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THE AWARD WINNING TWYI VALLEY OPEN STUDIO RETURNS

The winners of the 'Excellence in the Visual Arts and Crafts 2019'. Thirty-six artists once again open their studios to everyone from 20th -28th July and all within a 15-mile radius of Llandeilo. A truly inclusive event there is something for everyone young or old.

The current Chair Charlotte Leadbetter remembers fondly the first Artist Trail with seven artists, Tanya

Rutherford was the driving force behind the inaugural event stating that the idea had been on her 'Bucket List' and she continues to be an essential part of the trail, both with her inspiration and Art work.

Charlotte states that she continues to participate in the

continued on page 3

Twyi Valley Open Studios ARTS TRAIL
JULY 20-28 GORFFENNAF 2019
Stiwdios Agored Dyffryn Twyi LLWYBR GELF



36 Artists open their studios within a 15 mile radius of Llandeilo
Visit our website and facebook page for more information
www.tywivalleyopenstudios.wales

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ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th July 2019**

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

The Post Future Copy Dates

September 15th August
October 16th September
November 16th October

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 Doggy Divas in Llandeilo

12/19/06



Trail, 'because I like explaining to the public why I paint, how I was trained and enjoy the interaction with people. Many people return year after year and its so lovely to see familiar faces.

Charlotte remembers two studio visitors getting stuck on her neighbour's driveway one evening and whilst waiting for vehicle recovery and impromptu supper party ensued.

Jane Evans is a felt artist opens her studio and loves the interaction with her visitors and through the workshops that she hosts demonstrating and exploring her art. Jane creates unique felted art, to wear, admire and enjoy in many ways. Conceived and designed with colours and textures influenced from worldwide travels and her riverside home in the Upper Tywi Valley, no two pieces are the same.

All the artists enjoy meeting new people and demonstrating and talking through their art with visitors to their studios. It's a very informal visit so spend some time getting to know the artist and their art practice. part of a studio visit is discovery, ask the artist to explain what they are doing and how It will help your understanding, and help both you and the artist get the most out of your visit. Have a go- you know that you want to - don't be afraid to try something or to participate in some of the many of the workshops that are being run by many of the artists.

The week will commence with a launch event hosted at Fountain Fine Arts in Llandeilo on the evening of Friday 19th July with a raffle and a £50 prize voucher for the winner.

You can download a brochure at the website <https://www.tywivalleyopenstudios.wales/> or get one from one of the many of the local shops and tourist information outlets across Carmarthenshire.



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SOUTH-WEST WALES CHORAL COLLECTIVE IN AID OF CANCER CHARITIES



A Choral Collective of 101 Singers, conducted by Gordon Kilby, music director of Cantorion Llandeilo Singers, will be performing a Charity Concert at St Mary's Collegiate Church, Swansea, on Saturday 19 October 2019 starting at 7.30 p.m.

Gordon Kilby has formed the Choral Collective of 101 Singers by inviting choristers from other choirs in Swansea and Carmarthenshire to combine for this major charity concert.

The cancer charities Tenovus and Cancer Research Wales will receive 80% of all tickets sold.

Soloists Robyn Lyn Evans (tenor), Robert Glyndwr Garland (bass baritone), and Helen Massey (soprano) with a 42-piece orchestra will join the singers in a performance of Puccini's *Messa di Gloria* and Sullivan's *Festival Te Deum*. The music is very lyrical and will appeal particularly to lovers of Puccini and Sullivan.

For more information phone Gordon Kilby on 01558 822696.

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10/19/06

FRIENDS OF BRECON AND DISTRICT MIND
MENTAL HEALTH IN THE FARMING COMMUNITY:

EMMA PICTON-JONES FROM THE DPJ FOUNDATION

Wednesday 10 July 2019, The Muse, Glamorgan Street, Brecon, 7.00pm, £5 (Friends / Members £2)

The Friends of Brecon and District Mind have invited Emma Picton-Jones of the DPJ Foundation to talk about mental health issues in the farming community and the work of her organisation to address this, often hidden, problem on Wednesday 10 July at the Muse, Brecon, at 7pm. All are welcome.

The DPJ Foundation (www.thedpjfoundation.com) was established in July 2016 following the death of Daniel Picton-Jones. It aims to support people in rural communities with poor mental health, especially men

in farming. Agriculture carries one of the highest rates of suicide and, with mental health being such a big problem, the foundation aims to break down the stigma that surrounds it.

Although farming can provide huge benefits to those who work in the sector, it is an occupation that comes with pressure, isolation and demand on a daily basis. Some of the other reasons that agriculture has such a high rate of suicide include resistance to seeking help, discrimination, a lack of insight and support, constant change, uncertainty and self-reliance.

Talking therapies are often effective at dealing with poor mental health and the DPJ Foundation is able to offer counselling. If anyone is concerned about someone, though, they should ask how they are feeling, be patient and wait for them to talk, listen without judgement, give reassurance and encourage them to get professional help. Self-help – such as eating well, music, relaxation, mindfulness, having fun, socialising and positive thinking – is also important.

The Friends support the work of Brecon and District Mind and raise awareness of mental health issues in and around Brecon, Crickhowell, Talgarth and Hay-on-Wye. They holds talks, walks, social activities and fund-raising events.

Brecon and District Mind, Tŷ Croeso, St David's House, 48 Free Street, Brecon, Powys, LD3 7BP / 01874 611529 / info@breconmind.org.uk / www.breconmind.org.uk

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NEWS FROM TOWN HALL



What a busy time for Llandoverly! On the 25th May Llandoverly College had their Speech day and pupils received awards for their fantastic achievement's during their time there.

We celebrated our annual Carnival on the 26th May, every year is such a great turn out, well done everyone who took part and the committee for their time and effort.

On the 31st May, 1st and 2nd June we welcomed Lazzmatazz, writing, poetry, singing event in the town, it was filled with loads of local talent as well as talent from all over South Wales.

Llandoverly Hospital League of Friends are holding a Strawberry tea on the 23rd June at 2pm on the hospital grounds, £5 a ticket they are available from Gina or Dorothy.

Please join us on the 29th June for our Armed Forces Day, we will be meeting by Town Hall at 1pm, we will then go to War Memorial for Rev Aveson to say a reading and prayer. Ysgol Rhys Prichard, Ysgol Bro Dinewfwr and Llandoverly Male Voice Choir will be singing and reading war poems under the Town Hall, tea and cake will be served by Louise and Jill, we are looking forward to seeing you all there.



