

The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION
FREE
CHARGE

Your Local Community Magazine

Also ONLINE at
www.postdatum.co.uk

Number 337

August 2024

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

Tel: 01550 721225



**WET
WET
WET**

We may have to make the most of it – walking in the rain this summer. We can, however, feel good after a walk in the rain as it has a huge range of benefits for your physical and mental health.

Have you heard of petrichor? That's the smell of the ground and air during or after the rain. The next time you're out in a downpour, take a deep breath – the sweet, fresh, soothing scent is petrichor, and it is seriously good for the soul.

Instead of walking in the rain with your head bowed - thinking of a hot chocolate when you get home - take a moment to become aware of your surroundings – you'll be amazed!

The world becomes a different place - look closely into the big blobby raindrops – the whole world (and

you) are reflected in them. So next time you're in the rain breathe mindfully and let go of distracting thoughts. Smell the petrichor and really look at your surroundings; feel the rain drops on your skin and listen to the sound of rain falling.

If walking in in the rain really isn't your thing though, why not join me for a day in my riverside studio to learn the magic of wet-felting? If the weather is fine, we'll work and have lunch by the river – listening to birds singing in my garden - but if not, you'll still be able to hear birdsong from within my studio and maybe smell the petrichor if it rains.



continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th August 2024**

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

The Post Future Copy Dates

October..... 16th September
November..... 16th October
December/January 2025..... 15th November

Opinions expressed in The Post are not necessarily those of the publisher, editor or designer and the magazine is in no way liable for those opinions. Whilst every care has been taken to ensure that the data in this publication is accurate, the editor can accept no responsibility, and hereby disclaims, any liability for the veracity of claims made by contributors in either editorial or advertising content.

COPYRIGHT: All text, images and design in this publication are subject to copyright. Any unauthorised duplication is strictly prohibited.

All artwork is accepted on the strict condition that permission has been given for use in the publication. ***Not all copy submitted is guaranteed to appear. Position guarantees are not always given.***

The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225.

info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
Closed for 2 days at the end/start of each month for
delivering The Post
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

**All types of carpets
supplied and fitted.
We come to you.**

08/24(3)

IEUAN JONES
PHOTO RESTORATION SERVICE
CWRTYCADNO

Photo Restoration
Cine Film Transfer
VHS to DVD Transfer
Slide Transfer



Local Fortnightly Collection & Delivery Service

Tel: 01558 650153
Email: ieuan@glynhebog.co.uk
www.cwrtphotorestoring.com

09/24(5)

Roman Solutions 

Calor Gas **Firewood**
House Coal **Kindling**
Anthracite **Eco Heat Logs**
Ovoids **Camping Gaz**
Welding Gas & Accessories
Heating Oil & Red Diesel

Church Bank Ind. Est., Llandovery, SA20 0DT
01550 720533 www.romansolutions.co.uk

04/25(12)



You will learn the basics of wet-felting and go home with a picture and a vessel - maybe a round one for a plant or maybe a vase for flowers or utensils. Yes - they are quite waterproof with a jam-jar inside!

I hold the workshops on a day to suit you for a minimum of 2 people, but rest assured that if you don't have a companion I can pair you up with someone similar. And please don't think that felt-making is just for ladies - men have been known to create stunning work when they let themselves go with the flow and forget about rules.

Alternatively - and perhaps more suitable for those with children - I can hold a half-day 'pot' making workshop for a minimum of 4. You will become immersed in soapy water, the therapeutic effects of massaging, and letting yourself play.

There are smiles all round and much laughter during all of my workshops - you really will switch off, relax, and have a day of mindfulness whatever the weather.

Until August 4th I'll be taking part in the Tywi Valley Open Studios Arts Trail - maybe you'd like to visit my studio to get a flavour of wet-felting? www.tywiwalleyopenstudios.wales

Alternatively, for more details please contact Jane at Fabulous Feltings - www.fabulousfeltings.co.uk / 07817 270967.

LLANEGWAD RAINFALL

JUNE

Rain fell on 11 days this Month. The wettest day was the 13th with 17mm.

June Total: 41.25mm - 1.5/8"



D. R. DUKE

RICHARD BOWMER CARPENTRY & BUILDING

ALL ASPECTS OF
CARPENTRY & JOINERY IN
TRADITIONAL & MODERN
STYLES. GARDEN ROOMS,
BESPOKE & FITTED KITCHENS,
EXTENSIONS, LOFTS, ROOFS,
RENOVATIONS & REPAIRS.

CALL TO DISCUSS YOUR
PROJECT & A FREE QUOTE

07889 787527

08/24(1)

TOWY WASTE



*Septic Tanks &
Cesspools emptied*

**FRIENDLY FAMILY
BUSINESS**

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

06/25(12)

04/25(12)



Rhys Jones

CHIMNEY SWEEPING

- Clean Professional Service
- Fully Insured
- Power Sweeping
- Bird Nest Removal
- CCTV Inspections
- NACS Registered Member




07554 647544

Email: info@rhysjoneschimneysweeping.co.uk
www.rhysjoneschimneysweeping.co.uk

CYMDEITHAS DDINESIG LLANDEILO A'R CYLCH LLANDEILO AND DISTRICT CIVIC SOCIETY

CIVIC AWARD FOR LIT FEST

At the Llandeilo and District Civic Society's Annual General Meeting held on Tuesday 2 July a Civic Award was presented to the organisers of the Llandeilo Literary Festival.

The award was made by the Society in recognition of the excellence of the now established annual Lit Fest, which like Llandeilo's previously awarded annual Music Festival has notably enhanced what Llandeilo has to offer.

The AGM also included a tribute to Ieuan Jones, a major figure in the community for many years who had recently died and had been a greatly valued speaker for the Society about Llandeilo as it was in former times.

The next meeting will be held on the 3rd September 2024 which will include a talk from Matthew Davies about the Saint Teilo graveyard and the numerous military graves as well as others of particular interest to those interested in the historical background to this central location of Llandeilo.

More information about the activities of the Llandeilo and District Civic Society will be found on the website llanleilodistrict.org.uk and on the Society's Facebook page.

HORMANNS FIREWOOD

Suppliers of seasoned, kiln dried, hardwood firewood and biomass woodchip from a sustainable source.

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size Accredited
RHI
Supplier

01550 720285

Email: hormannfan@gmail.com
www.hormannfirewood.co.uk 06/25(12)

IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY
Clive, Sue and Stephen
Britannia House, Llandovery, SA20 0DD
Tel. 01550 720636

LLANDEILO
Nick and Lizzie
Glyn Heulog, Ffairfach, Llandeilo,
SA19 6PD
Tel. 01558 824344

www.daviesfuneraldirectors.co.uk



Golden Charter 



09/24(6)



Pictured with the award certificate are, left to right: Christoph Fischer, Kate Glanville and Dafydd Thomas, Chair of the Llandeilo and District Civic Society.

12/24(12)



Davies Tree Services

**Seasoned Firewood for Sale
Hedge Laying • Chipping
Tree Surgery • Tree Felling**

01267 202430 / 07826 716899

Total Construction Services



**CUSTOMISED
PLASMA
CUTTING
ALSO
AVAILABLE**

**Building & Civil Engineering
Agricultural & Commercial
Steel Frame Buildings
Structural Steel Fabrication
Steel Erecting**



Tel: 07964 527 072 / 07890 500 823
construction-wales@hotmail.com

LOCK PROBLEM? NO PROBLEM!

**Covering all
of west wales
and beyond!**



01558 82 33 55
07816 37 77 10
24HR

- **All types of locks supplied, fitted and opened**
- **UPVC door lock specialists**
- **Safes & Gun Safes supplied and fitted**
- **Key cutting specialists**



**New shop now open at:
Parc Bryers
Dryslwyn SA32 8QX
Mon - Fri 9am-4pm
Sat 9am-1pm**



GTLOCKSMITHS.CO.UK

09/24/09

CANOLFAN GYMDEITHASOL LLANGADOG COMMUNITY CENTRE



After a period of uncertainty about its future, Llangadog Community Centre is now seeing a revival in its use by the community and a range of events being put on to entertain and encourage people to come along and support the hall and bring it back as a hub for the village.

Currently, there is the Village Market every second Sunday of the month which has a selection of produce from local producers and traders or just the chance to have a cup of tea and chat. There are several clubs and societies who meet at the hall. These include a Knit and Natter group, the Llangadog WI, Merched Y Wawr, the OAP group and Llangadog Gardening Club to name a few. The local Brownies also meet at the hall.

Activities available to join are dance fitness classes, learning a language, karate or having a game of badminton and there is a full-size snooker table available for use. There are regular whist drive evenings and bingo, quizzes and charity auctions organised by local groups. Cadog Film Club meets regularly, and they will be starting a new programme of films in the autumn. More musical, theatrical and children's events are also being planned.

Over the last year, the hall has had performances by the Battling Butler Circus Group, a Children's Film with a visit from Father Christmas, a wonderful evening of music with the Tim Kliphuis trio and a musical duo whose music reflected their interest in the environment. There have been Eistedfodd events, historical talks, harp workshops as well as birthday parties, wakes and many other gatherings.

Upcoming events are: August the 3rd, HeARTworks, a local community organisation, are hosting an evening of song and stories with Welsh singer and songwriter, Owen Shiers and renowned storyteller Cath Little. On September 20th, there will be a Bingo Night organised by Llangadog Church. More events are scheduled for the

autumn and all the regular groups and activities will be taking place. Information about these is on the Facebook page Llangadog Matters and Community Support, and here in The Post.

So, after a rather barren period, partly due to the effects of Covid 19, the hall is now a place where there are opportunities for entertainment, learning, sport, getting fit, joining interest groups and being able to buy from local traders and a place which, hopefully, offers something for everyone in the community.

Over the coming year, we would like to see even more groups making use of the hall and more people using it for their own events, clubs and activities and we are always happy to have suggestions about what people would like to see happening or being offered.

The hall offers the opportunity for both large and small occasions. The main hall is perfect for large numbers and concerts as it has a stage which has a full surround sound system and stage lighting. The YMCA is useful for smaller groups and there is the Green Room for meetings and small group activities. There is a fully equipped kitchen available for use when hiring.

Information about the hall, how to hire it and the charges, can be found on the website <https://hallbookingonline.com/llangadog/index.php>. You can also view the calendar which gives days and times for the clubs and activities that take place. If you want further information about who to contact to attend any of these, then you can email llangadoghall@yahoo.com.

Llandoverly u3a

We do not meet during August so I will take the opportunity to explain what we do. We meet every two weeks on Wednesday mornings in a very informal situation, we sit around tables not in rows, conversation is encouraged!

The name University of the Third Age can be quite off putting. We have nothing to do with universities and academia and there are no qualifications required to join. The Third Age refers merely to having reached retirement!

We are part of the Third Age Trust but each group make their own Agendas and run the meetings to suit the members. One universal rule no activities in the evenings.

The aim really is to follow members interests and introduce new topics from time to time with guest speakers. Members contributions valued!

Our meeting venue Llandoverly Rugby Club is easy to access with good parking.

We welcome visitors so please come and meet us.

The first meeting in the Autumn will be Wednesday 4th September at 10.30am. The new programme will be announced in a few weeks.

Looking forward to meeting you,

For further information contact Anne Lynd-Evans 01550 750286.

Problems with your PC?
Baffled by computers?

EASY P.C

... can help, with 100% jargon-free advice

**Fast and friendly service
specialising in helping the
novice and the older user**

23 Carmarthen Road, Llandeilo
01558 823628 | 07773 012762

Repairs
Upgrades
Tuition

Wireless set-up
Data back-up
Virus removal
Laptop and
desktop sales

01292113

Now in our
20th year

 **PRESSURE WASH WALES.** EST 2007 
www.pressurewashwales.co.uk

Domestic & Commercial Hot & Cold Pressure Washing



Soft Washing - 'Krend' etc.

Roof Cleaning

Cladding Cleaning

Exterior Paint Removal

Agricultural & Equestrian Building Cleaning



SkyVac COMMERCIAL & RESIDENTIAL GUTTER EMPTYING & CLEANING.

DOFF HERITAGE & ARCHITECTURAL STEAM CLEANING SPECIALIST

REGISTERED & APPROVED ARCHITECTURAL CLEANING CONTRACTOR

Tel: Paul 07852 200662

✉ Email: washwales07@gmail.com

FULL PUBLIC LIABILITY INSURANCE



10/24(3)

SECURE STORAGE

Facilities Available at Competitive Rates
Short & Long Term



PLEASE CALL
for a free quotation

Trevor Davies & Sons
Tel: 07967 158917

Dulais Stores, Llanwrda, Carm. SA19 8AL Email: winston.davies@btinternet.com



POWYS NATIONAL GARDEN SCHEME

Did you visit the Royal Welsh Show and find among the ten Micro Show Gardens a yellow National Garden Scheme sign and the small yellow signs giving 'sound bites' of information about how the NGS supports nursing and health care charities? If you have a garden you would like to share with others, live in a village, hamlet or road where three or four of you have gardens you think others might like to visit, please contact Susan Paynton, Regional Chair Wales and the Marches, 01686 650531 or susan.paynton@ngs.org.uk

I listened to BBC Radio 4's Just One Thing - with Michael Mosley when he spoke to Dr Edith Chen. Her studies show that by boosting your mood and empathy, volunteering can lower chronic inflammation, cholesterol and even help you lose weight. It's also a great way to meet new people! Our success would not be possible without the dedicated support of the charity's garden owners and its volunteers. Volunteers take on a number of roles from county organisers and treasurers to publicity and social media support, each one ensuring the smooth running of National Garden Scheme openings. If you would like to volunteer, please contact Susan Paynton, details above. Or meet a volunteer at a garden opening:

1 Sept 11.30 – 5.00pm £5

Garden: Aberangell, Old Coach House, Dolcorsllwyn, Machynlleth SY20 9AB

5 Sept 2.00 – 5.00pm £5

Garden: Gilwern Barn, Beulah LD5 4YG.

Pre-booking essential

7 – 15 Sept 11.00 – 5.00pm £6

Garden: The Hymns, Walton, Presteigne LD8 2RA.

