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# NEW HOPE FOR THE GOLDEN GROVE ESTATE



Last August two new Trustees took over the management of the treasured Golden Grove Estate with its stunning gothic buildings, outstanding views over the Tywi valley and a magnificent arboretum.

Unfortunately, the estate has suffered many setbacks recently: From past mismanagement by previous trustees, deterioration of the building and park and damage from a leaked roof to full closure of the estate.

“We’re all so lucky that a group of new people have come forward to become trustees and turn things round,” says Llandeilo Mayor Christoph Fischer. “The new team are unpaid volunteers who are working really hard. They have inherited a bunch of problems but won’t be deterred. Thanks to the generosity of one wonderful

donor and expertly carried out work under difficult conditions by Cled Moses and his team, emergency roof repair has been completed, which was the most important and urgent first step.”

“I’m really excited to be part of the Trust and looking forward to helping redevelop the Estate for the benefit of the wider community,” says new trustee Bron Jones.

“It’s so great to have new dependable Trustees on the Golden Grove Trust board who have the passion, skills and community spirit to breathe new life into this well-loved Park,” says Golden Grove resident Polly



*continued on page 3*

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# ALL ABOUT *The Post*

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## *The Post* Future Copy Dates

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May ..... 15th April  
June ..... 16th May

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Verity. "Gelli Aur park has given me so much over the years. I'm thrilled that the new Trustees and volunteers are revitalising this beautiful place for the community."

"Our next actions are to secure the appropriate liability insurances for public access, recruit volunteers, fund an arboriculturist survey, reopen the Park to the public (including the playground and toilets), improve site security and signage, and prevent further damage to the buildings this winter," says Henk Smit, chair of the new trustees. "There is a lot more work to be done in the months and years ahead, which is why we have started a crowdfunding campaign."

Formerly privately owned, the estate had been turned over to the public in 2011 with a Board of Trustees. Having closed its gates in March 2023 due to increasing liabilities, it has taken some time to find people willing to take the project on.

"Given the past history of Golden Grove, please be assured that we are committed to transparency and accountability in utilising your donations for maximum impact," says Smit. "We will keep you updated on the campaign's progress, milestones achieved, and the impact of your support."

"I have so many happy memories of days out with my children at Golden grove when they were younger," glows Llandeilo Mayoress and a longstanding admirer of the park. "Picnics in the park, hot chocolate in the cafe and climbing on the amazing trees in the arboretum. It was so exciting when the film 'Six Minutes to Midnight' was filmed there, with its stars Judi Dench and Eddie Izzard regularly spotted around Llandeilo."

"It needs saving," says local resident Jason Smith on Facebook. "I have great memories on those grounds from May fayres (in the late 80's to early 90's) and exploring through the paths. It would be so sad if it was left to rot as it's currently doing."

**How to Donate and Participate:** Choose a contribution amount that aligns with your willingness to support our aims. And please do share this Campaign with your network to help us reach a wider audience.

For example, you may wish to write something like the following:

I've pledged my support for this great local project – can you also pitch in? Check it out:

<https://www.crowdfunder.co.uk/p/gelli-aur-golden-grove>

You can also connect with the campaign on social media:

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Instagram:  
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Please email us if you'd like to subscribe to our newsletter or sign up here for real-time updates about our use of your donations:

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10/24(12)



## LLANWRDA CRICKET CLUB

Training for the juniors restarts in April 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.

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

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

### LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

15/11/23	04	Cliff Cowell
22/11/23	28	David Cumming
29/11/23	13	No winner
06/12/23	47	Gwynn Davies
13/12/23	57	No winner
20/12/23	16	No winner
27/12/23	42	Sandy Clement
03/01/24	55	No winner
10/01/24	2	Sam Clement

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It's only £4.33 per month.

## WILDLIFE EVENTS

The East Carmarthenshire Group of the Wildlife Trust of South and West Wales has arranged the following events in Llandeilo at 7.30 pm in the Capel Newydd Vestry Hall in Crescent Road:

**Wednesday 21 February:** The Biodiversity of Mynydd Mawr Woodland Park – an illustrated talk by Liam Olds, Conservation Officer, Buglife Cymru.

**Wednesday 20 March:** Filming Wildlife – an illustrated talk by Kate MacRae, a presenter on Countryfile and other TV programmes.

For further details about the group's activities, phone 01269 844679. And for more information about the Wildlife Trust, which looks after nature reserves across South and West Wales including Castle Woods in Llandeilo and Poor Man's Wood in Llandovery as well as the islands of Skomer and Skokholm, visit the website [www.welshwildlife.org](http://www.welshwildlife.org).

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03/24(6)

# MYDDFAI NEWS

*Myddfai Shop and Café are open on Wednesdays,  
Fridays, Saturdays & Sundays 11.00am – 4.00pm (closed  
on Mondays, Tuesdays & Wednesdays at the moment).*



**What's on in February:** Willow Weaving workshop on Thursday 22nd 10.30am – 4.30pm. It's the Myddfai monthly Pop-Up-Pub on Friday 23rd from 7.00pm & our Farmers Market on Sunday 25th 12.00 noon – 3.00pm, with lots of quality local produce and crafts, please come along to support local.

Beat those winter chills and come up to the warm Myddfai Cafe and enjoy one of our delicious homemade soups or one of our other tasty lunches, snacks or cakes. Or pop in after a walk for a tasty afternoon tea. Come and take a look round our shop with its large range of quality gifts and artwork from talented local artists, we have Welsh Tweed blankets, scarves and hats, aprons and bags, a wide range of jewellery, wooden boards, fused glass items, pottery, books, jams, honey and chutneys, cards, lots of local artwork and much more, in fact there is something for everyone. Every purchase supports a local business and the Myddfai Ty Talcen Charity.

Myddfai Hall is fully Licensed for wedding ceremonies and makes a stunning, affordable wedding venue. It is also great for parties, conferences, meetings or concerts and all kinds of activity classes, with its stunning views, underfloor heating and state of the art equipment. It makes a great safe, warm, indoor space for kid's parties-you can even get a bouncy castle inside the hall. We can also arrange talks and afternoon teas for clubs or groups on the Physicians of Myddfai Myths and Legends.

Come along and join one of our regular classes in our warm hall; Yoga with Ginny on Tuesdays 10-11.30am and Yoga with Sonia on Wednesday evenings 5.30 – 7.00pm; Su's Craft class on Wednesdays 1.30 – 3.30pm; and Sonia's Pilates class is on Thursdays 9.30 – 10.30am. You can just turn up & join in or get in touch first.

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

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04/24(12)



Shwdmae a Blwyddyn Newydd Dda! I cannot believe I have been in post as the project officer for Bwrlwm for two months now. Time flies when you are having fun and I must admit, I have been rather enjoying myself. For those of you who missed last month's article here in

The Post, Bwrlwm is a new project funded by the Levelling Up Fund and overseen by Ynni Sir Gâr in collaboration with the local Criw Hinsawdd Llanymddyfri/Climate Action Llandovery (CAL) group. The aim is to create an Energy Local Club, a membership club that links local renewable energy generators with local users ensuring a fairer cost for both. Alongside that, we will look to build on the work already undertaken by local groups such as CAL, Repair Café and the Llandovery Youth and Community Centre and really bring a focus to energy use and sustainability within Llandovery and surrounding areas.

To do this, we will need help, specifically your help! Sure, we have plenty of ideas, some small and some rather ambitious but to really know what Llandovery and surrounding village residents want in their town, we need to hear voices! To start everyone off, last month we created a short survey with some simple questions about energy use and general thoughts on what a greener town could look like to you. We have had a great response so far with some brilliant ideas, but we would love to hear more! If surveys are not your thing, you can drop me an email or just pick up the phone for a good old-fashioned chat. Even better, drop into Llandovery Youth Centre on a Tuesday and we can pop the kettle on and mull over thoughts with a 'dishgled' (cuppa) and a biscuit or three.

Making a change can seem daunting, especially when it comes to something as important as the climate. If you are not sure where to start, you won't be alone. Bwrlwm will be here along the way, providing inspiration and helping to unite the voices in and around Llandovery. Remember though, any change, even small, is still a positive move forward. Say for example, filling in a survey about your local town! Follow our Facebook page where you can find the link to the survey, to hear more and contribute your ideas, or alternatively, scan the QR code below. To hear more, to collaborate or contribute your ideas, please contact Vanessa [vanessa@ynnisisgar.org](mailto:vanessa@ynnisisgar.org) 07393 593699.

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





# bwrlwm

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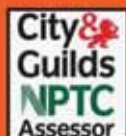
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10/24(12)

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## Padmasambhava Yoga & Meditation Centre

Now that the Spring term is well underway, Padmasambhava encourages everyone to keep up their yoga practice. The better weather and increasing length of days is an excellent time to encourage our bodies to be more active and attending a yoga class is a perfect way to do so. Although the Spring 24 term is underway, do contact the Centre for available spaces.

There are a good selection of classes at the Centre in Llandeilo as well as weekly classes at the Penybank Welfare Hall in Ammanford, the Reading Room 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 and spacious Penybank Hall and the teacher Maria along with the existing students will be delighted to welcome new members to the class.

The Over 50s in the Llandeilo Centre is a dynamic course, welcoming both returning and younger students, too, to this Daytime class with Nada.

Chair Yoga classes use gentle movements from a sitting position on a chair, with the focus on keeping the joints mobile and muscles flexible, as well as learning relaxation techniques for daily life. Time is spent in each class with practices to maintain and improve balance. No previous experience of yoga is needed to join this friendly and welcoming group. This Wednesday morning class is held in the Bowling Club Llandeilo (10.45 to 11.45am)

The benefits of yoga resonate beyond the class and the 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 in mind and body, and to enhance energy – all adding to a sense of wellbeing and better health. Weekly practice of yoga allows the body to gently regain 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 the class. Many students say how they are enjoying and value the sense of connection and community that coming together in class brings.

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 BUSNES GORAU  
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Y busnesau buddugol yw:  
 Aur (1af): Judy's Ice Cream Parlour  
 Arian (2ail): Trydon Arthur Electrics  
 Efydd (3ydd): Replay Vintage

Diolch i bawb sydd wedi gosod ein busnesu a'r ffenestri mor hardd, i helpu Llanymddyfri ddisgleirio Nadolig yma.


Diolch yn fawr  
 Cyngor Tref Llanymddyfri

**LLANDOVERY BEST  
 BUSINESS CHRISTMAS  
 DISPLAY COMPETITION 2023**

The winning businesses are:  
 Gold (1st) Judy's Ice Cream Parlour  
 Silver (2nd) Trydan Arthur Electrics  
 Bronze (3rd) Replay Vintage

Thank you to all those who dressed their businesses and windows so beautifully, helping to make Llandovery sparkle and this Christmas.

Diolch yn fawr.  
 Llandovery Town Council

**LLANEGWAD RAINFALL** 

**DECEMBER**  
 Rain fell on 24 days this month. The wettest day was 30th with 32mm.

December Total: 253mm –10"

D. R. DUKE

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# SHÂN LEWIS OF LLANDOVERY. 20 APRIL 1931 – 19 DECEMBER 2023



We should like to thank from the bottom of our hearts for the love and support we have received after the passing of our mother and much loved grandmother, Shân Lewis, on 19 December 2023 at the age of 92.

Thank you very much to everyone who sent such kind messages and those who attended Shân's funeral at Tabor Chapel on the 29 December.

Tabor was full which very much touched us. The rain and wind stopped and the sun came out and lit up the Towy Valley. The rain started again as soon as we had committed Shân to the ground a sign, perhaps, from her to get down to the Castle Hotel to raise a glass in celebration of her beautiful and long life! It was very good to catch up with everyone after so many years.

