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JOIN US AT THE LLANDOVERY SUPPORT COORDINATORS PROJECT LAUNCH

FRIDAY AND SATURDAY, APRIL 19TH – 20TH, LLANDOVERY'S MARKET SQUARE!

Shwmae! We're thrilled to announce the launch of the "Llandovery Support Coordinators Project". We're extending a warm invitation to the entire community to join us on Friday, April 19th (11.00am – 2.00pm) and Saturday, April 20th (10.30am – 1.30pm) at Market Square in Llandovery for an unforgettable community event.

Discover and sign up for a diverse range of community activities designed to enrich and support the local community, including the Luncheon Club, Aging Well Course, Repair Cafe Workshops, Garden to Share, Cooking on a Budget lessons, Beginners Welsh classes, and the Community Cinema.

But that's not all! Engage with representatives from eleven organizations and service providers (Nacro Connecting Carmarthenshire, Nacro Housing Related Support, Papyrus, Adferiad – Carmarthenshire Carers Information Service, CAVS, Farming Community

Network, Age Cymru, Llandovery Youth Community Centre, Coleg Sir Gar Multiply Team, Bwrlwm, Advocacy West Wales), alongside local festival and event organizers. Explore volunteering opportunities linked to community activities and festivals and find ways to make a meaningful impact in your community.

Expect vibrant music and engaging performances by talented artists from Wales, all creating an atmosphere of joy and celebration.

Meet and connect with the dynamic duo behind the project, Maggi Swallow and Tiago Gambogi, the Llandovery Support Coordinators. They'll be there to answer any questions you may have about the activities or to offer support for your own events in



continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
15th April 2024**

**Next issue distributed:
1st May 2024**

The Post Future Copy Dates

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

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05/24(3)

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03/24(5)

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06/24(12)



Llandovery, Llangadog, Myddfai, Cilycwm, and the surrounding villages.

We eagerly anticipate welcoming you on April 19th and 20th. To stay updated, join our mailing list by contacting Maggi Swallow (llandovery.lesc@gmail.com) or Tiago Gambogi (llandovery.lcasc@gmail.com).

This event is made possible with the support of the National Lottery Community Fund, Llandovery Town Council, Nacro Connecting Carmarthenshire, and LYCC.

Let's come together and embrace all our community connections at the Llandovery Support Coordinators Project launch! Diolch yn fawr!

08/24(12)



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04/24(1)

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02/25(12)

DIM NO PEILONAU PYLONS



Hopefully local people are aware that Bute Energy, trading as Green Gen Cymru plan to bring their MONSTER pylons to the beautiful Welsh countryside of Llandovery and surrounding areas. A group of local volunteers have set up the Llandovery Pylon Community Action Group to try to ensure that the views of local residents and landowners are properly considered by the Welsh Government when it makes its decision on the proposals. It is the group's view that this exploitation will earn Bute obscene profits with no real local benefits. Bute's Pylons will cause destruction of our fragile tourist and hospitality industry, devaluation of land and property, potential impact on the health and wellbeing of those nearby and will cause ecological and environmental harm. Although Bute may have seemed quiet over recent months, they have been working behind the scenes making further requests to landowners and lobbying politicians. Bute have not yet been granted the licence they need from Ofgem but that does not mean they will not get it. They are determined to proceed with their proposals. They have sent further letters to landowners demanding access for surveys. In the last few days the next consultation has been announced, to take place at Llandovery Rugby Club on 10th April between 2pm and 7pm.

It is the Group's view that if electric cables are essential, they should be placed underground using the minimally invasive cable ploughing technique as undertaken by a local Carmarthenshire company. Undergrounding is compulsory in Denmark, the home to one of Bute's main investors! The Pylon Steering Group (PSG) has liaised with landowners via text, email and letters. The landowners on the PSG will not be signing the latest licence request – no access, no pylons. The PSG is prepared for a long BATTLE and has set up sub-committees to deal with PR, Technical, Environmental, Legal and Planning matters. The PSG is raising awareness by contacting politicians, liaising with other Pylon groups

04/24(12)

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throughout Wales, attending pop-up events and by selling T-shirts and banners. Funding is key to our campaign, please give your support to forthcoming events. Our next event will be a presence at 'AR y gorWEL' Hot Air Balloon Festival 3rd – 6th May 2024.

How can you help?

Follow us on Facebook:

Donate to our cause: Tywi Pylons Ltd., Lloyds Bank S/C: 30-99-50 A/C: 8279760 OR you can post a cheque to: Tywi Pylons Ltd, 60 Broad Street, Llandoverly, Carmarthenshire, SA20 0AY

Most importantly attend the consultation event at Llandoverly Rugby club on 10th April between 2pm and 7pm and make your views known.

Gobeithio bod pobl leol yn ymwybodol bod Bute Energy, sy'n masnachu fel Green Gen Cymru, yn bwriadu dod â'u peilonau ANFERTHOL i gefn gwlad hardd Llanymddyfri a'r cyffiniau. Mae criw o wirfoddolwyr lleol wedi sefydlu Grŵp Gweithredu Cymunedol Peilonau Llanymddyfri i geisio sicrhau bod barn pobl leol a thirfeddianwyr yn cael ystyriaeth briodol gan Lywodraeth Cymru pan fydd yn gwneud ei phenderfyniad ar y cynigion. Barn y grŵp yw y bydd y datblygiad hwn yn ennill elw aruthrol i Bute heb unrhyw fantaision lleol gwirioneddol. Bydd Peilonau Bute yn dinistrio ein diwydiannau twristiaeth a lletygarwch bregus, yn dibrisio tir ac eiddo, gallai effeithio ar iechyd a lles y rheiny gerllaw, a bydd yn achosi niwed ecolegol ac amgylcheddol. Er efallai bod Bute wedi ymddangos yn dawel dros y misoedd diwethaf, mae'r cwmni wedi bod yn gweithio y tu ôl i'r lleni yn gwneud ceisiadau pellach i dirfeddianwyr ac yn lobbio gwleidyddion. Nid yw Bute wedi cael y drwydded ofynnol gan Ofgem eto ond nid yw hynny'n golygu na fydd yn ei chael. Mae'n benderfynol o fwrw ymlaen â'i gynigion. Mae wedi anfon llythyrar pellach at dirfeddianwyr yn mynnu mynediad ar gyfer arolygon. Yn ystod y dyddiau diwethaf mae'r ymgynghoriad nesaf wedi'i gyhoeddi, i'w gynnal yng Nghlwb Rygbi Llanymddyfri ar 10fed Ebrill rhwng 2pm a 7pm.

Mae'r Grŵp o'r farn, os yw ceblau trydan yn hanfodol, y dylid eu gosod o dan y ddaear gan ddefnyddio'r dechneg aredig ceblau leiaf ymledol fel y defnyddir gan gwmni lleol yn Sir Gaerfyrddin. Mae tanddaearu yn orfodol yn Nenmarc, cartref un o brif fuddsoddwyr Bute! Mae Grŵp Peilonau Llanymddyfri wedi cysylltu â thirfeddianwyr trwy negeseuon testun, e-byst a

llythyrar. Ni fydd y tirfeddianwyr ar Grŵp Peilonau Llanymddyfri yn llofnodi'r cais diweddaraf am drwydded – dim mynediad, dim peilonau. Mae'r Grŵp yn barod am FRWYDR hir ac mae wedi sefydlu is-bwyllgorau i ymdrin â materion Cysylltiadau Cyhoeddus, Technegol, Amgylcheddol, Cyfreithiol a Chynllunio. Mae'r Grŵp yn codi ymwybyddiaeth trwy gysylltu â gwleidyddion, cysylltu â grwpiau Peilonau eraill ledled Cymru, mynychu digwyddiadau i rannu gwybodaeth a thrwy werthu crysau-T a baneri. Mae cyllid yn allweddol i'n hymygrch, cofiwch gefnogi ein digwyddiadau sydd i ddod. Ein digwyddiad nesaf fydd presenoldeb yng Ngŵyl Balwnau Aer Poeth 'AR y gorWEL' rhwng y 3ydd a'r 6ed o Fai 2024.

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Yn bwysicaf oll, ewch i'r digwyddiad ymgynghori yng Nghlwb Rygbi Llanymddyfri ar 10fed Ebrill rhwng 2pm a 7pm a lleisio eich barn.



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FEBRUARY

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February Total = 258.75mm – 10 1/4"

The total rainfall for February 2023 was 21.75mm.

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07/24(12)

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PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

LLANSADWRN PREPARES FOR THE YEAR AHEAD

With April just around the corner, the Reading Room Committee is already looking at the next twelve months and up-coming activities. The Annual General Meeting reviewing the past year naturally has to come first and takes place on Monday 15th April starting at 12.15 and which is open to all.

Before that the revitalized Skittles Club holds a free demonstration afternoon on Saturday 6th April starting at 4.00pm. Originally located at The Sexton Arms next door, the 10 metre long mobile 'alley' has moved to a new home with a traditional 9 pin format - centuries old , but much more fun than the modern expensive 10 pin bowls.!

Other groups continue to meet on a regular basis – 'Art Club' on Mondays, 'Spinners & Weavers' on Tuesdays, 'Stitchers' (for the experienced and learners on Wednesday evenings and 'Sinema Sadwrn' on the third Friday evening of the month.

This year marks the 80 Anniversary of the D-Day Landings in Normandy on 6th June 1944 and local author and historian Phil Howells has been asked by the Community Council to give a short talk on the role

of well known and important locations in the area that were home to US troops in the run-up to the Invasion – especially Abermarlais, arguably one of the most important historical sites in Wales. Personally signed copies of Phil's book (25years in the making) entitled 'Oxwich to Omaha' will of course be available! The talk takes place on Saturday afternoon 8th June and will feature period displays and NAAFI style teas and coffee plus Hershey bars!

Moving on to later in the year, the annual Agricultural Show will again be on the Community Field in the summer and a Christmas Fayre is planned for 3rd November. You see, it wont be long until we will all be looking out for Father Christmas's arrival again!



BINGO

Canolfan Gymdeithasol

Llangadog Community Centre

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0624(3)

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LLANWRDA CRICKET CLUB

Training for the Juniors restarts on Friday 26 April at Castle Fields, Llandovery. We will again be running All Stars and Dynamos and these begin on 10 May. Please contact Gwynn Davies for information about the juniors on 07956 147464.

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

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

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

14/02/24	24	Ken Evans
21/02/24	55	No winner
28/02/24	51	No winner
06/03/24	28	David Cumming
13/03/24	48	No winner

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Llandovery u3a

Keith Noble the Dragonfly recorder for Llangorse Lake gave an exceptional presentation in March. His photography is superb – close up details of these beautiful creatures.

This month – April we are taking the opportunity to spend more time on Humanism.

Members felt we would appreciate the opportunity to ask questions and develop a discussion.

We start the month with a very popular session – Music! Bring along a favourite CD to reflect your easy listening.

Wednesday 3rd April
 Members choice of music.

Wednesday 17th April
 Androw Bennet Humanism

We meet in Llandovery Rugby Club at 10.30am for a coffee and a chat. The speaker starts at 11.00am. There is easy access and parking, visitors are very welcome.

