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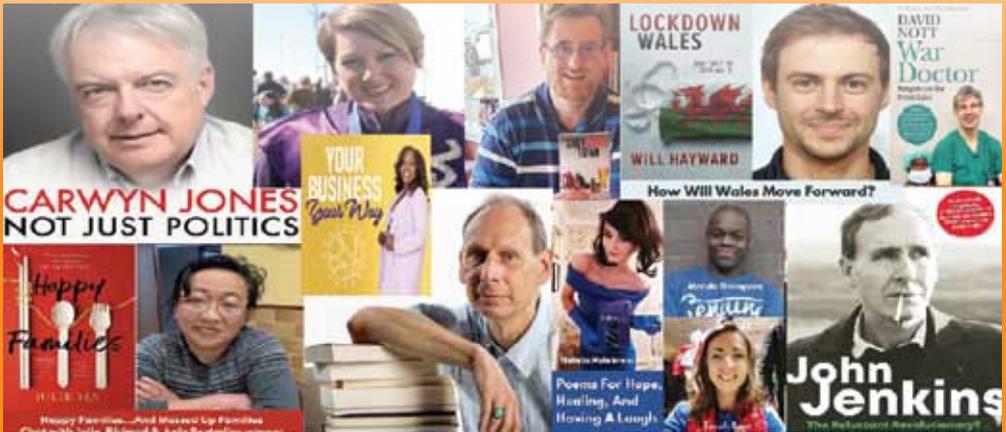
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# LLANDEILO LITFEST 2021



This year Llandeilo Litfest is being held online on the 24th and 25th of April, we've got a brilliant selection of authors, with something for everyone in both English & Welsh.

Sadly we had to cancel the event last year so we've come back with a formidable line up, we hope you can join us.

Some of the highlights on Saturday are Carwyn Jones, former First Minister of Wales, now Professor of Politics at Aberystwyth University, he'll be discussing his recent autobiography and his life in and out of the spotlight with Heddyr Gregory.

Julie Ma won the 2020 Richard & Judy bestseller award, with her touching and funny novel set around a Chinese takeaway, Julie talks to Phillippa Davies about happy and messed up families, getting inspired by real life, and being outsiders in a small Welsh town.

Heiddwen Tomos will be talking about her books "Esgryn" and "Heb law Mam" and how she moved from writing for adults to writing for teenagers.



*continued on page 3*

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# ALL ABOUT *The Post*

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for next issue:  
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**Next issue distributed:  
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## *The Post* Future Copy Dates

June.....	17th May
July.....	16th June
August.....	15th July

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 Doggy Divas in Llandeilo

0817(6)



Isabel Losada

Later in the day Dylan Rhys Jones will be in conversation with author Steve Adams “Man in Black” is the true story of former criminal defence lawyer Dylan Rhys Jones experience of defending Rhyl serial killer Peter Moore.

If you’re concerned about the environment Isabel Losada author of “The Joyful Environmentalist” will be talking to Steve Brown, inspiring and funny.

Richard Owain Roberts winner of the Not the Booker Award 2020 with “Hello Friend We Missed You” will be in conversation on life and writing with fellow author Niall Griffiths.

Saturday evening concludes with women’s stand up from Carys Eleri, Myfanwy Alexander and Gwenno Dafydd.

We start at 10.00am on Sunday with Tim Ap Hywel, talking to Roy Davies about the autobiography of his late wife, the artist Charlotte Leadbeater about her extraordinary life and work.

At midday we have David Nott, War Doctor, David Nott takes unpaid leave from his work as a surgeon to volunteer in some of the world’s most dangerous war zones. From Sarajevo to Syria he has carried out life-saving operations in incredibly challenging conditions.

On a completely different note join Bernie Davies, business guru, she’s unique and she’s on a mission to help you achieve the same with your business, you’ll be buzzing with ideas at the end of her workshop.

Mid-afternoon join Llanelli born Sara Gethin talking about her forthcoming novel “Emmet and Me”

Late afternoon two debut authors Angela Johnson and Angela Graham will join local publisher Seonid Francis to discuss their new books Arianwen, a warm witty novel set in West Wales and A City Burning, a collection of stories set in Wales, Ireland and Italy.

Local academic Thomas Prosser discusses his book “What’s in it for me “ with former Swansea Mayor Peter Black, and political podcaster Theo Davies-Lewis.

A literal change of pace!

Menna Evans ultra runner, smashed the Guinness World Record, running the length of New Zealand faster than any woman in history, she talks to Cenwyn Edwards about the mindset it takes.

Later on Welsh LGBTQ+ writer John Sam Jones is in conversation with the acclaimed American, Portuguese and Jewish writer Richard Zimler.

On Saturday there’s a whole day of free events for children and young adults including sessions from Nicola Davies, Jessica Dunrod, Rebecca Roberts and Kat Ellis.

Many thanks to our sponsors Parthian and Birdshill Rural Renewables, and all the people who give their time for free, it wouldn’t happen without them!

There’s a lot more going on, to see the whole programme and buy tickets visit the website at <https://llandeilolifest.org/>





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10/21(12)

## TUTOR CENTRE

This years' problems with school closures due to Covid have led to a huge move towards on-line teaching.

Back in March 2020, students worldwide moved almost completely online in response to the pandemic. At Net-Teach we have 10 years of experience educating students online and we have spent the last decade devising techniques to make this method of learning exciting, engaging and efficient.



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With 24/7 personal dashboards, one-to-one or group live, online classes, group webinars and debating workshops, the Tutor Centre provides students with a range of ways to learn and maximize their academic abilities.

It has been a very busy few months for us, with enquiries from schools, individuals, home schooling organisations, students abroad and forces educational services. We have taken on 7 new local teachers/administrators and we expect to employ more in the coming year as our contracts increase.

If you would like to be considered for a teaching post, please send your CV to [admin@net-teach.co.uk](mailto:admin@net-teach.co.uk)

09/21(12)



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## Birds Hill @ Parc Bryers

In March we moved our renewable heating business to new offices in Parc Bryers, Dryslwyn – a new business centre next to the Post Office and Community Shop. The former car showroom provides us with more space and an ideal environment for our growing business. We're just off the A40 between Llandeilo and Carmarthen and can't wait for a full launch of the site and opening our new renewable heating showroom soon.

One cloud on the horizon is the end of the UK government incentive schemes for Renewable Heating systems. As things stand the Domestic Renewable Heat Incentive (RHI) will end in March 2022... and there is no sign of a replacement. Unfortunately Welsh Government do not seem to see the environment as a priority.

So please note if you are thinking of installing a renewable heating system in order to receive RHI payments (illustration below) the system would need to be installed and commissioned by the **31st March 2022**.



## RENEWABLE HEATING TECHNOLOGY RHI PAYMENTS

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## OVER 14,000 GP CONSULTATIONS CARRIED OUT VIRTUALLY IN PAST 12 MONTHS IN CARMARTHENSHIRE, CEREDIGION & PEMBROKESHIRE

A staggering 14,228 GP consultations have been carried out virtually during the past 12 months in Carmarthenshire, Ceredigion and Pembrokeshire, saving patients time and money whilst keeping them safe from catching COVID-19.

A survey of patients who have had virtual GP appointments over the past 12 months said the benefits included not having to travel or find parking and, as they hadn't had to leave home, they were able to help reduce the spread of COVID-19.

One Hywel Dda patient who had used virtual consultations said that these appointments were, "much better than having to attend surgery" particularly as they had just had a baby. They also noted that the app was "easy to load" and they had no issues utilising the service.

The way we access local NHS services has changed, with more ways in which you can consult your doctor or nurse. Most surgeries now offer telephone as well as electronic advice consultations in the first instance. Following your advice call, a face-to-face appointment may be organised, but video consultations are also available. You can now speak to a doctor or healthcare professional using the video camera in your smartphone, tablet or computer and a connection to the internet. This is often more convenient and can save you time, as you will not need to travel for a face-to-face appointment. The system used is confidential and secure.

Jill Paterson, Director of Primary Care, Community and Long Term Care at Hywel Dda University Health Board, said, "If you are offered a video consultation appointment this is because your Health Care Professional has indicated that it is safe and appropriate to do so. Your video appointment will be confidential and will not be recorded."

After being offered a video consultation you will be sent a letter, email or text with details of your appointment. This communication will contain details of the service that has requested to see you by video and have provided a web address link. You can type or copy the web address link into a web browser via an internet

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enabled device and this will take you to the video clinic waiting area.

In order to access your virtual appointment, you will need:

- Access to a device that will allow you to access the internet. You should use Google Chrome or Microsoft Edge web browser on a desktop or laptop, or on an Android tablet or smartphone or Safari web browser on an Apple iMac, MacBook, iPad, or iPhone.
- Your device will need a webcam (camera), speakers and microphone.
- A good internet connection (if you can watch a YouTube video, this is good indication that you have a good connection).
- An internet usage plan that is sufficient to cover the data consumption of a video call – ideally use a Wi-Fi connection if you have this available.

A General Practice Administrator for Hywel Dda Health Board said, “COVID has not only restricted the number of patients we can have in the practice at one time, but also stopped patients wanting to attend as they did before.”

Jill Paterson concluded, “By putting off small problems or regular appointments you could potentially be putting more strain on NHS emergency services so please, help us to help you, do not put anything off. Local GP surgeries are open and are there to offer medical advice and consult patients.”

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# CARMARTHENSHIRE HISTORY TALK ONLINE

An illustrated talk entitled Shipwrecks in Carmarthen Bay can now be seen on the website [www.carmants.org.uk](http://www.carmants.org.uk). The talk was given on 2 March at a Zoom event arranged by the county's history and archaeology society, the Carmarthenshire

Antiquarian Society, in conjunction with Laugharne History Society.

