

The Post

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Your Local Community Magazine

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Clwb Rotari Llandymddyfri ROTARY CLUB OF LLANDOVERY

Deck The Halls with Santa Claus ... and his Elves!

Santa's on his sleigh and he's coming your way. Together with his faithful band of Elves his mission is bring smiles and laughter to as many children and 'big kids' as possible and raise money for all the worthy causes that the Rotary Club of Llandovery support.

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So come along and say hello and we thank you wholeheartedly for any donations you're able to make in these difficult times. We look forward to seeing you at one (or more!) of these locations on our ride around Llandovery.

- Fri 24th November – Switch on Town Lights
- Wed 6th December – Llanwrda 7.00pm
- Fri 8th December – Llansadwrn 6.30pm
- Sat 9th December – Llandovery Co-op
- Mon 11th December – Llangadog 5.00pm
- Tue 12th December – Cyngordy 5.30pm/Heol Pluguffan, Llandovery 6.30pm
- Wed 13th December – Rhandirmwyn 5.30pm/Cilycwm 6.30pm
- Thu 14th December – Llandovery Scout Hut 5.30pm/Museum 6.30pm
- Fri 15th December – Myddfai 5.30pm/Llandovery Whitehall 7.00pm

PostDatum would like to thank all of its readers, contributors and advertisers for their constant support over the year and thank all our drop points for continually accepting copies of The Post for distribution and may I take this opportunity to wish you all a

Very Merry Christmas and a Happy New Year



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ALL ABOUT *The Post*

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

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

The Post Future Copy Dates

March..... 15th February
April 15th March
May..... 15th April

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02/24(12)

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DIM NO PEILONAU PYLONS



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Come along to Llangadog Hall on Friday December 8th at 7pm for a night of folk music and dance. No dance experience required. The band, DiEnw and caller Alan will be there to help you learn the steps. There will be a bar, raffle and Dough Diddle's Pizzas, so all the ingredients for a fun night which is being held as part of the fundraising campaign for nopylons.wales. No-one wants to see the valley spoiled by rows of pylons, so come and support us and dance those pylons in to the ground!

Tickets: £10 for adults, teens £5, U12s free. Cash only please.

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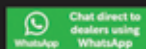
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LLANWRDA CRICKET CLUB

Training for the juniors restarts in the Spring and we will again be running All Stars and Dynamos on a Friday evening at Castle Fields, Llandovery. Please contact Gwynn Davies for information about the juniors on 07956 147464.

We are always on the look out for new senior players – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. If you are interested in any of these teams, please contact Adrian Davies on 07867794771 for more information.

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

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

18/10/23	38	Carwyn Jones
25/10/23	21	No winner
01/11/23	50	No winner
08/11/23	24	Kenneth Evans

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

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NO PYLONS POP-UPS

Come and meet the Team who have been working on the No Pylons Campaign and learn about the real threat to our Valleys and Community. You'll be able to see the detail of the proposed route up close including our visual impact assessment for your own address!

VENUES
Gwynfe Hall:
 Thursday 30th November 2023, 3.00pm to 7.00pm

Telegraph Garden Centre:
 Saturday 2nd December 2023, 11.00am to 2.00pm

Ysgol Bro Dinefwr:
 Tuesday 12th December 2023, 5.00pm to 7.00pm

Llandovery RFC:
 Saturday 23rd December 2023, 12.00pm to 3.00pm

We appreciate that this is a busy time of year for everyone so if you are unable to come along but would like to join our Community to receive regular updates then please email nopylonswales@gmail.com

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03/24(6)

CLWB CEIR | DINEFWR DINEFWR | CAR CLUB

Diolch i bawb sydd eisoes wedi ymuno â Clwb Ceir Dinefwr hyd yn hyn ac sydd yn neud defnydd o geir trydan y clwb. Rydych chi'n helpu lleihau ein allyriadau carbon ac yn normaleiddio'r syniad o rhannu ceir ym Mro Dinefwr!

Newyddion gyffrous pellach...

Bydd unrhywun sy'n ymaelodi cyn diwedd mis Rhagfyr eleni yn derbyn £50 werth o gredit ar eu cyfrifon i'w ddefnyddio i logi'r ceir trydan. Mae yna un car yn Llanymdyfri ac un car yn Llandeilo i'r ardal. Bydd tâl aelodaeth (£3 y mis) hefyd yn cael ei ddiystyru tan ddiwedd y flwyddyn.

Y gobaith yw cael digon o aelodau er mwyn gwneud y Clwb Ceir yn hunangynhaliol yn y tymor hir, fel bod cymunedau Llanymdyfri a Llandeilo a bobman rhyngddynt â mynediad i gar cymunedol trydan wedi ei rhannu'n lleol. Cysylltwch os eich bod am ymaelodi neu â unrhyw cwestiynau am y prosiect: sioned@ywnnisirgar.org

Mae'r prosiect hon wedi ei ariannu gan y Loteri Genedlaethol, ac yn cael ei weinyddu gan Ynni Cymunedol Cymru, TrydaNi a Ynni Sir Gâr.

Thanks to everyone who has joined the Dinefwr Car Club so far and are making use of the community electric cars. You are helping reduce carbon emissions and normalising the concept of car sharing in the Dinefwr valley!

Further exciting news...

Anyone who will become members of the club before the end of December, will automatically be given £50 worth of credit on their accounts for use to rent out the electric cars. There is one car in Llandovery and one in Llandeilo for local use. The membership fee (£3 a month) will also be waived for the rest of the year.

The hope is to have enough members so that the Dinefwr Car Club is self-sustaining in the longer term, and that communities in Llandovery, Llandeilo and everywhere in between, have access to a shared community electric car. Please contact if you'd like to join the club or have further questions: sioned@ywnnisirgar.org

This project has been funded by the National Lottery, and is administered by Community Energy Wales, TrydaNi and Ynni Sir Gâr.

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07/23 (13)

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Pictures can be sent to barry@barryanderic.com

03/24(12)

12/23(1)

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BETHLEHEM SNIPPETS

We all know that "Bethlehem is not just for Christmas"! But it's inevitable that the little village, and especially the hall, does draw a lot of attention at this time of year.

So the Festive Season kicks off in Bethlehem on the very first day of the month, Friday 1st, with the December supper, always a lovely event which gets everyone into the spirit of Christmas, with a chance to enjoy food and a few drinks with friends and neighbours, as well as an opportunity to get to know new people.

The suppers are held once a month, and carry on until the spring. Do contact us if you'd like more information.

The annual tradition of Christmas Card stamping is being upheld once again this year. The hall will be open every day 11am to 3pm from Monday 4th to Saturday 16th, in order for you to have the distinctive blue Bethlehem stamp applied to your Christmas cards for just 10p per envelope. As well as having your cards stamped, why not stay for a tea or coffee, and some cake, and browse our Bethlehem merchandise which make lovely, and unique gifts. We have Bethlehem jute bags, always so popular, very stylish blue mugs decorated with the Bethlehem star and an image of the old school, as well as unique ceramic mugs made especially for us by renowned local artist Kate Glanville, and cute little notebooks.

We also have packs of our own Bethlehem Christmas cards designed by local children, and all very reasonably priced.

The hall will be warm and cosy, whatever the weather decides to throw at us, and the welcome will be just as warm, so do call in to see us, and support our little hall. All the income from the stamping and the sale of refreshments and merchandise goes directly towards the upkeep of the Old School and helps us keep the place going as a hub for local activities.

On Monday 11th, we will be holding our December Festive Community Quiz, starting at 7.30pm. It's a lighthearted evening, so feel free to wear your Christmas jumpers and reindeer antlers, enjoy a complimentary half time buffet, and spend a fun couple of hours with fellow quizzers, neighbours and friends.

Our annual Carol Singing takes place on Friday the 15th at 7pm. If it's dry, it is held outdoors on the little green under the tree, but if the weather isn't so good then it will be inside the hall. Mulled wine and refreshments served to aid the vocal cords!

And our final event of the month is the Community Christmas party, on Friday the 22nd, from 6.30pm. This was a new event last year, replacing the children's party, and it was a big success. It's an event for everyone in the community and all those who support the hall, so do drop by, as a family (gifts for the children), come with a friend or neighbour, or just on your own. There will be music, the bar will be open, and everyone will be made very welcome. Bring a plate of food to share if you can, and enjoy a proper Bethlehem community get-together.

Events scheduled for January so far include the monthly quiz on Monday 8th, and the community supper on Friday 19th.

Contact us for more details of any of the events, or to enquire about hiring the hall.

Get in touch with Nia on 01550 777254/07747 021462 niacement@aol.com and follow us on Facebook <http://www.facebook.com/bethlehemcymru>

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12/23(12)

Padmasambhava Yoga & Meditation Centre

The Calendar Year and the Padmasambhava Yoga Year are now coming to an end. It has been a good year, with a goodly number of well-attended classes.

Padmasambhava looks forward to the Spring term and Next Year and hopes it brings good health, peace and joy to us all.

All at the Centre thank you all for your support and wish you a very happy Christmas and New Year – Nadolig Llawen a Blwyddyn Newydd Dda.

The Spring term starts on Monday 15th January. There is a good selection of classes at the Centre in Llandeilo, as well as weekly classes at the Penybanc Welfare Hall in Ammanford, the Reading Room at Cwrt Henri, and a Chair Yoga class at the Llandeilo Bowling club. The group at Ammanford is suitable for both returning students and those new to yoga. Classes are held in the warm, spacious Penybanc Hall and the teacher Maria as well as the friendly group look forward to welcoming new students.

Chair Yoga classes are gentle movement from a sitting position on a chair, with the focus on keeping the joints mobile and muscles flexible, as well as learning relaxation techniques for daily life. No previous experience of yoga is needed. This Wednesday morning class is held at the Llandeilo Bowling Club.