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09/24(6)

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06/24(13)

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06/24(13)

Padmasambhava Yoga & Meditation Centre

The Centre hopes that you've enjoyed the Easter holidays and feel uplifted by the longer days and the springing into life of the countryside and our gardens with the new colours and birdsong. The Summer term at Padmasambhava begins on Monday 8th April with a really good range of classes, some new and others truly tried, tested and loved. There is a good selection of classes at the Centre in Llandeilo as well as weekly classes at the Penybanc Welfare Hall in Ammanford, the Reading Room Cwrt Henri and a Chair Yoga class at the Llandeilo Bowling Club.

Classes this term include Monday's 'Daytime Yoga' (1.30 – 3.00pm). This progressive class develops through the term, with a balance of dynamic practices and stillness. Wednesday's 'Restorative' is a class of fluid movement and yoga postures. These gentle practices improve flexibility, balance and freedom of movement.

Chair Yoga classes use the anti-rheumatic (PMA) movements from a sitting position on a chair, with the focus on keeping the joints mobile and muscles flexible, as well as learning relaxation techniques for daily life. No previous experience of yoga is needed. This Wednesday morning class is held in the Bowling Club Llandeilo and this friendly class gives a warm welcome to anyone wishing to try out or join the group.

The benefits of yoga resonate beyond the class and physical practices, bringing a calmer mind and body into daily life. Yoga introduces a greater awareness of the breath and its importance to our good health. Bringing awareness into breathing opens the pathway to using the breath to bring about relaxation and balance and enhance energy - all adding to a sense of wellbeing and better health. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind.

Classes at Padmasambhava are suitable for people of all ages and abilities, from Beginners through to more progressive, as well as Chair Yoga. Students often remark on the sense of well-being brought about by these classes which incorporate movement (asana), breath awareness and breathing practices (pranayama) and end with the deep relaxation of Yoga Nidra. The classes are progressive throughout the weeks and terms and are suited to the students within the class. Students coming to the Centre notice and value the sense of connection and community that coming together in class brings. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk.



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09/24(6)



04/24(1)

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04/24(13)

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LLANDOVERY CROQUET & BOWLS CLUB



Croquet club members were keen to start playing again at the Castle Fields bowling green after all the wet weather we have had recently. The new season kicked off on Tuesday 19th March and our regular club afternoons will continue every Tuesday and Thursday starting at around 2pm.

Visitors to the Club are welcome at any time to have a free try of croquet; free coaching is also available for all beginners to croquet, with no obligation to join the Club. All the equipment is provided - you just need to wear flat shoes!

Club members are reminded that fees for this year are now due – only £50 for the season. To find out more about the club or arrange a free trial contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk

FUTURE OF GOLDEN GROVE

On Tuesday 2 April at 7.30 pm there will be a talk in Llandeilo by Daljit Singh of the Golden Grove Trustees about the future of Golden Grove/Gelli Aur which is currently closed to the public.

The talk has been arranged by the Llandeilo and District Civic Society and will be held in the Capel Newydd Vestry Hall in Crescent Road. There will be an admission charge of £3 for non-members of the Society.

For information about the Llandeilo and District Civic Society and how to become a member, visit the website llandeilodistrict.org.uk or view the Society's Facebook page.

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That's 305 dances that 'Llandovery Folk Dancing' has held and we feel it's worth celebrating so we are holding a Grand Twmpath on 19th April 2024 to mark the occasion. The twmpath for those who do not know is a Welsh word which originated some years ago when village musicians would play for dancing on a 'twmp' or 'mound' in the village, it is the Welsh version of ceilidh or barn dance. DiEnw, a successful local folk band, are playing largely Welsh music for the twmpath and the acclaimed Alan Walters of Llandovery is 'calling' for an evening of traditional Welsh folk dancing. It's not all strict and 'proper' but will certainly be fun. All are welcomed at 7.30pm on 19th April at a cost of £12 /£6 children, it will be held in the Llanwrda Hall SA19 8AD. You don't need to bring a partner and whilst children are welcome, to help the 'flow' of the dance we would ask that they be able to learn and dance a 'basic' dance such as Jacydo. www.pluckandsqueeze.com/Jacydo.htm

For further information:

facebook.com/llandoveryfolkdancing

llandovery.folk.dancing.co.uk

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(06/24/12)

LLANGADOG W.I.

It was a full house at our March meeting. Every one enjoyed the Cawl, bread and cheese, which was tasty and warming on a chilly night. We had a small quiz, that Karen and Sarah won, the prize being Easter Eggs for both for being so clever!! There was a table top sale, items donated by members, which raised £31.00 for the group. The monthly raffle was also won by Karen, wine and chocolates were the prizes. At our April meeting we have a speaker, the Rev. Jeff Thomas, our local clergyman, who will be talking about his life as a lawyer. We meet on the first Thursday of each month, at 7.00p.m. in Llangadog Community Hall. Visitors are always welcome.

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

The year started quietly at the little hall, with our regular events happening throughout January, although the Community Supper was cancelled due to illness.

February and March were busier, with two very successful quizzes taking place, as well as two sell-out suppers, a Community Council meeting, Starry Stitchers quilters, Sounding Vocals singing sessions, the regular Saturday Yoga classes, a Yoga workshop, and a talk by Martin Price on the Bethlehem area. More on Martin's talk in the next issue of The Post.

The March community events were very well supported and proved to be great fun, with a Welsh flavour to the meal at the supper on March 1st (it's not all cawl and welshcakes!), and once again, much chatting and laughter around the table, and clean plates coming back into the kitchen.

Our hosts at the March quiz, after a three month absence, were Alan and Andy, and as always, they provided us with great entertainment, as well as a good quiz, and along with Rose's tales of her time in the police force (including an episode which involved John Thaw's underpants!), the little hall was full of laughter. We all agreed that nowhere else could give us such an entertaining evening for just £2!

The eventual winners, by two points over The Old Nags, were the Muckin Fuppets, who led from the start.

In April, the monthly quiz takes place on Monday 8th, a 7.30pm start with the bar open from 7pm. Once again, Alan and Andy will be asking the questions so it should be an excellent evening. It costs just £2 to play.

The Community Supper will be held on Friday 12th of April, with food served at 7.30pm.

This will be the final supper for this season, they will resume in the autumn.

To find out up to date information about what's happening at the hall, follow our Facebook page

<http://www.facebook.com/bethlehemcymru>

For details of hall hire, contact Nia on 01550 777254 or email niaclement@aol.com



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IN MEMORY OF RONALD ALFRED WATERS (CAKEY)



Wendy and all the family wish to express their sincere thanks for all the cards, flowers and kindness received in their recent bereavement with special thanks to David Waters for being with Ron on the night of his fall.

Also Wendy would like to thank all the people who donated money for Air Ambulance Wales especially the unknown donors who we can't thank personally. The total raised in memory of Ron was £1455.55p. Thank you all.

Also I would like to thank Louise for the beautiful flower arrangement and also Ann in The White Hall for the wonderful spread that was laid on.

Finally I have to give the biggest thanks to Clive, Sue, Nick, Lizzie and Stephen who went above and beyond their duty. I cannot thank them enough for helping to ease our sorrow.

Thank you all from the bottom of my heart.

Wendy Waters

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10/24(12)

MYDDFAI NEWS

Myddfai Community Hall & Visitor Centre opening hours for April will be Wednesday, Friday Saturday & Sunday 11.00am – 4.00pm we are closed on Mondays, Tuesdays & Thursdays.



April Events: On Friday 12th April we have a FREE Antiques valuation day in the main hall from 10.00am – 2.00pm, ring Rogers Jones & Co. to book you slot on 01267 468282 or email mh@rjauctions.co.uk. It's our monthly pop-up-pub on Friday 28th April – everyone welcome. On Sunday 28th April it's 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 with Ginny on Tuesdays 10.00 – 11.30am, Wednesdays it's Myddfai Craft Class 1.30 – 3.30pm, Yoga with Sonia is on Wednesdays 5.30 – 7.00pm, Pilates with Sonia is on Thursdays 9.30 – 10.30am, you

can turn up on the day to any of these classes or please get in touch for more details.

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

Emma and her team in the café always have a wide range of tasty cakes and soups on offer as well as other lunchtime specials. Why not come to Myddfai Hall to a warm, cosy café for lunch or afternoon tea. You could combine your visit with a walk in the lovely surrounding countryside. We can also arrange talks with afternoon tea for groups on the Physicians of Myddfai, please ring to book.

The award winning Myddfai hall with its adaptable space and stunning views makes a great venue for Weddings, we have a Ceremony Licence to get married in the hall or marquee. It is also an excellent venue for meetings and conferences and is an ideal space for kids' parties with plenty of space to run around or even have a bouncy castle inside the hall.

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

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

0424(1)



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MARKET SQUARE MAKERS

The month of May will see the opening of a pop up shop in the market square of Llandovery. It will be a space to celebrate a handful of local crafts people who love what they do and are looking forward to this opportunity of sharing some of their work.

I am personally a printmaker and a potter and will be sharing the shop space with other makers including a weaver, welsh tweed bag maker, furniture artist, wood turner, a fabric freestitcher and a florist. All work will be available for sale.

I will be printmaking daily in the shop and there will be events taking place throughout the month, such as music and poetry. I'll be placing details of these in the shop window.

I look forward to welcoming you there.

The shop will be open throughout May 10am – 4pm Mon – Sat

For further information please contact Amanda on 07504 556015.

0324(6)



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THE CHARITY NET-REACH

Gratefully acknowledges receipt of a Magic Little Grant from **Local Giving** in partnership with the **People's Postcode Lottery**.

The grant was used to provide English language lessons for refugees and asylum seekers in Wales.
Further information

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HOW TO REDUCE OUR IMPACT UPON THE PLANET IN LLANDOVERY



Are you concerned about climate change? Are you worried about plastic? Recently, we at the One Planet Centre in Llandovery had a volunteer called Jasper (pictured) working with us from Holland. He volunteered at the Repair Café, and enjoyed meeting members of “Climate Action Llandovery / Criw Amgylchedd Llanymddyfri”. He also made a short (three-minute) video about his impact upon the planet.

The ecological footprint is one way to call our impact upon the planet. It means the amount of land it would take to produce all of the things you consume and absorb all of your pollution. There is a calculator online for working this out produced by the Global Footprint Network.

Jasper used the calculator and found out that if everybody lived like him, we would need more than three planet Earths to sustain us, but we only have one. So, to use only his fair share, he has to reduce his footprint by two-thirds. In his excellent video, he describes how he can do this step by step.

He talks about a handy guide produced by the One Planet Centre: *25 Ways to Reduce Your Ecological Footprint*. We reproduce some of it here. You can use this to reduce your own impact upon the planet.

ENERGY

1. If you haven't already done so switch to a renewable energy supplier. The best are those who build their own renewable energy generators – most don't. These are Good Energy and Ecotricity. It's not necessarily more expensive.
2. Use less energy: switch things off when not used. Turn the heating down a couple of degrees. Try to do tasks with hand tools that use no energy, for example manual whisks and mixers when baking. Do your washing on a day you can hang it out to dry. Buy fewer gadgets that use energy and make sure they have the most efficient energy rating.
3. Make sure all your lights are LEDs (independent shops in Llandovery store a range of them).

TRAVEL AND TRANSPORTATION

7. Combine the purposes of car trips to minimise them. Try not to drive faster than 55 mph or brake & accelerate unnecessarily.
8. Try to walk, cycle and use public transport more. Perhaps use car sharing: a carpool or community-owned vehicle, like the electric car available to hire on Llandovery car park (Contact sioned@ywnnisirgar.org from Ynni Sir Gâr to hear more about becoming a member).