Heather James BA FSA is the speaker and the talk covers why there were so many shipwrecks in Carmarthen Bay and then focuses on three significant wrecks which can still be seen today at low water. The talk also deals with the remains of a number of smaller, local wooden sailing ships that can be seen off

Cefn Sidan, Laugharne Sands and Marros Beach, some of whose stories can be told while others have yet to be identified.

More can be discovered about the county's history and archaeology by joining the Carmarthenshire Antiquarian Society. Members receive its fact-filled publication *The Carmarthenshire Antiquary* together with details of its complete programme of proposed talks and visits to historic places across the county which is ready for commencing as soon as the pandemic situation will allow.

Further information about the Carmarthenshire Antiquarian Society and how to become a member will be found on the website [www.carmants.org.uk](http://www.carmants.org.uk).

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06/21(6)

## Padmasambhava Yoga & Meditation Centre

Padmasambhava hopes you are all well and able to get out and about, enjoy walking and being outdoors especially now with the trees opening their leaves, many flowers in bloom and an abundance of our special Welsh flower, the daffodil. We hope you're still enjoying and keeping up your yoga practices and that the extra hours of daylight bring you extra vigour to do them – all of which brings joy to our hearts and helps uplift our spirits during these still difficult times. These longer days encourage us to spend more time outside, enjoying our gardens and the countryside listening to the birds, feeling the sun on our bodies and happier sunnier times ahead.

The Centre looks forward to the time that classes will be able to start again in person. Until then Padmasambhava is continuing to offer Zoom classes and is running a comprehensive Summer term programme. The Centre offers a mixture of classes online – from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Contact the centre to join one of the Summer term classes. Padmasambhava is currently taking names for a new Beginners' class.

Many students have been surprised by how much they are enjoying the Zoom classes and have found value in the sense of practicing together, once again, as part of a group. Help is given, as needed, to become familiar with the technology. Each of the classes spends time on breathing and relaxation techniques which help ease the mind and reduce stress, as well as the gentle physical practices to help release tension within the body and to encourage flexibility and strength.

All at PadmaSamBhava hope that you are well and are still able to enjoy good times with some of your friends and family. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices and also to take some time to be quiet and meditate. PadmaSamBhava is there for students old and new – so please do call the Centre if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email [mail@padma.org.uk](mailto:mail@padma.org.uk) Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body.

The Centre chants the healing manta at 6.00pm every Friday. If you would like anyone added to the list of named recipients for this chant, please phone or send an email to [mail@padma.org.uk](mailto:mail@padma.org.uk)



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## LLANDOVERY CROQUET & BOWLS CLUB



Now that outdoor sports have been allowed to return in Wales, albeit with some restrictions, Llandovery Croquet Club members were keen to get started on 30th March. To safeguard all members and visitors to the club the same safety procedures will be in place at the club as we had last season. As the number of players taking part will need to be restricted it is important that anyone wishing to play contacts the secretary in advance (contact details below).

Croquet is a game of skill and strategy, angles, tactics, guile. A bit like snooker on grass. Will your balls get through the hoops and peg out before your opponent's? It is played on equal terms by men and women and between young and old.

Visitors are welcome at the Club at any time and free coaching is available for all beginners to croquet, with no obligation to join the Club. No previous experience is necessary – all equipment is provided – you just need to wear flat shoes!

Regular club afternoons will continue through April, every Tuesday and Thursday from 2pm. Other times can be arranged by contacting the secretary John on 01269 593938 or 07435 786762, or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)

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# LLANDOVERY FLORAL ART SOCIETY

Well Spring has blown in with a vengeance. The winds seem to be getting more frequent and stronger year after year. I hope no one has suffered any major damage. As I mentioned last month, Heather has started planning next year's programme. We normally start with a meal in January. February is when we start collecting our membership and sometimes have a talk. As yet nothing has been planned for those two months. Pat Llewellyn has agreed to do a demo or a class in March. An outing to Rebecca Wildmans Garden, Llandeusan in June. Adrian Cook has been booked for a demonstration in July. Well done Heather a very good start. Oh and by the way she has also been busy enjoying life as a new grandmother to a beautiful granddaughter. All you grandmothers out there know what a joy that is. Hopefully you have all had your first vaccine and are well on the way to your second. It is so important that we make this effort to be vaccinated not only for ourselves but for our family, friends, neighbours and all we come in contact with. Hopefully this will mean we will soon be entering a safer world come summer.

Hope you enjoyed last months quiz, here are the answers.

- |  |                        |
|--|------------------------|
| 1. Stamen  | 2. Forget me not       |
| 3. Daffodils                                       | 4. Carnation           |
| 5. Crocus  | 6. Bloom               |
| 7. A plant that lives for more than 2 years        |                        |
| 8. Daffodils                                       | 9. Lilly of the Valley |
| 10. Sweet William                                  | 11. Hellebore          |
| 12. Gladiolus                                      | 13. Benjamin Disraeli  |
| 14. May. It's formal name is the Great Spring Show |                        |
| 15. Speedwell.                                     |                        |

Something a little different this month. Study the letters then work out the substitute code and work out the name of these botanical delights.

## 10 vsulqj flowers

- |                       |              |
|-----------------------|--------------|
| 1. wxolsv             | 2. vqzrgursv |
| 3. khooheruxv         | 4. gdiirglv  |
| 5. judsh kbdflqwk     | 6. furfxv    |
| 7. olob ri wkh ydoohb | 8. kbdflqwk  |
| 9. coxhehoo           | 10. doolxp   |

As always, keep safe, keep smiling and talking. Sadly we are still only taking baby steps back to normality but each of those baby steps is actually a giant leap back to the safer world we all hoping for.

Gina



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09/21(12)

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0621(3)



On behalf of the Llangadog Community Centre Committee, and Llangadog Community, we would like to publicly thank Bernard Sunley, Foyle Foundation, Garfield Weston, Lennox Hannay, Llangadog Community Council, Moondance, Oakdale Trust, Williams Brownhill CIO, CAVS and, we hope soon, the Welsh Church Fund for their generous grants that have enabled us to refurbish, update and supply PPE to our local Community Centre.

The Centre now has new stage curtains with electrical curtain track, new stage and kitchen flooring. The Green Room hasn't missed out – it has a new fitted kitchen and updated sanitary ware, and both it, and the main hall have

0621(6)



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been redecorated. We've added a cycle shelter at the rear of the Centre for use by the local community and cycle clubs in and around the area, so you can lock your bicycles up safely whilst shopping or enjoying our local area. Our local tradesmen have really made a huge difference to the Centre for everyone to continue to enjoy, and we thank them and our grant funders – it's now up to you, the community to come and use our lovely Community Centre.



# LLANWRDA CRICKET CLUB

Training for juniors, and also the new Women and Girls' team, is on Friday evenings at Castle Fields Llandoverly and hopefully restarts in April. Girls and boys aged 5 years-old and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again for 5 to 8-year-olds and also the new exciting Dynamos for 8 to 11-year-olds. These programmes are planned to start on Friday 7 May.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or [LlanwrdaCC@gmail.com](mailto:LlanwrdaCC@gmail.com) for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

We are always on the look out for new senior players – on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867794771 for more information.

The club was founded in 1992 and we will be celebrating our thirtieth anniversary next year. We are already planning a special cricket match to commemorate this notable achievement.

## LLANWRDA C C BONUS BALL WINNERS

10/02/21	54	No winner
17/02/21	01	Guy Ayling
24/02/21	13	No winner
03/03/21	52	No winner

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

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# AMPUTATION SURGEON BUSY AT WORK AFTER LOSING LEGS

WRITES HUW S THOMAS



Fomer Llandoverly College student Neil Hopper who was at the Carmarthenshire Independent school in the early 1990s has a remarkable tale to tell.

The Old Llandoverian vascular surgeon, based at the Royal Cornwall hospital in Truro, Cornwall had amputated thousands of limbs during his career but in April 2019 had both his legs removed after becoming seriously ill with sepsis.

The Welshman had been on a camping holiday in woodlands with his wife Rachel and children, Evie 10 and Harry, 6, when he and Evie, felt unwell.

Both went down with stomach bugs but whereas Evie mercifully recovered Neil went on to develop sepsis.

“I thought I had picked up some stomach bug, took some paracetamol and went to bed”

“I can remember my feet hurting and the next thing I can remember was being in intensive care, having mysteriously contracted sepsis”

“I had hyperbaric oxygen therapy for a fortnight in an effort to help the blood supply to my legs but it had no effect.”

“The result was that they amputated my toes but it was clear that I needed further surgery.”

“It might have been possible to save one of my feet but only after a whole series of painful operations.”

“The surgeons believed that if I had both legs removed, there was a reasonable chance that it would be successful.”

“I’d carried out many amputation operations myself and knew the challenges ahead, so Rachel and I made the decision to go ahead with below the knee amputation. “

Recovery was long, painful and exhausting, involving intense physiotherapy and rehab training but he had to wait nearly two months for treatment after leaving hospital.

“It was a very difficult and at times depressing few months but it made me realise what amputees had to go through on the road to recovery.”

Undaunted, he returned to work part time in October 2019 and was back operating by February 2020.

“I started just before the Covid lockdown so I didn’t time it very well! – but fortunately vascular surgery is a speciality that deals mostly with urgent or emergency.”

“So the day to day impact has not been huge but we are all very proud how RCHT has coped with it all.”

Neil continues to performing the very operation that he himself had undergone but also squeezes in time campaigning to improve services for amputees in Cornwall and further afield.

“I go out and talk to some learned societies, talk about our challenges on TV in a short documentary about my return to the operating theatre.”

“There have been appearances on BBC Breakfast News and I also got on The Morning couch with Eamonn and Ruth!”

“Oh - and I have also found a bit of time to become an anatomy lecturer at the University of Exeter to help with the cause!”

