Do you save seeds? Or have you bought too many? Do you have any extra cuttings? Please bring along any seeds, plants or even tools that you are able to contribute. Don't worry if you've nothing to bring - for a small donation you'll be able to take something away with you. Plants which don't find a new home by the end of the day will be available on Monday in the Greenshop, Llandeilo.

Hot drinks will be available to warm you up!

For further details email mags@gn.apc.org or katka.d@btinternet.com



COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

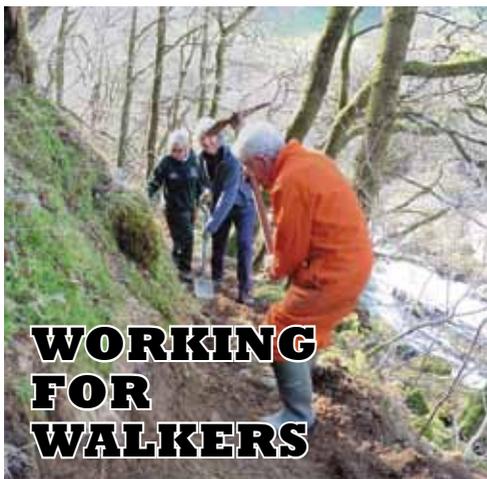
Builth Wells Clinic – Monday
Llandovery Clinic – Thursday
also Home Visits

Nail Trimming – Corns Removed – Callus Reduction
– Ingrowing Toenails – Diabetics Treated



Mobile: 07718 150571 or
Evenings: 01591 620355

12/19(12)



Against the background of major cuts in local government budgets, volunteers from the Ramblers group for the Llandovery, Llandeilo and Ammanford areas, Dinefwr Ramblers, have resumed work to assist the County Council with footpath maintenance. Work has been done in the Crychan Forest near Llandovery which is an area that offers many opportunities for walking. And more recently – as the picture shows – the volunteers have been helping to improve the public footpath through the RSPB's beautiful Dinas Reserve north of Rhandirmwyn.

Helping to improve the conditions for walking across Britain is one of the aims of the Ramblers organisation. This is along with providing, through its local groups, many programmes of varied led walks which will enable more people to enjoy the benefits for health and mental wellbeing of walking with a friendly group such as Dinefwr Ramblers. And there is no need to become a Ramblers member for trial walks with the group.

The Spring and Summer Walks Programme produced by Dinefwr Ramblers is now available. The walks will be shown as usual in The Post's Events section as well as on the website www.dinefwrRamblers.org.uk. A series of walks using the Ramblers supported new Heart of Wales Line Trail is a feature of the programme along with a wide variety of other walks including some more challenging ones. For energetic and strenuous walks advance checking with the leaders about the level of difficulty is strongly advised. Any changes to the walks will be shown on the website. Call 01558 822512 for a printed version of the complete programme.

The creation of the wonderful Wales Coast Path was encouraged by the Ramblers organisation in Wales, Ramblers Cymru. And from 4th – 19th May there will be a festival of walks around the coast of Wales arranged by the Ramblers to celebrate the anniversary of the path's completion in May 2012. All walkers will be very welcome.

Details of the walks to be provided by Dinefwr Ramblers will be given in the Events section of The Post's May issue and on the group's website.

TOWY VALLEY CAMERA CLUB

Programme for April 2019 through May 2019.

- 1st April 2019 Inter-Club Social with Kidwelly Camera Club
- 8th April 2019 I Did It My Way – Black & White/Sepia with Dennis Russ
- 15th April 2019 Competition No7 Open. Judge – Vince Pentecost
- 22nd April 2019 Easter Monday – No Meeting
- 29th April 2019 Discussion Evening Jerry Funk Composition (AV) – Entries for Competition 8
- 6th May 2019 May Day Bank Holiday No Meeting
- 13th May 2019 Competition 8 Glass. Judge – Dave Bennett
- 20th May 2019 Annual General Meeting – Monthly Competition Results and presentation of certificates
- 27th May 2019 Bank Holiday No Meeting

If you are a newcomer to photography, the club has a wealth of expertise amongst its members, who would be happy to assist you with tips and techniques to help you improve your photographic skills. If you are an experienced photographer, the club has much in the programme to offer you also, from a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

www.towyvalleycameraclub.org.uk



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7 Day Sport

**YOUR WEEKLY
LOCAL SPORTS
NEWSPAPER**



● SWANSEA ● NEATH PORT TALBOT
● PEMBROKESHIRE ● CARMARTHENSHIRE

It isn't everyday that a new newspaper is launched anywhere in the UK, let alone in a small office in the Swansea Valley!

7 Day Sport is the brainchild of local community magazine publisher Leon Vincent who, through his interest in sport, saw the need for a local paper to promote grassroots sport in the area. Despite there being only three members of staff, currently volunteering their time for the paper, and the first issue only hitting the shelves at the end of January, 7 Day Sport has already impressed local sports lovers.

The newspaper covers grassroots football right up to the professional clubs in the South West Wales. Based in Herbert Street, Pontardawe, editor Leon Vincent has been amazed at the response he has had from the local and wider community. 'The support that we have had has been amazing. I've lived in Ynysmeudwy for the last 15 years, Pontardawe and Seven Sisters before that and so I was obviously aware that we have a close-knit community but the volume of support from all over the region has blown me away to be honest. I couldn't name everyone who has helped us just to get the paper off the ground but the sheer volume of help and advice from everyone I've spoken to has been so incredibly helpful and it really feels like something that people really want to get behind'.

It isn't just the volume of support that has surprised Leon though, "I always thought that it would be the detailed stats on Swansea City football club, Ospreys and the Scarlets that would really drive people to buy the paper and no doubt that this has been a big factor, but it seems that it has been the next tier down if you like, the more local clubs, who don't get enough recognition. People are telling us how refreshing it is to read about these clubs."

Football and Rugby editor Alun Krem-Szczesniak has been quite excited with the response he has been getting from the clubs he has contacted, "On the rugby side, Swansea, Neath, Llanelli, Carmarthen Quins, Aberavon, Llandovery, Narberth, Trebanos have all been supportive and the readers are keen to read detailed reports on

them, as with the West and West Central Leagues. The paper covers every side in the South West Wales. With Football, of the league of Wales teams have really jumped on board but then so have the Neath League sides and those in Swansea, Pembrokeshire and Carmarthenshire Leagues, the response at club level has been fantastic and they are keen to work with us to help promote sport in South West Wales."

"We've already had interest from ex Swansea player Kristian O'Leary and ex Welsh rugby international Colin Charvis, and talked about regular features for the paper. Getting people with their caliber in the paper can only help us reach a larger audience and that is always going to be a good thing for the area."