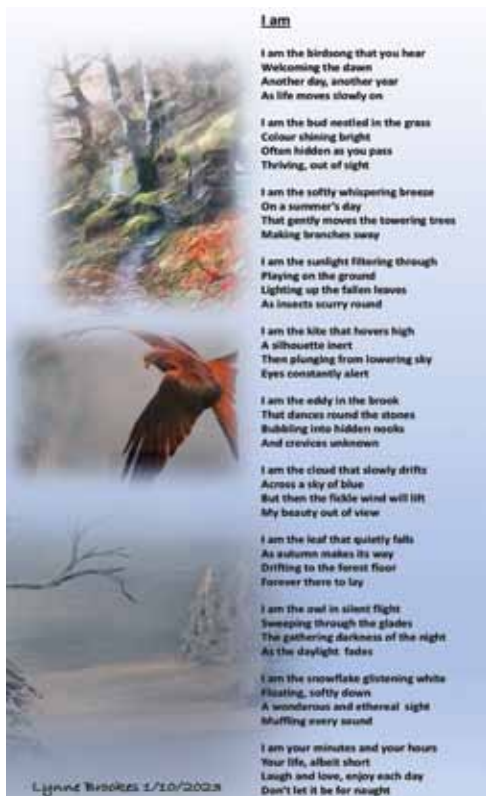
We want to thank the carers at Cadog and Delta; Llanfair Surgery; Llandovery Hospital; all the staff at the NHS and others who helped and supported Shân especially during the last few years which enabled her to stay at home and to die peacefully in her bed and for us to say our goodbyes which has provided so much comfort during this difficult period. Also we want to thank the Rev. Carwyn Arthur, who officiated so solemnly at the funeral; the funeral undertakers, Gwilym C. Price Son & Daughters, who were thoughtful and pragmatic, and others who helped us organise Shân's funeral over the Christmas holidays. It was a beautiful service.

"O! fwyndaf fam, swynol un,  
Ni fuost fyw i ti dy hun"

In memory of Shân, donations may be given to Gwilym C. Price Son & Daughters, 1 & 2 College Street, Lampeter. SA48 7DY (01570 422673) for the benefit of Llandovery Hospital.

Blwyddyn Newydd Dda a diolch yn fawr i chi gyd.

Dyfrig, Mags and Arwel.



## LLANEGWAD RAINFALL



### NOVEMBER

Rain fell on 26 days this month the wettest day was the 7th. with 20mm.

November Total: 166.5mm – 6.1/2"

D. R. DUKE

03/24(12)



## Rhys Jones

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## OFFICIAL UNVEILING OF THE NEW WELSH WINDOW AY MYDDFAI HALL ALONGSIDE A CELEBRATION OF WELSH CULTURE FOR ST DAVID'S DAY 2024

On March 1st 2024 we will be celebrating Welsh culture and crafts at Myddfai Hall for St David's Day.

**If you have a Welsh Blanket that has been passed down your family for generations, we would love to display your stories and pictures of your blankets as part of a small exhibition.**

Perhaps you have blankets that feature in family paintings or old photographs? Or maybe your blanket displays the colours your family heritage?

We would love to hear your stories and we know that our visitors would love it too!

DM if you are interested and you have a story to tell.

Ar Ddydd Gŵyl Dewi rydyn ni'n dathlu diwylliant a chreffftau Cymreig yn Neuadd Myddfai.

**Os oes gennych chi flancedi Gymreig sydd wedi'i phasio i lawr eich teulu am genedlaethau, byddem wrth ein bodd yn arddangos eich straeon a'ch lluniau o'ch blancedi fel rhan o arddangosfa fach.**

Efallai bod gennych chi flancedi sy'n ymddangos mewn paentiadau teuluol neu hen ffotograffau?

Neu efallai bod eich blanced yn dangos y lliwiau treftadaeth eich teulu?

Byddem wrth ein bodd yn clywed eich straeon ac rydyn yn gwybod y byddai ein hymwelwyr wrth eu bodd hefyd!

DM os oes gennych ddi-ddordeb i'w adrodd eich stori.

### What else is happening at the event?

The day will include many 'have a go' stands where you can try a spinning wheel or peg loom, have a go at stained glass, pinch pot making, lino printing and all

## GWYNFE SEED SWAP

**Saturday 17th February 2:30pm – 4:30pm at the Gwynfe Community Hall SA19 9RD.**

There will be:

- Vegetable and flower seeds and seedlings for you to buy or swap with your own collected or excess seeds.
- Tables of gardening books/magazines, plant pots, kitchenalia, garden articles for sale to raise funds for the Community Garden. (Please bring old tools to donate to the cause.)
- Plus bacon butties, cakes etc and a raffle.
- And colouring activities and a sunflower competition for the kids!!

We look forward to seeing you there.

sort. There'll be competitions for the best Welsh cakes and Bara Brith, and an opportunity for those who don't speak Welsh to try out a few words of the wonderful Welsh language. The Myddfai café will be selling lovely traditional Welsh food, and the craft shop will be open too. Plus (hopefully) some lovely Welsh music and plenty of traditional Welsh dress.

Come and immerse yourself in crafts and Welsh culture

**Myddfai Hall: Friday 1st March 3pm – 8pm**

For more information contact Berni  
bernibenton@outlook.com



## LLANDEILO TOWN TWINNING



The Llandeilo Town Twinning Association is inviting 'would be twinner' and Francophiles to an open Cheese and Wine Evening in Llandeilo's St Teilo Church on Thursday 15th February between 7.00pm and 9.00pm.

"We are holding the event to raise awareness of Llandeilo's long-standing relationship with the beautiful seaside town/fishing port of Le Conquet in Brittany," explains chair Linda Dougal. "The association was formed in 1979, has continued ever since, and has resulted in many lifelong friendships."

"There will be a blend of Welsh, French and Bretagne music provided by Llandeilo based Welsh-Bretagne couple Dan Morris and Claudine Le Corre," says new committee member and festival organiser Christoph Fischer.

"It's going to be an informal celebration of the cultural exchange and a fun night," assured social secretary Brenda Vautier. "Why not join the gathering and the warm and welcoming community event."

# OVER 40'S CRICKET WORLD CUP



Neil Harris from Penybanac Llandeilo formally of Llangadog has been selected to play for Wales in the first ever Over 40's Cricket World Cup in South Africa in February-March 2024. Marking a monumental moment in cricket; the IMC Over 40s World Cup is set to grace the picturesque landscapes of Cape Town. Seasoned cricketers from around the world will converge on South African soil, proving that age is just a number when it comes to passion, skill, and the love of the game.

Cricket has always been a huge passion of Neils "Being selected to play for Wales is not only an honour but also a dream come true. To play at this level and against some top international players will be a challenge but one I intend to rise to, making my family and country proud. We are in a very tough group and the schedule is intense with 5 group games in the first 7 days!"

All matches will be live streamed and fixtures are as follows.

Monday 19th February – South Africa  
Tuesday 20th February – New Zealand  
Thursday 22nd February – India  
Friday 23rd February – UAE  
Sunday 25th February – Sri Lanka  
Tuesday 27th February – Semi-Finals & Play-Offs  
Thursday 29th February – Finals  
Friday 1st March – Cup Final

Good luck Neil, we all wish you the very best in South Africa.

## Thomas Services, Llandeilo MOTOR MECHANIC WANTED

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## LLANGADOG W.I.

In December we all went to Peterstone Court hotel and enjoyed a splendid Christmas lunch. Everywhere was beautifully decorated in this lovely venue, situated in a scenic and tranquil setting. A good time was had by all!! At our January meeting we had a 60's themed night, with many of us dressing up in clothes of that period, including some in the style of hippies. After our usual business we tucked into basket meals of scampi or chicken and chips. We were all asked to speak for three minutes about our favourite Christmas presents. Carol won the prize for the best story and Junta won the prize for the best outfit, which was handmade. The monthly raffle prize was won by Mary. In February, in place of our usual meeting, members will be visiting the Carmarthen museum, followed by a meal together. Our next formal meeting will be in March when we celebrate St. David's Day with homemade Cawl. We meet on the first Thursday of every month at Llangadog Community Hall at 7.00p.m., visitors are always welcome.

## WHAT'S ON – CAPEL DEWI OLD SCHOOL

Capel Dewi Community Association – The Old School  
Capel Dewi SA32 8AD.

Local Producers Market 10th February 9.30am – 1.00pm

Coffee Morning 14th February 10.30am

Coming soon – Plant Sale, 60's disco

Further Details available email: [capeldewicomunity@gmail.com](mailto:capeldewicomunity@gmail.com)

## Llandovery u3a

Our first meeting of the New Year was full of interest. Our Speaker Jim Glass showed passion and inspiration for Help for Heroes. An organisation that we had heard of but did not know how it worked to support exservice personnel – we do now!

Some members were able to read the short stories and limericks they had written over the Christmas holidays. The criteria for the stories was using no more than 100 words -quite a challenge.

**Wednesday 7th February**  
The Epynt – past and present.

**Wednesday 21st February**  
The work of Coleg Elidyr.

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

For further information contact Anne Lynd-Evans 01550 750286.



## HERITAGE CENTRE CHAIRMAN RETIRES

The Chairman of the Board of Trustees of the Llanwrtyd and District Heritage and Arts Centre has retired after fourteen years of involvement with the Centre.

Tony Thorpe, who has been a resident in the town for many years and works for Charcroft Electronics and also runs the Riverside B & B with his wife, was part of the original team back in 2009 that obtained funding and developed the Congregational Church into the Heritage Centre of today.

Involved initially in the internal re-design and renovation of the building Tony then became Treasurer and finally Chairman in 2018.

He was presented at the Annual General Meeting with retirement gifts including a framed copy of the poster in the Centre advertising Llanwrtyd from the 1920's by Monague Birrell Black which was recently found to be the original painting.

Tony said he had enjoyed his years working with the various members of the community to get the Centre up and running and thanked the volunteers both past and present for all their hard work and would continue his



Photo from left to Right. Tony Thorpe, Anthony Smith, Lynne Brookes (Centre Manager).

support of the Centre as a volunteer and steward. He gave his good wishes to his successor, Anthony Smith, and felt sure the next chapter would be equally successful under his, and the Trustees leadership.

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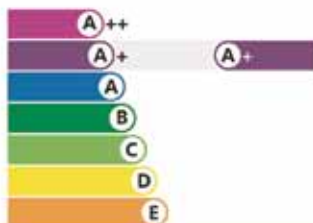


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# MUSEUM NOTES: LLANDOVERY TOWN BAND



Although Llandovery Museum is currently closed for its winter break its volunteers are busily engaged in essential work. This includes the detailed cataloguing of all the items – both on display and in storage – to ensure the museum's continued accreditation.

As in every museum, space dictates that only a fraction of the total number of objects in its collection may be displayed at any given time. A glimpse through the myriad photographs under the care of Llandovery Museum, reveals that the town once had a brass band.

The photograph shows eighteen members of the band, with their instruments. Although the date given is 1905, it's possibly of slightly earlier origin. A newspaper report at the end of September 1904 reported: "Music, so far as brass instruments are concerned, is dead in Llandovery."

Only two years earlier, at a public meeting at the King's Head Hotel, it had been decided to re-establish a brass band and to collect money for new instruments. Eleven instruments were available in working order, and only four or five new instruments had to be bought. By April 1903, a band was practising in the Town Hall several nights a week. However, rumours were soon circulating that the band was about to disband once more.

In March 1905 W. D. Watkins, of Llandeilo, agreed to become the band's conductor at fee of £4.10s, provided it was better organised. Obviously, he was too ambitious; the following month he left Llandeilo to accept an appointment as bandmaster elsewhere. On the mayor's suggestion, the instruments were placed in green baize bags and hung in the Town Hall.