FOOD

11. Try to reduce the amount of animal-based products you eat. This may benefit your health and wallet!
12. Choose food with less packaging, that is fresh, seasonal and locally grown or processed if possible. Organic if you can afford it because this way of growing looks after the soil, and healthy soil is responsible for our very survival.
13. Try to grow some of your own food if you have a little space – even bean sprouts help!

CONSUMABLE GOODS

14. Buy less; repair more; buy from charity shops and swap shops; exchange more. Look out for posters around town advertising when the next Repair Café is: there you can drink coffee and chat with volunteers who will try their best to repair your broken goods for a donation.
15. When buying a new product, pause and think about the effect of its whole lifecycle – because everything that passes through your hands has a story. Its components might have been mined and processed using lots of energy, shipped long distances while being assembled, and delivered to you. Or it might have been simply made using little energy, nearby, in which case its environmental & social impact will be less. After you finish with it will it go to landfill, is it recyclable, or can it be made into something else?
16. Whenever possible, buy from local suppliers – not chains or the internet – so your money is spent locally in one of the many shops we are lucky to have in Llandovery!

You can find the whole thing online at <https://theoneplanetlife.com/the-science-of-one-planet-living/how-to-reduce-your-ecological-footprint/>

You can find the calculator at <https://www.footprintcalculator.org/>

You can find Jasper's video at <https://www.youtube.com/watch?v=mzvOut3rLq8>

Climate Action Llandovery / Criw Amgylchedd Llanymddyfri is a group of local people trying to do their bits for the planet. If you are interested in our activities, including the Repair Café, contact us: llanymddyfriclimateaction@gmail.com



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Ebrill ac Mai yn Ninefwr

April and May at Dinefwr



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Aled Llwydlyn

Gwyliau'r Pasg

Mae yna lu o weithgareddau yn Ninefwr i gadw'r plantos yn dddiddig, dan do ac yn yr awyr agored.

Sgwrs Sadwrn: Cwrdd â'r Prif Arddwr

Dydd Sadwrn 20 Ebrill, 2-3pm

Bydd Alex Summers, y Prif Arddwr, yn rhannu ei arbenigedd a'i ddealltwriaeth o Ardd Dinefwr.

Sgwrs Sadwrn: Darganfyddiadau yn Archif

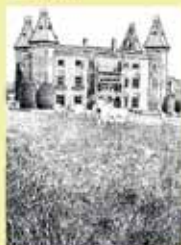
Dydd Sadwrn 13 Ebrill, 2-3pm

Bydd Grŵp Ymchwil Dinefwr yn datgelu rhai darganfyddiadau hynod ddiddorol ynglŷn â hanes Dinefwr.

Côr y Bore Bach yn Ninefwr

Dydd Llun 6 Mai, 6-8am

Ymunwch â Thim y Parcmyr ar daith 'côr y bore bach' a brecwast. Rhaid trefnu lle ymlaen llaw ar ein gwefan: £18 i oedolion / £10 i blant (dan 16).



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Dougie Holden

Easter holidays

Lots of activities to keep young ones entertained indoors and outside at Dinefwr. Check our website/social media for details.

Sgwrs Sadwrn: Meet the Head Gardener

Saturday 20 April, 2-3pm

Alex Summers, Head Gardener, shares his expertise and insights from Dinefwr's Garden.

Sgwrs Sadwrn: Finds from the Dinefwr Archive

Saturday 13 April, 2-3pm

The Dinefwr Research Group reveal some fascinating finds about the history of Dinefwr.

Dinefwr's Dawn Chorus

Monday 6 May, 6-8am

Join our Ranger Team for an exclusive dawn chorus walk and breakfast. Booking essential on our website: £18 per adult / £10 per child (under 16).



Rydym ar agor 7 diwrnod yr wythnos. Tŷ Newton a'r Caffi 10.30am-4.30pm.

Parc Ceirw, Castell Dinefwr, Parcdir a'r maes parcio 10am-5pm.

Tâl mynediad arferol yn weithredol: mae mynediad yn rhad ac am ddim i aelodau, oni bai ei fod wedi'i nodi'n wahanol fel digwyddiad lle bydd angen tocyn. Sganiwch yma am fanylion llawn y digwyddiadau.

We are open 7 days a week. Newton House and Café 10.30am-4.30pm.

Deer Park, Dinefwr Castle, Parkland and carpark 10am-5pm.

Normal admission applies: members are free, unless otherwise stated as ticketed event.

Scan here for full details of events.

www.nationaltrust.org.uk/visit/wales/dinefwr

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ST CADOG'S CHURCH ANNUAL SUPPER AND AUCTION

Our very popular supper and auction will take place on the 20th April in aid of St Cadog's Church. We held the first one in 2000, thinking it would be a one off and here we are 24 years later still having them (by public demand). It's always a fun evening and it is good to get friends from the village and surrounding area together. These evenings have made a big contribution to keeping the Church going and enabling us to make improvements to the facilities in the Church.

We are very grateful to everyone who has supported us in the past for this event and hope that you will join us again for another very special evening. It is always a very happy time with an excellent supper provided by members of the congregation. We also have a wine and soft drinks bar to jolly the evening on. The highlight of course is the Auction itself and we are very grateful to many local businesses for supporting us with donations. This year we are very pleased that Mr Huwel Manley has again agreed to be our auctioneer.

The Supper and Auction is held in Llangadog Community Centre and the doors are open for viewing from 7.00pm. Tickets for the evening are £15 and can be booked by calling 01550 777657. Because we need to know numbers for catering, tickets must be booked in advance. If you have any good quality items which you wish to donate for the auction please call the above number. Items cannot be accepted on the day.

NEW LIFE FOR LLANWRDA'S CLOSED SCHOOL

More than 30 people came along to a charity's drop-in day at the former Llanwrda School on Friday March 8th. The Almshouse Charity of Letitia Cornwallis was seeking opinions on a proposal to build 10 new affordable homes for local people, on the site of temporary classrooms at the closed primary school. Dylan Roberts and colleague Jo from Bro Myrddin Housing Association, Matt Miller from Carmarthenshire County Council and Ceri Murphy from Cwmpas, formerly the Wales Cooperative Centre, were on hand to answer questions. There was a favourable response overall to the plan, which is in its early stages.

The charity is also continuing with preliminary works for the renovation of Cornwallis House, the listed Georgian building adjacent to the school, which would result in the creation of five new homes.

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HERITAGE CENTRE OPENS FOR ITS NINTH SEASON



The Llanwrtyd & District Heritage and Arts Centre opens its doors again at the end of March with a colourful exhibition in galleries.

Three artists, all exhibiting at the Centre for the first time, are displaying a diverse selection of work including traditional and abstract scenes, portraits and still life.

David Henry from Pembrokeshire uses a variety of media to produce his loose and expressive landscapes and drawings whilst Mike Shiels, who is based in Llandrindod Wells, also produces landscapes in addition to his portraits and still life work. They are joined by Michelle Slee from Swansea who is exhibiting her collection 'Lyrical Landscapes, Painting the Unseen – abstract images creating ethereal, dreamlike atmospheres.

They are joined by returning ceramicists Karen Williams and Adrian Munday both of whom specialise in the art of Raku to produce their work. Adrian allows the glazes to enhance his creations whilst Karen's work also includes vibrantly coloured, eye catching pieces.

Whether you want to learn more about the Heritage of the area through our interactive displays and exhibition



panels, or see its beauty transformed into works of art a visit to the Centre is a wonderful way to spend an hour or two.

The Centre re-opens on Thursday 28th March and is open 10.00am – 4.00pm Thursday to Sunday plus Bank Holidays throughout the season.

CYMDEITHAS Y DALAR, COMMUNITY ALLOTMENTS, LLANDEILO

Tucked behind Dynevor Park home farm, accessed from the big car park, is the Community Allotment. We have about 60 allotments and two big polytunnels. It's a beautiful site, reasonably flat, and with acres of sky above.

When the sun is out, everyone gets plenty.

The allotments got going in 2009. The smooth running is thanks to a volunteer committee, with assistance from the National Trust and communal work parties.

As spring approaches, our thoughts go to our plots. We also want to improve the buildings and structures, many of which have suffered damage from a very wet and windy winter.

Roll on drier days! A beautiful wildlife area is being created, blossoming under caring hands.

We hold social events and plant swaps in the summer and find ways to share knowledge, especially knowledge of the natural world and how we can help it.

I think we all agree that being outside and getting your hands dirty, is the best therapy. So, if you have been thinking about it, please apply to Mags in the Green House, Llandeilo, or email mags@gn.apc.org

We do have one or two vacancies!!

cymdeithasydalar@org.uk or Facebook, (Members and Friends).

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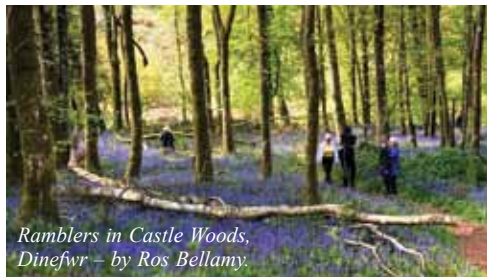
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12/24(12)

DINEFWR RAMBLERS PAUSE AMONGST THE BLUEBELLS



*Ramblers in Castle Woods,
Dinefwr – by Ros Bellamy.*

Following the many trails meandering amongst the spring flowers, Dinefwr Ramblers explore the many woods blessing the Tywi Valley. Indicators of ancient woodlands, early glitz of snowdrops give way to sparkling carpets of wood anemones.

Always a flask and snack at hand ramblers are never in a hurry, but happy to sit awhile and admire a celebration of bluebells, or a heady redolence of wild garlic.

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

Wednesday 3rd April: Meidrim – Walking to the North of Meidrim on quiet lanes and farmland. Extensive views. 5.5 miles moderate. Departing 9:45am Llandeilo rail station and on by car. Walkleader Linda J. 07780 330158.

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Renault experience an advantage but not essential. Full time or part time. Must have full driving licence. Salary based on experience. CV to richardthomas12@btconnect.com

Sunday 7th April: Delightful Doethie Valley – We walk west side of Llyn Brianne on forestry tracks then heads southwest climbing steadily to 400 metres. Turning south to view the spectacular Doethie Valley below, then downhill following the river to a magnificent waterfall crashing down through the rocks and trees. 11 miles strenuous. Departing 9:15am Llandeilo rail station and on by car. Walkleader Ian B. 07970 676599.

Wednesday 10th April: North and West of Upper Brynamman – Taking us up onto the lower edges of Bannau Brycheiniog encompassing a range of terrains, treating us to some fine views of the Amman Valley, before heading back to the Brynamman Mountain Centre for refreshments. 4.5 miles moderate. Departing 10:15am Black Mountain Centre Brynamman car park. Walkleader Jan J. 07790 578555.

Sunday 14th April: Llansadwrn Twin Peaks – This scenic, circular walk takes in two ‘peaks’, one on the site of an iron-age settlement. Both offer spectacular views of the Tywi Valley and the Carmarthenshire countryside. The walk starts and finishes on quiet country lanes but also passes through fields, moorland and woods. 7 miles moderate. Departing 10am Llandeilo rail station and on by car. Walkleader Cath W. 07944 500445.