The paper is already adapting and learning to what sports are gaining popularity. Alternative Sports and wellbeing editor Tara Brandrick pointed out "It is already clear that there are some massively growing sports in the area. Women's and Girls football is exploding in popularity, both in participating and watching. We had set a page aside each week but we are looking to double it in the coming weeks as the response we have had from covering it has been huge. Pool and darts are the two sports everyone keeps mentioning to me, we have recently been very fortunate to have two local enthusiasts give up a few hours of their time to help us produce tables and results each week for both sports and we are continuing to grow our coverage in these areas. Boxing, MMA, indoor cricket, dance, BMX, we've covered them all so far and I didn't even know we had an American football team in Swansea, one that played in front of 3,000 people earlier in the year! We have opened a can of worms, it is a lot to deal with but at the same time it is amazing to see how passionate people are about their sport, people wanting to promote their club, what they do and then read about it. We really are grateful to the various fans of their respective sports for helping us produce these articles, the response from the community has been immense and really goes to show the need for a paper of this type."

We are not only interested in covering stories on competitive sport, but we really want to promote sport for health and wellbeing too. We recently did a story on Carmarthen FC walking football and have covered some young sporting heroes who are achieving despite their health difficulties. We hope that people get in touch to let us know what is going on in their local area and tell us of any inspirational people they feel need the recognition.

CÔR MEIBION DINEFWR 200 CLUB RESULTS FOR MARCH 2019

1st – Mrs Mary Williams, Llangadog
2nd – Mrs Carole Howells, Betws, Ammanford
3rd – Mrs Donna Peake, Cwmdru

Leon has a vision for the future too, one that encompasses the whole community and not just the paper itself. "The workforce is something we hope and expect to grow, but we are not sure in what way we want to do it if we're honest. There is the potential to link with colleges and universities to develop media skills but we want the paper to be primarily a community sports newspaper which celebrates and supports local clubs, highlighting what is happening both on and off the field. We aim to help promote commercial activities for smaller clubs in the hope we can increase the type of revenue which keeps these clubs going. Assuming it grows, the idea is that we can look to maybe have paid reporters at games who have maybe struggled to get into work for whatever reason, it would also be great to be able to do something linked with education by helping teach people skills within the industry and therefore benefit everyone. It is early days and for now all eyes at the minute are on just getting the next paper to the printers. We just need to keep producing the weekly paper, get the content in and hope that readers keep buying it and enjoying it and go from there."

Newspaper sales are in freefall nationally as people turn online for their information, but this hasn't put the team at 7 Day Sport off, but Leon is more than optimistic about the chances of the paper reaching its goal in promoting sport in the area, "The paper covers South West Wales, there are over a million newspapers sold every week in this area alone. We can't hide from the fact that less people are buying papers than they were two years ago or five years ago but every slow-down or decline stops at some stage and it appears that we may be seeing that now. There is something very different about sitting down with a cup of tea and a newspaper which you just can't replace with a phone or tablet. It is the same with a book, ebooks just aren't the same as holding a physical book and a lot of people feel the same. The feedback we've had suggests that there is a huge market for 7 Day Sport. I have always been a newspaper reader who starts from the back, I want to know about sport and I'm not the only one."

7 Day Sport is available in most newsagents and shops selling newspapers in South West Wales Postcode and costs only a pound.

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04/19(6)

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06/19(2)

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04/19(1)

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Table Top at Myddfai Hall

April 13th, 10.00am – 1.00pm

Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWI SANT & MANORDEILO

(all services are bilingual)

St Gwrdaf Church, Llanwrda

- 7 Apr 8.30am Holy Eucharist
14 Apr 8.30am Morning Prayer
18 Apr 7.00pm Maundy Thursday
Holy Eucharist
(followed by the stripping of the altar)
19 Apr 2.00pm Good Friday
(Quiet Hour)
21 Apr 8.30am Easter Day
Holy Eucharist

St. Sadwrn Church, Llansadwrn

- 7 Apr 11.00am Holy Eucharist
21 Apr 11.00am Easter Day
Holy Eucharist
28 Apr 11.00am Rainbow Church

Capel Dewi Sant

- 7 Apr 2.15pm Holy Eucharist
21 Apr 2.15pm Easter Day
Holy Eucharist
28 Apr 2.15pm Evening Prayer

St. Paul's, Manordeilo

- 7 Apr 9.30am Holy Eucharist
14 Apr 9.30am Morning Prayer
21 Apr 9.45am Easter Day
Holy Eucharist
28 Apr 9.30am Holy Eucharist

Please contact Rev. Jeff Thomas, 01550 777758 for further information.

ST. CADOG'S, LLANGADOG

- 7 Apr 9.30am Holy Communion
14 Apr 9.30am Morning Prayer
18 Apr 7.00pm Holy Communion
19 Apr 10.00am Holy Communion
21 Apr 9.30am Holy Communion
28 Apr 9.30am Morning Prayer

For further information please contact 01550 777226.

ST MICHAEL'S, TALLEY

Sunday services 11.00am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

ST SIMON & ST JUDE, LLANDEUSANT

- 14 Apr 6.00pm Evening Prayer
Please note the evening time for BST
21 Apr 2.00pm Holy Eucharist with
Rev'd Vanessa Hope-Bell
28 Apr 2.00pm Holy Eucharist with
Rev'd Vanessa Hope-Bell

ST DAVID, ABERGORLECH

Sunday services at 9.30am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 7 Apr 10.00am Family Communion
6.00pm Holy Communion
14 Apr 9.30am Holy Communion
4.00pm Meet in the
Market Square
4.30pm Palm Sunday Special
21 Apr 10.00am Easter Communion
6.00pm Evening Prayer
28 Apr 8.00am Holy Communion
9.30am Holy Communion
6.00pm Informal Evening Service

There is a service of Holy Communion each Tuesday at 9.30am

Llanfair

- 7 Apr 9.00am Cymun Bendigaid
21 Apr 11.00am Cymun Bendigaid y Pasg

St Michael's, Myddfai

- 7 Apr 11.30am Holy Communion
14 Apr 11.30am Holy Communion
21 Apr 11.30am Easter Communion
28 Apr 11.30am Holy Communion

For further information please contact Rev. Ian Aveson, 01550 720524.

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

- 1st Sun 9.30am Boreal Weddi
2nd Sun 11.00am Morning Worship
6.00pm Holy Communion
3rd Sun 9.15am Cymun Bendigaid
4th Sun 11.00am Family Communion
6.00pm Holy Communion
5th Sun 8.00am Holy Communion
11.00am Morning Worship
6.00pm Holy Communion

Evening Prayer and Compline alternate

months: *Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

St John's Maestllo

- 1st Sun 9.45am Holy Communion
2nd Sun 9.45am Holy Communion
3rd Sun 9.45am Morning Prayer
4th Sun 9.45am Morning Prayer

Holy Trinity Taliaris

- 2nd Sun 9.45am Holy Communion
4th Sun 9.45am Holy Communion

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.
Phone: 01550 777149

- Sun 10.30am Family Praise & Worship
Sun 6.00pm Bible Workshop – Teenagers

ALL SAINTS GWYNFE

- 7 Apr 11.15am Eucharist
14 Apr 11.15am Morning Prayer
18 Apr 7.00pm Maundy Thursday
Eucharist, Llangadog
19 Apr 10.00am Good Friday Service,
Llangadog
21 Apr 11.15am Easter Day Eucharist
24 Apr No Service

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysones4940@hotmail.co.uk.