In January 1910, the Town Council was told that it had been decided to re-form a town band, and the Council was asked for permission to use the instruments for practices in the Town Hall. Members agreed to this but insisted that the names of those who received instruments should be registered because in the past instruments had been damaged and some had not been returned.

A few weeks later, it was reported that the newly formed town band had made its first public appearance on St. David's Day, and had given a good account of itself, thanks to the ability of the conductor, Mr. Morgan, of Llandeilo.

However, success was short-lived. By May 1915, the band had disappeared, and so had many of the instruments. A meeting of the Town Council was told that nearly all the young men who were members of the band were fighting in World War I.

At the end of the War, Llandovery College applied for the loan of the band instruments belonging to the Town Council so that a band could be established among the boys at the college. The application was accepted, on condition that the warden would be responsible for the safety of the instruments. The college's connection with the band dated back to December 1849 when the foundation stone of the new college was laid. The dignitaries made their way from the Town Hall to the college site 'amid the chiming of the church bells and the strains of the town band.'

The instrumentalists frequently entertained the visitors to Llanwrtyd Wells, and were even engaged by Bostock's Menagerie. On one occasion, in June 1888, after the band had been playing selections of music throughout the menagerie's performances at Llansawel, the gigantic elephant, Madame Jumbo, died suddenly. Much to the relief of the band members, it was determined that death was not music-related, but due to natural causes.

We are now cataloguing and labelling our artefacts to meet accreditation criteria and are working on ideas for the coming season's displays. Several volunteers have offered to help with various work to be undertaken before we open in April, but there is plenty yet to be done! If you would like to join us, please call in on Tuesdays between 10:30 and 14:00, or call 07527 753 688 or email enquiries@llandoverymuseum.wales



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# DINEFWR

## Beth sydd ymlaen? What's on?

Chwefror a Mawrth 2024

February and March 2024



### Hwyl Hanner Tymor 12-18 Chwefror

Mwynhewch y llwybr Lego 'minifigure' newydd yn y tŷ a dringo i gastell Dinefwr i gael y olygfa orau o ddyffryn Tywi. Cawl, cacennau a siocled poeth i gyd ar gael yn y caffi.

### Half-term Fun 12-18 February

Enjoy the new Lego minifigure trail in the house and climb to Dinefwr castle to get the best view of the Tywi valley. Cawl, cakes and hot chocolate all found in the café.



### TREFTADAETH ADEILADU : DATHLU SGILIAU 16 Mawrth

Ymunwch ag arbenigwyr adeiladu traddodiadol i gael cipolwg ar gadwraeth ac atgyweirio adeiladau treftadaeth a chartrefi traddodiadol, gan gynnwys arddangosiadau o sgiliau ymarferol. Prisiau tocynnau £10-20. Archebu yn hanfodol ar <https://bit.ly/42cROBq>

### BUILDING HERITAGE : CELEBRATING SKILL 16 March

Join traditional building specialists for an insight into the conservation and repair of heritage buildings and traditional homes, including practical skills demonstrations. Ticket prices £10-20. Booking essential on our website at <https://bit.ly/42cROBq>



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# LLANDOVERY ROTARY CLUB



The decorations are down, the coloured lights are back in the boxes and Christmas has long gone. By now most of the New Year's resolutions have long gone too. Those of us of a certain age rejoice at being still here to see another year in. Welcome to 2024.

As there is no January 'POST' let's tell you about pre Christmas first. As per every year our Rotary Santa was very well received but this year not just by the excited children. Our Santa this year has been acclaimed by many as truly outstanding. Not only did he have a wonderful way with the children but many of the adults were convinced that this, with his long white hair and the huge white bushy beard, was the real Santa Claus. Well I'll tell you a secret. Actually it was!

Well done Brian. More later.

The Christmas Hampers were delivered again this year and were very well received by all. Many letters and messages of thanks were received and Gina was awarded a Rotary Coin for her work in the collection and preparation of these lovely Christmas deliveries. We all enjoyed a lovely Christmas lunch at the Castle Hotel on the completion of the deliveries, at our own cost of course.

Between Christmas and the New Year President Dan and his dear wife Gina invited all Rotarians to their home for drinks and canapés. He said he had loads of beer there. He did! Despite many doing their absolute best to shift it, we failed. I can tell you that it is not often that happens! Thanks Dan and Gina.

Rosie's enterprising EasyRead menus were distributed to the local hostellers and have gone down a storm. We have shared them on the Rotary International Facebook page and a number of clubs are eager for us to roll them out in the Southern Wales District. There will be a few wrinkles to sort first namely copyright then this could be big. Well done again Rosie.

We received very sad news recently when we were informed of the passing of past member Henry Richards formerly of Greenacres and manager of HSBC Bank in Llandovery. Henry was a stalwart of this club taking on the Secretary, Treasurer and President's job and being awarded Rotary's highest honour, the Paul Harris Fellow award. Henry and Avis retired to Herefordshire some years ago. We send our sincere condolences to Avis and Sam.

Just before Christmas we had another new member. Rhian Davies is well known locally and joins us which means our average age drops yet again. Rhian will be a great addition to the club and has already proved to be a willing volunteer. Croeso Rhian.

Our elder statesman Edward Ransom has undergone surgery, twice. I'm glad to report that he seems none the

worse for the experience and looks as young as ever!

Our Honorary Member Colin Newman made his second mercy mission to Ukraine again going in convoy with friends from Yorkshire. They packed the vehicles with much needed aid and Colin reports that this trip was extremely tough with severe weather conditions setting in for winter making driving slow and hazardous. They also encountered delays at the Polish Ukraine border which hampered them further. A long hard trip and they were all glad to be home for a well deserved rest. Well done Colin.

Brian our wonderful Santa also visited the care homes and was very well received by the residents. He again managed to convince some he was the real Father Christmas. Following his many visits Brian decided that his natural Santa look had to go. He arranged a sponsored 'beard cut' in the Whitehall auctioning off the first snips. Again the local community responded magnificently and the beard trim and subsequent hair cut have altered his appearance dramatically. Fair play, he raised over £450 in the process. Well done Santa ..... errrrrrr Brian.

On 19th December we arranged that everyone should wear something Christmassy to our meeting. Some wore Christmas ties, others bow ties, jumpers, shirts or tops. One didn't look to be wearing anything Christmassy but insisted that their underwear had a 'Rudolph' on it! As we were not prepared to face a charge of sexual harassment we were not prepared to take it further and check it out. But we have very serious doubts! A Rudolph on your underwear! Really?

Dai Dyer has received a cheque from the Urdd Eisteddfod Committee for our considerable efforts helping to organise the car parking at last years Eisteddfod. Diolch yn fawr.

We had a guest speaker during December, Ollie Griffith-Salter.



Ollie Griffith-Salter with Dan and Rosie.



I am indebted to secretary Rosie as this article is taken direct from her minutes .....

Guest speaker Ollie Griffith-Salter was introduced by Rosie. They have known each other a long time. Rosie feels that Ollie is an inspiration as he woke up one day when he was about 13 and no longer had the use of his legs. He has gone on to play wheelchair basketball for Wales, competing abroad and is a disability access champion for those living with a disability in Wales.

- Ollie discussed finding it hard when he lost the use of his legs in 2013 and felt very sorry for himself until his Mum encouraged him to take up wheelchair basketball and this gave his life meaning again.
- Ollie went on to compete for Wales and GB in wheelchair basketball.
- Ollie then lived in Italy for two years competing, but came home due to struggles with his mental health.
- Since being back, he has wanted to help others with their mental health and does this by being open about his own struggles.
- Ollie attended the Eisteddfod when it was in Llandovery, but was disappointed with the limited access for wheelchair users, he got in touch with the organisers and they appointed him “Disability Officer”
- Ollie has now consulted on the Eisteddfod and the National Urdd and was shocked to learn that there are no companies in Wales that make or supply disabled toilet blocks.
- Ollie got the specifications and had the disabled toilet blocks built, these can now be moved around the sites.
- Ollie’s aim is to get all festivals in Wales working together and ensuring that they meet the Gold standard of disabled access.
- Ollie discussed useful apps that let wheelchair users know where appropriate toilets/ changing facilities are in their area.
- Ollie talked about the challenges are everyday activities as a wheelchair user, he gave the example of having



*Wear something Christmassy they said. Alan and Matt looked great. Brian took it a step further!*

- friends message to ask him to go to the pub. He first has to look at pictures of the pub, will he be able to get in, will he be able to use the toilet once inside etc.
- Ollie talked being excited about collaborating with Rosie to make Llandovery a socially inclusive and accessible town for all members of society.
- Ollie thanked the club for supporting with a previous donation towards a basketball wheelchair.

Vote of thanks given by Dai Dyer who thanked Ollie for his great work and for being such an inspiration. Dai also talked about knowing Ollie and his family since they moved to Cyngordy and that they have been a big community presence and help with whatever they can.

Thanks Rosie.



*Lynnette Armstrong has joined us. Welcome Lynnette.*



*Rhian (Rhi) Davies has joined us and is now a proud Rotarian.*

*continued on page 26*



*Brian after the beard shave and Santa before the shave. Unbelievably, the same man!*

Kevan has retired from the army. Kevan who had a distinguished career in the British Army rising to Lt Colonel has decided to call it a day and goes out to graze following his final stint at HQ Wales, Brecon. Kevan takes over as President in June which will keep him occupied next year. Happy retirement Kevan.

Then we had another new member! Is there no end to this? While organisations everywhere are struggling to attract volunteers our membership has risen 20% during the last few months and we love it. Very few clubs have such a wonderful cross section of ages as ours. We have members born in six different decades which other clubs can only dream about. When Rachel and Rosie attended a district meeting in Rhayader recently they were quizzed by all clubs who wanted to know what we are doing differently. "How are you doing it?" they demanded to know. Simple, was the answer. We are successful at raising funds from our generous local community and we have a lot of fun doing it. As stated. Simple!

And the latest new member? Lynnette Armstrong. A local bespoke milliner who specialises in the manufacture of quality bespoke designer hats and fascinators. Lynnette is another welcome addition to our burgeoning club. Welcome Lynnette.

Just a reminder to all organisations or in fact anyone in need of financial support for a good cause we are now in a position where we can probably help. Due to successful fund raising we invite requests for financial help. Please write to the secretary or indeed to any Rotarian and we will consider your request. If successful we will be as generous as possible. Come and get it!

As you've heard we are on a roll now. Our membership is rising ..... fast. But we are looking for more more more. So, if you fancy breaking up the week, (Tuesdays) join us for a meal in great company and help the community whilst enjoying wonderful fellowship. You will be very glad you joined us. We have members who are in their twenties up to errrrrrrr older! Male, female, young or ..... older. Some have an orange squash, some have a pint, some have a few pints. It matters not at all. We have speakers. The next two speakers are the Bishop of St David's, Dorrien Davies and then Professor Simon Kemp, a local man who studies Astronomy at the University of Guadalajara in Mexico. Good eh! Come and join us

Derek Jones.

## CALLING ALL ARTISTS HERITAGE AND ARTS CENTRE TO HOLD A SECOND ART COMPETITION

Following the very successful Art Competition in 2023 which attracted over 100 entries and over 300 visitors, the Llanwrtyd Heritage and Arts Centre are organising a second event in July 2024.

"We were delighted with the response and high calibre of entries, the success of the exhibition and preview evening last year and the number of visitors that visited the Centre specifically to view the entries and it is hoped that there will be even more submissions this year" commented Lynne Brookes, Centre Manager.

Under the theme 'A Moment in Time' the competition is open to all artists resident in Wales who can submit up to three paintings or mixed media work for consideration.

Once again there is a first prize of £500 and second of £250, kindly sponsored by Charcroft Electronics and Lofftwen Forest Farm both based in Llanwrtyd Wells, together with a visitors' choice award of £100.

