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**Your Local Community Magazine**

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Number 282

August 2019

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

**Tel: 01550 721225**

# LLANGYNIDR AGRICULTURAL SHOW

**Bank Holiday Sunday, 25th August**



**Gates open at 9:00am**  
at Llangynidr Village Hall &  
Surrounding Fields (SatNav: NP8 1LS)  
Cost: Adults £4.00, OAPs £4.00  
5 - 16yo £3.00, Under 5 Free

*continued on page 3*

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

# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
15th August 2019**

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

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## *The Post* Future Copy Dates

October..... 16th September  
November..... 16th October  
December / January 2020..... 15th November

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***The Post*** is published by  
PostDATUM, 24 Stone Street,  
Llandovery, Carmar. SA20 OJP.

Tel: 01550 721225,

**info@postdatum.co.uk**

PostDatum Opening Hours:  
9.30am – 5.30pm (Mon, Tues, Thurs & Fri).  
9.30am – 4.00pm (Wed).  
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12/19/06



Once again this year's Llangynidr Agricultural Show takes place on Bank Holiday Sunday, August 25th at the village hall and surrounding show fields (SatNav NP8 1LS). Show Chairman Brian Cope said "All of those involved in the Show are excited about this year's event and the opportunity to celebrate the very best of Llangynidr and Districts. We want to support all aspects of farming and rural life - from the best of British livestock to the locally produced food and craft. We are very pleased to be able to welcome Kevin Walker, international mountaineer, author of multiple guides and navigation books, and local guide, to this year's Show. Kevin will be opening the event at around midday, with gates being open from 9am."

The day has something for everyone including traditional competition classes for sheep, cattle and horses (ridden, working hunter, in-hand and show jumping), as well as a dog show that can be entered on the day. For those feeling energetic, there will be children and family races; children and adults can join in the fancy dress and scarecrow competitions (cash prizes)! Entertainment throughout the day will include the Gelli Gaer Hound parade, Monmouthshire Beagles, Gizmo childrens' entertainer and magic show, displays of gate hanging, ferret racing with audience participation, and a gun dog skills demo. You can see a coracle-making demonstration by the skilled Dylan Jones; watch cookery, floral art and shearing demonstrations; and enjoy Birds of Prey Displays from Black Mountains Falconry with audience participation. In addition to the trade stands and farmers' food & craft marquee we have a tea and cake tent, a wide range of food stands, plus a licensed bar.

The Show committee organises a regular farmers' market

(last Sunday of every month in the village hall) and many of the local producers will be at the Show along with other trade and exhibition stands. Once again, Llangynidr Garden Association will hold its annual garden and craft show alongside the agricultural show (doors open around 2.00pm once judging is complete). With 169 different classes in horticulture, floral art, domestic and craft for adults and children, the Show has broad appeal.

Growing year on year, the 2019 Llangynidr Agricultural Show once again promises to provide a great day out for all ages. For more information including schedules for both the Agricultural and Garden/Craft Shows please visit [www.llangynidrshow.org](http://www.llangynidrshow.org) or follow us on Twitter @LlangynidrShow

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12/19/17

09/19(12)

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## HEART OF THE VILLAGE

Llangadog Community Centre is at the heart of the village and hosts a wide range of events and local groups.

We are a registered charity and exist to promote the well-being of the inhabitants of Llangadog and district and to provide facilities for cultural, recreational and leisure time activities.

We have a large airy hall, with a stage, a well equipped kitchen and two smaller meeting rooms. There is ample car parking space.

Our very successful and well attended groups include WI, film club, gardening club, beekeepers, whist drives and brownies. We also have weekly sporting events including short mat bowling, table tennis, snooker and badminton. The Hall can also be hired for events such as parties and charity fund raising occasions.

If you would like to hire the hall, or find out when our groups meet, please phone Caron, Bookings Secretary, on 07545489760.

We are very keen to increase the use of the Hall for the benefit of all in the local and surrounding areas. We are setting up a new 'Cultural Committee' of volunteers to help manage and organise new events such as concerts and other forms of entertainment, promote our availability for wedding receptions, set up quiz nights – and any other ideas we can come up with.

If you would like to be involved, in any way, please do contact us.

You can ring Carol, Hall Secretary, on 01550 777 529 or email her at carol@syntratherapy.co.uk. We would love to hear from you.

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06/20(12)

**CARER'S GET-TOGETHER**

Are you a carer who would like to meet to have a chat and a cuppa with other care-givers? A little bit of time just for you, with others who understand.

The informal get-together is open to all carers – you are welcome to Pop in to the Castle Hotel in Llandovery (by the Museum & Visitor Centre) anytime between 1pm and 3pm on the first Friday of every month.

The next meeting is on Friday, 2nd of August. We look forward to seeing you. For further details telephone Simon on 01550 721197.

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03/20(12)

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02/20(12)

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10/19(6)

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08/19(1)

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04/20(12)



Welcome to  
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In concert at  
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President for the evening  
Mr Alun Jones, formerly of Rhandirmwyn  
7.30pm Saturday 10<sup>th</sup> August  
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08/19(1)

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10/19(12)



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## WELCOME TO LLANDOVERY



Great museum, friendly volunteers ... Mwynheuson ni'r ymweliad yn fawr ... Interesting discussion, lots of artefacts to see ... Looking forward to exploring this area ... Arddangosfa ddiddorol iawn ... Very well informed by staff and we will certainly come again ...

A small selection of some of the many appreciative comments left in the visitors' book in the museum since it opened in April.

We have enjoyed the company of guests from North America, Australia, Europe and Asia; it has been a great pleasure to share with them the history and landscape of this part of Wales.

We have many enthusiastic volunteers welcoming visitors to the town using English and Welsh. Some of those who drop in are passing through and calling for the first time, others are on holiday and discovering the towns and villages of North Carmarthenshire, the National Park and the Cambrian Mountains.

If you would like to join the team in the museum to meet new people, promote Welsh language and culture, and help with further activities such as conservation and events planning, then come along to meet us any day between 10am and 4pm to see what is on offer.



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10/19(3)

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11/19(12)

11/19(12)

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## MANY CELEBRATIONS FOR LLANDOVERY OVER THE LAST FEW WEEKS



We celebrated Armed Forces Day on the 29th June, with a parade to the War Memorial, a service held by Rev Aveson, we then listened to Llandovery Male Voice Choir and Ysgol Rhys Prichard sing, Ysgol Bro Dinefwr and Ella Peel read War poems, wonderful afternoon.

We were delighted to welcome The Duchess of Cornwall to Dolau Bran on 2nd July to celebrate the Royal Volunteering Service, Llandovery Male Voice Choir and Ysgol Rhys Prichard sang for her, a splendid afternoon.

On the 4th July our Mayor and Llandovery Twinning members went to Plugguffan to unveil the new sign with the Llandovery crest and celebrated 35 years of The Twinning Association, a great weekend had by all.

Llandovery Motor Bike weekend on 6th & 7th July was again a huge success, looking forward to next year.

Beavers, Cubs and Scouts AGM and presentation held 11th July in the hut, excellent work from you all. Llandovery Scouts had a car wash and table top sale on 13th July where money was raised for the hut, well done all.

Ysgol Rhys Prichard School Fete on 12th July, money was raised for PTA what a brilliant afternoon, well done everyone for your support.

The Mayor opened Coleg Elidyr's Summer Fayre on 13th July. What an excellent college, with great facilities, one of our biggest employers in Llandovery.

Thank you Cllr Rees and Babs for a wonderful afternoon on 14th July in their Open Garden Party, the grounds are amazing in Gas Work's Cottage, money was raised for Welsh Air Ambulance.

We are looking forward to various events coming up, a party in Maesglas Park to raise money for Maesglas grass cutting etc, 24th August 1pm till late.

A table top/ car boot sale will be going on in the Castle Park Sunday 1st September at 10am, proceeds will go towards a new fence around Green Lodge Park

A sponsored walk 8th September to raise money to host the Urdd Eisteddfod in 2021.

A fireworks display on Castle fields 3rd November from 5pm, fireworks begin at 7pm. live music, bar, refreshments, funfair etc. If anyone wants stalls for any of these events please contact Louise Wride. Exciting times ahead over the next few months, thank you everyone for your support.

10/19(3)



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# BIOMASS BOILER-COOKER AT WRIGHT'S FOOD EMPORIUM IN LLANARTHNE



Formerly a derelict Georgian pub the Golden Grove Arms has been brought back to life by local food entrepreneurs Simon and Maryann Wright and turned into a renowned and thriving café, delicatessen and wine and beer store.

The aged oil heating system had died and the solid fuel log / coal range was not up to the job, ash had to be carried through eating areas and tending to the un-automated range was an unnecessary task for the hardworking team. So the café needed a cleaner more automated heating solution with a greater heat output. Simon and Maryann also wanted to reduce their carbon footprint and work with local suppliers.

The stylish Klover Smart 120 (Red) wood pellet biomass boiler cooker supplied by Birdshill provided the right solution.

The system is powerful enough to heat the entire ground floor of the restaurant delivering warmth and cosiness and a feature fire in the main restaurant room. In addition the boiler has two hobs and a sealed oven - perfect for baking, according to Simon. It fits perfectly into the café and provides a much cleaner more automated and renewable heating solution. The system is fully programmable and relatively easy to run simply requiring daily top ups of clean wood pellet fuel and a weekly clean with an ash vacuum.

Wrights staff now have more time to concentrate on their customers - serving the delicious food and drinks and the business benefits from ongoing payments from the UK government through the RHI (Renewable Heat Incentive) scheme which provides businesses and homeowners an index linked income that more than pays for the original outlay. New entry to this scheme is available until April 2021.



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02/20(12)

# CHAFF IN THE WIND

I am sitting down to write a few lines on the 16th of July, the weather is very hot and sultry with rain forecasted in the next few days, the last fortnight has been unbearably hot, so hot that I have had to fill our 3 inch deep bird bath each and every morning, this is a phenomenal amount of transpiration, the small birds that are rather scarce around here appreciate this water very much, but the constant heat must be drying out all surfaces, and even the trees are starting to show signs of stress.

Speaking of trees there is a lot of Ash dieback around, this is serious, and heart breaking to see, it seems to me that the powers that be are accepting this as inevitable, saying that this disease was bought, and brought in from Europe quite a few years ago, this may be correct, but at my age I can spare a few moments now and then trying to think things out. This is one theory that could be feasible.

A large ash tree growing on a farm hedge has been there a long time, during its life time it has used up most of the available nutrients that were present in the area that its roots can reach, it is believed that the falling leaves help to replenish the soil annually, but not so for a single tree that gets its leaves blown away by the winds each autumn, personally I have yet to meet anyone that has purposely set out to fertilise or feed a naturally growing native tree.

If this theory is partly correct the trees are under stress, and therefore weak, and vulnerable to succumb and fall prey to this virulent disease, my readers may well think that there are many young ash trees on farm hedges that are also dying, and this is certainly a true fact especially on intensely farmed land, it is a known fact that heavy dressings of lime do lock in available Iron, this is vital for the wellbeing of all livestock, and also for everything that grows, including trees, but the point is if Lime locks in Iron, what else does it affect, heavy fertilising also affects the availability of many trace elements that are only needed in very small quantities, but essential for everything that grows in soil, so the rule should be apply lime little and often, this applies to farmers, equally important for vegetable gardeners, and all other growers

There is much huffing and puffing about climate change, much is said about vehicle pollution, and rightly so, in Austria you dare not use your car unless you travel further than the outskirts of your local town, in this country every vehicle, large or small, held up in a queue got its engine running, it should be law that every vehicle stationary for any length of time switches off, sorry this seems very basic, but common sense to me.

W J Davies.

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08/20/12

# LLANDOVERY U3A

We do not meet during August. The first meeting of the new session will be Wednesday 11th September.

We meet in the Rugby Club at 10.00am for 10.30am (good parking at the side of the building).

This session will be informal with time to catch up with friends and to welcome new visitors. It also enables us to share ideas for the new programme.

If you have any thoughts on what you might enjoy investigating come and share them. You may have a passion to learn something that has no association with your former career - treat yourself! Other folk may have similar passions.

If you are wondering what we are all about - come along and find out.

For further information call Anne Lynd-Evans 01550 750286.

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04/20/12

## TUTOR CENTRE NEWS – NET-TEACH LTD AND NET-REACH CHARITY

In the past academic year, we have had a number of tutees, fully enrolled students and community learners through our doors. We have taught a number of GCSE and A level subjects and also arranged for our online, live service to be used by students at home. Due to our unique specialism and online platform, we can access high quality, experienced teachers from around the UK and thus provide tuition in nearly any subject required and at any level. We have had requests for short language courses in both Spanish and French, help with dissertation writing for degree courses and with researching for a Masters degree. Our face-to-face provision has seen eight local people employed, this number will increase as our charity work gears up for the new term in September.

Tuition this year has covered the following:

- 11+ and Oxbridge entry tuition
- Professional Assessment for learning
- Online classes
- GCSEs and A level tuition
- Community courses for all, including Computing and Social Media for beginners
- Short courses

Welsh for Beginners classes have been a great success with 12 people signed for the new term.

The Charity Net-Reach is currently on tenterhooks waiting to hear from the National Lottery that we have been awarded a grant which will allow us to offer our full services to the people and schools that our charity was set up to help. We will be actively looking to recruit a number of staff including teachers for one-to-one tuition and an administrator to help with the workload should we be successful with the grant.

We will be starting the new term on September 2nd, but please feel free to enquire about a course/subject before this as our phones are always manned. We wish you all a lovely summer and look forward to meeting you in the new academic year.

T: 01550 777701 e: admin@net-teach.co.uk

08/19/11

Llangynidr Show

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# ANYONE FOR CROQUET?



Croquet is the ideal game for all the family in the summer holidays. At the Llandovery Croquet and Bowls Club beginners and visitors are welcome to come along and have a go at Croquet. Free coaching is available to beginners and all the equipment is provided by the Club (next to the Castle Car Park). We play every Tuesday and Thursday from 2pm. For more information please contact our secretary John on 07435 786762 or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)

On Tuesday 6th August the croquet club has a match at the Castle Fields Bowling Green with the new Cardigan Croquet Club and on 20th August we look forward to the return fixture at the Cliff Hotel, Gwbert. It is hoped that these will become regular fixtures.

## RECRUITING – GREY SQUIRREL CONTROL OFFICER

The Wildlife Trust of South and West Wales are recruiting a part time Grey Squirrel Control Officer for the eastern side of the Mid Wales Red Squirrel Focal Site. The overall purpose of the job is to further the work of the Mid Wales Red Squirrel Partnership by working with the Mid Wales Red Squirrel Officer and the Grey Squirrel Control Officer (West) to engage and work with local landowners and volunteers to undertake grey squirrel control. Find details at: <https://www.welshwildlife.org/jobs/mid-wales-grey-squirrel-control-officer-east/>



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# LLANDOVERY IN BLOOM 2019

## BEST STREET

- 1st..... Castle Street
- 2nd .... Stone Street
- 3rd..... Gellideg

## BEST SMALL GARDEN

- 1st..... Babs Woollen, 20 Danycrug
- 2nd .... Mr & Mrs Price, 70 Broad St
- 3rd..... Beth Thomas, 8 Dingat Tee

## BEST MEDIUM GARDEN (over 100 sq yds)

- 1st..... Heulwen Price, Wern Villa
- 2nd .... Shirley & Keith Lord, 5 Dingat Tee
- 3rd..... Mr & Mrs Price, 70 Brad St

## BEST DWELLING FRONTAGE

- 1st..... Babs Woollen, 20 Danycrug
- 2nd .... Martin & Irene Davies, Penlans
- 3rd..... Beth Thomas, 8 Dingat Tee

## BEST CHILDRENS DISPLAY

- 1st..... Llandovery Youth & Community Centre
- 2nd .... Rudi Hughes, 36 Maesglas
- 3rd..... Tanya, Charlie & Daniel Jones, 6 College View

## BEST BUSINESS

- 1st..... Erwlon Caravan Park
- 2nd .... Whitehall Hotel
- 3rd..... Ratcliffes

## BEST CAR-PARK BED

- 1st..... Llandovery Brownies
- 2nd .... Llandovery Scouts

## BEST SENIOR Citizen's Display

- 1st..... Enid Evans, 4 Bridge St
- 2nd .... Betty Stohr, 17 Dolaubran
- 3rd..... Jeff Woodall, 29 Dolaubran

## BEST HANGING BASKET

- 1st..... Llandovery Station
- 2nd .... Ystrad at the Bank
- 3rd..... Whitehall Hotel

## BEST VEGETABLE DISPLAY

- 1st..... Bryan Page, 26 New Rd
- 2nd .... Heulwen Price, Wern Villa
- 3rd..... Mr & Mrs Price, 70 Broad St

The judges John & Helen Brooks were very impressed by the expertise and enthusiasm of our gardeners and the welcome they received from our town.

In a close competition, Llandovery Town Council would like to congratulate the prize winners, but also thank all who took part.

Presentation of the Trophies will take place on Saturday, 3rd August at 2.00pm in the Jubilee Patio at the Heritage Centre (or if wet, under the Arches on Market Square)



## BETHLEHEM SNIPPETS

The end of June saw the hall host an amazing fundraising initiative. One of the village children, seven year old Sophia, decided to throw a "Blooming Great Tea Party" in aid of Marie Curie.

Her mum Hannah said "Sophia just said to me, it makes me sad when other people are sad, I want to make them happy for as long as they are alive".

