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A VISUAL REFLECTION ON THE LAST YEAR

FULL ARTICLE ON PAGE 12



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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The Post Future Copy Dates

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 **Doggy Divas in Llandeilo**

08/21(G)

LLANGADOG COMMUNITY CENTRE SPORTS FACILITIES

Due to the disbanding of the Sports Club within the Community Centre, anyone now wishing to play badminton, bowls, table tennis or any other sport can now book direct. Charges will be £3 per person. Normal COVID rules and regulations apply within the Community Centre. This will also apply to snooker once we get further clarification when this can restart safely within a community based centre.

To book or for further information, please contact the Booking Secretary on 07545 489760 or email: caronclark45@yahoo.co.uk.

NATIONAL CYCLE MUSEUM CYCLE JUMBLE 23RD OCTOBER

The National Cycle Museum cycle jumble / surplus cycles from stores auction, will now be held at the Automobile Palace, Llandrindod Wells on Saturday morning 23rd October. Steve Griffith has all details griffith531@hotmail.com or 07740 923630 or see www.cyclemuseum.org.uk where some surplus cycles are listed for auction. Spaces for a few cycle spares stalls are available. Steve has prices.

Anyone who has unwanted good condition spares to donate to the museum charity, please bring along on the day or contact Steve for collection.

Why not come along and get a bargain and to see various new displays in the museum.

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10/21(12)

LLANDOVERY CROQUET CLUB



Llandovery Croquet Club continued their winning form last month with a good result against Llanidloes, winning by 10 games to 2. We now look forward to competing in the first Welsh Inter Club Championship, which takes place at the new Glamorgan Club at Merthyr Mawr, Bridgend.

Members continue to enjoy playing croquet every Tuesday and Thursday afternoon on the Llandovery bowling green, which is looking in excellent condition. Several new members, who have recently moved into the area, have joined the club as a way of making new friends whilst learning a new activity.

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

If you would like to try croquet please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

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11/21(12)

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05/22(12)



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4th and 5th September 2021

We are proud to announce our forthcoming Welsh Orchid Festival. Two exciting days of orchids for everyone. There will be rare species and popular hybrids for sale, as well as stalls selling carnivorous plants, orchid companion plants and botanical paintings.

Festival opening hours: Saturday: 10.00am – 5.00pm
Sunday: 10.00am – 4.00pm
Normal admission fees to the Gardens apply.
Entry into the Orchid Festival is free.

For enquiries regarding trade/exhibitors, please telephone the Secretary on: 01269 498002, or email: lynne.harrendence@resqnet.co.uk.

NB. Given the ongoing nature of Covid-19 and the threat it still poses to us all, we urge all those intending to travel to the Festival to check our website: www.orchidstudygroup.org.uk and Aberglasney's website: www.aberglasney.org for regular updates in the light of current government guidelines before embarking on their journey.



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09/21(12)



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12/21(6)



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04/21(12)

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We would love to show you around and tell you more, especially about our wood pellet space heaters, remote controlled wood pellet fuelled alternatives to log burners.

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Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well and enjoying meeting family and friends, going out and about and having good and happy times.

Padmasambhava hopes we will have good weather with much sunshine and warm days, for this should uplift our spirits and raise our energy. Visiting the seaside, seeing different places, meeting more people helps to widen our horizons and gives us both physical and mental freedom. We can harness and use this energy for all our endeavours and creativity and when we need to slow down, yoga has the tools to bring about balance through awareness, breathing practices, relaxation and meditation.

While Padmasambhava has now closed for the summer break, the Centre is currently preparing the Autumn term timetable. They are now taking names for the new Beginners course, starting in September. The Beginners class is suitable for every body, no matter your age or fitness level. This course introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develops strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality. Closer to the time the Centre will consider whether this class will be held in person or via Zoom.

For the time being, Padmasambhava continues to teach via Zoom. These classes have been well-received. Help is given, as needed, to become familiar with Zoom. Many students have been surprised by how much value they find in the sense of practicing together, as part of a group, using technology. Padmasambhava offers a mixture of classes online via Zoom – from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes.

Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. They can help you to improve your health by introducing you to breathing

practices (especially good for people with asthmatic conditions), flexibility of the body and joints, beneficial for anyone with arthritis. Yoga Nidra and meditation, both of which are extremely beneficial to people with high blood pressure, angina and heart problems also help to relieve stress through relaxation. That is not all, for having achieved these improvements, help is given on how to maintain this healthy you. Teachers are made aware of any health problems that students may have, instructions for all postures take this into consideration. The number of students in each class is kept to a comfortable number.

Whilst the Centre is closed for the summer, it is still there for students old and new – so please do call Padmasambhava if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email mail@padma.org.uk Classes at Padmasambhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body.

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



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MYDDFAI NEWS

Myddfai Community Hall & Visitor Centre's shop and café are currently open Tuesdays to Sundays 11.00am-4.00pm

What's on: We have Yoga on Wednesday evenings 5.30pm – 7.00pm and Pilates on Thursday mornings 9.30am – 10.30am. Stained glass classes have restarted on Sundays 2.00 – 5.00pm, get in touch if you would like to join in. On 16th August there is a Willow Weaving course day 10.30am – 4.00pm, please book with Justine at West Wales Willows. We are holding our next Farmer's Market on Sunday 22nd August 12.00 noon to 3.00pm, please come along to support the local suppliers. There will be a wide range of quality food, drink and plants for sale, the café and gift shop will be open as well.

We have very good Covid safety measures in place. We have inside and outside seating available for the café. All visitors are required to wear a face covering whilst inside the building if not seated.

Myddfai shop has a great range of quality local craft and artwork from pottery, jewellery, slate items, bags, aprons, fused glass and we have a wide selection of greetings cards, Myddfai made jams, chutneys and local honey as well as a great selection of candles, Myddfai toiletries, wooden bowls and boards and much more. All antiques in our shop are half price to clear. We have a range of quality local perennial plants on sale outside. We also have the Myddfai Welsh Tweed pop-up shop on the gallery above the main hall, with top quality jackets, hats, scarves, blankets, bags and much more, come and take a look.

Myddfai café is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials and a wide selection of freshly made cakes on offer. You can use the hall as a base for a walk in the lovely Myddfai hills.

Myddfai Hall is an award-winning function hall and is a great venue for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party or event please get in touch.

For further information or bookings please contact Les at les@myddfai.org 07879119223 or Hall No. 01550 720449. Our website is www.myddfai.org

Please check our Facebook page for news and events.



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Tennis balls and Rackets for children and adults will be available but please bring your own if you can.

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08/21/10

A VISUAL REFLECTION ON THE LAST YEAR

Globally many artists' work has been impacted by the pandemic but for the Carmarthen Artists' Network this has provided inspiration for a new exhibition of works at the Llanwrtyd and District Heritage and Arts Centre entitled 'Strange Times Indeed'.

The CAN was set up in 2011 for arts graduates to provide creative support for contemporary artists living in West Wales and members have spent the past five years working collaboratively with the National Botanic Garden of Wales' Regency landscape restoration project. The group has exhibited regularly since its inception, but are exhibiting at the Heritage Centre for the first time throughout August.

The variety of displays is extensive with artists specialising in different forms and styles, using sculpture, textiles, prints, cyanotypes, collage, painting and ceramics.

The importance of gardening during lockdown is echoed in hand-built porcelain pots with patterned sprigging and scraffito, inspired by the Acoma Pueblo of New Mexico, who traditionally use the seed heads for storage, whilst 'Just Keeping in Touch' are tactile, night sky acrylic paintings which will resonate with the experiences of many people who found original ways to deal with the lack of contact with others.