Wednesday 17th April: Heritage and History in Swiss Valley – Explore the picturesque Swiss Valley with its historic reservoirs, and well-marked trails. It’s a perfect mix of heritage and nature. Walking through woods teaming with wildlife and spring blooms to pick up part of St Iltyd’s Walk. Across open countryside, we descend into the village of Furnace. Visiting the historic house and gardens of Parc Howard with facilities and refreshments before returning via the disused railway path. 6 miles moderate. May be suitable for dogs. Departing 10am Llandeilo rail station and on by car. Walkleader Anne N. 07722 868240.

Sunday 21st April – Check our website for updates.

Wednesday 24th April: Town & Trail: Llandeilo’s Bluebells – Right on our doorstep, indulge your senses in the finest bluebell woods in the whole of Carmarthenshire. Join our Wednesday Walk to peruse the bluest corners of Castle Woods and Coed Tregib. Centre of town finish perfect for post-walk coffee and cake.

Town and Trail: Ideal for guests and new members, an occasional series with a mix of urban and rural. Never far from civilisation, a chance to get mud on your boots and a taste of countryside rambling. 5.9 miles leisurely. Departing 10am Llandeilo rail station. Walkleader Les L. 07887 566946.

Sunday 28th April – Check our website for updates.

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LLANDOVERY MUSEUM
& Visitor Gateway

MUSEUM NOTES

Llandovery Museum has reopened after a winter break and visitors are able to admire some of the most recent acquisitions. They include a set of communion cups and plates from Capel Maen, Gwynfe, one of several chapels which have closed during the past few years. They were presented to the chapel in 1875 by the mother of Sir John Williams, physician to Queen Victoria and a founder of the National Library of Wales.

The donor, Mrs Eleanor Williams, of Blaenllynant Farm, Gwynfe, was herself a remarkable woman. She was the eldest of twelve children raised at Bailey Farm, Gwynfe. As her father, David Jones, wanted his children to be well-educated, she attended local schools from an early age and spent some time with her aunt in Merthyr Tydfil so that she could be educated at one of the best schools in the town.

At the age of thirteen, she had to return to Gwynfe to help on the farm, but her thirst for knowledge never ceased. It was reported that after a long day's toil, she would read into the early hours of the morning.

In 1833, she married a local farmer, David Williams, Blaenllynant. He was also a Congregational minister, who spent several days a week away from home. This meant that most of the farm work had to be done by Eleanor. In September 1842, David Williams died from typhoid fever, leaving a pregnant wife with three young



Capel Maen communion set

children in charge of a large upland farm which was in urgent need of improvement.

Eleanor immediately arranged for wet areas to be drained, stones and gorse were cleared, new hedges were planted and Blaenllynant soon gained a reputation as one of the best in the area. She was also strictly religious. If a servant or maid wished to return home for the weekend, they weren't allowed to travel on Sunday; the journey had to be made on the Saturday evening and Monday morning.

She was a faithful member of Jerusalem Congregational Chapel, Gwynfe, which was a long distance from Blaenllynant. However, she transferred her allegiance to the new Capel Maen, near to her home, when it was opened in 1852. During construction work, she had provided horses, carts and servants to carry materials. Her eldest son, David, who was also among the helpers, was to die at the early age of 29. Her second son, Morgan, fought in the American Civil War. Her youngest son, Nathaniel, farmed at Blaenllynant before moving to Talardd Farm, Llandeilo, where Eleanor died in 1895 at the age of 87.

The third son, John, who was born on 6 November 1840, had planned to be a minister of religion, but after graduating from the University of Glasgow he served an apprenticeship with two doctors in Swansea before gaining medical degrees at University College Hospital, London. During his medical career in London, he had a



Eleanor Williams

WHATS ON IN CAPEL DEWI OLD SCHOOL

**Capel Dewi Community Association –
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Short Mat Bowls: Thursday 7.00pm every week.

Yoga: Friday 10.00 – 11.30 every week.

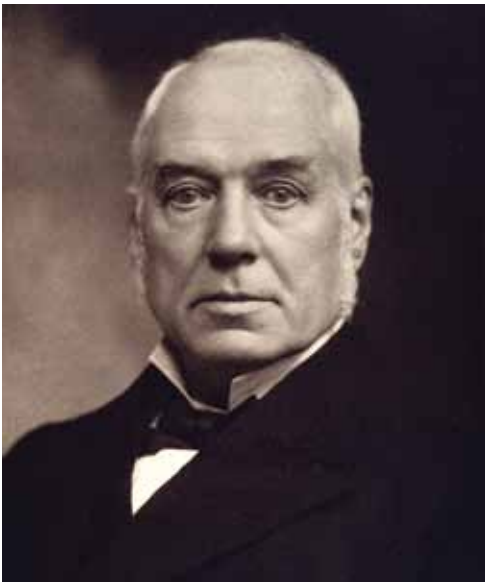
Coffee Morning: 10th April, 10.30am – Speaker on Energy and Grants

Producers & Craft Market: 13th April, 9.30 – 1.00pm.

Pizza Van: 2nd, 16th and 30th April from 6pm – 8pm

For more details

email: capeldewicommunity@gmail.com



Sir John Williams

close connection with the royal family and was knighted by Queen Victoria in 1894.

In 1903 he decided to return to Wales, eventually settling in Aberystwyth, together with his huge collection of valuable books, manuscripts and prints of Celtic interest. In 1909, he transferred most of the collection to the newly established National Library of Wales. It included the Peniarth manuscripts, some of the oldest and most important Welsh manuscripts in existence, among which are the Black Book of Carmarthen and the Four Branches of the Mabinogi. When he died on 24 May 1926, it was revealed that he had also bequeathed a very large sum of money to the Library.

Would you like to join our team of volunteers?

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Call at the museum for a chat.

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SPRING 2024 MEETING: BANCYFELIN VILLAGE HALL SATURDAY 13TH APRIL 10:00 – 13:00

The Carmarthenshire Meadows Group (CMG) will be holding one of its two annual big indoor meetings on April 13th at Bancyfelin.

We will have a short AGM which will include the Chairman's report, the Treasurer's report, election of officers (secretary, treasurer and chair) and any other business. We will continue with the format we began at last autumn's meeting in Pumsaint, with short ten-minute "soapbox" presentations as well as longer talks; we found that this promotes useful discussions amongst the attendees to the meeting. We will hear from Lawrence Harris (Plantlife) about the Resilient Grasslands Project; and Matthew Collinson will give a talk on Orchards. Among the short presentations will be Laura Moss (from our Steering Group) on haymaking challenges, and members of the Steering Group on why it's very helpful to us to know about our members' land and how it is managed. There should be useful discussions stimulated by all these topics.

As usual there will be a break for tea/coffee, biscuits and a chance for chatting and having a look at the displays and various fliers you can take away. Whether you are managing a section of the garden or a 5-acre field to benefit biodiversity, you should find the meeting useful and interesting.

To find the hall, turn off the A40 dual carriageway between St Clears and Carmarthen and enter Bancyfelin village, turn at the Chapel where there is a road sign pointing to the hall. Turn right into Cywyn housing estate then turn right into the large hall car park.

All are welcome, entry is free for CMG members, £3 for non-members or join the group for a year for £10.

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THANK YOU

Ivor and Mary Jackson wish to thank their relatives and friends for all the get well wishes and gifts received during their stay at Glangwili Hospital and Llandoverly Community Hospital.

Thank you to the staff at both hospitals for their outstanding care that we received towards our recovery.

The staff at our Community Hospital are outstanding and the care we received was outstanding. We are very lucky to still have our Community Hospital and long may it continue.

Thank you also to the doctors for their outstanding care and attention.

LLANDEILO LITERATURE FESTIVAL INTRODUCES KIDS FEST AT THE LIT FEST – A CELEBRATION OF CHILDREN'S STORYTELLING IN WALES

Saturday 27th and Sunday 28th April 10am – 4pm



Yr Hen Farchnad at the top of Carmarthen street, will be the venue for two days of creative events to fire children's imaginations as part of the annual Llandeilo Literature Festival.

'It's the first time we've had a dedicated young people's programme,' says Co-Chair of the festival and Kids Fest co-ordinator Kate Glanville. 'It's going to be an action-packed weekend for children of all ages, and there will be lots for adults to enjoy as well.'

Kids Fest highlights include talks and workshops from award winning writers delivered in Welsh and English. The programme features poet and Children's Laureate for Wales Alex Wharton, Pirates Next Door author Johnny Duddle, Owen Sheers, Eloise Williams, Meleri Wyn

James, Carys Haf Glyn, Atinuke, Claire Fayers, Lesley Parr and Alun Davies.

There will also be lots of hands-on art and craft activities. Academy Award Winners Aardman Animation will hold model making and animation workshops for children and adults. Free children's activities include book binding, printing, pottery, textiles, illustration, performance, poetry, creative writing, storytelling, an outdoor Fairy Trail and quiet spaces for reading in the Kids Fest Library. Plus a free book for everyone to take home.

Schools have been getting involved too. Kids Fest at the Lit Fest has been working with local primary schools over the last few months on a creative project leading up to the festival weekend in April.

'We feel it is important that all the local children have an opportunity to get involved,' says festival founder Christoph Fischer. 'Our aim as a festival is to share the wonderful wealth of literature we have in Wales with as many people as possible. The Kids Fest will encourage an appreciation of it from a young age. The pupils are creating amazing Mabinogion themed stories, poems and art work which will be on display during the weekend at Yr Hen Farchnad.'

On the day before the festival there will be a school's workshop held in Llandeilo Primary School. Five local primary schools are due to take part; Ysgol Llandeilo, Ysgol Teilo Sant, Ysgol Ffairfach, Ysgol Cwrt Henri and Ysgol Talylychau. The children will be coming together to enjoy a whole day of poetry, creative writing, storytelling, illustration and drama workshops led by Bardd Plant Cymru Nia Morais, Children's Laureate for Wales Alex Wharton, writer Helena Miller, illustrator Elaine Franks, Mess up the Mess Theatre Company, storyteller Ceri Philips and actor and comedian Jonathan Gunning.

'As schools we are very excited about the opportunity to work with these authors, poets, illustrators and performers to develop our pupil's creativity,' says Assistant Head Teacher and literacy co-ordinator at Llandeilo Primary School Vicki Davies. 'It's a great opportunity for local schools to work together and grow their love of reading, writing and storytelling.'

This year Llandeilo Lit Fest has encouraged younger people to join its committee, both for the Kid's Fest and the main Literature Festival. 15 year old Rose Fulton and 16 year old Maya Ibbotson have both proved invaluable committee members and have come up with some inspirational ideas. Maya has encouraged more performance led activities through her links with Mess up the Mess Youth Theatre and Rose has organised and will chair the festival's opening talk with BBC presenter Kate Humble at Newton House on Friday 26th April.

Entry to The Kids Fest is free and tickets for talks and The Aardman Animation Workshops are for sale online www.llandeilitfest.com



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JOHN BRITTON

A service to celebrate the life of the late John Britton, formerly of Queen Street, Llandovery will be held on Thursday 11th April at 2.00pm at St Michael's Church, Myddfai.

All who knew him are welcome to attend.



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LLANDOVERY GARDEN CLUB

On SATURDAY 20th APRIL Llandovery Garden Club Members will meet at the Station Car Park at 10.30am so that non drivers could be coupled with those happy to take passengers.



