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# ROSES WITH A DIFFERENCE

on page 6



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

# ALL ABOUT *The Post*

**COPY DATE**  
for next issue:  
**15th April 2022**

**Next issue distributed:**  
**3rd May 2022**

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## *The Post* Future Copy Dates

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

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# GREGORY JONES

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# CELEBRATING A UNIQUE MEDICAL TRADITION

Eight hundred years of unbroken medical tradition will be celebrated at the annual conference of the Physicians of Myddfai Society on Saturday 25 June at Myddfai

Community Hall.

Dr Donald Williams  
The first speaker, Dr Robin Barlow, will set the scene by outlining the history of the tradition over the centuries. The artist William Wilkins will then relate the story of his forefathers – including surgeons David and John Jones, whose memorial stone can be seen in the foyer of Myddfai Church – and his grandfather, Dr John Edward Powell, who was a GP in Llandoverly at the beginning of the twentieth century.

After lunch, the Society's secretary, Dr Donald Williams, will talk about his long-term research project, the link between heading a ball and soccer players with dementia.

The Covid-19 pandemic will also be featured, and Mary Macgregor will recite a poem specially composed by her for the conference.

0722(6)



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**LLANDEILO AND DISTRICT  
OAP ASSOCIATION**

A meeting will be held in Llandeilo Civic Hall at 1.30 PM on Thursday 28th April.

After 2 years in very strange times, we look forward to greeting old friends and new faces. We look forward to taking the club forward into the future with fresh blood and new ideas.

Look forward to seeing you all.

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0822(12)



# WILDLIFE TRUST GROUP RE-LAUNCH

A meeting to re-launch the East Carmarthenshire group of the Wildlife Trust of South and West Wales will be held in Llandeilo on Tuesday 26 April at 7.30 pm at Capel Newydd Vestry Hall in Crescent Road. All lovers of wildlife will be very welcome, but everyone will need to wear a mask.

There will be a talk by Kevin Henry on the plight of the bee population and what we can do to help them. And a proposed programme for Trust members of locally organised outdoor events over the coming months will be outlined.

The Trust promotes the protection of wildlife across south and west Wales. It looks after the islands of Skomer and Skokholm and in this area its reserves include Poor Man's Wood in Llandovery and Castle Woods adjoining Dinefwr Park in Llandeilo.

More information about the work of the Wildlife Trust of South and West Wales, the benefits of membership and how to become a member will be found on the website [www.welshwildlife.org](http://www.welshwildlife.org).



## LLANWRDA CRICKET CLUB

In 2022 the club celebrates its thirtieth anniversary. There will be a match against the prestigious Marylebone Cricket Club on 17 June. You'll also see an electronic scoreboard, a new sight-screen and refurbished artificial pitch. It will be a great season to look forward to.

Nets for the seniors have already started. We are always on the look out for new senior players – weekly for the 1st XI, or on a casual basis for our Occasionals XI who play midweek games. If interested in any of the teams, please contact Adrian Davies on 07867 794771 for more information.

Training for the juniors starts indoors at Llandovery College sports hall at 6pm on 1/4/22, 8/4/22 and 15/4/22 (this might change because it's Good Friday).

Outdoors training starts at Castle Fields on 22/4/22 & 29/4/22.

All Stars & Dynamos – officially start 6/5/22 and runs until August.

There will be festivals on Sundays for the U9s, U10s and U12s.

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 147464 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.

Please call Liz on 07791 241197 for details about the Women and Girls' team.

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 Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867 794771 for more information.

### LLANWRDA C C BONUS BALL WINNERS

23/02/22	20	Barry Clement
02/03/22	32	No winner
09/03/22	45	No winner
16/03/22	12	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.

## LLANEGWAD RAINFALL



Rain Fell on 21 days this month. The wettest day was 13th – 35mm.

February Total: 213.25 mm – 8.3/8"

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## **ABERGLASNEY GARDENS' HEAD GARDENER, JOSEPH ATKIN, EXPLAINS HOW WE CAN USE ROSES IN ALL AREAS OF THE GARDEN**

One of the great things about gardens is that they should never stand still and this is certainly the case at Aberglasney. Each year we try to improve on the display, usually by lengthening the season of interest or by creating new features. These types of changes and projects are usually carried out in the winter. Over the last two years we have done a great deal of work with roses building a Rose Arber and planting a huge Rose wall. This has led to us looking at how we can use Roses in other areas of the garden. This is primarily by mixing them into our other displays which are mainly informal. Over the years we have found that the more common Tea Roses are both hard to grow and use. This is mainly due to the climate at Aberglasney and the type of garden we have. This has meant we have had to try the more unusual or wilder roses which make excellent garden plants.

The great advantage of these Roses is that they get less disease but also make excellent garden plants. Many have the added advantage of attractive foliage, nice hips, or autumn colour, which means they can be mixed with other shrubs very well. Another bonus is that many flower in midsummer which is often a hard time to get flowers in the shrub border.

The Rugosa types are extremely useful plants as they flower all summer and make a good foliage plant with hips and autumn colour. They make excellent hedges or screens, we often use them at the back of borders to add height. The Rugosa and most of these types of Roses also have excellent fragrance. There is one white one planted on a corner which always seems to have a visitor with their nose buried in it.

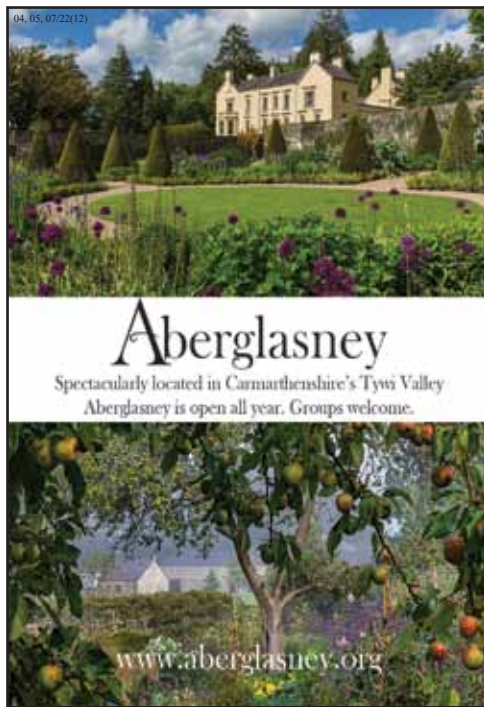
We also grow many ramblers which provide a wonderful burst of colour and scent in early summer. As they are so vigorous, they make a huge impact and are excellent for covering large walls or garages. They can also be grown as free-standing shrubs but they take up a huge amount of room.

There are some excellent shrub Roses that are much more manageable, we grow the Gallica Roses in the formal Cloisters where they make a wonderful display mixed with *Lavandula Angustifolia* and *Erigeron Karvinskianus*. Another type of shrub Rose which

does very well with us is the moss Rose which again provides good foliage, but they also have very fragrant old fashioned type flowers. These are generally early flowering usually in June which can be a bonus.

We are trying a great number of old fashioned and wild Roses in different areas of the Gardens which is very exciting as they allow for new combinations and add interest at different times of the year. Generally, Roses need a fair amount of sun and therefore what you grow with them needs the same. When you use shrub Roses in borders there is a great opportunity to plant next and under them to give a long season of interest. So far, we have tried Snowdrops and Hellebore for early spring Narcissus and Tulip for mid spring and Allium 'Purple sensation' for late spring. By this time the Roses come into flower and with some variety you will have blooms all season. Cranesbill, Delphinium and Hollyhocks will make great midsummer companions. Elsewhere in the Gardens we are mixing the natural looking Roses with shrubs and under planting with robust ground cover perennials like Comfrey. So, whether we want high or low maintenance areas there is still a place for these types of Roses which in themselves are less work than the normal Tea Roses. So thorns aside, they are well worth thinking about.

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06/22/23





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04/22(1)



# LLANWRTYD HERITAGE AND ARTS CENTRE LAUNCHES NEW HERITAGE TRAIL

On 2nd April 2022 the Mayor of the town, Jim Davies, will unveil the first plaque in the new trail that has been developed around Llanwrtyd Wells.

Funded by the National Lottery, there are two trails, the Town Trail takes approximately 45 minutes and the Country Trail about 90 minutes both easy, predominately flat walking.

Each building/location will have a special plaque with a brief description and the trail will be clearly marked with waymarkers.

We would encourage people to first visit the Heritage Centre and collect a brochure which gives information about the locations and a map of the route.

We are particularly pleased to offer a Children's Trail which follows the same route as the main trail but has been developed to encourage children to learn about the history by 'finding the frogs' along both the town and country trails. A special Children's brochure is available from the Centre which details their trail, giving historic information along with puzzles and questions which can be answered by following the route and then on return to the Centre they will be given a gift for the successful completion of the booklet. Thus providing an entertaining walk for the whole family.

Brochures are also available from dispensers by the door when the Centre is closed.

Many of the locations in the town have an interesting history and walking the Heritage Trail is an excellent way of learning about Llanwrtyd Wells and taking in the beautiful surroundings and we hope will be enjoyed by residents and visitors alike.

The Heritage Centre is open Thursday – Sunday, 10.00am to 4.00pm and Bank Holidays.

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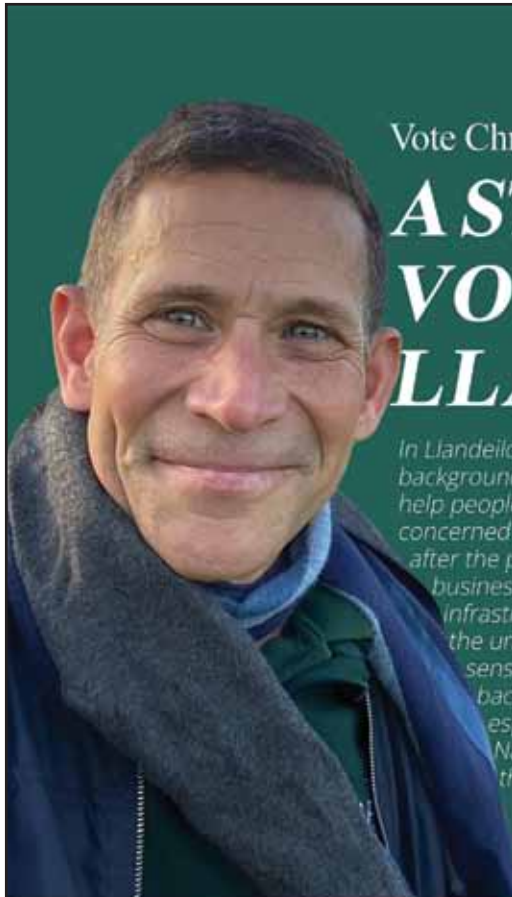
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## **My priorities for Llandeilo are:**

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-  **Improving our primary schools' facilities**
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Dydd Mercher Ebrill 13eg am 2 y p yn y Neuadd Gatholig.

Audrey 721612

Eluded 720825

Marian 720370

## Llandoverly u3a

As with other organisations here at u3a it has been rather slow to get meetings going again. I am pleased to report that we are progressing quite well with some new members. Enthusiasm is growing and we are looking forward to a much more active Summer. We may even be able to plan one or two visits.

At the moment we are meeting in the Castle Hotel at 10.30am for 11am.

The dates for April  
Wednesday 6th April  
Wednesday 20th April

We are enjoying informal meetings with lots of chat and some interesting discussions following current issues.