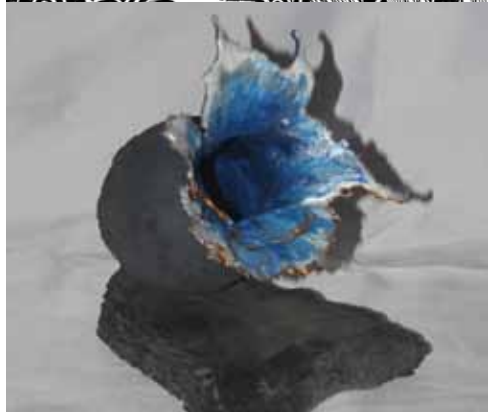
Other inspiration includes the planet earth which has stimulated several art works including an intricate textile design. based on the surface textures and patterning found on the hard surfaces of stones, but worked in soft, sheep's wool and colourful plant form sculptures, produced from lead, iron and steel.

Using a very early form of photography, cyanotypes involve just the sun, oxide infused paper and plants, 'Magic Moments' emerge as delicate botanical images on a deep blue background, offering enchanting glimpses into the structures of plants.

Sculptures entitled 'The Beauties' are an affectionate recreation of the female form, and, to commemorate the anniversary of the death of the boxer, a small bronze of Muhammed Ali and the boy in the Starlight Shoes was created, inspired by a photographic tribute on the day he died.

The 'Strange Times Indeed' exhibition is a colourful, lively mixture of art and illustrates that creativity can blossom, thrive and inspire both the artist and viewer and we hope you will be delighted by the range of skills and creativity portrayed in the exhibition.

The Centre is open Thursday to Sunday 10am to 4pm with precautions in place to protect visitors and staff.



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11/21(2)

FACEMASKS... A DIFFERENT PERSPECTIVE

If you see a person not wearing a facemask what do YOU think? Do you assume that they are being disrespectful?

I overheard a local shop keeper call any who does not wear a mask an IDIOT. A delivery man say they should be shot... I could go on...

I am a Nurse and a woman who is not able to wear a mask. I am medically exempt . I carry a card and am happy to show this to anyone who thinks I might be being.. difficult.

I am writing this as a reminder and a request to consider those who are not able to wear masks to think about how you might instantly JUDGE those those who are not.

As a person who does not wear a mask I find it very hard to go out. I am met by shops which state: NO MASK :NO ENTRY. While I have not looked into the legality of this, I do know that being constantly met with doors notices saying I cannot enter, shops which use tannoys to continually urge the wearing of masks is difficult.

Harder, my fellow humans staring, giving me angry looks and suddenly, violently diverting their journey to keep far away from me and name calling. I, like others am not immune to the very real pain this creates on a daily basis in my life.

Of course I understand, people are scared. As a Nurse I know that FEAR will shut down the protection we naturally have against any virus ..it shuts down the immune system. And I understand It is hard to not be fearful at times. I fear going out and getting shouted at and even physically attacked as I know other people who not not wear masks literally have been.

Those of us who do not wear masks are regularly met with blind judgement that is akin to racism, homophobia and anti Semitism.

If you feel fear around those who are unable to wear a mask then I ask you to consider that they might not be : purposely out to get you! And I offer that you acknowledge your fear and calmly keep a distance/ do what makes YOU feel safer, rather than attack /blame and shame someone that you not know.

There are some that do not wear masks and call others Sheep. There are some that wear masks and call others worse names than idiot. Neither side is understanding each

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Now in our
17th year

11/21(3)

other. Both sides are fearful and acting out of ignorance.

We are living in a time where information from many sides is manipulated and confusing. We don't know who to trust and we feel deeply unsettled.

The majority of us have been negatively affected by this whole situation. We are dealing with illness, extreme fear, grief and more. I do know that when we come together we are stronger and can support each other. We are all made of the same stuff. Blame, isolation, name calling, judgement is fostered by the media. It is an energy that is rooted in fear hatred and separation and importantly makes us sick.

The next time you see a person without a mask, take a moment to wonder why. Notice how you feel. Are you judging them without knowing the FACTS.

More than ever I feel this is a time to come together and understand others, have compassion for others. And this can extend to different opinions too.

How about looking beyond whether someone is wearing a mask. Considering that perhaps they might have Lung cancer, they might have been been violently abused in a way where wearing a mask would trigger a reaction that would be life threatening, they might have severe allergies... etc etc etc. As the Government website states, there are many reasons for not being able to wear a mask.

If you feel extreme fear of catching a virus and this is really impacting you it is very understandable. Help is available. When we learn to respect and feel our fearful feelings we do not have to blame others for them. We can take responsibility and empower ourselves. You can learn how to calm your nervous system and you can seek support. There is no shame in this, we all feel fear.

How about not viewing everyone who is not wearing a mask as a trouble maker, stupid or that they just don't care ? How about the possibility that they are just a fellow human being who is trying to do the best they can.

If you own a shop or restaurant etc how about displaying a lawful sign which says medically exempt non masks wearers are welcome?

How about changing your town or establishment from a fear-full place into a place that trusts that people are basically good, a place that respects and does not discriminate against difference?

Wouldn't it be great if we all took sensible precautions and open our minds and hearts to create environment's of respect and safety for each other?

Anonymous.

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12/21(6)

LLANDEILO ROTARY CLUB'S NEW PRESIDENT

On Saturday afternoon 3 July Llandeilo Rotary Club welcomed their new President Howard Beynon.

The occasion was held at the home of Howard's daughter Karen at Penybanc, Ammanford where members of Inner Wheel & Rotarians enjoyed drinks & an informal meal in the grounds.

The Handover was preceded with a speech by outgoing President Chris Parish with President Howard being given the President's chain of office. Colin Jenkins was appointed Senior Vice President & Nigel Haines was Junior Vice President.

The afternoon was well attended & members of Inner Wheel & Rotarians were very grateful to Karen & Sonia & Howard Beynon for their hospitality in providing the venue & the lunch.

Llandeilo Rotary Club looks forward to a more settled year ahead under President Howard.

The Club is always looking for new members & if you are interested please contact Ken Griffiths the Secretary on 01269 851861 or email marjut@talktalk.net The club meets every other Thursday evening at the Plough Inn, Rhosmaen, Llandeilo SA19 6NP 7.00 for 7.30pm. Croeso cynnes i bawb.



Left to right: Colin Jenkins Senior Vice President, President Howard Beynon & Nigel Haines Junior Vice President.

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02/21(12)



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(04/2/12)

LLANGADOG YFC SUMMER REPORT

The club wishes to acknowledge the success gained by members during a busy weekend of public speaking at Wales level, whilst the competitions were held virtually with everyone participating via zoom from their homes, each member represented Carmarthenshire and the results are as follows.

In the Welsh Public Speaking Reading competition under 14 years old, Sion Jones and Lois Davies placed 2nd as a team.

In the English Public Speaking Reading competition under 14 years old, Lois Davies placed 2nd as a team.

In the English Intermediate Public Speaking competition under 22 years old, Mari James and Aled Thomas placed 3rd as a team.

In the Junior Member of the year competition, Mari James placed 2nd.

The club met for the first time in an open-air event on Sunday 2nd May at Llangadog Rugby Club. 30 members and officers were in attendance playing rounders from 1 pm until 4 pm. Everyone enjoyed themselves but some club leaders did confess the excessive exercise was quite challenging.

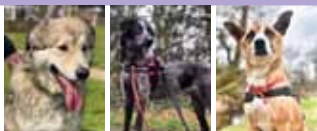
Following the success of Mari James being appointed as Carmarthenshire's Young Member of the Year 2021/2022, Mari alongside her siblings Cadi and Elis hosted an open day for club members to Stangau Farm in Llandeusan.