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

Classes at Padmasambhava are suitable for people of all ages and abilities, from Beginners through to Progressive, as well as Chair Yoga. Students often remark on the sense of well-being brought about by these classes which incorporate movement (asana), breath awareness and breathing practices (pranayama) and end with the deep relaxation of Yoga Nidra. The classes are progressive throughout the weeks and terms and are suited to the students within that class. Now that classes are happening regularly at the Centre and elsewhere again, many people have noted how they are enjoying and value the sense of connection and community that coming together in class brings.

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PROSIECT YNNI CYMUNEDOL NEWYDD I LANYMDDYFRI A'R CYLCH A NEW COMMUNITY ENERGY PROJECT IN LLANDOVERY AND THE AREA

With an ever-increasing focus on climate change and the need to rely less on fossil fuels and harness nature's energy in a sustainable way, as an individual it can seem a daunting task. However, when we stand together and unite our efforts, the task becomes more achievable. This is where 'Bwrlwm', a new project spearheaded by Ynni Sir Gâr, specific to Llandoverly and the surrounding area, will aim to unite the local community in a collective effort to tackle the issues surrounding energy generation, use and efficiency. Collaborating with established group Climate Action Llandoverly| Criw Amgylchedd Llanymddyfri, one of the main project outcomes of Bwrlwm will be to establish an Energy Local Club in the town, a membership club that links local renewable energy generators with local users ensuring a fairer cost for both.

Bwrlwm aims to develop a series of events to help make Llandoverly a vibrant, resilient, and 'green' town. This will include identifying the potential for local energy generation and local use, sharing trustworthy energy efficiency and generation advice and supporting accessible and green transport links to all within the

town and surrounding area. Ynni Sir Gâr's Coordinator Sioned Haf says, 'Llandoverly could become an energy independent town. The Energy Local model that we seek to pilot is at the cutting edge of innovation in how to generate and use energy locally. As a part of the Bwrlwm project, Llandoverly will have the opportunity to imagine a more sustainable future for the local community – a future where people, community and nature can thrive together'.

The Bwrlwm project will also support existing climate, energy and circular economy related projects in the area such as the Dinefwr Car Club and the Repair Café. Furthermore, it aims to support new community generated ideas and encourage the community to take part in co-imagining the town's future. Project Officer Vanessa Bolton-Roe is keen to get started saying, 'It is going to be a great project with plenty of opportunities to get involved either through taking part in community events planned over the year, learning with us about local solutions to climate related challenges, by being an energy provider, an Energy Local member, volunteering or simply contributing and supporting innovative ideas.'

These combined project activities will help create a vision of how Llandoverly can become an exemplar 'green' town in Carmarthenshire – an exciting, vibrant, and inspiring town where people are proud to live, where the Welsh language thrives and where local solutions are developed for the benefit of the local community. For more information about Bwrlwm, or to contribute any ideas, please contact vanessa@ynnisirgar.org.

Ynni Sir Gâr is a social enterprise based in Carmarthenshire, working within our community to tackle climate change by reducing energy costs, promoting energy efficiency, tackling fuel poverty, generating clean renewable energy and keeping the profits local. The Bwrlwm project has been supported through the Levelling Up Fund administered by Carmarthenshire Council.





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12/24(12)



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1223(1)

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ASSISTED DYING – BROADENING THE DEBATE

Assisted dying reform is central to social equality, human dignity, compassion, and freedom of choice. The freedom to choose one's doctor, healthcare provider and medication, as well as the ability to refuse treatment, is long established in the UK. The legalisation of assisted dying is an extension of that. This should be a deeply personal choice, unique to each individual and not something that should be dictated by any government.

Assisted dying is devolved to every Government across the United Kingdom and Crown dependencies – except in Wales. This means the Welsh people are disadvantaged.

We therefore wish to debate how we may progress our aim;

“To support further devolution for Wales, akin to Scotland, allowing elected representatives of Wales to legislate on assisted dying and related criminal justice matters, with all the necessary and appropriate safeguards, in accordance with the wishes of the Welsh people.”

Panel: Jonathan Edwards MP, Adam Price MS (TBC), and Sue Lawford

Date: Saturday 20th January 2024

Time: 11.00am – 1.00pm (buffet lunch to be provided)

Venue: Canolfan Gymdeithasol Llangadog Community Centre, Llangadog SA19 9BR

If you are interested in joining us please email llangadog.mdmd@gmail.com for further details.

03/24(3)

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LLANEGWAD RAINFALL

Rain fell on 23 days this month the wettest day was 29th with 46mm. The 23rd to 29th was the wettest week of the year so far with 130.5mm.

October Total 356.75mm. 14” making it the wettest month recorded in the last 16 years!

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LLANDOVERY ROTARY CLUB



As yet another year comes to a close and all of us lucky enough to be a year older can be thankful that we are still here Where do the years go?

The year has been a truly remarkable one for Llandovery Rotary Club. With the average age of the majority of Clubs in the UK rising year on year, we have bucked the trend completely with the average age here dropping at an amazing rate. Our youngest member is now just 25 years old and our oldest is errrr somewhat older! Incredibly we have had 2 new members join us last month and have another one next week. We have increased our membership by 17% already and that will rise again when another young lady joins our ranks very shortly. For over 38 years not one female applied to join but next week we will be up to 5 and they have brought great energy and enthusiasm to the club. Any more? If so contact any Rotarian.

Our first new member last month was Brian Morgan-Black from High Street. Brian actually lives in what is better known to locals as the old King's Arms pub but "NO," says Brian it will not reopen as a pub "It is now my home". Brian and his wife Tricia moved in a year ago and have settled in well being a keen supporter of the Drovers and many local activities. Brian will be our Rotary Santa this year for reasons that may be obvious! Welcome Brian.

Rosie has been very hard at work designing and making up EasyRead menus which, in her own words "..... are in EasyRead format which break down barriers and support all members of society to access local businesses who then actively participate in our wonderful community." We think they are Brilliant, as obviously do most of the local hostellers who will soon be introducing these very shortly. This really is a tremendous initiative and all taken on by Rosie. See photo.

We had our EGM this month and thankfully there were no surprises. Mickey's Treasury report was easy listening



Rosie's brilliant new EasyRead menus which will be in local hostellers very soon.

and we repeat If you or your organisation are looking for funding, we believe we can help you.

The Officers for next year will be as follows:

President: Kevan Thornber (Lt. Col.)

Senior Vice President: David Jones (Dai Shontz).

Junior Vice President: Gareth Davies

Secretary: Rosie McCartney

Treasurer: Mickey Gough

Mickey thanked Ellie for her generous donations totalling £700.

Eleven Rotarians attended the superb Armistice Day Parade organised by the Royal British Legion Llandovery Branch and the Town Council. This is a wonderfully sincere event that Llandovery does so well and was attended by Civic dignitaries and hundreds of members of various organisations and individuals at the War Memorial. The service was led by the Mayor Gina Jones and many, many wreaths were laid by various organisations. Well done Llandovery.

Mark had previously been on duty selling poppies with members of the Royal British Legion at the Co-op in Llandovery. Also thanks to the public for their generosity and also thanks to the Co-op for allowing them the space and opportunity to sell there.

Yet another flu and Covid vaccination clinic was held at the rugby club recently which our marshals Neil, Dan, Ieuan, Gina, Derek and Rosie attended throughout the day. This, of course, was organised by the superb Llanfair Surgery who incidentally have been voted the Best Surgery in West Wales in a lavish awards ceremony in Haverfordwest. How very fortunate we are to have such a brilliant surgery in our midst with the Head of Practice Dr John Rees ensuring a fully staffed compliment of top class Doctors when many surgeries are struggling to stay open at all. The Nurses and Reception staff all thoroughly deserve this wonderful accolade for their dedication to duty. This is a fitting reward for their outstanding service to their patients and to the community. To top the evening off Llanfair Surgery were awarded the last award of the evening, The OUTSTANDING ACHIEVEMENT AWARD. Well I think that says it all! Absolutely Brilliant.

Incidentally three of the Nurses, Shirley, Rhian and Louise have between them given over one hundred years of service to Llanfair Surgery and the community. And that is an outstanding achievement in itself. Massive congratulations to you all at the Surgery from Llandovery



Brian, our first new member of the month. Welcome Brian.

Rotary Club. You are now officially the Best but we already knew that didn't we!

We welcomed our elder statesman Edward back after minor surgery and he looks as well as ever.

We marshalled at the Town Council organised Fireworks Display. It was a fantastic aerial show which thrilled the crowd and is yet another wonderful Llandoverly annual event.

And yes, we have another new member again! There'll be a waiting list before long! This time the youngest member ever yet but someone who is very welcome indeed. Matthew Davies (Matt) joins us bringing the average age tumbling down even further. Matt was born and brought up in Llandoverly and will further add to our growing youth input into meetings. Welcome Matt.

Our Llandoverly Rotary Club facebook and WhatsApp pages are growing fast with followers and contributors from all over the world. The furthest followers being from Ukraine and Sydney Australia. Social media is now playing a very large part in improving communications between individuals, clubs and the outside world.

Recently it was Rotary International World Polio Day where Rotary fights to finally eradicate Polio from this world. From lighting up local landmarks to planting purple Crocuses, we planted 4,000 in town last month. There will be a beautiful show in the Spring. Rosie gave an explanatory presentation on Purple4Polio at Elidyr Communities Trust to young people in further education with complex learning needs.

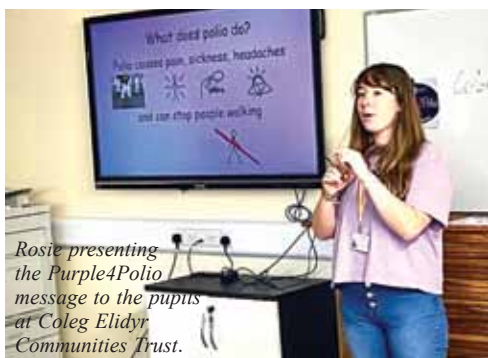
All thoroughly enjoyed the presentation. We done Rosie again.