So Sophia, along with Hannah, held the tea party which turned out to be a great success, with huge support from people across the community as well as from Sophia's young friends.

Cakes were baked, prizes donated, tea was made and money was spent. In all, a massive £402.90 was raised.

Sophia and her family are understandably thrilled, and would like to thank everyone for their support.

The July quiz was well attended, with Team Mantrap eventually winning, so they will be setting the questions at the August quiz, which will be held on Monday 12th at 7.30pm.

It only costs £1 per person to play, and is always an enjoyable evening out, so if you've never been to a Bethlehem Quiz before, why not give it a go – it really isn't Mastermind, just a lot of fun!

Tuesday afternoon yoga sessions continue throughout August, call 07587 154599 for details.

The new Viyasa Flow yoga classes are held on Thursday evenings (closed Thursday 8th), contact Sian on 07880 686888 for information.

The Sunday cafe continues to be extremely popular, attracting visitors from near and far every week.

It is open from 12 to 3 pm, and serves a great choice of light lunches, homemade cakes and refreshments.

There will be news of the July Breast Cancer Care fundraising tea, the Bethlehem Fun Sports day, and the Jam Jar Blues concert, in the September edition of The Post, along with some exciting Hall news.

For more details of hall hire, events and the café, contact Nia on 01550 777254, email niaclement@aol.com or follow us on Facebook – [www.facebook.com/bethlehemymru](http://www.facebook.com/bethlehemymru)



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# BLOODLETTING AT MYDDFAI

Blood was the theme of this year's annual conference of the Physicians of Myddfai Society, held at Myddfai Community Hall on Saturday 29 June.

Dr Tim Smith of Chippenham, a retired Consultant Anaesthetist, said bloodletting was the mainstay of medical practice for 3,000 years. In the Middle Ages, bloodletting was done by monks in monasteries. Then a decree stated that it should be practised only by barber surgeons. This continued until Henry VIII granted a Charter which declared that surgeons should concentrate on surgery and that barbers should do hair cutting, tooth pulling and bloodletting.

Dr Smith explained the origin of the barber's pole: "After bloodletting, barbers would place the bloody bandages on poles. As they became wrapped around the poles, the bandages would form red and white stripes. The colour blue was an added decoration.

"Bloodletting was standard medical practice until the 1850s. The doctors' medical journal is called The Lancet because doctors used the lance all the time, and took bleeding to extremes – often resulting in loss of consciousness.

"George Washington, who had a throat infection, was bled five pints in 12 hours and died of blood loss. Princess Charlotte died in childbirth, partly because of bloodletting, and the poet John Keats also died following bloodletting.

"By the 1870s this universal practice started to decline, but was retained for fevers and in veterinary practice. During World War I, horses were bled routinely three or four times a year."

Andrew Jenkins of Biopharm UK, based in Hendy and the only leech farm in the UK, said the company's leeches were kept in a sterile environment and were used worldwide in plastic and reconstructive surgery.

"Wales and France used to be the foremost places in the world for leech collection," said Mr Jenkins. "The Lady of Llyn-y-fan Fach may well have brought some leeches out on her legs when she emerged from the lake. In the



*In the photograph (from the left): Dr Donald Williams (Secretary); Dr Saad Al-Ismaïl; Dr R. Brinley Jones (Chairman); Andrew Jenkins; Mary MacGregor, who gave a poetry reading; Dr Tim Smith; Professor Aoi bheann Nic Dhonnchadha.*

- Leeches are closely related to earthworms.
- There are 638 species of leech.
- Hundreds of thousands of leeches were used by the medical profession, and 'leech' became a slang term for a doctor.
- Leeches consume five times their own weight in blood in 20 minutes and can go for two years between feeds.

past, local men and women would collect leeches from ponds and lakes to supply leech traders in the cities, who would then send them all over the world.

"There are leeches on the shores of Talley Lake and there is a leech that lives in the anus of a hippopotamus."

"Although they can't see, they have five pairs of eyes to differentiate between light and dark. They can also sense blood from a distance. Our leeches are fed three times, and then spend two years in hibernation before being sent to hospitals."

Mr Jenkins said there had been a tremendous increase in the number of leeches supplied to hospitals this year. 500 were sent to a hospital in Manchester in March, probably for a leg operation.

A Welsh international rugby player with a cauliflower ear had the ear restored to normal with the aid of a couple of leeches.

Dr Saad Al-Ismaïl, a Senior Consultant Haematologist in Swansea, revealed that bloodletting is still regularly used for two conditions, polycythemia (too many red cells) and haemochromatosis, (too much iron in the body.

He said he had witnessed major advances in the forty years that he had been involved in haematology. "In the 1960s fewer than 5% of acute leukaemia patients survived. Nowadays, in children it can be as high as 90%. Conditions that used to be invariably fatal have been transformed to potentially curable diseases.

"Medical text books will be rewritten after we understand what happens on a gene level. They will refer to gene defects and predict what diseases can be expected."

Dr Al-Ismaïl said blood was unique. "Millions of pounds have been spent in an attempt to develop artificial blood, but it has been impossible to reproduce the work of red cells in exchanging oxygen between blood and tissue. We still rely on blood donations for blood transfusions."

Dr Aoi bheann Nic Dhonnchadha, Assistant Professor in the School of Celtic Studies in Dublin, gave an overview of Irish medical literature from earliest times to the seventeenth century.

She said a legal tract from about 700 AD declared that every invalid should be fed according to the direction of a leech. In setting out Irish law regarding illegal physical injury, the tract directed that the injured person should be nursed at the defendant's expense until a physician declared that recovery was complete.

"Fools, lunatics and enemies were to be kept away from the victim and the house was to be kept quiet. Among forbidden foods were 'beasts cured with sea salt and whale flesh, 'as these impel the invalid to drink'".

Handel Jones



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08/19/12



# LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i erthygl misol Y Porthmyn!  
Welcome, once again, to the regular Club news - and off we go again to start another season!

As you know, there have been quite a few changes to the Premiership for this season – there are only twelve sides in the League, and a new cross-border competition has been set up against six Scottish sides. After some debate in the WRU it has recently been confirmed that we (as one of the final top six in the 2018-19 league) will be competing in this, with three home and three away games against the Scottish Clubs. More news on this as the season progresses.

Our pre-season friendlies start on Saturday 17th August v Cinderford (H) – please note the early KO (12.30pm) because Wales play England at 2.15pm. Then on Wednesday 21st August we are away to Llangennech (KO at 7.15pm) and then away again for another evening fixture (KO 7:30pm) on Thursday 29th August at Aberavon. Beth am ddod i gefnogi'r Porthmyn yn erbyn Cinderford, Llangennech neu Aberafon? Beth am gael diwrnod yn gwyllo'r Porthmyn yn erbyn Cinderford, yna mynd i'r Clwb i wyllo Cymru yn erbyn Lloegr? We hope you will come give us your support us in all these games – and when you come to watch us play Cinderford why not stay on and watch Wales v England in the Club?

Our first league game is on 7th September when we are away to Quins, followed by a home Cup game against Ystalyfera (another excellent draw!) and RGC.

We are also seeing some progress regarding our Second XV – more news to follow on this in the next few weeks. Whichever side you follow the Firsts, Seconds Youth or Juniors (or all of them) we hope you will all be able to come along to Church bank to support us.

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This year, though, we will have to manage without the support of our Club Chaplain the Rev. Ian Aveson, who, as you know, is retiring and moving away. Thank you, Ian, for your support as Chaplain and as a loyal supporter over the years (as well as for any extra influence you may have been able to bring to bear ...). We all wish Ian and Judith all the very best in the future, and hope they will have time to return to Church Bank now and again.

The Ancient Greeks had a ceremony of passing on, by hand, the sacred flame down from Mount Olympus – in time it became a sport (a sort of relay race where you can get burnt, as well as lose the race) at the original Olympics, and is the idea behind the modern Olympic flame ceremony. More generally, it came to be associated with the idea of passing on your own experience (or good fortune) to the younger generation – and hoping that, in time, they will do the same.

In that spirit, we had a fantastic response to our two Volunteer Days over the summer – thanks to all those who turned up on the day, or at other times, to help us. Without your help we simply could not keep the Club looking as good as it does. And in addition to all those helpers, we have people working, almost the whole year round, to keep the Junior, Youth and Senior Men's sides going. There is a fantastic group of coaches for the Juniors -people who give up their Tuesday evenings and Sunday mornings to coach our kids. We thought you might like to learn about some their own earlier years

Many of them started playing their rugby, from the age of 7, at various clubs in the area and came to Llandovery in later years. So far in our current coaching squad, Ioan Penlan is the only former Junior Drover, joining us in the under 12's. Others - Adrian, Dyfed and Carwyn to name just a few - have all played for Mynydd Mawr and Dinefwr district as it is now called and Adrian and Carwyn both gained Carmarthenshire schoolboy caps.

Most of our current band of Junior coaches started playing at Church Bank with the under 16s and Youth under the guidance of Nigel Clarke, Alan Morgan, Neville and Eifion Morgan, John Walters and Noel Jones to name a few. Dylan and Huw Proth both played for Aberystwyth, while they were away at university. Most of these also moved up to play for our 2nd XV, of which Dylan was captain in the 2000/2001 seasons. They all spent some time playing for Llangadog, where Tom coached for two seasons and Adrian is now head coach and has recently retired from playing! A few have also been regular selections for the 1st XV for example Huw Proth, Adrian, Dylan, Arwel and Ioan Penlan. Ioan was in the team that came second in league, when we first moved into the Premiership. He was also in the team that beat Cardiff in The Konica Minolta Cup in 2007. What a great day that was!

As Ian Castle Garage said 'being a part of all this has been great fun and has taught us so much about rugby, beer, life and also the unmentionables!!!'. We can't imagine what he means.

Mansel, Ioan, Arwel and Ian still pull on the boots on a Saturday and play for our Second XV. Many of them also enjoyed the opportunity to play for the Veterans over

40s (some may have added a few years to their birth certificate just to get in the side!) in the charity game at Llandeilo earlier this year. But what shines through all of this is that all our coaches love their rugby and their Club.

And, in addition to the work all these people are doing, there are many more – both former Junior Drovers and others all of whom are happy to give their time, skill and energy in various ways to make sure that the younger generations can get as much fun and enjoyment out of the game as they all did!

Finally we would like to thank Carwyn 'Caws' Williams for all his hard work over many, many years as Chairman of the Junior Drovers. He has done a brilliant job throughout the years but has now decided to stand down from the position. Vice-chair Carwyn Jones has now taken over the position. We all wish you a successful time as Chairman of the Juniors, Carwyn. Diolch yn fawr, Caws.

If you would like to get more up to date news on what the Juniors are doing why not take a look at their Facebook page, or just come down and see them all in action at Church Bank on a Sunday morning when they are at home – it's an impressive sight! And if anyone out there wants to get involved and help out, please contact the club.

One more thing before we go: the start of the new season also means subscription renewals. If you are paying your subs. by cheque, would you please bear in mind that the banks are tightening up their rules on accepting cheques, and will refuse them if they have not been made out properly. The usual complaint we get is that the payee name is not correct. So, when you are making a cheque out to us could you please make sure the name at the top of the cheque is precisely the one as shown on the form: 'close' will no longer be good enough! If in any doubt, just get in touch with Gina (see contacts as at the top of this article).

Once again we hope you have enjoyed supporting the Club and are looking forward to watching some fine rugby at all levels. We hope that you will join us again at Church Bank when the new season starts – ymlaen y Porthmyn!

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

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# LLUEST

## TAILS FROM THE TRUST

### MEET ORPHAN GWEN

Last Wednesday we received a call from two walkers who had been out in the Brecon Beacons. They had got slightly lost while hiking and had come across a tiny foal stuck in a gorge in a remote part of the National Park. They pulled the foal out and left her to return to the herd of ponies standing nearby. Upon their return the following morning to check on the foal, they discovered that she was alone, standing almost in the same spot. The other horses had gone. So weak was this little 'wild' pony that she didn't even try to resist the human help offered her. Lluest Welfare Assistants Shannon and Rhian had come to the rescue armed with a bottle of milk replacement to rehydrate the foal for her journey back to the trust and she drank it greedily. Because she was found off the beaten track, the first part of her journey was in the back of a 4x4 to the waiting Lluest ambulance.

Following a veterinary examination, Gwen – who weighs less than a collie dog – was started on replacement milk, being fed every hour throughout the



*The first part of her journey to safety. Axel carrying Gwen to the waiting 4x4*



*Gwilym in the living room at Beili Bedw farm back in 1991.*



*Gwen settled in the same corner of the living room.*

day and every three hours during the night. For the first couple of nights the grooms brought Gwen into the house and penned her safely in the corner of the living room with a thick bed of shavings. It was many years ago that Lluest's founder, Ginny Hajduckiewicz, rescued little foal Gwilym from a local sale and kept him in the house in the very same spot.

Our heartfelt thanks to those two walkers, Axel and Sarah, for helping this little foal in trouble and giving us that call.

### SUPPORT US

We rely on donations from the public to carry on our vital work. Giving regular money in the form of a direct debit is the best way you can help. Even a small amount per month makes a big difference to Gwen and others like her. The need for charities like Lluest is as important now as it was when the trust was founded back in 1985. You can start giving straight away by going to our website [www.lluesthorseandponytrust.co.uk](http://www.lluesthorseandponytrust.co.uk) and clicking on any donate button or please call or email us and we will send you a direct debit form. Thank you.

**If you can offer a loving home to one of our rescue ponies, please call us on 01550 740 661.**



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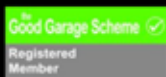
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# Padmasambhava Yoga & Meditation Centre

The classes at the Centre have now finished until the new year begins with the Autumn term on Monday 16th September when there will be a good range of the usual classes as well as new ones and workshops.

Details of these will be available soon on the website [www.padma.org.uk](http://www.padma.org.uk) and in the Autumn term brochure.

There is a new course starting in the winter which surely will be of interest to many students, "The Golden Thread: Sadhana and the Rhythms of Nature". This is a four-part course over one year which develops and strengthens practice (Sadhana) through the Seasons. Consistent practice (Sadhana) brings clarity and increased energy, with a conscious awareness of the thread of one's life. The Golden Thread explores the relationship between our inner and outer worlds and the elemental forces which form the foundation of our being.

Following the cycle of the Seasons and the tools of yoga and a deepening awareness of Nature, participants are invited to undertake their personal quest for a full year with practices both inside and outside. The course will be held at the Botanic Garden of Wales.

The course dates: 9th November 2019, 14th March, 13th June and 12th September 2020. Please contact the Centre for details and a Golden Thread brochure.

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

The Centre would like to thank all students, teachers and everyone involved for their help and participation over the year and hope they will enjoy their summer holidays with much sunshine giving the opportunity to do your yoga practice in the outdoors.

## CHAIR-BASED YOGA AT MAES ELFRYN HALL

This class is held fortnightly on Friday afternoons (3.30 - 4.30) and is perfect for Elders and those with restricted movement, limited mobility or those unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated.

Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to increase strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. For more information please ring the Centre on 01558 823842. You can also visit online [www.padma.org.uk](http://www.padma.org.uk) email [mail@padma.org.uk](mailto:mail@padma.org.uk)

## GWYNFE EVENTS & NEWS



Saturday, 10th August is the date of Gwynfe Show, to be held in the field adjacent to The Beili Fields – please note the change of venue this year. Come along for the customary tent classes, including agricultural, crafts, horticultural, floral, domestic, produce, literature, photography and art, plus children's sections, as well as local and open sheep classes on the field. There will be children's activities (weather permitting), cream teas (2.00pm to 4.00pm), a vintage display and, to top it all off, evening entertainment (from 8.00pm) with hot food (from 6pm) and bar. Entry to Gwynfe Show is £2 (under 16s free). Full schedule available from Sarah Cook on 01550 740612.

There will be no Monday Club in August, but it will return on Monday, 2nd Sept at the usual time of 1.30pm and with a special visit from a group of hand-bell ringers. Do come along and hear the wonderful music they make and even try your hand. Newcomers welcome. Tea and cakes are provided. £1 collection. Anyone requiring transport please contact Heather on 01550 740512.

Fish + chips and music... a winning combination! Come and hear Heather Protheroe, the lovely singer from Porthcawl, who returns to Gwynfe by popular demand on Saturday, 28th September to entertain us at the Community Hall with a repertoire of much-loved songs. A fish and chip supper (provided from a local chippie) will be available for those who wish to eat – pre-orders only. More details in next month's Post.

On Wednesday, 16th October the next Arts Council-sponsored act will perform at the hall, so make a note of the date in your diary. The show, I Ain't Afraid Of No Ghost is a funny and nostalgic trip back to the 80s in a theatre show for adults and older children about a family home being haunted by a playful poltergeist. Again, more details in a later Post.

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# BRIAN DOES IT THIS TIME

Brian Page of New Road has won the vegetable display section of the 2019 Llandovery gardening competition.

What a display by a man approaching 83 yrs. of age and we wish him every success for the future.



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## PUMSAINT WI

At our meeting on 2nd July we started by having a minutes silence in honour of our member Jo Stone who died suddenly and unexpectedly on Friday. Jo was a very active member who had been on several committees.

Our speaker for the evening was Liz Wookey who keeps different types of sheep for their special wool, and we saw several items that she made from the wool. A very interesting talk.

We made final arrangements for our summer visit in August, which this year will be on the Breacon Canal.