15 members attended and were met by 2 distinctive local speakers namely Mr Huwel Manley of NRW who spoke of grasses, trees, the landscape and biodiversity. Mr Gruffydd Rees of Gwenyn Gruffydd Honey spoke of Bee keeping, honey production in Wales and the increase in popularity of Bees. The club thanks both speakers for their contribution and attendance on a Bank Holiday Monday, which witnessed the sunshine on all.

Refreshments were then provided prior to an assault course of activities for 5 groups of 3 members. An enjoyable day was had by all.

Keeping on with the theme of group gathering, club members and officers have met at the Rugby Club on Sunday 13th June for a football game, followed by a brief club meeting. On Sunday 27th June, the club members met again, but on this occasion to play Quick Cricket.

The club would also like to congratulate all club members who competed in the Royal Welsh competitions and in particular to Aled Thomas who won the Junior competition of Welsh Cobs Section D stock judging and to Aaron Hughes who won the Senior competition of Welsh Cobs Section D stock judging. Good luck to both representing the County on Wales level.



WE NEED HELP!

With yet another dramatic increase in dogs being handed back to us since lockdowns have started to lift, we're struggling to keep up with the kennel fees while we find these dogs new homes.

We urgently need to raise funds to ensure these dogs can stay with our friends at Hatton Boarding Kennels until we can find them their forever home



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To find out more about Ruff Start Rescue CIC or to help us by fostering one of our Hatton dogs, please visit our facebook page



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LLANWRDA CRICKET CLUB

1st XI away at Porthcawl

In a bit of early trouble, a brilliant maiden 50* for Steff Roberts, as well as another exciting knock from Osian Nicholas (34), saw Llanwrda reach 174 from their allotted 50 overs. Early wickets reduced Porthcawl to 15-3, and despite 3 wickets apiece for Roberts and Garan Williams, a very good middle order partnership of over a hundred runs saw Porthcawl secure a 3 wicket victory.

1st XI away at Tata Steel

Cometh the hour, cometh the man. Skipper Adrian Davies turned back the clock and produced a magnificent knock of 121* which, along with a helpful 39 from Garan Williams, led Llanwrda to a very defendable target of 230. A constant fall of wickets kept Llanwrda in the game, with the ever-nimble Sion Nicholas returning figures of 3-40, leading to an important 23 run win!

The 1st XI went on to complete two other victories at home against Dafen Welfare and away at Gowerton. Match reports will be included in the next edition.

Training for the juniors continues throughout August on Fridays at Castle Fields, Llandovery SA20 0AR.

All Stars for U9 at 5pm – for Year 4 and younger with Gwynn.

Dynamos for U13 and U11 at 6pm – for Year 8 and younger with Liz.

U15 and U17 at 7pm – for Year 12 and younger with Sion.

We will be adhering to all the Covid-19 rules: please don't come if you are unwell or isolating, keep 2m apart and clean hands regularly.

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

Girls and boys aged 5-years-old and over are welcome

to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

We are always on the look out for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our Occasionals XI who 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

09/06/21	32	No winner
16/06/21	13	No winner
23/06/21	16	Rob Williams
30/06/21	32	No winner
07/07/21	14	No winner

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

LLANEGWAD RAINFALL



Small amounts of rain fell on 11 days this month, the wettest day was 3rd with 5mm.

JUNE Total: 29mm – 1.1/8th"

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GŴYL GLYN COTHI FESTIVAL

Brechfa's new 2 day Festival to celebrate local Arts, Crafts, Music and Food is to be held in and around Brechfa this year under whatever covid restrictions that will be in place. Festival activities, from 10am – 5pm on Saturday and 10am – 4pm on Sunday, will include craft and art stalls in Brechfa Church Community Hall, food stalls and various craft and cooking demonstrations, buskers and musicians in Victoria Community Park. Brechfa Village Trust will be selling refreshments to raise funds for ongoing park maintenance and improvements. The Forest Arms will be open and lunches and high teas will be available at Ty Mawr Country Hotel.

A highlight of the festival will be the Open Studios, an opportunity to visit local ceramicists, willow weaver, textile artists and blacksmith, to see them at work, or even take part, all within 2.5 miles of Brechfa.

For more information email: info@glyncothi.co.uk or visit our facebook page: Gwyl Glyn Cothi Festival or website: www.glyncothi.co.uk

08/21(1)



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PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

UP-COMING EVENTS PLANNED FOR LLANSADWRN!

It's hard to believe that so much time has elapsed since we were 'free', but at least in Llansadwrn, villagers are planning on getting back to normal as soon as possible.

Already there are thoughts regarding the annual Summer-time events – 'Big Lunch' and Tug-of-War and the Llansadwrn Show – sadly both not scheduled for this year, but very soon we will be planning for Christmas! However following the success of the recent Table Top Sale in June on the Community Field, the Reading Room Committee are preparing for a repeat in August.

On Saturday 14th August tables will be provided for the princely sum of £5.00 (gifted to the Reading Room Funds) for potential sellers to come and bring their wares for sale from their car boots on the Community Field! You can hire a table and sell all those valuable items that you hoarded throughout the lockdown. Just reserve a table by phoning or texting Lyn Rowlands on 07790 207866. With tea and cake refreshments available at the Reading Room during the afternoon and early opening at the Sexton Arms for those needing fortifying, it'll be a lovely summer afternoon 'get together'.

Clubs and societies wanting to use and hire the Reading Room facility can do so by contacting Lisa Denison via the village face-book site at www.llansadwrn.org.uk but must bear in mind there may still be certain restrictions in place.

So Saturday August 14 from 1200 – 1600 hours – Table Top Sales – See you there!

POSTDATUM





Roman

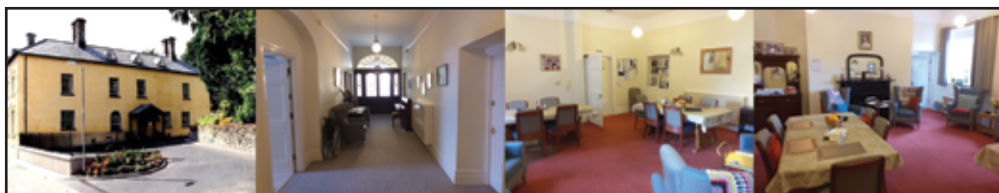
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09/21(3)



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17 17	Renault Captur 0.9 TCE (90 BHP) Dynamique, Sat Nav, Diamond Cut Alloys, 2 Owners, In Cream / Black Roof, Zero Road Tax, Only 34500m	£8500
16 66	Renault Clio 1.2 TCE, 6 Speed, Sat Nav, Reversing Camera, Half Leather, 17" Diamond Cut Alloys, Met Blue, £30 Road Tax, 27000m.....	£9500
15 15	Renault Megane 1.6 DCI GT Line Coupe, Sat Nav, Reversing Camera, 17" Alloys, Half Leather, Front & Rear Body Dephasers, 3dr, In Malta Blue, £30 R/Tax, 49500m	£7995
14 64	Renault Megane 1.6 DCI, 6 Speed, Dynamique, Tom Tom, Coupe, Leather Seats, Sat Nav, Alloys, Panoramic Roof, Metallic Black, 3dr, 81000m, Full Service History	£4995
14 64	Renault Clio 0.9 TCE Dynamique, 0 R/Tax, Sat Nav, Alloy Wheels, Blue, 70000m	£5750

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16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m	£12995
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18 67	Renault Kadjar 1.5 DCI Dynamique, Automatic, Half Leather, Silver, 36000m.....	£13750
14 64	Nissan Micra 1.2 16V Acenta CVT, Automatic, Alloys, Sat Nav, Air Con, Hand Controls, (Can Be Removed), 2 Owners, Only 7600m, 5dr, In Black.....	£7500