Secretary Denise Nicholson's Report of our Speaker's Talk on 22nd February

Guest Speaker: Bruce Wallace: Historic Gardens in Carmarthenshire Bruce began his talk with a brief description of the well-known historic gardens of Carmarthenshire; Aberglasney, Middleton Hall (now part of The National Botanical Garden of Wales), Golden Grove, Bishop's Palace, and Furnace House (Carmarthen). He then moved on to describe Glyn Aur in Abergwili. This was a cottage garden full of topiary, almost all of which represented biblical figures and events and soon became known as the Garden of Eden. The topiary included Adam and Eve and the serpent; the march of the animals to Noah's Ark; King Herod's Feast and John the Baptist's Head on a plate. In its heyday the garden had many visitors but is now sadly lost. All that survives are old postcards based on photographs taken by the owner.

Bruce went on to describe another garden and nursery which became the biggest supplier of cut flowers and exotic plants in Wales, 'Llys Onnen', Meidrim. At the beginning of the 19th century, Llys Onnen was a large estate owned by the Mansfield family who were solicitors

living in Swansea. In 1865, Charles Basil Mansfield, tired of practicing law, decided to retire to Llys Onnen with his wife and children. In 1877 his son, Charles Basil Junior married Emily Heyworth and together they began growing flowers for pleasure. They employed gardeners to tend the beds and the nursery around the house. It was a time of change and prosperity, and Charles spotted a business opportunity to expand his interest from growing flowers for pleasure into a commercial operation by selling flowers to other local estates and landowners. In addition, due to the closeness of the local railway system they could produce cut flowers to sell at a premium price in Covent Garden. Within five years the business was flourishing, they were employing about 40 local people and Charles was buying tens of thousands of bulbs from well-known nurseries in Holland and Germany, growing them on or forcing them, for sale. He was, by now, also selling to markets in Manchester, Liverpool, Leeds and Sheffield. The business continued to flourish with eventually as much as 3 acres of land covered by 36 glasshouses, 6 of which were 300 ft in length.


Sadly, Charles died in 1891 aged 42, and his wife Emily took over the reins of the expanding enterprise. By then they were growing a wide variety of plants and fruits including aspidistras, orchids, ferns, palms and exotics, chrysanthemums, geraniums, primulas roses, eucharis, arums, primulas, melons, peaches, nectarines, cucumbers and tomatoes.

In 1897 Emily sold Llys Onnen and retired to Tenby. The estate was split up and sold at auction (now a 45-acre farm, including the greenhouses) to George Forbes, a nurseryman who continued the business until 1919. In the 1920's the nursery became a very small-scale business. Through the years the glass houses were eventually removed and today, there is no sign of the commercial enterprise that once occupied the fields surrounding Llys Onn.

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Could you be just the person we need to complement our fantastic team of staff and trustees? You know what they say...team work makes the dream work.

The challenges of steep rising costs have followed us into 2024. It was the sales of donated tack, rugs and equipment that provided us with much needed income to help pay for the costs associated with the care, rescue and rehabilitation of equines in need. As our staff are busy doing what they do best, we desperately need volunteers to help us sell donations on our charity ebay store, on marketplace, at sales on the farm and at car boot sales.

We'd love to hear from you if you can commit to volunteering weekly or monthly.

Call us on 01550 740661 or email us at info@lluesthorseandponytrust.co.uk and take your first step to joining us at Lluest.

‘TAILS’ FROM THE TRUST.....

CAN YOU HELP?

The start of Spring has brought a group of new rescues to our stable door....4 beautiful stallions/yearlings. They were found wandering along a busy ‘A’ road in South Wales and sadly nobody came forward to claim them. We are so pleased that we have been able to give these sweet ponies the chance of a happy, safe and secure future. We gave the honour of naming them to our Trustees who chose a Lord Of The Rings theme. So we welcomed Baggins the Shetland, Gandalf the grey, Frodo and Samwise.

Their rehabilitation journey has started, they will go through quarantine, which includes blood tests, worm egg counts, treatment for parasites and lots of disinfectant and washing PPE. Soon they will be booked in for microchips, castrations, dentals, vaccinations and farriery. Throughout their rehabilitation journey the boys will receive expert training and handling in preparation for finding their forever homes through our Guardianship scheme. We would like to thank all those amazing people who have already donated towards their care. It's because of you that we continue to change the lives of horses, ponies and donkeys in desperate need across South, West & Mid Wales. If you too would like to contribute to their care and rehabilitation you'll find full details of how to help on this weblink: www.lluesthorseandponytrust.co.uk/ways-to-help/donate-2/



Baggins with Rhian



Frodo



Gandalf



Samwise



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I have always found the best ideas come out of having a good chat, especially over a drink. So, when I discovered People Planet Pint events, where the sole purpose is to have a chat about local sustainability over a drink, it felt like a great opportunity to organise one ourselves. Last month, Bwrlwm hosted



its first Pobl Planed Peint and it was lovely to see so many people in attendance. Some familiar faces and some new but all sharing the same enthusiasm to make positive changes towards sustainability. We all know there are big steps that need to be taken and while we are working towards those, there are plenty of smaller ones to consider as well. Using apps such as Earth Hero can help track your current actions while enabling you to set new targets for yourself and your home. They can also help provide a sense of control and contribution to a world that needs all the help we can give it. If you know of any other useful resources, we'd love to hear about them.

With help in mind, we recently had the opportunity to undertake training with Cwm Arian Renewable Energy based in Pembrokeshire. We spent an interesting morning looking at thermal imaging to explore the energy efficiency of buildings. This technology identifies colder areas in the building making it easier to see where



insulation improvements could be made. Turning the camera on ourselves was not an essential part of the training but we felt it needed to be done anyway! Save to say from the colour, we were pretty insulated.

Feedback from our recent survey showed that people would like advice based around their own homes and so we would love for this service to be available to Llandovery and the area. While we are investigating ways to make that happen, we are being kept busy working with local groups to find ways to help our beautiful town become more sustainable. We are always here to listen to new ideas or discuss current ones, either on the phone, in person or via our ongoing survey.

Follow our Facebook page where you can find the link to the survey, to hear more and contribute your ideas, or alternatively, scan the QR code below. To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699.

Ynni Sir Gâr are a Community Benefit Society, who's aims are to work with communities to reduce energy costs, promote energy efficiency, tackle fuel poverty, generate clean renewable energy, install locally owned and managed electric vehicle charge points and keep profits and jobs local. The Bwrlwm project has been supported through the Levelling Up Fund administered by Carmarthenshire Council.

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LLANDEILO ROTARY ST DAVID'S DAY



Left to Right: David Ryder Owen Senior Vice President, Joy Cornock, Andrew Roberts, Nigel Haines President.

Llandeilo Rotary and their guests celebrated St David's Day on the 29 February the eve of their Patron Saint's birthday at their Headquarters the Plough Inn, Rhosmaen, Llandeilo.

A total of 27 guests attended including ladies from Friends of Tenovus, one of the President's nominated charities, Ladies of Inner Wheel with President elect Karen Davies, Andrew Roberts and David Thomas representing the Plough Inn, the President of the 41 Club Eifion Hopkins and his partner, various guests and Rotarians.

The evening included a superb performance by world renowned harpist and soprano Joy Cornock.

Joy, who lives locally with her husband and two children on a working farm, has toured extensively in Britain and in Europe visiting Spain, Germany and Ireland and also Canada and Patagonia. The latter where



Nigel Haines President and Claire Jones.

she performed at the annual Gymanfa Ganu in Trelew.

Joy is a professional soloist and harpist performing with numerous choirs around Wales and made her debut at the Wales Millennium Centre as part of the Wales Young Farmers Federation 60th Gala Concert. She is a faithful member of Cor Newyddion Da performing at the Royal Albert Hall and the Cardiff International Arena.

Joy performed a medley of both Welsh and English songs and the audience joined her with the singing of the Welsh National Anthem.

David Ryder Owen gave the vote of thanks bilingually and presented Joy with a bouquet of flowers on behalf of Llandeilo Rotary.

The evening was far from finished with an auction of three items performed by Councillor Edward Thomas. Items included two gift vouchers each for two people for afternoon or evening dining. These were kindly donated by the Plough Inn. The third prize was a bottle of Celt Penderyn whisky which was again kindly donated and auctioned. The total raised from the auction was £205. In addition a raffle held earlier in the evening amounted to a further £212. With other kind donations a grand total of £550 was achieved.

President Nigel Haines presented a cheque to Claire Jones who then thanked the Rotary Club on behalf of Llandeilo Friends of Tenovus. Karen Davies President elect of Inner Wheel then thanked the Rotary Club on behalf of Inner Wheel. This concluded what was a very enjoyable and successful evening.

FRIENDS OF CÔR MEIBION LLANYMDDYFRI MONTHLY LOTTERY DRAW RESULTS JANUARY AND FEBRUARY 2024

JANUARY 2024

- 1st Jac Lloyd
- 2nd Dai Morgan
- 2nd Arthur Webster
- 3rd Ena Jones
- 3rd Anna M Rees
- 3rd Elinor Richards

FEBRUARY 2024

- 1st Ffion Thomas
- 2nd Gina Jones
- 2nd Heather Davies
- 3rd Dafydd Morgan
- 3rd Kirsty Locke
- 3rd Rhys Morgan

Many thanks to you all for your continued support to the Choir.

LLANDOVERY ROTARY CLUB



Some months are quiet, others are extremely busy but one thing is for sure in Rotary there is always something interesting going on. This is no better example of this than this month. Such an eclectic mix of subjects covering many different aspects of life in the Community and beyond. A lot of money given away to good causes. Five cheques distributed in one meeting to be exact and each one carefully considered to be worthy and meaningful. These donations hopefully have a big impact and we feel the community is better off as a whole as a result of them.

Also another new member, and two new babies! Hold on, hold on grandchildren actually. And so, so much more.

Here goes The first news we received last month was that Dai Dyer and Carol were presented with a new grandchild, a baby boy. Congratulations to the Dyer family.

Llangadog Community Centre requested funding towards a new range cooker for the hall.

This we were delighted to support as the Llangadog community always supports us very well indeed. All were in favour of support and a substantial cheque was on its way. Happy cooking!

We wish our member Neil Cuthill good luck with his upcoming hip replacement.

This month we inducted another new member. Hazel Miller Redgrave from Cynghordy had attended as a guest on a couple of occasions and was happy to put in her application. This was accepted unanimously. Hazel thanked the club and detailed her life with her late husband Jim. Members responded in the usual way with a hearty round of applause and welcomed her as a new Rotarian. Welcome Hazel.



Our latest new member Hazel Redgrave from Cynghordy.

The Crocuses which many of us planted around the town years ago came through in some style again this year. They are all purple in colour to support Rotary against Polio. Thousands of them came through but had to fight hard to be seen as the mild Winter ensured the grass was fairly long, but they did look absolutely splendid.

We received a request for funding from Llangadog Rugby Club. This was for essential training wear which was desperately needed. We were all in favour of supporting and another healthy cheque was on its way to Llangadog. Good luck.

We wished one of our elder statesmen Mike a very happy 80th birthday. Several joked he didn't look a day over 79 but as always he took it in good heart as we sung 'Happy Birthday' in both languages. Many more of them Mike.

MEET THE MEMBER – DEREK JONES



This month's 'Meet the Member' Derek Jones.

Our next Rotary Club's 'Meet The Member' is Llandoverly born and extremely proud 'Cyw Bawddwr', Derek Jones.

He has been married to Meryl for 40 years, is the father of two wonderful daughters Delyth and Eleri, and a grandfather to three 'cheeky' grandsons.