8 Sept 2.00 – 5.00pm £6

Garden: Cwmweeg, Dolfor, Newtown SY16 4AT

8 Sept 11.00 – 5.00pm £5

Garden: Eve's Garden, The Old Stackyard, Cefn y-coed, Llansantffraid SY22 6TB

23 Sept 12.00 – 5.00pm £5

Garden: Willowbrook, Knighton Road, Presteigne

5 & 6 Oct 9.00 – 5.00pm £3.50

Garden: Dingle Nurseries & Garden, Welshpool SY21 9JD

19 & 20 Oct 10.30 – 4.00pm by donation

Garden: Gregynog Hall & Garden, Gregynog, Tregynon, Newtown SY16 3PL

20 Oct 2.00 – 4.00pm £5

Garden: Tranquility Haven, 7 Lords Land, Whitton, Knighton LD7 1NJ



LLANWRDA CRICKET CLUB

Llanwrda 1st XI have found life in Division 3 rather difficult. One highlight was an astonishing win against Gorseinon. Llanwrda's batting line-up struggled to get to 72 with only Daf Hughes (28) and Owen Davies (10) getting to double figures. All the bowlers chipped in with wickets, Daf Hughes starring with 3 for 9 off 9 overs. However it took a direct hit from Cerith Rees to dismiss the last batter and give Llanwrda a victory by just 2 runs.

Training for the Juniors is at Castle Fields, Llandoverly on Friday evenings. We will again be joining All Stars and Dynamos. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

We are always on the look out for new adult players – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. Nets for the adults are on Thursdays at 7pm at Castle Fields and all are welcome. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

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

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

19/06/2024	23	Bethan Price
26/06/2024	54	No winner
03/07/2024	51	No winner
10/07/2024	54	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.

LLANGADOG W.I.

At our July meeting we spoke about next year, being our 100th year of W.I. in Llangadog. We will be having lots of celebrations in 2025 as well as a grand party, so we have many things to think about and organise. Pat and Beryl arrived, two ladies from another W.I. group who provided us with a games night. We played Dominoes, had a Beetle Drive and a quiz, it was so much fun and the winners were Ann, Marylyn and Carol. The monthly raffle was won by Marylyn. There will not be a meeting in August as we will be holding our annual summer garden party at Sarah's House. Our next meeting will be on the 5th September in Llangadog Community Hall at 7pm as usual.

Visitors are always welcome.

Join Our Amazing & Caring Team!

11/24(02)

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

Volunteer Day

Interested in applying, but not sure if it's right for you? Working at Elidyr Communities Trust really is like nothing you'll have experienced before... come and see for yourself. We'll give you the guided tour, you'll have lunch with the residents, before rolling your sleeves up and getting stuck into a session of arts & crafts, or woodwork, or cooking or mucking-in with the animals, or whatever takes your fancy!

jobs.elidyrct.ac.uk

For more information, please call Lisa on 01550 760453, or email lisablofield@elidyrct.ac.uk

Elidyr Communities Trust
Rhandirmwyn, Llandoverly. SA20 0NL
Phone: 01550 760400
Email: info@elidyrct.ac.uk
Registered Charity No. 502742.

We have exciting job opportunities within our residential care team. If you're looking for a new challenge, please get in touch.

Support Workers

(£1,000 Joining Bonus*) Conditions Apply

40 hours per week, various shifts
£23,795 - £26,408 per annum

Learning Support Workers

35.5 hours per week
Monday to Friday - term time only
£21,324 - £23,666 pro rata per annum

Higher Level Learning Support Assistants

37.5 hours per week
Monday to Friday - term time only
£22,453 - £24,919 per annum

Cook

25 hours per week (Mon-Fri)
£20,850 - £23,140 pro rata per annum

 **Elidyr**
Communities Trust

DES CLARKE & SON Ltd
Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for 75 years

Heating & Boilers

INSTALLED, SERVICED & MAINTAINED

- Domestic & Commercial
- Natural Gas, LPG & Oil
- Landlords Gas Safety Certificates
- Bathrooms & Kitchens
- General Plumbing
- Central Heating Power Flushing
- Drain Unblocking

FOR A FREE QUOTATION
please call Huw or Dawn on
01550 720478

email: dawn@desclarkeandson.co.uk
Mobile: (Huw) 07811 350633



10/24(12)

Castle Lawns

All Lawn Care Work

Mowing, Aerating, Scarifying,
Weed Control, Fertiliser,
Top Dressing, Seeding,
Turfing, Paddock Work.

Tel: 01550 779004

Mob: 07817 795142

derekstone4@hotmail.com

For More
Information

10/24(6)

KEVIN FOSTER

Building
&
Renovations

Tel: 07727 682 295

www.building-renovations.co.uk

05/25(12)

LLANDOVERY CROQUET CLUB



Despite the miserable weather so far this summer, Llandovery Croquet Club members have enjoyed their regular club afternoons every Tuesday and Thursday. Several new members have joined the club and are quickly learning how to play this fascinating game.

This year we will be entering two teams in the Welsh Inter Club championship which is being held at the Glamorgan Club. In addition we also have matches arranged with the new club in Aberystwyth, a home match with Llanidloes and an away match with Mumbles.

Last month a group of ladies from Salem WI enjoyed an early evening's croquet session with all the equipment and instruction provided by club members. We welcome groups to come along for a croquet session any afternoon or early evening. To find out more about the club, or arrange a visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk. Alternatively check out our website <https://croquet-websites.org.uk/llandovery/> or follow us on Facebook.



CASBER SCAFFOLDING

All scaffolding work undertaken,
call for your quote;

Adam Kimber

Tel: 07825 505551

casberscaffolding@hotmail.com

09/24(3)

CENTAFRAME

WINDOWS AND DOORS

LOCAL | RELIABLE | QUALITY



**FAMILY RUN
BUSINESS**

EST. 2004



WWW.CENTAFRAME.COM



NO OBLIGATION | NO PRESSURE | NO GIMMICKS



**UPVC & ALUMINIUM
DOUBLE GLAZING IN THE HEART OF
CARMARTHENSHIRE & THE TOWY VALLEY**

CASEMENT WINDOWS | SASH WINDOWS | FLUSH FIT WINDOWS
COMPOSITE DOORS | FRENCH DOORS | PATIO DOORS | BI-FOLDING DOORS
CONSERVATORIES | ORANGERIES | PORCHES | WARM ROOFS
FASCIAS | SOFFITS | RAINWATER GOODS

16 RHOSMAEN ST, LLANDEILO, CARMARTHENSHIRE, SA19 6LU
 **01558 823177** |  **ADMIN@CENTAFRAME.COM**





ABERGLASNEY GARDENS DELIGHTED TO WIN 2024 TRIPADVISOR TRAVELLERS' CHOICE AWARD

Aberglasney Gardens is thrilled to announce that it has been recognised in Tripadvisor’s Traveller’s Choice Awards for 2024. The award honours businesses that consistently earn great reviews, placing them among the top 10% of listings around the world on Tripadvisor.

As the world’s largest travel guidance platform, Tripadvisor has unparalleled authority with travellers. This award is based on genuine feedback from anyone in the community who has visited and left an authentic, first-hand review on Tripadvisor over a 12-month period, making it a valuable and trustworthy designation of great places to visit.

Aberglasney’s Director of Operations Jim Stribling said, “To rank among the top ten percent of those listed on Tripadvisor, as one of the best places to visit, three years in a row, is outstanding. We are grateful to all those who have taken the time to leave us a review after visiting. It is no cliché when I say that all the team, the gardeners, the tearooms, the giftshop and the administrative team, all take the reviews on board to help make a visit to Aberglasney the best possible experience for everyone. This award is extra special this year as it is the 25th anniversary of the Gardens being open to the public. It is fantastic that the reviews on Tripadvisor have recognised the hard work and dedication of our small team.”

Tripadvisor, the world’s largest travel guidance platform, helps hundreds of millions of people each month become better travellers, from planning, to booking, to taking a trip. Travelers across the globe use the Tripadvisor site and app to discover where to stay, what to do and where to eat, based on guidance from those who have been there before.

“Congratulations to Aberglasney Gardens on its

recognition in Tripadvisor’s Travellers’ Choice Awards for 2024,” said John Boris, Chief Growth Officer at Tripadvisor. “Travellers’ Choice honours businesses that consistently demonstrate a commitment to hospitality excellence. This means you have made such a memorable impact on your visitors that many of them took the time to go online and leave a great review about their experience. People rely on Tripadvisor’s Travellers’ Choice seal to help them navigate the myriad of things to see, eat and do across the globe. We hope this recognition continues to drive business to you in 2024 and beyond.”

Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE



FLOWERFIELDS
Flower farmer & florist

Growing and supplying seasonal British cut flowers.

Services available: Funeral flowers; weddings; seasonal gift bouquets and subscription flowers.

Contact me to discuss your floral needs.
debbie@flowerfields.co.uk
Tel: 07460 194791



12/24(6)



- Rollers
- Dumpers
- Cherry Pickers
- Access Platforms
- Ride on Brush Cutters
- Excavators and Attachments
- Operator Available



Staghire.co.uk

Tel: 07747 446709



12/24(12)



Proclimber

Arb Ltd

**Tree Care, Forestry &
Industry Training Provider**

With over 25 years experience

*For a friendly and reliable
service, please call for a free
quotation*

Andrew and Emma: 07795 820707
Email: info@proclimberarb ltd.co.uk
www.proclimberarb ltd.co.uk



10/24(12)

Doel & Rowlands Ltd BUILDERS



- New Build • Barn Conversions
- Extensions & Renovations
- Loft Conversions • Roofing
- Excavation & Site Clearance
- Stonework • Plastering
- Alterations & Improvement Work
- Over 35 Years Experience



Wernellyn, Llangadog, Carmarthen
Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk
www.doelandrowlands.com

10725(12)

FRIENDSHIP CLUB

Sorry I missed the June edition of the Post, as many of you will know I was rather silly and took a tumble off the back step and ended up with a T shaped fracture at the top of my right femur. I now have a dynamic hip screw holding me together. Thanks to Dan, Emma, Katie and the rest of the family and my good friends I am making excellent progress. A big thank you to everyone involved in my care.

The day after I returned home from hospital we were off to Laugharne for a day with Arts Care, Gofal Celf. Dan took on the mantle and together with Terressa got everyone safely to the car park ready for an enjoyable and different day. Firstly everyone was issued with earphones and given instructions. Everyone found themselves a space and following the instructor moved to the music. Dan said that despite reservations to start he enjoyed and amazed at how many people stopped to take photos and watch. After eating their packed lunch it was time to do some craftwork. Using reeds they were helped to make a very attractive star. Huge thank you to Dan and Terressa, and the instructors in Laugharne a very enjoyable day had by all, and the weather wasn't too bad either.

Jane joined us in June to give us a demonstration on the craft of felting. She started off by explain how she got involved in the craft. Having been told as a young girl that she lacked artistic skills ,she has gone on to prove to that teacher just how wrong they were as she has produced so many wonderful articles over the last few years. Having qualified as a nurse she eventually went into Medical management until 7 years ago she decided to take up felting full time. Returning to her family home, she has converted the garage into a very efficient workspace where she holds classes and makes her different felt treasures. There are different types of felting and she showed us a variety of different types. Having found a love of saris as a source of material to add to her Nano felting, she has found a love of India which she loves to visit as often as possible. Felt is a fabric made from wool, water and agitation. Within the wool are hidden barbs which open up and join together

08/24(12)



easytrees

- Tree Removal
- Crown Reduction
- Ash Dieback Management
- Pruning/Thinning
- Hedge Trimming • Log Sales

City & Guilds/NPTC Certified
Insured, Free Quotations & VAT Free

colin@easytrees.co.uk
www.easytrees.co.uk

www.facebook.com/TreeSurgeryWales

T: 07450 470787



COSY TOES FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

Builth Wells Clinic – Monday
Llandoverly Clinic – Thursday
also Home Visits

Nail Trimming – Corns Removed – Callus Reduction
– Ingrowing Toenails – Diabetics Treated



Mobile: 07718 150571 or
Evenings: 01591 620355



07/24(12)

when the wool, hot water and a little, liquid soap are agitated together. Jane has discovered that local wool is a firm type and although good for some articles, because of strength it is too coarse for wearing so she uses marino wool which is much softer. The silk from the saris is cut into strips and added to the wool and also becomes incorporated into the wool as it is agitated. Having taken my girls for a day's workshop last Christmas I can promise you it is a very enjoyable experience. Thank you Jane. I'm sorry no one took you up on the chance to have a go, their loss. July is our day trip to Tenby. Everyone enjoyed last year so I hope if the weather is kind to us we will have another enjoyable time.

We always welcome new members, guests, any age or gender. We meet on the last Wednesday of the month at 1.45 in Rhys Pritchard Memorial Hall, we enjoy a talk, and a cuppa and an opportunity to chat and make friends. We have occasional trips further afield. Membership is £15 a year. Trips involve an additional fee, members pay a reduced price, while outsiders are invited to join us at a slightly higher amount.

Gina



DAVID HAY
07975 770008
SAW WORK AND HEDGE TRIMMING
*All jobs considered from garden to estates.
All jobs priced at day rate not per tree.*

0724(6)



Stan Archer & Sons Ltd
Church Bank Storage
Safe & Secure
STORAGE

LONG & SHORT TERM

**Unit 1,
Church Bank Industrial Estate
Llandovery SA20 0BA**

Stan : 07812 906508
Stanarcher7@outlook.com
Contact us for a free quote

1024(12)



SOLICITORS

A friendly, energetic and unpretentious solicitor practice of the highest quality serving mid and west Wales.

- Conveyancing
- Commercial & agricultural property
- Wills
- Lasting Powers of Attorney
- Probate & administration of estates
- Family & matrimonial
- Plus a Notary Public based at our offices



From Builth Wells to Lampeter...
From Brecon to Carmarthen...
...all clients are welcome

- A modern practice built on the latest technology
- Home visit service available
- Out of hours appointments possible

Os hoffech drafod mater yn Gymraeg, byddwn yn hapus i wneud. Gofynnwch am Carys neu Gwen os gwelwch yn dda.