For further information contact – Anne Lynd-Evans 01550 750286

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08/22/12



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a Phorth Ymwelwyr

LLANDOVERY MUSEUM  
& Visitor Gateway

## LLANDOVERY MUSEUM SET TO REOPEN AFTER WINTER BREAK

Good news from Llandovery Museum, which hopes to reopen by Easter. Although it has been closed during the winter months, volunteers have been busy cataloguing the contents and rearranging the displays.

"We are now looking forward to welcoming visitors, hoping that the response will be as good as last year," said Curator Jane Carter.

Jane would also like to find out more about the clog makers who were once active in the Llandovery area.

At one time, tall stacks of clog soles were a familiar sight in the vicinity, with as many as thirty men sometimes working in one camp.

After splitting a piece of wood, the bark was removed before the wood was roughly shaped with a small axe. The pieces were then thrown into a tent where the clog soles were made.

These would be divided into four piles, according to size, and dried in huge stacks, before being shipped to Lancashire.

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Photo: A stack of clog soles near Llandovery

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08/22/12



# LLANDOVERY FLORAL ART SOCIETY

A lovely time was had by us all on Wednesday when our very own Pat Llewellyn demonstrated for us. She started by taking us through the way to create our very own living wreath. I was the lucky one as I won the wreath ring, moss and succulents to make my own. Picture evidence to follow on how well it goes. Thank you Pat for being there despite the traumas of the last few months. You were worried you might have forgotten how to demonstrate after the last two years but I can assure you were as good as always.

It was lovely to welcome back old friends and new and things are looking good for the year ahead. Although we are still desperately looking for a secretary. Helen and I were wandering if we could have a small team to share the burden and come up with new ideas and some more inexpensive demonstrations or talks to help stretch our funds.

Wednesday 20th April, in the Catholic Hall. We will return to our normal time of 7pm to 9pm. Our demonstrator will be another NAFAS demonstrator, Kathryn Lee, another very talented lady who has been with us before.

Heulwen was still in hospital last week but Gareth was hopeful she will be home soon. She is making steady progress

Please let me know of any members who are under par. Keep smiling and talking with each other, but most importantly continue to keep safe, but let's continue our journey to some form of normality.

Gina.



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## LLANDOVERY GARDEN CLUB

At last I am writing to you optimistically looking forward to starting up our regular meetings and organising trips to visit Gardens. In order to be able to arrange these things in advance we, the Committee Members, need to know we have sufficient members to run our club. As the Dolau Bran Hall is not open yet I have booked the Catholic Hall for a meeting on Tuesday 12th April from 7.00 – 9.00pm. Please come if you can to discuss our plans for the future, and let me know if you cannot attend. Please tell your friends and anybody you know who would like to join us. It will be so good to see and talk with you all again and great to see newcomers too. My phone number: 01550 720771 or 07525 727333.

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## NEWS FROM THE TOWN HALL

Election time is here again, and we have some vacancies on Llandoveria Town Council. When we are complete, we are 14 councillors serving the town's people. We meet at 7 pm on the 3rd Monday of every month except August. In May, we hold our AGM on the Thursday prior to our Monday meeting when our new Mayor takes their position as chairperson of the council.

The post of town councillor is voluntary; however, there is a small annual gratuity towards expenses. As councillors, we are expected to serve on subcommittees, which may mean extra meetings, usually held in the evenings, some months, and attend town events.

We try our best to serve the town's people as best as we can. Unfortunately, we do not have the power to make decisions on everything we would like; however, we have good contacts and can be an essential voice in getting things done. Knowing the right place to go and the right person to speak to is a great help. We have a budget raised from the taxpayers each year to spend for the town's benefit, and much of our work is initiating and facilitating projects to use taxpayer money in the best way possible. We work as a committee under the guidance of our Town Clerk.

If you, like me, treasure the opportunity of living in this wonderful community, come and join us on the council and help do the best we can for the town and all who live here. We would especially welcome new ideas, young outlooks and a challenging project or two.

We may or may not have an election in May, that depends on how many decide to stand, but we will need to fill the vacancies in the coming months. Think hard. Could you spare the time to join us and bring your thoughts and ideas on the growth of Llandoveria to the Council?

It is an exciting time to become a Town Councillor as May 2023 sees the Eisteddfod yr Urdd coming to Llandoveria for the first time. It is anticipated that over 100,000 visitors will attend the week-long festival. This is a once in a lifetime event and therefore important that the Town Council works closely with local businesses to raise awareness of the opportunities such an influx of visitors will provide and to hopefully ensure their enjoyment and experience in Llandoveria leaves them all with such a positive lasting impression that they will want to visit again in the future.

## LLANGADOG W.I.

We had a very interesting talk from Sera about her time working at the Savoy Hotel, London at our March meeting. Our competition, "favourite desserts", first prize to Chris, was for her Lemon Meringue Pie recipe. We welcomed another new member, Maureen, to our group. We hope she enjoys her time with us. This month, April, we will have a speaker to talk to us about pearls. Anyone who is interested in coming along will be made most welcome. Meetings are the first Thursday of every month, held at the Llangadog Community Hall at 7.00p.m.



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07/22(12)



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10/22(12)



less stressed they felt at the thought of not having to walk down an aisle or speak in front of a large group.

There are lots of ways and reasons to celebrate love, unity, and commitment. There's the marriage, the micro-wedding, the big fancy wedding of course. Then there's vow renewals when you hit a landmark number of years; 10th, 20th, 25th anniversary. But what about other reasons? What about those times when appreciating your partner should be more than a date night, a snog, or a small gift? Maybe between you, you have achieved something magnificent. Maybe you've survived some trauma together and want to express how the other helped you. Perhaps it's time to acknowledge or reaffirm how much you appreciate your partner; thank them for how much more magnificent you are with them than you already were! Perhaps you have added to your family and want to welcome that element into your partnership.

There are lots of reasons to create a ceremony to acknowledge, recognise and celebrate your partnership; what you give to each other; what you've survived; and how you promise to support each other into the future. We'd describe these celebrations as 'non-weddings'. And we're big fans.

Ask the Celebrant is a conversational podcast answering your questions and goes live monthly on 28th of each month. The first episode introduced the two of us and clarified in more details what a Celebrant actually is. The next episode focuses on rethinking weddings and looking at other reasons to celebrate love, unity, and commitment.

Future episodes are up to you and will depend on the questions you ask. We will even be bringing along guest speakers.

To contact us simply email: [alternativecelebrant@outlook.com](mailto:alternativecelebrant@outlook.com) or [dinah@gratefulcelebrant.com](mailto:dinah@gratefulcelebrant.com)

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Welcome to Episode 2 of "Ask A Celebrant" where Dinah and I answer your questions pertaining to the role of a Celebrant.

Firstly, thank you all for your feedback following our first episode. This column hopefully will, tempt you to seek us out on your favourite media player. Episode 1 focused on what a celebrant actually is and does. It introduced us and discussed how wide a variety there is within the independent celebrant community. As with its name, the purpose of Ask A Celebrant is that we answer your questions and, after the first episode, we received loads.

A large bulk of those questions related to weddings. After the whole trauma of covid, along with wedding postponement; wedding supplier closures and loss of deposits; many couples chose to rethink and go for a smaller, more intimate celebration. Couples seemingly began to pare back and focus on the real reasons for wanting to get married and have a wedding celebration. Which parts of the process were truly reflective of them? Some chose to get on and get the legal bit done, the marriage contract, and have a wedding celebration at a later date, or an anniversary celebration a year on, instead. Some decided to cut out the legal bit all together and just find a celebrant, take their most important friends, and exchange promises under their favourite tree. The focus became more about the two of them and how they felt, and what they wanted to say to each other. Many chose a location that had a personal significance to them... even their garden, the venue of their first date, or their local beauty spot where they'd walked and exercised during the lengthy lockdowns.

The 'micro wedding' became, and remains, popular. Least of all for its smaller budget. Many people decided they wanted to celebrate in a more environmentally conscious way. Others saw the benefit of retaining the cash for a deposit on a future home. Others realised how

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06/22(12)

## APRIL FLOWERS WITH DINEFWR RAMBLERS

After the early Spring storms, Dinefwr Ramblers are planning walks to enjoy the April flowers, wildlife, countryside and coast in our beautiful part of Wales. As the days grow longer, it's easier to venture further afield – west to Amroth, north into Powys and further east in the Brecon Beacons National Park. With higher fuel prices and lower Covid rates in mind, some walkers are willing to share cars, which makes parking easier in rural areas.

Ros Bellamy of Dinefwr Ramblers says, "We welcome new people to try a few walks with us and see how sociable it is to walk and chat. There are so many paths to explore, even in familiar areas we're often finding a new route. Spring is a wonderful time here, with the flowers and trees, lambs in the fields – and of course the Easter break giving people more time to enjoy nature."

Find out more about the group and their walks at:  
[www.dinefwrramblers.org.uk](http://www.dinefwrramblers.org.uk)

## DRAWING AND PAINTING TUITION



Drawing and Painting tuition classes with creative practitioner. These take place at the Civic Hall, Llandeilo, every Wednesday between 11.00am and 1.00pm. Contact: [g.caminade1857@gmail.com](mailto:g.caminade1857@gmail.com) for info and bookings.

For the Conversational French, these take place on zoom. Contact: [amelie.vivelafrance@gmail.com](mailto:amelie.vivelafrance@gmail.com)



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07/22(6)

## Padma Sam Bhava Yoga & Meditation Centre

Spring really does seem to have arrived and everyone at Padmasambhava hopes you are well and enjoying the vitalizing energy and season, with the many flowers in bloom, trees bursting into leaf and the abundance of our special Welsh flower, the daffodil.

Padmasambhava looks forward to the Summer term which starts on Monday April 25th. Yoga can be a steady reference in a topsy turvy world. The Centre is offering a 6-week 'Spring into Summer' Introductory Yoga course starting Wednesday 8th June at 6pm. This class will provide a foundation in gentle yoga movements, breathing practices and relaxation. Taken together these practices touch upon the heart of yoga and the class is suitable for those new to yoga and students wishing to refresh or restart practice. The practices of yoga can help to overcome distraction and worries of the moment, bringing focus on a deeper, clearer and brighter energy. If circumstances allow, this class will be held face-to-face at the Centre, with numbers limited.

Padmasambhava offers a good selection of mostly online classes suitable for many ages and abilities, from the daytime class on Tuesdays to a selection of evening classes. Chair based yoga has now moved to Wednesday morning, with a new time of 10 - 11.00am. Help is given, as needed, to become familiar with classes online.

The Centre is there for students old and new – so please do call Padmasambhava 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 – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email [mail@padma.org.uk](mailto:mail@padma.org.uk) More information at [www.padma.org.uk](http://www.padma.org.uk).

## LLANSADWRN ANNUAL APPEAL

We are as always very grateful for the financial support the church is given each year in response to its Palm Sunday appeal for the maintenance of the churchyard. This continues to provide a vital and precious facility to everyone in the parish, of all faiths or of none, and we are working to keep and develop it as a living symbol of God's Acre, a welcoming and peaceful place to visit.

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05/22(3)

# HATS OFF TO THE LLANDEILO LITFEST FOR REINVENTING ITSELF

When the pandemic struck last year, the festival went fully online. This year it will take advantage of the newly refurbished brand new Hengwrt (formerly known as Shire Hall) with its beautiful ambience and modern equipment.

In its fifth year the festival will go fully live again but also allow remote access via zoom streaming for some events.

"I'm so pleased with the programme the team came up with this year," says festival chair Christoph Fischer. "Llandeilo is a town of high standard festivals and we want to match the success of previous events."