He has been a member of Rotary for over 20 years and last year was awarded Rotary's highest accolade, the Paul Harris Fellowship award.

Following in his father's footsteps he was the owner of Castle Garage in Llandoverly but somehow, after 39 years, he contracted the flesh eating disease (necrotising fasciitis) 15 years ago and was told he must never work again.

Derek was a Magistrate for 18 years and was awarded the huge honour of becoming the Chairman of the Dinefwr Magistrate's Bench.



Huw Adams, Rosie Davies, The Bishop of St David's Bishop Dorrien, District Governor Mary Adams, President Dan.

He was Captain of Cradoc Golf Club in 1999-2000 gaining many wonderful lifelong friends during this time.

He is a passionate supporter of the Drovers attending every game and as a player, after losing his devastating pace (ha ha) he was dropped from the first team and captained the successful Second team for 5 years.

Derek is now kept (very) busy running the Love Llandoverly Facebook page.

He says "Hopefully I will serve this community for many years to come.

I feel extremely blessed to be able to do so".

He added, "Live every day as if it's your last, because one day you will be right!

We received a request for funding from Llandoverly Brownies. They need the funds to purchase some gymnastic crash mats which would enhance the Brownies enjoyment. Again we supported this request wholeheartedly and another cheque was on its way.

The Annual Welsh Cakes Competition in town came around again and President Dan thought we should support it. No one volunteered last year so Dan did it himself. And this year, guess what? No one volunteered again! I nearly did but thought that the judges might not appreciate breaking their teeth in the tasting part so politely declined the opportunity! So guess what once more? Dan did it again! Although clearly a Master Chef in the making, amazingly he didn't make the podium! None of us thought for a moment that he would but well



Bishop Dorrien during his wonderful address to us.

done for trying Dan. Next year maybe! Dan says 'Maybe not!' Ha, we'll see.

Then we had one of the highlights of the year. None other than the Bishop of St David's, Bishop Dorrien Davies had agreed to come to address us. Our partners or plus ones were invited along too. We were delighted too that our wonderful District Governor Mary and her husband Huw agreed to attend as well. It's always great to have them with us. Over forty of us enjoyed a wonderful meal at the Castle Hotel then afterwards the Bishop gave his address:-

I am grateful to Secretary Rosie for her comprehensive minutes of the meeting outlining Bishop Dorrien's talk which is shown below

Bishop Dorrien,

- Thanked the club for the warm welcome, feel like he is amongst friends.
- Thank you to the Castle staff for a lovely meal.
- Celebrating 36 years in the ministry. To be Bishop is a great privilege and an honour.
- Grateful for my lovely wife Rosie, and I actually baptised Rotary Rosie when she was a baby, lovely to see her and her grandmother Jane.
- Congratulations to Mike on his 80th and his beautiful wife.
- To be appointed Bishop of St David's is a great honour.
- It is a challenging time facing the church currently.
- Discussed the challenges of maintenance of buildings within the ministry.
- Discussed practicalities of the future, the church is not a building, it is the people that go and worship there.
- Discussed the challenges with rural living and the statistics of young vocations.
- Hoping to revitalise the reality of commitment and get young people on board.
- Wants to encourage growth and development
- Discussed 'pruning for growth'- looking at opportunities to prune to encourage young shoots to grow.
- Recognises the importance of working with children within the diocese.
- Shared a story of working with a school in Pembrokeshire of experience with children experience trauma and the impact this had on him.
- Shared desire to tackle the challenges facing the people in the area and discussed wanting to reintroduce Jesus to people.
- "Hope will become a reality and we will see growth".
- Shared story of his parents and their neighbour.
- 36 years has gone very quickly. Time as Bishop will be quick, but hopefully it will be effective.

The only way is up with good people such as yourselves, giving not only hope, but opportunity.

Thank you Rosie for the excellent minutes.

The Bishop also agreed to a Q&A session which was followed by a vote of thanks from Derek after which all stood to thank the Bishop for giving of his time from a very busy schedule and for a most memorable speech by giving a rousing round of applause.

We have been Blessed as a Rotary Club as we have

continued on page 40



Lynnette was "The Best Dressed Lady" at Hereford race meeting recently. Of course she was!

now been addressed by TWO Bishop's of St David's Cathedral and a former Archbishop of Canterbury. Either they are all pleased to accept our invitations or they must believe we are in need of Divine Intervention! You choose.

We received a request from Llandoverly Scout Group who were requesting funding to purchase some tents. The Brownies and the Scouts do so much for local youngsters in this community and we were again delighted to assist. Yet another healthy cheque was forwarded. Happy camping guys!

Congratulations to Lynnette as she won 'Best Dressed Lady' at Hereford races recently. Lynnette wore a stunning outfit and looked fabulous.

We gave our congratulations to Ieuan as he and Barbara were presented with a bouncing grandson. Happy days for the Pugh-Morgan's.

We received yet another request for funding. Neil Harries from Llangadog has been selected to play for Wales Over 40's in cricket. He has been selected to play for Wales Over 40s in South Africa this Summer and those fortunate to be selected have to part fund the large cost of the trip. We forwarded a cheque to Neil to help with the cost and wish him well.

Dai was again congratulated for the wonderful work he has done and continues to do with the Youth in

all competitions. Is that what keeps you young Dai? Whatever it is, keep doing it! Well done.

Rosie and Rachel attended a District area meeting and were again asked how is Llandoverly recruiting members when almost all others are struggling to recruit. 'Simple' they said. We now have ladies, a lot of new younger members so we have a great mix of young and errrrrr less young, we all get on together, we raise loads of money, we give loads to local charities and we all have fun doing it. Fair enough.

If you or your organisation would like to request funding. Go ahead, ask us. We've still got some left and we'd be only too glad to assist.

That's about it for this month. Don't miss next months exciting episode!

Derek Jones.

NEWS FROM TOWN HALL

Greetings from Llandoverly Council. We hope you have had a good Easter.

We are very sorry that our long standing councillor Ivor Jackson has decided, due to ill health to step down as a town councillor. Ivor has been a very hardworking, diligent councillor. He served as Mayor of the town for three consecutive years. He also served the town as a County Councillor and was CCC Chair for a year. He walked the streets daily and kept us all abreast of any issues that town council needed to address. Thank you Ivor for your very loyal service to your home town. A true Cyw Bawddwr!

Ivor would have been the first to notice the very unwelcome increase in dog fouling in and around the town. New Road, Queensway, Stone Street, Market Square have all seen an increase to name but a few areas. It has been noted that it happens early in the morning or late at night. Be aware that this is unacceptable and we will welcome any help in stopping it. **Pick up your dog's mess, bag it and deposit it in the waste bins.**

Some of you may have seen on Facebook recently that a lorry got stuck at the entrance of Maesglas [old Rhys Prichard school side]. This is an area used by delivery lorries to turn around after making vital deliveries to businesses in Stone Street. Unfortunately a number of people are now using this as a parking area. Please think again and find a more suitable place to park.

Llandoverly monthly Farmer's market will be resuming for the summer months and will we hope be bigger and better than ever. The canopies and new seating will also be going up in Market Square soon.

Well done The Drovers for reaching the final in Cardiff for the third time. Another opportunity for us to go and support them on April 7th.

LLANGADOG GARDEN CLUB



We are all happy spring is here after a tough, very wet winter. We hope that spring will bring more days outside enjoying our beautiful gardens with nature all around us.

We all continue to work hard to garden sustainably, always with the environment at the forefront. Blue Barnes will boost our biodiversity knowledge with his talk *How Green is your Garden*, on 27th March.

We meet on the last Wednesday of every month excluding July/August/December at 7.30pm at Llangadog Community Centre.

Membership £8 or £2 per talk. All welcome. Hope to see you at one of our talks.

27th March

Blue Barnes Thompson from Parc yr Yscob will talk about gardening, with biodiversity as the priority.

24th April

Huw Richards – Self-Sufficiency from Small Spaces (priority for garden club members)

Mid May tbc

Trip to Llanllyr, at Talsarn near Lampeter, by car.

30th June

Ferryside Garden Crawl trip by car.

July no meeting

3rd August

Llangadog Show fundraising stall

Tombola, flower bonnet/hat competition, seed swap, plants for sale. Plant/Tombola/produce donations gratefully received. All funds pay for speakers and room rent for the club. Volunteers needed for the day.

Contact: sheridanjulieann@gmail.com



CANTORION LLANDEILO PERFORMS MOZART IN SUPPORT OF ALZHEIMER'S SOCIETY

Cantorion Llandeilo Singers' concert in St Teilo's Church on 27 April 2024, will be a joy for all Mozart fans.

The programme will explore the development of Mozart's compositions, starting with his first piano minuet-and-trio written at the age of 5, right through solos from his church music and much-loved operas, to the *Requiem* completed after he died at the tragically young age of 35.

50% OF THE TICKET SALES WILL BE DONATED TO ALZHEIMER'S SOCIETY

Conducted by Musical Director Colin New, the first half of the concert is:

Minuet and Trio (written by Mozart at the age of 5)
Symphony no. 1 (written by Mozart at the age of 8)
Exaltate (Alleluia) (soprano)
Laudate Dominum (soprano)
'Non so più' (mezzo), 'Hai già vinta la causa' (baritone),
'Voi che sapete' (mezzo) from *The Marriage of Figaro*
'Il mio tesoro' (tenor), 'Là ci darem' (duet – mezzo/baritone) from Don Giovanni
'Un aura amorosa' (tenor) from *Così fan tutte*
Duet 'Pa-pa-pa-Papageno!' (soprano/baritone) from *The Magic Flute*
'Parto, parto' (mezzo with clarinet) from *La clemenza di Tito*

The *Requiem* in D minor, K. 626 will follow in the second half of the concert.

The professional soloists are: Helen Massey, (soprano), Esme Bronwen-Smith (mezzo-soprano), Robyn Lynn Evans (tenor), and Theo Perry (bass/baritone).

Tickets cost £15 (under 18s admitted free) and are available from Peppercorn, 5 King Street, Llandeilo SA19 6BA; by phoning 07851 786569; or at the door on the night. There will be a licensed wine bar. The concert starts at 7 p.m. on 27 April 2024 in St Teilo's Church, SA19 6BH.

DROVERS FLY INTO THE WRU CUP FINAL

Llandovery 43 Ebbw Vale 7

Huw S Thomas at The Talbot Athletic Ground



Jac Davies whose two brilliant tries helped Llandovery beat Ebbw Vale 43-7 in the WRU Cup semi final (photo by Huw S Thomas)

In a surprisingly one sided WRU Cup semi final at Aberavon, the Drovers went through to the final with a display that even superlatives would not do justice to writes Huw S Thomas

They will now face Merthyr at the Millennium Stadium on April 7 after the Ironmen beat Swansea 23-17 in the other semi final at Bridgend.

The Steelmen had been the only side to beat Llandovery in the Indigo Premiership back in October but here they were comprehensively outplayed by a Llandovery team that played with a poise, skill and confidence rarely seen at semi pro level.

"We have been waiting for that kind of performance for a while" said coach Euros Evans, "and the first half play was one of the best that this side has produced since my time with them"

"After two very close contests in the Premiership, we knew that we had to be on top of our game against them and to do so would require us to step up a gear."

"Our first half performance laid the foundations for an outstanding Cup win and it will take us into the final in good stead."