- Sun 10.30am Praise and Communion
5.00pm Gospel Service, including
Explorer's Club
Thurs 7.00pm Prayer and Bible Study
Fri 10.30am Tea and Tots
(Term Time)

THE CHRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

- Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cynghordy (Llanfair-ar-y-bryn)

- 7 Apr 2.30pm Holy Communion
14 Apr 2.30pm Palm Sunday
Holy Communion
21 Apr 2.30pm Easter Day
Holy Communion
28 Apr 2.30pm Evening Prayer

For further information please contact Mrs Ann McKnight. Tel: 01550 721109.

St. Barnabas Church, Rhandirmwyn

- 7 Apr 9.30am Holy Communion
14 Apr 9.30am Palm Sunday
Holy Communion
19 Apr 10.00am Good Friday Service
21 Apr 9.30am Easter Day
Holy Communion
28 Apr 9.30am Morning Prayer

For further information please contact Ann McKnight. Tel: 01550 721109.

St. Michael's, Cilycwm

- 7 Apr 11.15am Holy Communion
14 Apr 11.15am Palm Sunday
Holy Communion
18 Apr 7.00pm Maundy Thursday
Service
21 Apr 11.15am Easter Day
Holy Communion
28 Apr 11.15am Morning Prayer

For further information please contact Ann McKnight. Tel: 01550 721109.

BAPTIST CHAPEL

Queen Street, Llandovery
(at the end of Orchard Street.)
10.30am Welsh Service.

TY'R BUGAIL

on Sundays
2.30pm for Tea, Coffee and light lunch
3.00pm for rural chaplaincy service
at Ty'r Bugail, 4 Market Square, Llandovery
SA20 0AA. Tel: 07748 644958.
www.ygrwp.com

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

For further information, please contact the
Area Dean, Rev Ian Aveson, 01550 720524.

ST SAWYL, LLANSAWEL

Services on the 1st and 3rd Sundays of the
month at 11.00am

For further information, please contact the
Area Dean, Rev Ian Aveson, 01550 720524.

UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday
Golden Grove – 2nd and 4th Sunday
Llanfynydd – 2nd and 4th Sunday
Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.
Carmel every Sunday at 9.30a.m.
5th Sunday of the month services are
rotated between the above churches

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church
Christchurch, The Court, Lant Avenue,
Llandrindod Wells, Powys.
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Sabbath School Service 2.30pm
Divine Service 3.00 pm

All Are Welcome. God bless.
Enquiries: 01597 824732/01982 553959.

PARISH OF LLANEGWALD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday
(bilingual)
Holy Trinity, Pontargothi 9.45.a.m.
every Sunday (English)

Llanegwald 11.00.a.m., 2nd, 3rd
and 4th Sunday (bilingual)

St. John's, Felingwm 2.00.p.m. 2nd, 3rd
and 4th Sunday (Welsh)

5th Sunday of the month services are
at 10.30.a.m. and rotate between the
above Churches.

QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488
Sun 10.45am Canolfan Steffan,

Peterwell Terrace, Lampeter SA48 7BX.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery
Sun 10.00am Bible Study
11.00am Worship

Ladies Service
2nd Tuesday of each month, 2.30pm.

21 Apr 11.00am Easter Celebration.
Refreshments following.

For further information, please contact
Minister Leonard Phelps.
Tel: 01591 610083.

OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD
Served from Lampeter
Vigil mass of Sunday, Saturday 5.00pm
Parish Priest, Fr Keith Evans
Tel. 01570 421003, Mob: 07896 762786
Email: davidkeithevans@hotmail.co.uk

INCREASE IN SOME SEA BIRD POPULATIONS ACROSS WALES



Initial national seabird census results from Natural Resources Wales (NRW) indicate a healthy increase in guillemots and razorbills around the Welsh coastline.

This included increases at large colonies, such as New Quay Head. Here almost 5,400 guillemots and 230 razorbills were counted compared to 3,835 guillemots and 126 razorbills in 2000.

The work by NRW specialists and volunteers, which is part of the UK-wide seabird census "Seabirds Count", was completed this summer, with the final stretch covering the area from St David's Head in Pembrokeshire to Tywyn in Gwynedd, approximately 150km, over 5 days.

In most count sectors with rocky cliffs, seabird species could be found nesting, with herring gull and fulmar commonplace and colonies of guillemot and razorbill tucked in to protected gullies, out of the prevailing south-westerly winds.

There is less positive news for kittiwakes whose numbers are declining, which follows the UK-wide trend. At New Quay Head, the number of birds has declined from 375 to 335.

Kittiwakes are more susceptible to food shortages as they can only feed on prey near the sea surface, compared to diving species such as razorbills which can access prey at a range of depths. In the North Sea, increased sea surface temperature has been linked to climate change and a negative effect on the availability of the main prey of kittiwakes, the sand eel.

Matty Murphy, NRW Senior Marine Ornithologist, said:

"Seabirds are an incredibly important part of our environment in Wales and give us really good information about the health of our seas."

"It's great that we have finished the coastal part of Seabirds Count. This data about the health of the seabird population helps us to understand the effects of climate change and other pressures on the marine environment."

"This evidence is something we use to inform things like our planning advice and licensing, but also what we can do to improve our seas to make the best possible habitat for these fantastic birds."

READERS' SALES & WANTS

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

FOR SALE

- **100 Bales of big round bale silage**, £30 a bale. Second cut and double wrapped loader available (Llandeilo area). Tel: 01558 823405 or 07814 622892.
- **5 Foot transport box**, new, never been used, £385. Tel: 01558 823405 or 07814 622892.
- **Trailing plant stand in dark wood** with tripod legs, £40. Tel: 01874 658262.
- **Selection of Black Mountain pottery** made near Talgarth, used for display purposes only, £80. Tel: 01874 0658262.
- **4 Denby individual soup bowls with lids**, 2 blue, 2 yellow, £15. Tel: 01874 658262.
- **Wooden bedside cabinet** with brass furniture. Ideal upcycling, £10. Tel: 01874 658262.
- **Double mattress**. Good clean condition, £25. Buyer collects. Phone 01558 685711.
- **Rowing machine**. Hardly used, £50. Buyer collects. Tel: 01558 685711.
- **Ladies Camel coat**. Size 10. Excellent condition, £25. Tel: 01558 685711.
- **Exercise bike**. Good condition but milometer does not work, £10. Buyer collects. Tel: 01558 685711.
- **Small three seater settee**. White loose covers, £60. Buyer collects. Tel: 01558 685711.
- **Heavy duty security chain and padlock**. £20. Tel: 07761 107055.
- **Old Sickle** in good condition. £7. Tel: 07761 107055.
- **Band saw**. FERN FLZ275 with 50mm jaw. (As new) £30. Tel: 07761 107055.
- **Bench Pipe Vice**. £8. Tel: 07761 107055.
- **2 Trailer wheels**. Tyre size 145/80R10 with 4ins PCD, £20. Tel: 07761 107055.
- **Dual ball and jaw hitch** (heavy duty), £22. Tel: 07761 107055.
- **Karcher Pressure Washer**. Spares or repair, £10. Tel: 07761 107055.
- **2 x Twin Brass wall lights**. £6. Tel: 07761 107055.
- **4 China Pot Plant Holders**. £2 each. Tel: 07761 107055.
- **Saucepan stand**. Chrome finish. 5 sections, as new, £6. Tel: 07761 107055.
- **Wooden large coffee table**, h 43cm, w 75cm, length 121cm, photo on request, £15. Tel: 07870 888141.
- **Metal Kitchen Door Knobs**, (over 30 in total) £10, picture on request. Tel: 07870 888141.
- **Speakers**, Gigaworks T40 with connection leads, excellent condition, £25. Tel: 07870 888141.
- **Oil boiler**, utility, Camray5 Bolter Buderus (Worcester Bosch) 11.7KW (40/65). In working order 2011, only installed for one year as new. £400 ONO. Tel 01558 685521.
- **Fridge**, under the counter, Indesit. In working order – good condition £50 ONO. Tel 01558 685521.
- **Le Creuset**, Fondue Set 1990's never used as new, £40. Tel 01558 685 521