Highlights this year include Owen Hurcum, not only Bangor's youngest Mayor but also the first openly non-binary one; the archdruid of Wales, Myrddin ap Dafydd, a session on Russian corruption and madness, Catrin Kean, winner of the Wales Book of the Year 2021, Welsh celebrities Carys Eleri and Non Parry, a story telling walk through Dinefwr Park with the winners of the Young Story Teller Of the Year Cymru. As always the festival features local authors, such as Kate Glanville, Helen Adam, Sian Collins, Ken Day and Geoff Brooks and a kaleidoscope of themes: from historical novels, queer writing and it's future, music, lyrics, landscape photography, poetry, Yoga and mindfulness to Grave

Tales of Wales, trauma and coercive control.

Some Welsh sessions will have simultaneous translation available and two fringe events in the Foyer and in Flows next door on Sunday will combine the music of Fiddlebox with poems from the Wild Women who write in West Wales (W6) and local musician Alan Thomas.

"With almost all events under one roof and the bookshop in the foyer it is the first year we have one location in the centre of town," says Christoph Fischer. "There is enough time between sessions this year to explore the town and take advantage of the food and shopping in town. We secured financial support from Literature Wales, the Llandeilo Town Council and local businesses, all working together to keep Llandeilo as the charming destination town it is."



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04/23(12)



# LLANDEILO LITFEST

April / Ebrill 22 – 24 2022 April

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A weekend celebrating the written and spoken work. Simultaneous translation and zoom links to watch remotely will be available for some sessions.

Up to date details will be on our website <https://llandeilolitifest.org/>

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Email: [LlandeiloLitFest@mail.com](mailto:LlandeiloLitFest@mail.com)

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## Programme / Rhaglen

(subject to change):

Dydd Sadwrn / Saturday 23/04/2022

11:00 Geoff Brooks  
"THE GRAVE TALES OF WALES"



Novelist and historian, Geoff Brookes, uses dramatic and unexpected stories hidden within forgotten graves across the whole of Wales. This is history that you can touch and feel. **English**

11:00 Owen Hurcum  
"DON'T ASK ABOUT MY GENITALS"



At 25 years old, Owen Hurcum is the youngest ever Mayor of Bangor, and the first openly non-binary Mayor of any city worldwide. Join Owen and Gwilym Roberts in conversation about Owen's forthcoming book, an introductory manifesto for Trans and Non-binary rights and equality, that examines the lived experiences of genderqueer people in a binary world. **English – Streamed Live via Zoom webinar**

12:00 Bilingual Story telling Walk

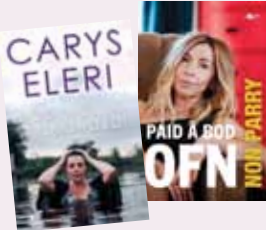
Story Walk. Start point – Newton House, Parc Dinefwr. End Point - Hengwrt. Performers: Ceri John Phillips, Tamar Eluned Williams, Fiona Collins, Chris Baglin, winners of Young Storyteller of the Year Cymru.



Taith Gerdded Stori - i'w chynnal ddydd Sadwrn. Man cychwyn - Parc Dinefwr. Man gorffen - Hengwrt. Perfformwyr: Ceri John Phillips, Tamar Eluned Williams, Fiona Collins, Chris Baglin, enillwyr Storiwr Ifanc y Flwyddyn Cymru. **Bilingual**

13:00 Non Parry / Carys Eleri **PROFIADAU O ISELER**

Dau hunangofiant gan ddwy ferch amlwg ym myd y cyfryngau. Carys



Eleri, actores achomediwraig, a'r gantores Non Parry yn trafod 'Dod 'Nól At Fy Nghoed' a 'Paid â Bod Ofn' yng nghwmni'r gyflwynwraig, Heledd Cynwal. **Welsh**

A frank talk by Welsh celebrities Carys Eleri and Non Parry about the struggles of mental health as outlined in their recent autobiographies – **Streamed Live via Zoom webinar**

13:00 "The Wedding Thief" **TRAUMA AS CREATIVE MATERIAL**

In this session therapist Gwilym Roberts will talk with Helen Adam author of 'The Wedding Thief'. They will explore the alchemy of turning personal trauma into art as well as focusing on the use of different voices for different personality states, and using closed, religious cult as a metaphor for family secrets. **English**



15:00 "Beloved Tywi and Beyond" / "Diferion Dyfri"

A literary and photographic journey through the Tywi Valley. Handel Jones, editor of 'Diferion Dyfri', an anthology of poetry and images, and Ken Day 'Beloved Tywi and Beyond', encompassing his photographic work of the area.



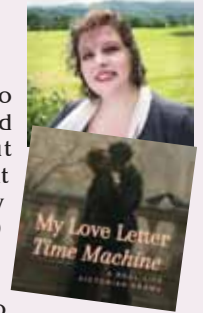
Taith drwy farddoniaeth, lluniau a ffotograffau gan ddau o'r ardal. Handel Jones a'i lyfr 'Diferion Dyfri' a Ken Day 'Beloved Tywi and Beyond'. **Bilingual**

15:00 Myrddin ap Dafydd 'Rhedeg yn Gynt na'r Cleddyfau

Myrddin ap Dafydd yn trafod ei nofel ddiweddaraf 'Rhedeg yn Gynt na'r Cleddyfau'. Mae'r nofel wedi'i lleoli yn Nyffryn Tywi adeg terfysgoedd Beca ym 1843. Heddyr Gregory fydd yn ei holi. It's the time of the Rebecca Riots in the Tywi Valley, the location of this new novel by the ArchDruid of Wales, Myrddin ap Dafydd. Welsh with simultaneous translation available – **Streamed Live via Zoom webinar**

17:00 "My Love Letter Time Machine" - writing for a podcast

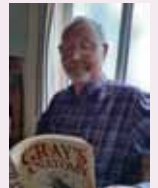
An interview with Llandeilo writer and artist Ingrid Birchell Hughes, about writing for a podcast that unfolds the true story contained in over 200 Victorian love letters. Ingrid takes her listeners back 140 years each week to the 1880s to reveal the dramatic, funny and sometimes heart-breaking story of her great, great grandparents. **English**



17:00 "Salt" – Wales Book of the Year 2021 Catrin Kean's debut novel 'Salt', based on the lives of her great-grandparents, won Wales Book of The Year in 2021. She is currently working on a second novel. She lives in Cardiff with her partner and three ridgeback dogs. **English**

18:30 Mick Evans **ON MAPS, A BIT OF BURLESQUE, AND A FEW LIGHT AIRS**

Join local poet and national prize winner Mick Evans as he reads from his publications with Cinnamon Press. Dominic Williams of write4word hosts this event where Mick reads poems on a range of topics including love and nature, being a bad gardener, and enduring troubled times. English - **Streamed Live via Zoom webinar**



18:30 Allan Bilton  
**RUSSIAN HISTORY  
REPEATING ITSELF?**

Local author Alan Bilton presents his fantastical and wildly exuberant historical novel "The End of the Yellow House", set in a sanatorium cut off by the chaos of the Russian civil war in 1919. In his talk he draws parallels to the current crisis in Ukraine  
– **English**



13:00 Iwan Bala & Sion Aled  
**"RHWNG PLA A PHLA"**

Dyddiadur, mewn celf a cherddi Cymraeg a Saesneg, o'r cyfnod diweddar yn ein hanes. Dyma gipolwg Siôn Aled ac Iwan Bala ar gwrs eu byd yng nghysgod y ddau bla: COVID-19 a Brexit.



A journal, in art and verse (both Welsh and English) of the recent period in our lives. Siôn Aled and Iwan Bala give us a glimpse of how they view their world in the shadow of the twin plagues COVID-19 and Brexit. Welsh with simultaneous translation available

**Dydd Sul / Sunday 24/04/2022**

11:00 Alan Llwyd & Wyn Thomas  
**"CYMRU MEWN 50 CERDD"**

Mae Alan Llwyd yn Athro ym Mhrifysgol Abertawe ac mae'n awdur nifer helaeth o lyfrau. Mae ei lyfr diweddaraf, Cymru mewn 50 Cerdd, yn flodeugerdd o gerddi i wahanol leoedd yng Nghymru gan nifer o feirdd, ynghyd â lluniau lliw ar bob tudalen.

Prof Alan Llwyd discusses his recent book "Cymru mewn 50 cerdd" (Wales in 50 poems)  
**Welsh**

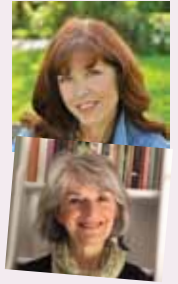
11:00 A Queer Square Mile

A ground-breaking anthology of the best queer short stories from Wales. Crystal Jeans, a short story writer and novelist and David Llewellyn, a novelist and script writer based in Cardiff, discuss the long tradition of queer writing and its future with critic and writer Isaac Romanov.  
English - **Streamed Live via Zoom webinar**



13:00 The Importance of Location in Novels

Local authors Kate Glanville and Sian Collins talk to Seonaid Francis about the importance of location in their novels. They both use the scenery of Wales to inspire fictionalised locations and storylines. They discuss the places which have shaped them as writers and their journey to becoming published authors. English - **Streamed Live via Zoom webinar**



14:00 Music and Lyrics – Flows on Market Street

Alan Thomas and Cadence playing tunes and talking lyrics

15:00 Glan Davies  
**"O'R AMAN I'R YSTWYTH"**

Mae Glan Davies yn wyneb cyfarwydd trwy Gymru gyfan. Bu'n actio mewn nifer o ffilmiau a rhaglenni poblogaidd ar S4C yn cynnwys Pobol y Cwm. Gweithiodd yn agos gyda nifer o fawron y byd adloniant, yn cynnwys Dafydd Iwan, Ryan a Ronnie a Gari Williams ac mae ganddo stôr o straeon difyr i'w hadrodd.



12:00 Fiddlebox & W6

Fiddlebox are violinist Helen Adam and George Whitfield on accordion. They will present a sparkling set of Klezmer tunes. Klezmer is the evocative and passionate traditional music of the Ashkenazi Jews from Eastern Europe. Their music will be interspersed with poems from the awesome local writers collective, Wild Women Who Write In West Wales.



Glan Davies is a familiar face having appeared in S4C's soap Pobl Y Cwm; he has worked with many notable names in Welsh entertainment including Dafydd Iwan and Ryan and Ronnie. **Welsh**

15:00 Julie Ann Rees  
**“PAPER HORSE”**

Local author Julie Ann Rees discusses her new book, Paper Horse, and surviving coercive control with Henk Schmit. A bold, insightful and satirical description of how easy one can be drawn into an abusive relationship, and how love can help you escape and flourish. “Impossible to put down” Western Mail.



Awdur lleol Julie Ann Rees yn trafod ei llyfr newydd, Paper Horses, a goroesi rheolaeth orfodol gyda Heml Shmit.  
 English - **Streamed Live via Zoom webinar**

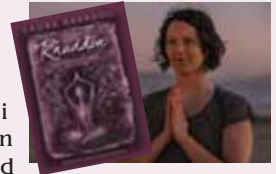
17:00 Tracy Rees  
**THE FAIRY TALE JOURNEY TO BECOMING A BEST-SELLING WRITER**



Swansea author Tracy Rees was working as a waitress when she won The Richard and Judy

Search For a Bestseller competition in 2014. Since then she’s had six historical and two contemporary novels published and her books have been translated into twenty languages. She talks to fellow author Kate Glanville about becoming a best-selling novelist. English - **Streamed Live via Zoom webinar**

17:00 Laura Karadog  
**“RHUDDIN”**



Laura Karadog a’i gŵr, Aneirin, yn trafod llyfr newydd Laura “Rhuddin”, sef ymddiddan y corff a’r enaid. Cyfrol unigryw a gwreiddiol yn y Gymraeg sy’n cyflwyno ysgrifau a cherddi newydd sbon ar wahanol themâu’n ymwneud â yoga a meddylgarwch.