It is all part of Neil’s dedication into making sure all amputee patients have access to the best possible care and treatment after surgery and for clinics to provide better emotional support to patients.

“I’ve got through it and got to the other side and my patients can see that.”

“Before my own surgery I had an academic, objective idea of what it was like to be an amputee but now I can talk to patients with a clear understanding of what the challenges they have to face.”

“The thing we can easily change is that period of eight weeks between leaving hospital and getting new legs. That’s the black hole nobody really thinks about.”

“It’s fair to say we’ve spent decades improving amputee care in hospital. We’ve got that bit right now, but it’s that next bit that doesn’t seem to be as good.”

His courage and determination in adversity earned Neil the Amplifon Award for Brave Britons Against All Odds Champion.

Amplifon’s judges said: “Neil’s is an extraordinary story. He has gone far beyond the normal realms of human expectation and endurance.”

“It was thought his career would be over when he lost



The Hopper family: Harry, Evie, Rachel, Neil



*Getting dressed after a gym session of physiotherapy*

his legs by the knee but six months later he was back on his prosthetic feet carrying out operations again.”

“In addition, he has launched his own campaign for better NHS after-care for amputees following his own experience.”

A native Welsh speaker Neil did his GCSEs at Gwyr and then did his A levels in pure and Applied Maths, Chemistry and Physics whilst at Llandoverly College.

“I have very fond memories of my days at the College, in and out of the classroom - and Dr Denley Owen in Physics, Mr J H Thomas in Maths and Mr Mark Snell in Chemistry were very influential in my future in “Sciences”



*Welsh legs*

“I was particularly fond of Dr Owen who’d sometime skip the set Physics syllabus and tell us how to build a nuclear bomb!”

“I enjoyed the CCF and got into the shooting team and although not a rugby player, I did become the 1st XV camera man!”

Neil graduated top of his year from the University of Wales College of Medicine in Cardiff, followed by a first class degree in Anatomical Sciences and an honours degree in Medicine.

“Early in his career I developed a keen interest in vascular surgery mainly because it was reconstructive , no two operations were the same and having to operate on all parts of the body provided the variety to keep my interest”

Before completing his surgical training he travelled with his family to Sydney, Australia to undertake a surgical fellowship at the famous St. Vincent’s Hospital, Sydney where he gained further experience in all aspects of vascular surgery - including advanced open and endovascular (keyhole) aortic aneurysm repairs.

Admitted into a Fellowship of the Royal College of Surgeon, Neil became a consultant vascular surgeon at the Vascular Institute for Cornwall (based at the Royal Cornwall Hospital, Truro (RCHT) in 2013 and provided varicose vein surgery at the Duchy Hospital, becoming the Clinical Lead for Vascular Surgery.

“We must see referrals happen much quicker” vowed the surgeon.

“When eventually I got my “new” legs, it was meant to take about four to six months to get walking and I did it in three hours!

“I don’t know how. You would never have picked me ... a fat, unfit bloke who’s a bit clumsy. All of a sudden I just put the legs on and could walk. I think that was partly due to the fact that I’d got myself stronger.

“That made me think how does that affect other people who have that eight weeks [between amputation and new legs] and they’re getting weaker and weaker, and you ask them to do something that is physically quite demanding; getting up on prosthetic legs. It’s hard work.”

The man who was back operating ten months after losing both his legs to sepsis has become and remains a inspiration to all those amputees struggling to get their lives back after the trauma of drastic surgery.

03(21)(3)

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# STUDIO CENNEN



You might not recognise the name 'Studio CENNEN', but you may at some point have visited the 'Art at the Hall' exhibitions in Llangathen, next door to Aberglasney.

Art at the Hall has been making its mark on the Welsh Art scene since 2016 and is now attracting artists and makers from all over Britain.

STUDIO CENNEN online – a project that has grown out of the success of the Art at the Hall pop-ups and has managed to retain some of the feel and excitement that those events have engendered. Our aim is to tap into the energy created by the different themes set and the curated showcasing of some of the best creative talent that Wales has to offer. More recently we have shown work from artists living outside Wales and we continue to meet new talent to work with in the future.

I understand that purchasing art may not be at the forefront of people's minds at the moment, but during these strange times – when we are all spending more

time in our homes, it is the beauty in the everyday things around us that give us pleasure, whether it is a favourite mug for our daily coffee or a painting that we cherish.

Many of our regular exhibiting artists have used this time for extra creative output and have been excited by this new online platform, as they have seen their galleries closed and the fairs cancelled. With over forty artists, printmakers, potters and jewellers on board this makes for an exciting life style mix. Each artist and maker has their own dedicated page but are also presented in new, freshly curated stories that you can explore in the 'Curated For You' galleries.

There are also Instagram and Facebook platforms @studiocennen where you can receive regular updates on new artists and work that will be added to the site.... Subscribers will be the first to be notified.

It has always been the intention that Studio Cennen will also have a 'bricks and mortar' venue, the site of which has been under renovation since before March 2020. The venue in Ffairfach is very near completion and should be ready for you to visit as soon as it is safe to do so. There will also be a click and collect option for the online gallery very soon.

Named after the road and the river which intersect its location, Studio Cennen is already a landmark just outside Llandeilo with its impressive turn of the century industrial chimney at the Old Creamery, formerly Mosleys Garage.

Studio Cennen will be a brand new working arts space with artist's residencies, open studio exhibitions, art and pottery classes and demonstrations, and talks.

The artists and myself are all incredibly excited and we look forward to you joining us on this new and exciting journey. It would be great if you could share the news with your friends and followers too.

As an 'Art at the Hall' visitor you will already have a good idea of the quality of the work on offer.

Studio Cennen, Heol Cennen, Ffairfach, Llandeilo SA19 6UH

To subscribe please visit [www.studiocennen.com](http://www.studiocennen.com) to ensure you are the first to know about new happenings.

For further information please email [Brigid Loizou](mailto:Brigid.Loizou@studiocennen.com) [info@studiocennen.com](mailto:info@studiocennen.com)



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## An appeal by Mid and North Powys Mind

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*"it is good to have someone who listens in a caring way"*

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*"The counsellors empathy, listening and advice on how to action what is needed. I have had to make life changing decisions and I could not have done this without the help"*

We rely on the generous support of individuals in the community in order to continue to provide our services and reach even more vulnerable individuals who are desperate for help.

You can support us in a number of ways, not just by donating money. You could share the link to our appeal on your social media pages or become a fundraiser for us. For more information, please email [admin@mnpmind.org.uk](mailto:admin@mnpmind.org.uk)

## LLANEGWAD RAINFALL



Rain fell on 17 days this month, the wettest day was the 19th with 54mm.

February Total: 197mm – 7 3/4"

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# LLANDOVERY ROTARY CLUB



It is as if, 12 months ago, someone pressed the 'Pause' button and walked away ..... And stayed away. Since then over a year ago now we are all stuck on 'Pause'. The key workers have carried on. They have had to carry on. They have had no choice but my God they deserve our thanks now. There are so many key workers all of whom have contributed hugely enabling those of us fortunate enough to avoid this evil plague to carry on albeit in a slow, 'stay at home' way that none of us could ever have imagined. Life can be beautiful, very beautiful. Life can be tough, very tough. Brutal even. And then, there are those who have not made it. And that is devastating for whole families. It is not meant to be that way. But it has been. Now, as we are preparing for someone to press the 'Play' button in order that we can resume our lives, we know our lives will be different. It may even be a 'Reset' button where we all have to reset. Reset is to start again. But not from where we left off. To reset could be to start from a completely different place. It could well be that life will be different, very different. Soon, we are about to find out.

We in Rotary of course have had to make changes too. We have had only one full face to face meeting in the last 12 months but we have had things to do. We have been delivering prescriptions to those unable or for those who felt unsafe to leave home. We have been delivering Hampers at Christmas. We have been marshalling at the 'Flu jab clinics' and since then we have been called upon to assist with the 'Vaccination Clinics' at the Rugby Club. Our fantastic Doctors, Nurses, Receptionists, and all at Llandovery Hospital, Llanfair and Llangadog Surgeries have pitched in hugely increasing their workloads to keep us safe.

The Vaccination Clinics at the Rugby Club went very smoothly. The Rugby Club Committee arranged the outside parking and entry. The wonderful Jayne then ensured all paperwork was correct before the Rotary Club marshalled the patients into the main room and handed them on to the 4 Doctors and Nurses who performed the vaccinations. The vaccinations took only a few moments



*Dan, Gary, Dave and Derek support (laugh) while our colleague Anthony gets the Astra Zeneca vaccine from Sister Shirley Price Davies.*



*The Crocuses planted years ago by the Rotary Club came through in style this year.*

and were carried out whilst the receptionists completed the paperwork. Each patient was then invited to relax in a socially distanced environment before exiting via the one way system. Lovely lunches and refreshments were provided by Chris Reeve Catering. These clinics received much acclaim and thanks from the patients.

That is what happens when a COMMUNITY PULLS TOGETHER.

A massive heartfelt thank you to all concerned.

Years ago now those of us that could, got down on our hands and knees to plant Crocus bulbs outside the then Ysgol Rhys Prichard, the Fire Station and outside Llandingat Church. This year they have flowered beautifully and came through to present a wonderful purple display. It was a real treat to see them in their full technicolour beauty. A few years ago we had to pick up and replant the bulbs at the church as they came through to display a very unflattering and embarrassing 'shape'! We could not work out if it was an accident, a practical joke or the work of an outside agency!