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LLANDOVERY GARDEN CLUB'S REPORT

BY DENISE NICHOLSON,
SECRETARY



On Thursday 23rd May we visited two walled gardens near beautiful Llangorse Lake. Both gardens were created by individuals who had no previous experience of growing and both, through hard work and enthusiasm have created beautiful gardens, which are truly inspirational. We began at Ty-Mawr Kitchen Garden, where we received a very warm welcome from Rae Gervis. She proceeded to take us on a tour of her garden which is mainly composed of raised beds with a polytunnel and a few old gnarled apple trees. Everything is grown organically, and Rae operates a 'no dig' policy, so that the structure of the soil is not disturbed, thus preserving the healthy cycling of nutrients and prevention of problematic organisms and diseases. It soon became evident that Rae is also extremely passionate about composting and explained, at length, the principles of producing a good compost. She explained that she is trying to move over to using more perennial planting, and in each of her beds she has at least one such perennial. Although there were some perennials that came from far flung parts of the world and were unknown to us, such as Turkish Rocket and South American Yacon (the tuber of which looks like a potato, grows like a Jerusalem Artichoke and tastes like a pear), others were more familiar to us such as Hosta's where their young growth can be harvested and tastes like asparagus. Critically, using perennials and employing a no-dig policy saves gardeners a great deal of work.

Our second visit was to Treberfydd nursery which lies in what was a neglected walled garden associated with Treberfydd House. This nursery is a real gem and is one of the most beautiful in the country. Alison gave us an equally warm welcome and an interesting tour of her beautifully productive garden and sales area. Cleverly, the plants for sale are sandwiched between large display beds so customers can see how the plants they buy will look when they reach maturity. This is a true nursery garden and is well worth a visit if you want to buy hardy plants which do well in our part of Wales from a knowledgeable horticulturist. A cup of tea and a piece of cake concluded a memorable and rewarding day.

07/19(3)



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02/20(12)



SUMMER COLOUR COMES TO THE LLANWRTYD



To compensate for the wet and dreary weather we have recently experienced, the galleries at the Llanwrtyd and District Heritage and Arts Centre are full of colour and vibrancy thanks to the two new artists we have exhibiting throughout July.

Elaine Graham is a Canadian, now resident in West Wales, who has swapped the elemental grandeur of the mountains, forests and coastline of British Columbia for the ever-changing moods and sweeping hills and valleys of Wales.

Inspired by the restless rhythm of the sea as it collides with the rocky shoreline Elaine uses colour to capture movement and the patterns of light and shadow as they sweep across the landscape whether countryside or coast. Her work has been featured in galleries throughout Wales and can be found in private collections in the UK and internationally.

Our exhibition of ceramics is provided by Jacky John



whose work creates the feel of the Mediterranean with its wonderful shapes and colours. Her beautiful finishes are achieved by using home-made, high firing glazes in a reduction atmosphere. She is constantly excited by the unpredictable nature of the kiln which results in each piece being completely unique and her ultimate aim is to provide items that are beautiful, functional and add to the enjoyment of eating.

The Heritage and Arts Centre is open Thursday – Sunday, 10am – 4pm (groups at other times by arrangement). Entrance is free but donations welcome.

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04/20/12

LLANDOVERY CROQUET & BOWLS CLUB



We are now half way through the croquet season and a number of new members have joined the club despite the wet weather. Beginners are welcome to come along and have a go at Croquet; there is no charge for the trial session and no obligation to join the club. Free coaching is available to beginners and all the equipment is provided by the Club at the Castle Fields bowling green. So come along on any Tuesday or Thursday afternoon from 2.00pm for your free trial.

On Wednesday 24th July we look forward to a visit from the Llandovery Friendship Club for their annual summer tea party at the club, when there will also be an opportunity for members to try out their skills on the croquet lawns.

For more information about the Club please contact the secretary John on 07435 786762, or email john.evans@zen.co.uk

LLANDOVERY U3A

Come and join us in the Rugby Club on Wednesday mornings.

We meet at 10.00am for a coffee and a chat, the speaker of the day starts at 10.30am.

The Rugby Club is on Church Bank easy parking at the side.

Special interest groups meet at other times and include- Social History, Music Appreciation, Classical Latin and Greek.

Wednesday 10th July
Art Nouveau – Grant Craik

Wednesday 24th July
British Heart Foundation Cymru – Jayne Lewis

For further information contact Anne Lynd-Evans
01550 750286.

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Quaint as it is, the shop stocks a myriad of supplies from the basics to the luxuries, including many local products, which we are hoping to increase in the near future. It is not necessary to go to the supermarkets for your essential supplies - it is your shop please use it and we will do our best to supply your needs at a competitive price. This also relevant to our local inhabitants in the Cwmdu/Talley area, who we may not have seen for a while - you are all very welcome.

The Post Office is in the shop and can supply you with most of the PO services including stamps, stationary and other postal supplies, advise you on the best rate for sending your parcels and arrange special delivery. You can pay cheques into your bank, and get cash out by using your debit card. Utility bills can be paid here and financial products - credit cards, insurances (including travel), gift cards, and phone cards are available, and you can top up your mobile phone. Foreign currency can be ordered for next day delivery and Euros are always in stock for immediate purchase. All very convenient now the large banks are closing. Unfortunately, as a small post office, we cannot process Vehicle Licences or Passports.

The Bar is very small and full of character (and characters!). It stocks a large variety of ciders and real ales and is the scene of many discussions and much entertainment.

The Restaurant, adjoining the bar, has a huge inglenook fireplace and is the focal point of many village activities like pub quizzes, folk nights and meetings as well as operating as community restaurant every Saturday. There is a different local chef each week of the month and each chef produces their own style of cuisine, all homemade and using as much local produce as possible. All offer vegetarian options, and all meals at a reasonable price. Menus appear weekly from about Wednesday on Facebook or are displayed in the shop. For details of the chef and menu, and to book, please contact shop/pub on 01558 685156, or join our mailing list by contacting events@cwmdu.com.

Shop and Post Office (open Tues - Fri 9.30am till 1.30pm, Sat 9.30am till 12.30pm)

Cwmdu Inn (open lunchtime Tues - Fri 11.30am till 1.30pm, evenings Wed - Sat 7.00pm till 11.00pm)

Restaurant every Saturday 7.00pm - 9.30pm

As a community, we have had a busy spring and early summer with the beer festival, the plant swap and the annual boat race in May and with a car boot sale in June - all very successful and well attended. Thanks to everyone for your support.