Llandeilo office 2 King Street SA19 6AA 01558 678 009	Llandovery office 14 Kings Road SA20 0AW 01550 585 008	hello@carreglaw.co.uk <hr/> www.carreglaw.co.uk
--	---	--

0225(12)

FREE DELIVERY within 30 miles to existing points FREE INSTALLATION *electric only QUALITY AFTERCARE we are here to help

JONES

TELEVISION & APPLIANCES

INDEPENDENT RETAILER ESTABLISHED IN 1954

YOUR LOCAL ELECTRICAL RETAILER
RENOWNED FOR AFTER SALES SERVICE
 Repairs carried out by our own service engineers to most domestic appliances

- Television sales and rentals – Brands include Panasonic, Sony, Hisense, Samsung and LG
- 5 year guarantee on selected televisions

WE CARRY OUT AERIAL AND SATELLITE INSTALLATIONS

EXTENSIVE SHOWROOM OF:
 Fridge freezers • Washing machines • Dishwashers
 Cookers • Fires and household domestic appliances

www.jones-tv.co.uk
T: 01267 290372 | 01267 290573

VISIT OUR SHOWROOM
 PRESWYLLA, NANTGAREDIG, CARMIS SA32 7NH Mon-Fri: 8am-5pm
 Sat: 9am-2.30pm

RE-THINK SUMMER UPDATE

We've had a few very busy months. With the Bute energy statutory consultations happening in the three villages near Radnor Forest, local community meetings, a drop-in session to support everyone and a fantastic meeting in the Metropole there was not a dull moment. The statutory consultations raised more questions than were answered and RE-think was there to support and provide facts taken from Bute's documentation. Many people attended, contacted us for information and wrote to Bute with their concerns. RE-think also made sure that local and national representatives were made aware of our concerns about the impact the large-scale industrialisation proposed by Bute energy on the environment, the countryside and local wildlife and businesses. We are now waiting for Bute's announcement of the planning application, which they expect will happen late summer '24. More raising concerns and writing to do! Green-gen meanwhile have been granted the license for the pylons and power lines with some modifications by OFGEM. Anyone who is contacted or receives a letter and is concerned, please get in touch with your local action group for support. But all is not lost! The Green-gen Towy-Usk line only becomes necessary if the wind energy parks that parent company Bute Energy proposes to build around Builth Wells are granted permission. We need to stop Bute Energy by showing that their project does nothing for Wales other than destroying the countryside, communities and wildlife. And finally, some positive news. During a recent Powys County Council meeting councillors shared RE-think's view that using less energy and local energy generation and storage needs to be considered more and that the energy generated in Powys to be exported elsewhere (like the proposals by Bute energy) are a concern. Keep informed by going to www.rethink.wales

BEULAH EAR CARE EAR WAX REMOVAL

Clinic in Llandoverly, or I can visit you in your own home to remove ear wax.

Recently retired from the NHS. Over 20 years experience as a specialist ear care nurse. Trained in microsuction and removal of ear wax with instruments. Diploma in Ear Care from Rotherham Primary Ear Care Centre.

Fully insured with an enhanced DBS,
 NMC registered, a member of the Royal College of Nurses.

Please contact me, Chris Jacobs for further information.
 email: beulahearcare@outlook.com Mob: 07895 757384

Osian Williams

Cyfrnydd Ariannol | Financial Accountant

Accounts and Tax Returns
 VAT and Making Tax Digital • Payroll • Book-keeping
 Tax Planning and Advice • Capital Gains Tax

☎ **01550 777311** • ☎ **07908 810392**
 ✉ info@osianwilliams.cymru

Cefn Parc, Taliaris, Llandeilo, SA19 7DH

MALCOLM SIMPSON

INDEPENDENT FINANCIAL ADVISER

20 years + experience in the industry

Pensions and Retirement Planning • Investments
 Mortgages • Health and Wellbeing Insurance
 Inheritance tax Planning

Locally Based 01550 721797
 M 07384 645606
 E malcolm.simpson@arcuswealth.co.uk
 W <https://arcuswealth.co.uk/team-members/malcolm-simpson/>

LLANDEILO & DISTRICT GARDENING CLUB



The Vestry, Crescent Road Llandeilo on July 4th at 7.30pm hosted a special event, Llandeilo and District Gardening Club teddy bear's picnic surprise! Members and guests brought their own food and drink for an indoor picnic under the watchful eye of the teddies and friends. While the teddies enjoyed some social time with new friends the members of the gardening club were able to buy baked goods, plants, produce and preserves made by members. The winner of the "Teddy in the Garden." photographic competition was Bev Durham with a special teddy hiding in the herbaceous border, he wins a year's membership to the club.

There is no meeting of Llandeilo & District Gardening

Club in August allowing members to enjoy all the gardens open to the public in the area, the club will be back in September with a talk by Eil James of NBGW telling tales from the herbarium.

The meetings are held at The Vestry, Capel Newydd, Crescent Road, Llandeilo SA19 6HN at 7.30 pm.





TREE TECH ARB & FORESTRY SERVICES LTD

We have a passion for all aspects of tree care and woodland management, whether it's a Beech that needs pruning or a woodland that needs thinning. We have the experience and expertise to undertake every aspect of the job whatever size or scale it will be completed to your requirements and satisfaction.

Adam: 07968 476306
Kim: 07557 884987
Email: Admin@TreeTechLtd.co.uk
www.Tree-Tech.uk

SERVICES WE OFFER

- Tree Felling/Dismantling & Removal
- Tree Pruning
- Crown Reduction & Crown Lifting
- Hedge Cutting
- Storm Damaged Trees
- Stump Grinding
- Woodland Management
- Site Clearance
- Firewood
- Woodchip

09/24(6)

WELCOME TO LLANDOVERY “WELLNESS WEDNESDAYS”



Taking place once a month at Hiraeth Gallery, Market Square are the new “show up for yourself” mind, body, spirit and complementary health evenings. This is an informal evening talk, taster, sometimes have a go event that happens at 6.30 to about 8.30 PM on 21st August, 11th September, 23rd October, 27th November, and 18th December. Topics are many and varied and range from the mainstream tips and tasters in managing postural imbalance, back & neck pain, teeth grinding, TMJ syndrome, chronic fatigue, dealing with scar tissue tension and unsightliness, stress & mental health concerns, to looking at and trying out different forms of meditation, colour therapy, dowsing & muscle testing (Kinesiology), allergy testing, acupressure for humans and animals, working with the human energy field (aura) and information fields (chakras) that traditionally support the endocrine system, working with inherited ancestral patterns, using Feng Shui in the home and garden, what is medical astrology, using dreamwork synchronicity and imagination for problem solving, working with animal medicine cards for guidance, and dealing with Electro Magnetic Stress including mobile phone signal, wifi and ring mains in houses. Each event costs £10 per person to attend and ideally pre-booking would help so it is known how many people we are catering for in chairs and teas. The Gallery shop will be open during the evening for people to peruse the herbs, teas, cards, books, plants and paintings. Full session consultations and treatments for people and animals are also possible outside of the evening events as are day workshops and certificated training courses of one and two days. For full details of the evenings syllabus for

2024 please drop in at the shop where handouts and flyers are available or call Sara Armstrong on 07394 503574 or email her at sara@hiraethgallery.co.uk. Alternatively contact Mark Harris at Green Beech Holistic Therapies and Training on Mob/Telegram app 07824 449011 email hello@greenbeech.org.uk

Llandovery Wellness Wednesday – Open Talks and New Moon Womens Circle!

Show up for yourself – Mind Body Spirit & Complementary health evenings – Hiraeth Gallery, Market Square.

Wed 21st Aug. Personal process work. What is it? Why is it necessary? Why we often react to our buttons being pushed. What is a flashback? How might it be experienced? The connection to human brain wave frequencies and why childhood programming is easy to create and hard to resolve. Simple self help tools.

Wed 11th Sept. Colour therapy. What is it? How does it work and help people? What forms can it take? Use of colour therapy glasses and page/screen overlays. How light influences all aspects of hormone flow in our bodies. Practical exercises to help demonstrate these points.

Wed 23rd Oct. An introduction to dowsing, muscle testing and kinesiology for allergy testing and health. Attendees to this event are invited to make up a monthly dowsing and muscle testing group to meet on Wed evenings starting on 13th November at £10 per person per meet.

Wed 27th Nov. Working with your chakras. A continuation of colour therapy where we look at a more complete structure and function of the chakra energy system, how it is reflected in itself (as above so below) and a look and taster of the many ways of working with it why you would want to do this.

Wed 18th Dec. An introduction to acupressure for humans, dogs and horses including self help techniques.

Monthly New Moon Woman’s Circle at 6.30: Sun 04th Aug, Tues 03rd Sept, Wed 02nd Oct, Fri 01st Nov, Sun 01st Dec

First dowsing group meet 2025 15th Jan, first open talk January 22nd



Sara Armstrong
07394 503574
17 Market Square
Llandovery
SA32 0AB
Carmarthenshire
Wales, UK

<https://hiraethgallery.co.uk>
www.etsy.com/uk/shop/HiraethGalleryUK
www.facebook.com/ArtMadeInWales
www.instagram.com/hiraethgallery
Email: sara@hiraethgallery.co.uk

“hic sunt dracones”
(Here Be Dragons)

Empathic and intuitive readings available at Hiraeth Gallery



Gŵyl Defaid Llanymyddyfri Llandovery Sheep Festival

Rydym yn gyffrous i lansio gŵyl
eleni gyda haid o atyniadau newydd

We're excited to launch this years
festival with a flock of new attractions



Medi
14eg a 15fed
14th & 15th
September



Pabell Ddefaid : Sheep Marquee

Pabell Fwyd : Food Marquee



Pabell Grefft : Craft Marquee

Cerddoriaeth Fwy : Live Music



Perfformiad Dawns : Dance Performance

'Sioe Pentref' : Village Show



Hen Dractorau : Vintage Tractors

Modelau Rheilffordd : Model Railway



Ras Berfa : Wheelbarrow Race

Adrodd Straeon : Story Telling



Sgyrsiau : Talks

Bwyd Stryd & Bar : Street Food & Bar



WELSH TALENT AT ITS BEST

The winners of the second Art Competition held by the Llanwrtyd & District Heritage and Arts Centre were announced at a special preview evening held on the 6th July.

More than seventy invited guests viewed the exhibition which comprised of eighty pieces chosen from the original one hundred submissions and there was a varied interpretation of the theme 'A Moment in Time' from the Welsh based artists. The display included a variety of mediums including work in oils, pastels, pencil, acrylics together with litho-prints, photography, collage and mixed media.

The panel of judges which included Wendy Connelly and Robin Bailey from Raw-I Studios in Chester, Brent Blair owner of the Lion Street Gallery in Hay-on-Wye and Chris Matchett art restorer, all practising artists with a history of international exhibiting, had a very difficult decision on the night. They were impressed by the brilliant and creative photography and interesting technical pieces in addition to the more traditional work and felt that the standard was very high with wonderful pieces providing great variety and a superb exhibition. Particular commendation was given to Simon Lilly.

However, eventually Charlotte Vickery was chosen as the winner for 'Calidos Recuerdos' which the judges felt 'was a challenging composition with an excellent use of a minimal palette - the flashes of under painting adding vibrancy.' Charlotte received a prize of £500 sponsored by Charcroft Electronics Ltd based in Llanwrtyd Wells.

Second prize of £250, sponsored by Lloftwen Forest Farm, was awarded to Barbara Simon for her work 'Doorstep' which was considered to be a 'relatable narrative with a bold technique resulting in subtleties of colour and texture which added depth.'

The third prize of £100 sponsored by Llanwrtyd resident Col. Tim Van Rees, will be awarded as a result of a Visitors' Choice vote. Visitors to the Heritage Centre throughout

July had the opportunity to view the exhibition and vote for their favourite with the winner subsequently announced in August.



Charlotte Vickery

"We were delighted with the number of entries, diverse interpretation of the theme, various mediums used and the wide-ranging geographical response' Lynne Brookes, Centre Manager told the audience adding "we are so lucky that Wales has such a wealth of talent and creativity and the Centre is honoured to have the opportunity to display some of this artistic ability through this competition."



Barbara Simon

"COME FOR A CUPPA"

Very many thanks to all those from Llanwrda and Llansadwrn who supported the July coffee morning in aid of Dementia UK. Generous donations alongside the sale of plants and cakes raised £200, which will help fund Admiral Nurses, the specialists in dementia care.

From the response of those who came to the morning, it is clear there are others in the community, also supporting and caring for loved ones but with a variety of health issues, who too would welcome an occasional hour away from home. It is therefore planned to offer a monthly, dementia-friendly but open-door welcome to anyone who would like to come, starting with Wednesday 21st August in Llansadwrn church Vestry; please feel free to pop in and join us, informally, for a drink and a chat between 10.30 and 12.

If you would like any further information or feel you would like to help, please contact Jane on 07522 960 816.

Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs

Independent Renault Specialists

**First Garage in Carmarthenshire
to be approved by Trading Standards**



20 20	Renault Captur 1.3 TCE 6 Speed Manual, S/Edition, Half Leather, Sat Nav, Reversing Camera, Parking Sensors, 17" Diamond Cut Alloy Wheels, Gold/Black Roof, 12550m.....	£14995
20 20	Renault Clio 1.0 TCE 100BHP S Edition, Diamond/Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m	£13750
19 69	Renault Kadjar 1.3 TCE (130BHP) 6 Speed GT-Line, Full Black Leather, Heated Front Seats, Diamond Cut Alloys, Sat Nav, Reversing Camera, Metallic Blue, 43000m.....	£13750
19 19	Renault Captur 1.5DCI GT-Line, Leather, Nav, Grey/Black, D/Cut Alloys, 43300m.....	£10495
19 19	Renault Clio 1.0 Iconic, Sat Nav, 17" D/Cut Alloys, Black, Only 8000m.....	£10999
19 19	Renault Clio 1.2 GT Line, Sat Nav, 17" Alloys, Half Leather, Ruby Red, 49200m.....	£9250
18 18	Renault Captur 0.9TCE Iconic, Sat Nav, D/Cut Alloys, Red/Black, 49950m.....	£8750
15 65	Renault Scenic 1.5DCI Dynamique, Sat Nav, £20 Road Tax, Black, Only 34000m	£7500

CONVERTIBLE

19 19	Mini Convertible Classic 1.5, In Chilli Red, Black Roof, 21778m.....	£16500
07 07	BMW Z4 2.5 6 Speed Manual, Convertible, E/Roof, Alloys, Met Grey, 78500m	£4995

OTHER MAKES & MODELS ON OFFER

21 21	Peugeot 208 GT (100BHP), Half Leather, Sat Nav, Diamond Cut Alloys, Red/Black, 31850m	£14500
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed N-Connecta, Only 6565m, White	£18750
19 68	Ford Kuga 2.0TDI Titanium 150PS 6 Speed, Half Leather, 17" Alloys, Met Grey, 42225m	£13995
21 71	Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m.....	£11750
20 70	Ford Puma 1.0 E/B Mehv 125 ST/Line, 17" Alloys, Nav System, Met Grey, 14950m	Now £17500
19 19	Ford Focus 1.0 Eco Boost (125BHP) ST-Line 6 Speed, Sat Nav, 17" Grey Alloys, Red, 45960m.....	£13995
16 66	Mini Cooper 1.5 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£11750
19 68	Dacia Duster 1.6 SCE Comfort, Sat Nav, Air Con, Alloys, Parking Sensors, Grey, 15100m	£10995
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m	£12500
18 68	Kia Picanto 2 1.0 Alloys, Air Con, 2 Owners, Only 19200m, Blue, 5dr	£8495
17 67	Fiat 500 1.2 Pop Str, Air Con, Alloys, 2 Owners, 3dr, In Red	£7500
16 16	Fiat Panda 1.2 Lounge, Air Con, Alloys, 2 Owners, £35 Road Tax, In Black, 29000m.....	£6995
16 16	Dacia Logan 1.5 DCI Estate Car, Alloys, A/C, Sat Nav, Zero Road Tax, Met Black, 55000m	£5995
14 14	Dacia Sandero Stepway 0.9 TCE Ambiance, 5 Door, Choice of 2 Silver or Black, 75000m	£4500

* UP TO £500 DISCOUNT ON ANY OF THE ABOVE VEHICLE WITH NO PART EXCHANGE *

COMMERCIALS

2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats, & 2023 Reversing Sensors, Air Con, Choice of 2, White or Grey, Only 25m	£22995 +Vat & £23250 +Vat
18 68	Mitsubishi L200 2.4 Di-D 178BHP Warrior, 6 Speed, Manual, Alloy Wheels, Reversing Camera, Full Black Leather, Rear Load Liner, 1 Owner, In Atlantic Grey, 29300m.....	£17995 +Vat
19 69	Renault Trafic 28 2.0DCI (120BHP) 6 Speed Business, Side Door, Lined, White, 29250m.....	£16995 +Vat
19 69	Volkswagen Caddy 2.0TDI (102PS) Highline, Alloys, Air Con, Black, 37365m.....	£17995 No Vat
18 67	Volkswagen Caddy C20 2.0TDI 102BHP Starline, Ply Lined, 1 Owner, White, 50135m.....	£10750 +Vat
19 19	Renault Kangoo 1.5 DCI ML19 Energy Business + S/Door, Ply Lined, White, 56450m.....	£8500 +Vat
17 17	Renault Master 2.3DCI LL35 Dropside Pick Up, White, 1 Owner, 86000m.....	£7500 +Vat

* ALSO A FEW PART EXCHANGE VEHICLE IN STOCK TO CLEAR WITH LONG MOT *

TEL: 01558 824499

ALL VEHICLES ON WEB SITE www.thomasservices.co.uk

SERVICING 01558 822859

OPEN AFTERNOON AT LLANDDEUSANT CHURCH & POTTERY GARDEN

**Saturday August 4th
2.00 – 5.00pm**



Members of Llanddeusant Church invite visitors & the local community to an open afternoon, taking place in the ancient Llanddeusant Church, where tea, coffee, cakes, and other pastries will be served – a great opportunity to meet new people, build community ties and support this Church.

Llanddeusant dates back to Celtic times when a small group came over the mountains from St Illtyds Monastery in Llantwit Major. They walked around 50 to 60 miles over mountainous terrain, then descending from the Black Mountain via the legendary glacial lake Llyn y Fan Fach. They decided to stop at what is now known as Llanddeusant – the religious community of two saints.

Our present church was built in the 14th century, doubling in size in the 15th century as the population grew. Victorian times saw more renovations, yet still retaining the ancient



building. No doubt the deep soil inside hides many secrets.

As part of the event, studio potter, Carole Spackman, is opening her wild meadow garden for visitors. Her garden is a beautiful place to relax & enjoy nature. Carole will also have her pottery studio open as part of Tywi Valley Open Studios 2024, an annual event that brings together local artists who open their studios to the public.

Carole makes pots to use and enjoy in the home as well as garden sculptures depicting local birds and hares. She uses local material such as wood ash to make glazes that create impressions of wild flower meadows that surround her studio. Carole will give the donations from this open garden event, as well as 10% of sales from her pottery studio that afternoon to Llanddeusant Church - an opportunity to see the potter at work, buy locally made pottery and support the church.

Bring family and friends to explore the church, find out more about Llanddeusant, enjoy delicious cakes and drinks and discover the hidden gem that is Carole Spackman's garden and pottery studio. We look forward to welcoming everyone to a day filled with community, art and nature.

For more information: www.carolepackmanceramics.co.uk Contact Carole: carolepottery@gmail.com



LAUNCH EVENT



You are invited to join us for the Launch of Pethau Pawb on Saturday August 3rd 2024, from 11.00am to 2.00pm.

Meet the team, see how Pethau Pawb works and become a member for free.

Join us – Borrow don't Buy.





NOT ALL DOUBLE GLAZING IS THE SAME

With energy prices again on the rise, now is the time to fit the most energy efficient windows and doors available on today's market. Our windows are British made, thermally efficient and cost effective. With an A+14 energy rating as standard. Casement windows, Flush Sash, Tilt and Turn, Sash horn and vertical sliding windows, all available in a wide range of colours.

NOT ALL COMPOSITE DOORS ARE THE SAME

Our Composite doors are British made, energy saving A rated doors. Unlike nearly every composite door on the market, they contain no wood, purely GRP and a high-density polyurethane core. Available in 70mm thickness, double seal, double security. Can also be triple glazed. Colour options are unlimited!



Phone: 01554 779036
email: sales@classic.uk.com

Showroom: Unit 5 Llanelli Gate, Dafen, Llanelli, Carmarthenshire SA14 8LQ
www.classicpvc.co.uk

MUSEUM NOTES THE CAPTAIN, HIS WIFE AND THE RED KITE



A red kite hovering above Llandovery is a common sight nowadays and it's easy to imagine that the graceful bird is keeping a watchful eye on the Catholic Church below. Our Lady's Catholic Church has a stained-glass window in memory of a person who was one of those mainly responsible for reviving the kite in the Upper Tywi Valley at the end of the last century, namely Herbert Reginald Henry Vaughan (1893-1978).

If it hadn't been for the efforts of him, his wife and a few others (including Dafydd Dafis, Rhandir-mwyn) none of the rare kites would have survived. The birds had been shot and poisoned to such an extent that fewer than half a dozen remained.

Over a period of 30 years and more, Captain Vaughan and his wife Irene were at the forefront of efforts to conserve the bird. For a few years following the Second World War, they were the only people involved. The window, installed in 1981 and designed by Joseph Nuttgens, was commissioned by Mrs Vaughan following the death of her husband in 1978.

The kite is among a dozen birds depicted in another stained-glass window in Our Lady's Catholic Church, Llandovery. The window, designed by Margaret Rope, a Carmelite nun and sister of Irene Vaughan, was commissioned by Captain and Mrs Vaughan in memory of their two children. Herbert Vaughan died when he was only three days old, and Teresa Vaughan died aged only 15.

As the history of the kite is now well-known, we shall focus on Captain Vaughan - and especially his wife. Captain Vaughan served in the Royal Navy between 1911 and 1945. His father, Herbert Stanley Vaughan, oversaw supplies for the Navy in Hong Kong, Gibraltar and Malta. He was a keen historian and one of the founders of the Marine Research Society.

When Captain Vaughan died in 1978, The Times said he had done more for conservation in Wales than any other person. It was noted that he had taken over the Council for the Protection of Rural Wales and made it a strong and effective body. He was a founding member of



*A window in memory of Captain Vaughan
Photo: Martin Watts*

Irene Vaughan near Dryslwyn Castle, April 1978



the Brecon Beacons National Park Committee and served on various other committees.

He always kept one eye on his watch. Once he walked out of church because Mass was late. He would also insist that 'R.N.' be included at the end of his name so that no one thought he was "a mere Captain in the Army".

Without belittling the admirable efforts of Captain Vaughan, one gets the impression that the tremendous work of his wife, who worked in her own quiet way, has been overlooked to a large extent.

Irene Mary Rope (1889-1993) was born and raised in Shrewsbury, where she would accompany her father, a doctor, on his rounds in a pony and trap. He would encourage her, the youngest of six children, to take an interest in flowers and wildlife in general. Although he died when Irene was only nine years old, she went on to become a professional botanist.

Before that, however, she had studied history at

St Anne's College, Oxford (1908-1911). As she was a woman, she was not allowed to take her degree 'officially', and had to wait until she was 86 years old. During the First World War, she drove an ambulance in the Balkans and was awarded several medals.

Irene married Captain HRH Vaughan in 1920 when they were both serving in Gibraltar. Later, she would occasionally visit her husband, for three years at a time, during his postings abroad; one of the highlights was a desert picnic with the Emir of Kuwait when she had to eat a special delicacy, uncooked sheep's eyes.

When their young daughter died in 1938, she moved to Wales. In Rhandir-mwyn, Irene ran a small farm on her own throughout the Second World War, until her husband's retirement in 1945.

When he was in the Royal Navy, Captain Vaughan would be at sea for months on end – and Mrs. Vaughan's efforts to protect the kite were crucial; at that time its numbers had decreased to a handful of pairs. The Vaughans' dedication to this cause continued after the war and their efforts were rewarded in 1955 with the RSPB Silver Medal – and again in 1968 with the Society's Gold Medal, the only time the honours were awarded to a husband and wife.

Following the death of her husband in 1978, Irene moved to Woodbridge, Suffolk, to be near her nephew. Many years later, the residents of the Upper Tywi Valley were still reminiscing about the little woman who rode a large white horse to keep an eye on the kites' nests. She would also ride to record the plants of the area; sometimes a plant would be in the horse's mouth before she had a chance to examine it.

Later, she bought a car and continued to drive until she was over 90 years old. For her 100th birthday, although she insisted that it should be a quiet occasion with no presents, a dinner was arranged for 80 friends and relatives. She received a telegram from the Queen and a special Blessing from the Pope.

Thanks to her family's generosity, through the Rope Trust, the Catholic Church in Llandoverly has benefitted greatly.

Llandoverly Museum and Visitor Gateway is open Tuesday – Saturday between 11.00am and 2.00pm until the end of October.

EYNON PRICE
Landscaping & Groundworks
Tel: 01558 822434
Mob: 07970 906489
Brynhyfryd Farm, Llandeilo, SA19 7HS
www.landscaping-specialist.co.uk

LLANWRDA DATES FOR YOUR DIARY

Saturday 24th August 2024

Doughtys Fabric Roadshow at the Hall, 10.30 a.m. to 2.30 p.m.

Friday 27th & Saturday 28th September 2024

Quilt & Craft Exhibition at the Hall, 11.00 a.m. to 4.00 p.m.

Wednesday 4th December 2024

Lighting of the Community Christmas Tree, 6.30 p.m. – Bridgend. The Llandoverly Male Voice Choir will lead us in Carol singing.

(09/24/3)

BRYNDOLAU RETREAT GARDEN

Come and enjoy some time away from household chores and worries in our colourful Retreat Garden. Open every Friday (11.00am – 5.00pm) between June and September.

You are welcome to follow our mown meadow paths, explore the wildlife pond, orchard and retreat hut or simply sit in the garden and enjoy the distant views.

Climb Magic Hill and sit on the top to delight in the 360° view over the Beacons, Tywi Valley and Carmarthenshire. Tea and biscuits are available on request. Bring a friend.

Sorry, unsuitable for children. Dogs on a lead please.

No entry fee. Donations this year to Llangadog Church.

Tel: 01558 824514. www.kitesnestcottage.co.uk. SA19 7AT.

A.R. DAVIES BUILDERS LTD

06258121

Barn Conversions

Extensions

Renovations

Roofing

Garages

Driveways

Stonework

Brickwork

Patios Tiling

Carpentry Kitchens Bathrooms

Solid and Laminate Flooring

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

Padmasambhava Yoga & Meditation Centre

All at the Centre hope that you are well and enjoying the longer Summer days and the warmth, light and increased energy this brings, most especially when the sun shines.

The Summer term has now ended and everyone at Padmasambhava is taking a well-deserved break before the start of the Autumn term. The Autumn term at Padmasambhava starts in mid September with a good range of classes, including the well-loved daytime and evening classes, Meditation, as well as a new Beginners. Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

The Beginners' 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 provides tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality. This systematic course is designed for both beginners and those returning to yoga. Each week builds upon the previous practices.

Gentle yoga invites students to 'come as they are' and work within any physical limitations and learn at one's own pace. There is also Seated Yoga for those students unable to get up and down off the floor. Daytime Yoga is a mixed ability and more dynamic class, especially welcoming students returning to yoga. Each class includes a blend of classic postures, breathing techniques, and deep relaxation of Yoga Nidra. Classes at Cwrt Henri and Ammanford are mixed ability classes within the community.

The Meditation class introduces techniques to help bring about greater awareness, peace of mind and relaxation through body stillness and getting to know your own mind.

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

Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life.

The brochure for the Autumn term will be soon be available on the website. Please call the Centre on 01558 823842 for more information - they will be pleased to advise and help or email mail@padma.org.uk to register interest for the September term and to find out more about yoga and their classes.

DIAL A BATHROOM

The supply and installation of complete, affordable, quality bathrooms, assisted mobility bathrooms, shower rooms and wet rooms by qualified and experienced tradesmen, offering friendly, reliable service.

COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET

Outstanding results on every budget, guaranteed

To discuss your requirements and for a free no obligation quote

PHONE: 01558 685352 or 07780 630407

Email: dialabathroom@hotmail.co.uk

WWW.DIALABATHROOM.CO.UK

08/25(12)

K&M FENCING AND LANDSCAPES

- Supply and Erect Garden Fences.
- Garden Landscaping.
- Oak Pergolas supplied and erected.
- Tree work undertaken.
- Seating areas.
- Fish pond design & installation.