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**SATURDAY**

11:00	Geoff Brooks: The Grave Tales of Wales	English
11:00	Owen Hurcum: Don't ask about my genitals	English
12:00	Story telling Walk: Story telling Walk	Bilingual
13:00	Non Parry / Carys Eleri: Profiadau o Iselder	Welsh
13:00	Wedding Thief: Helen Adam	English
15:00	Ken Day / Handel Jones: Dyfri a Thywi mewn cerdd, llun a ffotograff	Bilingual
15:00	Myrddyn ap Dafydd: ‘Rhedeg yn Gynt na’r Cleddyfau	Welsh
17:00	Ingrid Birchill-Hughes: My Love Letter Time Machine - writing for a podcast	English
17:00	Catrin Keen: Salt – Wales Book of the Year 2021	English
18:30	Mick Evans: On maps, a bit of Burlesque, and a few Light Airs	English
18:30	Allan Bilton – Russian history repeating itself?	English

**SUNDAY**

11:00	Alan Llwyd & Wyn Thomas: Cymru mewn 50 Cerdd	Welsh
11:00	Crystal Jeans, David Llewellyn and Isaac Romanov: A Queer Square Mile	English
12:00	Fiddlebox & W6: (Women who write in West Wales) Poems in Foyer	English
13:00	Iwan Bala & Sion Aled: “Rhwng Pla a Phla”	Welsh
13:00	Kate Glanvillw and Sian Collins: Importance of location in novels	English
14:00	Alan Thomas: Music and Lyrics in Flows on Market Street	English
15:00	Glan Davies: O’r Aman I’r Ystwyth	Welsh
15:00	Julie Ann Rees: Paper Horse	English
17:00	Tracy Rees: The fairy tale journey to becoming a best-selling writer	English
17:00	Laura Karadog: “Rhuddin”	Welsh



# NEW DEVELOPMENTS FOR YOUNGSTERS IN LLANDEILO

Following several consultations with youngsters in Llandeilo, the Llandeilo Children and Youth Society has decided to start operating an After School Club in the downstairs room of the Civic Hall. An agreement with the Civic Hall has been reached and the Society hopes to operate the club from mid-April.

“While we had big plans to set up a full-blown Youth Club, the kids we chatted to really just wanted a cosy place with WiFi and other amenities to hang out in,” explains society chairman Christoph Fischer. “In a way this has made our life easier to start with as we do not need qualified youth workers but only supervising staff. We’re now looking for volunteers as well as any soft furnishing donations, preferably beanie bags that can easily be stored away.”

One of the reasons the program can now go ahead is that the Society is teaming up with Llandeilo Box of Fists Gym, which will share the location and bring it to use at times and days when the After School Club isn’t operating.

“We both want the same thing,” says Box of Fists founder Woody Lewis. “Get kids off the streets, stop antisocial behaviour, create a safe space and fight boredom. Box of Fists received a community fund from CAVS and by pooling our resources with the Llandeilo Youth and Children Society we can have sole use of the premises in the Civic Hall and make our money stretch further.”



“After two years of setbacks because of the pandemic and locations becoming unavailable this is absolutely fantastic,” glows Fischer. “We still have bigger ambitions and plans on the back burner, but for now it’s a huge step in the right direction.”

Box of Fists will run classes for children, adults and for those with different abilities. The After School Club will be open to youngsters between the ages of 14 and 18 years of age.

For further information contact <https://www.facebook.com/Box-of-Fists-102651202273212> and <https://www.facebook.com/LlandeiloYouthandChildrenSocietyorLlandeiloYouthclub@gmail.com>

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## DINEFWR RAMBLERS APRIL 2022 WALKS

**Sunday 3rd April:** No walk scheduled, please check website for update.

**Wednesday 6th April: Amroth** – Amroth, Colby Gardens, Pleasant Valley, Wiseman's Bridge & Saundersfoot. (Parking fee may be payable). Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome, Dist. 5 miles. Easy/Moderate Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep. 10.00am Leader: Janice Evans Tel. 01269 850084 Mob. 07814 275017.

**Sunday 10th April: Gwilli Valley** – A walk in an interesting area of mixed industrial heritage with corn mills, woollen mills and forges along the banks of the river. The walk follows quiet lanes, farm tracks and footpaths also taking in the restored Gwilli Steam Railway. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome. Dist. 7 miles. Easy/Moderate Explorer Map: 185 & 177 Meeting point: Bronwydd Village Hall car park SN419246 Dep. 10.30am. Leader: Anne Nicholas Tel. 01558 822914 Mob. 07722 868240.

**Wednesday 13th April: Pembrey Mountain** – A walk through woodlands, a nature reserve and open fields with views of Burry Port and the estuary. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome, One stile. Dist. 5 miles. Moderate Explorer Map: 178 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car. Start point: Penybedd Wood SN418013 10.15am. Leader: Linda Jenkins Mob. 07814 275017.

**Sunday 17th April: Talgarth** – Waun Fach is the highest summit in the Black Mountains with stunning panoramic views. Descending down Y Grib, a long narrow spur known as the Dragon's Back, followed by ascent of Castell Dinas to the remains of an Iron Age hill fort with commanding views of the Rhiangoll valley. Mostly open moorland Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Inform the walk leader if going straight to start of walk. Dist. 8 miles. Energetic Explorer

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Map: OL13 Meeting point: Lay-by on A40. Grid ref. SO007285 Dep. 9.45am. Walk start: Dragon's Back pub car park SO174296 Sat nav LD3 0EP (£2 parking fee). Leader: Richard Ambrose Tel. 01792 361814 Mob. 07946 331745 (only available on day of walk)

**Wednesday 20th April: Cwm Llieddi Reservoir & Parc Howard** – A pleasant walk on well marked trails, exploring both urban and rural areas of interest. We follow part of a dismantled railway to Parc Howard museum and then returning through pleasant countryside with some beautiful views in all directions. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads welcome. Dist. 5.5 miles. Easy/Moderate Explorer Map: 178 Meeting point: Car park off the A476 near Swiss Valley SN521031 Dep. 10.30am. Leader: Tel. 01558 822914 Mob. 07722 868240.

**Sunday 24th April: Laugharne** – A figure of eight walk. Including the Dylan Thomas birthday walk, marshes, the churchyard and estuary views. Lunch will be at the waterside with an option to quit there (3.5 miles) or the whole route is about 6.5 miles. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Dist. 6.5 miles. Moderate Explorer Map: Exp. 177 Meeting point: Llandeilo Railway Station car park Dep. 9.30am Start of walk is Laugharne car park at the waterside SN301106. Leader: Ros Bellamy Tel: 01558 823542 Mob: 07976 631083.

**Wednesday 27th April: Dinefwr Castle** – Meadows by the River Tywi, Castle Woods and the ancient Castle for superb views along the valley, plus the lovely church of Llandyfeisant. A couple of good climbs and ending up in the delightful town of Llandeilo. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Dist. 4.8 miles. Moderate Explorer Map: Exp. 186 Meeting point: Llandeilo Railway Station car park Dep. 10.30am. Leader: Ros Bellamy Tel: 01558 823542 Mob: 07976 631083.

All walks are dependant on Covid restrictions on the day of the walk.

Due to unforeseen circumstances it may be necessary to change or amend a walk. Please check the website for the latest information before setting out.

[www.dinefwrwalkers.org.uk](http://www.dinefwrwalkers.org.uk)



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11/23/13

# RUTH BIDGOOD (1922 – 2022)



The poet Ruth Bidgood, a member of Llandoveru u3a, has died just four months short of her centenary. She was one of Wales's finest English language poets, producing a substantial body of work over five decades.

Her poems evoke the landscape of mid-Wales and the people in that landscape. In 2011, she won the prestigious Roland Mathias prize. In 2019, she became a Fellow of Aberystwyth University.

Ruth was born in Seven Sisters, went to school in Port Talbot and in 1940 on to St Hugh's College, Oxford where she read English. She then served as a Wren, working as a coder in Cairo. After the War, she lived in Surrey, married, brought up a family and worked for Chambers, the publisher.

She and her husband bought a bungalow in Abergwesyn. It was after she moved to Wales full-time that she began to write poetry in earnest. It will be for her poetry that she will be best known, but she also did considerable research into the history of her 'milltir sgwâr', publishing articles in several journals.

We felt privileged in the u3a to have her as a member. She contributed much, especially to our poetry group. We shall miss her.

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We are holding another Spring Plant 'sale and swap' at Llanddeusant Hall on Sunday 1st May, 10.00 – 1.00pm. A variety of plants and seedlings will be available. Bring your plants or seedlings to swap or donate Refreshments available.

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04/22/13

# HM THE QUEEN'S PLATINUM JUBILEE

HM THE QUEEN'S PLATINUM JUBILEE is being celebrated in Llandovery from Thursday 2nd June 2022 to Sunday the 5th June 2022. The events start on Thursday with the Young Farmers Club organising a fire beacon. On Friday there will be the Friday Market. Street parties, organised by the residents, will be held on Saturday. On Saturday evening there will be the Droverfest musical event organised by the Rotary and the Young Farmers Club. Llandovery Town Council have organised a Jubilee Tea Party in Market Square on Sunday the 5th June 2022 at 1.30 p.m. when the Town Crier will announce the event. At 1.45 p.m. there will be a welcome & introduction by the Mayor followed at 2.00 p.m. by a performance of Cor Meibion Llanymddyfri/Llandovery MaleVoice Choir. The Jubilee Tea Party will commence in the Square at 2.30 p.m. Under the 'Arches' at 3.30 p.m. there will be competitions; the best Royal Dress, the best Royal Crown and the best Jubilee Cup Cake. Prizes will be given. There will be live music throughout the afternoon & early evening by Aaron Perry & Ben Montague.

Llandovery Town Council invite all Llandovery primary school children (supervised by an adult) to join the Jubilee Tea Party. Mature residents (over 80 yrs) are also invited.

Tickets will be given to the primary school children in Llandovery at their school, in advance. For those of mature years, tickets will be distributed to appropriate clubs/groups, and can also be obtained by telephoning 01550 721951/01550 721115.

Welcome to All to join in the festivities – bring your own picnic, tables etc.  
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10/22(12)



## MYDDFAI NEWS

Myddfai Community Hall & Visitor Centre opening hours for April will be Wednesday – Sunday 11.00am – 4.00pm – Except for the Easter holiday fortnight when we will be open every day from Tuesday 12th April right through to Sunday 24th April 11.00am – 4.00pm. Then we revert back to Wednesday to Sunday opening. We have a large hall space and outdoor patio area with seating as well as in the café.

April Events: On Sat 2nd we have an all-day Yoga workshop, anyone welcome but please book in advance (details on our FB page). Thursday 7th is our second Big Skill workshop this time it's Rag Rug making, come along on the day 11.00am – 3.00pm or book in advance (details on our FB page). Sunday 24th April is our popular monthly Farmers Market with a wide range of quality local produce 12.00 – 3.00pm. Why not join one of our regular classes – Yoga on Wednesdays 5.30 – 7.00pm, Pilates on Thursdays 9.30 – 10.30am turn up on the day or please get in touch for booking details.