Our Life Member Colin Newman undertook a very noble and courageous journey which we part sponsored. The recent journey made by Colin to the Ukraine involved him travelling in convoy with three friends from Skipton taking much needed, vital even, supplies to the unfortunate people who have been affected by the terrible war there. Between them they even transported a 4x4 vehicle which they left out there for the people to keep and use in their struggle. They took the ferry over the English Channel and across Europe travelling an amazing thousand miles in seventeen hours! They arrived in Lviv, dropped off their desperately needed supplies there and returned retracing their steps back to Skipton and Llandoverly minus their generously donated vehicle.

Incredibly they go again at the end of the month (November) and are due to arrive back at the time this Post magazine will be published. This time they are taking two donated vehicles which have been purchased through fundraising and donations. They are taking water purification units with them which have also been donated. We were glad to provide a (smaller) donation



Matt, our second new member of the month being inducted into the Rotary fold. Welcome Matt.



Rosie presenting the Purple4Polio message to the pupils at Coleg Elidyr Communities Trust.

for this second trip. A fantastic contribution and well done to you Colin.

Coming up shortly is the Young Musician competition and also the Rotary YouthSpeaks and Welsh Writing competition. These are all in the charge of Dai Dyer.

Les from Llandoverly Antiques (a brilliant place to visit) has kindly donated some children's books and toy boxes for Santa to hand out to the children when the time comes.

We are now preparing ourselves for the busy, busy Christmas period coming up shortly. Much work is being done behind the scenes all for the benefit of others. We have the pop-up Santa Grottos which will visit the outlying villages and the town. We hope to see the young children there and get their Christmas present lists. The record request for a present is when the Rotary Santa asked one enterprising young farmer's son what he wanted for Christmas, he thought for a while before replying "a silage pit!" That was the only time I've seen the Rotary Santa completely and absolutely stumped.

We also prepare the Rotary Christmas Hampers which we will deliver on the 17th December.

We offer our sincere and grateful thanks to all of you that have supported us through the year, whether financially or helping us in other ways. Your help is always very much appreciated.

Although this may seem a trifle early, Llandoverly Rotary Club wishes everyone in this area a very Happy Christmas and a peaceful New Year.

See you all in 2024.

Derek Jones.



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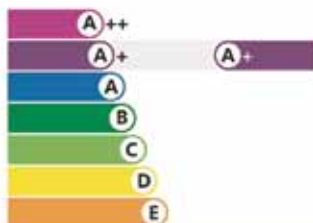


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FLORAL ART

2023 has been a busy but different year for us as we have accepted the need for change in our meeting structure. In recent years we have enjoyed many excellent floral demonstrations but sadly post co-vid many demonstrators have decided to retire. On top of that everything has become so much more expensive and flowers are no exception. Most demonstrators have to travel a good distance to get to us and we all know how much petrol has risen in price. With funds quite low we have reduced the number of demonstrations and have done some different things. Visits to gardens, talks, and some inhouse activities have kept us going and we are planning next year's programme along similar lines. We have had a couple very enjoyable hands on evenings and are hoping to hold more of these types of evening next year. Sadly we have lost a number of our members this past year for a variety of reasons, some we hope may rejoin us next February when are new year officially starts. We have also gained a few new members, whose enthusiasm and skills have been very welcome. December is our usual social evening. We are not having an AGM this year as Pat, Helen and I have agreed to continue in our posts for another year, supported ably by our members. Our last meeting of this "year" finishes traditionally our post Christmas dinner in January.

Looking forward to 2024, please remember us and let us know if you have any hidden talents that you would be willing to share with us we would be delighted to add you to our monthly programme.

Gina

LLANDOVERY u3a MERRY CHRISTMAS 2023

Wednesday 13th December

AGM followed by seasonal music and readings.

HAPPY NEW YEAR 2024

Wednesday 10th January

Member's response to the Christmas Challenge

Wednesday 24th January

The work of NACRO

Wednesday 7th February

The Epynt – past and present Lisa Cuscarini and Ydwena Jones.

Wednesday 21st February

The work of Coleg Elidyr

Wednesday 6th March

Dragonflies – Keith Noble

Wednesday 20th March

Worn by Tools and Time: History and Culture of the metal mining industry in north Ceredigion

– Ioan Lord

We meet in Llandovery Rugby Club at 10.30am for coffee and a chat, the speaker starts at 11am. There is easy access and parking. Visitors are very welcome.

For further information contact Anne Lynd-Evans 01550 750286.

LLANDEILO & DISTRICT GARDENING CLUB NOVEMBER MEETING REMINDER

On November 2nd 2023 The Llandeilo Gardening Club welcomed back Richard Bramley from Farmyard Nurseries. Richard gave some realistic and targeted advice on growing roses in Wales. This is not an easy task by all accounts with our normally wet, windy, and mild climate. He did offer some encouragement with suggestions for beautiful and scented blooms. We look forward to seeing some rose delights later in 2024 at our Open Evening!

The next club meeting is our Christmas event, where Janet Williams will demonstrate some seasonal floral and foliage arrangements to inspire us all to bring some of the outside, inside for the winter decorating season. After the demonstration there will be plenty of time to ask questions, socialise and enjoy some refreshments. Members are asked to bring a sharing plate of snacks and nibbles for our collective enjoyment.

The meeting is at the normal venue; The Vestry, Capel Newydd, Crescent Road, Llandeilo at 7.30pm.



THE DRAGON'S GARDEN CHRISTMAS FAIR

It's that time of year again!

Books at the Dragon's Garden will be gathering with friends at Llansadwrn Reading Room on Sunday December 10th, between 12.00 noon – 4.00pm.

Joining us are Lisa from Quiet Walks with her lovely wool sit mats & walking vouchers, Lucie from Lilliwen Herbs, with all sorts of herby delights, Marnie with her delicious cakes & recycled jewellery, Antonio & Sioned from Llwyn Pur with their wine, new this year we have Roger from Coed Y Mynynis with his beautiful hand turned wood bowls & utensils, and then there's me with a fantastic choice of Fair Trade and sustainable festive gifts as well as books, treats and much more!

We'll have musical entertainment from Tony & Drew, and as usual we'll be offering Fair Trade coffee & tea, no charge but donations welcome to Mediciens Sans Frontieres & Lluest Horse & Pony Trust.

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NEWS FROM THE TOWN HALL

SEASON'S GREETINGS

CYFARCHION Y TYMOR



My apologies for not writing for the November issue, I was busy at the wrong time and remembered too late to write. However thanks to my fellow councillors there were a number of reminders of the different events that were being held. I am sure you all picked up my big mistake when I gave the date for the Christmas lights turn on as December not November. By now we will have celebrated that evening which I am sure has been another enjoyable one.

The Fireworks was an excellent evening with the weather behaving much better than last year. A huge thank you to Cllr Dorothy Burgess and Cllr Louise Wride for organising. Thank you to our first aiders Emma, Kim and Ella and her fellow firefighters. Rotary once again managed the tills and kept a watchful eye on the proceedings. I was nominated as the lost children officer and am very pleased to say was not needed. Our new Councillor Jason and Steve our electrician did an excellent job in transporting equipment to and from the site for the evening. We are very grateful to Clees for allowing us to use the Mart and the Sports Association for allowing us to use their field. We are very grateful to for their excellent display, much enjoyed by us all. Lastly a big thank you to all of you that came and paid. As I'm sure you appreciate, Fireworks are expensive and the money made on the evening goes a long way towards covering some of the costs. Already looking forward to next year's display.

Over the last two years a lot of meetings, emails, discussions have been held on how best to access grants and improve facilities for the town. Some ideas have fallen by the wayside for practical reasons but I am pleased to say that most have been approved and others are well on the way, fingers crossed. Cllr Handel Davies

has been the lead on the majority of those projects and we are very grateful for his hard work not only on the Town Council but also as our County Councillor.

As I touched on earlier we have recently been joined by two new councillors Huw Thomas and Jason Bourn and they are already showing their support and commitment to the town. We are now back to our full 14, voluntary councillors. Spent an afternoon in the Dyfed-Powys Police Open Doors Event recently. Learnt a lot of interesting information. Three main priority areas are 1. Domestic abuse, 2. Drugs [stop and search. They can and do test drivers to see if they are under the influence of drugs.] 3. Rape and sexual offences. Technology advances are playing a huge part in storing info and sharing with other forces. Many specialist departments all working very hard to keep us safe and reduce crime. They now also have 7 drones that they can use to monitor a wide variety of issues from missing persons, road accidents, crime, domestic abuse etc. These supplement the work of the helicopter which is a shared resource. Training is mostly done inhouse and allows very advanced training for all officers including a smaller marine unit to monitor our coastal area, and a rural crime unit. We all miss seeing our local Bobbie working on the beat but it is obvious they are working very hard to keep us as safe as possible. Many of our PCSO's have gone on to be full time officers and with recruitment hopefully the force will keep growing. Don't forget 999 is for emergency calls, please think twice is it an emergency if not ring 101, but again please think carefully is it really a police matter. They are now also answering email enquiries and with some excellent technology are able to communicate in most languages. Hope you all have a good Christmas, New Year and look forward to February's Post.

Gina, Mayor.

A MESSAGE FROM THE MAYOR!

A big thank you to Coleg Elidyr for inviting me to light their Christmas tree lights to open their Advent Fair. What a wonderful selection of handmade gifts to buy ready for Christmas. All tastes catered for, well done everyone you are all very clever and have obviously been working hard. Many of their goods are for sale in the Craft Centre in Llandovery. Then Dan and I were invited back for the choir in the evening and an invitation to enjoy a Christmas dinner with residents and their families. Thank you all.

Not only that but on the previous day Rhys RE won gold in Horticulture and Ethan and Matt won two silver medals in catering at the World Skills UK final in Manchester. Congratulations to the three of you and everyone who helped you get there, you have obviously all been working very hard.