Tel: 07855 455148



KM.fencing@yahoo.com

CHECK OUT OUR FACEBOOK PAGE FOR EXAMPLES OF OUR WORK



08/25(12)

LLANDOVERY FARMERS MARKET TO HOST THE LLANDOVERY IN BLOOM GARDEN COMPETITION AWARDS CEREMONY THIS AUGUST



The Llandoverly in Bloom Garden Competition judges will announce this year's winners at Llandoverly Farmers Market from 12noon on Saturday 3rd August 2024. The ceremony will award prizes in 7 categories on the historic Market Square. The market itself runs from 10-2pm with a range of locally produced foods accompanied by musical entertainment.

This year's categories for Flowers in Bloom are:

- Best Garden up to 100 sq yds
- Best Garden over 100 sq yds
- Best Dwelling Frontage
- Best Business including Public Houses
- Best Hanging Basket
- Best Senior Citizens Display
- Best Vegetable Display

Pat Smith, Flowers In Bloom organiser said

"I have been involved with the Llandoverly in Bloom Garden Competition for more than 15 years, and have so enjoyed escorting the judges around our town during that time.

Tuesday 9th July proved another memorable day. It was a pleasure to see the beautiful displays in the business category, but more especially to meet the individual gardeners with their obvious love and understanding of their plants.

Following the pandemic, numbers of entries had declined slightly, but we hope they will now continue to improve especially amongst our younger gardeners.

There are opportunities for everyone in the competition, and it has been an absolute privilege for me to have been part of it over the years."

This year's judge, Mel Guy from Llansadwrn, commented,

"What a special day! It truly was a privilege to visit, meet and judge the extraordinary gardens and gardeners of Llandoverly. Thank you!"

A range of local food produce and entertainment

The Market celebrates a range of goods grown or produced within 25 miles of Llandoverly. These include beef and charcuterie, sheep's cheese, a range of bread, sourdough and baguettes, local cakes, jams, marmalades, chutneys and preserves, honey, vegetables, fresh and dried flowers and wild plants. We'll also have pasties, Scotch eggs and freshly brewed coffee made with local milk.

CliveJ also provides entertainment during the market. He is a Vocalist / Keyboard Player presenting a selection of music from the 60's - 90's.

The Mayor of Llandoverly Matthew Paul said,

"I am really pleased to see the new Farmers Market getting bigger and better every month. Llandoverly is a historic market town and it's great to have such an interesting and diverse range of producers bringing locals and visitors into the Market Square, boosting trade for the whole town. I would like to thank the organisers and colleagues on Llandoverly Town Council who have made this happen, and wish the Farmers Market every success."

Market Manager Raoul Bhambral said,

"The local talent around Llandoverly never ceases to amaze me. As a keen gardener myself I was really inspired by the entries this year."





Ymddiriedolaeth
Genedlaethol
National Trust



splash!



Beth sydd ymlaen? Awst yn Dinefwr

What's on? August at Dinefwr



Lle chwarae newydd: Yr Iard Dderw

Mae'r lle chwarae newydd yn ein cwrt hanesyddol ar agor yn ddyddiol yn ogystal â digwyddiadau arbennig yn ystod gwyliau'r haf. Byddwch yn barod i chwarae a mwynhau! Digwyddiadau arbennig fel amser stori, sgiliau syrca, cerddoriaeth fyw a rhoi cyngerdd arno mewn diwrnod, mae rhywbeth i bawb yr haf hwn yn yr Iard Dderw.



Bydd ein gwsteion arbennig, **Pitchfork & Provision** yn yr Iard Dderw o'r 3-31 Awst, yn cynnig amrywiaeth ffasus o fwydydd o darddiad lleol gan ddefnyddio'r cynhwysion gorau.

Yn ystod gwyliau'r haf, rydym yn rhoi'r Iard Dderw ar brawf fel lle hwylyog i deuluoedd ei fwynhau, ac rydym yn croesawu eich adborth.

Rydym ar agor 7 diwrnod yr wythnos. Tŷ Newton a'r caffï yn ogystal a'r caffï tecawê: 10.30am-4.30pm
Y Parc Ceirw, Castell Dinefwr, y Parcdir a'r maes parcio: 10am-5pm

New summer play space: the Oak Yard

Our new play space in the historic courtyard is open every day and packed with special events for the summer holidays. Get ready to play, chase, splash, explore and discover! With special events from storytelling and circus skills to live music and staging a play in a day, there's something for everyone this summer in the Oak Yard.

Special pop-up guests, **Pitchfork & Provision** will be in the Oak Yard 3-31 August offering a range of delicious locally sourced food made with the best ingredients.

During the summer holidays we're testing the Oak Yard as a playful place for families to enjoy, and we welcome your feedback.

Open 7 days a week.
Newton House, indoor café and takeaway café: 10.30am-4.30pm
Deer Park, Dinefwr castle, Parkland and car park: 10am-5pm



Gwelir y wefan neu sganwch y Cöd QR ar gyfer rhestr o ddigwyddiadau'r haf.

See our website or scan QR code for a full list of events this summer.

www.nationaltrust.org.uk/dinefwr

Dinefwr, Llandello, Sir Gaerfyrddin | Carmarthenshire SA19 6RT



110423

Dinefwr. Rhywbeth i'w wneud, ni waeth be fo'r tywydd. Something to do, whatever the weather.

LLANDOVERY GARDEN CLUB

22 AUGUST

Members will visit 4 local Gardens with kind permission of Mrs Sue Brown, Mrs Barbara Woolton, Mrs Enid Protheroe, and Mrs Penny Davies. We are very grateful for this opportunity and look forward to seeing their lovely gardens.

Will members who wish to come please meet in the Station Car Park at 1.45pm on the 22nd August. I will be most grateful to hear from any Members of our Club who will volunteer to carry other members in the cars to the destinations, one of which is just out of town. Other details will be given when we meet on Thursday 22nd August at the Station Car Park. My contact numbers: 01550 720771 Mob: 07565 727333.

Marguerite (Babs) Rees

LLANDOVERY YOUTH AND COMMUNITY CENTRE

Llandovery Youth and Community Centre young people are really grateful to Llandovery Whist Group for their generous donation of £400 towards their summer camp!



HUGHES DECORATORS LTD

Established Family Business with over 90 years combined experience. City & Guilds approved with qualified tradesmen

Interior and exterior painting and decorating

FREE ESTIMATES

All building maintenance work undertaken including coving, doors, laminate flooring.

Also hand painted furniture and kitchen units.

CITB registered and fully insured.

Email: r.hughes236@btinternet.com

Mob: 07885 875012

www.hughesdecoratorsltd.co.uk

09/24(3)

Llandovery's Civic Hall Fayre!

Every Friday, 9am – 2pm

Antiques, Collectables, Local Artists & Crafters, Knitwear, Handmade Jewellery, Needlecrafts, Plants
We also offer Fresh Bread, Eggs & Traditional Sweets

With new stalls joining every week.

There's something for everyone!

08/24(3)



Bwrlwm is now in its 8th month and while we have accomplished a lot in a short space of time, there is still lots to do and avenues to explore!

In June we held our first Yr Wythnos Werdd Fawr/The Great Big Green Week event in The Market Square. It was a somewhat damp day so we are very grateful to everyone who came out to support it. While the focus was on sustainable swaps, it was also a great opportunity to bring attention to Energy Local and our plans to launch a club in the Llandovery area. The first club started in Bethesda back in 2016 and since then, clubs have been forming across the UK. Instead of local renewable energy being bought and then resold back to households at a higher price, Energy Local clubs enable households and local energy generators to agree match tariffs with households utilising the times when energy is being produced locally. We will be sharing more information soon but, in the meantime, you can read more about Energy Local and register your interest in the Llandovery club at www.energylocal.org.uk

In conjunction with YWWF/GBGW we were extremely grateful to be awarded funding from WWF. This funding is being used to create planters in town which will be planted with strawberries for anyone passing to enjoy. Hopefully the birds will be kind and leave us some! In addition to this, we have workshops for communities to build their own seed swap house made from pallet wood. Available to individuals or those involved in community groups or halls, they are a great way to start a community seed swap. We will even give you seeds and pots to stock your house initially!

Talking of houses, we are on the move! While we have really enjoyed operating out of Llandovery Youth and Community Centre, we will now be based at Pethau Pawb, the new Library of Things on Stone St. So please drop in and say hi if you're passing or if you're interested in building a seed house for your community. The kettle will always be on!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699. Don't forget to follow us on social media too!

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





Chwaraeon a Hamdden
Sport and Leisure

£27.90
y mis /
a month

Dysgu Nofio

yn Ganolfan Hamdden Llanymddyfri

Learn to swim

at Llandovery Leisure Centre

Mae dysgu nofio yn sgil bywyd, ac yn sgil am oes.

Mae ein tîm o hyfforddwyr cymwys yn ymroddedig i feithrin nofwyr hyderus a chymwys ar bob lefel.

Mae gennym lawer o wahanol wersi ar gael ar gyfer oedolion a phlant.

Learning to swim is a life skill and a skill for life.

Our team of qualified instructors are dedicated to nurturing confident and competent swimmers at every level.

We have a range of lessons for adult and children.



Sganiwch i archebu
Scan to book

01267 224733

Cyngor Sir Gâr
Carmarthenshire
County Council

0625(12)

TOWN COUNCIL LAUNCHES COMMUNITY SUPPORT DROP IN SESSIONS



Llandeilo Town Council and the Llandeilo Community Action Hub teamed up with the Women's Institute Llandeilo and NACRO Cymru to host a monthly coffee morning and community and support group drop in in the Civic Hall.

The Womens Institute Llandeilo provided the social aspect of the event by hosting a coffee morning and were joined by 9 Exhibitors at the event and 15 Exhibitor Representatives, including a surgery / opportunity for questions with Mayor Charlotte Morgan and County Councillor Edward Thomas. Tenovus Llandeilo, Men's Shed Llandeilo, Llandoverly & Llangadog, Dementia Friends Llandeilo, Permaculture Twyi & Fabric Upcycling, Llandeilo Town Band and Llandeilo Rotary were the local groups represented at the first drop in.



Also attending were wider support groups such as Wales Council for the Deaf, Shadows, Actif – Adult Fitness Activities, Adferiad – Carmarthenshire Carers Info & Support, The Wallich – Conflict Resolution Preventing Homelessness, Hywel Dda UHB – Diet & Nutrition, Cradle Choir – WNO, Dewis Cymru – Well Being Services Database and Alzheimer's Society.

"I'm incredibly pleased with how well the first drop-in session went," says Mayor Charlotte Morgan. "We had people representing their groups either with a table, leaflets or people came and circulated chatting with others, and we already have others signed up for the next."

The Llandeilo Community Action Hub, a volunteer network founded during the pandemic, had secured a grant from the NISA / CK's 'Making a Difference Locally' programme" to fund the first six months of the drop in. Action Hub committee members - and also town councillors – Christoph Fischer and Kate Glanville approached Mayor Charlotte Morgan to set up a working group to facilitate the event and find funding beyond the first six months.

"Our work was always to connect isolated people and people who don't know what help or opportunities are available to them," says Christoph Fischer. "Cwmaman and Llandoverly have launched similar projects and Nacro Cymru are holding their Llandeilo Connecting Carmarthenshire Community Wellbeing drop ins at our event to bring groups from a wider spectrum into the fold."

"We have to thank Community Research Engagement Officer Robert Ramsaha-Southall and Catherine Hindmarsh for their support."

One service provider said: 'Llandeilo Civil servants/officials attended to show support. It's clear Llandeilo wants us here!'"

"It's great that the town council came onboard the project and has taken such a strong and positive lead," agrees Kate Glanville. "The drop-in provides essential information about services but it is also a great opportunity for people to get together over a free cup of coffee and have a chat."

"The Next drop ins will be 20th Aug, 17 Sept and 15 Oct. If you have a local group that might be of interest or provide support please contact the council or action hub." (clerk.ltc@gmail.com or llanleilocommunityhub@gmail.com)

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Electric Vehicle Charging Points

Domestic, Commercial & Industrial Testing

Portable Appliance Testing

CCTV Shops, Pubs & Restaurants

Testing for Property Landlords
& Letting Agents

Fire Alarms & Emergency Lighting

**MCS APPROVED SOLAR PV PANEL &
BATTERY INSTALLERS**

Tal y Rhyn Farm, Cilycwm, Llandovery, Carmarthenshire SA20 0EY

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



LLANDOVERY ROTARY CLUB



Well hello again. It's August! Doesn't time fly. Just to think we are much nearer next Christmas than the last one is enough to realise that we are racing along to 2026. Aaaarrggghhhh. Please, time, slow down! It won't of course but we are all getting older. Well not quite all, as happily the average age of the members at Llandoverly Rotary Club is much younger than it was 3 years ago. How come? Well, we've have had a very welcome influx of much younger members. Other clubs are aghast at how we've done it and question us when we attend club meetings. The truth is we don't really know. We think it's because our set up is 1) To raise money for local good causes and 2) To have fun while we do it and it seems we are successful at both, hence a growing and younger membership. We love it. You are welcome to come and join us at any Tuesday meeting to see what we are about. Just tell a member a week before and pay for your meal. No questions asked and certainly no obligation to apply for membership. You'll be made most welcome.

Now then. Last month:

We have a new President. Ohhhhh yes we do. Out going President Dan has been put out to graze. He says no more terms of office. He's been President twice and Secretary for a number of years and he now joins the back benches and says he's going to sit back and let others take over. Huh, can't see that happening somehow! Someone with Dan's experience is always in demand. New President Kevan, when taking over, was very generous in his praise for Dan with his "hands on, always involved" mentality. Sit back Dan, you've earned it. Kevan is the perfect replacement. A now retired, high ranking Military Officer, with vast worldly experience who married Tina, who was born in the Whitehall in Llandoverly, and he is a keen member of Côr Meibion Llanymddyfri. Much more about Kevan as the year goes on.

The actual Handover Dinner, when the new President takes over, was held at the Castle Hotel and was a big success. The Castle Hotel came up trumps with a beautiful three course dinner and our line of succession moved forward. Gareth Davies became Vice President and Tim Cannock took on the Junior Vice Presidency. Rosie remains as our Secretary of course. Crickey, we are virtually a Youth Club! We look forward to another year of fund raising, distributing the funds raised to local good causes and having fun and fellowship while we do it. Perfect.

We held our usual Schools Competitions at the Rugby Club and we were hugely impressed with the quality of entries from our local Primary Schools. We are indeed so fortunate to have superb teachers in this locality who go way above what is expected of them being dedicated and giving time and expertise to their pupils. The behaviour of all pupils at the event was exemplary and even the teachers behaved! Well done pupils and teachers.