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17 67	BMW 118i M Sport (136 BHP), 6 Speed, Full Leather, 18" Alloys, Estoril Blue, 32000m.....	£14500
17 17	Mercedes Benz A200 2.1 TD Sport, Black Leather, Sat Nav, Alloys, Silver, 38250m.....	£13995
17 67	Ford Focus 1.0T 140 BHP, 6 Speed, ST Line, Eco Boost, Sat Nav, Alloys, Impact Blue, 27000m.....	£11495
17 67	Ford Fiesta, New Model, 1.0 E/B 100 BHP Zetec, A/Con, Alloys, 5 Door, Silver, 27250m.....	£9995
16 67	Mini Cooper 1.5 Petrol 136 BHP, 6 Speed, Alloys, Air Con, Silver, Black Roof, 5dr, 31500m.....	£10995
16 67	Kia Pro Ceed 1.0 120 BHP 6 Speed, GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£11995
16 16	Vauxall Astra 1.6 CDTI Design Estate, New Model, Parking Sensors, 0 Tax, Silver, 42000m.....	£8995
16 16	Peugeot 2008 Crossover 1.6, Blue, HDI (100BHP), Allure, Alloys, Half Leather, 36000m.....	£7995
16 16	Ford Fiesta 1.0 140 BHP Zetec S, Black, EDI, Sat Nav, Black, Alloys, Black / Red Roof, 58500m.....	£8250
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14 64	Vauxhall Corsa 1.4i 16V (100 PS), Excite, A/Con, Alloys, Metallic Black, 3dr, 70000m.....	£3995
12 62	Skoda Fabia 1.6 TDI Monte Carlo Ltd Ed, Black, Alloys, White, Black Roof, £20 Tax, 63500m.....	£4995
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18 18	Mercedes Benz Vito 111 BHP 1.6 CDI 2.8T, LWB, Twin Side Doors, Ply Lined, Tow Bar, Roof Bars, 32000m, 1 Owner, In White.....	£15250 +Vat
16 66	Citroen Dipatch 1400 Enterprise 2.0 HDI, New Model, Twin Side Doors, 40000m.....	£13995 +Vat
16 66	Renault Kangoo 1.5 DCI M119 Business +, Sat Nav, Colour Coded Bumpers, Side Door, Ply Lined, In White, 52000m.....	£7495 +Vat

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02/21(2)

COUNTY COUNCILLOR ANDREW JAMES, LLANGADOG WARD – SURGERY SESSION WEEK

Following 18 months of lockdown, restrictions and minimal interaction between people, an opportunity will arise for members of the respective village communities within the Llangadog Ward to meet face to face with Cllr Andrew James. There is no appointment, merely turn up to your nearest village hall from the following locations.

Monday 6th September, 2021 –
Myddfai Community Hall.

Tuesday 7th September, 2021 –
Bethlehem Community Hall.

Wednesday 8th September, 2021 –
Llangadog Community Hall.

Thursday 9th September, 2021 –
Llanddeusant Community Hall.

Friday 10th September, 2021 –
Gwynfe Community Hall.

The meetings will commence at 6.00pm until 7.30pm prompt on all 5 sessions. Other meetings follow the organised above timetable.

If you are unable to attend any of the above evenings, Cllr Andrew James can be contacted direct on his mobile – 07532 247170 or e-mail AndJames@carmarthenshire.gov.uk

A warm welcome to all.
Croeso cynnes I bawb.

RED KITE QUIZ

Registration meeting for the 2021-22 season will be held at the Kings Head, Llandovery at 8.00pm on Wednesday 15th September. All teams old and new will be welcome. Details Rod Burdon, Secretary 01550 779298.

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08/21(12)

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<https://www.nfumutual.co.uk/about-us/the-nfu-mutual-agency-giving-fund/>

Tags: #NFU Mutual



Featured in the photo are Gina Jones Treasurer and Huw Morgan Chairman, Llandoverly League of Friends. Carwyn Jones NFU agent, Gemma Davies, Customer Sales Advisor, and Maria Norejko NFU agent.

A huge Thank You from the Llandoverly League of Friends for choosing us for this very generous donation of £6,451.62

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09/21(3)

LLANDOVERY FRIENDSHIP SOCIETY

Ok if you are like me you are already struggling with the heat. Never satisfied too hot, too wet, too windy, too cold!!!! I keep having to remind myself just how lucky we are in this country that we have such a range of weather, that provides us with the beauty we are surrounded by and reflects all we have to be grateful for.

Here are the quiz answers for last month.

1. Rice
2. USA
3. Quinoa
4. 10 [Hands up who had an orange or two to check?]
5. The Carolina Reaper
6. British Darts Organisation.
7. Japan and South Korea.
8. Howard Wilkinson
9. 9.58 sec
10. Heptathlon
11. What year was Joan of Arc burned at the stake?
12. The Foo Fighters. Hope you all enjoy their music.

13. 1840
14. Nicolas 11
15. Gavriilo Prinap
16. E
17. The Liffey
18. Antartica, Asia, Europe, Africa, North America, South America, Oceania. [Where have they all come? I'm sure there was not that many when I was in school!]
19. Jakarta
20. 67,840,351

Have just spend time creating a wordsearch hope it will work.

Will have to put my thinking cap on and work out a way for us to meet up before long. September not looking hopeful as I have two three day conferences, a concert and a short break all on the calendar. I will put my head together with Angela, Mary and Pat when I see them in church and see what we can organise.

As always keep safe and keep smiling.

Gina and all the committee.

FRIENDSHIP CLUB WORDSEARCH

S	O	R	N	R	N	O	S	R	E	P	R	I	A	H	C	V
N	G	N	I	S	S	I	M	O	Y	T	Z	G	G	B	I	S
L	O	L	V	B	S	P	W	T	A	K	N	P	T	C	K	T
O	O	B	L	C	I	H	F	G	D	C	X	Y	E	M	O	R
C	L	U	F	A	Z	E	U	O	S	E	A	T	S	N	Z	I
A	R	X	U	J	H	A	C	I	E	N	H	S	B	P	I	P
R	K	E	G	L	H	R	N	C	N	C	N	S	R	M	J	L
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T	Z	T	M	U	M	N	O	L	E	C	S	T	R	T	C	M
A	T	N	X	E	S	G	F	N	W	E	F	S	A	I	S	S
K	C	E	E	L	O	A	R	P	N	H	N	O	T	U	D	P
E	Y	D	K	F	K	I	E	T	Z	F	C	H	E	C	F	E
R	B	I	L	F	Z	S	A	R	F	H	O	C	R	S	R	A
D	K	S	A	A	X	T	G	W	T	C	L	U	C	I	I	K
H	I	E	T	R	I	E	H	Y	S	U	Y	V	E	B	E	E
N	J	R	I	O	X	Z	A	I	B	B	G	X	S	M	N	R
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club
missing
treasurer
caretaker
talk
secretary

hearing
vice
biscuits
seats
presentation
wednesday

hall
friend
member
raffle
hostess

trip
president
chairperson
speaker

BRIAN SOWS SUCCESS AGAIN



02/23/12

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02/23/12

LLANDOVERY FLORAL ART SOCIETY

Summer has definitely arrived it may not last that long but it is lovely to enjoy the heat, then run in and find somewhere to cool off. Well that's me at any rate. I used to drive my mum crazy when I was revising for exams. I would be happy inside and she would be out in the garden. So she would put a chair in the shade for me and drag me out. A while later the sun would move and the shade would go and I would sneak back inside. Once she noticed the seat would move and I would be back outside. Sorry just not my thing. Luckily I brown fairly easily so I can give the impression I enjoy the sun.