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07/19/61

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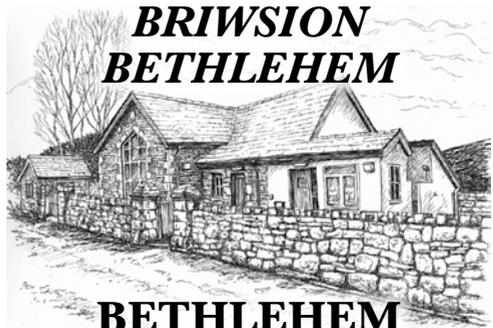
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02/20/13



BRIWSION BETHLEHEM

BETHLEHEM SNIPPETS

Despite less than perfect weather during June, the Old School continued to be well supported, with regular events taking place throughout the month – private hire, weekly yoga sessions, Community Council meeting and the monthly quiz, as well as the Sunday café.

The OVO Women’s Tour Of Britain cycle race passed through Bethlehem on Saturday 15th, and it was good to see the village decked out with bunting and the green bike. A crowd of local people gathered to cheer on the cyclists, as well as enjoying bacon rolls and refreshments at the hall.

The Sunday café has gone from strength to strength since it opened for the season back in May.

The introduction of vegan/gluten free options has proved especially popular, with many dishes selling out on a regular basis.

So if you fancy a tasty, great value lunch, or coffee and home made cake, why not call by between 12 and 3 on a Sunday to sample the menu?.

The July quiz takes place on Monday 8th, with last month’s winning team Blunders Never Cease asking the questions. It costs just £1 per person to play, so bring along some friends, or join in with a few others when you arrive. Bring a bottle and snacks too, it’s always a lot of fun, and a good chance to get to know people from the area.

On Wednesday 17th, the hall is the venue for a fundraising afternoon tea party, in aid of Breast Cancer Care.

Last year’s event was a great success, raising many hundreds of pounds for the cause, so if you are around on the day, do drop in to enjoy a delicious tea, and join in the fun.

The Bethlehem Sports Fun Day takes place on Saturday 20th, 2.30pm, at Cefn Crewil Farm in the village.

It will be followed by a BBQ, and everyone is welcome. Many thanks to Rose Williams of Cefn Crewil for providing the venue.

Also on Saturday 20th, Jam Jar Blues will be performing at the hall, with musicians John and John entertaining the audience with an evening of cool blues, heartfelt soul and lively rock ‘n roll.

It starts at 7.30pm, admission is just £5, and a bar will be available.

Email jamjarblues2017@hotmail.com for more details.

For further information on any hall events or hall hire, contact Nia on 01550 777254, or email niaelement@aol.com.

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LLANDOVERY MUSEUM
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LLANDOVERY MUSEUM & VISITOR GATEWAY LAUNCH SEASON OF EVENTS



Llandovery Museum & Visitor Gateway are delighted to announce their first event at the museum. Christine Purkis will be talking about and giving a reading from her new book 'Jane Evans' a historical novel based on a real unsung heroine from Welsh history: Jane Evans of Caer, who travelled with the drovers to London, and nursed with Florence Nightingale in the Crimea.

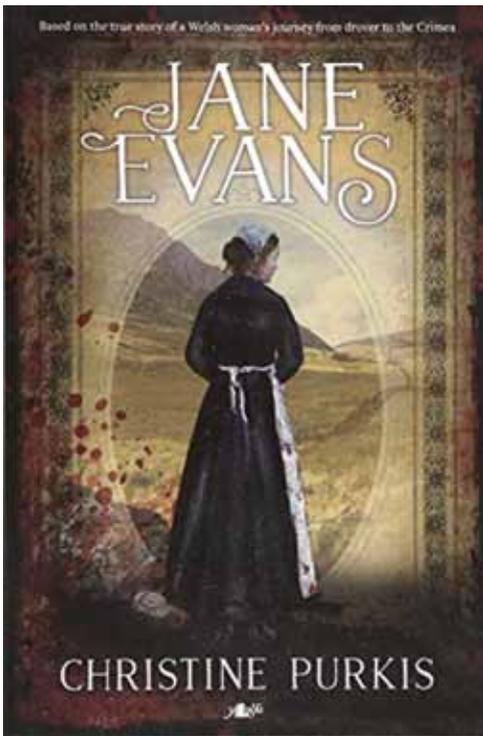
In the 1850s, both parents dead, mired in poverty and threatened with forced marriage to a much older neighbour, Jane runs away from her harsh life in rural Wales. She joins the drove, facing grim events on the long, hard journey. From London, she ships out to a military hospital in the Crimea, where she comes



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into direct contact with Florence Nightingale, Betsi Cadwaladr and Mary Seacole in their fight against the inhuman conditions there. Is Jane strong enough to come through all the difficulties life throws at her, find her independence and return home to Wales – and if she does, what reception will she find there?

Christine Purkis lives in Bristol and is the author of several novels for young people, including “Paddlefeet”, “Sea Change” and “The Shuttered Room”. “Jane Evans” is her first novel for adults.

Event details: 7pm, Friday 12th July 2019 at Llandovery Museum. Tickets £5 (proceeds to the museum) include tea/coffee & biscuits and are available to purchase in advance from the museum or on the door.

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ASHMOLE PARTNER SKYDIVES WITH WALES YFC TO RAISE FUNDS FOR WALES AIR AMBULANCE



Ashmole & Co Partner in Llandovery and Llandeilo, Ceri Llwyd, did a skydive over Gower last month to help raise funds for Wales YFC's chosen charity this year – Wales Air Ambulance.

Ceri has never skydived before in her life but agreed to take part to support Wales YFC Chairman, Dafydd Jones, as he aims to raise much-needed funds for Wales Air Ambulance during his year in office.

Ceri lives in Gorslas with her young family and has been a Partner with Ashmole & Co since 2008 when the firm opened its office in Llandovery. Ceri is a Welsh speaker and specialises in helping farmers, solicitors, family run businesses and charities. Preferring singing to skydiving in her spare time, Ceri sings with Cór Llanddarog a'r Cylch.

Ceri said, "Ashmole & Co have supported Wales YFC for many years in various ways and we are their external auditors. This is an unusual way to show my support for them I will admit as I am petrified of doing the skydive

but it is for a fantastic cause. Wales Air Ambulance has helped so many of my clients in the rural area of north Carmarthenshire. I hope friends, family and clients will support me."

Wales Air Ambulance charity is funded by the people of Wales and requires £6.5 million a year to keep its four helicopters in the sky, serving Wales and saving lives. The charity can be anywhere in Wales within 20 minutes, its doctors and medics fly the A&E department to the patient. It also runs the Children's Wales Air Ambulance service, transferring vulnerable babies and children to the specialist hospitals across the UK. Donations keep this vital service in the air.