*Our new President
Kevan Thornber.*

The Senior Football Club had requested funding for essential equipment for the new season which will see them play some games on the new 3G pitch for all at the Rugby Club. Keen to support local sports clubs as ever we forwarded a health cheque to help them on their way. 'Uppatown'.

A person who wishes to remain anonymous has donated six bottles of wine to us for our internal raffle as a thank you for what we do locally. A wonderful gesture which is very much appreciated by our members. He has done this several times now. Thank you kind Sir.

Target Sprint Wales approached us for funding as they need funds for much needed equipment. They are based at the Rugby Club, are a not for profit club providing coaching and training for athletes who participate in Target Sprint which is a mix of running and target shooting. The format is 3 x 400 metre runs interspersed with 2 rounds shooting 5 targets at 5 metres if anyone is interested. We forwarded a cheque to assist with their needs. Bullseye!

The hugely successful Motorbike Weekend now organised by Blood Bikes Wales is a massive event

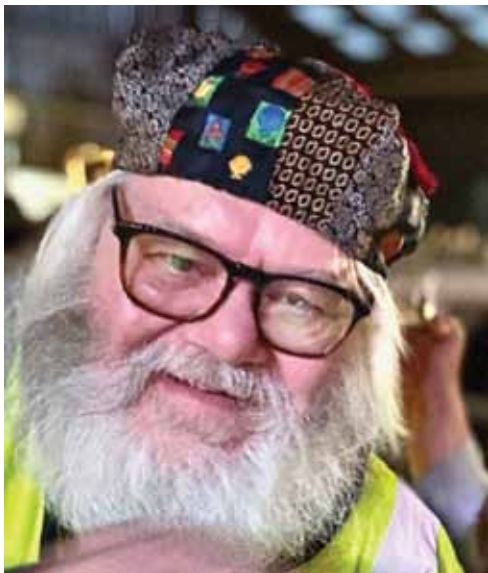


*New Vice President Gareth Davies with the Junior
Vice President Tim Cannock.*

in Llandoverly's annual calendar of events and needs huge organisation. Our President Kevan is a part of this organising team and volunteered us to marshal the parking of the bikes again this year. The event was once again by courtesy of Mickey van Clee, Tompkinson & Francis as the mart was made available but even this huge area cannot accommodate the many hundreds of motorcycles who attend this event. We made up a team and managed to successfully park the bikes almost being overrun with the sheer volume of attendees and after the second day were stood down for a very well earned rest. Phew, that was a big shift. Well done to all the volunteers and to Blood Bikes Wales for another fantastic event.

MEET THE MEMBER.

Brian Morgan-Black.



This month's Meet The Member (and our brilliant Rotary Santa) Brian Morgan-Black.

I was born in the revitalised city of Coventry in the mid-fifties and, despite an unwanted (by me) family move to Hinckley over the border in Leicestershire, I saw out my teenage years as a student in Godiva's patch. After an unexpected gap year, with two major job offers declined, I headed up the M1 to Leeds to study English. That's where I developed my loves of real ale, rugby and music – anything from prog rock and classical to sensitive singer-songwriters and post-punk. I teamed up with a rock DJ for gigs and shows on Radio Aire, and then got a respectable suit and tie job with IBM, which led to loan spells in Nottingham, Glasgow and Manchester, all fine beer cities.

In 1984 a country-wide role with IBM, based in Boringstoke, prompted a move south and started my 17 years in Alton, Hampshire, where I worked supporting the admin functions of the midlands and northern offices before moving into Systems Integration.

In 1991 I left IBM to set up a horse racing consultancy business and, weeks in advance, advised all my clients to do the 1992 Gold Cup/Grand National double with Cool Ground and Party Politics at the then odds of 50/1 and 25/1. A massive 1,250-1 double landed – yet I was so deeply involved in the business (12-hour days seven days a week) that I forgot to place the double bet! A recession came, my customer base dwindled and I reluctantly went part time.

I ran pubs and hotels for friends, pulling tens of thousands of pints; was a back office manager for a leading travel company; did taxi control for the morning shifts; worked for a vinyl sign-making company; ran racehorse-owning partnerships; assisted real ale wholesaling; bought and sold on ebay; wrote sports reports and more.

The reporting led to a full-time role in journalism and a four-year stint as a newspaper editor, which takes us up to the end of 1998. Throughout these busy and less than lucrative years I played reasonably competitive badminton, five-a-side football, darts, crib and cricket and very competitive beer drinking. I was a founding shareholder and folk/blues/world music DJ for many years on Wey Valley Radio, where I co-presented the world's first live radio wine tasting sessions. I was on the committee of Alton Rugby Club for many years, rarely missing a game for the men's and women's first teams, and once on Burns' Night satopposite the giant Alastair McHarg as he plunged a dagger into the haggis with such ferocity that I ended up wearing a good few percent of it.

I was a rather young Justice of the Peace for North-East Hampshire (Alton, Petersfield and Aldershot) from 1991 to 2001, regularly being day chairman, and only stopped because the courts were making unreasonable demands on working people. By now I had undergone a career change, joining Hampshire County Council as a Day Service Officer for Adults with Learning Disabilities, and progressed through working for the County Director on successful wide-scale policies, and on into being a Social Worker in the same sector. That's where I was when my job was terminated through ill-health in 2001. House moves happened in the background as I had spells in a converted barn in a forest near Midhurst, several years in Wickham (Hants) and back into West Sussex in the lovely village of Compton. I met my wife Trish in 2001 and moved to Southampton with her, then up to Buckinghamshire for her job, and back to the village below Compton, West Marden, where I spent many happy years writing, DJ-ing, ebaying and working as a parish councillor. With Trish's Swansea-based Mum in declining health and Trish fighting health battles of her own, we decided that our final move would be to Wales and, after months and months of searching, we came across lovely Llandoverly. On our first morning in the town, over a world class breakfast, our host Anne told us that we would fit in well here: she wasn't wrong! We've set about restoring the historic King's Arms to a form of glory, with great success via Trish and lodger Keith in the garden and outside areas, and a dogged approach to repairs ranging from a new roof to leaking pipes and

continued on page 36

more. Yes, as we were warned, it's a money pit – but it's our money pit and we love it.

Our quiet retirement is anything but. We've only been here 21 months but already Trish volunteers twice a week in the museum and has been working very hard to get the theatre back into use for the community. I've gone back into DJ-ing (DJ Random, book now!) and help out once a week at the Gwynfe Cat Welfare shop. Together we open and man the Drivers' Club Shop before and after every home game. What a rugby club to find! And, of course, Rotary found me. I enjoyed the social company of many members and they persuaded me to join in with supporting this wonderful organisation. It's great to raise funds and see them helping out the many worthy groups in and around Llandoverly and throughout the world. In my first year I was encouraged to take on a special seasonal role, and it seems I have a job not for life, but for Christmas! I'm also busy setting up a live music business called Triple L. Llandoverly Live Lounge will promote concerts in and around the area's diverse venues with artists ranging from the local to the international at realistic prices.

Retirement? What retirement?

Thank you Brian. I could have given that a page on its own!



Two of our Motorbike Weekend marshals, Rosie, looking delighted at the prospect and Tim, not so!

As a committed bell ringer (campanologist) Dan brought a beautiful set of handbells to demonstrate the beauty of his hobby. Dan selected three unsuspecting volunteers (for volunteers read 'targets') who were the latest members to join and give us an unrehearsed exhibition of this art. Rhian, Lynnette and Lawrie dutifully but reluctantly stepped forward. With Dan giving the instructions the trio were brilliant not only surprising Dan and the 25 members present but completely surprised themselves in the process too!



Dan with our newly qualified campanologists Rhian, Lynnette and Lawrie. They were very good.

Much later in the evening in the bar at around 11.00pm a few of the well refreshed members remaining thought it would be a good idea to have a go at this themselves! Luckily Dan had long gone home and the bells went with him which was a good job really, even though, like most good ideas late in the bar, it did seem an excellent idea at the time!

See you all next month.

Derek Jones.



GLANSEVIN

02/25(12)
Glansevin Mansion, Llangadog,
Carmarthenshire, Wales, UK SA19 9HY






Glansevin Mansion offers you a unique and comfortable setting in the beautiful Welsh countryside, with privacy & seclusion, that you can truly make your own. Simple or luxurious; bustling or relaxed; for a large gathering or a small group, Glansevin is dedicated to your needs.

Whether you are arranging a weekend getaway, a special occasion, a wedding or ceremony, a corporate event or a retreat, Glansevin cannot wait to welcome you & offer a slice of Wales at its very best.

enquiries@glansevin.com
www.glansevinmansion.com




We specialise in industrial electrical applications and control systems. We work with a wide variety of clients from small independent factories to large global manufacturers, delivering a service tailored to their specific business requirements.

Our range of services includes:

- Automation and Control System Design
- Control Panel Design & Manufacturing
- Installation & Commissioning
- Remote & On-site Technical Support
- PLC Programming & Software Support



01558 615014 info@cw b-ee.co.uk www.cw b-ee.co.uk

06/25(12)

ALZHEIMER'S SOCIETY BENEFITS FROM SINGERS' SUCCESS



L to R: Lesley Prosser, Chair, Llandeilo Dementia Friendly Community; Gordon Kilby, President and Artistic Director, Cantorion Llandeilo; Sheila Dallas, Chair, Cantorion Llandeilo; Jes Bowring, Regional Fundraiser, Alzheimer's Society

The sum of £1,880 has been given to Alzheimer's Society by Cantorion Llandeilo Singers – the donation to charity from the Singers' hugely successful Mozart concert on 27th April.

Thanks go to all of the choir and their conductor, Colin New, for a splendid evening of Mozart Requiem and works written from ages 5 to 35. Thanks also go to you the audience for filling St Teilo's Church to capacity and with such enthusiasm, thus making this donation possible.

Cantorion Llandeilo Singers are now preparing for their next concert on Saturday 23rd November 2024 when Tenovus will be the designated charity. Robot Arwyn Atgof o'r Sêr, Handel Chandos Anthem no. 6, and Durufle Notre Père will be among the works performed.

Would you like to join this vibrant choir?

New sopranos, altos, tenors, and basses are always welcome – particularly tenors. We rehearse on a Monday night and will start again after the summer break on 2nd September. There are no auditions. You just need to want to sing and to learn. Contact Sheila Dallas on 07851 786569 for more information.

SHEEP FESTIVAL MODEL RAILWAY SHOW



Llandovery and District Model Railway Club will once again be demonstrating some of our layouts and techniques over the Sheep Festival weekend of 14th and 15th of September at the **Castle Garage Showrooms**.

The club normally meets on Thursday afternoons at 2pm at Llandovery railway station although we have zoom meetings on the first Thursday of each month. We have a number of projects from N gauge to OO including a vintage 3 rail Hornby Dublo layout. We also arrange visits to other clubs and events and will be showing one member's layout at the Aberaeron show on 11th August and at the Aberystwyth show in October this year.

We invite anyone interested in railways to come along to our station meetings, call the coordinator on 01550 720901, check out the website at www.llandoverymrc.org.uk, or come and chat with us at the show.



WHAT'S ON AT THE CAPEL DEWI COMMUNITY ASSOCIATION

The Old School, Capel Dewi, SA32 8AD

Yoga: Friday 10.00 – 11.30am every week

Local Producers Market: 10th August
9.30am – 1.00pm

Pizza Van: every alternate Tuesday 6.00 – 8.00pm
(6th, 20th August and 3rd September)

For more details email:
capeldevicommunity@gmail.com

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Find us on
Facebook &
Google Maps



For all Your Decorating Needs

- Paint Mixing and Scanning (any colour mixed with mold additive)
- Tools, Ironmongery and Key Cutting • Kitchenware
- Camping and Car Accessories • Carpet, Vinyl and Rugs

We have had a refurbishment with lots of new stock including clearance lines. Pop in for a bargain!

Now stocking HG Cleaning Products

Also at LDC, 4 Bulwark, Brecon. Tel: 01874 622707



Proud stockists of:

Eternit
CEDRAL

ROOFING SHEETS

- Stockists of Eternit corrugated fibre cement products.
- Steel, purlin and flat sheet stockholders.
- Suppliers of box profile, corrugated, curved, ventair, tile-effect, anti-condensation roofing sheets and composite panels.
- Steel flashings, fixings and accessories.
- PVC rainwater goods.
- Stockists of Cedral cladding products.

Tel 01550 777497

Fax 01550 777808

Email adclad@gmail.com

Adeilad Cladding, The Stores, Station Road, Llanwrda, Carmarthenshire SA19 8EH

DAVID THORPE



Our dear friend, local writer, teacher, and activist David Thorpe died in Barcelona on April 25th, aged 69. A memorial was held at Llandoverly's Rhys Pritchard Memorial Hall on June 29th. Almost a hundred people gave tribute to an extraordinary life lived to the full, despite many challenges, which had so inspired and touched their own.

As an only child with cerebral palsy and acute asthma, David was often isolated and subject to bullying. His steely determination and resourcefulness let him defy expectations not only to walk, but to run, cycle, swim, draw, and write. He addressed his younger self in a short prose poem entitled 'Thank You Little Me,' read by his son at the memorial, ending: 'Thank you young David for all that, the strong heart and brain, the optimism and enthusiasm. Despite your lackings, handicappings and heartbreakings, you made it through.'

He found comfort, friends, and role models in superhero comics. In 2021 he wrote, "I may not even have become a writer if I hadn't discovered Marvel comics as a child, because at least four of Stan Lee's characters were disabled ... Reading this normalised my experience, making me realise that I didn't have to be a perfect physical specimen to stand a chance of having super-powers and saving the day."

Always a political and environmental campaigner, at eleven he won a writing competition with an essay mourning the loss of pastures near his home to urban sprawl, sparking a lifelong passion for using words to change minds. In the eighties his London home was a hub of activity for artists and activists, and his phone was tapped by the police as he organised support for the miners' strike, anti-war and apartheid protests. His lived by his principles, composting food and recycling, lecturing his friends for being wasteful when most of us had no idea what he was talking about.

In 1980 he achieved his ambition of working for Marvel, writing groundbreaking work on 'Captain Britain'. A child of the sixties, his anarchic humour combined with concerns about nuclear war and global capitalism in provocative characters such as Mad Jim Jaspers and Doc Chaos. With insight, he let his stories reflect the troubles of the times, determined that they be a force for good in the world. He set them in an alternate universe which he called Earth 616, familiar to fans

today as the main setting for Marvel's films and comics.