Our next meeting will be in the Coronation Hall, Pumsaint on September 3rd at 7.30 when our speaker will be from Newquay Birds of Prey, showing us some of the smaller owls.

For further information contact Anne on 01558 650154

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09/19/03

# LLANDOVERY ROTARY CLUB



I shall start with the now familiar first sentence:-

It has been yet another frantic, flat out, busy and extremely enjoyable month for the Llandoverly Rotarians. See.

We had a full 4 meetings month with a very varied program. We had speakers, guests from South Wales, guests from Belgium, the schools competition, we have acted as marshals, we have had the aftermath of the fantastic Droverfest, we have had our annual dinner and we have a new President. And that by any standards whatsoever is a busy month!

We had Emily Adams as our first guest speaker. Firstly Emily thanked us for the donation we gave her towards the fund raising she had to do to achieve her voluntary work placement in Kenya. Emily had to raise £800 but by organising a concert and from donations such as ours she actually raised £1,800, the highest of the group. Emily was based at Makueni Branch which was a church compound on the outskirts of Nairobi. The area was poor as well as being hot (35 degrees) and very dry. Throughout the 3 months Emily lived in a host home and her host mum was Mama Lucy. She had to wash her own clothes by hand and her meals were made by Mama Lucy who Emily taught to make Welsh cakes. Transport was by very old buses which were packed not only with passengers but also small livestock! During her stay Emily worked as a paralegal while also getting involved in Active Citizenship Day, Community Action Day, International Women's Day and World Health Day. On top of all this Emily volunteered to work with young children who were disabled or were not wanted by their parents. Although during her stay she felt safe there was a 6-30pm curfew when it got dark. Towards the end of the stay the group were allowed to go out one night but were heavily guarded. It really was a most interesting talk and you can be extremely proud of your achievements Emily. Well done indeed.

Thanks to Dan for his excellent minutes.

Gracie Ardolino attended a prize presentation ceremony in Merthyr to collect her well earned award for the Rotary District Youth Competition. Well done indeed Gracie.

The primary Schools Competition held at the Rugby Club was another huge success. It was very well attended



*The Rotary Schools Competition was another huge success.*

by children and their proud parents. The entries were of a very high standard this year and the judges were well impressed. Dai and Carol Dyer once again had worked extremely hard to ensure everything ran like clockwork and our new President Mickey duly thanked them together with Dan and all the teachers for their huge contributions to the event. He also thanked the volunteer judges for their help and for all the work to make this event the success that it is. It was wonderful to see Mrs Ionwen Spowage, the new Headteacher of Ysgol Bro Dinefwr in attendance who willingly helped out with the award presentations. The greatest thanks of all went to the children whose behaviour on the day was exemplary. Well done everyone. See photo.

We were asked to attend the wonderful Motorbike Weekend as Marshals and we were in charge of the parking on both days. Easy? Oh no. We were at full stretch in the hot sun as the endless stream of Motorbikes easily filled the mart and we were forced to use our initiative to park the many extra bikes in a makeshift parking lot at the entrance all the way down to the bowling green! The event brought many visitors to the town and is now firmly enconced on Llandoverly's calendar of many successful events and festivals. We have received a lovely letter of thanks from Jonah and Sue MacGill for our efforts.

We received a letter of thanks from Llandoverly Youth and Community Centre for our donation to their Summer Camp Vacation. In turn they kindly invited us to attend their celebration launch BBQ at the Centre. We duly attended and enjoyed a lovely evening. Thanks Jill.

We held our annual Handover Dinner at the Rugby Club this year. President Gary handed over the Presidency (and the responsibility) to new President Mickey Gough. Gary has been an outstanding President who took on a huge workload as President as well as being instrumental in the setting up of the new Llandoverly Museum and Visitor Centre, Y Gannwyll, during the year. You could see the weight of responsibility draining from his shoulders as he reported that we have had a record 18 speakers at the club during his year and he has received outstanding support from his lovely wife Carol. Gary and Carol can reflect on a job very well done and they have earned huge respect throughout the area and beyond. Gary handed over to Mickey and in turn Alan Morgan takes over as Senior Vice President. Anthony Wathan is in line for a second year as President in two years time as he is now the Junior Vice President. Our top table has never been so youthful but Secretary Dan and Treasurer Edward do increase the average age ever so slightly! We enjoyed a lovely meal and a very convivial evening was had by all. See photo.



*Emily Adams following her return from Nairobi with Claire, Kevan and Gary.*



Gary passes the Presidency over to our new President Mickey Gough at our Handover Dinner.

We are still finalising the accounts for Droverfest which was held in Llandoverly mart by kind permission of Mickey and Clee, Tompkinson & Francis. This Real Ale, Gin and Live Music event was attended by over 400 people and was arranged as a joint venture with the Llandoverly Young Farmers Club. The outstanding event co-ordinator Barry reports that he thoroughly enjoyed the experience working with these enthusiastic and eager young people. The event will be on a shared profit basis with the YFC and great credit must be given to those who took on the bulk of the huge workload and in particular on our side Barry, Anthony, Mickey, Gary and Dai. Even before the final figures are in we are assured that our coffers will be swollen by their very considerable efforts ensuring in turn that we will be able to continue to offer financial assistance to those in the community who require our support. Don't miss what a little bird has told me at the end of this report!

Our second speaker of the month was Emma Welch



Paramedic Emma Welch with her daughter Katie, proud Dad Dan, President Gary and the unfortunate dummy.

who, in a first for the club was introduced by her father Dan. Emma apologised as the intended speaker, her work colleague Stephen Bowles was called away 30 minutes from the end of their shift leaving Emma to take on the talk alone. Emma has worked for the Ambulance Service for 19 years obtaining her diploma 2 years ago when she was made a paramedic. Since then she has continued to study Enhanced Paramedic Practice which, if successful, would give her an honours degree. Emma brought a training dummy with her and demonstrated how to keep the airways of a patient clear to avoid any blockage ensuring that the patient keeps breathing. She showed us the various tubes and airway respirators that can be inserted down the patient's throat. Obviously this needs to be inserted correctly into the lungs and could be demonstrated to us as the dummy had artificial lungs which could be seen filling with air. Emma explained if a patient is in cardiac arrest then in an ideal situation it needs 5 people to attend, each with a specific job to do, however only a paramedic can clear the airway. It really brought home to us the value of Emma and people like her who work in the health service as our lives can often depend on their expertise. An enthusiastic question and answer session ensued and following a vote of thanks members responded with a hearty round of applause. Well done Emma, keep up the fantastic work that you do.

Following their attendance at a bowls competition in Llandrindod Wells seven members from Pembrey and Burry Port Rotary Club joined us for supper and our meeting. This is all part of Rotary fellowship where any member of any Rotary Club can attend any other Rotary Club meeting in the world. It was a great pleasure to host

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06/20(12)

our close friends and among them was Peter Hamilton who is the new District Governor, a very responsible position indeed. His official visit to us is in October but he outlined a few of his initial thoughts for the District then very kindly thanked us for our welcome. You are very welcome to visit us any time gentlemen and we look forward to welcoming Peter in an official capacity later in the year.

If that wasn't enough we received a message earlier in the day from Andrada at the King's Head saying that they had three Belgians staying in the hotel who were also Rotarians. They asked if they could attend our meeting that night. Of course they could. With guests from Pembrey & Burry Port and from Belgium, what more could we ask for? Brilliant. It transpired that they were from a club just outside Bruges and they had a membership of 65. They were visiting Wales in their 4x4 vehicles and were 'Green Laning' which is driving off road wherever possible on green lanes! They were all from the same family, Dirk Vyncke and his siblings. Dirk thanked us for a very warm welcome and invited us out to visit their Rotary Club in Belgium. Throughout the evening and in true Belgian tradition they indulged enthusiastically in much strong beer (bier) (although a few of our boys gave them all the way to go!) and in order to show their appreciation sung us the Flemish National Anthem. Not a bad effort either fair play. Well, there was only one thing for it. Respond. And respond we did. In kind too. With all members from Pembrey & Burry Port and Llandovery clearing our throats as we rose to our feet, 'Mae Hen Wlad Fy Nhadau' rang out from the King's Head. Not up to Côr Meibion Llanymddyfri standards but a rendering of sufficient quality to greatly impress our Belgian visitors. Job done.

And that is job done for this months report too. Apart from a useful piece of information from Derek that came to light in one meeting. This is for those of you with mobile phones, most of you surely. If you have an accident or are taken ill, or are in need of medical attention or for whatever reason you may be grateful for this information. A first responder, either police, doctor, or even a stranger can access your phone from your pocket or bag and get important information that could save you a lot of trouble or even save your life. Simply input 'ICE' into your contacts of your mobile phone. ICE stands for 'In Case of Emergency'. Simply input the name of the person(s) who you want to contact in In Case of Emergency. Also put in your medications, allergies and anything else you would wish if someone should find you in a distress situation. Most first responders will go straight to your phone and search your contacts for ICE. Even if you lose your phone someone will know who to contact. Put your own name in even ... My name is ..... . It is so simple but could get you out of a lot of trouble. So go on, do it now. Put ICE in to your contacts and input whatever you want. And that really is job done

Next month we will highlight the wonderful year that outgoing President Gary had which was one he can be immensely proud of. Oh yes, just one more thing, but it's a secret. Such was the enormous success of Droverfest this year we, and the Young Farmers have been inundated with queries about next year. Well a little bird told me (a big bird actually) that there is a very strong possibility that there will be another Droverfest next year, on June 13th. Nothing official yet and no guarantees but whatever you do don't tell anyone, because nobody knows yet! See you next month.



## MYDDFAI NEWS

*Myddfai Shop and Café opening hours Tuesday – Sunday 10.30am – 5.00pm. We are open on Bank Holiday Monday 26th August.*

This August we have Ras Myddfai on Friday 9th evening followed by a great event for the kids – Alice in Wonderland treasure hunt on Sat 10th from 2.30pm. We have another willow class on Tuesday 20th, our monthly Farmers Market is on Sunday August it's 25th from 12.00 noon to 4.00pm – it will be on the last Sunday of each month from now on, please come along to support the local producers.

In our shop we have several new contributors this month- Christine's Eli Mae Crafts with her lovely Welsh dolls, sheep and Welsh cushions and pictures, Tracey Austin with her fused glass art and jewellery, Sheila Giles's lovely painted plant pots and Catherine's lovely embroidery. With over 80 contributors in the shop we have a wide range of unique quality crafts gifts artwork and a superb range of locally grown plants, plus a great range of cards and books. We have something for everyone, with new items arriving all of the time. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

On these summer days why not take a trip out to Myddfai to relax in a peaceful country setting enjoying a freshly cooked lunch, a glass of wine or a Welsh beer or fruit juice. Treat yourself to a cream tea, delicious home-made cake or one of our very popular afternoon teas. If you are part of a group that enjoys an outing then give us a call, we can arrange talks on the Physicians of Myddfai and Herbal Medicine for groups combined with a delicious afternoon tea.

Myddfai Hall is a fantastic venue for any event especially Weddings, kid's parties, conferences and activity classes. It is fully equipped and can seat up to 120 at tables with more space in the marquee if required. Why not come along to one of our activity classes, on Tuesdays it's yoga 7.00 – 8.30pm, on Wednesday it's the open craft class 10.00am – 2.00pm or Thursday Pilates 10.00 – 11.00am. Art class is on Wednesday afternoon's twice a month.

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

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## LLANDOVERY AND DISTRICT MODEL RAILWAY CLUB



The Llandovery and District Model Railway Club enjoyed putting on a show at the station for the Carnival at the end of May. In spite of the uninviting weather in the morning the Café and the Old Parcels Office next door were rarely without visitors and occasionally crowded.

In the café were two layouts: Alan Stephens' G scale (10mm to one foot) Cedar Falls layout with its impressive American logging engines and Chris Robertson's Capertree HO gauge (3.5mm to one foot) Australian layout. One of our team was also demonstrating a 3D printer and its possibilities intrigued our visitors. Welsh Dragon keyrings were made throughout the day and some have been printed especially for the Llandovery Twinning Association as unique gifts for our French friends on a forthcoming visit.

Next door were three layouts: two N gauge (2mm to a foot) and one vintage Hornby Dublo layout at 4mm to a foot, but powered on the old 3 rail system. This layout is "under new management" so some modifications are in progress. The N gauge London Road layout is true exhibition standard and shows what is possible in this small scale. The second N gauge layout is currently being extended to provide more operational interest. All three ran throughout the day to the enjoyment of visitors of all ages.

**The Model Railway Club is looking forward to putting on another show at the station during the Sheep Festival weekend of the 21st and 22nd of September when we hope to welcome friends and newcomers from Llandovery and beyond.**

Roger Middleton  
Chris Robertson

## LLANEGWAD RAINFALL



Most of this months rain fell in the first 15 days, the wettest day was the 7th. with 28mm.

JUNE Total: 126.25mm – 5"

D. R. DUKE

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02/20(12)

# LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday 26th June at Vicar Prichard Hall at 2.00pm

The chairperson welcomed everybody to the meeting and opened with a prayer.

On May 17th the club members were invited to afternoon tea and entertainment at the college which was very enjoyable.

On May 28th, members went on a trip to Swansea, some members went on the river Tawe cruise and others went shopping. Again a good day except the weather was cold and wet.

The chairperson then introduced the speaker of the afternoon, Dr Robin Barlow, who used to live in Llangadog and was a teacher at Llandovery College from 1986 – 1988. He left to teach in Rugby, then Northampton as head teacher for 10 years. He then became a school inspector and has had a varied life in education. He has done a lot of research about World War I and written a book.

Dr Robin Barlow then gave a talk and slide show on Memorials & World War I.

World War I is commemorated on 11th November every year. The war started on 4th August 1914 and ended in 1918.

## CWMIFOR CHAPEL'S SPONSORED WALK

The members of Cwmifor Baptist Chapel wish to express their sincere thanks to all those that participated in the Sponsored Walk that was held on Saturday, 22nd of June. A walk to raise funds to renew the roof on the Chapel at Cwmifor.

On a pleasant, sunny morning, 24 people, ranging from 5 to 75 started the 5 mile walk from Cwmifor Chapel, and arrived at Seion Chapel in Llangadog two and a half hours later, where the lady members of both chapels had prepared refreshments for the walkers and the well wishers.

Many thanks to the walkers, all those who kindly sponsored the walkers, and to the members of Seion Chapel for allowing us the use of the Vestry. One must give a special thanks to the Morgans family at the Post Office in Llangadog, who placed a Sponsorship form on the counter in the Shop and the response was really great, with Dafydd presenting us with a cheque of well over £300. Many thanks to all who contributed in any way and a sum of almost £2,500 was raised.

The front line was 440 miles long and men were buried where they were killed.

30000 Welsh men died in the war. It was decided that all men were to have the same headstone.

There are a great deal of war memorials in Carmarthenshire to remember the men who died in the war. The cost of the war memorial in Llandovery to erect was £943 and 15 shillings which is equivalent to £40000 this day and age.

The money was collected by door to door of all homes in Llandovery and a Grand Gala Fete.

Dr Robin Barlow thanked the members for inviting him to the meeting.

President Mary Jackson thanked Robin for his very interesting talk and slide show.

Vice chairman, Roland Griffiths also gave a vote of thanks.

Refreshments were served.

The meeting then resumed.

Margaret Davies is in hospital and members send their good wishes and hope she has a speedy recovery.

The chairperson then thanked everybody who attended the Strawberry Tea at the hospital.

On August 28th, trip to be arranged to go to Aberystwyth and return to Aberaeron for fish and chips.

In September, Sonia Hawkins will give a talk on glass. Also in September it is the 50+ Forum to be held at the National Botanical Gardens on September 12th.

Members to make their own arrangements to attend the Turkey and Tinsel on the Isle of Wight in November.

The Housebound and Handicap Club and OAP Club amalgamated in 2009, Llandovery Friendship Club has been ongoing for 10 years.

Meeting: 21 members present

Apologies: 9

Minutes: Read and agreed

Finances: Satisfactory

Raffle raised £28.00

The meeting ended by the Chairman thanking everybody for attending the meeting.

New members always welcome.

Angela Jackson-Kenyon, Secretary.

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05/20(12)

# 10TH ANNUAL LLANDOVERY SHEEP FESTIVAL 21ST – 22ND SEPTEMBER



Llandovery Sheep Festival will be celebrating its 10th anniversary this year, with lots of new things planned to see and do, and one new display that's in the planning is all about our Sheep Farming and Droving heritage, but we need your help with this. Anyone interested or has knowledge/photographs/stories which will help visitors understand more about our wonderful sheep farmers and droving history please get in touch by email at [info@llandoverysheepfestival.co.uk](mailto:info@llandoverysheepfestival.co.uk)

Want to be actively involved in the festival? Well we're also looking for volunteers to help us over the festival weekend, we've lots of positions to fill from a few hours to all day slots, and any help would be greatly appreciated. If you would like to be involved please get in touch by email, or leave your details and times you are available at The Pod Space, Kings Road, Llandovery.

We like to help new local businesses, so if you're a new start up food or drink producer we have a few discounted spaces left in our food marquee, but hurry as spaces are filling up quickly. (Conditions apply, for full details contact us by email please.)

We've also got a great selection of craft courses available to book online, all of which will be held over the festival weekend. There's a Wild food foraging walk and cookery demo, a make your own pewter jewellery course, Anglo Saxon embroidery, Natural plant dyeing, peg-loom wall hangings, and a needle felted picture course. Coleg Elidyr will be offering some mini taster craft sessions too. Then we have a wonderful range of talented craft makers all offering you the chance to buy unique gifts, and crafts, but they're so good you'll probably want to keep them for yourself.