Gina

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12/23(12)

BOOKS AT THE DRAGON'S GARDEN MOVES TO LLANDOVERY

After a long absence Llandovery has a bookshop again.

Books at the Dragon's Garden is an award winning bookshop, we originally set up in Llandeilo, but during the pandemic moved to our market garden in Llansadwrn.

We're at 9, High Street, where Cibola was based, Diane who owned Cibola has kept an area of the shop for her new venture, The Inside Out Gallery, dedicated to local artists.

We keep a wonderful collection of new books including new & classic fiction, an inspiring children's section, nature writing, current affairs, art, food, travel, poetry and much more in both English and Welsh.

We also stock a lovely range of Fair Trade gifts, and a fabulous collection of cards and wrapping paper, we're also stockists for Niwaki Japanese garden tools.

We are able to order books for you and sell and redeem National Book Tokens.

We're already holding events, our next will be Delyth Jenkins on Saturday December 9th at 2.00pm, Delyth will be playing her harp and reading from her book "That Would be Telyn".

We'll have lots more going on after Christmas including various events in the shop and book clubs for children & adults, call into the shop for a chat if you're interested in joining.

If you want to keep up with what's going on you can follow our Facebook page <https://www.facebook.com/BooksAtTheDragonsGarden/> and our website www.dragons-garden.com

Last but not least, I've been a bit overwhelmed and touched by the incredible welcome from the people of Llandovery, diolch yn fawr!

Mandy & Rhian



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CANOLFAN GYMDEITHASOL LLANGADOG COMMUNITY CENTRE

Nadolig Christmas
BINGO
Noson Night

Canolfan Gymdeithasol Llangadog Community Centre

Nos Sadwrn
Rhagfyr 9^{ed}
7.00yh

Saturday
December 9th
7pm

Join us for an evening of fun, prizes and a chance to win the big money jackpot!
£6.00 a book

Bar, soft drinks, mulled wine and mince pies and a Christmas Raffle!

A series of events have been planned at the hall in Llangadog for December and in to next year. To kick things off and take us in to Christmas:

On Saturday December the 9th at 7pm, we have Christmas Bingo. There will be a bar, refreshments, mulled wine and mince pies and a Christmas raffle. So come all ye bingo faithful and enjoy an evening of fun, prizes and a chance to win the jackpot! £6.00 a book.

On December 16th 2.00 – 5.00pm, we have a Children's Christmas Film afternoon. There will be a Santa's Grotto with a visit from Father Christmas, elves and a small gift for each child. Soft drinks and snacks will be available. £1.00 for adults/£4.00 per child.

For more information about these events, visit our Facebook page <https://www.facebook.com/llangadogcommunitycentre>

Events for 2024 will be advertised on our Facebook page and here in The Post. We are aiming to put on different types of entertainment that will appeal to as many as people as possible and offer opportunities for the community to come along and be involved and hopefully, entertained.



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20 20	Renault Captur 1.5DCI 6 Speed Iconic, Sat Nav, Reversing Sensors, Folding Door Mirrors, 17" Alloy Wheels, Pearl White, Black Roof, 19850m.....	£16995
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.....	£14500
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.....	£14995
19 19	Renault Captur 1.5DCI GT-Line 90BHP 6 5 Speed, Sat Nav, Reversing Camera, Full Leather Heated Front Seats, Parking Sensors, In Ocean Blue/Black Roof, 23850m.....	£12500
18 18	Renault Captur 0.9TCE Iconic S, Sat Nav, D Cut Alloys, Red/Black, 49950m.....	£9500
17 17	Renault Captur 0.9TCE Signature, Full Leather Heated Front Seats, Reversing Camera, Parking Sensors, Sat Nav, 17" Diamond Cut Alloys, Flame Red/Black, 64500m.....	£8500
16 65	Renault Clio 0.9 TCE Dynamique S, 17" Diamond Cut Alloys, Sat Nav, 5dr, In White, 62800m.....	£6995

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19 19	Mini Convertible Classic 1.5 Convertible, In Chili Red, Black Roof, 21778m.....	£16500
13 13	Mercedes SLK 250 AMG Sport CDI, Blue/Black Leather, Black, 67000m.....	£11995

OTHER MAKES & MODELS ON OFFER

20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) N-Connecta, 6 Speed, 17" Alloys, Sat Nav, Reversing Camera, White Only, 6565m.....	Now Only £19250
20 20	Jaguar E/Pace 2.0TD S Automatic, Electric Heated Black Leather Seats, Power Tailgate, 18" Alloys, Sat Nav, Reversing Camera, Power Tailgate, 1 Owner, In Black, 12950m.....	£25995
22 71	Dacia Sandero Stepway 1.0 TCE, 6 Speed, New Model, In Desert Orange, only 19250m.....	£12995
20 70	Ford Puma 1.0 E/B Mehv 125 ST/Line, 17" Alloys, Nav System, Met Grey, 14950m.....	£18995
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.....	£11995
19 69	Dacia Sandero Stepway 0.9TCE Tech-Road, Sat Nav, Air Con, 5dr, Silver, 35000m.....	£10995
17 67	Fiat 500 1.2 Pop Str, Air Con, Alloys, 2 Owners, 3dr, In Red.....	£7750
16 16	Fiat Panda 1.2 Lounge, Air Con, Alloys, 2 Owners, £35 Road Tax, In Black, 29000m.....	£6995
10 60	Vauxhall Corsa 1.2 16V SXI, Black, 15" Alloys, 3dr, Metallic Black, 79500m.....	£2850

COMMERCIALS

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.....	£18500 +Vat
21 71	Renault Traffic 30 2.0DCI 145BHP, 6 Speed, Business + LWB, High Roof, In Grey, 30000m.....	£21250 +Vat
19 69	Renault Traffic 28 2.0DCI (120BHP), 6 Speed, Business Side Door, Lined, White, 29250m.....	£17250 +Vat
19 69	Volkswagen Caddy 2.0TDI (102PS) Highline, Alloys, Air Con, Black, 37365m.....	£19250 No Vat
18 67	Volkswagen Caddy C20 2.0TDI 102 BHP Starline, Ply Lined, 1 Owner, White, 50135m.....	£10995 +Vat

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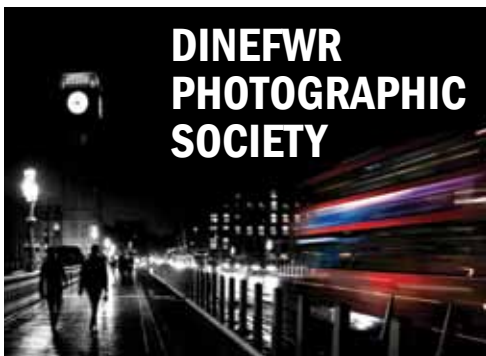
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06/24(12)

DINEFWR PHOTOGRAPHIC SOCIETY



Society members came armed with their long exposure images to the first November meeting. We were treated to some interesting and creative pictures including seascapes, fireworks and city life. Techniques used to take the pictures were discussed and all attending learnt something on night that they could take away and have a go at themselves. The society only has two more meetings before its Christmas social so if you fancy coming along please feel free to drop in to the Raven Room at The White Hart, dates below.

Future meetings are.

23rd November: Internal open photo forum.

7th December: Photo Challenge, Autumn images.

14th December: Christmas social.

4th January 2024: Quiz Night, test your photography knowledge.

18th January 2024: Practical evening, portrait and lighting workshop, external guest.

The society is a group of friendly individuals of all abilities who enjoy their photography in a non-competitive and mutually supportive environment. If you are interested, please do come along, visitors are always welcome to any of our meetings and remember the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.



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11/23(3)

MYDDFAI NEWS

Myddfai Shop and Café winter opening hours are Wednesday, Friday, Saturday & Sunday 11.00am – 4.00pm.

Over the festive season we will be closed from Monday 25th December – Thursday 28th December, open Friday, Saturday & Sunday and closed again from Monday 1st January to Thursday 4th January. We will be closing at 2pm on Christmas Eve & New Years eve.

We would like to thank all of our staff, volunteers, contributors and customers for their continued support and wish you all a wonderful Christmas and a Happy New Year.

What's on: December – Myddfai Christmas Fair is on Saturday 2nd December 10.00am – 4.00pm with festive refreshments on offer in our café and a wide range of local crafts, gifts and art on offer. Willow Weaving class is on Friday 15th December. Our monthly pop-up pub evening is on Friday 29th December – with food. For January we have a Samba dance class on Saturday 20th January, our pop-up pub is on Friday 26th January and Our next Farmers Market will be on Sunday 29th January 12.00 noon to 3.00pm come and join us at our events – everyone is welcome.

Myddfai shop has a huge selection of gifts to choose from. With a great range of Myddfai Welsh Tweed gifts and a wide range of jewellery, aprons, bags, pottery, soaps, Myddfai toiletries, scented candles, fused glass, wooden chopping boards and bowls, knitted toys, and children's cardigans, antiques and collectables, jams, chutneys and honey, and a wide range of greetings cards and local art work and much more. Every purchase supports a small local business and the Myddfai TyTalcen Charity.

Myddfai café will have a feast of freshly made soups, warming treats and cakes this December and January. Why not or pop in for a delicious cake and a Teifi coffee or one of our speciality teas in our cosy, warm café this winter.

Myddfai Hall is a great venue for most events and classes, from Weddings to small meetings, activity classes, kids' parties, conferences, away days and workshops. The hall is fully equipped with staging, and audio equipment. We can provide food for events or you can bring in your own caterers.

Why not join one of our regular classes in our warm hall Tuesday mornings it's Yoga with Ginny 10am-11.30am, Wednesday Craft Class is 1.30-3.30pm, Wednesday evenings it's Yoga with Sonia 5.30-7pm, Pilates is on Thursday mornings 9.30 – 10.30am again with Sonia.