He raised his children in mid-Wales, where he founded and managed the publications department at the Centre for Alternative Technology. As an environmental journalist and author, he wrote several acclaimed guides including 'The One Planet Life' and 'One Planet Cities', laying out clear and accessible ways for individuals and communities to begin living within the planet's limits.

Laterly he co-founded the One Planet Centre and the One Planet Council, and developed a holistic path to sustainability for organisations, called the One Planet Standard. David suffered a stroke in August 2021, and yet a few weeks later travelled in a wheelchair by train to Glasgow to launch the Standard at COP26. Shortly thereafter, Swansea Council became the first organisation to be accredited with One Planet status.

With irrepressible determination, David continued dictating books up until the end of his life. His award-winning fiction includes 'Stormteller', a novel inspired by the Mabinogion set in a Welsh town ravaged by the rising sea, and 'Hybrids', a warning to his teenage children's generation, foretelling two decades ago the insidious melding of mobile phones into bodies and minds. His final book, published last November, is a memoir called 'The Secret Origin of Earth 616'.

David loved living in Wales and in his final, beautiful home of Llandoverly, where he ran writing workshops and helped set up the repair café and local climate action group. After his stroke he benefitted from the support of the community, including attending Monday chair dance class with Abigail, Angharad and Diane, and the chair yoga class with Ginny at the rugby club.

He was grateful for the company of international workaways who supported him to continue working, and



for the very special relationships built with his personal assistants Emma, Kamila, Ruth, and Mark, and the amazing team of carers who came to his house each day including Menna, Tony, and Liz, some of whom spoke with compassion and humour at his memorial.

Jane Davidson, director of the One Planet Centre and former Welsh Minister for Environment and Sustainability, echoed another tribute describing how David could both 'irk and enthrall'. He could be impatient, frustrated and sometimes blunt when people didn't get what he was trying to do—but he was that rare thing, a true polymath, both visionary and practical: he knew what he wanted and got things done, however difficult the circumstance. His friend Martin Kennedy said, "he was one of the good guys—more Spiderman than Hulk, but with a large helping of Doctor Strange sprinkled on top."

David is survived by his partner Françoise Petre, who so enriched his life and made possible so many magical times for them, including his last miraculous trip to Barcelona; and by his beloved sons. At the memorial Dion and Nemos expressed how they weren't ready to let their father go. None of us are. His drive, determination, and commitment to his principles made him a lasting inspiration to everyone who knew him. He truly made a positive mark on the world, something of which young David would have been proud. Long may his spirit and work live on!

By his long-time friends Alan and Jim.

LLANWRDA SCHOOL
(SA19 8HD)



Giant Book Sale

ALL BOOKS MUST GO!!
(CARRIER BAGS AVAILABLE!!)

ALL BOOK SALES BY DONATION
(Donate what you feel you would like to pay)

Sunday 11th August
10.00 – 1.00pm

For more information ring:
Lyn on 07790207866
All proceeds to charity



Y CASTELL



Monday – Saturday: 12pm – close
Bar Menu: 12pm – 5pm
Dinner: 6pm – 9pm

Sunday: 12pm – close
Sunday Lunch: 12pm – 3pm

Telephone: 01550 777377

Facebook: Y Castell Llangadog
Instagram: y_castell_llangadog

Address: Queens Square,
Llangadog SA19 9BW

*We are open 7 days
a week for lunch,
dinner and drinks*



08/24(1)

LLANDEILO ANTIQUES AND VINTAGE FAIR SPRINGS BACK INTO ACTION

This successful fair has grown in popularity over the last year and can be located in the heart of Llandeilo, close to the main car park. Here you will find a bustling, vibrant Fair with lots of antiques and vintage to whet your appetite and now includes a vintage element with a touch of retro. The next fair will be on Saturday 3rd August.

Being a Welsh Fair it is understandable that there should be a good selection of Welsh items on offer. Whether it's an original Welsh watercolour or oil painting or a piece of Welsh pottery or examples of Welsh textiles. There will also be a selection of Welsh blankets and textiles on display, the result of Wales having a rich heritage, in the woollen industry.

There are some interesting displays to be discovered at the fair whether it's a rare postcard, a collection of old photographs or an unusual love token. One of the dealers Allys Gronow has a superb collection of these special coins.



Love tokens are coins that were engraved after the minting process was complete. Generally, an artisan removed the words and images from the reverse, or sometimes from both sides. Artisans ranging in skills from a high-quality craftsman to a "do-it-yourselfer" then engraved or punched pictures, initials, and messages on the cleared area.

Other times, the coin was left intact and the artisan engraved initials, dates, or pictures on the edges around the images of royalty. The coins became lucky charms, objects of art, and pieces of jewellery. The messages on the coins could be used as spiritual reminders, family documentation, or sentimental sweet nothings.

In Britain, the practice of giving 'love tokens' has

been around from at least Roman times, mudlarking expeditions on the Thames river banks have often uncovered bent or bowed coins ranging from as far back as the 16th century. The breaking of gold and coins were often included as part of the marriage ceremonial contract, but ardent suitors would often bend the coins and present them to the lady they wished to court as a symbol of the strength of their love, affection and intent.

Even though clipping, defacement and other wilful damage of coins was a treasonable offense, some took a risk by presenting a bowed or bent coin to their lady love. If the love token was accepted, that meant the suitor was successful; if they were discarded, it was a rejection. It has been surmised that many of the 'crooked coins' found on the banks of the River Thames — most of the surviving ones are from the 17th and 18th centuries — carry legacies of unrequited love. Often in these coins, the head of the monarch would be rubbed clean and initials of the giver or/and the intended would be engraved. Some of those accepted would even be worn as a pendant or incorporated into jewellery to be worn close to one's person. The bent coin, "a token of your pledge," became a physical reminder of your obligation.



Here is part of Allys' collection

Because love tokens were hand-engraved, they are unique. The birth of a baby, the initial of your intended, a soldier leaving a memory of himself with his loved ones, or a prisoner getting sent off to do his time; all have been remembered on the surface of a coin.

Around the 19th century, such love tokens/coins took on an additional meaning as they "were created by convicted Britons before they were transported to Australia. Smoothed coins engraved with affectionate messages were gifted to loved ones by convicts awaiting

execution and transportation. These mementos of affection were often known as 'leaden hearts'.



Love tokens tell stories that begin with the words, images, and initials engraved on the coins .

Other methods of making coins into tokens included cutting coins and "pinpunching" (a stippled technique that employed a hammer and point). Free-hand engraving may date as early as the 1500s in Great Britain

But these little objects are also passports to another time. In the hands of historians, they illuminate different facets of Georgian society – from courtship, entertainment and fashion to empire and belief

Interestingly enough, a significant number of the copper and nickel coins that were engraved were also gold plated. A poor person might have used this denomination and then by gold plating them, made them look like their gold counterpoint coins. Whatever the host coin, the feelings and emotions were the same. Some could just afford to show their love more than others. These little gems of history are a great area to start collecting in. Most collectors are looking for sharp engravings and unusual pictures. Allys has a great collection on display and is very knowledgeable.

Crown Store Llandeilo

**56 New Road, Llandeilo,
Carmarthenshire, SA19 6DF**

**Your Local Convenience
Store Offering:**

- GROCERIES • LOTTERY •
- OFF LICENCE •
- PAPERS •
- PHOTOCOPIES •

**NEWSPAPER
HOME DELIVERY SERVICE
7 DAYS A WEEK**

**OPEN 7.00AM – 10.30PM
7 Days a Week**

Tel: 01558 823592

0725(12)

The Llandeilo fair is full of exciting collections from Llanelli cockeral plates to the rare Wemys ware and including collections of French brocante, quality jewellery, vintage accessories and small pieces of furniture.

Attractive displays of gardenalia has proved extremely popular at the fair, including watering cans , wheel barrows, garden tools and large garden pots and urns.

The Llandeilo fair has a rich cross section of antiques and vintage on display, from jewellery, watches, books, ephemera, militaria and vintage clothes and accessories. There will also be collections of glass and up cycled and pre loved furniture, plus interior design pieces. I'm sure visitors will not be disappointed with the selection on offer at this popular fair.

Homemade refreshments will be available and doors open at 10.00am until 4.00pm. Admission is just £2.

LLANDOVERY IN BLOOM COMPETITION RESULTS

BEST SMALL GARDEN

First: Ann Oxholm, 2 Castle St.
Second: Babs Woollen, 20 Danycrug.
Third: Bethan Price, 70 Broad St.

BEST MEDIUM GARDEN

(over 100 sq yds)

Joint First: Shirley & Keith Lord, 5 Danycrug.
Joint First: Heulwen Price, Wern Villa.
Joint Second: Bethan Price, 70 Broad St.
Joint Second: Carol Lord & Noel Williams,
21 Lon Rhys Pritchard

BEST DWELLING FRONTAGE

First: Carol Lord, 21 Lon Rhys Pritchard.
Second: Alina Sivkova, 15 Castle St.
Third: Drovers B&B

BEST CHILDRENS DISPLAY

No entries

BEST VEGETABLE DISPLAY

First: John Price, 70 Broad St
Second: Heulwen Price, Wern Villa
Third: Drovers B&B

BEST SENIOR Citizen's Display

First: Hilda Archer, 9 Dingat Close
Second: Mona Hardwick, 8 Dingat Close

BEST HANGING BASKET

First: Ruth & Shaun Lane, Replay Vintage
Second: Kings Head Inn
Third: Bethan Price, 70 Broad St.

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

Presentation of the prizes will take place on Saturday 3rd August at 12.00pm in Market Square. (Please note the change of venue).

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

4 Aug 9.30am Holy Communion
18 Aug 9.30am Holy Communion
1 Sep 9.30am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

4 Aug 11.00am Morning Prayer & Banns of Marriage
18 Aug 11.00am Holy Communion & Banns of Marriage
1 Sep 11.00am Morning Prayer

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

ST. PAUL'S CHURCH, MANORDEILO

11 Aug 9.30am Morning Prayer
25 Aug 9.30am Holy Communion
8 Sep 9.30am Morning Prayer

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

ST. MICHAEL'S CHURCH, CILYCWYM

Services suspended due to building work – Church open immediately after completion

11 Aug 11.00am Holy Communion
25 Aug 11.00am Morning Prayer
8 Sep 11.00am Holy Communion

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 Aug 11.00am Holy Communion
11 Aug 11.00am Family Worship
18 Aug 11.00am Morning Prayer
25 Aug 11.00am TBC
1 Sep 11.00am Holy Communion

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

ST SIMON AND ST JUDE, LLANDEUSANT

4 Aug 2-5pm Open Church & Garden with teas
11 Aug 6.00pm Evening Prayer
25 Aug 11.15am Holy Eucharist

LLANDINGAT, LLANDOVERY

4 Aug 9.30am Family Service
"Bread of Heaven"
11 Aug 9.30am Communion "Be Angry and Do Not Sin"
18 Aug 9.30am Morning Prayer
"Bread and Wine"
25 Aug 9.30am Communion
"Armour of God"

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

4ydd o Awst 11yb Cymun gyda Parch Ddr Marc Rowlands
18fed o Awst 11yb Boreol Weddi a Bedydd

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

ST MICHAELS, MYDDFAI

4 Aug 11.30am Morning Prayer
10 Aug Narnia Experience, 2.30 – 6.00pm
11 Aug 11.30am Communion
18 Aug 6.00pm Evening Prayer
25 Aug 11.30am Communion

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

ST. MARY'S CHURCH, CYNGHORDY

10 Aug 2.30pm Family Service
25 Aug 2.30pm Communion

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

ST CYNWYL'S CHURCH, CAIO

4 Aug 9.30am Holy Communion
1 Sep 9.30am Holy Communion

Rev Rik Mayes 01558 685118.

ST CADOG'S CHURCH, 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

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

ST. BARNABAS, RHANDIRMWYN

11 Aug 9.30am Holy Eucharist
18 Aug No Service
25 Aug 9.30am Holy Eucharist-TBC

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

ST. PAULINUS CHURCH, YSTRADFFIN

18 Aug 2.30pm Bilingual Holy Communion

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

ALL SAINTS CHURCH, GWYNFE

4 Aug 11.15am Holy Communion
11 Aug 11.15am Morning Prayer
18 Aug 11.15am Holy Communion
25 Aug No Service

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

TOWY & COTHI HUNT 250 CLUB

held at the Royal Oak,
Rhandirmwyn, 11th June 2024

£15	Bernie Peers	38
£15	Carol Hughes	124
£10	Henri Davies	13
£10	Bryan Davies	165
£5	Ian Morgan	114

House prize: Bernie Peers 8

TOWY & COTHI HUNT 250 CLUB

held at the Red Lion,
9th July 2024

£15	Julia Price	211
£15	Wyn Jones	192
£10	Sofia Davis	139
£10	Jack Williams	209
£5	Hilary Kaye	190

House prize: John Draw 67

ST JOHN'S MAESTEILO

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

Email: h_loyd_davies@hotmail.com

HOLY TRINITY TALIARIS

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

Email: h_loyd_davies@hotmail.com

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) now 4.00pm

For other details see notice board
Fr Donatus Chukwuendo
Tel. 01269 267382
Email: ammanford@menevia.org

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST EGWAD, LLANFYNYDD

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

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

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)

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

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

ST TEILO'S CHURCH, BRECHFA, SA32 7RA

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Info – contact Rev Roger Nock
01267 202347.

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

4 Aug 2.30pm Holy Communion
14 Aug 5.30pm Pilgrim Service –
Prayer and Meditation
18 Aug 2.30pm Holy Communion

Info – contact Churchwarden Andrew Tait
07846 310848 or Caroline Evans on 01267
202305.