Over in our dedicated food and drinks marquee, you'll be able to buy and sample delicious offerings from our artisan producers. With several new food and drink producers showcasing their products. Our food theatre will be busy all weekend playing host to celebrity and local chefs all showing you how to get the best from your food, sourcing Welsh food and drink and promoting 'Eat Healthy-Eat Local', plus dietary advice, and skills sessions.

Then we have our re-enactment Viking Village with regular mock battles, weaponry skills, Viking crafts, and the ever popular 'Kiddie Vike' where the under 10-year olds can learn how to form a shield wall, and do battle with the Viking warriors.

Our four-legged friends are well catered for too as on Sunday 22nd we have a companion dog show held under kennel club rules and you'll also be able to watch the skills of the sheepdog handlers as they put their dogs through their paces at our regular sheepdog trials.

We have talks and presentations from a number of individuals and groups, including flower arranging, the work of a Hedgehog Rescue centre, 'all about wool and wool workers', wildlife talks and much more.

If you're feeling hungry we have some interesting street food on offer throughout the festival site but don't forget to check out our own food outlets in the town, where you can find anything from fish and chips, to pizzas, kebabs, fresh baked bread and cakes, fresh tea and coffee and some amazing lunches and evening meals.

We have a range of live music too throughout the weekend, and we're sure there will be something to suit everyone. For the more energetic of you how about giving our unique 'Wool sack races' a go, you'll need a team of four to take part, racing around the Market Square carrying a 70kg woolsack. Will your team be strong and fast enough to take our cash prize? Or maybe you'd prefer to enter our 'Fun Run' set over 5k and 10k courses.

Plus, the bucking sheep will be returning, there'll be demonstrations of sheep shearing, wood working, weavers and spinners, rare breed sheep display, and a whole lot more, and the best bit is that its FREE ENTRY to the public. Put the date in your diary now 21st and 22nd September 2019. For more information please visit our website [www.llandoverysheepfestival.co.uk](http://www.llandoverysheepfestival.co.uk) or email us at [info@llandoverysheepfestival.co.uk](mailto:info@llandoverysheepfestival.co.uk) .....see you there.





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[www.colegelidyr.ac.uk](http://www.colegelidyr.ac.uk)

06/19(1)

# “WONDERFUL BUT BONKERS”

“Yes, we’ve seen her – she’s wonderful but bonkers!” was what four delightful engineers said when my friend asked if they had seen a lady with a pair of ring-tailed lemurs on her shoulders on Hadrian’s Wall.

I have recently turned 80 and am fortunate enough to be fit and enjoy walking so I decided to go for gold and attempt the 84 miles of Hadrian’s Wall and to raise funds for Madagascar at the same time. People were wonderfully generous and before I left I had already raised over £4,500 so I HAD to do the whole walk with no cheating by secretly taking the bus!

Two friends and I left Wallsend, to the east of Newcastle, on 26th June. Walking a maximum of 12 miles a day, we arrived in Bowness on Solway, on the coast to the west of Carlisle, on 5th July – sunburnt and footsore but triumphant.

We expected the first section to be a hard slog through the outskirts of Newcastle but it turned out to be a delightful walk along the banks of the Tyne on a cycle path with the most amazing variety of wildflowers on either side. We didn’t reach the actual wall until the third day but it was worth the wait. The wild Northumbrian scenery is spectacular but the strong wind from the west slowed our progress and made us have great sympathy for the Roman soldiers who built the wall in the incredibly short time of just 6 years. The original stone wall was 10 feet wide and between 16 and 20 feet high with forts or towers every Roman mile along its length. At its peak 10,000 soldiers were garrisoned here. However, they didn’t just build a wall, they also dug a deep ditch parallel with the wall and used the earth and rock to build a further defensive rampart



*The end of the walk (or very nearly!)*

alongside the ditch. The total work took them 14 years. There are several outstanding museums along the way which are not to be missed.

Over the centuries since the departure of the Romans people have taken stones from the wall to build houses, churches and even a castle so nowadays the wall is only about 3ft high but even at that height it is spectacular and well deserves its rating as a UNESCO World Heritage Site. The museums are full of shoes, weaponry, harness, pottery and a wealth of other artefacts that were preserved in the peat and give us a unique understanding of what the daily life of a Roman soldier was like nearly two thousand years ago.

We have not yet decided which project in Madagascar will benefit from the funds raised, but it will certainly include some tree-planting as Madagascar is one of the poorest countries in the world and, sadly, deforestation there is the fastest in the world which puts lemurs and all the other unique wildlife of Madagascar in great danger.

Theresa Haine, July 2019



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15 65	Peugeot 108 1.0 LTR Active, Zero Road Tax, Met Purple, 5dr, Only 6550m.....	£6800
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# LLANWRDA AND LLANSADWRN COUNTRY WOMEN

**Shh!** Penllergare Valley Woods is a secret valley garden and the ladies from Llanwrda and Llansadwrn Country Women's Group visited the woods on a fine, sunny July afternoon to explore and find out how this hidden garden is being awakened!

In the 1830's John Dillwyn Llewelyn, a lover of nature and science and a keen early photographer, started developing and landscaping the valley. He dammed up the River Llan and created small lakes, waterfalls and cascades. Sadly, over the years the gardens were abandoned and became derelict but now 150 years later it is being restored to its full glory.

The ladies began their visit by walking along the carriage way noting all the different paths meandering off through the woodland, listening to the bird song and enjoying all the wild flowers blooming all around. Crossing the river over one of the pretty bridges they followed the sound of young children laughing and playing, who with their parents had enjoyed a paddle in the shallow water at the foot of a lovely waterfall. Completing a fine circular walk, a perfect ending to the afternoon was a visit to the pleasant cafe where delicious cakes and coffee were enjoyed.

John Dillwyn Llewelyn would be amazed and delighted to know that it is 50 years since man landed on the moon as it was 150 years ago that he took one of the earliest photos of the moon from his observatory in the gardens. He would also be pleased that his wonderful 'picturesque' style garden of 250 acres was being reawakened again for all to visit and enjoy.

No meeting in August.

Next Group meeting is Monday September 2nd in The Reading Room Llansadwrn 7.30pm when Wyn Edwards will present: **Patagonia – in the Footsteps of Welsh Giants** There will be sand from the beach where the settlers landed, stones from the Paith/desert and rock from the Graig Goch above Trevelin - a real sensory journey travelling in the footsteps of the settlers and more!

The presentation will help the Welsh School in the Andes, Ysgol Y Cwm, Trevelin Interested in coming to the presentation phone 01550 777622 for more information.

For information on wishing to join our Group 01550 777622. The Group meets on the first Monday of the month ( not August) at the Reading Room, Llansadwrn, 7.30pm. All welcome.



Recent television programmes such as David Attenborough's Blue Planet 2 and Hugh Fearnley-Whittingstall's War on Plastic have highlighted the tremendous negative impact plastic wastage is having on the world's Oceans. Pictures such as floating islands of British plastic waste in Malaysia and Sea Turtles' tangled in plastic bags show how dangerous and long-lasting single use plastic waste is to the natural world.

Here at Weigh of Life we are aiming to reduce that impact by providing shoppers with the chance to refill their containers or buy in reusable paper bags products which if you visited supermarkets would be purchased in single use plastic bags and containers. We stock a range of dry beans, lentils and fruit, Nuts, Cereals, Pasta including Gluten-Free and Rice as well as Coaltown Coffee Beans. You can also purchase a range of eco-friendly household products such as toothpaste in glass jars, bamboo toothbrushes, coconut hair brushes, and drums to refill your cleaning products from.

Find us on Kings Road, Llandovery next to The Bear

## OPENING HOURS

<b>MONDAY</b>	<b>10:00 – 17:00</b>
<b>TUESDAY</b>	<b>10:00 – 17:00</b>
<b>WEDNESDAY</b>	<b>10:00 – 17:00</b>
<b>THURSDAY</b>	<b>10:00 – 17:00</b>
<b>FRIDAY</b>	<b>10:00 – 17:00</b>
<b>SATURDAY</b>	<b>10:00 – 17:00</b>
<b>SUNDAY</b>	<b>CLOSED</b>



10/19(3)

# LLANWRDA CRICKET CLUB



Training for juniors, and also the new Women and Girls team, continues on Friday evenings at Castle Fields Llandovery. Girls and boys aged 5 and over are welcome to join Llanwrda C C.

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

Llanwrda 1st XI continued their impressive form with another victory away at Aberdare on 15 June. Sensibly electing to bowl first after winning the toss, the bowlers soon got to work with Sion Nicholas (3-17) and Tom Thurtle (2-16) removing most of the top order, and Nigel Clarke (3-10) again ripping up the tail enders. There was also a stunning run out from Steff Roberts to get rid of Aberdare's opener, and the target was set at 87.

The Llanwrda batsmen obviously had somewhere else to be as they strolled to the required target in less than 17 overs, with skipper Adrian Davies getting the bulk of the runs with 46 not out.

The Llanwrda boys were nothing short of brilliant with a dominant display against Pontardawe on 22 June. Bowling first, almost every delivery seemed to be on the dot, and the Pontardawe batsmen struggled with the accuracy of the Llanwrda bowling. Tom Thurtle was the pick of the bowlers with a fantastic spell of 5 wickets for just 19 runs, and a couple of wickets also for Sion Nicholas (2-7) ensured that Llanwrda only conceded 90 runs.

Adrian Davies continued his return to form with the bat scoring 39\*, and handy knocks of 25 and 16\* from Tom Thurtle and Cerith Rees saw Llanwrda home losing only 1 wicket.

Cae William Llandeilo experienced its very own demolition derby on Saturday 29 June, as Llanwrda brought the points home in convincing style. Bowling first, the wickets fell at a steady rate with Steff Roberts

getting rid of both openers, and the rest of the wickets shared evenly with Garan Williams, Sion Nicholas, Nigel Clarke and Osian Nicholas all chipping in with a couple of wickets each. The Llandeilo batsmen managed to reach 115 after 38 overs.

Ultimately, this was never going to be enough runs, but skipper Adrian Davies ensured that Llanwrda would keep our winning streak with 44 runs to his name, and with Josh Archer scoring 30, the total was reached in 34 overs.

Llanwrda's seven match win streak came to an end on Saturday 6 July as Llangennech played very well to inflict our first defeat since the start of May. Batting first, Llangennech were in big trouble at 29-4 due some good pressure from Garan Williams (3-17) and Will Thurtle (1-24), but in the end managed to put 158 runs on the board.

In the chase, it was never easy to get going due to the constant loss of wickets, but a spirited 47 runs from Tom Corcoran gave Llanwrda some late hope. In the end we fell short by 24 runs.

The boys returned to their winning ways with a 4 wicket victory at Gowerton. Nigel Clarke produced the spell of the match - and possibly the season - with 5 wickets for only 14 runs. David Cumming chipped in with an impressive 3 for 3. Set only 88 to win, Adrian Davies and Garan Williams both scored 21 as Llanwrda romped home with 19 overs to spare.

Llanwrda are now 18 points clear at the top of the Division 4 with 7 matches to play and a chance to clinch their third consecutive promotion.

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

## LLANWRDA C C BONUS BALL WINNERS

12/06/19 .....	50 .....	No Winner
19/06/19 .....	35 .....	No Winner
26/06/19 .....	38 .....	Carwyn Jones
03/07/19 .....	57 .....	No Winner
10/07/19 .....	6 .....	No Winner

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

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10/19(3)



# ART AT THE HALL VIII – RIVERS, ROCKS AND RUINS

Llandeilo based painter **Robert Newell** whose monumental ‘Rocksapes’ are mesmerising ‘My work in painting and drawing has passed through certain distinct phases in relation to places, themes and formal concerns: the North Sea coast, destroyed urban environments, and now locations in Wales and Cumbria.’

Pembrokeshire writer, Illustrator and artist **Jackie Morris** has been in a busy road trip promoting her book ‘The Lost Song’ but has taken some time out of her crazy schedule to join us for the first time at the Hall. Jackie was shortlisted for the Kate Greenaway Medal in 2016 and won it in 2019 for her illustration of *The Lost Words*, also recognised by UK booksellers who voted it the most beautiful book in 2016.

She lives in a small house by the sea in Wales, painting and writing and dreaming and proving her teachers wrong. But, all said and done there are times when she would rather have followed her first ambition, which was to be a bear.

Also wildlife artist **Seren Bell**, described by Country Life as one of the most original animal artists in the UK – ‘I am very lucky to be living in one of the most beautiful parts of Wales – the Wye Valley. Its hillsides are hung with ancient woods and lined with sheep tracks.

Every day I walk with my dogs in this landscape and have come to love it in all its different moods and seasons. From the heights above the valley I can see the Black Mountains and the Brecon Beacons which have formed a backdrop to my life’



Seren Bell – Wye Valley – ‘Two Hounds’ Limited Edition Print

As Art at the Hall completes its third year of exhibitions we are focusing on the wonderful Rivers of Wales, its rocky landscape and the abundance of historical castles and fortresses which inspire many myths and legends and continue to inspire artist and writers today.

The Mighty Dark River Tywi which is home to a huge number of fauna and flora will also feature with its fisherman and coracles being a highlight.

An award winning exhibition recognised for ‘Excellence in Visual Arts & Crafts’ at the Celebration of Culture in April last year, Art at the Hall is attracting new exhibitors to complement the already rich collection of local artists and makers.

Established artist joining us for the first time at the hall include –

**Body Beautiful Beauty Salon**



- Katherine Daniels Deluxe Facials
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- Eye lash & Brow tint and shaping

**Nora E. Wall VTCT NVQ3 IHHT IIST**  
**Rose Cottage, Milo. SA18 3LZ (on A476)**  
**Appointments Tel: 01269 831585**   
**Opening times: Tues, Weds, Friday 9am to 6pm**

02/20/12

TEMPERANCE HALL LANGATHEN  
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ART AT THE HALL  
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 ROCKS  
 & RUINS  
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ARTISTS & MAKERS EXHIBITION  
 SATURDAY 24TH AUGUST - SUNDAY 8TH SEPTEMBER 2016 11-6PM  
 PRIVATE VIEW BY INVITATION: FRIDAY 23RD AUGUST 11:30-3:30  
 FOR INVITATION TO PRIVATE VIEW PLEASE CONTACT: [artsmen@artatthehall.co.uk](mailto:artsmen@artatthehall.co.uk)  
 art at the hall  Art at the hall





*Viv Kersey – Llanwrda – ‘King Fisher’ – limited edition print*

Richard G Hill moved to Llandeilo just a year ago and has been inspired by the our local folklore which confers a magical but dark atmosphere to his work. Twilight and shadows also create magical shapes of people and animals in his paintings. Richard has worked in graphic design, painting and illustration since the 1970’s.

Regular exhibitor and a favourite of visitors, Viv Kersey, will be returning with new work inspired by the title of the show – Rivers Rock and Ruins.

Jess at Little Barn Nursery who has been responsible for the beautiful planting at each of the exhibitions to date will continue to delight our visitors with her innovative schemes this time bringing water features into the mix to play with our outdoor sculptures and garden area at the Hall.

The Hall, still very much in the processes of renovation still has a way to go before completion, there will be various fund raising opportunities during the week. As well as a raffle with prizes donated by the exhibitors there will also be an opportunity to take part in the ‘Art Competition’ which we will be running along side the exhibition for budding artists and makers.

First prize in the three categories will be framed by Jo @pure\_framing and £50 to spend at the exhibition. Pieces will also be displayed at the exhibition along side established artist and makers, a chance to get your work noticed – Sponsored by Pure Framing.

You can find and print out the competition entry form on our facebook page ‘Art at the Hall’ or email [artatthehall@gmail.com](mailto:artatthehall@gmail.com) for further details. Entries need to be in by the 9th August.

The opening evening, Friday 23rd June, will be sponsored by Jin Talog an award-winning farmhouse

distillery in West Wales, they will be serving their delicious botanical gin cocktails at the event from 6.30pm. for and invite to the preview evening please email: [artatthehall@gmail.com](mailto:artatthehall@gmail.com)

Refreshments and homebaked cakes and savouries will be served daily by Judith Greenacre and Olwyn Pritchard of Alleyway Coffee, Carmarthen.

Find out more on social media – Instagram: [art\\_at\\_the\\_hall](https://www.instagram.com/art_at_the_hall) Facebook: Art at the Hall.

*Listing:*

- **23rd August:** Art at the Hall – Rivers Rock and Ruins Exhibition of local artist and makers opens Friday evening from 6.30pm 23rd August with Jin Talog running a cocktail bar with their delicious award winning Gin at The Temperance Hall, Llangathen. Carmarthenshire, SA32 8QD. For an invite to the opening night please email: [Brigid Loizou artatthehall@gmail.com](mailto:Brigid.Loizou.artatthehall@gmail.com)
- **Saturday 24th August – Sunday 8th September:** Art at the Hall – ‘Rivers Rocks and Ruins’ Exhibition of local artist and makers opens each day 11am – 6pm at The Temperance Hall, Llangathen, Carmarthenshire, SA32 8QD. Refreshments and homebaked cakes and savouries will be served daily by Judith Greenacre and Olwyn Pritchard of Alleyway Coffee, Carmarthen.
- Find out more on social media – Instagram: [art\\_at\\_the\\_hall](https://www.instagram.com/art_at_the_hall) Facebook: Art at the Hall.