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

Check our Facebook page and our website for What's On.



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07/24(12)

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02/24(12)



03/24(12)



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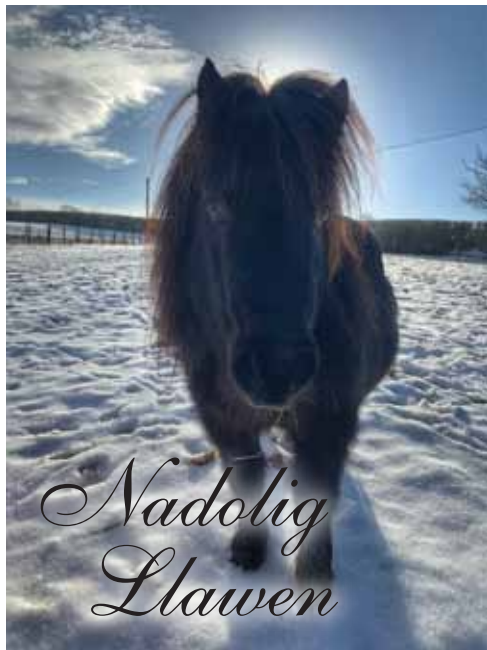


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'TAILS' FROM THE TRUST.....



Helen & Eva



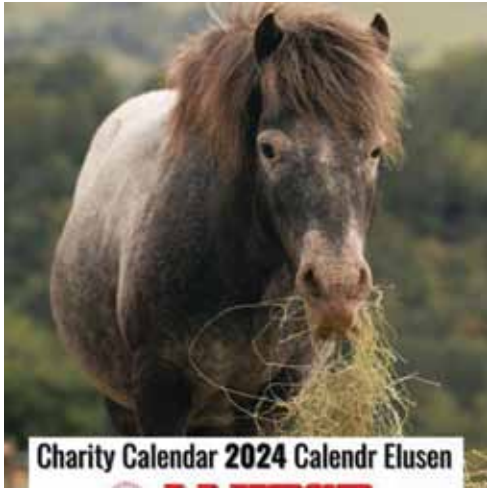
Alys & Zazu

As we head into the Festive season we'd like wish all Post readers a very Happy Christmas and New Year and to let you know about some of the gifts, cards and new year resolution opportunities for you at Lluest.

GOODBYES AND WELCOMES

Firstly, we'd like to share some staff news to highlight our commitment to supporting university students and graduates from across the UK who choose to develop their careers within the specialist field of equine rescue and welfare. Towards the end of September we waved goodbye to Helen who left us to return to complete her Equine Science degree after a year on placement with us. We were all sad to see her go and before she left she had a special photoshoot with her favourite pony Eva. During October we were delighted to welcome Alys to our small team. Alys recently graduated with a BSc. (Hons) Equine Sports Therapy and Rehabilitation and has also completed the Equinology Equine Body Worker Certification Course. Here she is pictured helping to school Zazu, to help him find his forever Guardian loan home.

sale on our website and at the Trust. They are 100% natural ingredients and mollasses free and the perfect Christmas day treat for your beloved equine. Contact us on 01550 740661 if you're not sure where we are or for any questions about any of our Christmas gifts.



Our 2024 calendar



Equine treats for Christmas!


NEW YEAR RESOLUTIONS

If you're thinking about volunteering in 2024 we currently have a number of opportunities available including stable duties, land and buildings maintenance and work in our EBay shop. As a small team we rely


continued on page 36



Festive Robin Christmas cards



CHRISTMAS 2023



Capel, Cefn Llanybyddar

**LLANDOVERY COLLEGE
CHOIR**

**“CHRISTMAS BY
CANDLELIGHT”**

at
ST. BARNABAS CHURCH, RHANDIRMWYN

President
Vicky Davies, Rhandirmwyn

Sunday 3rd December at 7.00pm

Admission by programme: £7 at the door, children under 15: free
Proceeds towards St. Barnabas Church



Busy volunteers helping lay mudcontrol slabs.

heavily on support from volunteers in our community, we simply could not operate without you. If you'd like to join us and have a couple of hours a week to spare please contact us by email or telephone, we'd love to talk to you about making a difference in 2024. Email: info@lluesthorseandponytrust.co.uk Telephone: 01550 740661

THANK YOU TO ALL OUR LOCAL FUNDRAISERS

A final heartfelt Thank you to Co-op Llandeilo and its members (you know who you are) for raising a fantastic £3,772.22 through your Community Causes campaign. We are also indebted to other individuals and groups in our community who kindly organise fundraisers for us. There are just too many to mention everyone but most recently we'd like to thank St Michael's Church, Myddfai, Books at the Dragons Garden, Llandoverly, Capel Gosen, Cynghordy (look out for their Live Nativity on 7th December) and Llandybie WI.....you're all amazing!



Thank you Co-op Llandeilo.

Nadolig Llawn a Blwyddyn Newydd Dda from all the staff and Trustees at Lluest.



THE COLOURS OF CHRISTMAS

The Llanwrtyd Heritage and Arts Centre's last event of the year – our Christmas Drop-In, will be on Saturday 9th December. This year the Centre is filled with amazing displays representing The Colours of Christmas.

Decorated with themed areas in red, gold and green the Centre once again invites everyone to join them for a glass of sherry and mince pie. There will children's activities, including the opportunity to get a festive glitter tattoo (not just limited to children if there are adults that want to get into the Christmas spirit!), and also the opportunity to buy cakes and Christmas goodies or that special present from our galleries and retail section.

Once again our thanks go to Pryor & Rickett Silviculture who have donated the trees for the display.

Open throughout the day from 10am to 4pm come along and enjoy a Christmas extravaganza.

Llansadwrn Community Council DEFIBRILATOR AND CPR TRAINING

Llansadwrn Reading Room
Saturday morning 9th December, 2023
from 10.00 a.m. until 12.00.

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12/23(1)

BRING BACK THE SNOW



Camille and Emelyne (left) lead a workshop on having climate conversations for CALI (Criw Amgylchedd Llanymddyfri – Llandovery Climate Action Group) on 13 November at the LYCC.

Somebody told me recently they remembered winters when the snow was knee deep. Such things are a distant memory nowadays.

As individuals, we may not be able to bring the snow back, but that does not mean we can't do our bit for the planet – and, at the same time, for the wellbeing of our community.

Those who took part in the CALL (Criw Amgylchedd Llanymddyfri – Llandovery Climate Action Group) workshop at the LYCC on 13 November came up with ideas that may bring you comfort for Christmas.

One is switching from your current electricity supplier to a renewable electricity supplier. Renewable electricity is generated from the sun, wind or water. It is important to choose a supplier that generates this electricity and does not just buy it from the national grid. Such suppliers include Octopus, Bulb, Ecotricity and Good Energy. Switching may make you feel good because you are doing your bit for the planet and future generations, but also because you may save money. It is not necessarily more expensive to buy renewable power, you can even get renewable gas from some suppliers.

How do you switch supplier? Go on to the company's website and type in your postcode. For a really accurate comparison of costs, have your most recent bills to hand. Then sit back and relax. The company you have chosen will handle the switch over for you.

Another idea was to give money to charity instead of presents for Christmas: you select three environmental charities (e.g. WWF, RSPB, and The Woodland Trust), and ask the recipient of the present which charity they would like you to make a donation to on their behalf.

The snow may not come back, but in the meantime the members of CALI are determined to do their bits for the planet locally. They have recently cared for struggling apple trees in the community orchard, have set up a congenial Repair Café, organised a debate about sustainable farming at the Sheep Festival and a workshop on climate conversations, not to mention facilitating the community electric car you can borrow. You are welcome to attend our next meeting on Monday 4th December at the LYCC at 7 pm, and to check our Facebook page <https://www.facebook.com/profile.php?id=100092366083628>.

LLANGADOG GARDEN CLUB



In September we had Debbie from flower fields, Llanduesant, our local commercial flower grower, for a great talk and demonstration all about her business. The talk ended with a hands on bouquet making workshop.

In October Richard Bramley and his lovely terrier talked about Autumn into Winter, which was as always very informative. He brought a great range of plants from Farmyard Nurseries.

At the end November the group visited Luminate at The National Botanic Garden of Wales, what a spectacular, magical display, well worth a visit.

Our group will meet again in January for our AGM, all welcome and a chance to join and renew memberships. In February we will visit the Llanysul Garden Weekend, always a treat in the middle of winter. March will see The Orchadeers talk all about apples and April an update from Piers Lunt about Parc Yr Escob.

All welcome at our talks at Llangadog Community Centre on the last Wednesday of every month (excluding December). Members £8 and non – members £2 per talk. Hope to see you at our next meeting.

Donations and raffle prizes gratefully received.