Dodge the April showers and browse round our gift shop which is full of unique gifts to suit everyone Welsh Tweed clothing and gifts, Welsh wood chopping boards, aprons, bags, Myddfai bathroom range, stained glass, jewellery, pictures, prints, Welsh CDs, cards, jams & chutneys, honey and much more. Every purchase made supports a local business and the Ty Talcen Charity.

Emma and her team in the café are always baking and cooking many tasty creations. We have a very clean 5\* café & why not come to Myddfai to get out of the house to a warm dry environment. You could combine your visit with a walk in the lovely surrounding countryside.

The award winning Myddfai hall with its stunning views makes a great venue for Weddings as we have a Ceremony Licence. It is also a great space conferences and away days. It is also an ideal space for kids' parties with plenty of space to run around or even have a bouncy castle inside.

We can arrange talks with tea for groups on the Physicians of Myddfai please ring to book.

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org). Mobile 07879119223 or Hall No. 01550 720449.

Check our website [www.myddfai.org](http://www.myddfai.org) for What's On. And our Facebook page for regular updates and photos <https://www.facebook.com/MyddfaiCommunityHallVisitorCentre>

## WANTED

**Old militaria and weaponry, Flintlocks,  
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Swords, daggers etc.**

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04/22(12)





Elidyr Communities Trust is an award-winning residential specialist provider. We support young adults with learning difficulties and disabilities to live and learn more independently.

## Higher Level Learning Support Assistant

**Salary: £18,700 - £20,754 per annum**

**Hours: 37.5 hours per week (Mon-Fri) 48.2 weeks (including holiday)**

We are looking to appoint a Higher Level Learning Support Assistant to work with the Head of Education to coordinate and administer the work of the rapidly growing team of Learning Support Workers.

## Learning Support Worker (Education)

**Salary: £15,516 - £17,221 per annum**

**Hours: 35.5 hours per week (Mon-Fri) 46 weeks (including holiday)**

We are looking to appoint a new team member to start as soon as possible. A career working with vulnerable adults can bring incredible job satisfaction, fun, and a strong sense of purpose. We offer full training, including the opportunity to learn new skills such as sign language.

## Cleaner

**Salary: £6,868 with an honorarium of £1,084 per annum**

**Hours: 15 hours per week, term time only**

Flexible working arrangements; day time, evenings or weekends.

## Support Workers

**Salary: £19,764 - £21,935 per annum plus £500 joining bonus**

A career in care can bring incredible job satisfaction, fun, and a strong sense of purpose. We offer full training, the opportunity to learn new skills such as sign language and competitive overtime rates.

## Office Assistant

**Salary: £8,586 per annum**

**Hours: 18.75 per week (Mon, Tue & Wed) Term time only,**

Previous experience of working within an office environment is desirable. Applicants should have good IT skills and an excellent telephone manner. Willing to discuss flexible working hours.

## Assistant House Manager

**Salary: £19,106 - £21,205 plus shift allowance of £1,112 per annum**

**Hours: 40 per week 48.2 weeks (including holiday)**

We are looking for an exceptional individual to join our residential house management team, ensuring that the care and welfare of our residents are met in line with care planning, staff management and liaising with external stakeholders. Applicants must have NVQ, Level with a desire to work towards Level 4.

**For more information please contact Lisa on 01550 760453, or email [lisablofield@elidyrct.ac.uk](mailto:lisablofield@elidyrct.ac.uk). Full details can be found at <https://elidyrct.ac.uk/vacancies>**

# LLANDOVERY ROTARY CLUB



*Wales Rugby Under 18s Josh Morse  
with proud father Neil.*

As I write this in my kitchen with Sky News on the telly listening to the horrendous situation in Ukraine it is difficult not to burst into uncontrolled weeping for those poor poor people being slaughtered and I can only endorse and repeat the Pope's message "IN THE NAME OF GOD ..... STOP THIS MASSACRE". More on the way Rotary is organising its assistance later.

At the moment we are just treading water as we return to a new normal and we are setting up some events later in the year. We have started selling ducks for the Great Duck Race on the Brân later in the year with a first prize of £500. Did I just say FIVE HUNDRED POUNDS? Yes indeed, I did. Also with considerable help from the wonderful Llandovery Young Farmers Club we are going ahead with the brilliant Droverfest this year on Saturday 4th June. Stick that in your diaries! Now.

We entered the Rotary Quiz again which was done via Zoom this year. Our team of Eggheads were Mike, Gary and Kevan and although all are blessed with considerable knowledge we were just pipped by one measly point at the finish. The perfect result really as none was overjoyed at being selected in the first place! Ah well, pity, never mind, move on.

As our Tuesday meeting fell on March 1st this year it was agreed that everyone in attendance should sport upon themselves something Welsh, ie a daffodil or leek badge or even live ones. There was one live daffodil but surprisingly no live leeks! All bar one managed to remember. The ONE volunteered to buy an extra duck, fair play.

Proud father Neil was delighted to inform us that his son Josh had played for Wales Rugby Under 18s in their win over Scotland recently. Josh is also selected to play against England following this going to press. Heartiest Congratulations Josh. We sincerely hope you go on to gain many more honours and Caps. We'll be watching! Go get 'em Josh. Brilliant.

There has been a string of strange results in our wine raffle recently. One person, (on the top table) who shall



remain nameless (for now) has been winning the wine regularly. If he wins one more in March there will be a Stewards Enquiry (unless he shares the wine with me!).

I received a call from the Babel Ladies Guild to ask if someone would go to visit Babel and give a short talk about Rotary in the Community. I went to the next meeting and asked who would like to volunteer. "But it's on a Tuesday, our meeting night!" I was told. Any other night in all honesty I would have been swamped. "You got the call so you go" I was told. So, next week I will be delighted (really) to be visiting Babel to spread the Rotary word. Do you know, I am looking forward to it. I will tell you all about my visit next month.

We were honoured to have been visited by our District Governor Ray Bevan recently and he was warmly welcomed by our President Alan. Ray was delighted that we have added 6 new members to our membership which is way, way above the national average. He liked our work with promoting the club locally and our help in the community (praise indeed!). He also outlined how Rotary is helping the people of Ukraine.

As I said above, the situation in Ukraine is absolutely sickening and Rotary is working as a World Wide Institution to organise what help it can give.

Below are excerpts of a letter District Governor Ray forwarded us recently to help with our own efforts as



*District Governor Ray with President Alan.*



*Our meeting with the District Governor.*

to how we can best help. Some of it is deleted as it is intended primarily for Rotary members.

Dear President.

As we watch the unbelievably ugly situation in the Ukraine develop it is clear that a great deal of humanitarian support will be needed. Rotary is not in the business of disaster response and we need to concentrate our efforts initially on the humanitarian needs of refugees. I know that we as Rotarians can and will do as much as we can to assist those people who have been displaced within the Ukraine or have arrived as refugees in bordering countries.

I know that there has already been an incredible amount of activity across the District with street collections and clubs pledging money from their charity accounts. This is as well as personal donations from individual Rotarians. There is also evidence that some Clubs have been busy collecting supplies and equipment that will be transported to Ukraine's border. Many Clubs have historical contacts with Clubs in Poland and are pursuing avenues of support through these clubs.

It is, however, important that we make a considered and co-ordinated approach. I know some clubs have been making substantial donations to Shelterbox. News today is that refugee camps will probably not be set up and that those fleeing Ukraine will be housed in available accommodation in countries across Europe and the UK.

We will of course very soon find that some Ukrainians

will arrive in southern Wales and we will need to have a cohesive plan of support in place. This is not going to be a sprint and we must plan for the long term needs of refugees wherever they are

My intention is to set up a District Task Force who will be able to draw together all the strands of information available and develop an action plan. I would like to see this include:

- A central fund of donations held in the District
- Creative use of any unused District Grant money
- Finding matching grants so that we can leverage the money
- Drawing in any unspent money from the current year budget
- Starting a Crowdfunding project.
- Decide on how funds will be spent

Advice from RI is not to send any money to Ukrainian bank accounts as the status and stability of the banking system.

I have added a 'Donations Route' diagram that may assist you in making decisions for contributing.

Thank you for all of your hard work

DG Ray

I hope this gives you an insight as to how Rotary is trying to help those that are desperately in need.

We have two of our own members giving talk this month before we invite speakers from outside to come to address us from late April onwards. First we have Kevan who is going to give us his view on the situation in Ukraine. This will be very interesting but we realise this could be quite a difficult and emotional subject.

Next will be John Kelly who's talk for sure will be very different. John is going to tell us about his time spent working abroad where he has been to many far off places with very different cultures to our own. John will no doubt add his own particular brand of humour!

As we move into Spring we all look forward to the longer hours of sunlight and hopefully some warmer weather. We are all looking forward to it I'm sure. Others in a far off country have nothing to look forward to whatsoever. Let us be very grateful.

Derek Jones.



*We pray for Peace in Ukraine.*

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# WORK OF LOCAL COMMUNITY WINS INTERNATIONAL ACCLAIM



*Deputy minister Dawn Bowden  
with project director Helen John.  
© Tim Jones Photography*

The community surrounding the National Botanic Garden of Wales was instrumental in helping the Regency Restoration project gain international acclaim with the presentation today (March 3) of the Institution of Civil Engineers (ICE) coveted People's Choice Award.

The winner of this award is decided by a global public vote and was last won by the Zhuhai-Macao Bridge in Hong Kong which shows the scale of the competition and the magnitude of the win.

The success of the Botanic Garden's restoration project involved an impressive number of local people, groups and organisations across Carmarthenshire, from the council, schools and local volunteers to groups such as the Dinefwr Photographic Society, Mencap, Barod and Cyfle Cymru.

The project also promoted local procurement from the early planning stages.

The Award was presented by Ed McCann, 157th ICE President who was joined by the Welsh Government Deputy Minister for Art and Sport, Dawn Bowden, Botanic Garden director Huw Francis, and representatives of the principal contractor WM Longreach. The project team behind key design and project management from Mann Williams, Nicholas Pearson Partnership LLP, Caroe and Partners Architects, HR Wallingford - Reservoir Engineer and project manager Helen John were also in attendance.

Mr McCann said: "It is a pleasure to meet those involved in this marvellous project.

"It is unique in the way that it brought together local civil engineering and other organisations to deliver the project and engage with local schoolchildren, sharing their expertise to ensure that our work towards a sustainable future is in good hands".

The National Botanic Garden of Wales Regency Restoration project, which took five years to complete at a cost of more than £7 million, is the largest of its kind in Wales and included two new lakes, bridges, dams, cascades, a waterfall and an extensive network of paths, all set in 300 acres of wooded parkland.

Welsh Government deputy minister Dawn Bowden said: "This project is a shining example of a sustainable development supporting our economic, social, environmental and cultural well-being."

Ms Bowden added: "Building resilience into our natural resources and ecosystems, so that these benefits are available now – and for our future generations – is vital."

Huw Francis said: "This successful project has been a fantastic team effort and is receiving huge approval from the thousands of visitors who have already visited."

The project was also awarded the ICE Alun Griffiths Community Award recognising the involvement of the local community during the process and completion of the work. The award was presented by Ken Evans, Chair ICE Wales Cymru.

The National Botanic Garden of Wales would like to say a huge thank you to all our funders who have supported this project, these include The National Lottery Heritage Fund – and all those who play the National Lottery, Carmarthenshire County Council, Welsh Government, the Richard Broyd Trust, The Waterloo Foundation, Esmée Fairbairn Foundation, The Pilgrim Trust, Country Houses Foundation, Patsy Wood Trust, the Monument Trust and the Garfield Weston Foundation.