- **Wedding Dress**, 1950s, as new £40 ONO. Tel 01558 685521.
- **Various light fittings**, 3 plain glass shades and more ornate centre pieces, photos on request, from £10 for each set. Tel: 07870 888141.
- **Large, early 18th Century Welsh Coffin**. Heavy 6 plank style with top lid, candle box and two bottom drawers - both inlaid with decoration and date. Good condition commensurate with age, some repairs done on drawers. Beautiful piece with lovely patina. £250. Tel: 07900 908391.
- **Racing Bike For Sale**. Revolution "Continental Race" drop handle bars racing bike, Compact size so would suit teenage or lady. Aluminium frame, Tektro brakes, Shimano Sora group set with triple chain ring and 8 speed rear derailleur. Head set is slightly stiff. About 10 years old. A bargain £30. Tel: 01550 750385.
- **Specialised "Sirrus" hybrid bike**. Compact aluminium frame so would suit youngster or lady. Shimano Altus group set with Triple chain ring and 8 speed derailleur. and Shimano deore brakes. About 10 years old. In good working order. A bargain at £40. Tel: 01550 750385
- **Free to a good home! Gary Fisher "Mahi Mahi" mountain bike**. In working order. Tel: 01550 750385
- **Free to a good home, small mountain bike** (would suit 6-12 year old). Triple chain ring and 6 speed derailleur. Needs some work to get gears to fully work and to make road-worthy. Tel: 01550 750385.
- **Antique Remington typewriter and a Royal Royalite 100 portable typewriter**, £30. Tel 07563 473213.
- **Vision Fleet 4ft vehicle roof flashing light bar**, £50. Tel 07563 473213.
- **King size mattress**, extra thick, memory topped, in very good clean condition, £75. Tel 07469 858541/01558 822875.
- **Small bales of hay**, June 2018 made, £4 collected. Delivery maybe possible. Also 50 round bales of barley straw, £20 collected. Llandoverly area. Tel: 01550 720 550 evenings.
- **Garden fence panels**, £7 per panel, 7ft x 3ft. Tel: 01550 721259 Llandoverly.

WANTED

- **Defynnog / Sennybridge area**; 1 or 2 bed property, with parking and small garden/yard, to rent by retired lady. Excellent references. Please tel. 07534 225758 [Immediate tenancy or can wait].
- **Three-drawer filing cabinet with pockets and tabs**. Wood or metal. Tel: 01550 721007.
- **House in Countryside Setting**. Detached, self-contained accommodation for artist and writer couple. Rural or semi-rural with garden/outbuilding if possible. Rent or barter. Also considered: Large house and annexe w/o wifi. Current let 18 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Rural Respite Care and/or accommodation (self-contained)**. Please telephone: 01550 721197.
- **Various Help Wanted**. Hourly pay or barter for P.A. Home-help. Advocacy. Driver. Care Giver. Also Rural Respite Care Accommodation (nature/animal sanctuary or Centre acceptable). Quiet, friendly vegan client. Leave message > 01550 721197.

Events

These details have been prepared by
The Post and are believed to be correct,
but do check for any changes.
For a free listing of your event contact
PostDatum on 01550 721225.

1 APRIL:

Language classes: Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com
Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

Llanwrda and Llansadwrn Countrywomen meeting at 7.30pm in Llansadwrn Reading room when Sandra McKenzie will give a presentation on Help For Heroes.

2 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

3 APRIL:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com
Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Talk at the Heritage & Arts Centre, Llanwrtyd Wells at 7pm. Topic: 'Experiences in H.M. Diplomatic Service -

recollections of a career across the world', all welcome. Admission £2, includes refreshments. For more information, see the website or telephone 01591 610067 (centre), email ldhac@gmail.com

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

Cwmdu Smallholders. The group for smallholders will be meeting in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please check out Talley and Cwmdu Smallholders on Facebook.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

The Ramblers – Cwmifor Lane Walk: A walk along very quiet country lanes, partly along the Afon Dulais Dist. 5.5 miles. Moderate Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

4 APRIL:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Dinefwr Photographic Society: Exhibition Selection – Selecting members work for our annual exhibition in The National Botanical Garden of Wales, meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 7741919, Simon on 07773 943536 or Will on 07768 960323.

Llanwrtyd Wells Heritage & Arts Centre opens for the season with a new art exhibition. For more information, see the website or telephone 01591 610067 (centre), email ldhac@gmail.com

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 7pm to discuss the social plans for the community over the coming weeks and months. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Have Your Say. Do you have ideas on how local working families can improve their lives and be better off? Share your views at our fun free event! Childrens craft corner, learn jewellery making, music and special guests at The Castle Hotel, Kings Road, Llandoverly SA20 0AP, 11.00am – 2.00pm. Tel: 01554 779910 for further information.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie, Thursday in Talley, near Llandeilo. Bookings and info. Email: amelie.vivelafrance@gmail.com

5 APRIL:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Llandovey Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandovey SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarshshirecarers.org.uk www.carmarthenshirecarers.org.uk

Cwmdu Folk Night. A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

6 APRIL:

GRAND MID WALES CYCLE JUMBLE AND AUCTION (INCLUDING SURPLUS ITEMS FROM THE MUSEUM STORES). The event will take place at Cefnlllys School, Cefnlllys Lane Llandrindod Wells LD1 5WA (2 mins from the museum). Museum will also be open. Two minutes from the Museum, plenty of parking on site. Tables: £7 each inside, £5 outside (set up from 0900). Public admission: Pre 09.45 £3. From 09.45 £1. Auction of surplus museum cycles at 11.15am. For a list of machines for auction and to book a stall, please contact Steve Griffith on Mob 07740 923 630 or email: griffith531@hotmail.com NB: THERE WILL NOT BE DEBIT/ CREDIT CARD PAYMENT FACILITIES ON SITE. PAYMENT BY CASH ONLY.

Cadog Film Club: The Little Stranger (2018) In 1948, when a country doctor is called to the crumbling manor where his mother once worked as housemaid, he finds that the inhabitants are haunted by something more ominous than a dying way of life. Llangadog Community Hall at 7.30pm for supper (bring a dish each) and bar; 8.30pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llanwrtyd Wells Farmers and Craft Market at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs, jams, fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email flyinggoosequilting@gmail.com.