Seventy five artworks will be selected for the final hanging and will be exhibited at the Heritage and Arts Centre throughout July following a preview and judging evening that will take place at the beginning of the month.

Closing date for submissions is 1st April 2024 and details for entry can be found at [www.history-arts-wales.org.uk](http://www.history-arts-wales.org.uk) or by contacting the Centre on 01591 610067, email: [ldhac2016@gmail.com](mailto:ldhac2016@gmail.com)



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# DIM NO PEILONAU PYLONS



## NEWSLETTER DECEMBER 2023

Over the last few months numerous Pop-up events have been organised to share information with the community. These were extremely well attended, at various events from the Llandovery Sheep Festival to the Christmas Fayre at Aberglasney Gardens. It has been a tough year for everyone, so it has been encouraging to hear of the building level of support for our campaign in the Community. People often ask 'what can I do?'. There will come a time when we will be asking more of you all. But, for now, please continue to spread the word to neighbours, friends and family and encourage them to sign up through the website to receive their own regular updates. What has surprised us is the number of people who are unaware of Bute Energy's pylon proposals. We are limited in our means of communication because of financial resources, but if you have any ideas as to how we can better reach out and engage, or if you would like us to "Pop-up" near you or at an event, then please do get in touch.

The Llandovery Pylon Community Action Group organised a Twmpath that was an important fundraising event and a great social evening. The event was exceedingly popular and DiEnw has acquired a lot of new Twmpath recruits! Our thanks must go to DiEnw, Alan Walters, Dough Diddle's Pizzas, Llangadog Community Hall, all those who attended, the local businesses who helped sell tickets and donated raffle prizes, and our relentless band of volunteers who made it all happen. The event raised an amazing £1,548.07 which will support our fight against pylons through our valley and for which we are so grateful. We will keep you updated as our fundraising teams are planning several events in 2024.

On the business side, Bute Energy is yet to be granted its licence from OFGEM, so we continue to play the waiting game. Be aware, Bute Energy will move very quickly once it has been granted so, next year, as with this year, we are likely to get very little notice of the next consultation. You may have seen Julie James MS speak in the Senedd last month where she announced that a report has been commissioned that will provide an up-to-date cost comparison of the different cable routing methods, namely overhead and underground (including cable ploughing). An article on this in the South Wales Guardian explains more if you missed it and is encouraging news (<https://www.southwalesguardian.co.uk/news/23952954.cable-ploughing-looked-welsh-government/>). However, the real possibility of three or

more pylon routes through mid Wales means the threats are only increasing. Jonathan Edwards MP continues to be very supportive and in the last week, also in the South Wales Guardian, called for clarity on the Welsh Government's position (<https://www.southwalesguardian.co.uk/news/23984843.welsh-government-needs-clarify-cable-ploughing-towy-valley/>). Meanwhile, we continue our dialogue with representatives of the three main political parties, who have been sympathetic to our cause, and these conversations will continue into the new year.

Please do keep visiting the website <https://nopylons.wales/index.html>. There is new material going up all the time. Particular thanks must go to Dr Chris R Langley who has shared some 'slippy maps' which show historical sites along the routes. Inspired by these, an interactive map has been created which allows you to zoom in and see how close the route may come to your home (with cables over the top in some cases!) Combined with the visual impact maps we are starting to build a real picture of the devastation pylons would mean to our valley. All the different maps can be found here (<https://nopylons.wales/maps.html>).

Finally, we would like to say a massive thank you to the Group's members who have kickstarted this campaign and have continued the fight. They are all volunteers and have tirelessly given up their time day after day. So, to them and all of you out there who continue to support us we wish you a Happy New Year.

Llandovery Pylon Community Action Group and  
Llandeilo Community Group Against Pylons



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# LLANDOVERY CHRISTMAS LIGHTS EVENT ON FRIDAY 24TH NOVEMBER 2023

THANK YOU to all those who gave their time and energy for free in helping to make the above event so successful. It was a fantastic evening and extremely successful. The weather was dry but cold, but more people than ever attended and the atmosphere was electric. It was possibly the most successful Christmas Lights Event so far.

THANK YOU to the performers who were: Llandovery College Pupils, Ysgol Rhys Prichard Pupils, Cor Meibion Llanymddyfri/Llandovery Male Voice Choir, Aaron Perry & Ben Montague who played live Christmas music & to John No 7. Rotary Father Christmas was present in his grotto, there were children's rides by Andrew Holmes, candy floss & doughnuts by Mark Holmes, Christmas Cider by Bumblebees (donations to the Fire Service), LTC/LYCC Steering Group & Co-op distributed free mince pies (donations to Barnardos), Robert Jenkins serving hot meat rolls, Gary Manning serving pizzas. There was a 'No Pylons' stand to raise awareness. There were eight stalls with gazebos on the cobbles, some of which were raising money for an animals charity and Ty Hafan, the children's hospice. Christine Manning was raising money via a tombola for charities: homeless veterans and another. The The Bear had a stall serving Singapore noodles & mulled wine. The Llandovery Clock Cafe in the Craft Centre served hot food & hot & cold drinks. There was a gallery of art work at the Llandovery Youth & Community Centre. Judy's Ice Cream Parlour was extremely busy.

THANK YOU also to Steven Thomas (electrician), Gareth Salt for presenting the evening, Pegasus First Aiders and Mark Revitt (Photographer). A thank you to Tilhill who provided the beautiful Christmas Tree. A thank you too to those who helped erect & dismantle the gazebos: Cllr. Jason Brown, Cllr. N. Burgess, Cllr. Dorothy Burgess, Deryl (from Hiraeth gallery) & Rob from Forrest House & Steven Thomas. Thank you to Llandovery Rotary for stewarding.

THANK YOU to the businesses who stayed open until late. It was a delight to find so many remaining open with their interesting wares. The extended opening times for the event was greatly appreciated and enhanced the atmosphere of the evening. The evening was very successful, the town was vibrant and the atmosphere electric:

Those businesses opening late were as follows:

<i>Market Square:</i>	<i>Broad Street:</i>
Bumblebees	Llandovery Youth &
Siop Myddfai	Community Centre: gallery
Goodfillers	Hiraeth Gallery
Ystrad Post Office	The Printing Office

<i>Stone Street:</i>	<i>High Street:</i>
La Patisserie	Craft Centre & Llandovery
Replay Vintage	Clock Cafe
Judy's Ice Cream	The Red Cross Shop
Parlour	Animals in Need Charity Shop
	New Book Shop

(If I have omitted anyone, please forgive me)

The food takeaways & public houses were busy too, especially the The Kings Head, which had entertainment in the evening. Thank you to CCC for allowing free car parking in the main Castle car park, which I understand was full. The Mayor turned on the Christmas lights at approx. 5.30 p.m. and 'We wish you a Merry Christmas' was sung by all.

THANK YOU TO ALL, ESPECIALLY THE COMMUNITY FOR BRAVING THE COLD TO BE THERE!! IT WAS A WONDERFUL EVENING!!!

Children's Poster Competition: Thank you to the Judges & to all the children who made creative & wonderful posters. The posters of the winners of the Children's Poster competition were displayed in Y Gannwyll – Museum and the other posters displayed in the windows of the businesses in the town. The Mayor & Consort presented the prizes at the schools prior to the Christmas holidays.

The Best Business Christmas Display: Thank you also to the Judges of the Best Business Christmas Display.) The Mayor & Consort presented the certificates to the winning businesses before Christmas. Thank you to all the businesses who have once again made Llandovery sparkle at Christmastime.

The event and competitions were organised for the community by Llandovery Town Council.

May we take this opportunity to wish you all a Blwyddyn Newydd Dda / Happy New Year

Cllr. D. M. Burgess,  
Chair, Events & Market Committee  
Llandovery Town Council



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## ALL CHANGE



### Llandovery RFC Secretary Robin Barlow still manages to raise a smile

Who would want to be a rugby club secretary, given the task of re-arranging fixtures and endlessly juggling dates on the whims and wishes of both the WRU and other Premiership clubs? *writes Huw S Thomas*

Such has been the work of Llandovery RFC club and fixture secretary Robin Barlow in his efforts to cut the Gordian Knot of who, what, where and when.

Postponements through bad weather, date alterations through ground unavailability, clashes between Premiership and WRU Cup dates have resulted in a redrawing of the fixture list for the rest of the season.

Saturday's game between Llandovery and Cardiff was called off by the Cardiff club because the Arms Park was reserved for hosting the Cardiff Blues v Harlequins Champions Cup game.

After lengthy negotiations between the two clubs the Drovers will now play Cardiff in the Premiership at the Arms Park on Thursday evening February 1.

Bridgend were due to visit Church Bank on March 2 but that fixture has had to be moved to April 27 because the WRU have named March 2 as WRU Cup semi finals day when Llandovery play Ebbw Vale at Aberavon and Swansea face Merthyr at Bridgend.

Complications arise thereafter as if either or both Llandovery and Swansea win their semi final games, then they will be in the Cup final at the Principality Stadium in Sunday April 7.

That is one day after their scheduled Premiership game against the All Whites on Saturday April 6.

So, if Llandovery and Swansea both lost their semi finals on March 2 then the April 6 league game will take place as per fixture list.

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If either Llandoverly or Swansea get to the Principality on April 7, the league game will be re-arranged for Saturday April 20 – hope you got it?

Other confirmed changes will see the Drovers play Swansea at St Helen's on Saturday February 10 (KO 1 00 pm), the day of the England-Wales Six Nations game at Twickenham (KO 4.45pm)

The clubs were due to play on December 2 but a frozen St Helen's pitch forced a postponement.

The Pontypool – Llandoverly clash, originally fixed for Saturday March 9, has been brought forward a day to Friday March 8 and to be played under the Pooler lights in front of TV cameras.

The Llandoverly-Bridgend game, scheduled for March 2 – WRU Cup semi finals day – has had to be moved to April 27.

There is every hope that the Drovers will make the Premiership play offs on May 4, when the top of the regular season club will entertain the fourth placed club and the second placed side will have home advantage over the third placed.

The two successful semi finalists will meet on Saturday May 11, venue dependent on semi final results ..... providing – as Dr Barlow wistfully says – “that the season is not extended because of bad weather!”

Ah, the happy life of a fixture secretary.

#### Revised fixture list

*\*Subject to change and dependant on Cup and Premiership results*

- Sat Jan 27 v RGC (a) Premiership (2.30pm)
- Thurs Feb 1 v Cardiff (a) Premiership (7.30pm)
- Sat Feb 10 v Swansea (a) Premiership (1.00pm)
- Sat Feb 17 v Neath (a) Premiership (2.30pm)
- Sat March 2 v Ebbw Vale (at Aberavon) – WRU Cup semi-final (2.30pm)
- Fri March 8 v Pontypool (a) Premiership (7.30pm)
- Sat March 30 v Newport (a) Premiership (2.30pm)
- \*Sat April 6 v Swansea (h) Premiership (2.30pm)
- \*Sun April 7 WRU Cup Final (Principality Stadium)
- Sat April 13 v Aberavon (a) Premiership (2.30pm)
- \*Sat April 20 v Swansea (h) Premiership (2.30pm)
- Sat April 27 v Bridgend (h) Premiership (2.30pm)
- \*Sat May 4 Premiership semi-final play offs
- \*Sat May 11 Premiership final play off

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## Save the Date! Llandeilo Lit Fest

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Featuring authors, poets and performers from across Wales, Llandeilo's 7th annual literature festival will bring together a varied and exciting programme of talks, readings, and performances. Preparations for this year's festival are well underway with many wonderful writers already on the line-up, including Owen Sheers, Ben Wildsmith, Nerys Howell, Meleri Wyn-James, Wyn Thomas and Julian Dutton.