Our Rotary Quiz team has over the years been fairly successful. They are a very good quiz team and over recent years have done really well. The only trouble is that the more times you win the further you have to travel for the next round. You have read previously about our adventuresome return from a snowy Lampeter but Aberystwyth and Milford Haven are all possible venues to visit on a wet, windy, frosty Winters Tuesday evening. There is no longer the hunger to make such journeys



*Kevan, Gary and Dai who represented us in the Semi Final of the Rotary Quiz Competition by Zoom which ended in glorious defeat! Derek is only there to take the photo!*



*The Llangadog Community Hall Centre that we are pleased to support with funding to enable upgrades to go ahead.*

and the urge to win has diluted somewhat. Last year, at the thought of such a journey, although trying their very best (honestly), a close run defeat was treated with great relief. However this year due to the pandemic no travel was allowed so the quiz was conducted via a Zoom meeting online. Our team of Gary, Kevan and Dai were on fire and sailed through to the semi final before being drawn against our closest neighbours Builth. We have never drawn them before when we had to travel and previously it was quite acceptable to lose narrowly, but this year when there was no travel and with a place in the final looming, we really tried to win, but lost ..... by ONE. You couldn't make it up!

Derek spotted on facebook that Llangadog Community Hall Centre was in desperate need of decoration and repairs and that they were asking if anyone had any ideas as to how they could fundraise in these difficult times. Well, they are difficult times and aware that we had some funds available I took it to the next Zoom meeting pointing out their plight. We all agreed that maybe this was something we could support so we invited Caron Thomas the Community Hall Secretary to make an official request to us for funding in order that we could discuss it formerly. This was done in double quick time and it was passed unanimously that we wanted to, and were able to help. This is what we do. We help others, and it was a great pleasure to inform the Llangadog Community Hall Centre that a healthy cheque was winging its way

to their door to enable work to go ahead. Result. A win win situation. Someone in need of funds was helped by someone in the Community who had the funds to help.

The word Community has appeared quite a few times in this report and it has never been more important. This pandemic has meant that the vast majority of us have not ventured far from home in the last 12 months. In reality we have got most of what we really need right here in Llandovery and the outlying villages which include Llangadog, Llanwrda, Llansadwrn, Cilycwm, Porthyrhyd, Rhandirmwyn, Cynghordy, Halfway, Myddfai and Llanddeusant. The key workers, mentioned earlier, have come up trumps. Our local shops, which maybe we didn't fully value before have provided what we need. Yes there are vans which deliver to those who cannot go out or provide extras to the necessities but we have managed. NEVER has the community been so close. The Llanfair and Llangadog Surgeries have been MAGNIFICENT. The Co-op, A R & H Davies Pharmacist, Nisa, Mathews the Butcher, Morris Isaacs and all the many small shops that have been able to stay open have been brilliant. The Community Spirit here has never been better. Neighbours have helped each other and helped those less fortunate. We are nearly through this, hopefully. Sadly, we have lost some. But by and large we have made it. We have made it together ..... as a COMMUNITY.

What a truly wonderful Community we live in.  
WELL DONE LLANDOVERY.

Derek Jones.

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# BRANCHING OUT WITH '9TREES' A PRIME SUBSCRIPTION THAT CUTS CLIMATE CHANGE!



9Trees has started an ambitious task to plant nine trees for every UK person each year. Planting 9 trees each year will balance the average UK carbon consumption. This progressive approach is not going to be easy. Without support to plant 'Nine Trees Each Year', our mutual journey to carbon neutrality by 2050 will be arduous. Springing into action, 9Trees has created a pioneering subscription service allowing people to grow their own forest. As a result, three thousand broadleaf trees on the border of England and Wales are currently being planted on two hectares of land (two rugby pitches) in Radnorshire (Powys), Wales. Eight species of broadleaf tree will reforest the land. With eight more sites confirmed, 10,000 trees will be planted by December 2021.

Although planting trees is no substitute for burning fossil fuels, it can help mitigate against climate change. Climate change is one of the biggest threats to our ecosystems. Planting 9 Trees per person per year, will suck the carbon from the air and provide much-needed habitat for our local wildlife. The Climate Change Committee (CCC) suggests that around 30,000 hectares of broadleaf and conifer woodland need to be planted each year for 30 years to hit net zero emissions.

Michael Cunningham, (He / Him) 9Trees Co-Founder and Director explains, *"The trees we plant now will be your legacy for the future. In 25 Years, they will be sequestering roughly 40lbs of carbon per annum. In 50 - 100 years time, each tree should have captured One Tonne of carbon. To reduce our carbon footprint, we need to draw down the carbon that we continue to create through our daily lives."*

9Trees are pushing the boundaries of common tree planting at Powys with these three processes.

1. The woodland is grown from annual subscriptions. A process 9Trees hopes will spark a national 'Nine Trees Each Year' promise.
2. Each tree is geolocated so that subscribers can take a mindful walk in their very own woodlands throughout the UK.
3. The Woodland will be as natural as possible. No chemicals will be used in the making of this woodland. To protect the trees during early growth chestnut fencing has been erected, eco matting has been handmade and cardboard collected from local businesses will act as a grass suppressant.

The trees at Powys will grow into a network of habitats and over the next 50 years will be inhabited by a wild assortment of creatures living, nesting, and resting amongst native trees. One species of bird that 9Trees hope will set up residence is the Treecreeper, a curved bill bird that dances around trees in search of insects. Each tree has been specifically chosen for the location, putting the right tree in the right place. The three thousand broadleaf native trees will encourage biodiversity. The species include Oak, Silver Birch, Hawthorn, Rowan, Downy Birch, Elder, Blackthorn.

Ash Kent, (They / Them) 9Trees Co-Founder and Director, explains, *"It's not just about planting trees to sequester carbon; we need to be creating woodlands that support the local wildlife and connect up existing habitats without destroying valuable species-rich grasslands or peat bogs."*

9Trees hopes that their efforts will encourage our nation to make a promise and plant Nine Trees Per person per Year. A national movement will be a big step towards carbon neutrality and create woodlands for creatures and folk to enjoy for generations to come.



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# LLANDOVERY FRIENDSHIP SOCIETY

Hope you all had a very good Easter and are keeping well.

Hopefully you have all had your first vaccine and are well on the way to your second. It is so important that we make this effort to be vaccinated not only for ourselves but for our family, friends, neighbours and all we come in contact with. Hopefully this will mean we will soon be entering a safer world come summer.

Wow what weather we have had these last few months. What with all that rain and the wind. I may be me but I reckon the winds are getting stronger every year. I hope no one has suffered any lasting damage.

## British Prime Ministers Answers

Margaret Thatcher; Winston Churchill; Anthony Eden; Gordon Brown; Robert Walpole; Stanley Bauldwin; Sir Alec Douglas Home; William Gladson; Harold Macmillian; Tony Blair; David Lloyd George; Ted Heath; Harold Wilson; James Callaghan; Ramsey Medonald

This month I have a quiz for you 5 geography, 5 history, 5 sport and 5 food and drink. Hope you enjoy.

1. What is the smallest country in the world?
2. What is the highest mountain in Britain?
3. What is the longest river in the world?
4. What is the most densely populated city in the world?
5. What is the invisible line that runs around the centre of the Earth?
6. Who was Henry VIII's last wife?
7. What year did World War II end?
8. Who was the third man involved in the Apollo 11 moon landing?
9. Which English city was once known as Duroliponte?
10. Which disease did Edward Jenner create a vaccine for in 1796?
11. What are the five colours of the Olympic rings?
12. How many players are in a rugby team?
13. Which horse is the only three-time winner of the Grand National?

03/21(12)




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14. In tennis, which piece of fruit is found at the top of the men's Wimbledon trophy?
15. Who won the FA Cup for the first time in 2013?
16. Which nuts are used in marzipan?
17. What does IPA stand for?
18. Lady Finger is a variety of which fruit?
19. What is the main ingredient in black pudding?
20. Which pastry is used to make Baklava?

Mary has given me a lovely photo from a club get together a few years back.

Looking forward to getting together again and getting another lovely photograph to treasure.

Keep safe and keep smiling.

Gina and all the committee.

09/23/61

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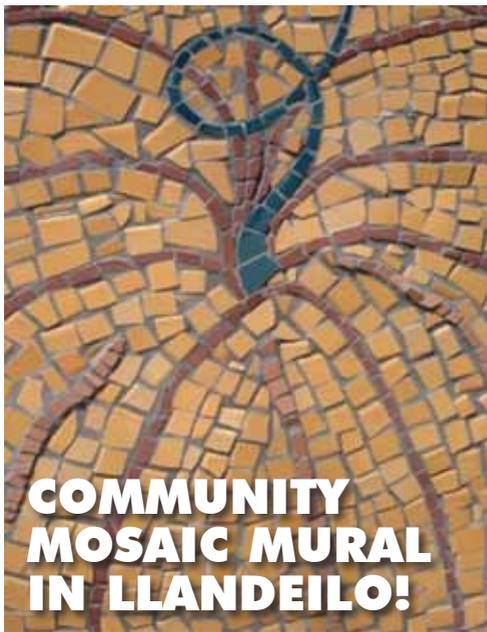
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04/22/12



# COMMUNITY MOSAIC MURAL IN LLANDEILO!

We are excited to announce that the creation of a mosaic mural and notice board, designed and made by the community of Llandeilo, is due to begin this April.

## THE STORY SO FAR...

The idea started way back in 2019 as I lingered in front of noticeboards in shop doorways starting conversations with people who live and work in Llandeilo.

So much was happening then in Llandeilo and the notice boards we have were jam packed and overcrowded! From these chats I discovered that many people want more connection and communication with their community but not all on-line. They want to find out local information by word of mouth or via a notice board rather than always from facebook or other on-line platforms.

Together we also recognised that these boards of community communication were not in the most convenient of locations. Whilst reading the notices one needs to keep stepping out of the doorway to allow shoppers in and out of the shops. So, from these conversations, the idea germinated of a big central community notice board!