Attack coach Gareth Potter beamed "On a firm pitch and in dry conditions, the boys' attacking play was on another level with their creativity a delight to see and they quite literally danced their way to the Ebbw Vale line."

"Jac Davies's extra pace and incisive running from full back lit the touch paper for all around"

Not even the most rabid Ebbw Vale fan, player, coach or committee man would deny the superiority of the Drovers in all departments.

Once the Llandovery forwards gained early control with their hard carrying, the backs put on a display of swift and balanced running, passing and supporting that had the Ebbw defence clutching at straws.

If the WRU want to show an example of what they might want in quality and attitude from next year's semi pro Elite League, then they have Llandovery's display on camera to distribute to all clubs as the exciting template for the future.

Individually and collectively Llandovery dazzled with their ambition and invention, none more so than the centre pairing of Adam Warren and Rhodri Jones whose understanding of space, time and support was out of the top drawer.

They and fly half Ioan Hughes continually asked questions of the Ebbw midfield with the intelligence of their angles and passing - long, short, quick, delayed - confounding would be tacklers.

Little bobby dazzler Lee Rees was in the middle of everything at scrum half, wings Aaron Warren and Harri Doel made ground whenever in possession whilst in full back Jac Davies Llandovery have found a star of the future.

Two brilliant solo tries from the 20 year old, one from his own try line brought the house down in admiration and proved his selection in front of goal kicker Jack Maynard a master stroke by the coaching team.

Many had been in favour of keeping Maynard at full back for his goal kicking but soon had to change their minds when Davies slipped one tackler on half way and slalomed in from 50 metres.

If that was brilliant then his second half try was even more remarkable, picking up the ball near his own try line, slipping onrushing attackers and chipping ahead before gathering on his way to the try line.

Llandovery old timers shook their heads in disbelieving admiration of the length of the field score from the quick and elusive Ysgol Glantaf product.

Not that the backs were the only heroes. Scrums were rock solid and line out only a tad less so but in the loose the back row of Osian Davies, Joe Powell and Stuart Worrall did everything at a speed and conviction that their opposite numbers could not match.

At the beating heart of the forward effort were locks Jack Jones and Chris Long whose work in defence alongside front rowers Jamie Hughes, Taylor Davies and Berian Watkins stifled Ebbw's sporadic attempts to bully their way through tacklers.

In a first half of scintillating rugby, Llandovery scored four tries, through Jac Davies, Ioan Hughes, Adam Warren and Jamie Hughes - all crafted and executed perfectly - and could easily have scored three more such was the ease in which the backs continued to cut through.

Fly half Hughes added nine points from the boot, and the tie was already dead at 29-0.

A yellow card for flanker Lewis Young, son of the watching Dai, just before the break for hands in the ruck and then another for centre Ethan Phillips for back chat made Ebbw's chances of recovery even slimmer.

Davies's virtuoso 100 metre effort made it 36-0 before

the Drovers emptied their bench with a quarter of an hour to go.

Throwing the ball about as if on a Pendine beach holiday, the Drovers paid for their abandon when replacement wing Reece Dunne -on loan from Gloucester - scored an interception try, converted by replacement Kieran Meek

It meant little and a strong run from Long and a swift inside pass to Powell saw the No 8 gallop over for his side's sixth and last try of one of the most unequal semi finals in the 53 year history of the Welsh Cup.

***** Llandovery face a non too easy task on Friday when they travel to Pontypool who still have a chance of making the Premiership play offs. The Drovers will need to be on full guard against Pooler**

Llandovery

Tries: J Davies (2), I Hughes, Adam Warren, J Hughes, J Powell

Cons: I Hughes (4), J Maynard

Pen: I Hughes

Ebbw Vale

Tries: R Dunne

Con: K Meek

Llandovery: J Davies; H Doel, Adam Warren, R Jones, Aaron Warren; I Hughes, L Rees; J Hughes, T Davies, B Watkins, J Jones (capt), C Long, O Davies, J Powell, S Worrall

Replacements: D Dallavalle, C Thomas, L Green, Marco Dallavalle, N Hart, I Phillips, J Maynard, D Land

Ebbw Vale: M Richards; E Bowden, E Phillips, D Franchi, J Thomas; E Lloyd, J Evans; L Garrett, R Francis (capt), A Court, D Bartlett,,C Gregory, C Regan, A Howes, L Young

Replacements: M Davies, R Francis, H Drone, E McIntyre, R Jenkins, R Harries, B Main, R Dunne, K Meek



Adam Warren releases Jac Davies on yet another run for the Ebbw try line.

(photo by Graham Davies)

BALDRIC



During the early days of summer in 2023, when the weather became very hot and dry, and we feared we might be in for a drought, we first encountered a very particular robin in the garden. His condition was terrible, horrifying. His head was utterly bald and there was a ring of naked, black skin round his neck. His shoulders and back scrunched up into a twisted hunch. He had a sharply pointed spear of poor feathers just above his beak and his wretched little feet had become pathetic balls of thin, rolled wire. I don't know how he managed to perch, to roost or to forage for food. Had he been attacked, met with an accident or been hatched with those infirmities? In compensation for these horrors he had tremendous courage and audacity, became very tame an adept at organising us to move wheelbarrowers etc. to provide shelter and to produce more food. He absolutely ruled the back door, kitchen area, and naturally we became his willing slaves. Several times a day he demanded supplies, running operations from the top of the outdoor kitchen light. He responded to human conversation and popped up, eyeball to eyeball, in the front garden as well. The strange unicorn horn vanished; his condition improved and new feathers grew. With the dry weather he seemed to be doing well. When the rains started he stood his ground beneath his wheelbarrow. Sadly the end was nigh. What settled into a horrid, soaking wet, cold summer, was more than his frail little body could withstand. One morning he wasn't there for breakfast and we never saw him again. I hope his departure was quick and painless. (What wild creature is lucky enough to achieve that?)

It is unwise to get too fond of the wild birds and small creatures that share our domains; their lives are fleeting and fragile. We watch and observe their activities and enjoy their presence; we feed them in season, leaving a protective landscape of bushes, trees, hedges, long grass, brambles, ivy and farm buildings for their use, and our valiant little stream that does not fail. We also wait in trepidation for the arrival (or not) of swallows in April, dreading their departure in September, until the fieldfares arrive in consolation. We also miss our funny little damaged robin who left with the warm weather last summer. I think we will not forget him Baldric The Brave.

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

- 7 Apr 11.00am Combined Eucharist
Cil-y-cwm
21 Apr 9.30am Holy Communion
5 May 9.30am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

- 7 Apr 11.00am Combined Eucharist,
Cil-y-Cwm
21 Apr 11.00am Holy Communion
5 May 11.00am Morning Prayer

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

ST. PAUL'S CHURCH, MANORDEILO

- 7 Apr 11.00am Combined Eucharist,
Cil-y-cwm
14 Apr 9.30am Holy Communion
28 Apr 9.30am Morning Prayer

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

ST. MICHAEL'S CHURCH, CILYCWYM

- 7 Apr 11.00am Combined Eucharist for
Llanwrda Group
14 Apr 11.00am Holy Communion
28 Apr 11.00am Morning Prayer

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

- 7 Apr 11.00am Holy Communion
14 Apr 11.00am Morning Worship
21 Apr 11.00am Family Worship
28 Apr 11.00am Holy Communion
5 May 11.00am Holy Communion
9 May 6.00pm Ascension Holy
Communion &
Refreshments

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

ST SIMON AND ST JUDE, LLANDEUSANT

- 14 Apr 6.00pm Evening Prayer
28 Apr 11.15am Holy Eucharist

LLANDINGAT, LLANDOVERY

- 7 Apr 10.30am Joint Area Family Service
+ Baptism "Receive the
Spirit"
14 Apr 9.30am Communion "Repentance
& Forgiveness"
21 Apr 9.30am Morning Prayer
"The Good Shepherd"
27 Apr 10am-2pm Ministry Area
Conference with
Archdeacon Ven Matthew
Hill, Tim Llewelyn & Rev
Bruce Collins
28 Apr 9.30am Communion "A Guide to
the Perplexed"

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYRFI

- 7fed o Ebrill 10.30yb @ Llandgad
21ain o Ebrill 11yb Cwrdd Cymun
27fed o Ebrill 10yb - 2yp Cynhadledd
Ardal Weinidogaeth @
Llandgad

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

ST MICHAELS, MYDDFAI

- 7 Apr 10.30am @ Llandingat
14 Apr 11.30am Communion
21 Apr 11.30am Morning Prayer
28 Apr 11.30am Communion

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

ST. MARY'S CHURCH, CYNGHORDY

- 7 Apr 10.30am @ Llandingat
14 Apr 2.30pm Family Service
28 Apr 2.30am Communion

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

ST CYNWYL'S CHURCH, CAIO

DETAILS NOT AVAILABLE AT TIME OF GOING TO PRESS.

Rev Rik Mayes 01558 685118.

ST CADOG'S CHURCH, LLANGADOG

- 7 Apr 10.30am Holy Communion
Joint Service
14 Apr 9.30am Morning Prayer
21 Apr 9.30am Holy Communion
28 Apr 9.30am Morning Prayer
20 Apr Supper and Auction
- ring 01550 777657 for tickets.

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

ST. BARNABAS, RHANDIRMWYN

- 14 Apr 9.30am Holy Eucharist
21 Apr 9.30am Morning Prayer
28 Apr 9.30am Holy Eucharist

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

ALL SAINTS CHURCH, GWYNFE

- 7 Apr 10.30am Combined Service
at Llangadog
14 Apr 11.15am Morning Prayer
21 Apr 11.15am Holy Communion
28 Apr No Service

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.
Weekday masses - see notices or
Phone: 01558 824305 or
Mob. 07507 071337.

ST TEILO'S CHURCH, LLANDEILO

- 1st Sun 11.00am Holy Communion
2nd Sun 8.00am Holy Communion
11.00am Morning Prayer
6.00pm Evening Prayer
3rd Sun 9.30am Boreol Weddi
11.00am Holy Communion
4th Sun 9.30am Cymun Bendigaid
11.00am Holy Communion
6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

DETAILS NOT AVAILABLE AT TIME OF GOING TO PRESS.

Email: h_loyd_davies@hotmail.com

HOLY TRINITY TALIARIS

DETAILS NOT AVAILABLE AT TIME OF GOING TO PRESS.

Email: h_loyd_davies@hotmail.com

LLANEGWAD CHURCH

- 2nd Sun 11.00am Eucharist
3rd Sun 11.00am Eucharist
4th Sun 11.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm
Wednesday 10.00am

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

For further information or to contact Pastor Rob please visit
www.williamspantycelyn.co.uk

ST EGWAD, LLANFYNYDD

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

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

EENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)
Services every Sunday
10.30am Worship and Communion Service (Also Sunday School for under 15s)
5.00pm Evening Service
Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.
All are welcome.

ST TEILO'S CHURCH, BRECHFA, SA32 7RA

7 Apr 11.00am Communion services
21 Apr 11.00am Communion services

Info – contact Rev Roger Nock
01267 202347.

ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, SA32 7RP

7 Apr 2.30pm Communion services
21 Apr 2.30pm Communion services

all followed by tea in the church hall.

The next Pilgrim Service is on Wednesday, April 10, at 6.00pm.

“Lle Llonydd” : A Quiet Space of Reflection and Contemplative Prayer

The monthly Quiet Space session at Llanfihangel on the last Saturday day of the month, April 27, at 2pm. . Info churchwardens Andrew Tait on 07846 310 848 or Beryl Edwards 07428 833 278.