GRAND CONCERT in Aid of Wales Ambulance. Rhys Meirion - Tenor, Bella Voce Ladies Choir, Bethan a Ffion - Duet, Côr Meibion De Cymru - The South Wales Male Choir. Ysgol Bro Dinefwr Main Hall. 7.30pm. Tickets £15. From 'Peppercorn' or GT Locksmiths (Car Park) or CALL 01558 823355 or 07816 377710 and on the door.

Farmers' & Crafts Market, Victoria Hall, Llanwrtyd Wells 10am - 1pm. Local produce, handmade craft items, unique gifts, cards etc. Free entry, refreshments. Book your stall via Sue Middleton tel 01591 610584.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

6 APRIL - 7 APRIL:

National Botanic Garden of Wales Antiques fair and Vintage Market, Admission £5 to include the Garden and the fair, 10.00am – 4.30pm. Dogs now welcome over the Antiques weekend.

7 APRIL:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Litter Picking Brecon, 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

Cwmdu Inn. Garden tidy. 10.00am. Please bring any tools required for a general weeding/pruning/planting of the pub gardens (front and back) - also general village tidy. Any donations of plants suitable for planting and suggestions for a 'To-Do' list to be given to Jenny M please.

LLANWRDA CAR BOOT EVENT. The site: in the Cornwallis grounds which includes the School Hall, Playground, Outbuildings and Playing Field. Gates will be open to the Booters from 8.30 a.m. – charge per vehicle £5.00. The event will be open to the public at 10.00 a.m. The Llanwrda Bloomers Tea Ladies will be on duty in the Tea Rooms, offering homemade cakes and pastries. Any bookings or queries, please ring: either 01550 779247, 01550 777344 or 01550 777214 – or leave a message and we will get back to you. Your support is much appreciated as all proceeds go towards the restoration of the Lady Cornwallis Grade II house. Thank you.

The Ramblers – Marros: A lovely stretch of coastline with an old church, farmland, great views and possible wildlife sightings. Much quieter than its neighbour Pendine, where we can get refreshments after the walk. Dist. 7.5 miles. Moderate Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep.9.30am on by car, organised by Dinefwr Ramblers. Leader: Ros B. Mob. 07976 631083.

8 APRIL:

NAAFI Morning at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 717736.

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

9 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

The Arts Society Lecture by Daniel Evans will be Leonardo – Anatomical Mindfulness. Lectures are held in Theatr Brycheiniog on the second Tuesday of the month at 2.30 p.m. Further information contact Membership Secretary, Dr Caroline Boorer on 01550 720014. All welcome. Tickets £8.00 on the day for non-members.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

10 APRIL:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Pilgrim Service at Llanfihangel Rhos y Corn – at 6pm at St Michael's Llanfihangel, SA32 7RP – a service of prayer and mediation - Info Roger Nock on 01267 202347.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

Wildlife Trust South & West Wales – East Carmarthenshire Group: Annual General Meeting followed by Life on the Seashore, a Talk by Dr Michael Isaac at Maes Elfryn Hall, Dynevor Avenue, Llandeilo at 7.30pm

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

The Ramblers – Beneath Cyngordy Viaduct: The impressive viaduct is a highlight of this fairly easy country

walk on fields and lanes, with a hill or two and a boggy bit. A nice taster for the Heart of Wales Line Trail. Dist. 4 miles. Moderate Explorer Map: 187 Meeting point: Llandovery Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. Mob. 07976 631083.

11 APRIL:

NAAFI Morning at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Cwmdu Classic Club. A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact the shop/pub on 01558 685156.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie, Thursday in Talley, near Llandeilo. Bookings and info. Email: amelie.vivelafrance@gmail.com

12 APRIL:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Llandovery YFC present our entertainment “Let’s Talk... Later!” and many more acts at 7.00pm in Pantycelyn School Hall. All proceeds go to Tir Dewi and Llandovery YFC. £6 for adults, £3 for children under 16. For tickets, please contact Carys Hughes on 07935 686108 or Catherine Hughes on 07708 875127.

13 APRIL:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Myddfai Table Top & Car Boot Sale – Myddfai Community Hall SA20 0JD, 10.00am – 1.00pm. Come along and cash in those surplus items £5 per table inside or boot outside. Or come along to pick up a bargain. Café & Gift shop open. Tel 01550 720449 or 07879 119223 email les@myddfai.org

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

The Washboard Resonators at Salem Village Hall, an evening of foot stomping blues, ragtime, swing and folk music, 7.00pm, Adults £10, Children £5 tickets available in advance or on the door Contact 07469 858541.

Jam Jar Blues continue their residency at "The Bear with rooms", Market Square, Llandoverly, SA20 0AB. Book yourself a table for a superb meal (01550 720728 or 01550 721777) or just come and listen to some fine Blues music. Starts at 7.30p.m.

Quiz Night in Crugybar Village Hall with Mike and Dave at 7.30pm. Admission £2. Tea and coffee available at half time otherwise bring your own favourite tipples and nibbles, and your friends.

14 APRIL:

Trecastle Farmers market, Sunday afternoon, 1 until 4. Trecastle Community Centre, on the A40 at the west end of the village, near the Antiques Centre. Local produce and craft stalls, fresh bread from Talgarth Mill, community cafe for afternoon tea and home made cake. Free entry. Details of stall can be found on our Facebook pages.

The Ramblers – Longwood, Lampeter: A lovely walk in community woodlands with some surprises and back along the ridge passing two Iron Age forts. Great views of the Teifi valley and hills. Parking fee May apply. Dist. 8 miles. Moderate Explorer Map: 146 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

15 APRIL:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

16 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Willow Weaving course, Myddfai Community Hall 10.30am – 4.30pm to book contact Justine on 01267 202309 www.WestWalesWillows.co.uk

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

17 APRIL:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

Eyes down for Easter bingo at Trecastle Community Centre, 7.30pm. Prizes for a line and full house. Raffle and refreshments. All proceeds to support the Community Centre. **"Growing in Containers"** a talk by Gareth Davies. Presented by Cothi Gardeners at Coronation Hall, Pumsaint, SA19 8UW, 7.30pm. Visitors and guests welcome, £3 which includes refreshments.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

The Ramblers – Carreg Sawdde Bridge: A walk through woodland on quiet country lanes, farmland and a brief walk alongside the River Towy Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Sawdde Bridge, Llangadog. Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

18 APRIL:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Dinefwr Photographic Society: Guest speaker, Graham Harris - Speedlight single source lighting. How to light a subject with a single light source (practical session), meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie, Thursday in Talley, near Llandeilo. Bookings and info. Email: amelie.vivelafrance@gmail.com

19 APRIL:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twrmdavis@gmail.com

Llandoverly Folk Dancing – International Circle Dancing: Chris Yemm Rhys Pritchard Hall, SA20 0DD £5 incl. 7.30pm – 10.30pm. www.llandoverlyfolkdancing.co.uk .facebook.com/llandoverlyfolkdancing or tel. Jean 01550 720483.