Subjects will include, Tudor history, poetry, Tryweryn, big cat sightings, the Post Office scandal, Welsh art and artists, the environment, pylons, black British history, Welsh cookery, the future of Wales, a biography of actress Sian Philips, family secrets, hidden diaries and much much more!

For the first time the Lit Fest will include Kid's Fest at the Lit Fest – a two-day celebration of children's writers and illustrators from across Wales including the award winning Eloise Williams, Jonny Duddle and the Children's Laureate for Wales 2024 Alex Wharton. As well as storytelling, poetry and opportunities for children to create their own stories there will be hands-on art, craft and interactive workshops.

The Kid's Fest will include the multi award winning Aardman Animation workshop team. Come and make your own Wallace & Gromit characters, or Sean the Sheep with Aardman's expert model makers, or learn how to make a stop-motion animated film.

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Co-chairperson Kate Glanville says, 'I can't wait! This year's festival is already shaping up to be a wonderful three days of events. The Kid's Fest will be a great addition to a fantastic line-up of authors and performers in Welsh and English.'

There will also be workshops for adults in bookbinding with Dragon Press Bindery and paper sculpture making with acclaimed local artist Polly Verity.

The festival will be providing musical entertainment around the town, and the weekend coincides with Cantorion Llandeilo's performance of Mozart's Requiem in St. Teilo's church on Saturday 27th April.

The talks and events will take place all over Llandeilo including at Hengwrt, Newton House, Oriol Mimosa, The Old Market and The Civic Hall.

Tickets will go on sale in March. [www.llandeilotfest.org](http://www.llandeilotfest.org)



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TRAFFICIAETH CYMRU  
 TRANSPORT FOR WALES

02/24(1)

# THE NATIONAL BOTANIC GARDEN OF WALES ANTIQUE FAIR AND VINTAGE MARKET HAS A FLAVOUR OF WELSHNESS

The next Antiques Fair and Vintage Market to be held at the National Botanic Garden of Wales is on Saturday 24th and Sunday 25 th February 2024.

Nestling into the Carmarthenshire countryside ,on the outskirts of Carmarthen and just 15 minutes away from the end of the M4, it's conveniently situated.

The weekend of antiques, is set to be a busy one . Fans of classic antiques should make their way to the various Garden venues – including the Great Glasshouse - for displays of Welsh art and pottery, quality jewellery and outstanding militaria collections.Step next door to Ty Melyn house and discover displays of quality antiques, Welsh textiles,and a superb array of books, jewellery and silver.Tucked away beside the Millenium Courtyard is the large Wedding marquee where displays of Welsh pottery, a large range of furniture ,art glass and some vintage delights, plus jewellery and records.

The recently transformed Theatre Botanica will be exhibiting old favourites such as silverware and collection of Moorcroft, Lorna Bailey, Beswick and Doulton , art and teen plus collections of quality furniture including some impressive stick chairs and rare welsh blankets.

Millennium Courtyard will be filled with a Vintage market housing smaller marquees displaying vintage toys, clothing, retro and upcycled furniture ,tools and gardenalia.

The fair has had a reputation for showcasing Welsh areas of collecting including Welsh pottery, welsh blankets, Welsh art and furniture. Again not to disappoint , there will be an amazing display of period Welsh oak furniture . From Welsh child's chairs, milking stools to much larger pieces including dressers and rare stick chairs.Richard Bebb's collection of Welsh artists is impressive and a stand not to be missed.He has an impressive display of Welsh paintings and he will be bringing original Works by leading Welsh Artists such as Kyffin Williams , Malcolm Edwards, David Woodford, Gordon Stuart, Donald McIntyre, Wilf Roberts and John Knapp-Fisher and many more.

Welsh pottery has also been keenly collected, especially rare examples of Llanelli pottery.

Alistair and Helen Crawford and Micheal Gorton of Chapellane Antiques have built up a reputation of having an impressive stand that showcases rare Llanelli Pottery including the coveted Cockerel plates , that were produced in the Llanelli.

There will also be a good selection of the popular Welsh blankets and textiles on display , the result of

Wales having a rich heritage , in the woollen industry.

We are pleased to announce that BBC Bargain Hunt will be returning to the Gardens over the weekend to film 2 teams( the red and blue teams) competing to find 3 items to take to auction and hopefully make a profit. They will have an expert to aid them in their search and also to select their own special purchase. This is the fifth time they have visited the Gardens.The experts are not revealed until the day of filming so everything is kept to secret.

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

Militaria will again be heavily represented at the fair with rare medals, ceremonial swords and suits of armour.

All this is set in and around the magnificent grounds of the National Botanic Garden of Wales .

The fair opens at 10am and closes at 4.00 pm

Admission is at a reduced price of £12 and the ticket lasts for 7 days and allows admission to both the Garden and the fair .Dogs are now welcome over the Antiques weekend,( except the Glass House)

For more information contact Derwen Fairs 07790 293367 or follow on FB,Twitter and Instagram

## CANOLFAN GYMDEITHASOL LLANGADOG COMMUNITY CENTRE

A series of events have been planned at the hall in Llangadog for 2024. To kick things off:

**BINGO Friday 9th February 7.00pm** (doors open 6.30pm). There will be a bar, refreshments and a raffle. So come and enjoy an evening of fun, prizes and a chance to win the jackpot! £6.00 a book.

**Easter Whist Drive Tuesday 26th March 7.30pm** (doors open 7pm). MC Mrs Erylis Rowlands, Llandeilo. £3.00

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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02/24(6)

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# VISIT TO THE MANAGEMENT TEAM OF GLANGWILI HOSPITAL

Last week, Derek Jones, of 'Love Llandoverly' and I were invited to a discussion with the Management of Glangwili General Hospital. We had raised concerns previously with the Chief Executive of Hywel Dda University Health Board about the conditions suffered by patients being admitted into Glangwili through the Emergency Unit (EU – formerly A&E) and being held thereafter in the Medical Admission Unit (MAU) within the Clinical Decisions Unit (CDU) pending admittance to a ward or discharge.

You will all know that Glangwili, like hospitals everywhere, is short of beds on wards because of the difficulty of discharging patients who no longer need a bed in an acute hospital. There are around 80 such patients currently in Glangwili, some of them may still need some therapy, such as physiotherapy or occupational therapy, but 45 or so have no such needs and are just waiting for care packages or places in care homes. This equates, effectively, to two whole wards.

At the same time, pressure on the EU means lengthy waits for treatment for many and those who need admitting cannot be found beds on wards. To alleviate this problem, the MAU has been holding a number of patients, who ought to be on wards but cannot be, in chairs during the day and on theatre trolleys at night. This is distressing for patients and not helpful in helping them to get better. We wanted this procedure to be stopped and all patients in the MAU be given a bed.

The lead for the Glangwili management team was their Head of Nursing, Ms Olwen Morgan. She was frank: pressure on the hospital was immense and greater than that for which it was designed and, no, the system wasn't right, it was of deep concern to the Hospital and she 'lost sleep' over it. She was also clear that the hospital could not provide a totally safe environment for all; merely attempt to reduce the risk as much as possible. She was quite clear that the lack of available beds within the Hospital was of grave concern and discussed at nearly every management meeting. But... there was certainly insufficient room for there to be beds in the MAU during the day when the through-put of patients was considerable (only some of those being seen there were, of course, staying overnight). Having beds in the MAU

would mean fewer patients being seen there at any one time and therefore, more remaining in the EU where conditions were even less favourable.

In short, for the time being, there was little prospect of an improvement in this situation. While this is very disappointing, it is apparent that there is no quick fix which would make things better overall as improvement in the MAU could only result in less good conditions for many in the EU.

We then spoke about our concerns about the treatment of patients waiting in EU. We stressed that for many, "a trip to A&E" was feared as much as the symptoms bringing them there. A lack of privacy, uncomfortable seating, extensive waits and poor communication from the EU team all contributed to a miserable experience. We asked that, for those patients who had seen the triage nurse and were now waiting for treatment, more comfortable, reclining, seating be provided. We asked that the reception area might be reconfigured to provide better privacy and reduce the barrier between patients and the receptionists (they are currently partially-hidden behind smoked glass) and we asked that the hospital employ volunteers to liaise between waiting patients and the EU clinical staff to give waiting patients and their carers clear points of contact to ensure a better flow of information and reassurance that no one was being forgotten, while taking that pressure off clinical staff who would better be able to move about in the waiting area without interruption. And, lastly, we asked that the plethora of temporary paper signs stuck all over the walls might be reduced and clarified so that patients and carers could have clear, easily-read guidance which was regularly reviewed for currency and necessity.

Ms Morgan agreed that these things, among others, would be looked at so as to improve the experience of those waiting in the EU. We hope that those of you unlucky enough to be visiting Glangwili EU in the coming months, will see the result of our shared efforts with an overall improvement in conditions there.

We are grateful to Ms Morgan and Mr Luke Lenton from the Health Board Complaints Department for agreeing to meet us and for the time they spent with us.

Ian Watts



03/24(6)

A circular logo with a green border and a black center containing a white 'P' inside a circle.

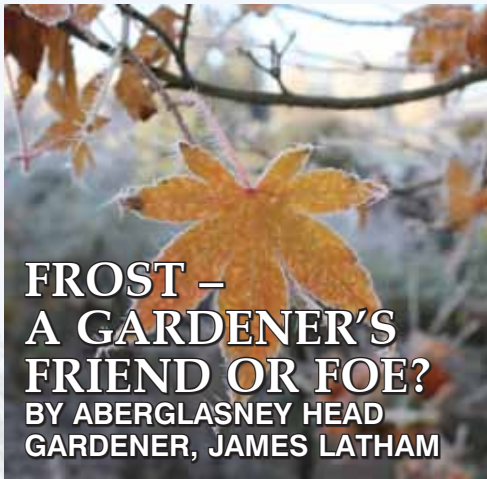
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# FROST – A GARDENER’S FRIEND OR FOE?

BY ABERGLASNEY HEAD  
GARDENER, JAMES LATHAM

Frost in the garden is a transformative natural occurrence that can both enchant and challenge gardeners. As temperatures plummet, delicate ice crystals form on leaves, flowers and grass, creating a breathtaking winter wonderland. However, this picturesque scene belies the potential harm it inflicts on vulnerable plants. Frost poses a risk of freezing plant tissues, leading to wilting, discoloration and even death. Gardeners employ various protective measures, such as covering plants or relocating them indoors, to shield their gardens from frost’s icy grasp. Navigating this seasonal dance between beauty and danger, gardeners must balance appreciation for nature’s artistry with the need for strategic plant care.

Hoar frost and ground frost are captivating phenomena that transform winter gardens into enchanting, frosty landscapes. These unique occurrences happen under specific weather conditions, creating a delicate, crystalline beauty that blankets plants, grass and various surfaces.

Hoar frost forms when water vapour in the air directly transitions into ice crystals without first becoming liquid. This process typically happens on cold, clear nights when the temperature drops below freezing. As the moisture in the air freezes, it adheres to surfaces like leaves, branches and even spider webs, creating a breathtaking display of fine, feathery ice crystals. The term ‘hoar’ is derived from an old English word meaning ‘showing signs of old age’ aptly describing the frost’s frosty, white appearance.

In the winter garden, hoar frost adds an ethereal touch, transforming mundane elements into glistening works of art. Trees and shrubs become adorned with delicate ice formations, resembling intricate lacework. Blades of grass stand adorned with sparkling crystals, turning the entire landscape into a magical winter wonderland. The beauty of hoar frost lies in its ephemeral nature, as it can disappear with the first rays of the morning sun or a slight increase in temperature.

Ground frost, on the other hand, occurs when the temperature at ground level drops below freezing, causing moisture in the soil to freeze. This phenomenon poses both challenges and benefits to the winter garden.