# NRW WELCOMES COMMITMENT TO INVEST IN WALES' FUTURE FLOOD RISK

There should be no doubt about the scale of action needed to adapt to the climate emergency the Chief Executive of Natural Resources Wales (NRW) said today (15 March) as the environment body welcomed the Welsh Government's financial commitment to strengthening the nation's flood and coastal defences.

The Minister for Climate Change, Julie James MS has outlined a range of projects that will be supported over the forthcoming year as part of the Flood and Coastal Erosion Risk Management, 2022-23 programme of investment.

With 1 in 8 (around 245,000) properties in Wales are at risk of flooding, the commitment will enable NRW to progress its plans to build and maintain flood defences across key flood risk areas across the nation.

The announcement comes in the weeks following the publication of the latest Intergovernmental Panel on Climate Change (IPCC) report which underscored the urgency with which the world should act to mitigate against climate impacts.

Extreme weather events are expected to become more frequent and more severe in Wales in the future. Just four months on from COP26, where world leaders committed themselves to rapid action on climate change, the scale of the task is deemed more urgent than ever.

Clare Pillman, Chief Executive of Natural Resources Wales said:

"Investing in and maintaining flood defences will always be at the heart of Wales' approach to managing flood risk, and we welcome this commitment from the Welsh Government to improve defences and to support flood risk projects for the forthcoming year.

"The IPCC report published last month highlighted the need for the urgent delivery of effective adaptation measures, and how actions we take today will shape how people adapt and how nature responds to future shocks.

"This means putting our ambitions for a climate and nature recovery on equal footing and using all the levers at our disposal to manage flood risk.



*NRW welcomes commitment to invest in Wales' future flood risk: Checking flood defences at Abergwilli Carmarthenshire.*

"We need to embed a mix of flood risk management approaches that includes both hard engineering and nature-based measures to improve Wales' resilience to extreme weather. That means working both upstream to reduce the risk of flooding and working downstream to ensure that when flooding does occur communities suffer minimum damage and can recover quickly.

"The scientific evidence is undeniable - climate change is making it harder to hold weather-related shocks at arm's length, and the IPCC's report and COP26 commitments should leave nobody in any doubt about the scale of action needed right now to tackle the emergency."

Across the whole of Wales, 73,000 properties at risk of flooding already benefit from NRW's flood defences.

Pending relevant permissions and approvals, the schemes earmarked to benefit from the flood programme 2022/23 include:

## NEW PROJECTS

- The development of a **strategic flood risk management masterplan for the whole River Taff catchment** in response to the February 2020

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## KB HOME MAINTENANCE

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--	--	--	--

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floods. NRW has been carrying out detailed flood risk modelling in the Lower Taff catchment and the River Cynon and Rhondda rivers to support the next phase of work planned to develop the plan. This work is being done in collaboration with all flood risk management authorities in this area.

- **Pwllheli, Gwynedd** – A new scheme to address both river and tidal flood risk to hundreds of properties on the Llyn Peninsula.
- **Cowbridge, Vale of Glamorgan** – commencing construction work to meet NRW's statutory obligations under the Reservoir Act to deliver safety improvements to the flood storage area protecting the communities of Cowbridge and Llanblethian.
- **Afon Wydden in Llandudno, Conwy** – commencing construction work to meet our statutory obligations under the Reservoir Act to deliver safety improvements to the upstream storage area protecting the community of Llandudno Junction along with critical infrastructure such as the A470.

#### ONGOING PROJECTS

- **Stephenson Street, Newport** – commencing construction work to improve tidal flood defences in the Liswery area of Newport reducing the risk of flooding to 194 homes and 620 businesses.
- **Llyn Tegid, Bala, Gwynedd** – continuing the ongoing construction on reservoir safety works to the embankments and structures which surround Y Bala.
- **Ammanford, Carmarthenshire** – construction work to improve local flood defences in Ammanford which will benefit 289 homes and 13 businesses.
- **Cardigan, Ceredigion** – progress scheme development for areas liable to tidal flooding in the town around the Strand and St Mary Street and develop design work ahead of future defence construction.
- **Llanfair Talhaiarn, Conwy** – completion of construction work on culvert improvements already undertaken in the village and community and consideration of other measures within the local catchment.

Funding will also be available to help progress detailed appraisal work and flood risk project development work in Tenby, Llangefni, Porthmadog, Liswerry Pill in Newport, Aberdulais and in Bangor on Dee.

NRW will also receive funding to continue its substantial improvement project on its Flood Warning and ICT systems and other related services such as the flood forecasting and telemetry systems. This will help progress some of the actions outlined and the lessons learnt in the reviews of the February 2020 floods when NRW called for a seismic shift in how Wales responds to the climate emergency and manages its future flood risk.

The funding settlement will also enable NRW to progress important mapping and modelling work to inform future potential flood schemes and coastal adaptation planning. It will also support the delivery of many smaller projects across Wales including maintenance to the hydrometric work and the refurbishing and repairing of its network of flood defence structures.



## CÔR MEIBION LLANYMDDYFRI

*Celebrating 125 years*

As a result of the Covid pandemic, it has been a while since choir members have been out and about practising and performing.

So this year, to make up for that, Llandoverly Male Voice Choir is celebrating 125 years of its Male Voice choral singing in Llandoverly. These 125th celebrations will centre around two main concerts in May and October of 2022, both taking place at Pantycelyn Hall.

The first Grand Concert is on Saturday 21st May, and features Llandoverly Male Voice Choir together with the guest artists, soprano Shân Cothi, tenor Trystan Llŷr Griffiths, and Côr Ysgol Rhys Prichard. The compere for the entire evening will be the BBC News lead presenter Huw Edwards.

The second concert will be in the autumn on 22nd October and will this time take the form of a Noson Lawen. The Welsh Whisperer will be joining the choir, as well as Ysgol Rhys Prichard, Aled and Eleri from Cilycwm, Aaron Perry from Llandoverly, and further local artists that are yet to be fully confirmed. The evening will be introduced by BBC Radio Wales presenter Roy Noble.

Tickets for each concert are £10, and will be available this month from members of the Choir.

There will be posters and signs throughout the town from this month through to October to commemorate our 125 year anniversary. Keep an eye on our website [Llandoverlychoir.wales](http://Llandoverlychoir.wales), and follow us on Facebook - Côr Meibion Llanymddyfri for up to date information.

The choir looks forward to seeing you all again, and to performing in front of a live audience once more.

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## LLANDOVERY CROQUET CLUB



Croquet club members were keen to start playing again at the Castle Fields bowling green. The new season kicked off on Tuesday 29th March and our regular club afternoons will continue every Tuesday and Thursday starting at around 2pm. Members were pleased to learn that there has been no increase in the annual membership fee which remains at £40. What a bargain!

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!

We enjoyed a very successful season last year with several new members joining the club. Some new members, who are new to the area, have found that joining the croquet club has been a good way to make new friends as well as learn a fascinating game.

To find out more about the club contact 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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04/22/12



# ASHMOLE & CO LAUNCH WALES AIR AMBULANCE CHARITY APPEAL AT CARDIFF HALF MARATHON

Ashmole & Co, one of south Wales' largest Accountancy firms, will launch a year of fundraising events in aid of the Wales Air Ambulance when a team of staff swap their calculators for trainers to take on the Cardiff Half Marathon.

With thirteen offices spread across mid and south Wales, the Partners of Ashmole & Co were in favour of supporting a charity, that, like them, helped and supported those living rurally.

Jim Cornock, Partner in Ashmole and Co's Ammanford and Haverfordwest offices said, "Ashmole & Co is celebrating its 125th anniversary this year and we wanted to mark the occasion by supporting a worthwhile charity. Everyone we speak to knows someone who has been helped by the Welsh Air Ambulance Service. We hope our clients and friends will help us raise as much money as possible through collections and events for this extremely worthy cause."

With a widely-scattered population and diverse landscape, many in Wales live in isolated locations, far from a major or specialist hospital. In urban areas, traffic congestion and collisions can significantly delay treatment when in a road ambulance. For these reasons, there is a recognised need for Wales Air Ambulance's four helicopters to be on active duty 365 days a year. The charity needs to raise £8 million every year to operate the service and it has to raise all the funds required for the day-to-day running of missions.

Running on behalf of Ashmole & Co at the Cardiff Half Marathon on 27 March are: Rob Vaughan, Partner in the Swansea office; Sam Jones, from the Llandeilo & Ammanford offices; Mandy Jones from the Haverfordwest office and her friend Delyth Mattick. Paul Craddock, husband of Laura Craddock, Partner in the Ammanford office along with Vinal Patel, Gareth Thomas, Ceirion Harries and Rhys Ibbitson from the Ammanford office.

Vinal Patel has also been given the opportunity to participate in Ironman Wales this September and will be



fundraising for the Wales Air Ambulance. The Ironman Wales challenge includes a 2.4mile swim, followed by a 112 mile bike ride and then run a marathon around Tenby in Pembrokeshire.

Vinal said, "I know it will be a massive challenge for myself to do an Ironman and I hope I'm up for the challenge. At the same time I will raise money for this great cause. Hopefully I can complete the course and be an Ironman. I have watched the Ironman in Tenby for the past few years and I take my hat off to anyone who completes the gruelling course. I'm hoping to be one of them people, and your donations will help me along the way."

Katie Macro, Wales Air Ambulance Campaign Manager, said, "Wales Air Ambulance is funded by the people of Wales; we rely entirely on the public's support to help keep the helicopters flying. The charity does not receive direct funding from the government and we also fail to qualify for National Lottery funding. The money is therefore raised through charitable donations, fundraising events and membership of our in-house Lifesaving Lottery. We are grateful to Ashmole & Co for choosing to support us during the next 12 months."

Any donations to support Ashmole & Co's fundraising would be very gratefully received. Here is the link to the Just Giving page, or you can donate directly at any office: Vinal Patel is fundraising for Wales Air Ambulance Charitable Trust ([justgiving.com](http://justgiving.com))

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# Church Services

E-English W-Welsh B-Bilingual

## ST. CWRDAF CHURCH, LLANWRDA

- 15 Apr 2.00pm Good Friday reflection. The Last Seven Words  
16 Apr 3.00pm Easter Saturday family service  
17 Apr 9.00am Easter Day Holy Eucharist  
24 Apr 9.00am Holy Eucharist

## ST. SADWRN CHURCH, LLANSADWRN

- 10 Apr 10.00am Holy Eucharist  
16 Apr 7.00pm Service of Light and Easter Vigil  
24 Apr 11.00am Morning Prayer

## ST. PAUL'S CHURCH, MANORDEILO

- 10 Apr 9.30am Morning Prayer  
17 Apr 11.00am Easter Day Holy Eucharist

## CAPEL DEWI SANT

- 17 Apr 2.15pm Holy Eucharist tbc

For further information, please contact Revd Viv Sayer 01550 777200.

## LLANDINGAT, LLANDOVERY

- 1st Sun 9.30am Short Family Service  
2nd Sun 9.30am Bread Only Eucharists  
3rd Sun 9.30am Morning Prayer  
4th Sun 9.30am Bread Only Eucharists  
5th Sun, 10.30am Joint Service

At present we would still ask you to wear a facemask.