If you would like to support Ceri and make a donation there's still time. You can make a donation in any of the Ashmole & Co offices or online: <https://www.justgiving.com/fundraising/Ceri-Llwyd>

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

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10/19(12)

TUTOR CENTRE NEWS

Over the past months, we have been tutoring a number of students in a wide range of subjects as well as teaching a full range of GCSEs and A levels to individuals and to schools. The confidence and resulting success that can be achieved through the one-to-one teaching of a full GCSE and/or extra tuition is truly remarkable.

Last year we achieved A grades for all our A level students as well as a number of A*s for our GCSE students. Our tutors not only help students with their studies and exam techniques, but also offer information days for Oxbridge entry and 11Plus exams.



Tutor Centre Offers Welsh for Beginners

Our Welsh Awareness Evening and the four, weekly introduction sessions were very well attended and enjoyed by all. Our teacher, Jean, is not only highly knowledgeable, but great fun too. The full, intensive 30-week course will begin in the Centre on September 23rd, although a number of the group have decided to keep meeting to practise what we have learned and try to make further progress.

We will be launching a Computer Skills course which will include instruction on Instagram, Facebook, Twitter, LinkedIn and the building of a website. This course will be open to everyone over the age of 16 and will be directed towards individual needs. We have received considerable interest already, so we are confident we will be able to offer this course in September. Please call to register your interest (01550 777701).

Many people have already come forward with ideas for courses they would like to run or attend. It is likely that we will be running courses in ceramics, creative-writing and film-making this summer, so if you would like to take part, please book as soon as possible as these courses can be very popular.

Net-Reach Charity

Our charity, Net-Reach, has been busy fundraising for a project to work with NEET students (Not in Education, Employment or Training). We are working with local schools, individuals, students and other relevant organisations in order to design a pilot that will best deliver these educational requirements.

We are always looking for people to help with both Net-Reach and the Tutor Centre. If you think you would like to get involved, please do not hesitate to contact us on: 01550 777701.

GWYNFE EVENTS & NEWS



The Monday Club will be held on 1st July from 1:30 onwards in Gwynfe Community Hall. There will be the usual chat plus tea/coffee and cake. £1 collection. If you require transport to/from the hall please contact Heather on 01550 740512

Following the success of last year's event, Steve and Terri are kindly providing the venue once again for the Great Gwynfe Picnic. From 2 pm on Sunday, 14th July bring your own picnic + drinks, deck-chairs etc to the meadow at Glanlydach (postcode SA19 9NT). As last year, the venue and adjacent car park will be sign-posted. There will be games for those that are interested and ice cream for sale. An event for all the family in this idyllic meadow by the stream. Entry is free; look forward to seeing you there.

As is traditional, Gwynfe Show takes place on the second Saturday of August, this year 10th of the month. Please note the change of location this year; it is planned to be held on the field adjacent to The Beili Fields by kind permission of Msrs G & G Davies, Lan. Tent classes to include Handicraft, Horticultural, Domestic and Children's sections as well as Sheep (Local and Open) on the field. There will be children's activities, cream teas, grand summer raffle, vintage display, guess the weight of the sheep and much more to entertain you. Hot food, bar and evening entertainment. Schedule now available from Sarah on 01550 740612 or Tricia on 01550 740146

Screams rang out into the evening air at Gwynfe Community Hall on Friday, 14th June when our Murder Mystery event unfolded. Our powers of deduction were tested and three out of seven teams guessed the identity of the culprit (for the record, \$*!^"£ did it). Thanks to our am-dram team who donated their fee to charity and to Lynda Jones who arranged a delicious buffet from M&S. Thanks also to Gareth Jones who came up with the idea for this successful and entertaining evening.



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LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn!
Welcome, once again, to the regular Club news.

The season has ended of course, but the work goes on to make sure we are ready for next season. Many years ago now, an ex-army gentleman had a car with a number plate that bore the letters 'UUU'. He called the car 'The 3 volunteers' – from the army's method of finding 'volunteers' to do unpleasant tasks. No doubt things have changed in the modern army . . .

Happily though, the Club does not need to resort to such arm-twisting, and the first of our volunteer days this summer saw a tremendous turn-out of willing helpers to help fix worn-out storage containers and do a host of general jobs like weeding, mending and painting. There is always plenty more to do so, if you are already a member and would like to help us, please look out for news of the next Volunteers' Day (we will email you with details). If you are new to the area and would like to help in any way – or just get to know us – please contact the Club (see details below).

Another end-of-season event is, of course, the presentation of awards. Following on from the First XV presentations (details in last month's Post) we have since held our awards evening for our Juniors, Youth and Second XV sections. Awards presented were as follows:

- The John Halliday Award: Athletic XV Player of the Year: Ioan Davies
- Emrys Evans Memorial Award: Players Player of the Year: Kasper Andreasen
- The John Halliday Award: Youth Player of the Year: Rhodri Davies

- The Handel Davies Award: Youth Players Player of the Year: Ryan Williams
- Bryan Weaver Memorial Award: Most Promising Youth XV Player of the Year: Iwan Dowling-Jones. Iwan has also been selected as next year's Youth Captain.
- The Tony Davies Memorial Award: Player Clubman of the Year was awarded to Celfyn Davies (2nd XV) and to Charles Hanford (Youth XV).
- And, finally, the DT Davies Cup Clubman of the Year was awarded to Dai Southgate who does so much to keep the stands and grounds clean and clear of rubbish.

For any sportsman the highest award is of course selection to play for their country, so we were delighted to see that former Drovers Tomi Lewis, Iestyn Rees and Morgan Jones were all selected for the Wales U20 World Cup squad in Argentina.

Llongyfarchiadau i chi gyd - Congratulations to you all and many thanks for your hard work and enthusiasm over the year.

On the field of play, the outstanding year for the 1st XV has been matched by all our other sections. The Second XV – despite all the difficulties of finding a reliable league during the season (and, on the day upsetting the referee on a number of occasions) won the Llanelli District Castell Howell Plate against Carmarthen Druids at Parc y Scarlets.

On the following day the Youth secured their Cup win against a strong and impressive Llandeilo side. It wasn't the Drovers best game and many spectators (on both sides) thought that Llandeilo played more consistently and competitively than we did. At least that was true until, with a tricky penalty kick to win the game by a couple of points, Ryan Williams showed nerves of steel to put the ball over in style (you can see it for yourself on twitter!).