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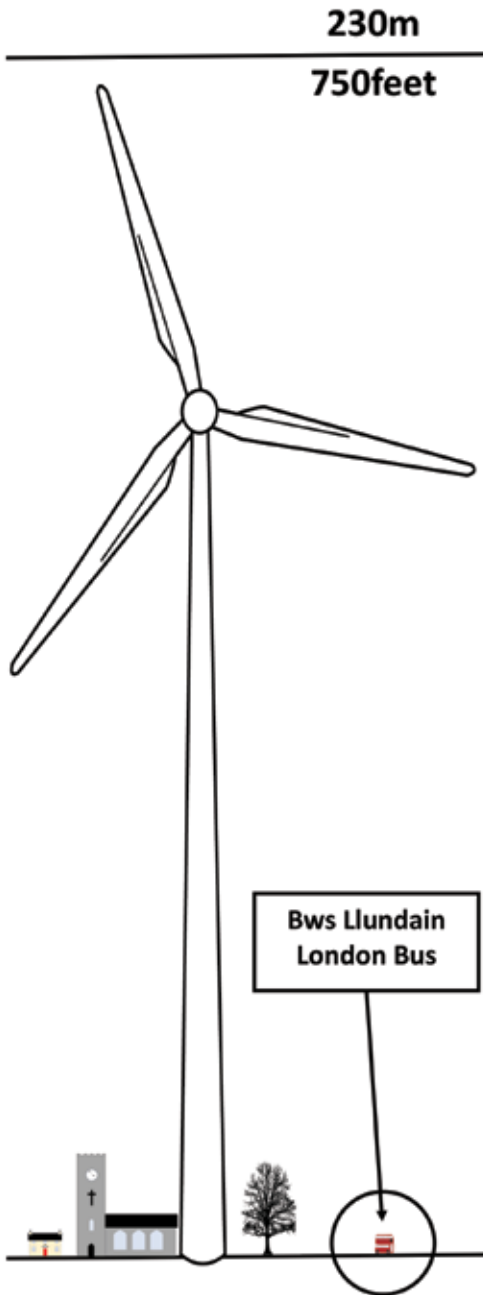
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12/23(1)



**CYFARFOD
CYHOEDDUS
yn Neuadd y
Coroniad, Pumsaint
ar nos Iau, 7fed o
Ragfyr 7.30pm. I
drafod
datblygiadau
tyrbeini gwynt yn
yr ardal hon.**

**PUBLIC MEETING
at the Coronation
Hall, Pumsaint on
Thursday 7th
December at
7.30pm. To discuss
the development of
wind turbines in
this area.**

Llangadog Christmas Window Advent Calender



We are in our third year of our wonderful village window advent calendar. It's been really special to see the windows over the last two years and hope that this one will be just as magical.

Villagers light and decorate their windows with each window demonstrating the creativity in our wonderful village. Each one has a number, so come and see if you can find them all. There will be a special opening at Seion Chapel, 7pm, 1st December. There will also be a prize for the best window.

If you are walking around in the evening please carry a torch and be safe on the roads. We look for to having you visit our window trail and wish you all a lovely Christmas.

NAMES TO REMEMBER CHRISTMAS 2023 QUIZ organised by Huw S Thomas

Prize is a bottle of quality claret for the Christmas table, donated by Huw S Thomas

There are many men and women from Llandovery and area, known more by their christian names/nicknames and/or situation in life, including their work positions rather than their surnames

Here is a small selection of well known characters of the town – please add their surnames (no christian names needed). Correct spelling of the surname is required in all circumstances.

Please note that no offence is intended, in any way, in the naming of the well known and – in many cases – well loved characters, past and present.

Please send your answers to huwiest@gmail.com or deposit an answer sheet at PostDatum, Stone Street. All entries must be in by Wednesday Dec 20.

Winner* announced before Christmas Day and bottle available for the Christmas lunch.

*If more than one correct entry, winner will be drawn out of a hat. Please remember to put your name and telephone number or email address at the bottom of the sheet.

- | | |
|-------------------------------|--|
| 1. Chippo: | 35. John Jeweller: |
| 2. Acker: | 36. Rhys The Postman: |
| 3. Derek Castle Garage: | 37. Twts: |
| 4. Plug: | 38. Bamber: |
| 5. Alwyn Chemist: | 39. Bomber: |
| 6. Dai Butch: | 40. Babs: |
| 7. Huw Llwynhowel: | 41. Jake Iechyd Da: |
| 8. Martin Blaenos: | 42. Jeff Ty Melyn: |
| 9. Caws: | 43. Mags: |
| 10. Phil The Beast: | |
| 11. Dai Chonz: | And also much loved characters we have recently lost |
| 12. Liz The Tonn: | |
| 13. Bugsy: | 44. Milton Butcher: |
| 14. Phil Fags: | 45. Dougie Dog Food: |
| 15. Dai Book: | 46. John Red Lion: |
| 16. Tony Trimsaran: | 47. Twm Mount: |
| 17. Sammy Tyres: | 48. Toby The Bear: |
| 18. Freda Black Ox: | 49. Beech: |
| 19. Dai Gas: | 50. Vince Llethr: |
| 20. Hywel Glantowy: | 51. Dai Manchester: |
| 21. Gina Club: | 52. Roger The Ram: |
| 22. Cantona: | 53. Marian the Club: |
| 23. Ozzy: | |
| 24. Adrian Cwmcowddu: | And do you remember from older days, these memorable characters? |
| 25. Dan The Bank: | |
| 26. Waggots: | 54. Tom Sticks: |
| 27. Bunty: | 55. Dai Guns/Fish: |
| 28. Chris Llwynjack: | 56. Dai Trend: |
| 29. Martin Penlan: | 57. Sid Bins: |
| 30. Sausage: | 58. Captain Billy: |
| 31. Lewi The Painter: | 59. Reb: |
| 32. Dai Sgwar: | 60. Dai Ham and Eggs: |
| 33. Tank: | |
| 34. Ieuan Squire: | |

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END OF AN ERA



It is the end of an era of successful trading in Llandovery draws to a close.

Following 44 years of diverse businesses in the area Michael O' Shea has decided to spend more time with his family and friends.

In 1979 Michael brought his insurance knowledge and expertise opening Caio Insurance Brokers. He traded for 24 happy and successful years before a change in career called.

He spent a short period selling giftware from Alma House before moving to The Craft Centre in 2003.

Under his direction Cegin-y-Porthmyn expanded greatly to include the Iron Work shop and in 2010 he added the Kitchen Garden Cafe to his portfolio and little did he know at that time this would lead to the meeting of Rhona, his future wife.

All who have shopped in any of Michael's outlets were assured of a warm welcome, friendly professional service, which enhanced their Llandovery shopping experience.

Wishing Michael and Rhona a long and happy new lifestyle together.

TOWY & COTHI HUNT 250 CLUB

held at the Rugby Club,
9th November 2023

£15	Angharad Ward	32
£15	Gwyneth Lloyd	52
£10	Anne Morgans	106
£10	Jill Thomas	163
£5	Dilwyn Roderick	87

House prize: Brian Davies

Next draw to be held at Castle Hotel, Llandovery
Xmas draw 12th December 2023

Perfect and Imperfect

Legend has it that in ancient times Turkish craftsmen weavers would introduce intentional flaws into their beautiful carpets. They believed only Allah was capable of perfect creation and therefore no man should even try to rival His work.

Whether that is true or not, it is extremely difficult as a crafts person, to make something that is absolutely perfect. You could argue that is precisely what makes handmade objects so desirable. Each one of them has within itself something of their maker's spirit.

Of course, sometimes the imperfections occur as a result of outside forces; a kiln that gets too hot, or not hot enough. A piece of glass that sets slightly on the wonk. An imperfection in the dyeing of a fabric. Or it could be a slip of a carving knife that not only takes a tiny nick out an otherwise perfect love spoon but also comes perilously close to the carver's thumb! It happens to painters and print makers, blacksmiths, jewellers and seamstresses; in fact it has happened at one time or another to all of the nearly fifty artists and crafts makers who make up **The Crafts Alive Co-operative**.

Now instead of languishing away in the back of cupboards or on top of high shelves, Crafts Alive has decided to bring these *Perfect Imperfects* into the open and put them all out for sale. Also in the sale will be some makers' end of line and stock clearance work.

So, if you want to treat yourself to a local piece of beautifully made handicraft or art at very reasonable prices then come along to our upstairs gallery at 56 Rhosmaen Street. Our **Perfect & Imperfect Sale** will run from January 3rd to January 14th.

LLANGADOG W.I.

We recently had two evenings out with other W.I. groups. Firstly, with the Cestyll group in Llandeilo Civic Hall, where we enjoyed a very interesting talk about the Royal Welsh Show, given by their C.E.O., Aled Rhys Jones. Secondly, we were off to Llanelli, with over 100 other W.I. members, to see "Elvis" (not the real one) where we all joined in the singing, with lots of dancing and fun. At our normal November meeting we held our A.G.M., where we voted for our President and Committee for the following year. This was followed by a bring and share supper. Catherine won our monthly raffle. We would like to take this opportunity to thank "The Post", for publishing our monthly reports, and all who read them, A Merry Christmas and a Happy New Year. For the first meeting of 2024 we will hold a New Year celebration with a 1960's fancy dress theme. We meet at Llangadog Community Hall at 7.00 p.m. on the first Thursday of every month. Visitors always welcome.

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

For its first event in 2024 the Llandeilo and District Civic Society has arranged an illustrated talk about Cwrt Bryn-y-Beirdd, one of the oldest houses in the Llandeilo area. The speaker will be the historian Eurig Davies, until recently Chairman of the Carmarthenshire Antiquarian Society.

Cwrt Bryn-y-Beirdd became a farmhouse and has been altered but in medieval times it was a substantial courtyard house. While some medieval features can still be seen from a nearby footpath, many more are concealed and they will be revealed in the talk along with this intriguing house's history including the date when it is now thought to have been built.

The talk will be on Tuesday 6 February at 7.30 pm at the Capel Newydd Vestry Hall in Crescent Road,

Llandeilo. There will be a £3 admission charge for non-members of the Civic Society. For more information about the Society and how to become a member, visit the website llandeilodistrict.org.uk or view the Society's Facebook page.

Bright Sparks is back!

Our baby and toddler's group has opened again in Llandovery. All pre-schoolers and their carers will receive a very warm welcome on Tuesday mornings between 9.30am – 11.00am at St Dingat's Church in Broad Street.

We have toys, games, songs and stories for the little ones. Just as importantly a cup of tea and adult conversation for the grown-ups.

It is easy to become isolated and lonely at home on your own with a small child. We know we've been there.

So if you fancy dropping in we would love to see you.

Tuesdays (in term time) 9.30am – 11.00am at St Dingat's Church in Llandovery.

03/24(6)



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CAPEL GOSEN CYNGHORDY SA20 0LW



Beginning outdoors followed by carols by candlelight in the chapel before seasonal refreshments are served in the vestry.

LIVE NATIVITY

6.00pm for 6.30pm

Thursday 7th December
2023

Warm clothing, wellies and a torch are essential!