## ST MICHAELS, MYDDFAI

- 2nd and 4th Sundays at 11.30am  
5th Sun 10.30am Joint Service in Llandingat

## ST CADOG'S CHURCH, LLANGADOG

- 3 Apr 9.30am Morning Prayer  
10 Apr 9.30am Holy Communion Palm Sunday  
14 Apr 7.00pm Holy Communion Maundy Thursday  
15 Apr 2.00pm Good Friday The Last Hour on the Cross  
17 Apr 9.30am Holy Communion Easter Day  
24 Apr 9.30am Morning Prayer

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

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

- 3 Apr 11.00am Holy Eucharist  
10 Apr 11.00am Family Service for Palm Sunday  
17 Apr 11.00am Holy Eucharist for Easter Sunday  
24 Apr 11.00am Youth led Service

## LLANDEUSANT PARISH CHURCH

- 10 Apr 6.00pm Evening Prayer with Revd. Jeff Thomas  
17 Apr 2.00pm Holy Eucharist with Revd. Jeff Thomas

## ALL SAINTS CHURCH, GWYNFE

- 3 Apr 11.15am Morning Prayer  
10 Apr 11.15am Holy Eucharist  
17 Apr 11.15am Holy Eucharist  
24 Apr NO SERVICE

## LLANFAIR CHURCH

- 1st and 3rd Sundays at 11.00am  
5th Sun 10.30am Joint Service in Llandingat

## ST DAVID'S CATHOLIC CHURCH, LLANDEILO

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Weekday masses – see notices or  
Phone: 01558 824305 or  
Mob. 07507 071337.

## ST TEILO'S CHURCH, LLANDEILO

- 3 Apr 9.30yb Offeren  
3 Apr 11.00am Holy Eucharist  
6 Apr 10.30am Holy Eucharist  
10 Apr 11.00am Holy Eucharist and Procession of Palms  
11 Apr 7.00pm Compline (Night Prayer)  
12 Apr 7.00pm Stations of the Cross  
13 Apr 7.00pm Compline (Night Prayer)  
14 Apr 7.00pm Holy Eucharist and Vigil  
15 Apr 12.00pm Hymns and 1st Meditation before the Cross  
15 Apr 1.00pm Silent Vigil  
15 Apr 2.00pm Hymns and 2nd Meditation  
17 Apr 11.00am Holy Eucharist  
20 Apr 9.30am Holy Eucharist  
24 Apr 11.00am Holy Eucharist  
27 Apr 10.30am Holy Eucharist

## ST JOHN'S MAESTEILO

- 3 Apr 9.30am Morning Prayer

## HOLY TRINITY TALIARIS

- 10 Apr 9.30am Holy Eucharist  
24 Apr 9.30am Morning Worship

## OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.  
Wednesday 10.00 a.m.

- 16 Apr Please note – No Mass  
17 Apr 8.00am Mass of the Resurrection of the Lord

Tel. 01570 421003 Mob: 07495 802711  
Email: davidkeithevans@hotmail.co.uk for

## WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

For further information or to contact Pastor Rob please visit

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

## ST EGWAD, LLANFYNIDD

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

Face masks to be worn still.

## ST. BARNABAS, RHANDIRMWYN

- 10 Apr 9.00am Holy Communion  
15 Apr 2.00pm Good Friday service  
17 Apr 9.00am Easter Day Holy Communion  
24 Apr 9.00am Holy Communion

## ST. MICHAEL'S CHURCH, CILYCWYM

- 3 Apr 11.15am Morning Prayer  
24 Apr 9.00am Holy Communion

## ST. MARY'S CHURCH, CYNGHORDY

- 24 Apr 2.30pm Holy Communion

\*Services for Good Friday and Easter Sunday are being held this year at St Barnabas, Rhandirmwyn. A very warm welcome, croeso cynnes iawn, is extended to all members of the Cilycwm group.

For information about St Michael's, Cilycwm, please contact Revd Viv Sayer 01550 777200.

For St Barnabas, Rhandirmwyn, please contact Revd Tim Nelson 01558 685415.

For information about St Mary's, Cyngordy, please contact Revd Paul Pritchard 01550 938534.

## EBENEZER APOSTOLIC CHURCH (On B4302 at Cwmdru)

Services every Sunday  
10.30am Worship and Communion Service  
5.00pm Ministry Service and Under 15 Bible Class

**YR EGLWYS UNIONGRED,  
LLANBED – LAMPETER ORTHODOX  
CHURCH**

1st Sun No Service  
2nd Sun 10.30am Divine Liturgy  
3rd Sun 10.30am Divine Liturgy  
4th Sun 10.30am Divine Liturgy  
5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk  
Tel: 01974 261452

**ST. MICHAEL'S CHURCH,  
LLANFIHANGEL**

13 Apr 6.00pm  
Pilgrim Service at Llanfihangel Rhos y Corn  
– at St Michael's Church, Llanfihangel, SA32  
7RP – a service of prayer and mediation -  
Info Revd Roger Nock on 01267 202347.

16 Apr 7.00pm  
Easter Saturday at Llanfihangel Rhos y Corn  
– at St Michael's Church Llanfihangel, SA32  
7RP – special Service of First Light – seeing  
Easter in by candlelight – dress warmly. Info  
Revd Roger Nock on 01267 202347.

17 Apr 2.30pm  
Sunday at Llanfihangel Rhos y Corn – at St  
Michael's Church Llanfihangel SA32 7RP –  
service with Holy Communion. All welcome.  
Info Revd Roger Nock on 01267 202347.

30 Apr 2.00pm – 3.30pm (approx.)  
"Lle Llonydd – A Quiet Space of Reflection  
and Contemplative Prayer. These take place  
on the last Saturday of each month at Eglwys  
Llanfihangel Rhos y Corn from February to  
October.

Contact Andrew Tait on 07846 310848 or  
Beryl Edwards 07428 833278 for more  
information and also nearer the day in  
order to ensure the Quiet Space event is  
not affected by unforeseen circumstances.  
Remember to dress warmly! Location SA32  
7RP - What3Words - gain.agent.acids.  
Covid precautions apply - bring your own  
refreshments/mugs.

*Let us oh let us come to Calvary's  
tree, where our Dear Lord Jesus was  
nailed there for me and you.*

*Let us kneel low, then we will see  
the beauty of loving our Lord our  
Saviour and King*

*Who spoke to every troubled heart.  
Peace be still I am with you always  
and forever, even until the end.*

*God bless folks*

*Love Mrs C. Williams, Llansadwrn*

# BRYNDOLAU RETREAT DAY

## SATURDAY 30TH APRIL

Our next Retreat Day is on Saturday, 30th April and is to be led by the Revd. Canon Mark Clavier. The Title for the day is "Secretaries of God's Praise: Easter, Creation, and the Human Flourishing". The retreat will offer an extended reflection on what Easter teaches us about our place within creation.

The Revd Canon Dr Mark Clavier is Residentiary Canon of Brecon Cathedral and Chair of the Standing Doctrinal Commission of the Church in Wales. A regular contributor to BBC Prayer for the Day and Weekend Word, Mark is the author of a number of books on St Augustine, delight, and the challenge consumerism presents to the Church. His latest book, A Pilgrimage of Paradoxes: A Backpacker's Encounters with God and Nature, describes what he learned from the Welsh landscape about faith and belonging.

The day begins at 10.00am for 10.30am. Coffee will be served. A light vegetarian lunch will be provided and the day ends at approx. 3.30pm. There is no charge for the day but donations may be made to the Retreat Association.

Please make ring or email if you would like to book a place for the Day. 01558 824514. davidsteel@mypostoffice.co.uk

## FFAIR GWANWYN ABERGORLECH SPRING FAIR SATURDAY, 9TH APRIL 10.00AM – 4.00PM

*Free Entry and a friendly atmosphere*

Cash Sales only, due to lack of internet and mobile reception.

Brechfa Craft Fair is organising this event in conjunction with Abergorlech Church Hall, SA32 7SN, to raise much needed funds for essential roof repairs to the village Church Hall.

There will be 14 quality craft stalls from the local area with a variety of Art, cards, ironwork by Incus Iron, jewellery, textiles, willow by West Wales Willows and wood, honey and beeswax products.

All proceeds from the sale of hearty refreshments, including soup and cakes, and a raffle, will go to the hall roof repair fund.

Please park in the Forestry Car Park nearby.

Abergorlech is also a lovely area for riverside forest walks and has a wonderful village pub.

For more information please contact Kath: 07973 122939 or Lisa: 07733 336865.

# READERS' SALES & WANTS

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

## FOR SALE

- **Ivor Williams** horse trailer, £2500. Tel: 01550 779170.
- **4 brand new garden planters**, never used, £30 each or all 4 for £100. Tel: 01550 777432.
- **Quality brand new gold ornamental picture frames.** Also new frames with glass, mount and backboards, Gold Mine assorted coloured card and 3/4 pack of Rothmill cream sheets, ideal for retailer, sensible offers. Tel: 01550 777432.
- **Webb H12R cylinder mower.** Push mower. 12 Inch cut. Adjustable cutting height. Large grass collector. Used once only. Excellent condition, £75. Tel: 01550 777978. (Llangadog).
- **Oak kitchen table**, 1.2m x 0.8m. reduces to 0.8m x 0.8m, Four red leather chairs. £150 ono. Tel. 07900 968140.
- **Large antique 3 piece suite** circa early 1900's £400. Mahogany gentleman's valet £35. 50's /60's freestanding kitchen cabinet £50. Vintage scrub top table £65. Old stripped pine sideboard £45. For information about size, condition etc please ring 01792 390002.
- **Selection of slates**, approx. 250. Various sizes. Suggest breaking down as slate path. Caernafon, Welsh blue / grey. 25 pence each. Tel: 01570 422971.
- **'Denby Monsoon Cosmic' collection** of 11 pieces never used, worth over £200 - will sell for £70. Please telephone for details 07833 488817.
- **Wheelchair** – powered Pronto M41. Indoor and outdoor use. Reclining and elevating functions. Inside seat width 48cm, width central wheels 61cm, total length 93cm. Rain cover and warm wrap included. £500. Call 01558 824286.
- **Twin burner oil fired Rayburn** 480K, needs new water tank but otherwise in excellent condition, brown in colour, could run upto 12 radiators, £700. Tel: 07989 028414.
- **Burner unit** off a oil fired boiler, also some spares, £60 ono. Tel: 07989 028414.
- **Dual CS505-3 Turntable**, Good condition, needs new cartridge, £100. Tel: 01550 721197 (after 1pm please leave your number on machine if no reply).
- **Sansui CD-190 CD Player** separate, £30. Tel: 01550 721197) (after 1pm please leave your number on machine if no reply).
- **Morris Quarter-ton Van (803) BMC Workshop manual**, £50. Tel: 0155 721197 (after 1pm please leave your number on machine if no reply).
- **Curtain Rails 3**, Extendable black steel with wrought iron spiral ends, £20. Tel: 01550 721197 (after 1pm please leave your number on machine if no reply).

- **Vintage Electric Singer sewing machine** (non converted hand machine) with case machine in very good condition, £60. Tel: 01550 721197 (after 1pm please leave your number on machine if no reply).
- **Electric Mower**, VGC, £100. Tel: 01591 610507.
- **Wood lathe**, chuck and chisels, £150. Tel: 01591 610507.
- **Alko Rotavator** for spares or repairs, engine in working order, drive not working, £50. Tel: 01558 685665.
- **Antique Piano** – Rosewood Arthur Alison, 1910 reconditioned 1992, excellent condition, superb tone, Offers. Tel: 01550 777410.
- **Vintage bicycle** – Raleigh road racer, working order, Offers. Tel: 01550 777410.
- **Garage and other tools**, vintage and modern, Offers. Tel: 01550 777410.
- **Collection of books**, eclectic mix – environment, local, Welsh language, vintage novels etc, view by appointment. Tel: 01550 777410.