Ryan and several other of his Youth XV teammates are moving on now to start work, go to uni and so on. We wish all of them the very best in their future lives and hope that they will come back and play for one of our senior sides – and, of course, we all look forward to seeing the rest of the squad (and those moving up



to Youth from the Juniors) play again next season. The Junior sections have all had a tremendous year as well. Congratulations especially to the Under 12s who won the Kidwelly 7s Cup!

We are still not sure what next season will look like in the Premiership! We do know that only twelve clubs will play in the 2019-20 Premiership League and that the top six will be playing in a competition with six Scottish sides. But, although the six Scots clubs have been identified, know how much money is available to cover players' travel and accommodation arrangements and so on, the Welsh clubs won't know whether they are 'in' or 'out' of this 'Celtic' tournament until their place in the top six is certain next Spring – and still have no certainty about what it will cost.

It looks likely that the Seconds will continue to play in the conference league next season – a number of Clubs are trying to find a formula that will give all some more regular competition. Clearly there is still a lot of work to be done before we get the result we want: playing most weekends of the season in a competitive league. Sounds simple doesn't it! And it seems to work in North Wales – but things seem to be more complicated than that as far as rugby in West Wales is concerned!

The minis too are not spared from the curse (or blessing?) of reorganisation and restructuring! Their 2019-20 season will see a complete break from rugby in the months of December and January. The idea is to allow time off when the weather (and the pitches) are likely to be bad and to extend the season into July. It is hoped that the light evenings and better weather will give more flexibility in arranging fixtures and travelling and allow for collaboration with other sports (at the end of May you may have seen our minis at the town Carnival together with the mini footballers, so we are ahead of the game it seems! Next year, maybe we'll have cricket as well!). The new timetable won't suit everybody but if it encourages more to join in and play then it will have worked!

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

As usual the Club's rooms and social facilities are available throughout the summer holidays and we are always happy to take your booking for a party or other function. To arrange this, please get in touch by emailing the Club (droversrfc@gmail.com) or by phone to Gina in the office on 01550 721110 or Jackie on 07774 914992.

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CHAFF IN THE WIND

The importance of being extra careful when using Lime, both for farmers and gardeners.

One Sunday last October an article written by a doctor in The Sunday Mail newspaper, advised elderly people, that were taking Calcium tablets (Calcium being Lime) as a supplement to treat for brittle bones, to go back to their doctor urgently, and ask for a blood test to ascertain that the Iron levels in their blood were correct, it seemed that the medical profession had suddenly realised that extra Lime can counter act or neutralise essential levels of Iron in our bodies, or in other words making Iron unavailable to our Metabolic system.

This is certainly true as far as it goes, if so, what else can it block out also. Over sixty years ago I, being a humble countryman, was well aware that cattle and sheep became very much more nervous when grazing land that had been recently heavily limed, the practice being then to apply up to three tons of lime at a time.

Modern farming practice is to analyse the ground, if this indicates that your land needs three tons to an acre it will tell the farmer so, full stop. To be fair the analysis has not told you to slosh it on in one go, far wiser, if the first paragraph of this article is correct, to apply it little and often, say half a ton per acre each application, at six monthly intervals, certainly not more than one ton, at any one time.

This is sensible, if only for the benefit of our natural environment, again as a lad, years ago, I remember several persons living in our district that had lost or damaged an eye due to skits of lime while annually white washing farm buildings. If lime is as corrosive as that, we can only imagine the damage heavy dressings of lime can do to the millions of essential spiders, earthworms and microflora etc, present in healthy farm soils that constantly help to maintain good levels of humus and fertility in our soils.

Again, here is another example of the importance of correct Lime levels, one of my grandchildren, always keen and thorough, decided to grow two tomato plants this year, every thing was done by the book, and they grew on well, small tomatoes developed, and all was hunky-dory, suddenly he noticed a brown dark spot on

the bottom of a few young fruits, this is what is called "Blossom end rot," all this on one plant only.

These plants are growing in large pots filled with compost out of one bag, the cause of this problem is shortage of available lime, so I asked him if he had watered them regularly, yes every morning as he went to work without fail, he had fed them properly with a feed constantly in the water at each watering, all this mixed and prepared each evening.

So the plants were sprayed with a magnesium solution and a dressing of lime was given to the pots, the problem was that the feed in the water settled overnight so one pot had more feed than the other, and this excess feed locked in the lime more so in one pot, due to the over night settling. Tomatoes like grassland like a soil with a P H of 6.5 to 7. And likewise the excess fertilizer interfered with the uptake of lime in one plant and not the other, tomatoes can only take in lime if it is in the water solution that they feed on, that is, in the soil, so in each case lime proved important enough to warrant some thought and a little care, not to be neglected, if you are to achieve reasonable success.

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Richard

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SHUFFLEBOTTOM

0520(12)

Padmasambhava Yoga & Meditation Centre

The Summer season is truly upon us, but sadly the weather doesn't seem to realise this; however, the Yoga Centre has had much to feel grateful for with many classes filled with satisfied and happy students. The Summer term will shortly be ending and the Autumn term dates will be available soon.

This coming Saturday, 7th July, Christley will hold a Saturday morning (10.00 – 11.30 am) Restorative class to get ready for the Summer Break.

This Restorative Yoga (Relax and Renew) class is useful when you need to eliminate fatigue and stress, as it allows deep rest both physically and mentally. In this mostly floor-based class, props are used to safely support the body in various postures. These supported postures could also be done at home, using cushions. This class is limited to 7 people, so please call 01558 823842 to see if there are any spaces left.

Looking forward to the early Winter, Poornam and Vanessa will be introducing a new course, 'The Golden Thread: Sadhana and the Rhythms of Nature'. This is a four-part course over one year which develops and strengthens practice (Sadhana) through the Seasons. The Golden Thread explores the interrelationship between our inner and outer worlds and the elemental forces which form the foundation of our being.

Following the cycle of the Seasons, the tools of yoga and a deepening awareness of Nature, participants are invited to undertake their personal quest for a full year with practices both in and outdoors.

The course will be held at The National Botanic Garden of Wales.

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

Classes at Padmasambhava take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with a Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, the classes can help you deal with everyday life and the problems it may bring

and generally help with your well-being. Please do ring the Centre on 01558 823842 to find out more about yoga and what attending a class involves. They will be pleased to talk to you. You can also visit online www.padma.org.uk email mail@padma.org.uk.

The Centre thanks all the students and everyone connected for their help and participation over the year, and hopes everyone enjoys a good Summer break with sunny days and looks forward to seeing you in September.

Chair-based Yoga at Maes Elfryn Hall

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

Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice.





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09/19/03

LLANEGWAD RAINFALL



Rain fell on 13 days this month the wettest day only amounting to 6mm.