*Jackie Morris – Fishguard – ‘The Lost Words Otter’ Limited Edition Print*



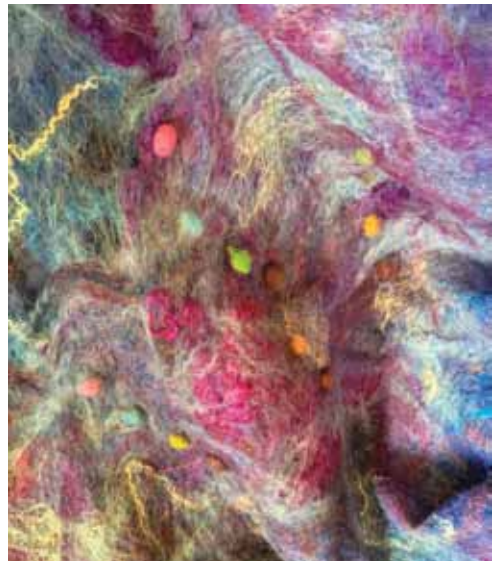
## AN OPPORTUNITY TO BE CREATIVE AT THE HERITAGE CENTRE!



During August the Llanwrtyd & District Heritage and Arts Centre are hosting three talented and inspiring artists.

In the upper gallery we have an exhibition by Lon Owen and Janet Catrin James.

Lon produces atmospheric landscapes and seascapes of the Pembrokeshire coast, the Tywi Valley and the Brecon Beacons using watercolour, oil and acrylic whilst



Janet creates textile art pieces using a variety of different techniques and also designs and makes cushions inspired by her Welsh heritage.

Jane Evans, who creates beautiful and unique felt art that has been inspired by colours from worldwide travel and textures from the Tywi Valley where she now lives, will be exhibiting in the lower gallery.

Using wet and nuno techniques her specialities include throws, wall-hangings and wraps. Nuno felting allows wool and silk materials to fuse together beautifully and magically whilst Cobweb felting produces a delicate, light but strong fabric for wearing and other uses.

On Saturday 3rd, Thursday 8th, Saturday 17th, Sunday 25th and Thursday 29th August Jane will be in residence at the Centre and is offering 'drop-in' workshops for those wishing to learn the craft of wet felting – the cost is £10pp to include materials.

The Centre is open Thursday – Sunday (plus Bank Holidays) from 10am – 4pm. (special arrangements at other times can be made for group visits). Admission is free but donations welcome.

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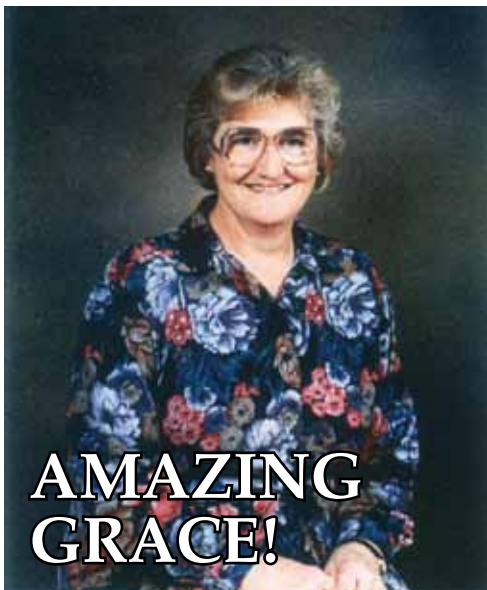
02/20(12)

### *LLYFRGELL LLANWRTYD ORIAU AGOR* **LLANWRTYD WELLS** **LIBRARY OPENING HOURS**

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Dydd Mercher/Wednesday Ar Gau/Closed  
Dydd Iau/Thursday 10.00am – 1.00pm,  
2.00pm – 4.15pm

Dydd Gwener/Friday Ar Gau/Closed  
Dydd Sadwrn/Saturday 10.00am – 12.00pm



# AMAZING GRACE!

What a wonderful experience to be in Llansadwrn Church on Sunday 30 June! At the beginning of the Communion service, the Vicar, Revd Viv Sayer, dedicated a plaque to the memory of one of Llansadwrn's most faithful members: Grace Evans.

Grace, wife of Meurig, was one of those golden people, who shed light wherever they walk. The words on the plaque say it all: 'In memory of Mrs Grace Evans, Tirpistyll (formerly of Brynmarlais), organist at Llansadwrn Church 1960-2007, Sunday-School teacher, Churchwarden, PCC Secretary, Branch and Deanery Leader and Trustee of the Mothers' Union for many years. Also teacher at Ysgol Pantycelyn, Llandovery, for 28 years, Head of RE, and Deputy Headteacher.'

Because of Grace's work with children and young people, it was particularly appropriate that during the service the congregation was treated to a brand-new hymn fresh from Rainbow Church, set to a melody by Mrs Vivienne Couch, herself organist at Llansadwrn, and exquisitely sung by Bethan Evans, granddaughter to Grace and Meurig.

The hymn came about in a most unusual way. Once a month there is a meeting of Rainbow Church at Llansadwrn. Children and parents gather in the Vestry for table-top games before having a Bible story in the Church. They then engage in a craft activity based on the story, enjoying refreshments and the pleasure of being together until the session ends with the saying of the Grace.

Rainbow Church on 23 June, had two grown-up visitors, who took a full part in the proceedings, including the making of a Holy Spirit headband, complete with flame (not real, of course). Just as they were about to leave, one of the visitors, Michael (Micky) Harwood, happened to say that he had written a chant during his stay at the Ashram at Pantypistyll.

When the organist, Vivienne, offered to set the chant to music, the Vicar could hardly contain her excitement, especially when Bethan Evans later agreed to sing it for her grandmother's special service.

As the congregation sat spellbound, the words of the chorus struck just the right note: 'It's not my life. It's yours I live; for this I know is true! It's not my life. It's yours I live; please help me see it through!'

Grace Evans would have approved!

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# READERS LETTER

Dear Editor,

I read with interest the report of Anthony Birdwood's talk on the Heart of Wales Line (Llandoverly Rotary Club news, The Post issue 281 July 2019), where Derek Jones describes the building of the line by the LNWR from Shrewsbury to Swansea, reaching Llandoverly by 1868. This may give the reader the impression that LNWR built the whole of the Heart of Wales Line to Swansea, which is not the case. The LNWR section of line finished just north of Llandoverly station. The remainder (and much more) was built by the Llanelli Railway and Dock Company (LRDC) and its associated companies and contractors.

The LRDC was incorporated in 1828, just 3 years after the Stockton & Darlington Railway and 2 years before the Liverpool and Manchester Railway – later incorporated into the LNWR, established in 1846. LRDC was therefore a very early entrant into the pre-Victorian rail industry, surviving until 1889 when the GWR took over their final section of line.

From its early roots in Llangennech, LRDC established their offices and rail terminus in the Machynys area of Llanelli where they built their dock in 1834, giving this Llanelli district its name of New Dock. They established a network of railways across Llanelli some 20 years before the South Wales Railway (SWR) arrived with the broad-gauge line, connecting the GWR line in Gloucestershire westwards to Fishguard, establishing a second Llanelli railway station familiar to us today, and the terminus for Heart of Wales line many years later.

The LRDC opened the line to Pontardulais via Llangennech in 1839 for both anthracite and passengers, and onwards through Pantyffynnon to Dyffryn Road in 1841 (renamed Ammanford & Tirydail station in 1960).

In 1842 a branch at Pantyffynnon to Brynamman opened, later to be connected to the Swansea Vale line giving access to the upper Swansea valley rail system.

From Ammanford & Tirydail, the line to Llandeilo was opened in 1857.

In 1858 the Towy Vale Railway (TVR) completed the line from Llandeilo to Llandoverly with a lease granted to LRDC. The final link from the north (Llanwrtyd Wells to Llandoverly) was completed 10 years later in 1868.

In 1861, an Act was granted to the LRDC for both the Carmarthen and the Swansea lines.

The Carmarthen line was an extension from Llandeilo to join the Carmarthen and Cardigan Railway (CCR) at Abergwili through the CCR station (Old Station Road), and on to Myrtle Hill where the west bound GWR line from Swansea and the Pembroke and Tenby railway line met.

The Carmarthen line opened in 1864.

The Swansea line was an extension from Pontardulais directly to Swansea, avoiding Llanelli. The route was

planned to maximise goods traffic from collieries at Grovesend, Gowerton (with a branch to Penclawdd), Duvant and Killay and on to Mumbles Road, Oystermouth Road, finally reaching Swansea Victoria Station and the network of lines serving the docks, and the industrial lower Swansea valley.

The line to Swansea opened for goods in 1865 and for passengers in 1867, a year before the Llanwrtyd Wells to Llandoverly line opened. By taking the Swansea line from Pontardulais direct to Swansea via Gowerton and on to Pontardulais foreshore, rather than via Llanelli, LRDC kept the route length from Llandoverly to Swansea Victoria Station down to little more than 36 miles, about one third of the total route length from Shrewsbury.

Constructing the Swansea line was difficult. The contractor became bankrupt, and income from the collieries didn't materialise which stretched LRDC financially. As a result, some of their other plans never came to fruition. Although Acts were in place for a Mumbles/Mumbles Pier line, a connection from Llandoverly to Brecon (Brecon and Merthyr Railway), and a connection to the Burry Port and Gwendraeth Valley Railway (BPGV), none were built. Some lines were sold, GWR took over the running of the Llanelli network in 1873, and in the same year an Act agreed the sale of the Swansea line to LNWR.

After SWR/GWR abandoned broad-gauge, Llanelli station became the terminus for the Heart of Wales line in 1879.

Finally, in 1889, an Act amalgamated GWR with LRDC, their 'new dock' renamed Great Western Dock, bringing the end, after 61 years, of an early pioneer of the railways in south West Wales.

All that exists in operation today of LRDC's original network is the Heart of Wales Line, where it leaves the main line at Bynea (Llanelli) at Llandeilo Junction, and the branch line from Pantyffynnon to Brynamman where coal is still transported from Gwaun-Cae-Gurwen.

LRDC's office building eventually became a workmen's club in Morfa, Llanelli (the 'Top Club') which survived until its demolition in the 1980's.

Phil Davies  
Manordeilo

02/20(12)



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# BABEL LADIES GUILD JUNE MEETING



On the evening of 25th June, 2019, Babel Ladies Guild met to present a cheque to the charity Tir Dewi. Mr. Iestyn Smith was there to receive it on behalf of Rev Canon Eileen Davies.

Tir Dewi is a charity covering Carmarthenshire, Pembrokeshire and Ceredigion. It provides help and friendship to the farming community helping with issues such as loneliness and isolation and can be a link to professional help with all matters of farming life. Volunteers receive full training and go out to visit farms, if necessary.

Babel Ladies felt strongly that this charity deserved to be supported.

Further information on Tir Dewi can be found by emailing [mail@tirdewi.co.uk](mailto:mail@tirdewi.co.uk) or phoning the freephone number 0800 121 47 22.

## INVITATION – DATE FOR THE DIARY

Rev. Ann McKnight will be hosting a Macmillan Coffee Morning at Y Ficerdy, Cilycwm on 27th September (10.00am – 12.00 noon). Please come to support this very worthy charity.

## THANK YOU

Megan Nicholson (formerly of The Coffee House Cafe) and family would like to thank everyone for their condolences, cards, support and kindness following the sudden and unexpected death of my husband Bob.

I would also like to give a big thank you to the Grange and their staff, for not only looking after Bob so well but for making me feel very welcome on my visits.

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## AUGUST 2019

Thank you to everybody who supported our crowd funding appeal to start a new School of Hope at St Benedict's in Mathare slum, Nairobi Kenya. So far, we have raised a massive £4750 from 82 donors. We are continuing with our fundraising and hope to reach our goal of £7011 as soon as we can. We will be participating in the August 'Little by Little Matching Campaign' which is a week-long campaign designed to help celebrate the power of our supporters by matching donations up to £40 at 60%. If you'd like to be part of this amazing new School of Hope which works specifically with young children who have previously been living on the streets of Nairobi, then please visit our project page-

<https://www.globalgiving.org/projects/st-benedicts-school-of-hope-mathare-kenya/>

On Saturday June 29th we held our first Welsh Three Peaks Team Challenge, where groups of four scaled the three Welsh Peaks in a race against the clock and each other. Teams walked as a team up Snowdon, Cader Idris and Pen Y Fan between dawn and dusk. Here we have Darren McAlister team. Thanks to Mat Morandi who was a mountain leader for us on the day. Thanks Mat! We've set the date for the next team challenge as July 11th 2020, so if you'd like to be involved then please get in touch at [info@challengeaid.org](mailto:info@challengeaid.org) 01550 721122.



We currently have four new Kenyan Schools of Hope which are in their infancy. St Benedict's, Billian Centre and Dagoreti Muslim (which will be opened in memory of Michael Jones- Mathias) in Mathare and True Vine in Mukuru. We are also involved in exciting new projects providing the parents of our students in Kajjado County and a mentoring project, which pairs two students from each School of Hope with working professionals in Nairobi. To keep up to date with all our work then please visit our website <https://www.challengeaid.org/news/> or pop in for a chat at 1 Kings Road Llandoverly.



## LONGEST SERVING PARTNER CELEBRATES 25 YEARS WITH ASHMOLE & CO



Mark Gould, Ashmole & Co's longest serving partner, is celebrating a significant work anniversary this year having been employed by the firm for 25 years.

A lot of changes have taken place during Mark's time with Ashmole & Co. When he started in 1994 there were just three offices in Carmarthen, Ammanford and Haverfordwest compared to the current 12. Accountancy has also drastically changed from being an almost completely paper system to these days being massively computerised.

Mark, who lives in Swansea with his wife and three children, said, "The years have flown by. I'm pleased to say that some of my clients have been with me since I started all those years ago and I would like to think of them as friends. You have to have a good relationship with your accountant and trust their opinion. There's nothing worse than hearing that dreaded phrase 'Somebody in the pub told me' you can almost guarantee it's not going to be correct! That's why we are here, not just to correct your mates down the pub, but to ensure you have the best advice and service when managing your finances for your business."

When Mark was growing up his father owned a haulage company which he helped with on weekends, but Mark decided from a young age that he didn't want

to go into that line of work and studied accounting and finance. In 1986 he joined the international accountancy firm Deloitte, Haskins & Sells for three years. He then qualified as a Chartered and Certified Accountant.

Mark started in Ashmole & Co's Ammanford office, he is the only person to have joined Ashmole & Co as a Partner. He then moved to Carmarthen and after that Abergavenny, as a result he has clients across south and west Wales. He also has clients in parts of England due to them moving away but continuing to work with Mark on their accounts.

When asked why Mark decided to pursue a career in accountancy he said, "Some brains are wired towards words and others, like mine, love working with numbers. The UK tax system is the most complex in the world and legislation keeps changing. I enjoy keeping up to date with the latest systems and legislation changes so my clients know they will get the best advice when they come to me."

Ashmole & Co Chartered and Certified Accountants have been established since 1897 and are one of the largest accountancy and auditing practices in Wales, operating from twelve offices throughout south and west Wales including Swansea, Haverfordwest and Llandovery. The firm combines high quality audit, accounting, and taxation services with business consultancy, financial services and corporate planning. Hence Ashmole & Co ensures that every client has the dedicated, professional support required to maximise their potential.



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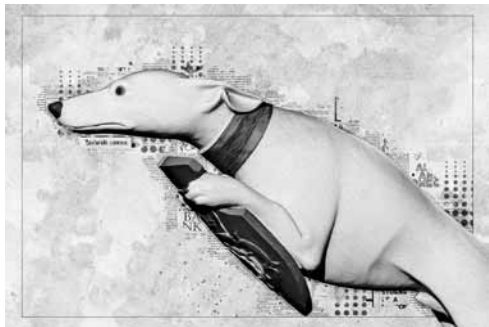
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# TOWY VALLEY CAMERA CLUB



The Towy Valley Camera Club will commence its 2019/20 Season on Monday September 9th 2019. The club will now move to holding its meetings on a monthly basis at the Cwmifor Reading Room, and extends a warm welcome to anyone wishing to come along and join.

## PROGRAMME FOR 2019/20

Monday September 9th	2018/19 Awards and Pseudolith and Bromoil with Dennis Russ
Wednesday October 9th	Three Way Battle with Kidwelly and Llanelli At Kidwelly Show and Tell.
Monday October 14th	Five Way Battle at Carmarthen
Thursday November 7th	Competition 1 – Open with Judge Colin Price
Monday November 11th	Social Evening
Monday December 9th	Tales From The Dark Side with Peter Young
Monday January 13th	The Brian Jennings Trophy
Monday January 27th	Competition 2 – Monochrome with Judge Joph Starzewski
Monday February 10th	Three Way Battle with Carmarthen and Pontyberem
Monday March 9th	Social Evening with Kidwelly CC
Monday April 6th	Competition 3 – Open with Judge Gary Shinner
Monday May 11th	Only Mono at Port Talbot
Saturday May 16th	The Barrian Cup at Barry
Saturday June 6th	A Year In Their Lives with Roy Carr
Monday June 8th	Competition 4 – Looking down with Judge Paul Blanchflower
Monday July 13th	AGM
Monday August 10th	2020/21 Season commences
Monday September 14th	

For further information, please visit our website at – <https://www.towyvalleycameraclub.org.uk>

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## HAPPY BIRTHDAY



Wishing Mrs Irene Walters, Broad Street, Ilandoverly a Happy 100th Birthday on the 19th July.