Around this time the sixth formers of Ysgol Bro Dinefwr created a fantastic mural on the wall of the tennis pavilion by the playground. This received much positive feedback and praise from local residents and so generated enthusiasm for another community mural.

It was these two elements that combined and inspired this project.

At a consultation event in December '19 it was decided that the mural and noticeboard would be located on the side wall of Hugh Evans and Son Butchers, in the walkway connecting the main car park to Rhosmaen Street. This is already a place where people meet and

chat away from the busy high street traffic, so it's an ideal area for interaction with the noticeboard. And we already have a small but growing team of people offering to maintain the notice board once it's up and running. The surrounding mural will add a visually and texturally exciting focal point and draw attention to the notice board.

I have been working with Transition Tywi Trawsnewid to raise the funds necessary. We are delighted to announce that the project has now received funding from The National Lottery Community Fund. We are also being kindly supported by LBS and DL Williams.

In addition to the ever-expanding list of local people and groups already wanting to be involved in the project we will be publicising bilingually via posters on the very visible mural site wall and on the existing notice boards in Llandeilo. Also look out for what's happening here in The Post.

## The Creation of the Mural

The mural will be designed and created by the community through dynamic, supportive and highly participatory workshops. These will be led by myself, Dani Lee and my team ([danileearts.co.uk](http://danileearts.co.uk)). We will be bringing together and actively involving many people from Llandeilo in creating an artwork the community will be proud of.

The project will kick off with some Ideas and Design Workshops.

The Mosaic Workshops will then bring us together again to create the ideas that we have designed. Once complete, the mural will then be installed along with the notice board in the walkway. All the workshops will be open to anyone living or working in or near Llandeilo.





- No experience necessary as full expert tuition will be on hand.
- All materials and tools supplied.
- Free to attend. Booking essential.
- The wellbeing of our workshop participants and staff is our top priority. We will be following current guidelines throughout the project.

#### Ideas and Design Workshops

Community mural artist, Dani Lee and creative writer, Angie Rekers, will be delivering these workshops. Through creative writing and sketching we will be exploring our thoughts and wishes for the mural. Some of these workshops will hopefully be held in the large and lovely room at The Hang Out, Beechwood Industrial Estate. Some will be held via zoom. If by then conditions are not favourable for social contact we will be getting creative and holding all the workshops on zoom.

- Tuesday 13th April 1pm to 3pm at The Hang Out
- Tuesday 20th April 6.30 to 8.30pm on Zoom
- Saturday 24th April 1pm to 3pm The Hang Out

For these workshops we welcome all who are aged 13 and over. Support is being offered for anyone who is not familiar with using zoom. Please do ask.

If you would like to get involved please book your place by emailing Dani at [dani@danileearts.co.uk](mailto:dani@danileearts.co.uk)

And for more info please visit the news page at [www.danileearts.co.uk](http://www.danileearts.co.uk)



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04/21(c3)



## VALUE OF THE PREMIERSHIP

Those who have doubted the value and importance of Welsh Premiership rugby to the regional and national game should think again in the light of recent events on the international scene writes Huw S Thomas

Man of the Match in the Wales v Ireland game and equally outstanding in the Welsh win at Murrayfield was former Llandovery prop Wyn Jones who spent years learning his trade in the tough world of the Premiership before turning professional with the Scarlets.

Known in the Llandovery locality by the name "Wyn Clynmawr" - from the farm outside the town which has been in family hands for generations - Jones has been turning in storming displays for region and country.

And he puts much of his success at the top level of the game down to his experience in the Premiership.

Wyn Jones remembers one game in particular that summed up his front row apprenticeship.

"One of the last games I played for the Drovers was a quarter final tie in front of a big crowd at Eugene Cross Park."

"The Ebbw pack was the best in the league with hard, tough, rough experienced players from 1 to 8 – Ross Jones, Matthew Williams, Rob Sevenoaks, Damien Hudd, Ashley Sweet, Rhys Clarke, Cameron Regan and Ronny Kynes."

"If you didn't stand up to them, they would run all over you and their close range line out was a huge part of their success but we matched them toe to toe in set and loose."

"That was as hard a game as I have ever played at any level and a wonderful learning curve for me – despite being sent off right at the end for maul infringements."

"That whole Cup campaign was a huge test for us and for me in particular as we came up two other very strong packs in Cardiff in the first round and then Pontypridd in the semi-final at neutral St Helen's."

"In the semi final game against Pontypridd at St Helen's, we cause a huge shock by beating the hot favourites for the Cup 25-16"

"Ponty - with fly half Ceri Sweeney back from his stay at Exeter Chiefs - were virtually winning everything at the semi-pro level and we had to put every ounce of energy and effort over 80 minutes to get the better of them."

"My last game for the club couldn't have been

better stage managed as it was against out fierce rivals Carmarthen Quins - Kieran (Hardy) and Ryan (Elias) were in their squad – and in the Welsh Cup Final, too, at the Principality Stadium"

"I scored one of the tries in our 25-18 win before moving full time to the Scarlets and it was a brilliant end to a long and happy association with my home town club which had a dedicated and knowledgeable committee under President Phil Davies and Chairman Handel Davies."

"It's true to say that such full on games prepared me well for the physicality of the professional and even international scene."

"And we were always encouraged by the Llandovery coaching team to be far more than scrummagers but to run, handle and off load to produce a style of rugby that was a joy to be part of."

"I've naturally had to work on my fitness and bulk up ready for confrontations with big men and adapt to the speed of the game but the professional has time on his hands to do this."

"There is a huge amount of raw talent in the Premiership, ready to step up a gear if only given the chance"

As a former first class hooker with Swansea, Euros Evans must take praise for his work with Jones as must veteran Llandovery prop Andrew Jones – a Barbarian - who played 577 games for the club in a wonderful 22 year career and who was always at hand to give his young prop advice and counsel on all front row matters.

"Cantona (aka Andrew Jones) was a specialist loose head and made me scrummage against him in training and talked me through all the tricks of his long lasting trade."

"Emyr Phillips and Dorian Williams also gave me invaluable help in aspects of forward play."

Now widely recognised as hard scrummaging, mobile, ball carrying forward, excelling at turnovers the loose head prop, the 28 year old is already being touted as a British Lion by no less a figure as Sir Ian McGeechan.

Wyn Jones's story casts the Premiership in a fine light but also highlights fault lines in the Welsh set up- is the identification of talent good enough?

Not deemed good enough to get into the Scarlets



Wyn Jones – aged 16 - in front row one from the right representing Ysgol Pontycelyn at the Llandovery College Open 7s in 2008.

Academy or age group U16 and U18 teams, Jones learned his trade via the Junior Drovers set up at Church Bank before getting into the Youth team when a pupil at Llandovery's Ysgol Pantycelyn.

His natural strength - befitting a farmer used to manhandling stubborn sheep and rams - allied to powerful bursts in the loose and charging runs soon saw him come to the attention of the senior coaches at Church Bank.

The young farmer made his Drovers debut in 2011 as a 19 year old when studying for a degree in Agriculture at Aberystwyth University and went on to play 90 club appearances in Premiership, Tovali Cup, Swalec Cup and British and Irish Cup games with additional games for local feeder Ammanford in his early days.

The highlight of the 2016 season for both Jones and the Drovers was the win over local rivals Carmarthen Quins in the final of the Swalec Cup in Cardiff on May 1, 2016, the prop scoring one of the three Llandovery tries.

Gareth Jenkins from the Scarlets had been keeping an eye on him in Premiership games and realised that here was a late developing talent who would prosper in the professional game

His outstanding play and well taken try convinced the powers that be at Parc Y Scarlets that here was indeed someone who could go all the way to the top.

Llandovery coach Euros Evans echoed his club's thoughts.

"We were sorry to see Wyn go but our role and duty is to prepare players to make the step into regional rugby and hopefully beyond."

"Playing against older more experienced props is how young props learn. Every game you are learning not only from your opponent but from your team mates, working together to solve problems."

"Wyn learnt quickly and at young age he was one of the best props in the Premiership and when he was at this level he was ready to transition to the pro game."

"Not only does the Premiership help develop their playing skills, it also helps them understand the importance of a team culture, the role they play within a team, develop resilience and help them understand the importance of winning games, these skills are essential in the professional game."



*Running out for the Drovers before the semi final clash with Pontypridd in one of his last games for them in 2016.*

"He learned his trade in the hard world of uncompromising Premiership forward play, in the cold and wet, facing props who might have played a few hundred Premiership games and who would find weaknesses in young props as a matter of satisfaction and pride."

"I remember the year we won the Cup. Wyn had a great game against the renowned Ebbw Vale pack when he gave us a solid scrum and was a key part in stopping their famous driving line out."

And another player who had a sound apprenticeship in the Premiership with Carmarthen Quins was scrum half Kieran Hardy - who was influential when he came on for Gareth Davies in the last half hour against Scotland.

Every Premiership club has prepared many a young player for the professional game including current Welsh players.

Scrum half Kieran Hardy, James Davies and hooker Ryan Elias learned their early trade with Carmarthen Quins.

Hardy turned out 55 times in his three year stay at the Quins and after a short period at Jersey Reds where he partnered Callum Sheedy, got a Scarlets contract in 2008 and a first cap in November 2020.

Ryan Elias played 44 times in the Premiership from 2013 onwards and was capped three years later after he had secured a professional contract with the Scarlets, following in the footsteps of fellow Bro Myrddin pupil Ken Owens.

James Davies is the only Welshman to win a silver medal at the Olympics, being part of the GB VII squad that finished up to Fiji in the 1996 Games in Rio.

But he had been long shining in the Premiership for many years, the best flanker in the league with his exceptional work at the breakdown, speed around the park and footballing skills.