MAY Total: 30.5 mm – 1.1/4"

D. R. DUKE



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To find out more about the work of Coleg Elidyr visit our website colegelidyr.ac.uk

06/19(1)

LLANDEILO ROTARY CLUB HOSTS ASSISTANT DISTRICT GOVERNOR



Left to right Junior Vice President Christopher Parish, President Colin Jenkins, Assistant District Governor Ian Hughes and Senior Vice President Gordon Kilby.

On Thursday evening 13 June Llandeilo Rotary Club hosted Rotary Assistant Governor Ian Hughes at their headquarters the Plough Inn, Rhosmaen. The occasion was the club's annual meeting where the outgoing President Colin Jenkins asked the elected President Gordon Kilby to outline his proposals for his forthcoming year in office.

Gordon whose passion is music, he is the conductor of a local choir, added that one of his main aims was to increase the membership of the club by at least one new member per month throughout his 12 months as president. He also informed Rotarians that he was arranging a number of interesting speakers for the club and no doubt with his musical background a number of fund raising musical events will be held over the course of the year.

Assistant Governor Ian Hughes a native of Llanmorlais on the Gower Peninsula outlined his and Rotary's thoughts on membership, fundraising events and publicity.

President elect Gordon invited heads of the club's committees to outline their aims for the year and a number of interesting ideas were discussed.

THE POST

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BIG ENVIRONMENTAL SCHEME FOR TALLEY AND CWMDU HEAR MORE AT OPEN PUBLIC MEETING

An exciting environmental scheme in and around the villages of Talley and Cwmdu, which has attracted a grant of over half a million pounds from the EU's Rural Development Programme, will be explained to the public on Tuesday July 9th, in an open meeting hosted by Transition Tywi Trawsnewid.

The event will be in the restaurant at Yr Hen Vic, 82 New Road, Llandeilo, starting at 7.30pm.

The substantial grant, made to Talley Community Amenity Association (TCAA), will largely fund a project called LocalLAND (Live Actively, Nurture Diversity). The 59-acre Talley Woodlands, managed by TCAA, are to have better public access and an education and community centre. In these woodlands, and on nearly 2,000 acres of surrounding land owned mainly by farmers, there will be planting and water storage schemes to slow rainwater run-off and therefore help to prevent flooding. More diverse habitats for wildlife will be created with wildflower meadows, variegated leys, and tree planting.

There's a lot more to the plans, so it promises to be an interesting evening for all who come along.

Transition Tywi Trawsnewid aims to encourage more sustainable lifestyles and reduced use of finite resources.

HOLY TRINITY CHURCH, PONTARGOTHI

If you've never visited our unique little church then perhaps you might come to Pontargothi this year. Built in a tranquil setting on the banks of the River Cothi our lovely little church is well worth a visit. The unique interior is beautifully decorated with murals of biblical scenes covering all the walls. We are open to visitors every Thursday from 2.00.p.m. to 4.00.p.m. during the summer season (up until 26th September). A warm welcome, along with a cuppa and biscuits, awaits all visitors. Anyone wishing to visit the church at any other time is most welcome to contact the vicar, Revd. Rhobert Pattinson on 01267 290142 to arrange a visit. Group visits are always welcome and most popular. We encourage photography and there is plenty of parking.

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14 64	Vauxhall Vivaro 2.9T 1.6 CDTI 115 LWB Crew Bus, 6 Seater, Glazed Side Door, P/Lined, White, 61000m.....	£9995 No VAT
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LLANDOVERY ROTARY CLUB



Aaaaaaaarrrrrrggggghhhhhh.

It would need many pages of this wonderful Post Magazine in order to cover last months goings on in the Rotary Club. Busy does not even get close. Very busy doesn't get much closer. Extremely busy, busy, busy together with huge enjoyment and an enormous sense of fulfilment might just begin to get somewhere near. Read on:-

As this report is being composed the day after the 'Droverfest' it would not be fair to give too much detail about the event until all monies, bills and reports are in. Suffice it to say that the joint efforts of the Llandovery Young Farmers Club and ourselves in arranging the first 'Droverfest' has been an unequivocal and resounding success. The live music, the real ale bar, the gin bar and all others report that the several hundred attendees enjoyed a tremendous and wonderfully joyous evening. We are already being asked about next year! Despite the very best efforts of a number of the local farmers to drink the place dry in a very short time the night has been hailed an enormous accomplishment and will surely join the very impressive list of events that Llandovery is becoming famous for. The fantastic Llandovery Carnival, the superb Sheep Festival, the fast growing Motorcycle Weekend, A-Cycling's Nationally renowned cycling events, the Town Christmas Party, Christmas Lights, the Town Criers Competitions, Premiership Rugby every other weekend and surely now Droverfest all prove Llandovery to be a great place for large events. These are huge events and require a momentous effort from those involved in organising them who do so with great energy and eager voluntary donations of time. Droverfest was massive. And it is here to stay. Well done and monster congratulations to all of the organisers. Much more next month.

Two of our members, Doug and Dave have completed a monumental walk around the entire Wales Coastal Path, and yes, even including Anglesey. This incidentally is exactly the same mileage as it is from Land's End to John o' Groats. It is 874 miles. How these young (!) men have achieved this is incredible as it has involved taking two cars, often to North Wales for an overnight stay, is an astonishing achievement. I am positive (no I'm not) they can be convinced to give us a talk on this fantastic feat of human endurance. One of them is in his mid seventies but I think he could go around again, twice! In fact they have already started on Offa's Dyke. Well done and hearty congratulations to you both.

Although we were one meeting short this month due to the Bank Holiday there is so much to report and we also found the time to fit in our Club Assembly. This is always just



Droverfest getting under way. Iechyd da.

before our Handover Dinner (6th July) when the incoming President Mickey Gough took the Chair for an hour or so to outline his plans for the coming year. The Assistant Governor Area 1, Kevin Sivyer, also kindly found time in his very full diary to attend. Thank you Kevin. Mickey's mantra seemed to be 'If it ain't broke, don't fix it' and so he gave the go ahead for all Chairmen to continue in their posts for another year. He also thanked the outgoing President Gary for his outstanding contributions to the cause during his year in office (doesn't time fly!). More on this next month after the Handover Dinner. Mickey also made clear his feelings on the outstanding contributions by Secretary Dan and Treasurer Edward. He went on to say his aims for his year in office were to 'Further develop the relationship and association with the local community' and also to continue with the wonderful work and contributions to the locality as a whole. Ohhh yes, and to have fun. Good speech Mickey. Each Chairman gave their report on what happened in the Club last year and hopefully what is due to happen this year. Assistant Area Governor Kevin then outlined to us his conclusions. He said he thoroughly enjoyed his visit to us and was extremely complimentary about how the club operates and congratulated Gary and all of us on a very successful year. Kevin continued by saying how much he enjoyed following our progress with our articles in the Post and congratulated Derek and all on promoting Rotary (Wow, praise indeed. Thanks Kevin). Dai was thanked for his success in the District Youth Competitions and concluded by again thanking Gary and wishing our racehorse winning owner Mickey all the best for the coming year.