I have been chatting with Heather she has put together a good programme for 2020, God willing.

Jan , annual dinner? Feb ?, March a workshop with Pat Llewelyn, April demo Kathryn Lee, May talk with James from the National Botanical Gardens, June outing?, July Adrian Cooke, Sept talk? Oct Elizabeth Gordon, Nov a Christmas workshop, Dec AGM and social. Heather has ideas for the gaps and will be filling them in asap. The June outing was booked but we are not sure if the owner is selling up so the destination may have to be changed. Heather is working hard to keep the costs down by mixing talks, demos and workshops.

I mentioned meeting for tea, [Pimm's?] and cake sometime. Heather and I failed to come up with anywhere so I am offering to hold it in my garden. Sadly nothing like your floral delights, but we do have the space, the chairs, tables and gazebos to keep us safe. So I am inviting our members to join me at Maesycoleg, between 3pm and 5pm on Wednesday the 18th of August. However I think we will give it a miss if it is raining.

Dan and I enjoyed our few days away. The houses and gardens were all potentially very lovely but even the houses that were open had very few rooms accessible and in some of the gardens they had removed the spring bedding but were only just starting to plant the summer delights. So there were lots of fallow beds of mulching.

The joys of co-vid. However we enjoyed what we saw and will be happy to go back sometime.

Answers to last month's anagrams for the things you can find In the Garden: wheelbarrow, spade, lawnmower, fertilizer, seedlings, seedboxes, watering can, hedge cutter, hosepipe, trowel, compost, water butt.

QUIZ TIME

And now for something completely different! Some mixed music questions to get you thinking.

1. How many strings are there in a violin?
2. Who composed the lyrics to the National Anthem?
3. Which Austrian musician outsold Beyonce, and Adele in the number of cd's sold in 2016?
4. What is the oldest musical instrument in use to this day?
5. What is the name of the band founded by Brian Jones?
6. Who is Stefani Germanotte?
7. What is the name of the musician who was deported and banned from entering Japan for possessing marijuana?
8. "The Material Girl" is a name associated with which music superstar?
9. American rock musician Michael Lee Aday is better known by what stage name?
10. Which former rock band was formerly known as the Yardbirds?
11. Who is the frontman and leader of Guns 'N Rose?
12. Which country music legend recorded two of his best-selling albums in prison?
13. Where is the Country Music Hall of fame located?
14. Who were the famous backing singers on most of Elvis Presley's early hits?
15. What duo sang the 1976 hit song "Don't go breaking my heart"?
16. What song won Tina Turner the Grammy for Record of the Year in 1985?

Hope you enjoy any get away trips you have planned you have planned and they keep you smiling. Stay safe and keep in touch and talking. Look forward to seeing you on Wednesday 18th August at 3pm.

Gina.



We have vacancies now and due to expansion we need new team members in August 2021. A career in care can bring incredible job satisfaction, fun, and a strong sense of purpose. We offer full training, the opportunity to learn new skills such as sign language and competitive overtime rates.

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10/21(3)

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08/21(1)



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10/21(6)

LLANDOVERY HOSPITAL LEAGUE OF FRIENDS

What a year and a half we have had. Who could imagine when we were attending that meeting in the Castle what was ahead of us. A very traumatic time for the hospital, for patients, families and the staff.

As you will all know the hospital had to close over Christmas when patients and staff were moved to Amman valley. During that time the hospital was given a deep clean and refurbishment in some areas. Some issues are still on going.

We have just held our first face to face meeting, in the Rugby club for safe distancing, since March 2020.

It was good to get together again, lots to discuss and ideas for the future development of the promised hub. There is a lot of work for the Trust to do first but hopefully we are moving in the right direction. We will keep you informed.

The good news is that staffing issues have been resolved and we have a full compliment. There are 14 beds open, co-vid restrictions in place mean that the remaining 2 beds have to remain unoccupied but they will become operational ASAP.

We are very, very grateful to everyone who has continued to support us financially. We are continuing to purchase items needed and am in the process of purchasing some new visitors chairs. Which can only mean they are planning for the time when visiting can start again.

We have had some very sad loses within the League of Friends during lockdown. Firstly with the passing of Dilys Davies Cilycwm who had been a very hard working member of the committee for a very longtime until ill health caused her to resign a few years ago. Then in January we lost our dear Friend and hardworking member when Ann Williams was taken from us. A big thank to the friends and family of both for their generous donations. There have been far too many deaths and we are very grateful to the grieving families and friends for donating so generously to us. We have also been given generous support for many grateful people who appreciate the excellence of our very important hospital. The sale of artwork from Coleg Elydr, eggs from the side of the road, of facemasks etc, etc. Thank you everyone.

One of our most recent donations is from our local NFU office. Their head office allocated all branches a sum money to give to a deserving cause in their locality and Llandovery branch have given their allocation of over £6,000 to us. Look out for the picture.

Stay safe everybody. Gina, Treasurer.

No painting or repairs for 25 years? It must be a COLOURFENCE!



Guaranteed not to warp, crack, shrink, rot or peel!

With the warmer weather arriving, there's always plenty to do in the garden. However, with ColourFence, one of the most tedious, time consuming jobs disappears overnight. Not just for 2021 but for the next 25 years! That's because there's no need to paint or repair ColourFence. It's guaranteed not to warp, crack, shrink, rot or peel for the next 25 years. Making it one of the world's best maintenance-free fences. And, unlike other fences, ColourFence can withstand wind speeds of up to 130mph. There's a choice of colours to harmonise and enhance your garden's design. You'll find our prices surprisingly competitive too. To see the full product range, call us today and find out why it makes sense to choose ColourFence.

[†] Hose down several times a year - terms & conditions apply.



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LLUEST

‘TAILS’ FROM THE TRUST

FABULOUS FUNDRAISERS

We'd like to start our monthly update by thanking four amazing young people who have between them raised over £300 for Lluest Horse and Pony Trust.

Tybie who is the proud Guardian owner of Lluest rescue pony Luna recently rode 50k raising £156 to help towards the care of all our other on site ponies. Luna was rescued as a youngster in 2016 in very poor condition and had just weaned a foal. We gave her lots of TLC and the correct start under saddle once old enough, enabling her to find her happy ever after with Tybie..... they make a fabulous team.



Tybie & Luna

On July 13th Layla, Sofia and Megan organised a table top sale and 'name the bear' competition in Llangadog with an enormous bear donated by Michelle! At the time of writing the girls had raised £146 with more donations pending for the bear naming competition. We thank the girls and the wonderfully supportive community of Llangadog for making the event such a success. It's also heartening to see young people taking the time to



Layla & Megan

fundraise and generate income that is a lifeline for all charities but particularly for smaller organisations like Lluest.

Funds raised by the public help us meet the costs of essential care for our equines. Procedures like the recent dental work for Millie Mule or the special shoes needed



Maggie's new shoes



Rhian & Millie

to help correct Maggie the foal's weak flexor tendons. We simply could not operate without the fundraising efforts of our generous supporters and we thank every single person who gifts us their valuable time.

Millie's dental work sadly isn't something she welcomed but it was essential to ensure she was pain free. Any procedures for Millie require careful planning as she is terrified of needles and will do all she can to avoid them! We have found that having a special designated member of staff to train and prepare her for injections and blood taking really helps. Lluest's Rhian has been her special person for a number of years and uses lots of positive reinforcement and clicker training to keep her calm pre and post procedure. Millie took a while to recover from

her trip to the equine dentist but we are happy to report that she is now back to her old self.