Sharing lifts would help car parking.

Donations to support the work of the Lluest Horse and Pony Trust and Spana would be gratefully received.



NEWS FROM CAPEL GOSEN, CYNGHORDY

On Tuesday 7th November the vestry at Gosen was packed to capacity for a talk entitled "Cyngordy Remembered" given by Susan Price. Having lived at Llwynceilyn farm, she held the audience spell-bound with her account of growing up and going to school in the scattered community of Cyngordy. However, despite the geographical distances, it was obvious that this was a very close-knit community where people really depended on each other.

Susan must have been a really trusted member of Capel Cynfab School as she had the weekly task of taking all the dinner money to the post office (long since closed) to convert into postal orders so that the school could send them to County Hall Carmarthen to pay for the dinners. Similar details from the past had the members of the audience nodding and smiling.

The most enjoyable afternoon concluded with tea and cakes in front of the vestry's log fire. £240 was collected in donations for the Cyngordy Archive which will include recorded memories as well as a book based on the material collected from last year's exhibition called "Cyngordy Celebrated". Kindly sponsored by Llandovery Rotary Club, it is hoped to publish the book in 2024.

The next Gosen event will be a return of the Live Nativity. This year it will be held on Thursday 7th.

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

3 Dec	9.30am	Holy Communion
5 Dec	5.00pm	Christingle
17 Dec	9.30am	Holy Communion
25 Dec	8.30am	Christmas Eucharist
31 Dec	9.30am	Combined Eucharist in Llansadwrn
7 Jan	9.30am	Holy Communion

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. SADWRN CHURCH, LLANSADWRN

3 Dec	11.00am	Morning Prayer
17 Dec	11.00am	Holy Communion
24 Dec	7.00pm	Christmas Eucharist
31 Dec	9.30am	Llansadwrn Combined Eucharist
7 Jan	11.00am	Morning Prayer

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. PAUL'S CHURCH, MANORDEILO

10 Dec	9.30am	Holy Communion
17 Dec	6.00pm	Lessons, Carols & Mince pies
25 Dec	9.45am	Christmas Eucharist
31 Dec	9.30am	Combined Eucharist in Llansadwrn

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. MICHAEL'S CHURCH, CILYCWYM

10 Dec	11.15am	Lessons, Carols & Mince pies
25 Dec	11.15am	Christmas Eucharist
31 Dec	9.30am	Combined Eucharist in Llansadwrn

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

Sun 11.00am

For further information, please contact Revd Fr. Tim Nelson 01558 685415

ST SIMON AND ST JUDE, LLANDEUSANT

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

LLANDINGAT, LLANDOVERY

3 Dec	9.30am	Family Service
	4.00pm	Christingle Service
10 Dec	9.30am	Communion "Comfort my People"
13 Dec		Ysgol Rhys Prichard Carol Service
	2.00pm	Infants, 6.00pm Juniors
17 Dec	9.30am	Moringing Prayer "Servant of the Lord"
21 Dec	6.00pm	Carol Service
24 Dec	4.00pm	Crib Service
	11.30pm	Communion
31 Dec		No service
7 Jan	9.30am	Family Service

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

3ydd o Ragfyr,	11yb Cymun
17eg o Ragfyr,	11yb Gwasanaeth Carolau
25ain o Ragfyr,	9.30yb Nadolig Plygain

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

ST MICHAELS, MYDDFAI

3 Dec	11.30am	Morning Prayer
10 Dec	11.30am	Communion
17 Dec	6.30pm	Nine Lessons and Carols
24 Dec	9.30pm	Communion

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

ST. MARY'S CHURCH, CYNGHORDY

10 Dec	2.30pm	Famly Service
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For further information, please contact Revd Paul Pritchard 01550 938534.

ST CYNWYL'S CHURCH, CAIO

3 Dec	9.30am	Holy Communion
17 Dec	4.00pm	Carols & Children's Christingle Service
24 Dec	9.30am	Christmas Eve Holy Communion
7 Jan	9.30am	Holy Communion

Rev. Tim Nelson 01558 685415

Rev. Rik Mayes 01558 685118

ST CADOG'S CHURCH, LLANGADOG

1 Dec	6.00pm	Winter Fair
3 Dec	9.30am	Holy Communion
10 Dec	9.30am	Morning Prayer
17 Dec	9.30am	Holy Communion
20 Dec	6.00pm	Nine Lessons and Carols
24 Dec	9.30am	Morning Prayer
25 Dec	10.30am	Holy Communion
31 Dec	10.30am	Joint Service Gwynfe
7 Jan	9.30am	Holy Communion
14 Jan	9.30am	Morning Prayer
21 Jan	9.30am	Holy Communion
28 Jan	9.30am	Morning Prayer

Revd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

ST. BARNABAS, RHANDIRMWYN

3 Dec	9.30am	Morning Prayer (said)
3 Dec	7.00pm	Christmas by Candlelight concert
10 Dec	9.30am	Eucharist (followed by refreshments)
17 Dec	9.30am	Morning Prayer
24 Dec	3.30pm	Christmas Eve Service (Rev. Linden Fletcher)
31 Dec	11.00am	Service in Talley Church

For further information, please contact Revd Fr. Tim Nelson 01558 685415.

14 Jan	9.30am	To be confirmed
21 Jan	9.30am	Morning Prayer
28 Jan	9.30am	To be confirmed

For further information, please contact Dr Marc Rowlands 01550 728319.

ALL SAINTS CHURCH, GWYNFE

3 Dec	11.15am	Holy Communion
10 Dec	11.15am	Morning Prayer
17 Dec	6.00pm	Carol Service
24 Dec		No Service
25 Dec	9.00am	Christmas Eucharist
31 Dec	10.30am	Combined service at Gwynfe
7 Jan	11.15am	Holy Communion
14 Jan	11.15am	Morning Prayer
21 Jan	11.15am	Holy Communion
28 Jan		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 Bendigaidd
	11.00am	Holy Communion
	6.00pm	Compline

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

3 Dec	9.30am	Morning Prayer
17 Dec	9.30am	Lessons and Carols
7 Jan	9.30am	Morning Prayer
21 Jan	9.30am	Holy Communion

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

10 Dec	9.30am	Holy Communion
24 Dec	4.00pm	Lessons and Carols
25 Dec	10.00am	Holy Communion at St Teilo's, Llandeilo
14 Jan	9.30am	Morning Prayer
28 Jan	9.30am	Morning Prayer

Email: h_lloyd_davies@hotmail.com

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm
Wednesday 10.00am

23 Dec 5.00pm Mass
24 Dec 6.00pm Carols
6.30pm Vigil Mass for the Nativity of The Lord

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST EGWAD, LLANFYNYDD

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

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

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

2 Dec 10.00am Christmas Coffee to noon
Morning in the Church Hall
3 Dec 11.00am Communion Service
17 Dec 6.00pm Carol Service followed by tea and mince pies.
25 Dec 7.00am Plug-in on Christmas Morning
6 Jan 10.00am Coffee Morning in the Church Hall to noon
7 Jan 11.00am Communion Service
21 Jan 11.00am Communion Service

Info – contact Rev Roger Nock
01267 202347.

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

3 Dec 2.30pm Communion followed by tea in the Hall
10 Dec 2.30pm Traditional Service of Lessons and Carols with our specially decorated windows. Tea and mince pies in the Hall afterwards.
13 Dec 5.00pm Pilgrim Service – Prayer and Meditation
24 Dec 11.45pm Candlelight Midnight Mass on Christmas Eve
7 Jan 2.30pm Communion followed by tea in the Hall
10 Jan 5.00pm Pilgrim Service – Prayer and Meditation
21 Jan 2.30pm Communion followed by tea in the Hall

Info – contact Rev Roger Nock n 01267 202347.

“Lle Llonydd - A Quiet Space of Reflection and Contemplation”. -These take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm normally through the summer months. Due to requests and depending on the weather, it might happen through the winter months too, so the next one will be on January 27 2024. Refreshments available. Check with Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278 to see if it is on! Remember to dress warmly! Location SA32 7RP - What3Words - gain.agent.acids.

St Michael's Church Llanfihangel Rhos y Corn Harvest Windows – many thanks to our talented decorators – here are some pictures of your efforts this year – they are all on our Facebook page.



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

Christmas Singalong!

With Sonia Martin and guests.

St Teilo's Church, Llandeilo

16 December 2023, 1.00pm

Dress code: Christmas Jumper a must!

It starts at 2.00pm (14:00) not 1.00pm as on the enclosed poster, many thanks.



READERS' SALES & WANTS

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

FOR SALE

- **Square stainless steel carving jack**, £150. Tel: 07922 174986 (Llandeilo area).
- **Tractor splitting rail**, £150. Tel: 07922 174986 (Llandeilo area).
- **Dog beds, coats, leads and heavy duty ramp**. Tel: 01558 822125.
- **Bedroom carpet**, 7' x 11' approx., brand new, £85. Tel: 07939 592051 (Crosshands).
- **Single bed mattress**, as new, £25. Tel: 07939 592051 (Crosshands).
- **Various sizes of tyre**, x3 155/70/13 as new, 185/65/14, 175/65/14 as new, 185 & 195/70 as new, x2 new 185/65/15, 195/60/15 new, x2 new 185/70/14, 175/65/14 6mm tread, 195/50/15, 185/70/13 new Michelin. Tel: 07939 592051 (Crosshands).
- **Set of curtains**, 90" x 90", as new, call for details. Tel: 07939 592051 (Crosshands).
- **x2 Mens bikes**, good condition, one has alloy frame, £50 each. Tel: 07885 875012.
- **Burner unit for oil central heating boiler**, good working order, also some spares, £50. Tel: 07989 028414.
- **x4 Steel wheel centres for 4x4**, 16" x 8" wide, £80 for the four. Tel: 07989 028414.
- **Westbury violin** with shoulder rest and case. Violin and shoulder rest very good condition. Only used 6 months. Case has broken zip. Any offers. Tel: 07703 372135.
- **Running buggy**. Out n About Nipper. Any offers. Tel: 07703 372135.
- **Large Plastic toolbox** (as new) with a selection of tools, £20 ono. Tel: 07761 107055.
- **Tom Tom 500 Sat Nav** complete with instructions, in perfect working order, £15. Tel: 07761 107055.
- **Wolf Sky Blaster Power Washer** with extended Lance to 4 metres, £70. Tel: 07761 107055.
- **Square mouthed shovel** (hardly ever used), £7. Tel: 07761 107055.
- **Various Cameras**, Offers. Tel: 07761 107055.
- **x2 nice ceiling centre lights**, £6 each. Tel: 07761 107055.
- **Radio Cassette Recorder** (Sharp) mains or batteries, £7. Tel: 07761 107055.
- **x5 Horse Bits**, £5. Tel: 07761 107055.
- **Old black and white portable TV**, £10. Tel: 07761 107055.
- **Ladies bicycle**, good condition, £45. Phone 01269 851172 (Llandybie).