Between 2011 and 2015 he scored 65 points in 59 appearances for the Quins, then moved to the Scarlets from where he was capped against Italy in 2018.

Every Premiership club has prepared many a young player for the professional game including current Welsh players.

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But he had been long shining in the Premiership for many years, the best flanker in the league with his exceptional work at the breakdown, speed around the park and footballing skills.



Good luck banners at Church Bank wishing Wyn a good World Cup in Japan.

Between 2011 and 2015 he scored 65 points in 59 appearances for the Quins, then moved to the Scarlets from where he was capped against Italy in 2018.

Each of the Premiership teams can boast of similar successes but Llandoverly's list of those given chances with the club to go on to better things makes impressive reading.

Top of the list is Emyr Phillips who played 130 times for the club, mentoring fellow farmer Wyn Jones on the way before moving to the Scarlets from where he gained three Welsh caps.

And if we go a little further back, we can see how successful were stints at the club for future internationals.

Coaches Iestyn Thomas, Rob Appleyard, Lyndon Lewis and Euros Evans moulded many a good player into a better one.

Future internationals Dafydd Jones, Tal Selley, Mark Jones, Adam Warren, Sam Parry, Rhodri Williams all testify to the importance of their formative Church Bank years.

42 times capped back row Jones came via Aberaeron made 31 appearances for the Drovers - 22 in one season in the pre-Premiership National League Division One.

Four times capped hooker Sam Parry played 17 times all in one season (2010-2011), wing Tal Selley - one of only three Welsh players to play for the four different Welsh regions - turned out 30 times and Adam Warren made 53 appearances in scoring 105 points.

The star back to come thought the club before going onto great things has been wing Mark Jones who came from Builth Youth and in season 1998-1999 ran in a record breaking 21 tries in 26 appearances.

To see him haring down the wing with the speed, balance and elegance of a gazelle thrilled home supporters as never before - or perhaps since - and he played 43 times in the white and red shirt before having a glittering career with the Scarlets and then Wales for whom he scored 13 tries in 47 internationals.

Current Dragons captain Rhodri Williams will be remembered at Church Bank for his darting, sniping runs which saw him 12 tries in 44 appearances before eventually playing three times at scrum half for Wales.

This sextet all played for Wales but here are a host of others who have graduated from Church Bank into the professional ranks - the likes of lock Lyndon Bateman (67 games), Simon Emms (23), Rhodri Gomer Davies (19) and Peter Edwards (106) whilst many others made impressions at Llandoverly when lent out from the Scarlets for reasons of rehabilitation and recovery, urgently needed game time.

The Premiership has also been invaluable in providing opportunities for internationals to recover their form and fitness in a competitive environment - Lou Reed, Andy Powell, Rob McCusker, Vernon Cooper, Josh Turnbull, Garan Evans, Aisea Havili, Nathan Brew, Tadgh Beirne were all Scarlets who re-found form or favour or new life after short stints at in the Premiership.

As was Canadian Jamie Cudmore who - unrated by the Scarlets - ended up playing 23 games 2002-2003 in the then National League First Division before being voted in France as one of the greatest of all locks in the French Top 14.

Critics of the Premiership - or National One that was - should also realise that regions have made serious errors of judgement in not identifying or nurturing talent in the Premiership.

As an example, two players missed by the Welsh system made huge impacts with Exeter - Phil Dollman and One of Tom O'Flaherty.

Cardiff University student O'Flaherty played for Cardiff towards the end of 2013 and scored four tries in four appearances before a move to Bridgend where he scored 18 tries in 25 appearances in the 2014-15 Premiership season and scoring the match-winning try against Pontypridd in the Swalec Cup Final.

He was not offered a contract by Blue or Ospreys so he spent a season in France in the Top 14 with Montpellier.

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**or pictures to [barry@barryanderic.com](mailto:barry@barryanderic.com)**  
12/21(12)

On his return to Wales, he had joint registration with Bridgend and the Ospreys but his talent went unrecognised and he only played just a few games of any importance for the Ospreys before joining Exeter where he has become a leading light in Premiership and European Cup campaigns.

Centre Phil Dollman played four years with Bedwas in the Premiership under the ever astute eye and coaching of Steve Law who always considered his protégé top regional quality but was underused by the Dragons.

Released, he moved on to Exeter in 2009 where he became a key figure with his ability to play all over the back line, won a Premiership title with the Chiefs and ended up playing nearly 250 games for them over 11 seasons.

And let's not remember that the Premiership/ National One was the learning place of one of the great Welsh players of recent times – James Hook who spent two years at Neath before being offered an Ospreys contract.

The WRU should cherish the Premiership and morally, sportingly and financially support the efforts of the clubs to successfully prepare players – the likes of Wyn Jones – for the international scene.

With coaches the like of Steve Law, Jason Hyatt, Dale McIntosh, Euros Evans, Justin Burnell and Josh Turnbull at the ready, the Union needs to invest in the clubs, coaches and players who will help strengthen the pursuit of excellence in the Welsh game.

HUW S THOMAS (C) 18/02/2021

## LLANGADOG COMMUNITY CENTRE

Our next exciting project is to renovate one of our larger of meeting rooms within the Community Centre, and one of the oldest, the YMCA. Our Main Hall has had new stage curtains plus new flooring on the stage and kitchen and then finally, the Green Room had its long awaited refurbishment and is now a fantastic meeting / training room with updated kitchen and toilet facilities. So we can't leave the YMCA out, and its time that this great room had a well earned update, as one of the most used rooms in our hall and one that we need to make even more inviting for the wide range of groups using it and events held. Our project is to now update, along with any modifications that we need to make since COVID, and we would love the community to be part of this process with us! If you of any ideas of helping raise funds for this project, or if you have any ideas to bring new groups or events to the hall we want to hear them!!



08/21(6)



# BEN DUNFORD

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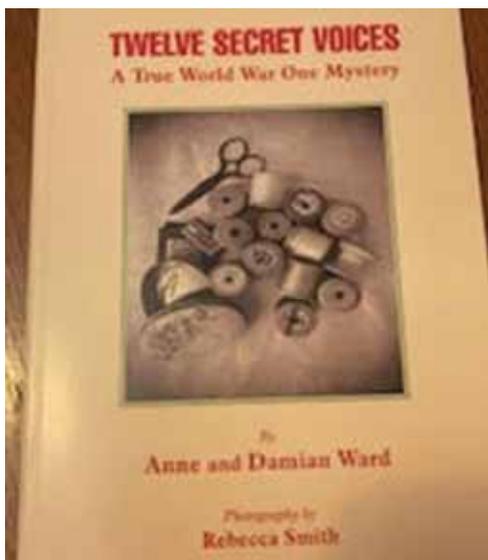
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## “IT ALL STARTED WHEN I NEEDED A NICE TABLECLOTH!”

In December 2018 Anne and Damian Ward of Llangamarch Wells had family over for a one off Christmas visit from Australia and South Africa.

When looking for a ‘nice tablecloth’ in a bag of assorted white goods in the Brecon British Red Cross Shop, she found a bedspread which has taken her and her family on a time traveling AND international journey of incredible historical discoveries. They have been to villages and towns in the UK and Wales, to Flanders Fields, the Somme at 1916, Hollywood USA, a Benedictine Abbey in Ireland, and to Australia, New Zealand, Canada and South Africa- and all during a world wide lockdown.

This bedspread is hand embroidered with twelve regimental badges that were all active in World War One. It is entirely, and uniquely, in white work and bordered with machine made filet lace- 26 metres of it. It has been dated to have been made between 1916 and 1920 and by very skilled hands, as confirmed by the Royal School of Needlework and the British Embroidery Guild.

But there is no information on WHO, WHY or WHERE it was made as there is no label or signature on it. Anne and Damian have been doing extensive research, trying to find these answers so as to give it as much provenance as possible so that its story, whatever it is, can be told by the museum they are donating it to. The Charity Shop could not tell them how they came by it and local appeals to try and find its donor/last owner have been unsuccessful.

They have written a book, entitled ‘Twelve Secret Voices’ about their research and the bedspreads possible origins which is now available.

“We as a family have a lot of theories that even experts we have consulted agree with. Just a few of the many there are include:

That it was sewn by soldiers convalescing from wounds, or those receiving specialist treatment, as a gift for one of the medical team.

‘Lap Crafts’ were taught to occupy patients who were bed-ridden for extended periods of time, including embroidery, crochet, knitting and basket weaving. It was the start of what we today know as Occupational Therapy.

Embroidery was seen as so mentally productive to these men in the First World War that in World War Two, embroidery kits were even included in British POW relief parcels.

Another theory is that it was made by continental refugees as a thank you gift for someone in England who showed a particular kindness to their plight or maybe made a significant fundraising contribution.

Over 200000 refugees came to the UK from Belgium, France and Russia from 1914 onwards. They were welcomed and accommodated by civilians who wanted to ‘do their bit’ but they also set up their own communities such as ‘Elisabethville’ (named after the Queen of Belgium) near Folkstone. Despite the language barrier, they took jobs locally and in turn contributed to the war effort. There were even ammunition factories that were entirely managed and staffed by refugees who were after all able bodied and skilled men and women. When the war ended, they were offered free passage back to the continent and by 1921 records show that 90% had done so.

One more theory is that it was sewn by an embroidery college or club for a war, or post-war, fundraising exhibition and sale. The quality of the needlework definitely lends merit to this theory.