Kevin then witnessed the Official New Member Ceremony when Dan Emery was inducted. Again, it's great to have you on board Dan.

We received a letter of thanks from the local Brownies thanking us for our donation to them.

Our first speaker was Anthony Birdwood from Llanwrda who has addressed many groups and organisations over a number of years.

Anthony was welcomed and introduced by Derek. Anthony is a founder member of the Heart of Wales Line Association (Nov 1981) with its purpose being to promote the use of the line. He is well known to most of the members and really has an expert knowledge of the history of the line.

Anthony thanked the members for the invite to talk and for their welcome and meal. His talk was given with the aid of slides onto a screen. He first gave a history of how the Central Wales Line was formulated with a map of all routes and stations in Wales. It started in the 1850s when



Dan Emery's official introduction into Llandovery Rotary Club overseen by Assistant Governor Kevin Sivyer.



Anthony Birdwood with Mike and Gary following his wonderful address on the History of the Heart of Wales Line.

North West of England Railway looked to connect their lines all the way to South West Wales. Main traffic at that time was freight and goods. The route he covered was from Shrewsbury down to Swansea. The line was built in stages from town to town with Llandovery being completed in October 1868. Tony gave the history of the good and bad days of the network including the scathing cuts in 1962 of the now infamous 'Beeching Report'. The present franchise running the line is Transport for Wales who took over last year from AVIVA and it is hoped that with the promised large investment by them, services and carriages will improve. It is hoped that the Llandovery Station will have a new canopy over the platform within the next 5 years (which it always used to have in the past).

Anthony then, with the aid of the slides methodically went through all existing and some closed halts and stops all the way from Shrewsbury to Swansea and beyond. Not only stations but buildings and signal boxes were shown in great detail. Also all types of Locomotives, from Steam to diesel and electric with carriages and freight wagons were all shown. Tony gave a detailed description and story with each slide. After an extremely interesting and informative talk of one and a half hours a short question and answer session took place.

A vote of thanks was given by Mike Blud with members showing their appreciation with prolonged applause. It was a wonderful talk and so very, very interesting. Thank you very much indeed Tony. Top class.

For those interested in the deeper workings of Rotary that are not included regularly in this column we do actually comply and work within the inner depths of Rotary International and include them here for your info only. They won't mean much to you but some may find it interesting, maybe! Rotary Foundation, the Rotary Magazine 'The Spokesman', Volunteer Expo, the Joe Homan Charity, Rotary Tackles Plastic Pollution, End Polio Now, the District Conference, Zoom Area Meeting, the Rotary Compliance Statement, Rotary Database, Rotary Central and Rotary Southern Wales 3 Year Plan etc etc. See, that's why they are not reported here regularly! We are sure you'd rather read about Doug and Dave and Spilt coffee, etc etc (see below).

More congratulations to the multi talented Catrin Manning our Youth Representative who won the Cogudd Competition in the Urdd Eisteddfod in Cardiff recently. Is there no end to this young lady's talent? Clearly not.

Every Tuesday after our meal we have coffee. Some just drink it as it is, some add sugar and some add milk. But for one Rotary member, who I wouldn't name for any amount of money, (Acker), it is something to be savoured. Every single week this un-named Rotarian has to have his coffee, then add



The un-named Rotarian who loves the perfect cup of coffee! Who is this chap?

cream (specially ordered) slowly and ever so carefully over an upturned teaspoon into the awaiting black coffee. This he tells us, is to sip the cream and enjoy the coffee through the carefully poured settled cream. This is a ritual that can take 10 minutes and is performed EVERY week, but strangely during the last 12 months he has yet to be able to enjoy the perfect cup of coffee. Somehow and quite accidentally someone unfortunately inadvertently kicks the leg of the table or brushes up against his arm right at the precise point when the cream is carefully being poured thus completely ruining the coffee and reducing it to a normally stirred cup the same as everyone else. This is not acceptable to Mr C, (can you guess yet!). This has been of great concern to all members who have seen the un-named Rotarian turn into an apoplectic rage as these unaccountable accidents continue to occur. Well, last week we all decided enough was enough and we would allow the aforesaid Rotarian a huge area of his own to pour and enjoy the perfect cup of coffee. All was going well as he meticulously poured the cream into the coffee. PERFECT. He had done it without any interference whatsoever. He was well chuffed with himself. However, as he lifted the cup to his lips with both hands to enjoy his creation he began to shake uncontrollably as he burst out laughing thus spilling the carefully concocted coffee all over his pristine shirt and tie leaving large black stains all over them as well as tipping the rest all over the table! Ohhhh, how we howled with laughter. Much raucous hilarity ensued as there was no one near him and he had ruined his coffee and his clothes. He then blamed us for giving him a serious nervous disposition whenever he gets anywhere near a coffee! We all think he started shaking because he'd bought us all a drink as it was his 60th birthday. Sometimes you just can't win can you Huw?

Well that is three weeks of Rotary meetings for you. But it isn't. Next month you can read the full report on the fabulous Droverfest. Also next month will be the reports on our Handover Dinner, speaker Emily Adams' 3 month Youth Volunteering program in Nairobi, the Ambulance Service will be giving us a life saving demonstration and you can even read whether the carefully concocted coffee actually reaches it's intended destination! Don't miss it.

Derek Jones.

HAVE YOU EVER COME TO BRIGHT SPARKS?



If you have ever come to Bright Sparks you are warmly invited to a Teddy Bears' Picnic in the Vicarage Garden, 42 Broad Street, Llandovery from 2.00 – 3.30pm. There will be games, activities, songs a story and a picnic. Please bring something to sit on and your Teddy.

RSVP by 15th July to Judith Aveson 01550 720524 or judithaveson@gmail.com

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03/19/12)

MYDDFAI NEWS

Myddfai Shop and Café opening hours

Tuesday – Sunday 10.30am – 5.00pm

During July we have a Willow Weaving Course on Sunday 14th 10.30am – 4.30pm. Our monthly Farmers Market is moving to the last Sunday of each month starting from 28th July 12.00 – 4.00pm. If you would like a stall please get in touch.