If you're not familiar with our work and would like to find out more about us please visit our website www.lluesthorseandponytrust.co.uk or follow us on Facebook: www.facebook.com/lluest

MERCHED Y WAWR BRO PANTYCELYN

Lleoliad cyfarfod ola'r tymor oedd Eglwys Llanfair am ddau o'r gloch a buom yn lwcus dros ben i gael prynhawn bendigedig o haf. Roedd pedair ar ddeg aelod yn bresennol a croesawyd pawb i Lanfair gan Bethan, ein Llywydd, sydd hefyd yn warden yr eglwys hynafol. Nid oeddem wedi cwrrdd fel cangen era Mawrth 2020 a roedd yn hyfryd bod gyda'n gilydd unwaith eto.

Cawsom gyfarfod i ddechrau er mwyn cloi busnes y ddwy flynedd gyda'r pwyllgor presennol. Siaradodd Bethan am golli aelodau ac am rai oedd wedi colli anwyliad dros y misoedd dwetha a chydymdeimlwyd a nw. Ar ol y busnes i gyd buom yn cymdeithasu a sosialeiddo a roedd yn arbennig gallu mwynhau allan bun yr awyr agored. Dwy awr bleserus dros ben.

Bydd pwyllgor newydd yn cymeryd yr awennau yn mis Medi a dymunir lwc dda iddynt yn y dasg. Byddant yn cysylltu a phawb cyn y cyfarfod cynta yn mis Medi.

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or 07746 856502

If found must be reported to the warden as required by law.

LLANDOVERY ROTARY CLUB



In normal times we live our lives quite happily and we go about our daily chores with a spring in our step. Then along comes a pandemic and disrupts our routine. What do we do? We whinge. If anything disrupts our routine we don't like it. Oh how we complain. But then, something really big happens which make us realise how lucky we all are. Recently we received absolutely shattering news which rocked this community to the very core. News filtered through that Arwel Davies had died tragically in a road accident. Arwel was born and bred here. He was a Llanwrda boy. It was so difficult to take in let alone accept. It was absolutely heartbreaking news. All of us who knew him shed a tear, or tears. If I'm honest I'm welling up just writing this. Do you know, I didn't hear anyone complain for ages. We knew, we all knew how very fortunate we are. We have nothing to complain about. To Laura and all the Davies family, we at the Rotary Club offer our sincere and heartfelt sympathy at the loss of this lovely, kind, generous, family man. Arwel Rest In Peace my friend.

As tough as it is, the world must carry on.

We received a very kind donation from Jean Hughes thanking us for our efforts over the past year and in particular with our work in the vaccination clinics. That is very kind of you Jean and we appreciate your kind thoughts and generosity. Thank you.

At the beginning of July we held our Handover Dinner. This is when the outgoing President hands over to the President Elect, the President Nominee (Junior Vice President) hands over as President Elect and so on. This year the Handover Dinner was different. Very different. We didn't have one! This is because there was no need for one. Covid saw to that. As we all felt sorry for President Alan who, having no sooner had he taken over as President a Chinese bat poisoned the world and ensured all public meetings had to be banned and



President Alan with President Elect Anthony Wathan.

lockdown ensued. Poor Alan. No meetings, no events, nothing. He did nothing! So, we decided unanimously that he should carry the burden for another year leaving him with no one to hand over to. So it was all done at a weekly meeting. No special dinner and no Handover! We also unanimously voted that the same President Elect continue in office and likewise the President Nominee. So, it's as you were for us. For the record the President for this year is Alan Morgan, President Elect is Anthony Wathan and the President Nominee is Dan Emery. In Rotary terms these would be three very young men at the helm. It's strange as you get older (old), even those who I knew as youngsters are getting old now!

Our cub tabards (yellow fluorescent waistcoats) have been used frequently lately and are looking considerably worse for wear. The labels are difficult to read and we quite often see an extra extra large man trying to get into a small tabard. This is not a pretty sight as the arms go in and the back is in, but it is about two foot short of meeting around the belly! This puts considerable strain on the seams and it can take three men to extract the said extra extra large man from the small tabard. Fortunately for us, Carol Strevens is a seamstress of some renown and a very willing volunteer too. Carol saw one of these tabards as Gary took it home after one of the vaccination clinics and decided to work her magic upon it. Then she carried on with all the others and we now have a set of pristine tabards to wear on coming events. I believe the Regalia gong have received a touch of Carol's magic as well. Thanks indeed Carol. They're great.

We received requests for funding from Llandoverly Youth Football Club (soccer if your American) and the Llandoverly Netball Team. We considered them both in their own right. Actually they both do a huge amount for the young people of the community and both have around a hundred members each. How grateful we must be in a small community like ours to the volunteers who give up their time on a regular basis to ensure our young people have somewhere to go to enjoy team sports whilst keeping healthy and out of trouble. Although our funds are depleted we felt strongly enough to contribute a healthy donation to each of these two clubs. We wish the Youth Football and the Netball Club well.

Gary announced in a meeting that whilst clearing out his shed he found almost 3 big bottles of lollipops which were left over from the Santa Sleigh run. They were just coming up to their 'best before' date and didn't know what to do with them. Nobody had any ideas but one person stuck his hand up and said 'I'll dispose of 'em.' So he is now in possession of about 500 licky lollipops.



Our leader again this year. President Alan Morgan.



Our new member Dai 'Shontz' Jones with his Proposer Huw Clarke.

Now I won't say who he was but if you ever get in a taxi and the driver has a purple, or a yellow, or a green tongue then you'll know who had 'em!

Edward reminded us in one meeting that he is retiring after 18 years as our esteemed Treasurer. We didn't raise the subject thinking that he wouldn't remind us of it and that he would just carry on. But no. He means it. He really means it. He says he is coming up to eighty but none of us believe that. Seventy maybe but no more. Anyway, this time we knew he meant it. Silence. A long silence. And even more silence. What the hell are we going to do without Edward as our Treasurer? None of us had any idea. More silence. Then out of nowhere a little voice said "Well, I suppose I'll have to do it!" Proposed, seconded and passed unanimously in about 3 seconds flat. Sorted. The truth is, that in situations like that, no one cares who takes the job as long as it's not them. But in this case, we've got a good one. Who is it? I'll tell you next month. For now we pay tribute to Edward who has kept a very firm hand on the tiller as any good Treasurer would. He has been the cool head and the guiding hand. Many more tributes will come towards the end of his year when he finally steps down. He fully earned his Paul Harris Fellow award which is the top award that can be earned as a Rotarian. Well done Edward, and on behalf of everyone of us, thank you.

And we have a new member. Ohhhh yes we dooooo. Some of you know him as David Jones. To others he is known as Dai 'Schontz'. Dai lived here many years ago and he went to Llandovery College. For those of you as old as me will remember his father Vince Jones who was Managing Director of the EFG Wales (Economic Forestry Group). They lived at Maesycloed on the Llangadog Road. Dai now lives in town after a long spell in Llanelli. Dai will be doing a 20 question and answer session for us next month. He doesn't know this yet, or until he reads this he doesn't! Dai will fit in really well and is eager to do his bit to become a good Rotarian. Welcome Dai. You'll be just fine.

President Alan has made his first decision. We missed out last year but we are having a BBQ this year, Mr Drakeford permitting. It will be an outdoor socially distanced event and as usual we will take our own chairs, plates, cutlery and food. And those who choose to imbibe can take their own tippale as well. Just for the record, it will be orange squash for me! I'll tell you all about it next month. At least, most of it. I might have to censor it first!

If anyone is interested in joining Rotary, just give me or any other Rotarian a shout. We are serious about what we do but by golly we have some fun doing it.

Derek Jones.



TABLE TOP SALE & MARKET 1ST FRIDAY OF EVERY MONTH!