All sorts of fundraising incentives were done in all the



# READERS' SALES & WANTS

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NO TRADE ADS

## FOR SALE

- **Draper 3/4 drive sockets**, x15 sockets with bars, £25 ono. Tel: 01550 779209.
- **x5 Antique clay pots**, £10 each. Tel: 01550 777432 (long ring).
- **x2 Large dairy dishes**, 1 with stand, £10 & £20. Tel: 01550 777432 (long ring).
- **Seed trays**, VGC, 2 packs of 11, £5 each. Tel: 01550 777432 (long ring).
- **Half seed trays**, 2 packs of 10, £2 each. Tel: 01550 777432 (long ring).
- **Selection of garden concrete ornaments**, Trio of Ducks, Meer Cat, Squirrel, Large Cat, Rabbit, Bird, Frog and Slow Worm, £20 the lot or will separate. Tel: 01550 777432 (long ring).
- **Brand new bedroom carpet**. Phone for details 07939 592051 (Crosshands).
- **Selection of tyres**, various sizes, some as new. Phone for details 07939 592051 (Crosshands).
- **Ex wire wooden reels**, popular to be converted into BBQ tables. Phone for details 07939 592051 (Crosshands).
- **Matching pair of Victorian balloon back chairs**, £100, good condition. Tel: 01550 721492.
- **Shepherds Crook** (by Richey), £15. Tel: 07761 107055.
- **20 gall blue plastic drum** (as new, ideal water butt), £6. Tel: 07761 107055.
- **Large quantity of new bolts**. UNC, UNF, whitworth. Offers. Tel: 07761 107055.
- **Bath shower screen**, new and unused HT1400mm x 840mm wide. £50 ono. Tel: 07761 107055.
- **Black & Decker 240 volt hedge trimmer**, 16ins long, £7. Tel: 07761 107055.
- **5 litres Antifreeze**, unopened, £4. Tel: 07761 107055.
- **Plastic/PVC chicken feeder** (as new), £10. Tel: 07761 107055.
- **Small chicken feeder**, as above, £4. Tel: 07761 107055.
- **Wooden Toilet roll holder**, £2. Tel: 07761 107055.
- **Greenhouse watering kit**, £5. Tel: 07761 107055.
- **x4 Winter tyres**, 175/70/r14. Tread depth 5mm to 3mm, £10 the lot. Tel: 07831 893389.
- **Brass door handles** (new unopened), £8. Tel: 07761 107055.
- **Shelf L brackets**. 6. 9"x8" and 3.12"x9" all new, £6 the lot. Tel: 07761 107055.
- **Touring caravan**, Coachman 460/2 SE. Fully fitted and equipped

with all standard fittings for the model. Full awning plus porch awning. At present in secure storage near Llandovery, £1200 ono. Tel 01550 721557.

- **Small 2 seater sofa on castors**. Gold/mustard removable and washable covers. L190 x W80 approx, £50 ono. Buyer to collect. Nr lampeter. Call or text 07443 463293.
- **Small pinewood storage unit**, W84 x D30 x H69. 9 Storage slots and 2 wicker boxes. Buyer to collect. Nr lampeter. Call 07443 463293.
- **Matching TV unit and coffee table**. Cream with wooden tops. Each has shelf and two storage drawers, £15 Each or the two for £25. Buyer to collect. Nr lampeter. Call or text 07443 463293.
- **x2 modern oatmeal colour sofas**. Removable and washable covers. Non smoking home, £200. Nr lampeter. Buyer to collect. Call or text 07443 463293.
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- **Black 16½ h, dressage saddle**. Med/narrow tree with irons & girth. New condition, £290. Tel: 01558 668102.
- **HARMONIUM** - Pump Organ, made by Humphreys of Camden Town, London. Plays well, and is a beautiful piece of furniture with a mirror and two brass candle holders, £2000ono. Tel: 07881 474241.
- **Table tennis table**, 6' x 3' with net, bats and ball, Hardly used, £40. Tel: 07540 565693.
- **Hotpoint Aquarius fridge/freezer**, stainless steel effect, 69" H x 21"W, 1yr old, £120. Tel: 01550 760297 Rhandirmwyn.
- **Double bed**, Layzeee, drawers in base, as new, £110. Tel: 01550 760297 Rhandirmwyn.
- **Light wicker bedroom set**, 6 drawer chest, dressing table with mirror, 2 bedside cabinets, VGC, £100. Tel: 01550 760297 Rhandirmwyn.
- **Portmeirion Botanic Garden china**, complete dinner set, mugs, vases, canisters, cruet set, beakers, butter dish, soap dispenser, 6 place mats, serviettes etc, 98 pieces, £300, will sell separately. Tel: 01550 760297 Rhandirmwyn.
- **Stainless steel cutlery set**, 48 pieces, £20. Tel: 01550 760297 Rhandirmwyn.
- **Decorative hanging wall plates**, 32 in all, from around Europe, £2 - £4 each. Tel: 01550 760297 Rhandirmwyn.
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## WANTED

- **Old pine school stationery cupboard**. Tel: 07803 579581.
- **Wanting to purchase a vintage hifi separates system** such as Technics, Pioneer etc. I would also consider buying separate hifi parts such as amp, CD player, tuner, graphic equaliser, turntable and speakers to build my own. Thank you. Contact Richard on 07760 380328.

countries involved in the war. In Australia there was a national 'Belgium Day' in May as well as 'Australia Day' in July. Rosettes were sold, balls and concerts organized and all sorts of fundraising ideas were employed. Similarly in New Zealand, there are accounts telling of the same methods as Australia but we also found a story of how school children contributed their pocket money coppers to make money trails AND knitted socks for soldiers. So a specially made, exhibited and then sold high quality item such as this bedspread can certainly be considered.

We may never find out its reason for being made and where it has been these last 100 years, but it will be available to be seen and be puzzled over at the National Army Museum of London to which it has been donated.

Anne and Damian do 'love' it but have no personal

connection to it or the right home to enjoy it. "It is too long for our bed anyway" laughs Anne. "And we would be too scared to use it lest we spill our morning cup of tea on it. And until we can find its story, if ever, we can still continue to enjoy speculating over it with it gone to the museum."

The book - 'Twelve Silent Voices, A World War One Mystery', can be purchased from [www.aspect-design.net](http://www.aspect-design.net) and you can also order it locally from [anneward77@icloud.com](mailto:anneward77@icloud.com)

We have also created a Facebook page called TWELVE SECRET VOICES where we can have questions, suggestions and feedback shared!

Cost is £10 plus p&p

# Church Services

E-English W-Welsh B-Bilingual

## Llandingat, Llandoverly

- 4 Apr Holy Communion/Cymun Bendigaid, (Bilingual/dwyieithog), Joint, 10.30am  
7 Apr Private prayer, 12.30 – 1.30pm  
14 Apr Private prayer, 12.30 – 1.30pm  
18 Apr Holy Communion, 9.30am  
21 Apr Private prayer, 12.30 – 1.30pm  
28 Apr Private prayer, 12.30 – 1.30pm

## St Michaels, Myddfai

- 2 Apr Good Friday, 6.00pm  
11 Apr Morning Prayer, 11.30am  
25 Apr Eucharist, 11.30am

## Llandingat, Llandoverly

- 2 May Morning Prayer, 9.30am  
5 May Private prayer, 12.30 – 1.30pm  
12 May Private prayer, 12.30 – 1.30pm  
16 May Holy Communion, 9.30am  
19 May Private prayer, 12.30 – 1.30pm  
26 May Private prayer, 12.30 – 1.30pm  
30 May Holy Communion/Cymun Bendigaid, (Bilingual/dwyieithog), Joint, 10.30am

## St Michaels, Myddfai

- 9 May 11.30am Morning Prayer  
23 May 11.30am Eucharist

Please let Paul or Gina 720790 know if you are hoping to attend a service. All Eucharist services are bread only. Please remember that you have to wear a mask, if you are able. Please wrap up warm there will be no heating on during the services.

## St David's Catholic Church, Llandeilo

Sunday Mass 11.00a.m.  
During the present Covid Virus crisis booking is essential for Sunday Mass  
Weekday Masses – see notices or Telephone – 01558 824305 Mob: 07507 071337 for details.

## Our Lady's Catholic Church, Llandoverly

College View SA20 0BD (Served from Lampeter)  
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Booking not essential  
Wednesday 10.00 a.m.  
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Email: davidkeithevens@hotmail.co.uk for details.

## St Michael's, Cilycwm

Easter Service Sunday, 10.30am

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## TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)  
patmanlew@gmail.com  
patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)  
tinnelson@btconnect.com

Revd Rik Mayes 01558 685186  
revrmayes@hotmail.co.uk

## LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534  
revpaulpritchard@gmail.com

## LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)

Revd Viv Sayer 01550 777200  
revd.viv.sayer@gmail.com

## LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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For further information or to contact Pastor Rob please visit  
[www.williamspantycelyn.co.uk](http://www.williamspantycelyn.co.uk)

# TOWY VALLEY CAMERA CLUB

Like many other camera clubs who have had to make significant adjustments to the way they operate due to the COVID-19 restrictions, Towy Valley CC has embraced the use of Zoom and will use it to run the programme for the foreseeable future. All our Zoom meetings will commence at 7.30pm.

## Programme for April to August 2021

- Monday April 12th Competition 2 with Judge Leigh Woolford.  
Monday April 26th Double Act 2 with Guy and Paula Davies.  
Monday May 10th More New Work with Dennis Russ.  
Monday May 24th New Digital Adventure with Colin Harrison.  
Monday June 14th Mono For You with Gareth Martin.  
Monday June 28th Competition 3 with Judge Harry Gardiner.  
Monday July 12th Mike In Colour with Mike Clatworthy.  
Monday July 26th Stars, Galaxies and Diamonds with Ian Ledgard.  
Monday August 4th Competition 4.