Cadog Film Club: Leave No Trace (2018) A father and his teenager daughter live off-grid for years in the vast forests of Oregon, until a small mistake derails their idyllic life forever. Doors open 7.00pm; film starts 7.30pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Open-Mic at the Sexton Arms, Llansadwrn, 7.00pm onwards. All welcome to participate. For more information, please ring Rod on: 01550 779298.

Trip to St Fagans, dep. 10.30am organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

19 APRIL – 22 APRIL:

Easter Weekend: 'Walk, Beer, Music' at the Neuadd Arms Hotel, Llanwrtyd Wells, a package of organised walks, real ale and live music. For more information, see the website www.green-events.co.uk or contact Lindsay, tel: 01591 610236, email: enquiries@neuaddarmshotel.co.uk

20 APRIL:

LLANSAWEL MARKET - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: twmdavis@gmail.com

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Easter Saturday at Llanfihangel Rhos y Corn – at St Michael's Church Llanfihangel, SA32 7RP – special First Light Service at 7pm – seeing Easter in by candlelight - Info Roger Nock on 01267 202347.

Dolwen Field Project, Llanwrtyd Wells. Collection of good-condition unwanted items suitable for selling in pop-up charity shop (books, toys, household bric-a-brac etc.) from 11am - 12 noon in lay-by in Cefn Gorwedd road opposite entrance to the field/playground. For more information, telephone David on 01591 610014.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

The Ramblers – Heart of Wales Line Trail 1: The first section of this Trail takes us from Llanelli to Loughor along a coastal route and then across country to Pontardulais. Due to the train times this walk will have to maintain a brisk pace. Dist. 12 miles. Energetic. Linear. Rail ramble. Explorer Map: 178 Meeting point: Llandeilo Railway Station to catch the 11.54am train, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

21 APRIL:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Easter Sunday at Llanfihangel Rhos y Corn - at St Michael's Church Llanfihangel SA32 7RP - service at 4pm followed by tea in the Church Hall - all welcome. Info Roger Nock on 01267 202347.

Easter Celebration at William Williams Chapel, High Street, Llandovery, 11.00am. Refreshments following.

The Ramblers – Tregib Woods: A walk through Tregib woods and returning across fields. Dist. 6 miles. Moderate Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 11.30am on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

22 APRIL:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

23 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Members Night organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

24 APRIL:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Myddfai Farmers Market at Myddfai Community Hall 9.00am – 1.00pm. Come along for a wide range of quality local produce. Hot refreshments available from the cafe 01550 720449 www.myddfai.org

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

The Ramblers – Llangain: A Spring walk in and around Green Castle woods South of Carmarthen known for their fine display of wild flowers. Dist. 5 miles. Easy/Moderate Explorer

Map: 177 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

Plant Combinations with Joseph Atkin, Head Gardener at Aberglasney organised by Llangadog & District Gardening Association, 7.30pm in YMCA Hall, Llangadog. Tel: Helen on 01550 779074 for further info.

Talk by Eleanor Henköl – Older Commissioner for Wales organised by Llandovery Friendship Club at Vicar Prichard Hall, High Street, Llandovery, 1.45pm.

25 APRIL:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Llandovery Garden Club will take a coach to Llanover Gardens near Abergavenny leaving Llandovery's main car park at 9.00am. Club members know the details but anyone who would like to join us on this trip please phone 01550 720771 for more information.

Dinefwr Photographic Society: Exhibition Preparation – Botanical Gardens plus landscapes for Newton House. Preparing and mounting prints for exhibition, meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

IT'S FUN TO SING WITH 'TYWI HARMONY' – OUR NEW TERM STARTS TODAY! Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Cwmdu Inn. Pub Quiz with Richard Hughes. Free entry, but a donation to Cymdeithas Cwmdu would be appreciated. Come with your own team or join one on the night. 7.30pm.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie, Thursday in Talley, near Llandeilo. Bookings and info. Email: amelie.vivelafrance@gmail.com

26 APRIL:

Spring Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Chapel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We

cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Talk: The London Dams That Never Came To Wales by Richard Rees at the Old School, Llanwrda, 7.00pm. Tickets £3.00. Tel: 01550 777214 for further info.

Spring Fashion Show at Maescar Hall, Sennybridge, 7pm; featuring clothing and accessories from 'Evans & Wilkins' and 'Dressed to Impress' (both in Brecon) Tickets £8, to include wine and nibbles; available at the door and from Sennybridge Post Office. In aid of St. Michaels Church, Llanfihangel Nant Bran

Sinema Sadwrn are pleased to present a family film at the Sexton Arms for the Easter holidays, with delicious food available from the Gardd Sadwrn pop-up restaurant. Everyone's favourite family of superheroes is back in *Incredibles 2* – but this time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the day-to-day heroics of "normal" life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again—which is easier said than done, even when they're all Incredible. Certificate PG, running time: 1 hour 35 minutes. Doors 6.00 at the Sexton Arms, Llansadwrn. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

26 APRIL – 29 APRIL:

Holiday to Looe, dep. 9.00am organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

27 APRIL:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llandeilo Antiques and Vintage Monthly Fair at the Civic Hall, Llandeilo. Homemade snacks and refreshments will be available at the fair. Doors open at 10.00am and close at 4.00pm. Admission is just £1.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

St Cadog's Church, Llangadog will be holding their Annual Supper and Auction at 7.00pm in the Community Centre. Tickets are £12, available by calling 01550 777657 or email: ireenhayes@aol.com. This is always a popular evening so book your tickets in plenty of time. Bookings must be made in advance for catering purposes. Items for the auction will not be accepted on the night so if you wish to donate a good quality item please contact as above. We are very pleased that Mr Huwel Manley has again agreed to be our auctioneer for the night.

Wildlife Trust South & West Wales – East Carmarthenshire Group: Annual Early purple Orchid Count led by Colin Miles. Meet at Harlech Barn, Pentrefelin, Llandeilo SA19 6SD (SN595237) at 2.00pm.

28 APRIL:

Quiz Night at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lluest Horse and Pony Trust. Bring a team or join one when you arrive where good food, drink and great company will be on tap all evening.

The Ramblers – Beacons Way 1: Garn Goch to Herbert's Quarry. This is the first of a series of seven walks that will complete the 90 mile route. An adapted rerun of the popular series walked two years ago, this time the direction will be West to East. Dist. 12 miles. Energetic. Linear Explorer Map: OL12 Meeting point: Llangadog Railway Station. Dep.9.00am on by car, organised by Dinefwr Ramblers. Leader: Jack Hardie Mob. 07464 412770.

29 APRIL:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

30 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

1 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargoithi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugbybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilylpickering@aol.com

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

The Ramblers – Gwynfe: A circular walk in the Gwynfe area following paths, lanes and open moorland. Dist.5.5 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep.1.00pm on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

2 MAY:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

3 MAY:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Llandoverly Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandoverly SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.uk

4 MAY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llanwrtyd Wells Farmers and Craft Market at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs,jams,fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email flyinggoosequilting@gmail.com.

Farmers' & Crafts Market, Victoria Hall, Llanwrtyd Wells 10am - 1pm. Local produce, handmade craft items, unique gifts, cards etc. Free entry, refreshments. Book your stall via Sue Middleton tel 01591 610584.