“Lle Llonydd - A Quiet Space of Reflection and Contemplation”. -These normally take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm. The next one will be on Saturday 28 September 2024 as the August session clashes with the Ceredigion Rali. Refreshments available. Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278. Location SA32 7RP - What3Words - gain.agent.acids.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

HOLY TRINITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall –
brwoodall1940@gmail.com

RIVERS COMMUNITY CHURCH

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

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

CYNGOR CYMUNED LLANSADWRN COMMUNITY COUNCIL

Expressions of interest are being sought from members of the public who are interested in representing their community on the aforementioned Community Council. You must be over 18 years of age and meet at least one of the following criteria:

- Registered as a local government elector for the area named above, or
- During the whole of the last 12 months occupied as owner or tenant land or other premises in the community named above, or
- your principal or place of work during the last 12 months had been in the community named above, or
- you have during the whole of the last 12 months resided in the Community or within 4.8 kilometres

Please contact a member of the Community Council, or email the Clerk: joywaters@hotmail.co.uk

MYDDFAI NEWS

Myddfai Shop and Café opening hours are Wednesday – Sunday 11.00am – 4.00pm, plus we will be open on Bank Holiday Monday 26th.



Myddfai Hall Events: Thurs 8th Aug – Willow Weaving class; Friday 9th August is Myddfai Ras, starts at 7.00pm; Saturday 10th is a Fun day. Myddfai Farmers Market is on Sunday 25th August 12.00 noon to 3.00pm. Our monthly pop-up pub is on Friday 30th from 7.00pm.

What is nicer than to have a trip out to Myddfai to relax in a peaceful country setting enjoying a freshly cooked lunch and a great coffee. Or treat yourself to a full afternoon tea or a slice of delicious home-made cake. Why not combine your visit with a walk in the beautiful surrounding countryside.

Larger groups are very welcome but as every meal is made to order pre-booking would be very helpful to us. We can also arrange talks for groups on the Physicians of Myddfai.

Come and have a browse round the gift shop, there is a wide range of top-quality local gifts and crafts, you will be spoilt for choice. We have everything from Welsh Tweed cushions, purses and caps, fused glass clocks and suncatchers, aprons, bags, wooden chopping boards, bowls and keyrings, a wide range of colourful jewellery, pottery, Myddfai toiletry range, decorated vases and plant pots, scented candles, knitted children's cardigans, beautiful hand-made hats, local honey, apple juice, beers and the popular Myddfai jams, marmalades and chutneys and much more. There is also a wide range of local artwork, books and cards. Every purchase made supports a local small business and the Myddfai TyTalcen charity.

Myddfai Hall is a great venue for any type of event from Weddings, conferences to children's parties and exercise and craft classes.

It is fully equipped with professional staging, lighting and audio equipment. If you are looking for a venue for a special event, come up and have a look around.

Regular classes: Yoga Tuesday mornings with Ginny 10.00 – 11.30pm; Wednesday it's our Craft class 1.30 – 3.30pm; Pilates is Thursday mornings 9.30 – 10.30am.

For further information on classes & events or to book the hall please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449.

Check our website www.myddfai.org for What's On and please like Myddfai Community Hall on Facebook.

READERS' SALES & WANTS

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

FOR SALE

- **Suitcase full of loose (mostly sorted) STAMPS.** 3 bound volumes of first day covers. Large number of foreign STAMPS. Albums and number of books on same subject. Offers. Tel. 01550 740233/328.
- **Two section aluminum industrial extension ladder,** 2 x 3.5m (11.5"), £90. Tel: 01550 779214.
- **Four Clarkes automotive wheel dollies,** £90. Tel: 01550 779214.
- **Clarkes 130EN single phase dual purpose MIG welder,** Light use to include head shield, £135. Tel: 01550 779214.
- **Dell Inspiron lap top,** partially working. For repair or spares, £50. Open to offers. Tel: 01550 777149/07572 168275.
- **Garage / House clearance.** All items open to offers. Stihl chainsaw. Karcher pressure washer. Wolf sky blaster pressure washer with extended lance. Electric wood mulcher. Paint spray gun. Professional water sprinkler. Ferrex vacuum cleaner. Router. Picnic stool. Welsh and English records. Variety of Garden tools. Tool boxes. A nice brass coal scuttle. Leather brief case. light fittings. Old galvanized watering cans. Plus a lot more, too many to list. Tel: 07761 107055.
- **Two antique steel wheels,** 29.5" dia., £50 each. Tel: 07967 539887.
- **Single axle trailer,** 8' x 4', £350. Tel: 07922 174986 (Llandeilo area).
- **Petrol lawnmower,** Racing 173cc self propelled, 16" steel cutting area, only 3 years old, genuine reason for sale, £80. Tel: 01269 831676.
- **Microwave glass plate,** 10", £10. Tel: 07926 704220.
- **Super king size bed** with Tempur-Fit mattress cover, 11" deep mattress, excellent condition and 3 fitted sheets, £350. Mob: 07527 277060.
- **Good as new Volvo V40 125x85x16 inch space saver wheel,** jack and wheel brace, 5 stud with a 63.4 hub bore dia., will fit many modern cars. Grab a bargain at only £80 one, can be used on 16, 17 & 18 inch wheels. Tel: 01550 721241 or 07791 388032.

WANTED

- **CDs and Books wanted.** Whenever you are busy making space/clearing your house, we would be more than pleased to receive your unwanted pre-loved books/cds for our Secondhand Bookroom within Newton House. Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. Now is the time to visit the Children's bookroom in our newly opened Oak Yard. Fun and games for all! The house is now open every day during the spring/summer months and there will always be someone to help you offload if required. Enjoy a cuppa from our new outdoor tearoom. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer. 01558 825910. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Alloy spare wheel for Landcruiser.** Tel: 07922 174986 (Llandeilo area).

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk
Tel: 01550 720098. 12/24(12)

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru
Tel: 07908 810392/01550 777311. 07/25(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 www.dmarchitect.co.uk 09/24(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, Glasfryn, Llanddeusant, Llangadog, Carmarthen SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com
www.brownpartnership.com 05/25(12)

BEAUTY SALON

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

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC fascias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 05/25(12)

TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 08/25(12)

CARPET FITTER & SUPPLIER

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

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 08/24(6)

CATTERY & KENNELS

BLACK MOUNTAIN CATTERY & KENNELS, Derwydd Rd, Ammanford SA18 3LJ – A home from home for your furry family. To book please call either Sharon 07914 075851 or Rachel 07714 693038. 06/25(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. We will not let you down. Call 07855 064152 to discuss your requirements. 03/25(12)

J & J CLEANING & GARDENING SERVICES. All jobs considered, competitive rates, holiday lets/office and private. Also end of tenancy cleaning undertaken. Lawn cutting and all outdoor work considered. Also pressure washing and carpet cleaning. References available. Covering Carmarthen and Brecon areas. Contact 07872 509031 / 07770 777992. 03/25(12)

COMPLEMENTARY THERAPIES

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 24 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 07/24(12)



COPYING AND PRINTING SERVICES

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

COUNSELLING

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

04/25(12)

ELECTRICIANS

V.W. REES (Llandeilo) All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. NO job too small. All work guaranteed. Tel: 07790 568072.

09/24(6)

FUNDRAISING

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

10/24(12)

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 mob: 07790 210397

08/25(12)

ALL SMALL ENGINES. Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carmar SA19 7BG. Tel: 01550 777350.

11/24(12)

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

03/25(12)

GARDENER, CARPENTER AND HANDYMAN. Lawn mowing and garden maintenance. Home maintenance and alterations. I offer a friendly and professional service and have good local references. I am based near Llandeilo with 25 years experience in horticulture and arboriculture. Call Nick on 07970 987434 or Email at: gydacoed@gmail.com

12/24(6)

HAIRDRESSERS

MOBILE HAIRDRESSER. Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702.

06/25(12)

HANDYMAN

CARMARTHENSHIRE ODD JOBBERS: We carry out house visits every Friday, Saturday and Sunday. Get yourself booked in and we will get the job done. Gardening, tree surgery, house clearance, plastering, painting and decorating, carpentry, minor electrical and plumbing work, window cleaning, house removals, kitchen installations, jet washing, paving slabs and much much more. We are open 7 days a week so call us anytime, we are here to help. Please contact us on 07393 396599 or email: carmsoddjobbers@gmail.com

06/25(12)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, based in Llandovey. Tel: 07805 694016 Email: gabriel@hummerstone.wales www.hummerstone.wales

07/25(12)

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

07/24(12)

**THE POST
ADVERTISING
you CAN afford**

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
www.harryguilecarpentry.co.uk 08/25(12)

KEYCUTTING SERVICES

G.T. LOCKSMITHS LLANDEILO, Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Cars Pre 1995 (non chipped) & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377710. 06/25(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 12/24(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
www.paintabilitydecorating.co.uk 06/25(12)

INTERIOR DECORATING SERVICE. First class professional finish. Past work can be seen in Llandovery. For a free quotation, please ring Sue on 07954 198824 and leave a message or email: susanlizbrown68@gmail.com. A quality job – nothing less! 12/24(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 02/25(6)

PAWS FOR THOUGHT PET CARE SERVICES. All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates, all areas considered. Contact 07872 509031. 12/24(6)

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. 08/24(12)

PROPERTY MAINTENANCE

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit www.allaspectspropertieservices.co.uk 10/24(12)

GUTTER CLEANING SERVICE AND ROOF MOSS REMOVAL SERVICE. Professional Service cleaning gutters and roof moss. Call: 07393 396599. 06/25(12)

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: lovalroofer.wales@gmail.com 12/24(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. 03/25(12)

BOOST
Your
Business

With prices as low as £99.95*
for the year, its a great way
to boost your sales.

See inside back cover for all our rates
or ring 01550 721225 for details.

* Local Directory line advert (10 lines max)
for 12 months excluding VAT. (VAT charged at 20%)

SPORTS FACILITIES

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

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

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

WINDOWS & EXTERIOR CLEANING

DAZZLERS - EXTERNAL CLEANING SPECIALISTS: Windows, Conservatories, Gutters, Patios, Pathways – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: [dazzlers](https://facebook.com/dazzlers) the window cleaners *05/25(12)*

THE POST

advertising

you
CAN afford

The Post

Llandovery & Surrounding Distribution Area

Abergorlech, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadrwn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Penygroes, Pumsaint, Rhandirmwyn, Sennybridge, Trecastle.

- = Magazine Drop Points
- = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
Black & White	£140.60+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£102.30+VAT	£76.75+VAT per issue	£68.54+VAT per issue	£51.15+VAT per issue
Black & White	£97.20+VAT	£72.90+VAT per issue	£65.15+VAT per issue	£48.60+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+VAT per issue

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 = £63.55+VAT 12 months = £99.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm
Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

LLANDEILO LIBRARY

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

Mon Closed
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Wed 1.30pm – 5.30pm
Thurs Closed
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Sat 9.00am – 1.00pm
Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

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: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Train Times (Timetable 02/06/24 – 14/12/24)

		Mon. to Fri.					Sat.					Sun.					
Swansea	D	05.47	09.09	11.38	14.18	18.20	21.15	05.47	09.08	11.45	14.26	18.18	21.15	11.10	15.37		
Gowerton	D	05.59	09.21	11.50	14.30	18.33	21.27	06.00	09.19	11.58	14.38	18.31	21.27	11.22	15.49		
Llandeilo	D	05.13	06.09	09.31	12.03	14.44	18.44	21.36	06.10	09.31	12.08	14.49	18.42	21.36	11.33	16.00	
Ffairfach	D	05.49x	06.45x	10.07x	12.46x	15.24x	19.20x	22.12x	06.46x	10.07x	12.46x	15.25x	19.19x	22.12x	12.08x	16.34x	
Llangadog	D	05.54	06.50	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.30	19.24	22.17	12.14	16.40	
Llanwrda	D	06.03	06.59	10.21	13.00	15.39	19.35	22.27	07.01	10.21	13.00	15.39	19.34	22.27	12.23	16.50	
Llandovery	D	06.07	07.03	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.43	19.37	22.30	12.27	16.53	
Cynghorby	D	06.15A	07.12	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.52	19.46	22.37A	12.36	17.02	
Llanwrtyd	D	07.20x	10.42x	13.21x	16.00x	19.56x	—	—	07.22x	10.42x	13.21x	16.00x	19.55x	—	—	12.43x	17.10x
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.19	—	—	07.42	11.03	13.42	16.17	20.15	—	—	13.01	17.27
Llandrindod	D	05.50	08.13	11.36	14.15	17.01	20.52	23.10	08.15	11.36	14.15	17.02	20.48	—	—	13.44	17.59
Shrewsbury	A	07.37	09.46	13.08	15.45	18.32	22.22	00.39	09.45	13.10	15.45	18.36	22.26	—	—	15.14	19.37
Shrewsbury	D	05.22	08.57	11.22	15.17	18.08	21.27	—	05.30	08.56	11.26	15.25	18.08	—	—	12.04	16.20
Llandrindod	D	07.06	10.29	12.56	17.06	19.45	23.00A	—	07.08	10.28	12.59	17.06	19.40	—	—	13.53	18.05
Llanwrtyd	D	07.41	11.03	13.41	17.37	20.17	—	—	07.42	11.03	13.41	17.37	20.15	—	—	14.24	18.36
Cynghorby	D	07.54x	11.16x	13.55x	17.50x	20.30x	—	—	07.55x	11.16x	13.55x	17.50x	20.28x	—	—	14.37x	18.49x
Llandovery	D	06.26	08.06	11.28	14.07	18.02	20.42	22.43	08.07	11.28	14.07	18.02	20.40	22.43	14.49	19.02	
Llanwrda	D	06.32x	08.12x	11.34x	14.13x	18.08x	20.48x	22.49x	08.15x	11.34x	14.13x	18.08x	20.46x	22.48x	14.55x	19.07x	
Llangadog	D	06.36x	08.16x	11.38x	14.17x	18.12x	20.52x	22.53x	08.17x	11.38x	14.17x	18.12x	20.50x	22.52x	14.58x	19.11x	
Llandeilo	D	06.50	08.28	11.50	14.28	18.24	21.04	23.04	08.29	11.50	14.28	18.24	21.02	23.04	15.11	19.23	
Ffairfach	D	06.53	08.30	11.52	14.31	18.26	21.06	23.07	08.31	11.52	14.31	18.26	21.04	23.06	15.13	19.26	
Llandeilo	D	07.48	09.10	12.40	15.12	19.07	21.44	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.51	20.05	
Swansea	A	08.04	09.33	13.04	15.37	19.32	22.07	00.16	09.34	13.01	15.37	19.09	22.12	—	—	16.15	20.26

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

Off-Peak Day tickets may not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri. Please check restrictions before travel.

Traveline:
0800 464 0000

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	10.13	Crug-y-bar	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.15	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.30	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

All services operate Mon-Sat

	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, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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