On the downside, ground frost can potentially harm plants by freezing the water within their cells, leading to cellular damage. However, it also has protective aspects, insulating the roots of certain plants from more severe cold temperatures.

Winter gardens adorned with ground frost showcase a different charm. The frozen ground takes on a silvery sheen, accentuating the contours of the landscape. Grass blades become stiff and coated in a thin layer of frost, creating a crisp, winter tableau. While some plants may suffer from the effects of ground frost, others, particularly those adapted to colder climates, may thrive in these conditions.

Peonies, for example, revered for their lush blooms, require a period of winter chill to thrive. This chilling requirement, often measured in chill hours, is crucial for the peony’s flowering process. Chill hours represent the cumulative time a plant spends at temperatures between 0°C and 7°C during the dormant season. Peonies, being cold-loving perennials, depend on this chilling period to break dormancy and stimulate robust flower bud development. Without adequate chill hours, peonies may exhibit delayed or reduced blooming, emphasizing the intrinsic connection between winter chill and the vibrant, abundant blossoms that make these ornamental plants a cherished addition to gardens.

Gardeners often employ various strategies to protect their plants from the adverse effects of frost, such as covering vulnerable plants, mulching to insulate the soil, or selecting frost-resistant plant varieties. Understanding the nuances of hoar frost and ground frost allows gardeners to appreciate the transient beauty of winter while also taking necessary precautions to safeguard their beloved plants.





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0022(10)

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THE POST 39

# CLWB CEIR | DINEFWR DINEFWR | CAR CLUB

## DAU GAR TRYDAN I'W RHANNU GAN Y GYMUNED YN ARDAL DINEFWR!

## TWO ELECTRIC CARS TO SHARE BY THE COMMUNITY IN THE DINEFWR AREA!



What about a more novel new year's resolution for 2024? How about experimenting with the concept of *sharing* a car rather than owning one? Here are three reasons amongst many as to why this could suit you:

- They are convenient and simple to use – simply book a car, turn up, drive away and return to the car club parking location.
- They are potentially cheaper than owning a second (or little used) car, as you don't have to pay costs associated with maintenance, road tax or insurance. You pay as you drive.
- By sharing an electric car, you will be helping to reduce carbon dioxide emissions and help protect the environment.

The Dinefwr Car Club, a pilot project to encourage shared ownership of electric cars, now has two cars available for the community to use – one in Llanymddyfri (Llandovery) and the other in Llandeilo. If you join the Dinefwr Car Club during January and February, you will receive a £15 welcome credit and 3 months free membership. Cysylltwch gyda Sioned am fwy o wybodaeth ac i ymuno/ Contact Sioned for more information and to join: [sioned@ywnisirgar.org](mailto:sioned@ywnisirgar.org).

## FRIENDS OF CÔR MEIBION LLANYMDDYFRI MONTHLY LOTTERY DRAW RESULTS

OCTOBER TO DECEMBER 2023

### October 2023

1st 305	Elen Sophia Powell
2nd 400	Wiggy Davies
2nd 233	Siân Lloyd
3rd 513	Micky Gough
3rd 191	Mari Fflur Lewis
3rd 287	Mollie Lloyd

### November 2023

1st 64	Aubrey Thomas
2nd 107	Ella Morgan
2nd 18	Rosemary Goodhall
3rd 198	Bob Lewis
3rd 237	Samuel Watts
3rd 89	John Holloway

### December 2023

1st 343	Ffion Thomas
2nd 403	Noel Evans
2nd 117	Menna Rees
3rd 321	Gwilym Spowage
3rd 226	Molly Evans
3rd 140	Barrie Davies

### Christmas draws

265	Angharad Davies
384	Dafydd Bennet
504	Katie Jones

Many thanks to you all for your support;  
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03/24(3)



# CADOG FILM CLUB

The Cadog Film Club starts a new season on Saturday 3 February. We have two film nights every month, the first Saturday and third Friday of the month, at the Llangadog Community Hall. Entrance fee is £5.00 for members, £6.00 for non-members. Annual membership is £5.00.

On Saturdays the doors open at 6.00pm, at 7.00pm there is a meal (everyone brings a dish of food to share) and a bar providing wine and soft drinks. We aim to start the film by 8.00pm. Those who want to see the film only without the meal should arrive by 7.45pm.

*Saturday night films:*

## 3 February

**The Great Escaper** (2023). Cert 12A 1h 36m UK drama  
Cast includes Michael Caine, Glenda Jackson.  
Directed by Oliver Parker.

This is the true story of octogenarian Bernie Jordan, who in 2014 escaped from his care home to join fellow war veterans in Normandy. A big-hearted film featuring Glenda Jackson in her last ever film role as Bernie's wife Irene.

## 2 March

**Past Lives** (2023). Cert 12A 1h 45min USA drama  
Cast includes Greta Lee, Two Yeo, John Magaro.  
Directed by Celine Song.

Nora and Hae Sung, who had been inseparable childhood friends in South Korea, reunite in New York two decades later. A touching, bittersweet and very contemporary romance. (*This film is partly in English, partly in Korean with English subtitles*).

## 6 April

**One Life** (2023). Cert PG 1hr 50min UK biographical drama.

Cast includes Anthony Hopkins, Helena Bonham Carter, Romola Garai, Jonathan Pryce.

Directed by James Hawes

The true story of Nicholas Winton, who on a visit to Czechoslovakia in the 1930s, formed a plan to rescue Jewish children before the onset of war, in a operation that became known as the *Kindertransport*.

The Friday night films are selected from the very best of world cinema, often foreign language films, which don't always appear at the multiplexes. There is no meal, just wine, soft drinks and snacks. Doors open at 7.00pm, film starts at 7.30pm.

*Friday night films:*

## 16 February

**The Eight Mountains** (2022). Cert 12 2h 27min Italy biographical drama.

Cast includes Alessandro Borghi, Luca Marinelli.  
Directed by Felix van Groeningen and Charlotte Vandermeersch.

Two 12-year-old boys become friends when Pietro's family spends the summer in the Italian Alpine valley where Bruno is being raised by his farmer uncle and aunt. The film charts the course of their friendship over the next 20 or more years, as the innocence of youth gives way to the disappointments of adulthood and each has to struggle to find his own place in the world, but the mountains remain a place of refuge and healing. (*In Italian with English subtitles*).

## 15 March

**Lunana: A Yak in the Classroom** (2019). Cert PG 1hr 49min Bhutan drama

Cast includes Sherman Dorji, Ughen Norbu Lhendup.

Directed by Pawo Choyning Dorji

Ughen, a young teacher, plans to leave Bhutan to become a singer in Australia, but first he must complete his teaching service. As reprimand for neglecting his duties, he is sent to the Himalayan village of Lunana to be the teacher at the most remote school in the world. (*In Bhutanese with English subtitles*).

## 19 April

**Full Time** (2021). Cert 12 1hr 28min France drama.

Cast includes Laure Calamy.

Directed by Eric Gravel.

Julie is a single mother struggling to cope with the pressures of raising two small children and holding down a demanding job – while looking for a betterpaid one, to get her out of debt. Will a paralysing transport strike in Paris turn out to be the last straw? Laure Calamy projects great warmth as well as strength as a woman just keeping her head above water. (*In French with English subtitles*).

For further information, ring Irene Haynes on 01550 777657 or email: cadogfilmclub@aol.com

## THE WINNERS OF THE LLANDOVERY SCOUT & GUIDE HUT GRAND PRIZE DRAW

Ashmole & Co – £30 West End voucher .....	Helen Spencer
Clock Café – Cream tea for two .....	Dilys & Emrys
Hiraeth Gallery – £30 voucher .....	Eurig Evans
NFU – Bottle of wine .....	Edd & Bunty
Owls Nest – £10 voucher .....	Tristram James
Good fillers – £15 voucher .....	Derwen Deg
The Castle Hotel – Afternoon tea for two .....	Geraint Davies
Tudors – Meal for two with drinks .....	Ieuan Davies
Dai Matthews Butchers – £20 voucher .....	Thea Rees
CK's – Scarlets merch .....	Edward Reah
Elaine Jones Art – A4 water colour painting .....	Jenna Mathias
Myddfai Trading Company – Home fragrance set .....	Andy Hodge
The Old Printing Office – £50 voucher .....	Meinir Morgan
La Patisserie – Christmas hamper .....	c/o Honey at Brownies
The Bear – Meal for two + wine .....	Dewi Morgan
The Kings Head – £40 voucher .....	Rob Salt
The White Hall – Dinner for two .....	Alison Morgan
JT's Fish Bar – £25 voucher .....	Efa Jones

All prizes can be collected from Ashmole & Co Accountants, 18 High St, Llandovery during Office Hours

02/24(1)

## DRAWING, WATERCOLOUR, ACRYLIC PAINTING CLASSES DECEMBER 2023 TO FEBRUARY 2024

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*Ramblers group on the new footbridge – by Les Lepper.*

Dinefwr Ramblers had something to celebrate on their gentle, 5 mile circular walk to the north and west of Llandeilo thanks to the Public Rights of Way (PROW) maintenance team at Carmarthenshire County Council. Just over two weeks before, the two walkers who recced the walk found a short section of the footpath waterlogged and impassable.

They reported the issue to PROW who promptly visited the site, cleared the area and built a new footbridge! A large group of us enjoyed the walk which is now accessible to all walkers. So we'd like to say a big 'thank you' to the Maintenance Team.

Dinefwr Ramblers' walks can be found on their website at [www.dinefwrramblers.org.uk](http://www.dinefwrramblers.org.uk). A friendly group that welcomes new walkers, join them as a guest on any walk by contacting the walk leader.

**Sunday 4th February:** Check our website for updates.

**Wednesday 7th February:** Abergorlech Forest Garden Walk – We will follow forestry tracks in Gorlech valley, then footpaths through the Forest garden, and back on the opposite valley side. A couple of climbs along the way, and some muddy sections, with nice views on the return. The mosses are looking luxuriant just now. Dogs on short leads are welcome. 5 miles moderate. Departing 9:30am Llandeilo rail station and on by car. Walk leader Jude C. 07776 433921.

**Sunday 11th February:** Brecon Waterways – A lovely circular walk along the canal and river from Brecon to Llanfrynach, with superb views across the Usk Valley towards the Beacons. Dogs on short leads are welcome. 8.2 miles leisurely. Departing 9:15am Llandeilo rail station and on by car. Walk leader Ros B. 07976 631083.

**Wednesday 14th February:** Salem Footpaths and Lanes – A leisurely walk through fields and lanes around Salem. There are some lovely views towards the Brecon Beacons, and if fine the view from Maes Castell iron age fort. We will follow a path below historic Taliaris mansion. Tea/coffee and cake at Salem village hall

after. Dogs dependent on livestock situation. 4.5 miles leisurely. Departing 9:45am Llandeilo rail station and on by car. Walk leader Bidy D. 07890 795293.

**Sunday 18th February:** Wind and Water in Brechfa Forest – Follow deep wooded valleys through this ancient forest, as we gently climb toward Mynydd Rhos-wen and the Brechfa Wind Farm. Walking on mainly good forestry tracks with some sustained gentle climbs and descents. Dogs on short leads are welcome. 8.3 miles moderate. Departing 9:45am Llandeilo rail station and on by car. Walk leader Tony P. 07800 910859.

**Wednesday 21st February:** Meidrim – Walking to the North of Meidrim on quiet lanes and farmland. Extensive views. Dogs on short leads may be welcome, confirm with walkleader. 6 miles moderate. Departing 9:45am Llandeilo rail station and on by car. Walk leader Wendy S. 07969 639416.