With love and best wishes from family and friends.

# LLANDOVERY TWINNING ASSOCIATION

Llandovery Twinning Association were invited to Pluguffan to help in their music festival and to unveil the new Pluguffan sign to mark the 35 year friendship between our two communities. Kate, Wyn, Sally and Rod, decided to make the trip. We invited our new Mayor Louise to join us and to take part in the unveiling of the new sign. We all had a fantastic welcome. Here are our two mayors Louise and Alain and the two chairs Kate and Dany.



We had a lovely reception at the town hall, it was wonderful to have some of the past mayors of Pluguffan attend the event.



The evening was followed by a 4 course banquet of crepes, washed down with homemade liqueurs!

Saturday, was a day of work. If I'm honest we only started working at about 6.30pm!

Where we prepared our aperitif "cwtch y ddraig goch" for 600 people.



Here are the team, with Pluguffan Mayor Alain.



We all had a fantastic weekend, it was great to introduce Louise to our Pluguffan family.

We now look forward to welcoming them over on August 15th. We are also very lucky to be welcoming Pluguffan mixed choir for the weekend. They will join Côr Meibion Llanymddfri on Saturday 17th for a fantastic concert with local artists. This will be held in Tabernacl Chapel. Tickets will be on sale shortly. We will be giving a donation from the evening towards the Urdd Eisteddfod fund. I hope to see you all at the concert.

Diolch  
Kate

## CIVIC SOCIETY AWARDS



At the Llandeilo and District Civic Society's Annual General Meeting on 2 July cash prizes were awarded to winners of the society's Pride in Place Photo Competition and framed certificates were awarded to the winners of its Civic Awards.

The picture shows from the left Virginia Scott and Claire Alexander who were awarded prizes for their distinctive photos of places that they particularly love in the society's area. Next to them are the Civic Award winners: Lizzie Wilberforce who accepted the award on behalf of the Wildlife Trust of South and West Wales's volunteers for erecting a new footbridge for public use in Castle Woods; Julia Jones for creating and producing with her husband Gerald Jones the celebrated Llandeilo Fawr Annual Festival of Music now in its nineteenth year; and Meinir Davies of Carreg Law for the notable renovation of 2 King Street, Llandeilo, which has enhanced the appearance of the town.

The presentation was followed by a talk by local historian Roy P Davies about the history of the now unused Llandyfeisant Church, its graveyard and the families buried there which the society hopes will assist in the efforts to conserve both the church and the graveyard. Further information about the Llandeilo and District Civic Society, which has a programme of events which are free for members, is available on its website. For membership inquiries call 01558 824019.

## RED KITE QUIZ LEAGUE REGISTRATION EVENING 2019/20

Registration for the 2019/20 season will be at The King's Head, Llandovery at 8.00pm on 4th September 2019 followed by a free table quiz. The subscription for the 2019/20 season will remain unchanged at £50 per team.

We look forward to seeing the teams that took part last year again this year, and hope also to welcome the return of former teams as well as any new ones who would like to take part. The quiz league has now been running for well over 30 years and really is a great way of spending an evening! Further details of the quiz, including a copy of the rules, notes for question masters, a recruitment poster and a list of questions and answers about the quiz can be supplied to potential new teams on request. Copies of these will also be made available to existing teams at the registration evening.

Although teams generally represent pubs, and most host pubs provide refreshments/food to the players after the match (and this is much appreciated), it should be emphasised that hosts don't have to be pubs, and the provision of refreshments is not a requirement for taking part in the quiz. It is helpful though, when registering a team for the quiz league, to identify the host and to indicate whether or not refreshments/food will be provided.

Kenneth Evans, Secretary (tel. 01550 777783)  
Peter Berry (tel. 01550 777980)

### LLANGADOG COMMUNITY CENTRE – 300 CLUB MONTHLY DRAW APRIL 2019

1. Ann Williams – £20
2. Alan Free – £15
3. Mari Jones – £10
4. Sara Morgan – £5

#### MAY 2019

1. Susan Griffiths – £20
2. Hywel Gwyn Evans – £15
3. Phil Davies – £10
4. Joan Page – £5

#### JUNE 2019

1. Beryl Jones – £20
2. Wyn Jones – £15
3. Eurwen Bowen – £10
4. Leslie Davies – £5

This was drawn on Tuesday 2nd July 2019 at Llangadog Community Centre Committee Meeting, 1.00pm

# ROYAL VISIT OF HER ROYAL HIGHNESS THE DUTCHESS OF CORNWALL



On July 2nd to Llandovery luncheon club at Community Hall at Dolau Bran.

The club is also celebrating 40 yrs.

Mrs Olwen Lewis BEM chair person of the housebound and handicap club, and also Commandant with the Red Cross, so a luncheon club was set up and was served at the Catholic hall in College View, Mrs Eva Messenger was also one of the organisers.

In 2001 the club was taken over by CCC social services and the club moved to the Community Hall at Dolau Bran, transport was also available to transport people to the club.

In 2010 CCC withdrew their services so we approached RUS and they agreed to give their support, we also asked the Town Council for financial support, also the Rotary club who have continued to support us over the nine years. The members are very grateful to everyone who support us, also the Co op stores and various organisations of the Town.

July 2nd was an awesome occasion, Ysgol Rhys Prichard children's choir and male voice choir greeted the Duchess and she was very impressed with all the performance.

Dignitaries were introduced to the Ditchess by the



Lord lieutenant Sarah Edwards, CCC deputy chairman Mr Ieuan Wyn Jones, CC Mrs Jane Tremlett, CC Mr Handel Davies, Mrs Louise Wride Llandovery Mayor and Mr Deniol Jones area manager RUS.

Mrs Mary Jackson BEM who then introduced HRH to all the volunteers, HRH told the volunteers how important they are to the community. 3 catering staff from Llandovery Hospital, who supply the delicious lunches to the club. The Rev Tim Nelson president of the Rotary club, and Mr Gethin Adams manager of the Co op stores who have supported the club over the years.

The Dutchess then sat at each table and spoke to all the members where afternoon tea was served.

We thank Ms Carol Dougdale for providing the celebration cake, also welsh cakes and barabraith all were delicious, also the Co op for their donations.

Miss Alaw Price student at Llandovery College played the harp, the Dutchess complimented her on her performance.

HRH then sat with Mrs Irene Walters and wished her a happy 100th birthday and presented her with a Royal birthday card. Mrs Walters then presented HRH with a bouquet of flowers.

On leaving the Dutchess spoke to several of the children, a very enjoyable afternoon was had by all.

The club is celebrating forty years which is quite an achievement, and is totally supported by volunteers who are very committed to helping people and also enjoy socialising with members and their families.

We serve meals twice a week Tues and Thurs 12 md cost £6 for a two course meal, plus juice and tea, everyone welcome to come along. NO AGE LIMIT !! also if anyone is interested in volunteering to help you will be very welcomed, contact Mary on 01550 720056.

Mary Jackson BEM

## 100TH BIRTHDAY CELEBRATION



When the Duchess of Cornwall visited the Luncheon Club on the 2nd July, she presented Mrs Irene Walters with a personalised birthday card for her 100th Birthday.

# ALICE IN WONDERLAND.....



## .....OR SOMEWHERE ELSE ENTIRELY?!

Join us for an afternoon of fun based on the Alice in Wonderland story but with a twist in the tale, Come and find out what happened when Alice followed the white rabbit and found herself in completely different stories! Help her get back into her own story by solving all the clues in the fairy tale woods, then join in with the Mad Hatter's tea party and fancy dress disco back in the Hall. Meet at Myddfai Hall, Saturday 10th August 2.45pm.

Adult £3, Child £2, children under 2yrs free. This includes food, fun, competitions, bookstall and raffle. There will also be a prize for the overall winner of Alice's quest. Children can come in fancy dress.

Further details from Janice Davies 01550 938326.

## CÔR MEIBION DINEFWR

### 200 CLUB RESULTS FOR JULY

1st – Mr Wyndham Davies, Pantyllyn.

2nd – Mrs Menna James, Bronwydd

3rd – Mrs Ann Morgan, Manordeilo

## ORGAN MUSIC AT LLANDINGAT

The organ in Llandingat Church was built by Vowles organ builders in 1874. This summer it is receiving a thorough cleaning and overhaul by Clevedon Organ Builders: each of the 926 pipes receives individual attention, and the mechanism for supplying wind to each pipe has been repaired and in some places replaced. We are looking forward to hearing the organ's newly restored voice again!

There will be an organ recital on Sunday 25 August at 3.00 pm with music played by Dr John Aveson: John has chosen a varied programme of music that will have something for all the seasons of the year, beginning with Advent and Christmas. We look forward to hearing the rich variety of sound that the organ can give. Admission is free: there will be a retiring collection which will go towards the cost of the work carried out on the organ. There will be refreshments after the concert.

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# Church Services

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

(all services are bilingual)

### St Cwrdaf Church, Llanwrda

4 Aug 8.30am Holy Eucharist  
11 Aug 10.00am Holy Eucharist  
18 Aug 8.30am Morning Prayer

### St. Sadwrn Church, Llansadwrn

4 Aug 11.00am Holy Eucharist  
18 Aug 11.00am Holy Eucharist

### Capel Dewi Sant

4 Aug 2.15pm Holy Eucharist  
11 Aug 2.15pm Holy Eucharist  
25 Aug 2.15pm Evening Prayer

### St. Paul's, Manordeilo

4 Aug 9.45am Holy Eucharist/  
Morning Prayer  
11 Aug 9.45am Morning Prayer  
18 Aug 9.45am Holy Eucharist  
25 Aug 9.45am Holy Eucharist

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

## ST. CADOG'S, LLANGADOG

4 Aug 9.30am Holy Communion  
11 Aug 9.30am Morning Prayer  
18 Aug 9.30am Holy Communion  
25 Aug 9.30am Morning Prayer

For further information please contact  
Revd Jeff Thomas 01550 777758.

## ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

## ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

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

## ST SIMON & ST JUDE, LLANDEUSANT

11 Aug 6.00pm Evening Prayer  
with Revd Jeff Thomas  
25 Aug 2.00pm Eucharist  
with Revd Jeff Thomas

## ST DAVID, ABERGORLECH

Services on the 1st and 3rd Sundays of the month at 9.30am

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

## PARISH OF LLANDOVERY WITH MYDDFAI

### Llandingat

4 Aug 10.00am Family Communion  
6.00pm Holy Communion  
11 Aug 9.30am Holy Communion  
6.00pm Evening Prayer  
18 Aug 9.30am Holy Communion  
6.00pm Evening Prayer  
25 Aug 9.30am Holy Communion  
6.00pm Evening Prayer

### Llanfair

4 Aug 9.00am Cymun Bendigaidd  
18 Aug 11.00am Cymun Bendigaidd

### St Michael's, Myddfai

4 Aug 11.30am Holy Communion  
11 Aug 11.30am Holy Communion  
18 Aug 11.30am Morning Prayer  
25 Aug 11.30am Holy Communion

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

## PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

### Llandeilo Parish Church

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

### Evening Prayer and Compline alternate months:

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

### St John's Maestelo

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

### Holy Trinity Taliaris

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

## TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.

Phone: 01550 777149

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

## ALL SAINTS GWYNFE

4 Aug 11.15am Eucharist  
11 Aug 11.15am Morning Prayer  
18 Aug 11.15am Morning Prayer  
25 Aug 11.15am No Service

## EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysjones4940@hotmail.co.uk.

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

## THE CHRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

Sun 6.00pm Bible Talk  
Thurs 7.30pm Bible Study

## PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

### St Mary's, Cyngordy

(Llanfair-ar-y-bryn)

4 Aug 2.30pm Holy Communion  
11 Aug 2.30pm Holy Communion  
18 Aug 2.30pm Evening Prayer  
25 Aug 10.00am Joint Service Ystradffin

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

### St. Barnabas Church, Rhandirmwyn

4 Aug 9.30am Holy Communion  
11 Aug 9.30am Holy Communion  
18 Aug 9.30am Morning Prayer  
25 Aug 10.00am Joint Service Ystradffin

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

### St. Michael's, Cilycwm

4 Aug 11.15am Holy Communion  
11 Aug 11.15am Holy Communion  
18 Aug 11.15am Morning Prayer  
25 Aug 10.00am Joint Service Ystradffin

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

## BAPTIST CHAPEL

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

## TY'R BUGAIL

on Sundays

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

## ST CYNWIL, CYNWYL GAEO

Services on the 2nd and 4th Sundays of the month at 9.30am

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

## ST SAWYL, LLANSAWEL

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

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

## UNITED BENEFICE OF CATHEINIOG

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

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

## SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church  
Christchurch, The Court, Lant Avenue,  
Llandrindod Wells, Powys.  
Saturdays 2.30pm to 4.30pm  
Sabbath School Service 2.30pm  
Divine Service 3.00 pm

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

## PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday  
(bilingual)

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

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

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

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

## QUAKER MEETINGS

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

Peterwell Terrace, Lampeter SA48 7BX.

## WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study  
11.00am Worship

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

Youth & Young at Heart Service at William  
Williams Chapel, High Street, Llandovery –  
every Sunday at 6.30pm

For further information, please contact  
Minister Christopher Lockwood.  
Tel: 07398 515968.

## OUR LADY'S R.C., LLANDOVERY

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

## ST MICHAEL'S CHURCH, LLANFIHANGEL, RHOS Y CORN, NEAR GWERNOGLE

Service on the 1st Sunday at 2.30pm  
followed by tea and the 3rd Sunday at  
9.00am.

Pilgrim Service on 2nd Wednesday of the  
month at 6.00pm.

For further information contact  
Focal Minister Roger Nock 01267 202347  
or see our Facebook page.

## RIVERS COMMUNITY CHURCH

Our Service time is at 5.00pm on a Sunday  
and we meet at The Hangout, Llandeilo. We  
also have a Life group on Thursday evenings.

For further information contact

Rhys Jones,  
(Mobile) 07511 551541  
(Home) 01269 492299  
(Email) rhys.riverschurch@outlook.com

# ORGAN, PIANO AND VIOLIN AT CAPEL GOSEN, CYNGHORDY

On Saturday 17th August at  
4.00pm you are invited to  
a short concert by Mozart,  
Handel and Dvořák given by  
**Carl Grainger** and **Ulrich  
von Hecker** followed by  
tea in the vestry. As usual  
with events at Capel Gosen,  
there will be no charge, but  
any donations kindly given  
will go towards the charity  
Alzheimers UK.



**Carl Grainger** started playing the piano at the age of 12, and read music at the University of East Anglia where his instrumental tutors included the well-known harpsichordist Sir Philip Ledger and David Parkhouse.

He is well known as an organ recitalist and has performed at venues throughout the England and Wales including Brecon and Llandaff Cathedrals, Kings Lynn Minster, St Peter's Carmarthen, St Mary's Swansea, St Bride's, Fleet Street and Handel organ concerti on the chamber organ of Ewenny Priory.

Overseas performances have included a Norwegian tour which culminated in a recital to an audience of 500 in Trondheim Cathedral. Performing regularly as a harpsichordist, Carl has appeared on S4C with the Chamber Orchestra of Wales. He divides his time between homes in Mid Wales and France.

**Ulrich von Hecker** studied violin at the Musikhochschule Frankfurt with Karl-Albrecht Herrmann, and afterwards in Hamburg with Nelly Söreger and Berlin with Romano Tommasini. He has been a founding member of the Kiel Baroque Ensemble and has played with the Camerata Academica Hamburg.

Before coming to Cardiff 14 years ago as a lecturer in Psychology at Cardiff University, he had formed a violin/piano duo with Habakuk Traber in Berlin. He now studies with Lucy Russell (Fitzwilliam String Quartet) and has recently co-founded a piano trio in Cardiff with Carl Grainger. He plays a French violin by Breton from 1835.

We are fortunate to have the services of these two eminent musicians, and we look forward to welcoming them to the restored Capel Gosen.

# READERS' SALES & WANTS

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

## FOR SALE

- **Craft items**, 2 Sizzix Bigz dies 1 £4 – 1 £5.50, 7 boxes of paper flowers £3.50, wooden stamps between £1 and £2 one never used, 4 sets of popcorn the bear rubber stamps £2 each, set of flowers and word rubber stamps £2.50, nearly a complete set of (British wild flowers) rubber stamps £2.50, container of flourishes (rubber stamps) £2.50, fancy tag dies £4, Spellbinders borderabilities (3 sets) £3 each, 3 CD's £1.50 each everything to make a card, Hougie embossing board £3, large rubber stamp (50s style) £2. Having a spring clean, you are welcome to come and have a look. Tel: Bronwyn 01550 720164.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Sharp Fax/Phone**, model UX-S10. £15 ono. Tel: 01267 202230.
- **Electric Sewing Machine**, £25 ono. Tel: 01267 202230.
- **Kirby vacuum cleaner** G4 with complete set of tools in carrying case and also carpet cleaning attachments still working. Genuine reason for sale. Has been regularly serviced by Kirby agents, £200ovno. 01874 658262.
- **150 CD's**, Jazz, Swing, Big Band etc, £50. Tel: 01550 777432.
- **Reproduction Regency style table** with 6 chairs, 2 of which are carvers, £400 ovno. Tel: 01874 652262.
- **Painted wooden bedside cabinet** with drawer and cupboard, brass fittings ideal for up-cycling, £10. Tel: 01874 658262.
- **Tall wooden plant display stand**, suitable trailing plants, £20. Tel: 01874 658262.
- **Large cream ceramic table lamp** with shade, £15. Tel: 01874 658262.
- **Large Desk** suitable for computer/student 3 Drawers down one side, metal frame comes apart of easy of moving, £20. Tel: 01874 658262.
- **Black office swivel chair**, adjustable, £10. Tel: 018574 658262.
- **1 Pr Curtains**, Lined with swags & tails to fit 5'5" wide x 7'8" drop Tulip pattern professionally made. Navy Blue, Maroon, Green in colour, £50. Tel: 01874 658262.
- **Stainless Exhaust**. For Citroen Berlingo/Espace. Unused, in wrapper. Offers. Tel: 01550 721197.
- **Bike Magazines**. Classic Bike. March 2015 to 2017 (some 2019). Immaculate, over 25 issues. Were £4.10 to £4.20 each (over £100 worth). Read once. Many still in wrappers. Offers. Tel: 01550 721197.