Cwmdu Beer Festival. One day festival in the field at The Cwmdu Inn on the Saturday of the Bank Holiday weekend. Welsh and Real Ales, and festival type food throughout the day, but there will not be the usual community restaurant meals in the evening. Live Music. For more details, please contact the shop/pub on 01558 685156.

5 MAY:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm

and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Litter Picking Brecon, 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

Llandovery Croquet and Bowls Club – Open Day - Free Croquet at the Castle Car Park bowling green from 2.00pm beginners welcome, refreshments available.

The Ramblers – Talley: Lanes and fields. Then a ridge walk with views of the lakes and abbey. Dist. 4.5 miles. Energetic. Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 11.30am on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

The Ramblers – Beacons Way 2: Herbert's Quarry to Tafarn y Carreg via Carreg y Ogor and Fan Hir. Dist.12 miles. Energetic. Linear Explorer Map: OL12 Meeting point: Llangadog Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Carwyn W Mob. 07896 714334.

6 MAY:

Language classes: Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

7 MAY:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

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Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

The Ramblers – Black Mountain 1: At the foot of the Black Mountain. A walk on mostly very quiet country lanes with fine views of the Western Beacons and vistas of the valley below. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting

point: Herbert's Quarry viewpoint. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Parking is very restricted. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

9 MAY:

NAAFI Morning at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

Dinefwr Photographic Society: Speaker, Tim Knifton on Urban landscapes, meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Dinefwr Photographic Society: Speaker, Tim Knifton on Urban Landscapes. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

10 MAY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

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11 MAY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

The Ramblers – Pembrokeshire Walk 1: Starting at Tregwynt Woollen Mill this walk passes a historic cottage to join the Coast Path to Pwll Crochan before turning inland to return on quiet paths. Dist.7 miles. Energetic. Map OL36 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

12 MAY:

The Ramblers – Pembrokeshire Walk 2: Solva to Broadhaven - another dramatic section of the Pembrokeshire Coast Path. Dist. 11 miles. Energetic.Linear. Explorer Map: OL35 Meeting point: Solva Harbour car park. Dep.10.00am. Poss charge, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 06/19(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 04/19(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, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 11/19(12)

BOOKS, RECORDS, CDs

A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmaman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. 07/19(6)

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PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS. Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 04/19(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. 06/19(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 09/19(6)

BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com 12/19(12)

CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 05/19(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. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 08/19(12)

HOME HELP, has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824798. 05/19(6)

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IIHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 19 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. 03/20(12)

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COUNSELLING

COUNSELLOR: Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk 04/10(12)

CURTAINS & COVERS

CURTAINS & COVERS and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale - ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale.* Tel. Sally 01558 668102. 09/19(12)

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 04/19(6)

J. FRANCIS TRYDANWR/ELECTRICIAN, all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 06/19(12)

FAMILY HISTORY

ELISSA ALDOUS-HUGHES, GENEALOGIST. Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 11/19(12)

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. 04/19(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 01550 777108 or mob: 07790 210397 03/20(12)

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 05/19(6)

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 11/19(12)

LLOYD GARDEN SERVICES — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandoverly. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 08/19(6)

A & C HOME SERVICES. Grass cutting, hedge trimming, weeding etc. All general garden maintenance undertaken. Reliable service guaranteed. No job too small or messy. Call 07855 064152 to discuss your requirements. 09/19(6)

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. 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. 03/20(12)

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 03/20(12)

LAUNDRY SERVICES

LLANDOVERLY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 06/19(6)

POSTDATUM
Producers of
The Post

MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627. jerry@thetump.co.uk 04/19/06

MASSAGE

DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE. Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 04/19/06

SPORTS, REMEDIAL, SWEDISH MASSAGE AND OMNI HEALING, (A FORM OF REIKI). Practicing from both Llandeilo and Carmarthen. TYWI SPORTS AND REMEDIAL THERAPY. Contact Barbara Fewster 07773 164470. 05/19/06

MEDITATION AND HEALING CIRCLE

CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas** – Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandovery Areas** – Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in Llandovery Community Centre. **Trapp/ Llandeilo/Talley Areas** – Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). 07/19/06

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 07/19/12

PHILIP & BRIAN JOHNSTON FAMILY DECORATORS, Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. 05/19/12

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 12/19/12

PEST CONTROL

THE MOLE MAN. ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 06/19/12

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 08/19/06

PHYSIOTHERAPY

ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST. Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post-surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. 05/19/12

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. 06/19/12

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. 03/19/12

PSYCHOTHERAPY

GETTING TO THERAPY CAN FEEL OVERWHELMING. In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandovery. Louisa Jones 02/20/12

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind were are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk. 09/19/06

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 Llandovery 01550 721500. *09/19(12)*

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. *12/19(12)*

PHYSICS/FFISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. *04/19(6)*

PIANO LESSONS: Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montague on 07969 887271 or Email: info@panio.uk *02/20(12)*

NEED A TUTOR? WE CAN HELP. TUTOR CENTRE now open in the Village School, Llanwrda. We cover all subjects, all levels and all ages. Please call us for an informal conversation to discuss your requirements: 01550 777701. *09/19(6)*

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk *10/19(12)*

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. *05/19(12)*

YOGA in LLANDOVERY. YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: WEDNESDAY evenings at the YMCA 6.00pm – 7.30pm and THURSDAY mornings at the YMCA 10.30am – 12.00 noon. Beginners welcome. **Also CHAIR YOGA** for those with restricted mobility who wish to enjoy the full benefits of yoga: TUESDAY mornings: 10.15am – 11.15am at The Catholic Hall. Please check events listing for dates or phone Stephanie 01558 650534. *04/19(6)*

THE POST

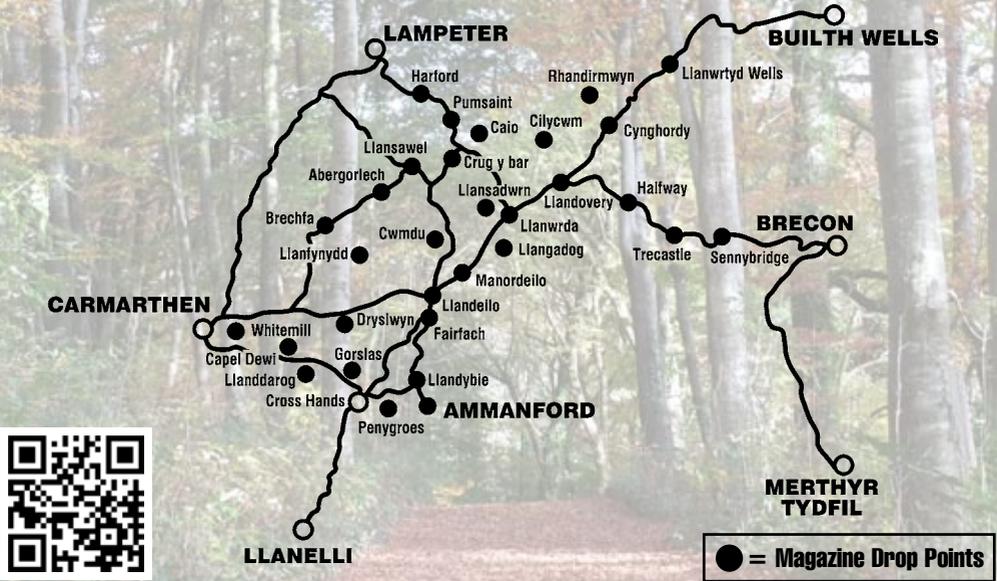
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The Post

Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+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 = £52.50+VAT 12 months = £82.77+VAT

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

Tues 09:00 - 18:00 (Staff available 10:00 - 13:00 & 14:00 - 18:00)

Wed 09:00 - 17:30 (Staff available 10:30 - 17:30)

Thurs 09:00 - 17:00

Fri 09:00 - 18:00 (Staff available 10:00 - 13:00 & 14:00 - 18:00)

Sat 09:00 - 13:00 (Staff available 09:00 - 13:00)

LLANDOVERY LIBRARY:

Tel. 01550 721626

Mon 1.00pm - 5.00pm; Wed 1.00pm - 5.00pm

Fri 10.00am - 12.00am; 2.00pm - 6.00pm

COUNTRY MARKETS

Llandeilo: Fri, 8.30am - 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfai: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am - 2.00pm.

TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am - 4.00pm,

Mon - Sat. High season, extended hours 10.00am - 1.00pm and 1.30pm - 5.00pm,

7 days, Enquiries to 01874 622485.

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, L'deilo. Tel: 01558 822093; Mobile: 07742 283325.

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

via Liansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park) A 9.15 am (Mon, Tues, Thurs, Fri)

Llandovery (Car Park) B 12.50 pm (Mon & Fri only)

Caio Post Office B 10.55 am (Tues & Thurs only)

Golden Grove - Llandeilo - Carmarthen (277) Wed & Sat only

	Sat am	Wed am	Wed & Sat p.m.	
Gelli Aur/Golden Grove	8.35	9.10	Carmarthen (Bus Stn.)	1.45
Ffair-fach	8.40	9.15	Abergwili (church)	1.51
Llandeilo (Yr Hen Vic)	8.45	9.20	Nantgareidig (square)	2.04
Salem (opp. Angel Inn)	8.55	9.30	Felindre	2.16
Capel Isaac	9.05	9.40	Capel Isaac	2.38
Felindre	9.29	10.04	Salem (Angel Inn)	2.47
Nantgareidig (square) shelter	9.42	10.17	Llandeilo (Yr Hen Vic)	2.57
Abergwili (shelter)	9.54	10.29	Ffair-fach	3.02
Carmarthen (Bus Stn.)	10.01	10.36	Gelli Aur/Golden Grove	3.07

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280 S+NS	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	11.20	12.20	13.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (Shelter)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat,

except where shown:

NS: Mon to Fri only.

S: Saturdays only.

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.

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon:	12.00pm - 1.00pm	Recreational Public Swimming	Thur:	12.00pm - 1.00pm	Recreational Public Swimming
Mon:	1.00pm - 2.00pm	Family/Lane Swimming	Thur:	1.00pm - 2.00pm	Family/Lane Swimming
Mon:	2.00pm - 3.00pm	Disabled Session	Thur:	2.00pm - 3.55pm	Private Booking
Mon:	4.00pm - 5.00pm	Junior Rookie Lifeguard	Thur:	3.55pm - 6.00pm	Lessons only
Mon:	5.00pm - 6.00pm	Recreational Public Swimming	Thur:	6.00pm - 7.00pm	Family/Lane Swimming
Mon:	6.00pm - 7.30pm	Family/Lane Swimming	Thur:	7.00pm - 8.00pm	Canoe Club
Tues:	12.00pm - 1.00pm	Recreational Public Swimming	Fri:	7.30am - 8.30am	Recreational Public Swimming
Tues:	1.00pm - 2.00pm	Family/Lane Swimming	Fri:	8.30am - 9.00am	Lane Swimming
Tues:	2.00pm - 4.00pm	Private Booking	Fri:	9.00am - 12.00pm	School Usage
Tues:	4.00pm - 5.30pm	Lessons only	Fri:	12.00pm - 1.00pm	Recreational Public Swimming
Tues:	5.30pm - 7.00pm	Recreational Public Swimming	Fri:	1.00pm - 2.30pm	Family/Lane Swimming
Tues:	7.00pm - 8.00pm	Canoe Club	Fri:	2.30pm - 3.00pm	Group Splash
Wed:	7.30am - 8.30am	Recreational Public Swimming	Fri:	4.00pm - 5.30pm	Lessons only
Wed:	8.30am - 9.00am	Family/Lane Swimming	Fri:	5.30pm - 7.00pm	Recreational Public Swimming
Wed:	9.00am - 12.00am	School Usage	Sun:	9.30am - 11.00pm	Splash Lessons
Wed:	12.00pm - 1.00pm	Recreational Public Swimming	11.00pm - 12.00pm	Recreational Public Swimming	Family/Lane Swimming
Wed:	1.00pm - 2.00pm	Family/Lane Swimming			
Wed:	2.00pm - 3.55pm	Staff Training			
Wed:	3.55pm - 6.30pm	Lessons only			
Wed:	6.30pm - 7.30pm	Family/Lane Swimming			

Train Times (Timetable 09/12/18 - 18/05/19)

	Mon to Fri	Sat	Sun.
Swansea D	—	06.04 09.34 14.35 18.21	04.31 08.15 13.12 18.17
Gowerton D	—	06.15 09.45 — 18.32	04.42 08.26 13.23 18.28
Llandeilo D	05.20xx	06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40
Ffairfach D	05.54x	06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x
Llandeilo D	05.59	07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19
Llangadog D	06.08	07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28
Llanwrda D	06.12	07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32
Llandovery A	06.22	07.28 10.56 15.54 19.43	05.51 10.37 14.35 19.41
Cynghordy D	—	07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x
Llanwrtyd D	—	08.08 11.21 16.24 20.11	06.16 11.05 15.01 20.08
Llandrindod D	06.18	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42
Shrewsbury A	07.57*	10.14* 13.32 18.28* 22.54	08.22 13.09 17.11 22.08
Shrewsbury D	04.49	05.56 10.09**14.05 18.24**	05.16 09.00 13.58 17.57
Llandrindod D	06.14	07.35 12.00 15.41 19.56	06.54 10.34 15.19 19.37
Llanwrtyd D	—	08.09 12.31 16.23 20.30	07.23 11.07 16.02 20.08
Cynghordy D	—	08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.17x 20.22x
Llandovery D	06.42	08.34 12.56 16.48 20.56	07.47 11.32 16.24 20.34
Llanwrda D	06.48x	08.40x 13.02x 16.54x 21.02x	07.53x 11.38 16.36x 20.40x
Llangadog D	06.52x	08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.42x 20.44x
Llandeilo D	07.03	08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55
Fairfach D	07.06	08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58
Llandeilo D	07.45	09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38
Swansea A	08.08	10.01**14.25 18.14 22.22*	09.22**13.01** 18.09 22.06

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* = To Crewe

** = To Cardiff Central

x = Service stops on request

xx = Starts from Carmarthen