## WANTED

- **Second hand books.** We are always happy to receive donations for our Second Hand Bookroom at Newton House. Drop your donations in at any time if you are walking by or coming in your car. A member of staff will always be pleased to give you a hand and direct you where to leave them if the house is closed. The House and our Tea Room are presently open at weekends (entry charges apply). The sales from all your pre-loved books will help to raise funds which will go towards work within the House and Dinefwr Park (no magazines please). Any queries: call Holly Dwyer 01558 825917.
- **Seeking a rural property for long term let** in a quiet location by a mature quiet couple. Up to three bedrooms, (two preferred). Ideally with a garden, and the use of a garage or large shed/outbuilding. Would also consider a self-contained large annexe at the home of a quiet mature person/couple in a similar location. Tel. Christopher on 07510 961084. Please leave a message via answerphone or text.
- **Briggs & Stratton engine** for Husqvarna Royal 505 Lawn Mower. Tel: 07977 091622.

**Rod & Sal's**  
**FUN PUB QUIZ**  
*returns*  
**NEW VENUE**  
**Castle Hotel, Llandovery**  
Starts every Tues 5th April 8.00pm  
£2 per person – Teams of 4  
Proceeds to Local Charity  
Good luck & see you soon.



# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

**WILLIAM EVERATT:** Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01550 721967 / 07711 050509. 09/22(12)

**ASHMOLE & CO OFFICES** in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: [Llandovery@ashmole.co.uk](mailto:Llandovery@ashmole.co.uk) Tel: 01550 720098. 10/22(12)

### ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: [dmills@dmarchitect.co.uk](mailto:dmills@dmarchitect.co.uk) 07/22(12)

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: [nick@brownpartnership.com](mailto:nick@brownpartnership.com) [www.brownpartnership.com](http://www.brownpartnership.com) 03/23(12)

**MARK WAGHORN DESIGN** – Award winning ARB architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: [info@mwd.wales](mailto:info@mwd.wales) Website: [www.mwd.wales](http://www.mwd.wales) 04/22(12)



### BEAUTY SALON

**NORA ELAINE WALL** IHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure. make-up, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tues, Weds, Thurs and Friday 9am to 6pm. 05/22(12)

### BOOKS

**BOOKS AT THE DRAGON'S GARDEN**, we sell new books and specialize in nature writing, current affairs, art, food, travel, gardening, hot off the press new fiction & a selection of classics in both English & Welsh. We have an inspiring children's section and a fabulous collection of beautiful cards, wrapping paper & Fair Trade gifts. We also sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds, Niwaki garden tools & fresh vegetables. Opening hours are 11.00am – 5.00pm Monday, Thursday, Friday & Saturday & 2.00pm – 5.00pm on Wednesday. For more information call on 01550 777915 and visit our website at [www.dragons-garden.com](http://www.dragons-garden.com). 10/22(12)

### BUILDING SERVICES

**BUILDER AND HOUSE MAINTENANCE.** Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 03/23(12)

### CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 11/22(12)

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 06/22(6)

**BENJAMIN POOLE CARPETS:** The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 [www.benjaminpoole.com](http://www.benjaminpoole.com) 04/23(12)

### CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** Registered with The Guild of Master Chimney Sweeps. Fully insured to sweep and clean flues and chimneys. Call Dave on mob.: 07854 739251 or email: [westwaleschimneysweep@gmail.com](mailto:westwaleschimneysweep@gmail.com). 08/22(12)

### CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 12/22(12)

**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. References available. Covering Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. 07/22(12)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 21 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 05/22(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 02/23(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. 12/22(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. 07/22(6)

## 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. 03/23(12)

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 08/22(12)

## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), siting and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 05/22(12)

**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 03/23(12)

**TALLEY GARDENING SERVICES –** Lawn cutting, Strimming, Hedge cutting, Garden maintenance. Also perennial plants and shrubs for sale prices from a £1.00. Tel: 01558 685959 or 07936 750290. 08/22(6)

**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 04/23(6)

## HANDYMAN

**LITTLE JOB HANDYMAN SERVICE.** Friendly, Professional and Reliable Handyman service for the smaller jobs that you need doing whether inside or outside the Home. Anything from Dripping Taps to Drooping Conifers. Free Appraisals and Quotations. Covering Builth Wells, Llanwrtyd Wells, Llandoverly and surrounding villages. Call or Message me on 07548 305844 or Email me at littlejob2000@gmail.com 09/22(6)

## HEATING OR RENEWABLE HEATING

**BIRDS' HILL RURAL RENEWABLES,** 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 www.birdshill.wales 04/22(12)

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 05/22(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) 05/22(12)

## KEYCUTTING SERVICES

**G.T. LOCKSMITHS LLANDEILO,** Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Cars Pre 1995 (non chipped) & Classic cars, Motorcycles, Mobility Scooters. **Shop:** Crescent Road Carpark Llandeilo 01558 823355 (Locksmiths services and out/hours 07816 377710). 04/23(12)

## MASSAGE AND MOVEMENT

**FEELING TIRED, WORN OUT, RUN DOWN? STIFF, ACHING MUSCLES? HEADACHES?** Massage can help with all of this, boosting your immune system, relaxing your muscles, improving mobility and increasing serotonin, which improves your mood. Fully qualified and insured, I will provide a massage that is 100% tailored to your needs, combining my knowledge of the body with your lived experience. In addition, my expertise as a yoga teacher and somatic movement coach allows me to offer movements and techniques you can practice between massage sessions to help yourself, if you so wish. Call 07534 974413 to book an appointment. My name is Sian Wintle and I'm based in Llandoverly. 06/22(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) 10/22(12)

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: [philashworth@hotmail.co.uk](mailto:philashworth@hotmail.co.uk) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) 03/22(12)

**PAINTER AND DECORATOR.** I am a trustworthy and friendly person with many years experience. I'm already an established local business owner of 16 years. A free, no obligation quote available and free advice on colour schemes and design once the job has been allocated. I pride myself on attention to detail and the quality of my work and provide a top quality job at all times. Please call 07783014487 for more details. During covid, quotes are available without a house visit. I just need a video or photos etc. 07/22(6)

## 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. 05/22(6)

## PICTURE FRAMING

**PICTURE FRAMING.** Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandoverly. Tel: 01550 720690. 09/22(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. 06/22(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](mailto:marsondrilling@yahoo.co.uk) 02/23(12)

**ALL ASPECTS PROPERTY SERVICES:** We are a small company with over 35 years experience in property maintenance. We are based near Llandoverly and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: [info@allaspectspowerservices.co.uk](mailto:info@allaspectspowerservices.co.uk) or visit [www.allaspectspowerservices.co.uk](http://www.allaspectspowerservices.co.uk) 07/22(12)

## REIKI THERAPY

**I AM A QUALIFIED REIKI THERAPIST/MASTER.** I am passionate about Reiki and believe it's one of the most effective therapies for encouraging our own body to heal itself and release stress from our lives. Stress Affects our bodies in a negative way and can be responsible for so many illnesses including headaches, sleepless nights, back pain, anxiety, digestion problems, and many more. If you haven't already tried Reiki therapy before. Why not give it a try? It may be exactly what you need. For more details please ring Sonia on (07783) 014487. 07/22(6)

## ROOFING

**LLANDEILO ROOFING –** Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind were are DBS checked and also Approved Firestone rubber flat roof Installers. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: Mobile 07584 550969 email: [localroofer.wales@gmail.com](mailto:localroofer.wales@gmail.com) website: [completerooferworks.co.uk](http://completerooferworks.co.uk). 06/22(6)





## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. *12/22(12)*

## TUITION

**MATHEMATICS TUITION IN LLANDEILO.** Do you need help to catch up in preparation for GCSE and A Level Mathematics examinations next year? I am a retired mathematics teacher with an excellent record of student success, so contact me for one-one tuition Lynne Roberts PhD, PGCE on 01558 824431 or email: [lynnelatimer@btinternet.com](mailto:lynnelatimer@btinternet.com). *08/22(6)*

**TUITION – LLANDOVERY.** I am an enthusiastic and caring teacher with 35 years experience in primary schools (main stream and special needs) as well as 1:1 and small group tuition. My specialist training includes reading recovery, an intensive programme for teaching reading, writing and phonics. I have a passion for making learning fun and rewarding so that children can be confident learners and achieve their potential. Contact Rachael Brace on 01550 721836 or email: [rachaelbrace@aol.com](mailto:rachaelbrace@aol.com). *05/22(6)*

## 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](mailto:Dazzlerswindow@gmail.com) Facebook: dazzlers the window cleaners *03/23(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](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments. *08/22(12)*

**YOGA in LLANDOVERY.** Thursday mornings, YOGA at the Catholic Hall. 10.00a.m – 11.30. Yoga with mindfulness, gentle, energising and restorative, promoting strength and flexibility in both mind and body, improving immune function and increasing a sense of wellbeing. Breath awareness practice which encourage healthy respiration and renewed vigour. Suitable for all levels of experience. Excellent beginners class. Places are limited due to Covid measures so please phone if you are new to the class: 01558 650534 Stephanie/Nirbhaya. No class October 21st. *06/22(12)*

## ZUMBA CLASSES

**ZUMBA FITNESS** – The ultimate latin inspired dancercise class exercising the body and mind! Llanarthne Hall, Mon 6.15pm. Pontargothen Hall, Thurs 6pm and Fitness Training on Wed 6pm. For more info 07909 903773. [melissameran.zumba.com](http://melissameran.zumba.com) *08/22(6)*

# THE POST

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# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, 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



## NEW ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£216.58+VAT	£162.43+VAT per issue	£145.13+VAT per issue	£108.29+VAT per issue
Black & White	£206.00+VAT	£154.50+VAT per issue	£138.00+VAT per issue	£103.00+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£133.92+VAT	£100.46+VAT per issue	£89.75+VAT per issue	£66.96+VAT per issue
Black & White	£127.83+VAT	£95.88+VAT per issue	£85.67+VAT per issue	£63.96+VAT per issue
<b>QUARTER PAGE</b> (64mm x 93mm)				
Full Colour	£93.00+VAT	£58.13+VAT per issue	£51.92+VAT per issue	£38.75+VAT per issue
Black & White	£73.63+VAT	£55.25+VAT per issue	£49.33+VAT per issue	£36.83+VAT per issue
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£43.54+VAT	£32.63+VAT per issue	£29.17+VAT per issue	£21.79+VAT per issue
Black & White	£41.39+VAT	£31.04+VAT per issue	£27.75+VAT per issue	£20.71+VAT per issue
<b>SIXTEENTH PAGE</b> (64mm x 20mm)				
Full Colour	£27.71+VAT	£20.79+VAT per issue	£18.58+VAT per issue	£13.88+VAT per issue
Black & White	£26.29+VAT	£19.71+VAT per issue	£17.63+VAT per issue	£14.33+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 = £57.75+VAT 12 months = £91.67+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 10.00am – 1.00pm; 2.00pm – 6.00pm

Thurs 10.00am – 1.00pm; 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:** Llandovery Museum and Visitor Gateway. Open seasonally April – October. Tuesday to Saturday 11.00 – 2.00. Email: enquiries@llandoverymuseum.wales.

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

## LOCAL POLICE

Tel. 0845 3302000.

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

## TAXI SERVICES

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

**JM Taxis, Llanwrtyd Wells.** Tel: 01591 620777.

**Llangadog Taxis, Llangadog.** Tel: 01550 777924.

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

## MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

## AGE CYMRU SIR GAR/ CARMARTHENSHIRE

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

**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 Annell	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

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

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

## LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

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

	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, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
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	6.35	7.58	9.57	10.58	13.02	14.58	17.02	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.