- **Mantis Tiller with attachments**. Kawasaki Petrol Hedge Trimmer. Lawnflite Petrol Strimmer, very powerful. All in good condition. Best realistic offers secure. Can be seen at 01550 777769.
- **Robinson Spindle Moulder**. In full working order. Three phase. Can be seen working, £200. Tel: 07952 265087.
- **Mahogany dining table and 6 chairs**, excellent condition, £50. Tel: 01550 720672.
- **Ladies electric folding bike**. Used not more than 5 or 6 times. Excellent condition. Cost £700 new. £450. buyer to collect. Tel: 01558 685826.
- **Mountain bike**, Apollo 5600, 5 speed in need of TLC, 2 available, £30 each. Tel: 01550 760133.
- **Old oak double bed**, £40. Tel: 01550 779070.
- **Old single bed**, £20. Tel: 01550 779070.
- **4 dining chairs**, £20. Tel: 01550 779070
- **07 Reg Toyota Auris 2.0 D4D**, diesel, 12 months MOT. Good condition, £1500. Tel: 07977 097982.
- **Iveco daily van**, 55 Reg, 98000 miles, 2 owners, service & MOT July 2019, £2800 ono. Tel: 01550 777239.
- **Waterower**, the best and an expensive rowing machine, close your eyes and row, £265. Tel: 07928 811667 (Llandoverly).
- **Welsh Linguaphone course**, cassettes and books, £55. Tel: 07928 811667 (Llandoverly).
- **Vintage Monks Bench**, dark oak, good condition, Offers. Tel: 01550 777410.
- **Hoselock Pond Vacuum Cleaner & attachments**, £50. Tel: 01550 720003.
- **Hoselock Pond Air Pump**, £15. Tel: 01550 720003.
- **2 Tonne Trolley Jack**, £17. Tel: 01550 720003.
- **Heavy duty jump leads**, £10. Tel: 01550 720003.
- **Clarke SDS Drill & attachments**, £50. Tel: 01550 720003.
- **Easy armchair**, excellent condition, £5. Tel: 01550 720003.
- **Electric Golf Trolley** (Ben Sayers). Includes: bag, rain cover, battery x 2 (27 hole and 36 hole), charger, winter wheels. Used, but in good condition, £150. Tel: 01550 740228.

## WANTED

- **Countryside House Sought**. Detached, basic, self-contained accommodation. Rural or semi-rural with garden. Outbuilding if possible. No wifi or tetra mast coverage. Rent or barter. Also, Large house & annexe or Nature reserve/animal sanctuary/ Centre also considered. Current let 20 years. Quiet creative couple (poets/Artists) with excellent references. Please telephone: 01550 721197 (answer machine if no reply).
- **Rural Respite Care**, also self-contained accommodation. Please telephone: 01550 721197.
- **Homehelp/Carers**. Various positions available. Hourly pay or barter for P.A. Also needed: advocate, driver, Care Giver, befriending service and Rural Respite Care Accommodation . Quiet, friendly vegan client. Leave message: 01550 721197. .
- **For Classic 500 EFI**: Hitchcocks' Gold Star style silencer, unused; mirrors; wide handlebars (780mm); photo-chromatic glasses/goggles; canvas or synthetic panniers/throw-over bags; Covec/Aramid blue jeans W36 L32; Parts manual; Silver paint – a few teaspoonfuls. Telephone Simon: 01550 721197.
- **Citroen/Peugot Van**. Berlingo/Partner/Dispatch Van. Approx X Reg. Te: 01550 721197.
- **Suitable tenant for converted farm building**, sleeps one, furnished, plus small paddock for poultry and greenhouse. Clean pet ok, nature lovers please. Barn optional for rural craftsman. Mature resident preferred. Tel: 01570 423747 (Leave message).
- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07872 509031.

POSTDATUM  
Producers of  
*The Post*

# Events

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

## 1 AUGUST:

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Cwmdu.** There is usually a summer break from the usual Cymdeithas meeting in the Cwmdu Inn but as there have been a lot of suggestions of possible new activities, these will be discussed at an "events" meeting at 7.30pm. Everyone is welcome.

## 2 AUGUST:

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

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

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Cŵr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Llandeilo Country Market** - EVERY FRIDAY - 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Cwmdu Folk Night.** A live music session in the Cwmdu Inn. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

## 3 AUGUST:

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

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

**Open morning,** from 10.00am held in the Civic Hall, Llandeilo. An event open to all to showcase the many talents of our members organised by Llandeilo and District Gardening club who meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo. SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella@rhydgoch.co.uk

**St David's Church, Llywel - Open Saturday** – between 11.00am and 1.00pm. The church will be open between 11am and 1pm for anyone wanting to spend time looking around, an opportunity to read the new heritage information boards installed during our recent project. Entry is free. Refreshments will be available.

**Llangadog YFC Show** including a plant stall organised by Llangadog Gardening Club.

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

**Fabulous Feltings** will be holding 'Have a go at wet felting' drop in sessions at Llanwrtyd & District Heritage & Arts Centre from 10.30. Last session begins at 14.30, £10 per person to include all materials. Just drop in or contact Jane@fabulousfeltings.co.uk to book a space or for more details.

## 4 AUGUST:

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

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

**The Ramblers – Epynt Way 1:** Upper Chapel to Garth Road. This is the first in a series of four walks which will complete the circuit of the Epynt Way. This 48 mile path runs around the boundary of the MOD's Sennybridge Training Area firing ranges. Dist. 12 miles. Energetic. Linear Explorer Map: 188 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jack Hardie Mob. 07464 412770.

**Come and hear young women from Hope House drug rehab** at William Williams Chapel, Llandovery at 6.30pm

## 5 AUGUST:

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

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

## 6 AUGUST:

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

**Llandoverly Croquet and Bowls Club** – Llandoverly vs Cardigan Croquet Club – Contact John 07435 786762 for more info.

**Tractor Tuesdays** 12.00, 1.30 and 3.00pm Adults £2, Children £1. The tractor tours will take you into the field with our rare breed White Park cattle so you can see them up close. One of our team will accompany you so you can learn about the majestic animals and find out why they are so special to Dinefwr at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

**Learn Easy Tai Chi Qigong for Health.** Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Gwynfe Hall, Tuesdays 1.00 - 2.15pm and Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdru. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Pritchard Memorial Hall in Llandoverly. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

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

## 7 AUGUST:

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

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: [gillypickering@aol.com](mailto:gillypickering@aol.com)

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

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

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**Learn Easy Tai Chi Qigong for Health.** Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Manordeilo Reading Rooms Wednesdays 9.30 - 10.45am. Ring Sue on 07780 544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

**The Ramblers – Mynydd Mawr:** Mixed walking in the Tumble area along with paths through Mynydd Mawr Woodland Park. Dist. 5 miles. Easy/Moderate Explorer Map: 178 Meeting point: Leekes car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy Squires & Linda J Tel. 01269 594415 Mob. 07969 639416.

**Cwmdru Smallholders.** The group will be meeting at one of the group's smallholdings and not in the Cwmdru Inn. For more details, please contact Linda Tame on 01558 685056 or Talley and Cwmdru Smallholders on Facebook.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

## 8 AUGUST:

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

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Cwmdru Classic Club.** A monthly meeting in the Cwmdru Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact Edwin Arblaster on 01558 685431.

**Fabulous Feltings** will be holding 'Have a go at wet felting' drop in sessions at Llanwrtyd & District Heritage & Arts Centre from 10.30. Last session begins at 14.30, £10 per person to include all materials. Just drop in or contact Jane@fabulousfeltings.co.uk to book a space or for more details.

## 9 AUGUST:

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

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Fairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Llandeilo Country Market - EVERY FRIDAY - 8.30am to 12.30pm** at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Cwmdru Inn.** Tippit Match presented by Pauline George at 7.30pm. To be confirmed. Please check with shop/pub on 01558 685156 or [events@cwmdru.com](mailto:events@cwmdru.com)

**Ras Myddfai 2019,** 7.00pm. There are two courses of 5 miles and 8 miles, over undulating lanes and forest tracks. There is also a childrens race of 2.25 miles for those under 11 and for those 11 – 14, starting at 7.20pm. Entry fees: Children £2 and Adults £8. All runners participate entirely at their own risk. All races start from Myddfai village square, 3 miles south of Llandoverly. Further details: Margaret Davies email: [magsd Davies@hotmail.co.uk](mailto:magsd Davies@hotmail.co.uk)

## 10 AUGUST:

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

**Summer Cider Cycle,** a fun mountain-bike-ride in Llanwrtyd Wells. Choice of marked routes, 14 - 25 miles, technical sections with 'chicken-runs'. Register in the Bromsgrove Hall, Ysgol Dolafon from 8am - 9.30am, start at 10am. Enter online in advance @ £20 or just turn up on the day. Camping available,



cider/perry served at the checkpoints. For more information, see [www.green-events.co.uk](http://www.green-events.co.uk) or telephone 01591 610666/610236.

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

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

**Welcome to Llandovery Male Voice Choir in concert** at St. Barnabas Church, Rhandirmwyn at 7.30pm and followed by light refreshments. President for the evening is Mr Alun Jones, formerly of Rhandirmwyn. Admission: £5 at the door, children - free. Proceeds towards Church Funds.

### 11 AUGUST:

**The Ramblers - Angle - Pembrokeshire**: A walk around Angle with views of the Haven, then across to Freshwater West and back along this wild section of the coast path. Dist. 10.5 miles. Energetic. Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep. 8.30am on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

**A walk in Llyn Llech Owain Country Park** near Cross Hands with Mat Ridley, a look at its wildlife and management. Meet in Car Park at 2.00pm, there is a charge for parking, Church Road, Cross Hands SA14 7NF (SN565148).

**GARDEN OPEN FOR CHARITY**, 1.30pm - 5.30pm, Ty'r Maes. Farmers SA19 8JP, admission £4, children free, dogs on lead and disabled visitors welcome. John and Helen Brooks are opening for the National Gardens Scheme charities. Plant sales, craft, book and costume jewellery stalls, tea and cakes provided by Pumsaint WI. Large 4 acre garden planted with cottage garden style flower beds, lots of unusual plants, loads of colour at this time of year, fruit and vegetable area, wildlife ponds with water lilies, pergola and rope arcade with climbing plants and woodland garden with over 200 varieties of trees, including magnolias, acers and giant redwoods. Ty'r Maes is the Royal Oak bungalow just opposite the turn to Ffarmers on the A482 Lampeter to Llanwrda road, about 7 miles from Lampeter and 1.5 miles north of Pumsaint. For further information, contact us on 01558 650541 or at [johnhelen140@gmail.com](mailto:johnhelen140@gmail.com).

### 12 AUGUST:

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

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

### 13 AUGUST:

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

**Mystery Trip** organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

**Tractor Tuesdays** 12.00, 1.30 and 3.00pm Adults £2, Children £1. The tractor tours will take you into the field with our rare breed White Park cattle so you can see them up close. One of our team will accompany you so you can learn about the majestic animals and find out why they are so special to Dinefwr at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number - 01558 824512.

**Learn Easy Tai Chi Qigong for Health**. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Gwynfe Hall, Tuesdays 1.00 - 2.15pm and Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

**Llandovery Croquet and Bowls Club** - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

### 14 AUGUST:

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

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

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

**Stone Carving Course**. Learn a new skill and discover the craft of stone carving at KindaVillage. During the course, you will learn how to use hand tools safely and effectively. You will receive tuition and feedback throughout the course. Booking essential: [kindavillage.org/events/event/01559395253](http://kindavillage.org/events/event/01559395253) admin@kindavillage.org

**Yoga at The Allotment** - Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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**The Ramblers - Ferryside**: Walking from Ferryside along the Wales Coast Path up to the trig point with panoramic views of the Twyi estuary. Along the coast road before turning inland and returning to Ferryside across fields. Dist. 6 miles. Moderate Explorer Map: 177/178 Meeting point: Llandeilo Railway Station. Dep. 10.00am on by car, organised by Dinefwr Ramblers. Leader: Linda J Mob. 07780 330158.

**Pilgrim Service** at Llanfihangel Rhos y Corn - at 6.00pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP - now the second Wednesday of the month - a unique service of prayer and meditation - Info Revd Roger Nock on 01267 202347.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

### 15 AUGUST:

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Llandovery Croquet and Bowls Club** - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

## 16 AUGUST:

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

**Willow Garden Trug Workshop**, 10:00 am – 4:30 pm. Come and weave a useful garden trug with handle using a selection of colourful willow. Perfect for collecting your veggies, displaying your fruit or as a general basket. All materials and tools included. Tea, coffee and biscuits will be available. Booking essential: [kindavillage.org/events/event/01559395253admin@kindavillage.org](mailto:kindavillage.org/events/event/01559395253admin@kindavillage.org)

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**Llandeilo Country Market** - EVERY FRIDAY - 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

## 17 AUGUST:

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

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

**St David's Church, Llywel** - Open Saturday – between 11.00am and 1.00pm. The church will be open between 11am and 1pm for anyone wanting to spend time looking around, an opportunity to read the new heritage information boards installed during our recent project. Entry is free. Refreshments will be available.

**Cwmdu Inn**. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156. **Fabulous Feltings** will be holding 'Have a go at wet felting' drop in sessions at Llanwrtyd & District Heritage & Arts Centre from 10.30. Last session begins at 14.30, £10 per person to include all materials. Just drop in or contact Jane@fabulousfeltings.co.uk to book a space or for more details.

**CWRT-Y-CADNO SHOW** on PENTWYN FIELDS SA19 8YF kindly lent by Mr James Uys & Family and Mr & Mrs M Lewis. Show to commence at 1:00 p.m. ALL ENTRIES ACCEPTED ON SHOW DAY. Admission: Adults: £5.00, Children: £2. Tent entries accepted between 10.30am and 12.00 noon.

## 18 AUGUST:

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

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

**The Ramblers – Epynt Way 2:** Garth Road to Tirabad. This is the shortest section of the Epynt Way which takes us down the Western side of the Epynt Ranges. Dist. 9 miles. Strenuous. Linear Explorer Map: 187 & 200 Meeting point: Llandoverly Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Mob. 07775 503441.

## 19 AUGUST:

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

## 19 AUGUST – 25 AUGUST:

**Llandrindod Wells Victorian Festival** will be held with the cycle parade starting at 10.30am from the National Cycle Museum on Wednesday 21st August. Members of the public are invited to join in if they have a suitable cycle and attire.

## 20 AUGUST:

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

**Tractor Tuesdays** 12.00, 1.30 and 3.00pm Adults £2, Children £1. The tractor tours will take you into the field with our rare breed White Park cattle so you can see them up close. One of our team will accompany you so you can learn about the majestic animals and find out why they are so special to Dinefwr at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

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**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandoverly. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

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

## 21 AUGUST:

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

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

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shoes and comfortable clothing. Manordeilo Reading Rooms Wednesdays 9.30 - 10.45am. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

**The Ramblers – Llwynrhosser:** Fields, paths and quiet lanes from Llwynrhosser Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Sawdde Bridge, Llangadog. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Fiona Holdaway Tel. 01550 777798 Mob. 07879 456846.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

## 22 AUGUST:

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

## 23 AUGUST:

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

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## 24 AUGUST:

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

**Party in the Park** to raise funds for Maesglas Park! Please join us for celebrations, Entertainmentface painting, dancing, raffle, prizes. Teddy bear's picnic £1 entry. Prize for the best dressed bear. Tombola, craft stalls, bouncy castle, 1.00pm till late in Maesglas Park.

**Bogsnoorkelling Triathlon**, 'Dirty Fun' in the Waen Rhyd bog, Llanwrtyd Wells, an 8-mile run/12-mile mountain-bike-ride/60-yard snorkel in the bog. Also Bite-Size Triathlon with 3-mile run/6-mile cycle/60-yard bog-snoorkel. Open to individuals/relay teams of 3. Registration from 10am, race starts at 11am, enter online in advance or on the day (small surcharge), spectators free. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

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

## 25 AUGUST:

**The Ramblers – Llandysul:** A lovely walk from Llandysul village with its 14th century church, up nearby hills, through woodland and down by the river Teifi. Dist. 8 miles. Moderate Explorer Map: 185 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Ros B Tel. 01558 823542 Mob. 07976 631083.