MARKET SQUARE, LLANDOVERY

Next Table Top Sale & Market: FRIDAY 6th August 2021, 10 A.M. UNTIL 2.00 P.M. (or later)

Stall contact: 07812 642089/07972 746987 (Dorothy/Louise). Stall/Pitch: no charge at present

Please state whether you require a table, or whether you wish to bring your own table, chair & gazebo. The stall holder's Public Liability Insurance is not required for Table Top sellers. Market stall traders must have their own Public Liability Insurance.

It will be the sellers responsibility to comply with the Covid prevention requirements laid down by the Welsh Government.

(Please note that the Town Council Insurance does not cover for any acts of negligence, loss and damage to their goods).



LLANSADWRN AND LLANWRDA COUNTRY WOMEN

How nice it was to meet up again after a very long break due to the covid-19 on June 7th.

The next meeting will be at the White Hart, Llandeilo for lunch at 12.00 noon September 2021.

Will you please give your names in by the 27th of August to Hefina 01558 650356 or Jane 01550 777302.

Also many thanks to Marianne and offices for all their hard work over the past years.

TRECASTLE COMMUNITY CENTRE

Trecastle Community Centre is pleased to announce that we are open for business again.

The Hall is available for hire from as little as £5/hr.

To bring the community together and to promote the hall, our first community run pop up cafe will be on Saturday 31st July, 11.00am till 4.00pm. Hopefully this will become a regular event.

Then we have the return of the Farmers Market on Sunday 15th August, 2.00pm till 4.30pm which will hopefully continue to be on the third Sunday each month.

We then have a quiz and BBQ night on Friday 20th August, 7.30pm.

All details can be found on our facebook page, "Trecastle Community Centre" or phone 07789 037176 or 01874 636748 for more info.

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POSTDATUM
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BEER FESTIVAL

After such a tough year for everyone especially small independent businesses, we at the Royal Oak Inn, Rhandirmwyn are excited to be putting on a Beer Festival this bank holiday 28th & 29th August.

But it's more than a beer festival, it's a celebration for us all and we would like to support local art, crafts & producers by offering free stall space for this event, so if you would like a space please get in touch by calling us on 01550 760201. We are excited to be showcasing Welsh beers & ciders from local small producers, our food will be from local businesses too and for the kids we have a free bouncy castle & fun garden games to enjoy, so come and have a long awaited fun day or two and help support local businesses at the same time.

The festival will run from 12.00 – 10.00pm both days and our local DJ Rocking Richie will entertain you with some summer music. So come and enjoy great beer, delicious food, but best of all have fun with your family & friends.

See you there, Debs and Steve

THE LATE ARWYN EVANS YSTRAD BRAN, CYNGHORDY

Mrs Margaret Evans and family would like to express sincere thanks to everyone who proffered tokens of sympathy, floral gifts, provisions and support during their recent sad loss.

Special thanks to the doctors, surgery and district nurses, the pharmacy team and all the supporting staff at Llanfair surgery for their constant and unflinching care: to the Reverend Mrs Anne McKnight for the sensitive dignified service at St Mary's Church: to Louise at Forget-me-not Flowers for the very tasteful floral displays: to Mrs Nesta Evans for the altar flowers and lastly but not least to I.C. & S.M. Davies, Funeral Directors for the immaculate funeral arrangements carried out with such sympathy patience and understanding.

LLANGADOG SPORTS CLUB

As Chair of Llangadog Sports Club, I have to announce the demise of the club, through no fault of its own.

Having been in existence for over forty years, I wish to thank members of Badminton, Snooker, Short Mat Bowls, Table Tennis and Whist for their valued support and friendship.

Thanks to you all.

Ann W.

READERS' SALES & WANTS

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

FOR SALE

- **Motorcycle Lift.** Clarkes CML5 Hydraulic strong arm. Excellent cond, £50. Tel: 07973 411635.
- **Defender Britpart Chubby Box,** boxed/new, grey, £50. Tel: 07973 411635.
- **Free of Charge: Canon Pixma MP250 Printer/Scanner,** (contains part used ink cartridges), complete with original documentation and software disc. Tel: 01550 777006.
- **Range Rover,** 2017, low miles, silver, phone for details. Tel: 07939 592051. • **For spares or repair:** new home needed for two keyboards; one Roland and one Casio Privia, plus a hard carry case for the Roland. Offers. Tel: 01550 777149.
- **Morphy Richards slow cooker,** £10 ono. Tel: 01550 721007.
- **Silver Crest toasted sandwich maker,** £7. Tel: 01550 721007.
- **Morphy Richards 10 cup coffee machine,** £10 ono. Tel: 01550 721007.
- **Massage chair** electrically operated, including footstool. Rarely used; as new, £250. Tel: 01550 721007.
- **Raleigh Active Glendale gent's bicycle.** Never used. Helmet included, £95 Ono. Tel: 01550 721007.
- **Ercol dining table** (seats 6) and two matching carver chairs, needing TLC, £70 Tel: 07907 076555.
- **Bow-front white fibreglass bath,** 170cm long 65cm wide at ends bowing to 80 cm in middle of bowed side (one side is straight). Excellent condition, no scratches, hardly ever been used. Complete with corner mounted mixer tap of modern design, remote plug control, front and one side panel, all feet, screws, mountings etc. Ready to fit, £25. Collection or can deliver locally. Tel: 01550 760136.
- **Selection of tyres,** some as new, 185/60/14, 15 and 16s. Tel: 07939 592051.
- **Washing machine** Samsung Ecobubble, 7kg, white, in perfect working order, £100 ono. Tel: 01558 685553.
- **Two seater sofa,** silver grey patterned, as new. Tel: 07939 592051.
- **VAX combi floor cleaner.** Free for collection. Tel 01558 822125.
- **TV table** 3 shelf corner black glass and chrome VGC, £20. Tel: 07540 565693.
- **2 berth caravan.** Coachman 460/2 SE. Fully equipped with all standard fittings for the model plus extras. Full awning and porch awning. Ideal for staycations. £950 ono. Tel: 01550 720557 Llandoverly.
- **Used Polytunnel Frame,** 42 - 50 foot (not sure!) x 14 foot. Needs some TLC and a plastic cover. £50. Tel: 01550 740512.
- **Rukka all weather motorcycle suit,** fully lined, size 50, £100. Tel: 01558 823722.
- **Vemar motorcycle helmet,** Frank Thomas Collection, model 21V, size 60L, £50. Tel: 01558 823722.
- **Citroen Saxo spares.** Tel: 07939 592051.
- **Pews for sale** from old chapel, priced at only £10 per foot. Sizes range from 4ft up, call nigel on 07999 323864, deliver can be arranged.
- **Eliet Major Shredder,** offers invited. Tel: 01558 650611.