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. The club has much to offer both the experienced photographer, and new-comers, with 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](http://www.towyvalleycameraclub.org.uk)

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**BOOKS AT THE DRAGON'S GARDEN**, we sell new books and specialise in nature writing, current affairs, art, food, travel, permaculture, gardening, fresh off the press new fiction, and a selection of classics, in both English and Welsh. We have an inspiring children's section, and a fabulous collection of cards, wrapping paper and Fair Trade gifts. We sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds & veggies. We're an appointment only bookshop, you get the shop to yourself for a minimum of an hour! We're open 11.00am – 5.00pm on Monday, Thursday, Friday & Saturday & 2.00 – 5.00pm on Wednesday & Sunday. To make an appointment ring us on 01550 777915, email: enquiries@dragons-garden.com or visit our website www.dragons-garden.com we also sell online. *09/21(12)*

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**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 06/21/6)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 20 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. 04/21/12)

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP.** As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 12/21/12)

## 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. 11/21/12)

## 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. 06/21/6)

**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 08/21/12)

## 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. 02/22/12)

## FINANCIAL ADVICE

**PLAN YOUR FINANCIAL FUTURE.** Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. For additional information visit https://www.linkedin.com/in/malcolmsimpson/ 07/21/6)

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 07/21/12)

# THE POST

# ADVERTISING

# you CAN afford

## 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 rocky 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 04/21(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](http://www.agap-landscapes.co.uk). 07/21(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](http://www.gardenpursuit.co.uk) 02/22(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](mailto:dilwynlloyd2@gmail.com) 08/21(6)

**TALLEY GARDENING:** Lawn and hedge cutting, Strimming, Garden maintenance. Also available for holiday let changeover cleans. Tel: Geoff 01558 685959 – 07936 750290. 08/21(6)

## HEALTH AND WELLBEING

**LLANDEILO ORGANIC HEALTH AND WELLNESS.** Do you prefer to shop local Welsh products? Are you looking for way to support your immune system and digestion? Would you like help to detox, lower inflammation and reach your ideal weight at home? Do you believe you deserve the purest, cleanest and most natural ingredients available? Magical Mushrooms.World is based in Llandeilo, we believe good health is found in nature and balance is key. All our formulas are organic and vegan or vegetarian, perfectly synergised to help you achieve balance in body and mind. We care passionately about your safety and for that reason we have brought our products on line, so you can browse and purchase from the comfort of your own home. We love to see you online and chat, don't hesitate to ask any questions you like. Take care and hope to see you soon on: [MagicalMushrooms.World](http://MagicalMushrooms.World) 07/21(6)

## HEATING OR RENEWABLE HEATING

**LLANDEILO BASED BUSINESS,** delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 [info@birdshill.wales](mailto:info@birdshill.wales) [www.birdshill.wales](http://www.birdshill.wales) 03/21(12)

## HYPNOTHERAPY

**HYPNOTHERAPY AT HOME. Feeling low?** These troubled times have impacted many people's peace of mind and sense of well-being, leaving a deep furrow of stress and anxiety. Hypnotherapy is a natural technique that sets you back on the road to wellbeing and happiness, to help you discover again your enjoyment of life and rekindle the spark of positivity and hope. I am Duncan Lochhead, a registered clinical hypnotherapist in Llandeilo, offering hypnotherapy via online video-conferencing in the comfort of your own home. You can contact me on 07782 482511 for an initial consultation with no charge, or visit my website to find out more [www.hypno-at-home.co.uk](http://www.hypno-at-home.co.uk) 06/21(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. 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. 04/21(12)

## JOINERY

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: [info@harryguilecarpentry.co.uk](mailto:info@harryguilecarpentry.co.uk) [www.harryguilecarpentry.co.uk](http://www.harryguilecarpentry.co.uk) 04/21(12)

## LIPREADING CLASSES

**HARD OF HEARING? WANT TO IMPROVE YOUR LIPREADING SKILLS? WOULD YOU LIKE TO JOIN A LIPREADING AND MANAGING HEARING LOSS CLASS?** Due to the current situation these groups are run online and no more than a group of six. When the chance arises hopefully that can become face to face. I am offering an initial free lesson to see if this would be of use to you. I am a qualified Lipreading Teacher, qualifying in 2009. For more information please contact Anne on Mobile no: 07939 567846 text or ring or email: [aolipreading@btinternet.com](mailto:aolipreading@btinternet.com) 05/21(6)

## 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](mailto:jerry@thetump.co.uk) 06/21(6)

## MONUMENTAL MASON

**BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS** made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit [www.hummerstone.wales](http://www.hummerstone.wales); to discuss your requirements and for a free quotation e-mail [gabriel@hummerstone.wales](mailto:gabriel@hummerstone.wales) or 'phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. 08/21(12)

## PAINTER & DECORATOR

**HAYDN ADAMS,** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://www.haydnadams.co.uk) 09/21(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.com](mailto:philashworth@hotmail.com) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) 03/22(12)

## PEST CONTROL

08/21(12)

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

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 04/21(6)

## 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. 08/21(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. 05/21(12)

**DOUGLAS WAUGH.** Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 04/22(12)

## PROPERTY MAINTENANCE

**PROPERTY MAINTENANCE:** From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 12/21(12)

## 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. 11/21(12)

## TUITION

**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 Montaigne on 07969 887271 or Email: info@panio.co.uk 03/21(12)

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 02/22(12)

## WILL WRITING SERVICES

**MB WILLWRITING.** Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at info@mbwills.co.uk 01269 542742 www.mbwills.co.uk 09/21(12)

## WINDOW CLEANING

**WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER** Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 02/22(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. 07/21(12)

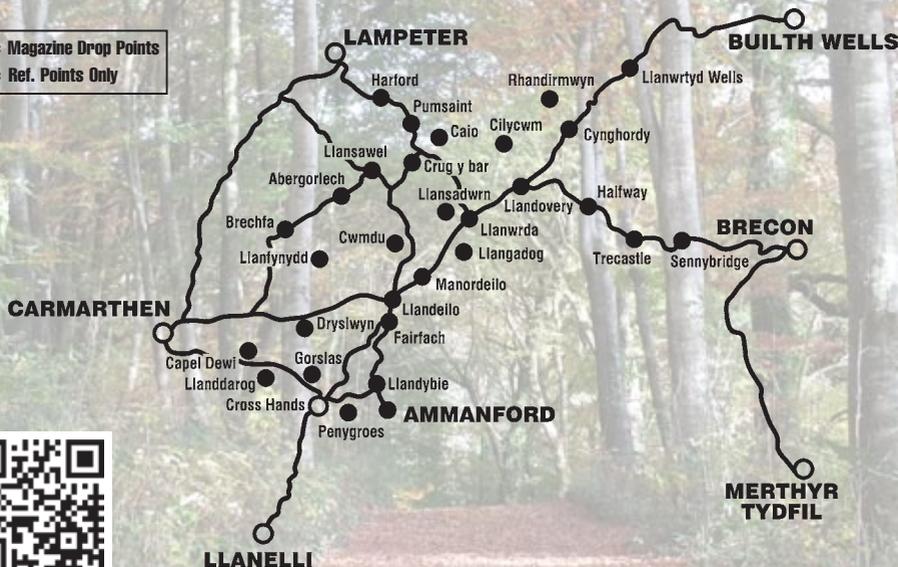
**YOGA CLASSES:** Cefneithin hall 6.00 – 7.15, Llangathen Hall wed 9.15 am, Fri 9.15 – 10.30am, Fri 18.00 – 19.15pm. All classes are being recorded on zoom if you can't make it in person for different reasons. Head to the website www.goldengroveretreat.co.uk if you would like to book on. These classes are a combination of vinyasa flow and yin yoga. 06/21(6)

# 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.

- = Magazine Drop Points
- = Ref. Points Only



## ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

**THE RATES QUOTED BELOW ARE PER ISSUE**  
and include series discounts for 3 months, 6 months and 12 months.

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£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
<b>HALF PAGE</b> (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
<b>QUARTER PAGE</b> (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
<b>EIGHTH PAGE</b> (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
<b>SIXTEENTH PAGE</b> (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 13:30 – 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 Sunday of each month 12.00 – 4.00pm. 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.

**Towy Taxi,** Llandovery. Tel: 07544 624411.

### MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

### AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

### BRECON ADVICE CENTRE

Tel: 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

**Traveline: 0871 200 22 33**

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar, Community Cen.	10.13	Crug-y-bar, Dyffryn Anell	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

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

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgareidig (square)	14.04
Salem (opp. Angel Inn)	9.30	Felindre	14.16
Capel Isaac	9.40	Capel Isaac	14.40
Felindre	10.04	Salem (Angel Inn)	14.49
Nantgareidig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

	281	280	281	280	281	280	281	280	All services operate Mon-Sat
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, Capel Saron	7.39	9.31	—	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	12.20	14.20	16.20	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 (War Memorial)	—	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 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

## PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; [www.actif.cymru](http://www.actif.cymru) ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

## LLANDOVERY SWIMMING POOL

Please see website; [www.actif.wales](http://www.actif.wales) for our list of opening hours, activities provided and how to book and Pay.

### Train Times (Heart of Wales Line)

**CORONAVIRUS UPDATE** – The Welsh Government has confirmed the essential travel restriction on public transport has been lifted, opening up trains and buses to more potential passengers.

Timetables severely limited at present, only two trains each way every day, based on the normal Sunday service timetable (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds.

All tickets can be purchased online, on the train and from Llandrindod Station Ticket Office, Station Crescent, Llandrindod Wells, Powys, LD1 5BE. Tel: 01597 822053. Also Llanelli Station Ticket Office (mornings only), Swansea Station and Shrewsbury Station. TfW mobile tickets can be sent straight to your Android or Apple phone. You just need to download the TfW app from the App Store or Google Play and select 'm-ticket' or 'mobile ticket' as your delivery option.

[www.tfwrail.wales](http://www.tfwrail.wales)

Tel: 03457 484 950

or visit [www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

x = Service stops on request  
xx = Starts from Carmarthen