- **Antique Surveyors level** (in a nice box) complete with Tripod and Staff (collectors item), £300 ono. Tel: 07761 107055.
- **Fapa car roof box**, large capacity, good condition. Tel: 01550 777149.
- **M&S black leather knee high boots**, size 3 /2 in excellent condition. £20 ono. Please ring 01269 850357.
- **Out sunny car fridge**, 50 litre, still in box, never used, £150 ono. Tel: 07815 718176.
- **Jigsaws** (large quantity) 500 & 1000 pieces, all complete. Tel: 01550 777432 with long ring.
- **Jigsaw puzzle 1000 piece carrier board**, £20. Tel: 01550 777432 with long ring.
- **Cream leather 2 seater, 3 seater & reclining chair**, VGC, £200. Tel: 01550 720407.
- **Vintage Smiths Enfield wooden case mantle clock**, working ok, complete with key, £65. Tel: 07917 164044.
- **Assortment of Golfballs**, Titleist, Srixon & Callaway, all excellent condition, 200 balls, 50p each. Tel: 01558 685106 or email: daymanbrian@yahoo.co.uk

WANTED

- **Polytunnel Frame** – will dismantle. Please text 07773 177738 or 07565 998330.
- **Neglected Books**. We are fairly sure that you will be wanting to make space on your bookshelves after Christmas for all the new gifts you have received. If you have any books that you have read and that need a new home, just bring them in to Newton House for our pre-loved bookshop. We even have a re-cycling outlet for those that are not in such a pretty state. We now take unwanted CDs as well. The house is open only at weekends during the winter but there is always someone in the offices who will help you drop them off. You will be helping us to maintain Newton House and Dinefwr Park. Any queries: call Holly Dwyer 01558 825917. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Old motorcycle needing restoration**, any size engine etc., winter project, may also be interested in old car, pay cash on collection. Tel: 07917 164044.



with **Julie Ann Sheridan**
Llangadog Community Centre YMCA

Saturday 9th December

Sunday 10th December

1.00 – 3.00pm

£15 includes materials (16+) please bring apron
sheridanjulieann@gmail.com/07752 334198 to book
Suitable for all, no experience needed

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

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

MARK WAGHORN DESIGN – Award winning ARB architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales 06/24(12)

BEAUTY SALON

NORA ELAINE WALL IHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tues, Weds, Thurs and Friday 9am to 6pm. 07/24(12)

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TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 07/24(12)

CARPENTRY

CARPENTER AND HANDYMAN. I offer a friendly, wide ranging and professional service with good local references. I am based near Llandeilo. Call Nick 07970 987434 or e-mail: gydacoed@gmail.com Website - carmarthenoak.co.uk

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. 12/23(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 02/24(6)

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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 02/24(12)

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning also carpet cleaning. Reliable, trustworthy and friendly. All outdoor work considered including lawn cutting & pressure washing. References available. Covering Carmar and Brecon. Contact 07872 509031 / 07770 777992. 02/24(6)



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HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 23 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 07/24(12)

NADIA BRYDON – FREE COMPLEMENTARY MEDICINE EVENINGS on 1st Wednesday of each month, 6.00 – 9.00pm. 45 minute talk. Meet new friends and practitioners. Bring healthy vegan food to share. Cwmdu House, Bethlehem, Llandeilo SA19 6YY. To book phone 07860 659537 or email: nadia.brydon@gmail.com. Website: www.cwmdu-retreat.com. Phone or email to book a Private Consultation or Local Home Visit. 12/23(6)

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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 03/24(12)

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 03/24(6)

FAMILY HISTORY RESEARCH

'RELATIVE ROOTS' offers GENEALOGY, FAMILY HISTORY AND HOUSE HISTORY RESEARCH whether your family roots be in Carmarthenshire or further afield! I hold a Postgraduate Diploma in Genealogy from the University of Strathclyde and am an on-line tutor for family history courses. I will 'Discover a Route back to your Relatives' using county archive collections and carefully chosen and verified on-line resources. Please email me at malcolmsadler231@gmail.com or call 07591 237235. 11/23(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 07/24(12)

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 04/24(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)

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

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. 05/24(12)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, based in Llandovery. Tel: 07805 694016 Email: gabriel@hammerstone.wales www.hammerstone.wales 06/24(12)

HEATING OR RENEWABLE HEATING

BIRDS' HILL RURAL RENEWABLES, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824276 info@birdshill.wales www.birdshill.wales 06/24(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)

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 07/24(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. 05/24(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 05/24(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! 06/24(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. 12/23(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)

DOUGLAS WAUGH. Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 05/23(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@allaspectspropertyservices.co.uk or visit www.allaspectspropertyservices.co.uk 10/24(12)



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With prices as low as £99.95*
for the year, its a great way
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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%)

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof installers. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk 02/24(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 of the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 02/24(12)

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/llanadoverysquash or visit our website: <https://llanadoverysquashclub.co.uk> 02/24(12)

TUITION

GIVE YOUR CHILD A BOOST WITH ENGLISH LANGUAGE AND LITERATURE (all levels) tuition in your own home. Retired teacher, WJEC examiner, DBS checked. Trevor Winn 07398 170513. 05/24(6)

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 04/24(12)

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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@cartharthenshire.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 10/09/23 – 09/12/23)

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	05.47	09.09	11.38	14.18	18.19	21.15	05.49	09.08	11.45	14.30	18.18	21.15	11.10	15.37	
Gowerton	D	05.58	09.20	11.50	14.30	18.32	21.27	06.00	09.19	11.58	14.42	18.30	21.27	11.21	15.48	
Llandeilo	D	05.13	06.08	09.31	12.03	14.43	18.42	21.36	06.10	09.31	12.08	14.53	18.42	21.36	11.33	16.00
Ffairfach	D	05.49x	06.44x	10.07x	12.46x	15.24x	19.18x	22.12x	06.46x	10.07x	12.46x	15.29x	19.19x	22.12	12.08x	16.34x
Llandeilo	D	05.54	06.49	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.34	19.24	22.17	12.14	16.40
Llangadog	D	06.03	06.58	10.21	13.00	15.39	19.35	22.27	07.00	10.21	13.00	15.43	19.34	22.27	12.23	16.50
Llanwrda	D	06.07	07.02	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.47	19.37	22.30	12.27	16.53
Llandovery	D	06.15A	07.11	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.56	19.46	22.37A	12.36	17.02
Cynghorby	D	07.19x	10.42x	13.21x	16.00x	19.58x			07.21x	10.42x	13.21x	16.04x	19.55x	12.43x	17.10x	
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.16			07.42	11.03	13.42	16.21	20.15	13.01	17.27	
Llandrindod	D	05.50	08.13	11.36	14.15	17.01	20.49		08.15	11.36	14.15	17.02	20.48	13.44	17.59	
Shrewsbury	A	07.38	09.46	13.13	15.45	18.32	22.21		09.45	13.10	15.45	18.35	22.26	15.13	19.55	
Shrewsbury	D	05.22	08.57	11.22	15.17	18.07	21.29	05.23	08.56	11.26	15.25	18.08		12.04	16.20	
Llandrindod	D	07.06	10.29	12.56	17.01	19.41	23.00A	07.08	10.28	12.59	17.06	19.40		13.40	18.05	
Llanwrtyd	D	07.40	11.03	13.41	17.32	20.17		07.42	11.03	13.41	17.37	20.15		14.11	18.36	
Cynghorby	D	07.53x	11.16x	13.55x	17.45x	20.30x		07.55x	11.16x	13.55x	17.50x	20.28x		14.24x	18.49x	
Llandovery	D	06.26	08.05	11.28	14.07	17.57	20.42	22.43	08.07	11.28	14.07	18.02	20.40	22.43	14.36	19.02
Llanwrda	D	06.32x	08.11x	11.34x	14.13x	18.03x	20.48x	22.49x	08.15x	11.34x	14.13x	18.08x	20.46x	22.48x	14.42x	19.07x
Llangadog	D	06.36x	08.15x	11.38x	14.17x	18.07x	20.52x	22.53x	08.17x	11.38x	14.17x	18.12x	20.50x	22.52x	14.46x	19.11x
Llandeilo	D	06.50	08.27	11.50	14.28	18.19	21.04	23.04	08.29	11.50	14.28	18.24	21.02	23.04	14.58	19.23
Ffairfach	D	06.53	08.29	11.52	14.31	18.21	21.06	23.07	08.31	11.52	14.31	18.26	21.04	23.06	15.00	19.26
Llandeilo	D	07.44	09.10	12.40	15.12	19.07	21.45	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.40	20.05
Swansea	A	08.08	09.33	13.03	15.36	19.31	22.08	00.16	09.34	13.01	15.37	19.32	22.12	16.40	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	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	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	Ffairfach	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	7.37	—	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.