**World Bogsnoorkelling Championships**, Waen Rhyd Bog, Llanwrtyd Wells. All-day event for all ages, food/drink stalls, live music, bouncy castle, real ale/cider bar etc. Fancy-dress welcome, lots of prizes, get sponsors and raise funds for charity! Enter online in advance or pay-on-the-day (small surcharge). Spectators free (small charge for car-parking or take the shuttle-bus from town). For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

**Myddfai Farmers Market** at Myddfai Community Hall & Visitor Centre 12.00 noon to 4.00pm. Come along for a wide range of quality local produce. Café and gift shop open too. Tel 01550 720449 www.myddfai.org

**Fabulous Feltings** will be holding 'Have a go at wet felting' drop in sessions at Llanwrtyd & District Heritage & Arts Centre from 10.30. Last session begins at 14.30, £10 per person to include all materials. Just drop in or contact Jane@fabulousfeltings.co.uk to book a space or for more details.

## 26 AUGUST:

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

**Cilycwm Agricultural & Horticultural Show** on Erryd Fields SA20 OUA by kind permission of Mr. & Mrs. H. Jones. Admission – £5 / Children under 16 – free / Car Park – free. A Caterer will be in attendance

## 27 AUGUST:

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

**Whist drive** at 7.30pm in the Church Hall at Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. Info 01267 202305.

**Tractor Tuesdays** 12.00, 1.30 and 3.00pm Adults £2, Children £1. The tractor tours will take you into the field with our rare breed White Park cattle so you can see them up close. One of our team will accompany you so you can learn about the majestic animals and find out why they are so special to Dinefwr at Dinefwr Park, SA19 6RT. www.nationaltrust.org.uk/dinefwr. Telephone number – 01558 824512.

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**Whist drive:** at 7.30pm in the Church Hall at St Michael's Church, Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. info 01267 202305. Following date 24 September.

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandoverly. More information available at weightwatchers.co.uk

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

**MARY QUEEN OF SCOTS (15)** Historical drama. The rival Tudor Queens slug it out in this enjoyable, if fanciful historic drama. Lush and ravishing period piece. Stars: Saoirse Ronan, Margot Robbie and David Tennant. Doors Open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 ODS. For further details contact Terry on 01550 720258.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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**Visit to German Village Epynt** organised by Llandovery Friendship Club. Tel: 01550 720056 for further info.

**The Ramblers – Social evening:** A short walk followed by a meal in The Angel, Salem Dist. 4 miles. Easy Explorer Map: 186 Meeting point: Car Park, Angel Inn, Salem. Dep. 3.00pm, organised by Dinefwr Ramblers. Leader: Alcwyn Squires Tel. 01269 594415 Mob. 07969 646115.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

### **29 AUGUST:**

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### **30 AUGUST:**

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

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Cŵr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Bat Walks** – 6.00pm, £10 per person. We have various species of bats at Dinefwr but you are unlikely to have seen them if you have visited during the day. On our bat walks a ranger will accompany you to the favourite spots for our bats and hopefully you will catch a glimpse of one of them flying around the dusky sky. The ticket price includes a seasonal soup, hot drink and bat biscuit. Booking is essential for these walks. Please call the

visitor centre to book your spot at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

**Llandeilo Country Market** - EVERY FRIDAY - 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Sinema Sadwrn** are pleased to present a family film at the Sexton Arms to round off the summer holidays. The film will be chose by public vote on Facebook and in the village. The films in the running are: Mary Poppins Returns, Secret Life of Pets, Peter Rabbit and Pete's Dragon. Which will it be? The chosen film will be announced on our Facebook page. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

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

### **31 AUGUST:**

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

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

**Car Boot Sale** at Glangwili Hospital Car Park, 8.00am – 12.00pm. No need to book, just come along. Entrance fee: £5 per car / £10 per van. All proceeds from entrance fees to donated to Cardiac Rehabilitation Department. [www.calonplus.co.uk](http://www.calonplus.co.uk)

### **1 SEPTEMBER:**

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

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

**The Ramblers – Fan Frynych - Sarn Helen:** A lovely walk in the Beacons. Starting at Forest Lodge Cottages, up to Frynych trig pillar and then over to Sarn Helen to return. Dist. 7 miles. Energetic Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

### **2 SEPTEMBER:**

**Language classes:** Every Monday French 6.15 to 8.00pm at Crugbyr Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: [gilypickering@aol.com](mailto:gilypickering@aol.com)

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

**Llanwrda and Llansadwrn Country Women Patagonia** – in the Footsteps of Welsh Giants Presentation by Wyn Edwards in the Reading Room Llansadwrn 7.30pm For further information please contact Marianne 01550 777622.

### 3 SEPTEMBER:

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

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

**Learn Easy Tai Chi Qigong for Health.** Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Gwynfe Hall, Tuesdays 1.00 - 2.15pm and Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandover Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandoverly. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

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

### 4 SEPTEMBER:

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

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: [gillypickering@aol.com](mailto:gillypickering@aol.com)

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

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Tywi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**Learn Easy Tai Chi Qigong for Health.** Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Manordeilo Reading Rooms Wednesdays 9.30 - 10.45am. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

**The Ramblers – Ystradgynlais:** A scenic walk around Ystradgynlais with fine views of the surrounding countryside. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Bynamman Community Centre car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

### 5 SEPTEMBER:

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Kayak lessons,** Llandoverly pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandoverly.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 6 SEPTEMBER:

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

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

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Bat Walks** – 6.00pm, £10 per person. We have various species of bats at Dinefwr but you are unlikely to have seen them if you have visited during the day. On our bat walks a ranger will accompany you to the favourite spots for our bats and hopefully you will catch a glimpse of one of them flying around the dusky sky. The ticket price includes a seasonal soup, hot drink and bat biscuit. Booking is essential for these walks. Please call the visitor centre to book your spot at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

**Great News! Citizens Advice** will continue to be at the Llandoverly Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandoverly Youth and Community Centre, Gerwyn House, Market Square, Llandoverly, SA20 0AB. Tel: 01550 721499.

### 7 SEPTEMBER:

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

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

**The Ramblers – Ceredigion Coastal Path:** Walk no. 7 takes us from LLANRHYSTUD to ABERYSTWTH. This wild stretch of coastline will take us through the Wildlife Trust Reserve at Penderi, leading to the former monastic granges Mynachdy'r and Moria Bychan. The final stretch of the path into Aberystwth offers some of the finest views of the whole of Ceredigion. Dist. 10.5 miles Energetic. Linear. Explorer Map: 213 Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Beryl Williams - Tel. 01550 777870 Mob. 07713 709204.

#### **7 SEPTEMBER – 8 SEPTEMBER:**

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Aberdulais. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

#### **9 SEPTEMBER:**

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

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

#### **10 SEPTEMBER:**

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

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**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Half Day Trip to Mumbles,** dep. 12.00pm organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

#### **11 SEPTEMBER:**

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

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

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**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**The Ramblers – North Gower Walk:** Taking in Llanmadoc Hill, passing through Cheriton then on to Cwm Ivy and along the coastal path above Broughton Bay returning to Llangennith. Dist. 7 miles. Moderate Explorer Map: 164 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 361814.

#### **12 SEPTEMBER:**

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

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

#### **13 SEPTEMBER:**

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#### **14 SEPTEMBER:**

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

**St David's Church, Llywel - CADW Open Saturday** – between 10am and 4.30pm. The church will be welcoming visitors to spend time looking around the heritage held within this historic building. New heritage information boards were installed during our recent project and our church records will be available for viewing. Everyone is welcome and entry is free. Refreshments will be available.

**Coffee Morning** at 10.00am – 12.00 noon in Llanwrda Hall for St Cwrdad Church. Variety of stalls

**The Ramblers – Heart of Wales Line Trail 6:** Llandovery to Cyngordy. Rail ramble. Dist. 7 miles. Moderate Explorer Map: 187 Meeting point: TBC see website, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

#### **14 SEPTEMBER – 15 SEPTEMBER:**

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Dolaucothi Gold Mines. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

# Local Directory

Support Local Business

## ACCOUNTANCY & TAXATION SERVICES

**WILLIAM EVERATT:** Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 07/20(12)

## ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 05/20(12)

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 11/19(12)

## BOUNCY CASTLE HIRE

**PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS.** Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 10/19(6)

## CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 07/20(12)

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

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

## CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 06/20(12)

## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 08/19(12)

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 11/19(6)

## CLOCK REPAIRS

**C. BACON,** Llandeilo, 9.00am – 4.30pm. Antique clock repairs and restoration. Clocks collected & delivered. Member of the British Watch & Clock Makers Guild. Tel. 01558 685665. 12/19(6)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IIHHT ICHT FFHT.** Fully qualified & insured member of the Federation of Holistic Therapists for 19 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 03/20(12)

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**COUNSELLOR:** Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk. 04/20(12)



## CURTAINS & COVERS

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

## DOG TRAINING

**BMC ACADEMY DOG TRAINING:** Llansawel Village Hall. SA19. Kennel Club dog training classes, Puppy Class, Bronze to Gold Good Citizen classes & Assessments, Heelwork to Music and Rally Obedience. Monday morning & evening, Wednesday morning & afternoon. Workshops with Guest Trainers throughout the Year. Work towards competition standards or just come and have fun! Contact Kathleen Stubbings on 01558 685858, 07522 984094 or email: dogdancingltd@gmail.com 05/20(12)

## ELECTRICIANS

**V. W. REES ELECTRICAL. Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 10/19(6)

**J. FRANCIS TRYDANWR/ELECTRICIAN,** all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 07/20(12)

## FAMILY HISTORY

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

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 05/20(12)



## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777100 or mob: 07790 210397 03/20(12)

**AGAP LANDSCAPES.** Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. [www.agap-landscapes.co.uk](http://www.agap-landscapes.co.uk). 11/19(6)

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

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

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

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 03/20(12)

## JOINERY

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

## LAUNDRY SERVICES

**LLANDOVERLY LAUNDRETTE, 21 STONE ST.** We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 12/19(6)



## MAN WITH A VAN

**MAN WITH A VAN / COURIER:** LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627. jerry@thetump.co.uk 10/19(6)

## MASSAGE

**DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE.** Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 10/19(6)

## MONUMENTAL MASON

**BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS** made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit [www.hummerstone.wales](http://www.hummerstone.wales); to discuss your requirements and for a free quotation e-mail [gabriel@hummerstone.wales](mailto:gabriel@hummerstone.wales) or phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. 07/20(12)

## PAINTER & DECORATOR

**HAYDN ADAMS,** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://www.haydnadams.co.uk) 08/20(12)

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

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

## PEST CONTROL

**THE MOLE MAN.** ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 07/20(12)

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 08/19(6)

**PAWS PET SITTING SERVICES.** All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. 11/19(6)

## PICTURE FRAMING

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

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 04/20(12)

## PSYCHOTHERAPY

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

## ROOFING

**LLANDEILO ROOFING** – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: [localroofer.wales@gmail.com](mailto:localroofer.wales@gmail.com) website: [completeroofingworks.co.uk](http://completeroofingworks.co.uk). 09/19(6)

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 09/19(12)

## TUITION

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

**PHYSICS/FFISEG** Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. *10/19(6)*

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

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

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: [mick@micksheridanupholstery.co.uk](mailto:mick@micksheridanupholstery.co.uk) [www.micksheridanupholstery.co.uk](http://www.micksheridanupholstery.co.uk) *10/19(12)*

## YOGA

**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit [www.holistic-heaven.com](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments. *06/20(12)*



# THE POST

advertising

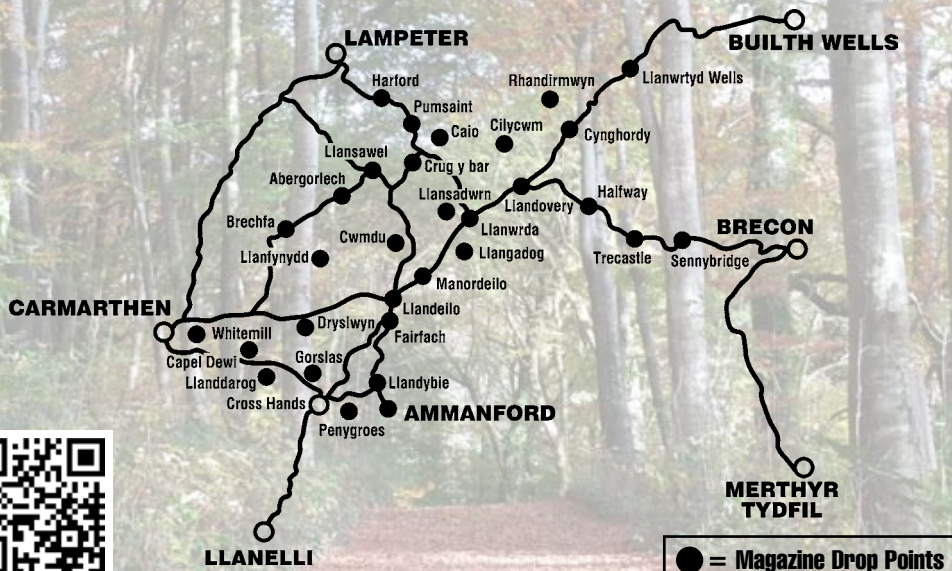
you

CAN afford

# The Post

## Llandovery & Surrounding Distribution Area

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



## ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

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

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

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

**LOCAL DIRECTORY** (discounts not available): 6 months = £52.50+VAT 12 months = £82.77+VAT

# Noticeboard

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

Wed 09:00 - 17:30 (Staff available 13:30 - 17:30)

Thurs 09:00 - 17:00

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

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

## LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

## COUNTRY MARKETS

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

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

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

## TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

## LOCAL POLICE

Tel. 0845 3302000, **Crime Stoppers:** Tel. 0800 555111.

## TAXI SERVICES

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

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

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

**Rays Taxi,** Llandovery. Tel: 07775 210900.

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

## MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

## AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

**Traveline: 0871 200 22 33**

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery - Lampeter

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

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

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

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

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

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

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

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	—	9.14	—	12.44	—	16.48	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

## LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon:	11.00am - 11.45am	Group Splash	Thur:	12.00pm - 1.00pm	Family/Lane Swimming
Mon:	12.00pm - 1.00pm	Family/Lane Swimming	Thur:	1.00pm - 2.00pm	Recreational Public Swimming
Mon:	1.00pm - 2.00pm	Recreational Public Swimming	Thur:	2.00pm - 3.55pm	Private Booking
Mon:	2.00pm - 3.00pm	Disabled Session	Thur:	3.55pm - 6.00pm	Wave/Splash Lessons
Mon:	5.00pm - 6.00pm	Recreational Public Swimming	Thur:	6.00pm - 7.00pm	Family/Lane Swimming
Mon:	6.00pm - 7.30pm	Family/Lane Swimming	Thur:	7.00pm - 9.00pm	Canoe Club
Tues:	12.00pm - 1.00pm	Family/Lane Swimming	Fri:	7.30am - 8.15am	Lane Swimming
Tues:	1.00pm - 2.00pm	Recreational Public Swimming	Fri:	8.15am - 9.00am	Recreational Public Swimming
Tues:	2.00pm - 4.00pm	Private Booking	Fri:	12.00pm - 1.00pm	Family/Lane Swimming
Tues:	4.00pm - 5.30pm	Wave/Splash Lessons	Fri:	1.00pm - 2.00pm	Recreational Public Swimming
Tues:	5.45pm - 7.00pm	Recreational Public Swimming	Fri:	2.00pm - 2.30pm	Group Splash
Wed:	7.30am - 8.30am	Lane Swimming	Fri:	4.00pm - 5.30pm	Wave/Splash Lessons
Wed:	8.15am - 9.00am	Recreational Public Swimming	Fri:	5.30pm - 6.15pm	Family/Lane Swimming
Wed:	12.00pm - 1.00pm	Family/Lane Swimming	Fri:	6.15pm - 7.00pm	Adult Lessons
Wed:	1.00pm - 2.00pm	Recreational Public Swimming	Sun:	9.30am - 11.00pm	Family/Lane Swimming
Wed:	3.55pm - 6.30pm	Wave/Splash Lessons	11.00pm - 12.00pm	Recreational Public Swimming	
Wed:	6.30pm - 7.30pm	Family/Lane Swimming	12.00pm - 2.00pm	Family/Lane Swimming	

## Train Times (Timetable 19/05/19 - 14/12/19)

	Mon to Fri	Sat.	Sun.
Swansea D	— 06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29
Gowerton D	— 06.15 09.45 — 18.32	04.42 09.26 13.23 18.28	11.20 15.39
Llanelli D	05.20xx — 06.25 08.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49
Ffairfach D	05.54x — 06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x	12.08x 16.27x
Llandeilo D	05.59 — 07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	12.13 16.32
Llangadog D	06.08 — 07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	12.22 16.42
Llanwrda D	06.12 — 07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32	12.26 16.45
Llandovery A	06.22 — 07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38	12.32 16.52
Cynghordy D	— 07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x	12.43x 17.03x
Llanwrtyd D	— 08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08	13.00 17.20
Llandrindod D	— 06.18 08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	13.43 18.01
Shrewsbury A	— 07.57 10.14 13.32 18.28 22.54	08.23 13.09 17.11 22.08	15.12 19.38
Shrewsbury D	04.46 — 05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod A	06.11 — 06.46 10.31 15.36 19.56	06.46 10.31 15.28 19.25	13.35 17.49
Llanwrtyd D	— 08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34
Cynghordy D	— 06.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.24x 20.28x	14.25x 18.48x
Llandovery D	— 06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00
Llanwrda D	— 06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x
Llangadog D	— 06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo D	— 07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach D	— 07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli D	— 07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.04
Swansea A	— 08.08 10.01 14.25 18.14 22.22	09.22 13.01 18.09 22.06	16.03 20.25

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request

xx = Starts from Carmarthen

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