- **5 demijohns,** free, buyer collects, Llanwrda area. Tel: 01558 650611.
- **Workshop to let,** fully equipped 2000 sq ft plus. Cwmdu. Tel: 01558 685900.
- **Electric submersible pump for garden pond.** Hose is 24ft/7.5m. Good condition. Tel: 01550 777591.
- **Carpet,** approx 15ft x 15ft, brand new. Tel: 07939 592051.
- **x4 boxes of crockery,** £20 ono. Tel: 07872 509031 or 07770 777992.
- **Table with glass inlay** and four chairs, £50 ono. Tel: 07872 509031 or 07770 777992.
- **x2 Tool boxes,** £10 ono each. Tel: 07872 509031 or 07770 777992.
- **Double bed,** with headboard, no mattress, £10 ono. Tel: 07872 509031 or 07770 777992.
- **Cabinet,** £50 ono. Tel: 07872 509031 or 07770 777992.
- **Exercise bike,** no belt, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Stainless Steel Sink,** right hand bowl with mixer taps, £25. Tel: 01267 202230.
- **Bath shower screen,** toughened glass, £25. Tel: 01267 202230.
- **Toro ride on mower,** needs new battery, £400. Tel: 07779 566095.
- **Upland grazing offered,** approx 4 acres for small number of pet or rescue sheep. Near Rhandirmwyn. Tel: 07803 579581.
- **'What Katy did next'** 1967 copy, good condition, hard cover. £4. Tel: 01550 777149.
- **Dualit 4 slot toaster,** needs new elements, but otherwise in good working order, £20. Tel: 01550 777149.
- **Kartell panel plus 21,** brand new, still wrapped size 600mm depth and 1500 mm across. £40. Tel: Susan 07512 045923.
- **Drawing Board & Stand,** A1 size (900 x 650) with 'Orchard' Paralax ruler, as new, £150 o.n.o. Tel: 01550 777882.
- **Dog crate,** large, 43"W x 29"D x 80"H, some rust on bars, £20. Tel: 01550 721225 (leave a message if no answer).
- **Coronet Lathe No 1,** complete with large amount of attachments, B.C.G. Brook control gear, working techniques book, instruction booklet, requires cleaning, can be seen working, £150 ono. Tel: 07444 539748 after 6.00pm.
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- **Alloy wheels,** x4 for VW, as new. Tel: 07939 592051.
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LLANDINGAT, LLANDOVERY

1st Sun 9.30am Short Family Service
2nd Sun 9.30am Bread Only Eucharists
3rd Sun 9.30am Morning Prayer
4th Sun 9.30am Bread Only Eucharists

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

ST MICHAELS, MYDDFAI

Details not available at time of going to press.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.

During the present Covid Virus crisis booking is essential for Sunday Mass

Weekday Masses – see notices or Telephone – 01558 824305 Mob: 07507 071337 for details.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.

Booking not essential

Wednesday 10.00 a.m.

Tel. 01570 421003 Mob: 07495 802711

Email: davidkeithevens@hotmail.co.uk for details.

LLANGADOG ST CADOG'S CHURCH

1 Aug 9.30am Holy Communion
8 Aug 9.30am Morning Prayer
15 Aug 9.30am Holy Communion
22 Aug 9.30am Morning Prayer
29 Aug 10.30am Holy Communion

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

LLANDEUSANT PARISH CHURCH

8 Aug 6.00pm Evening Prayer
22 Aug 11.15pm Holy Eucharist with
Revd. Jeff Thomas

ALL SAINTS CHURCH, GWYNFE

1 Aug 11.15pm Holy Eucharist
8 Aug 11.15pm Morning Prayer
15 Aug 11.15pm Holy Eucharist
22 Aug 11.15pm No Service
29 Aug 10.30am Holy Eucharist
St Cadog, Llangadog

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)
Revd Ann McKnight 01550 721109

TALLEY GROUP

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

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

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

LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)
Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)
Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)
Revd Jeff Thomas 01550 777758
jeffthomas@churcheinwales.org.uk

LLANDINGAT CHURCH

It's lovely to be back to our weekly services and know our friends in Llanfair and Myddfai are enjoying their services also. In fact it was lovely this morning to be able to sing two hymns, accompanied by a cd. It's a start, masks on and quietly we are told but despite that it was spirt lifting. We continue to keep safe distancing rules and wear masks as we have been instructed by the Church in Wales. You are welcome to join us anytime. You will have to sit wherever there is a space and we will take your name and contact details but you are very welcome. The service format for us is 1st Sunday short Family service, 2nd and 4th Sunday's are bread only Eucharists, and the 3rd Sunday is Morning prayer. All our services start at 9.30. However if there is a fifth Sunday as there is in August we hold a joint Eucharist service at 10.30. A present these will be held at Llandingat.

We are keeping the whole community in our prayers.

Gina Vicar's Warden.

LLANDOVERY GARDEN CLUB

Only open to Llandoverly Garden Club – Please will members come to Gas Cottage on Sunday the 8th of August where we will have a plant & country produce stall. If you have time please look around garden. Unfortunately I will not be serving refreshments owing to the Covid situation. We will welcome you between 10.00am and 5.00pm. Let's cross our fingers for a sunny day. Any proceeds from the stall will go to Llanfair Surgery. We will be most grateful if you wish to donate to the stall please will bring plants etc. a day or two before the Sunday.



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THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

Mon 1.00pm – 5.00pm; Wed 1.00pm – 5.00pm

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

COUNTRY MARKETS

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

Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon, LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.)

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

	281	280	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'ldovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10			
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18			
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—			
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—			
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—			
Cwmifor	—	—	11.21	—	14.36	—	—	—			
Llandeilo, New Road	7.37	9.29	—	12.59	—	17.02	18.24	19.31			
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02			
Carmarthen	281	280	281	280	281	280	281	280			
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50			
Cwmifor	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29			
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—			
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—			
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42			
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55			
L'ldovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05			

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

PWLL NOFIO LLANYMDDYFRI

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

LLANDOVERY SWIMMING POOL

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

Train Times (Timetable 16/05/21 – 12/09/21)

	Mon to Fri			Sat.			Sun.	
Swansea D	—	—	14.35	18.30	—	—	13.12	18.16
Gowerton D	—	—	—	18.41	—	—	13.23	18.28
Llanelli D	06.25	09.51	14.53	18.53	04.53	09.37	13.36	18.42
Ffairfach D	07.00x	10.26x	15.28x	19.28x	05.26x	10.12x	14.11x	19.15x
Llandeilo A	07.05	10.30	15.33	19.32	05.31	10.17	14.15	19.19
Llangadog D	07.18	10.41	15.44	19.43	05.42	10.28	14.26	19.30
Llanwrda D	07.21	10.45	15.47	19.47	05.45	10.31	14.30	19.34
Llandovery A	07.29	10.52	15.55	19.54	05.53	10.39	14.37	19.41
Cynghordy D	07.38x	11.01x	16.04x	20.03x	06.01x	11.03x	14.46x	19.50x
Llanwrtyd A	07.54	11.18	16.20	20.20	06.17	11.45	15.03	20.06
Llandrindod A	08.43	11.51	16.57	21.05	06.47	11.42	15.36	20.39
Shrewsbury A	10.14	13.37	18.29	22.43	08.25	13.11	17.12	22.08
Shrewsbury D	05.56	10.09	14.05	18.24	05.16	09.04	13.58	17.57
Llandrindod D	07.35	11.40	15.37	19.57	06.50	10.35	15.29	19.28
Llanwrtyd D	08.05	12.26	16.12	20.28	07.26	11.06	16.12	20.00
Cynghordy D	08.23x	12.40x	16.37x	20.45x	07.40x	11.21x	16.26x	20.23x
Llandovery A	08.34	12.52	16.49	20.56	07.51	11.33	16.38	20.34
Llanwrda D	08.41x	12.58x	16.55x	21.03x	07.58x	11.39x	16.44x	20.41x
Llangadog D	08.45x	13.02x	17.09x	21.07x	08.02x	11.43x	16.48x	20.45x
Llandeilo A	08.55	13.13	17.10	21.18	08.13	11.54	16.59	20.56
Ffairfach D	09.00	13.17	17.14	21.22	08.17	11.58	17.03	21.00
Llanelli D	09.38x	13.57	17.54	21.59	08.56	12.38	17.43	21.40
Swansea A	—	—	14.17	18.15	—	—	12.57	18.07

www.tfwrail.wales

Tel: 0800 4640000

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

SUMMARY OF SERVICE ONLY

a = Arrival time

x = Service stops on request