**Sunday 25th February:** Two Chapels and the Carn Llechart Stone Circle – From Capel y Baran high on open moorland, we follow the Clydach river gorge as it broadens into a nature reserve. Up across farmland to Chapel Gellionen, resplendent against the backdrop of Swansea Bay. Onward across open moor amongst unexplained standing stones to Carn Llachart neolithic stone circle. No dogs except registered assistance dogs. 7.3 miles moderate. Departing 9:45am Llandeilo rail station and on by car. Walk leader Leslie L. 07887 566046.

**Wednesday 28th February:** Narbeth – An undulating walk along attractive tree lined footpaths and bridleways, woodland walking with several views of hilltop Narberth with its church tower. Time for tapas and/or shopping in Narberth's artisan shops after. Dogs on short leads are welcome. 5.5 miles moderate. Departing 9:00am Llandeilo rail station and on by car. Walk leader Wendy S. 07969 639416.

## LLANDOVERY GARDEN CLUB

25TH JANUARY: Llandovery Garden Club have invited RICHARD WILLIAMS to give us a power point Talk with photographs on "Hunter Gatherers"

I have booked the Catholic Hall, College View, Llandovery, SA20 0BD for the 4th Thursday of the month. 25th January from 7.00pm. We will begin the meeting with the AGM from 7.00 – 7.30pm when we will collect subscriptions from Members at £15.00 per annum. Our Speaker commences at 7.30 after which our hostesses will serve Tea/Coffee & biscuits and we will draw for the raffle prizes.

New Members are very welcome

If you have any queries please phone 01550 720771. I look forward to us meeting up again

22ND FEBRUARY: We will welcome BRUCE WALLACE to give us an illustrated Talk on "Private Landscaped Gardens in Carmarthenshire including "Llysonnen House & Garden"

**CYNGOR TREF  
LLANYMDDYFRI –  
LLANDOVERY TOWN COUNCIL  
CYSTADLEUAETH POSTER  
GOLEUADAU NADOLIG –  
CHRISTMAS LIGHTS POSTER  
COMPETITION 2023**

**THEMA – THEME:  
NADOLIG Y PORTHMYN /  
A 'DROVERS' CHRISTMAS**

**CANLYNIADAU – RESULTS**

Plant Ysgol Rhys Prichard ac Ysgol Baratoi Gollop  
Children from Ysgol Rhys Prichard & Gollop Prep School

**Categori 1 – Category 1**

Oed-Age 4-5

Derbyn – Reception: Dosbarth Llyn y Fan a Dosbarth  
Barcud Coch

Cyntaf/First: Bethan Jones

Ail/Second: Mathew Richards (Gollop Prep. School)

Trydydd/Third: Ruta Ostiak

**Categori 2 – Category 2**

Blwyddyn – Year 1 / 2 Dosbarth Brianne Blwyddyn 1  
Dosbarth Twm Sion Cati - Blwyddyn 2

Oed-Age 5-6

Cyntaf/First: Ciara Morgan

Ail/Second: Nel Jones

Trydydd/Third: Twm-Llywelyn Thomas

**Categori 3 – Category 3**

Blwyddyn – Year 3 / 4 Dosbarth Llanfair - Blwyddyn 3  
Dosbarth YPorthmyrn - Blwyddyn 4

Oed-Age 7/8

Cyntaf/First: Elise James

Ail/Second: William Roberts

Trydydd/Third: Mya Wilson

**Categori 4 – Category 4**

Blwyddyn – Year 5/6 Dosbarth Pantycelyn - Blwyddyn  
5 Dosbarth Dingat - Blwyddyn 6

Oed-Age 9/10

Cyntaf/First: Joan Abson

Ail/Second: Zara Phillips

Trydydd/Third: Anwen Wilson

**HIGHLY COMMENDED:**

Jasmine Shams-Redzheb (Gollop Prep. School)

Tia Morgan (YRP)

Ffion Evans (YRP)

Finley Davies (YRP)

Eleanor Florence Ginnis (Gollop Prep. School)

Steffan Davies (YRP)

Alys James (YRP)

Blu Hughes (YRP)

Layla Ryan (YRP)

Pixie Pearce (YRP)

Bydd arddangosfa o'r posteri a wobrwyr yn yr  
Amgueddfa Treftadaeth. Gellir gweld pob poster mewn  
siopau a busnesau yn y dref. Bydd y Maer, y Cynghorydd  
Handel Davies, yn cyflwyno'r gwobrau yn yr ysgolion  
ar ddyddiad a drefnir.

The prize-winning posters have been displayed in the  
Museum. All other posters have been displayed in shops  
and businesses throughout the town. The judges would  
like to congratulate all the children for taking part in the  
competition and for the high level of their colourful and  
creative art work. Prizes were presented in the schools  
by the Mayor Cllr. Gina Jones & Consort.

Thank you to all those involved. Diolch yn Fawr.

12/24(12)



**Davies Tree Services**  
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12/24(12)

**KB HOME MAINTENANCE**

<b>PLUMBING &amp; BATHROOM INSTALLATIONS &amp; MAINTENANCE</b>	<b>SOLID FUEL HEATING FLUES &amp; CHIMNEYS</b>	<b>SOLAR HOT WATER UNVENTED CYLINDERS UNDERFLOOR HEATING</b>	<b>ARCHITECTURAL &amp; BUILDING CONSERVATION</b>
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**24/7 Call Out TEL: 07838 386069 or 01558 824590 Brendan**

## LETTER TO THE WELSH GOVERNMENT ABOUT A NATIONAL CLEAN ENERGY PLAN AND LOCAL ENERGY

# CRIW AMGYLCHEDD LLANYMDDYFRI – LLANDOVERY CLIMATE ACTION GROUP

We urgently need a National Clean Energy Plan for Wales. A plan that shows how we will transition to clean, renewable energy generation and distribution. A plan that allows us to judge whether investments from the private sector are consistent with the Well-being of Future Generations Act (2015) and in the best interests of the people of Wales.

In December 2021 The Welsh Government published its “Renewable energy deep dive: recommendations” December 2021. That document included the following:

*“Our Vision is for Wales to generate renewable energy to at least fully meet our energy needs and utilise surplus generation to tackle the nature and climate emergencies. We will accelerate actions to reduce energy demand and maximise local ownership retaining economic and social benefits in Wales.*

*We will scale up local energy plans to create a national energy plan by 2024, mapping out future energy demand and supply for all parts of Wales to identify gaps to enable us to plan for a system that is flexible and smart - matching local renewable energy generation with energy demand.” Renewable energy deep dive: recommendations [HTML] | GOV.WALES*

Wales has long been subject to the despoiling of its landscape and the removal of its natural assets to the profit of usually non-Welsh investors and “entrepreneurs”. The legacy of this exploitation can be found in the scarred landscapes and scarred health of Wales and its people. This legacy should make us determined to resist further exploitation for the profit of others and more insistent that the benefits of renewable technologies should stay here. The question of how to build our infrastructure and make it more resilient to future demands should be for us to decide. Surely that’s what devolution and local accountability should mean.

Whether that is through a national infrastructure plan with a Welsh Government owned energy company at its heart, or through local energy projects generating and distributing energy in local areas, or a combination of the two, is for us as a democratic nation to debate, decide and implement. Local energy projects have the potential to promote a very positive message about renewables, bring ownership and accountability to local people, generate funds for other community projects and bring down energy bills for members.

Criw Amgylchedd Llanymddyfri – Llandovery Climate

Action Group hasn’t taken a position on the issue of the Bute Energy pylons in the Tywi Valley to date and there are differing views in the group. Some members are also members of the anti-pylons action groups in Llandovery, Llangadog and Llandeilo; advocating the burial of the cables for resilience to storm damage as well as aesthetic reasons. Others believe that the need for increasing renewable energy, strengthening the grid infrastructure and phasing out fossil fuels takes precedence over other considerations. We understand there are detrimental environmental impacts whatever choices are made, which have to be mitigated. As a climate action group we are committed to doing the least harm to the environment in pursuit of a climate responsible future. However, what we do agree on is that it is also an issue of who benefits from the energy and the earnings from generating and distributing the electricity. There is a shared lack of trust in the intentions and behaviour of the company(s) operating as Bute Energy. Devolution should mean a greater benefit in Wales from energy generated in Wales. What place is there for a foreign owned company, who will take the energy produced to benefit others outside Wales and the profits to benefit themselves, to dictate that our precious landscapes are altered irrevocably?

There is currently renegotiation in the relationship between the devolved administrations and Westminster, and between Wales and the rest of the UK. We saw that happening through Covid and on-going as Westminster attempts to prepare itself for a general election next year. That creates an opportunity for Wales to define itself in relation to the environment and climate action, building on the Well-being of Future Generations Act, One Planet Development and the climate emergency declaration.

So whether we want onshore wind turbines (the most cost effective renewable energy source) or other technologies; whether we want an above ground or buried strengthened grid network; how much local community energy generation and distribution we want should be something we debate and decide together knowing that we do so for the health and wellbeing of future generations in Wales. And that debate should be expressed in the National Clean Energy Plan for all to see.

Criw Amgylchedd Llanymddyfri – Llandovery Climate Action Group 10 December 2023

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# READERS' SALES & WANTS

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

## FOR SALE

- **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).
- **Lister TS1** the off grid generator of choice, for repair or parts, by enthusiast. Enthusiast collects. Offers. Tel: 0780 3579581.
- **Vertical white radiator**, little used. Approx 40 x 105, has 'cool' side for use where there are children, elderly or vulnerable people. or simply general use. £30. Tel: 0780 3579581.
- **ARTISTS Lyra Rembrandt Polycolour Fine Art colour pencils**. 100 pencils, wooden case, two shelves. Unused. £281 on Amazon, Offers. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **ARTISTS Lyra Rembrandt Fine Art Aquarelle colour pencils**. Unused. Online price £249, Offers. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **ARTISTS Lyra 48 Fine Art Polycrayons Pastell**. Unused, Offers. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **AUDI 16" Space saver wheel**. Used only once, £75. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **GENESIS VINYL ALBUMS**. 'Duke' and 'Selling England by the Pound', brand new and unplayed, £20 for the two. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **Archery set**, including lightweight bow, arrows with over shoulder holder and arm/wrist protectors, £30. Tel 07771 817277.
- **Samsung fridge freezer**, 4 draw freezer. Large fridge space with drink bottle rack/shelf. Height 200cm width 60cm depth 65cm. Good, clean and full working order, £120 ono. Tel 07771 817277.
- **Maxi Cosi Tobi toddlers car seat**, in excellent condition, £60. Telephone 01558 685175.
- **Large mahogany dining table** with 8 chairs, in pristine condition, £200 ono. Tel: 01267 202230.
- **Stihl SHE71 shredder & blower**, exc. condition, £80. Tel: 07591 039319 (Llandello).
- **Ladder roof hook kit** for extension ladders, £25. Telephone 07878 313063.
- **Makita heavy duty drill**, model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Cockerel**, 6 month old, free to good home, can deliver. Tel: 01550 777325.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.

- **Aluminum Ladder Youngman Trade 200**. 3 section push up, Height extended 9.17m, £150. Telephone 07878 313063.
- **Large mahogany dining table** with 8 chairs, in pristine condition, £200 ono. Tel: 01267 202230.
- **Stihl SHE71 shredder & blower**, exc. condition, £80. Tel: 07591 039319 (Llandello).
- **Hayter Harrier Mower 48** Autodrive E5 96DB with rear roller, £350. Tel: 07977 121201.
- **Coffee table**, wood, good condition, 36" x 36", £60. Tel: 07977 121201.
- **New wood Georgian window frame**, 3'6" x 4'. Tel: 07977 121201.
- **Bosch AXT rapid electric 180 shredder**, ideal for small twigs etc, £30. Tel: 07977 121201.
- **Roofing Slate**: approx 690No 50x25 £0.50p each; 72No 50x37, £1.20 each. Call 07831 795488.
- **Building Stone**, Llangorse Quarry, 2 x Jumbo Bags, £100 lot. Call 07831 795488.