Forthcoming services are listed on the Facebook pages for each church. Both churches are open for visitors/pilgrims.

For info contact Revd Roger Nock on 01267 202347 or 07796 761754 or roger.nock@talk21.com.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

HOLY TRINITY CHURCH

1st Sun 10.00am Eucharist
2nd Sun 10.00am Eucharist
3rd Sun 10.00am Eucharist
4th Sun 10.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

Services on 5th Sunday are at 10.30am and rotate around the churches.

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.


12.15pm to 1.00pm in the Christadelphian Hall near Lidl's.

Contact: Brian Woodall –
brwoodall1940@gmail.com

RIVERS COMMUNITY CHURCH

Meet every Sunday at 5.00 p.m. in the Civic Hall, Llandeilo.

Tel: Pastor Rhys 07511 551541
rivers.church@outlook.com



Ceramica Botanica

Dathliad o grochenwaith a serameg cyfoes wedi'u gwneud
â llaw, o Dde Cymru a thu hwnt

A celebration of contemporary handmade pottery and
ceramics from across south Wales and beyond

APRIL 20 AND 21 AT THE NATIONAL BOTANIC GARDEN OF WALES

The National Botanic Garden of Wales and South Wales Potters host a weekend celebrating clay with workshops, exhibitions, and more.

Visitors to the Botanic Garden will have a rare opportunity to meet some of South Wales' most talented ceramicists this April, as over 25 potters gather to exhibit their work in the iconic Great Glasshouse.

Ceramica Botanica is organised by South Wales Potters – a group of over 350 ceramicists from across South Wales – and offers a unique chance to see potters from across the full stretch of South Wales as they gather for one weekend only.

With the most recent series of The Great Pottery Throwdown having once again thrown the spotlight on pottery, more people than ever are taking an interest in clay. Ceramica Botanica presents the perfect opportunity to explore all that the art of ceramics has to offer, as visiting potters share their skills and run drop-in workshops throughout the weekend. Visitors will be able to watch demonstrations including raku firing, as well as various making and decoration techniques.

With the potters' work ranging from gas-fired raku vases to delicate porcelain mugs, jewellery, and more, there is much to see – and all pieces on display will also be available for purchase.

For more information contact widge.thorpe@btinternet.com

READERS' SALES & WANTS

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

FOR SALE

- **Benassi MC2300H Reverso.** 48 cm Tiller, also comes with 90 cm Sickle bar attachment. Excellent condition. £1000. Phone 07878 313063.
- **Massey Ferguson 135 Tractor.** Good condition. Comes with set of weights, transport box and V5, £3750. Phone 07878 313063.
- **Pride 1 Go Transportable Lightweight Folding Electric Wheelchair Powerchair,** 2 years old, has seen heavy use. £1800 as new, selling for about half price.
- **Acupressure/Tattoo Chair,** including case, excellent condition, £80. Tel. 01550 777556
- **Evette Flute,** 00242. including hard case, excellent condition, adult player; £70. Tel. 01550 777556
- **Vintage German Wittner Metronome,** Taktell Junior, black case, excellent condition, £15. Tel. 01550 7775562.
- **5 piece Yamaha Rydeen drum kit.** Cranberry red.1 crash, 1 cymbal, 1 hi hat. Cowbell, stool, music stand, mats. Used, £350. Mobile 07760 306273.
- **Alpha Romeo,** spares or repair, £775 ono. Phone 01550 777149, mobile 07572 168275.
- **Outsunny car fridge,** 50 litre, still in box, never used, £150 ono. Tel 07815 718176.
- **Broadwood baby/boudoir grand piano** looking for a good home. Needs some attention but still plays nicely. Free to a good home. Phone 01550 777149 / mobile 07572 168275.
- **Knapsack sprayer,** Berthoud Vermorel 2000 Pro, £75. Selling due to retirement. Good condition. Telephone 01550 777149, mobile 07572 168275.
- **Professional planting bag,** £50. Selling due to retirement. Good condition. Telephone 01550 777149, mobile 07572 168275.
- **Portable chemical toilet** (never used) for sale, £25. Good condition. Selling due to retirement. Good condition. Telephone 01550 777149, mobile 07572 168275.
- **Maxi Cosi Tobi baby car-toddlers car seat,** good as new, £50. Tel: 01558 685175.
- **Corby 7700 Trouser Press,** teak effect with coin dish and shirt hanger in excellent condition, £25 ono. Tel 07518 335682.
- **Extending mahogany dining table** with 4 chairs and 2 carvers in very good condition, £175 ono. Tel 07518 335682.
- **A4 laminator.** Ibico ML-9, £15. Tel: 01550 777591 or 07854 148915.
- **Car trailer,** made from twin axle caravan, needs a tidy up. Details 07917 164044 (near Llandovery).

- **New Belling cooker,** mains gas, £700. Tel: 07481 983828.
- **Big bird cage** for Parrot, £40. Tel: 07481 983828.
- **Old Caravan** for use as chicken house, offers. Tel: 07481 983828.
- **Attention "Old Camera" Enthusiasts.** I have a large collection of various 35mm cameras, mostly single lens reflex, looking for good home, 21 in all e.g. Nikon, Canon, Pentax etc with cases, including various selections of lenses and photographic accessories. Sadly for sale due to bereavement. Further info. Tel: 07950 630031 or 07583 996827.
- **A nice Brass coal scuttle** • Angle-Poise lamp • Large and small plastic Tool boxes • Selection of Garden Tools • Lots of Welsh and English records, (old and not so old) • Professional pulsating garden water sprinkler • New curtain rail • Sky blaster pressure washer • Ferex Ash and dirt vacuum hoover (new in box) • Nice Brass ceiling light fittings • Stained leaded oval glass windows (glass only no frame) • Titan electric wood mulcher. Plus a lot more items. Monies received will be donated to Llanwrda Church at the end of the month. Please call 07761 107055.
- **Set of Art & Craft style dining room chairs,** 1 carver, 3 chairs, £130 ono. Tel: 01558 669130 (Dryslwyn).
- **Lift Mate Scissor Table** TXL500L, large platform, 500KG, £450 ono. Tel: 01558 669130 (Dryslwyn).
- **Low Trolley,** 74" long x 47" wide x 3" high, 8 planks 2" thick on 3 wheel on each corner, £150 ono. Tel: 01558 669130 (Dryslwyn).
- **Master Mix electric cement mixer,** 130ltr drum, £75 ono. Tel: 01558 669130 (Dryslwyn).
- **Scaffold aluminium tower,** 6' x 4', 18ft high, crossbars and feet, 4 boards, £210 ono. Tel: 01558 669130 (Dryslwyn).
- **Roof ladder,** 20 rung with loop hook and wheels, £120 ono. Tel: 01558 669130 (Dryslwyn).
- **Two recliner swivel chairs and footstools** in beige material with teak wooden circular base, VGC, £75 each ono. Tel: 01558 668201.
- **Teak garden table and four chairs,** two of which are recliners, VGC, little used, £120. Tel: 01591 610507.

WANTED

- **Books wanted.** Whenever you are busy making space/clearing your house, we would be more than pleased to receive your unwanted pre-loved books for our Secondhand Bookroom within Newton House. Just box/bag the books and deliver to the House when you are passing. We even have a re-cycling outlet for those that are not in such a pretty state. The house is now open every day during the spring/summer months and there will always be someone to help you offload if required. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer 01558 825917. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Motorcycle or scooter,** any size engine, none runner ok, if no longer needed and left in garage etc, will pay cash and collect. Tel: 07917 164044.

Local Directory

Support Local Business

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ASHMOLE & CO OFFICES in Llandoverly, 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: Llandoverly@ashmole.co.uk Tel: 01550 720098. *12/24(12)*

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ANTENNA TV AERIAL, SATELLITE AND SPACE SATELLITE INTERNET SERVICES. Trading over 30 years, rural areas covered. Contact Scott at Digital TV Solutions on 07841 022708 or email: scott@digitaltvsolutions.co.uk www.digitaltvsolutions.co.uk *06/24(12)*

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BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llanddeusant, Llangadog, Carmar SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com *04/24(12)*

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AUCTIONS

POULTRY, CAGEBIRDS AND GENERAL GOODS AUCTION to be held at P and S sales, first and third Saturday of the month Worthingtons Storage and Auction Site SA18 9NG, 10.30am start. Also at Caerbryn Village Hall SA18 3DX, last Sunday of the month, 10.30am start. Both events are restricted to a single vendor for poultry and waterfowl due to bird flu regulations. For more information Tel: 07914 924929. *07/24(6)*

BEAUTY SALON

NORA ELAINE WALL IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon. (Established since 1997 providing Beauty, Electrolysis & Holistic Therapies). I offer you a bespoke appointment-based service of treatments in my dedicated Salon. Using the finest of ingredients in my Facial Care, Manicures & Pedicure, Shellac Gel, Eye brow & Eyelash tinting, facial waxing and Sterex Electrolysis (facial hair removal). Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ. (on A476 between Ffairfach and Carmel). Open: 9am to 6pm on Tuesday, Wednesday, Thursday and Fridays. Tel 01269 831585 to book. *07/24(12)*

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. *04/24(12)*

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CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. *02/25(12)*

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

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning also carpet cleaning. Reliable, trustworthy and friendly. All outdoor work considered including lawn cutting & pressure washing. References available. Covering Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. *03/25(12)*

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HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 23 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. *07/24(12)*

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

ELECTRICIANS

V. W. REES Llandeilo. No job too small. Tel: 07790 568072. *09/24(6)*

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. *10/24(12)*

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CASTLE LAWNS. All lawn care work. Mowing, aerating, scarifying, weed control, fertiliser & top dressing, seeding, turfing, paddock work. Free quotes. Tel: 07817 795142 email: derekstone4@hotmail.com *07/24(12)*

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

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MOBILE HAIRDRESSER. Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702. *05/24(12)*

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PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 05/24(12)

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ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery 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@allaspectspertyservices.co.uk or visit www.allaspectspropertyservices.co.uk 10/24(12)

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SPORTS FACILITIES

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

LLANDOVERY TOWN TENNIS CLUB has two beautifully situated courts at Castle Fields, Llandovery. The club has grown steadily over the last few years and although it now includes a diverse membership of varying skill levels and ages (14 to 74), we would like to see the facilities used more by local people and visitors alike. We therefore invite anyone interested in joining the club or just having a one-off game to get in touch with the secretary on 07925 131974. Annual Membership is £30 for a Single Member and £50 for a Family/Joint Membership, with under 16's free of charge. This includes free access to the courts at any time (subject to availability) with an access code to the combination lock. For visitors, a one off fee of £10 gives access to the courts for a 2 hour slot, again subject to availability. Anyone who wants to come for a free try out and meet up with members of the club to experience the friendly atmosphere can join us any Wednesday or Saturday morning from 11 am weather permitting. *08/24(6)*

LLANDOVERY CROQUET CLUB. We are a small friendly club who play on the bowling green at Castle Fields. We welcome new members or anyone who would like to have a go at this fascinating game. We have club afternoons every Tuesday and Thursday from April until October. If you would like to try croquet and have a free trial, or simply want to watch the game being played, then contact our secretary John on 07435 786762 or come along any Tuesday or Thursday afternoon. Our membership fees are £50 per annum plus £2 for each club afternoon, which includes refreshments. *09/24(6)*

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Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+VAT per issue

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