## WANTED

- **Proof reader**: I have written a biography – it's shy of 60000 words. My English grammar is pretty good but not perfect so I'd like someone with expertise to proof-read it. There's no particular rush. Fee to be negotiated. Call Brian on 01558 822739 or better still email him at briansa196hu@btinternet.com

## NEWS FROM THE TOWN HALL BLWYDDYN NEWYDD DDA! HAPPY NEW YEAR!

We hope Christmas was good for you and 2024 has started well. It seems a very long time since we turned on the Christmas lights at the end of November. Apologies that there was a problem with the tree lights, totally out of our control. We are very grateful to Steve for quickly working out the problem and sourcing the replacement necessary. He did an excellent job, erecting, and dismantling. A bit of a blip on the night when we counted and no lights came on! but again all sorted very quickly, just needed to count louder!!

It was a very pleasant evening, the entertainment from everyone was excellent as always and helped put us all in the right mood for Christmas. Thank you all. The children's posters were judged and the prizes were given out before the end of term. The judge was very impressed with the standard. Well done everyone. The shop windows were beautifully decorated and made for a very attractive town to visit. Again the judges were very impressed by the different displays and the great effort taken by everyone. We were delighted that The Grange also asked to be included. The next competition will be for St David's day. We will be around with some different Welsh items to hide this year and hope everyone will have as much fun as they did last year.

We were delighted to hear that Llandovery College rugby team won the WRU WSC under 18 School Championship. Congratulations. Between them and The Drovers, Llandovery is reigning supreme in the Rugby World. All the best for 2024.

Wishing you all the very best for a healthy and Happy New Year.

Mayor Gina Jones and the Town Council

# Church Services

E-English W-Welsh B-Bilingual

## ST. CWRDAF CHURCH, LLANWRDA

4 Feb 9.30am Holy Communion  
14 Feb 6.00pm Ash Wednesday Eucharist  
18 Feb 9.30am Holy Communion  
3 Mar 9.30am Holy Communion

Sincere thanks to friends far and wide who have contributed to the recent fund-raising drive in St Cwrdaf's.

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

## ST. SADWRN CHURCH, LLANSADWRN

4 Feb 11.00am Morning Prayer  
18 Feb 11.00am Holy Communion  
3 Mar 11.00am Morning Prayer

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

## ST. PAUL'S CHURCH, MANORDEILO

11 Feb 9.30am Morning Prayer  
25 Feb 9.30am Holy Communion  
10 Mar 9.30am Morning Prayer

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

## ST. MICHAEL'S CHURCH, CILYCWYM

11 Feb 11.15am Holy Communion  
25 Feb 11.15am Morning Prayer  
10 Mar 11.15am Holy Communion

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

## ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 Feb 11.00am Holy Eucharist  
11 Feb 11.00am Morning Worship  
18 Feb 11.00am Morning Worship  
25 Feb 11.00am Holy Eucharist  
3 Mar 11.00am Holy Eucharist

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

## ST SIMON AND ST JUDE, LLANDEUSANT

12 Feb 2.00pm Evensong  
26 Feb 11.15am Holy Eucharist

## LLANDINGAT, LLANDOVERY

4 Feb 9.30am Family Service "The Word became flesh!"  
11 Feb 9.30am Communion "Chariots of Fire"  
14 Feb 6.00pm Ash Wednesday  
18 Feb 9.30am Morning Prayer "Everlasting Covenant"  
25 Feb 9.30am Communion "Get behind me Satan!"

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

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

4ydd 11yb Boreol Weddi  
18fed 11yb Cymun

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

## ST MICHAELS, MYDDFAI

4 Feb 11.30am Morning Prayer  
11 Feb 11.30am Communion  
18 Feb 11.30am Morning Prayer  
25 Feb 11.30am Communion

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

## ST. MARY'S CHURCH, CYNGHORDY

11 Feb 2.30pm Family Service  
25 Feb 2.30pm Communion

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

## ST CYNWYL'S CHURCH, CAIO

4 Feb No service this week  
18 Feb 9.30am Holy Communion  
3 Mar 9.30am Holy Communion

Rev. Rik Mayes 01558 685118.

## ST CADOG'S CHURCH, LLANGADOG

4 Feb 9.30am Holy Communion  
11 Feb 9.30am Morning Prayer  
14 Feb 6.00pm Eucharist with Imposition of Ashes  
18 Feb 9.30am Holy Communion  
6.00pm Hwyrol Weddi  
21 Feb 9.30am Morning Prayer

Saturday 17th February – Coffee Morning in Church 10am to 12 noon.

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

## ST. BARNABAS, RHANDIRMWYN

11 Feb 9.30am Holy Eucharist  
18 Feb 9.30am Morning Prayer  
25 Feb 9.30am Holy Eucharist  
10 Mar 9.30am Holy Eucharist

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

## ALL SAINTS CHURCH, GWYNFE

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

## ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

## ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

## ST JOHN'S MAESTEILO

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

Email: h\_lloyd\_davies@hotmail.com

## HOLY TRINITY TALIARIS

11 Feb 9.30am Holy Communion  
25 Feb 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

Tel. 01570 421003 Mob: 07495 802711  
Email: davidkeithevents@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](http://www.williamspantycelyn.co.uk)

## ST EGWAD, LLANFYNYDD

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

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

## EENEZER APOSTOLIC CHURCH

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

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

## ST TEILO'S CHURCH, BRECHFA, SA32 7RA

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Info – contact Rev Roger Nock  
01267 202347.

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

4 Feb 2.30pm Communion followed by tea in the Hall  
14 Feb 5.00pm Pilgrim Service on Ash Wednesday – Prayer and Meditation  
18 Feb 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 might be on Saturday 24 February 2024. Refreshments available. Check with Churchwardens 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. 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](http://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](mailto:brwoodall1940@gmail.com)

## TOWY & COTHI HUNT 250 CLUB CHRISTMAS DRAW

held at the Castle Hotel, Dec 12th 2023

£15	Huw, Niki & William Price	4
£15	Alwyn Jones	53
£15	Lons Kirkup	220
£15	Brian Davies	161
£10	Pryce Jones	168
£10	Bryan Jones	136
£10	Benjamine Morgans	201
£10	Emrys Davies	132
£5	Catherine Hughes	137
£5	Goronwy Protheroe	
House prize	Ann Jones	

### January

held at the Red Lion, Jan 9th 2023

£15	Emrys Davies
£15	Meredith Evans
£10	Gareth Morgan
£10	Tracy Jones
£5	Leanne Hughes
House prize	Ann Jones

Next draw: Rygbi Club, 8th February 2024.

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# Local Directory

Support Local Business

## ACCOUNTANCY & TAXATION SERVICES

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

## AERIAL & SATELLITE SERVICES

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

## ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: [dmills@dmarchitect.co.uk](mailto:dmills@dmarchitect.co.uk) [www.dmarchitect.co.uk](http://www.dmarchitect.co.uk) *09/24(12)*

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llandeusan, Llangadog, Carms SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: [nick@brownpartnership.com](mailto:nick@brownpartnership.com) [www.brownpartnership.com](http://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](mailto:info@mwd.wales) Website: [www.mwd.wales](http://www.mwd.wales) *06/24(12)*

## AUCTIONS

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

## BEAUTY SALON

**NORA ELAINE WALL** IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon 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)*

## BUILDING SERVICES

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

**TRADITIONAL STONEMWORK**, 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](mailto:gydacoed@gmail.com) Website - [carmarthenoak.co.uk](http://carmarthenoak.co.uk) *06/24(6)*

## CARPET FITTER & SUPPLIER

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

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

## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. *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 Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. *02/24(6)*



## COMPLEMENTARY THERAPIES

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IIHHT 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)

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP.** As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 03/24(12)

## ELECTRICIANS

**V. W. REES** Llandeilo. No job too small. Tel: 07790 568072. 03/24(6)

## FUNDRAISING

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

## GARDENING – SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 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 Llandeilo. 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 824726 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**; Cylinders, 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. 07/24/6

## PLUMBERS

**KB HOME Maintenance Plumbing**. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 08/24/12

**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

## 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 were 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 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/llanoverysquash or visit our website: https://llanoverysquashclub.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



# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadrwn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pengroes, 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
<b>FULL PAGE</b> (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
<b>HALF PAGE</b> (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
<b>QUARTER PAGE</b> (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
<b>EIGHTH PAGE</b> (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
<b>SIXTEENTH PAGE</b> (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@carmarthenshire.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

## CARMARTHENSIRE 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/CARMARTHENSIRE

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 10/12/23 – 01/06/24)

		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	14.25	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	14.37	18.31	21.27	11.22	15.49	
Llandeilo	D	05.13	06.08	09.31	12.03	14.43	18.43	21.36	06.10	09.31	12.08	14.49	18.42	21.36	11.33	16.00
Ffairfach	D	05.49x	06.44x	10.07x	12.46x	15.24x	19.20x	22.12x	06.46x	10.07x	12.46x	15.25x	19.19x	22.12	12.08x	16.34x
Llangadog	D	05.54	06.49	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.30	19.24	22.17	12.14	16.40
Llanwrda	D	06.03	06.58	10.21	13.00	15.39	19.35	22.27	07.00	10.21	13.00	15.39	19.34	22.27	12.23	16.50
Llandovery	D	06.07	07.02	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.43	19.37	22.30	12.27	16.53
Llandovery	D	06.15A	07.11	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.52	19.46	22.37A	12.36	17.02
Cwmifor	D	07.19x	10.42x	13.21x	16.00x	19.56x			07.21x	10.42x	13.21x	16.00x	19.55x		12.43x	17.10x
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.16			07.42	11.03	13.42	16.17	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	13.08	15.45	18.32	22.21		09.45	13.10	15.45	18.36	22.26		15.13	19.34
Shrewsbury	D	05.22	08.57	11.22	15.17	18.07	21.27	05.30	08.56	11.26	15.25	18.08		12.04	16.20	
Llandrindod	D	07.06	10.29	12.56	17.06	19.41	23.00A	07.08	10.28	12.59	17.06	19.40		13.53	18.05	
Llanwrtyd	D	07.40	11.03	13.41	17.37	20.17		07.42	11.03	13.41	17.37	20.15		14.24	18.36	
Cwmifor	D	07.53x	11.16x	13.55x	17.50x	20.30x		07.55x	11.16x	13.55x	17.50x	20.28x		14.37x	18.49x	
Llandovery	D	06.26	08.05	11.28	14.07	18.02	20.42	22.43	08.07	11.28	14.07	18.02	20.40	22.43	14.49	19.02
Llanwrda	D	06.32x	08.11x	11.34x	14.13x	18.08x	20.48x	22.49x	08.15x	11.34x	14.13x	18.08x	20.46x	22.48x	14.55x	19.07x
Llangadog	D	06.36x	08.15x	11.38x	14.17x	18.12x	20.52x	22.53x	08.17x	11.38x	14.17x	18.12x	20.50x	22.52x	14.58x	19.11x
Llandeilo	D	06.50	08.27	11.50	14.28	18.24	21.04	23.04	08.29	11.50	14.28	18.24	21.02	23.04	15.11	19.23
Ffairfach	D	06.53	08.29	11.52	14.31	18.26	21.06	23.07	08.31	11.52	14.31	18.26	21.04	23.06	15.13	19.26
Llandeilo	D	07.44	09.10	12.40	15.12	19.07	21.45	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.51	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		16.04	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
Ffair-fach	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	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	7.37	—	11.21	—	14.36	—	18.24	—
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.