On these summer days when you are out and about why not come up to Myddfai where we have spectacular views and beautiful walks. Why not stop off for lunch or tea on your way to the Kite Feeding Station in Llandeusan (feeding kites at 3pm).

We have had a busy start in Myddfai this year coming into summer we have some tasty new lunchtime specials and offers on for our customers, don't forget to pick up our loyalty cards and collect your stamps for your free hot drinks. Our afternoon teas have been very popular but please call and book with us to avoid disappointment during the summer months. We look forward to seeing lots of our local customers and visitors this summer. For information regarding catering please contact Carol or Mairi on 07824 771040 or email us on CarolAnneDugdale@hotmail.co.uk

Come and have a browse around our lovely gift shop. People are amazed at the range and quality of gifts and art that we have to offer – locally made items – Pottery, wooden bowls, boards & nest-boxes, aprons & bags, Welsh Tweed, Engraved and fused glass, Slate products, soaps, Felt animals, Jewellery and a range of antiques and collectables plus Myddfai Trading toiletries. We have two new crafters this month colourful Tracey Hamer's fused glass art and lovely Welsh crafted Eli Mai Gifts. We also have a wide range of greetings cards as well as jams, chutneys, honey all made locally. We also have a superb range of quality perennial plants from Keith & Moira Cilgwyn Lodge. Every purchase supports a local business and the Myddfai TyTalcen Charity.

We can arrange talks on the Physicians of Myddfai & Herbal Medicine or local Myths and Legends.

The stunning and fully equipped function hall is becoming very sort after for Wedding, Conferences, Children's Parties, Social Gatherings as well as exercise and activity classes.

Come and join in one of our activity classes Yoga Tuesday 7.00 – 8.30pm; Craft Class Wednesday 10.00am – 1.00pm; Pilates Thursday 10.00 – 11.00am

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879119223 or Hall No. 01550 720449

Check our website www.myddfai.org for What's On.

Please like Myddfai Community Hall on Facebook and follow us on Twitter.

SHE'S BACK – THE VICAR OF DIBLEY RIDES AGAIN!

In The Vicar of Dibley: The Holy Trinity, the village of Dibley is a buzz with plans for the christening of Hugo and Alice's baby, and is it possible that love is in the air for Geraldine? But the village itself is facing a crisis. Can the loony villagers rally round and save their homes? There's only one way for you to find out – come to one of the performances in July.

This the third performance of a Dibley play by this marvellous amateur dramatic group, and the second with the team of Emma Morris and Georgie Tipping in the roles of Geraldine Granger and Alice Tinker Horton. If you saw the last production in 2014, you will recognise all the main characters, some of whom have come out of dramatic retirement to take part.

Unsurprisingly, Sian Morris has also come out of retirement for this production. You just can't keep a good woman down...

There is always so much joy and good humour during rehearsals (even when the cast are being ticked off by Sian!) that it's no wonder it spills over into the performances on the night. I've said it before and will now repeat myself: this group are amateur in name only; every performance has the professional touch.

The play is being performed with kind permission of Comic Relief and the company pay £150 per performance to the charity. Fortunately, they have benefitted from support from the Co-op Community Fund. Find out more from your local branch. Other sponsorship helps pay for costumes, rehearsal space, scenery, publicity but what helps most is BOS! For your tickets, please contact Sian Morris on 01267 237386. Full price £10, concessions £8.

The Vicar of Dibley: The Holy Trinity will be performed by Just Good Friends in St Peter's Civic Hall, Carmarthen at 7.30pm on 24th, 25th, 26th July, and at 2.30pm on Saturday 27th July.

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07/19(12)

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09/19(12)



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TAILS FROM THE TRUST

SUMMER SATURDAY JUNIOR CLUBS

Following on from our very successful Family Hoof Camps we're pleased to announce that we'll be running a series of Saturday morning Junior Clubs for children age 6 years +. Owning their very own real, live pony is a major responsibility for a youngster and their family and these hands on sessions will enable children to experience what it's like to care for them on a daily basis. Each session will cover hands on stable management, fun theory and a chance to gain certificates and awards, play games and make new two and four legged friends. Many people learn how to ride a horse but not how to take part in their care. We will teach children everything from grooming and use of equipment to what to look out for if a pony appears poorly or out of sorts.

The camps will run from 10.00am – 12.30pm on 6th, 13th and 27th July. The cost is £8.50 per person and parents are welcome to stay and join in or relax in our beautiful and peaceful surroundings. If children would like to bring a packed lunch they are welcome to stay and eat it after the session. Tea, coffee cold drinks and a small selection of snacks are available to purchase from our honesty café. To book your place call us on 01550 740661 or email us on: info@lluesthorseandponytrust.co.uk

COME AND SAY HELLO!

If you're out and about at country Shows and Fayres over the summer look out for us, we always love to meet our supporters and welcome new faces. We'll be attending Llangadog and Llandeilo Shows and we'll have a stand at the fabulous Big Cwtch weekend. We are also hoping to attend two major Powys Shows before preparing for our very own Lluest Open Day scheduled for Sunday 15th September.

Full details for all our events can be found on our website and Facebook pages: www.lluesthorseandponytrust.co.uk www.facebook.com/lluest



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

For a full list of attendees and programme of talks, visit the OSG website: www.orchidstudygroup.org.uk (which will be updated regularly), or telephone the Secretary on: 01269 498002. For information on Aberglasney Gardens, visit their website: www.aberglasney.org, Tel: 01558 668998.



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THE 2019 LLANDOVERY MOTORBIKE WEEKEND

The 2019 Llandoverly Motorbike Weekend is shaping up to be the best yet. Interest in the event, which was established to help the sustainability of our community as well as improve levels of road safety and provide an inclusive event, has continued to grow. Supported by the Castle Hotel and Landslide Productions we have again attracted several musicians who will play in the Mart as well as the Hotel and we have international Blues Artist, Debbie Bond playing a "taster" in the afternoon at the Mart before her performance in the Castle Hotel that evening. For the kids there will be a range of activities and on Sunday Professional Clown and Magician Mr T Ricks will be providing fun activities for kids of all ages! Within the Mart there will be a diverse range of arts and

craft stalls, charity organisations as well as a host of classic and modern motorcycles on display. Outside there will be more bikes on display, food and drink outlets as well as some commercial and information stands. Within the arena throughout the weekend there will be displays and demonstrations taking place by several of the Road Safety Engagement Partners and some will also take out observed rides to help us hone our riding skills. The Biker Down Course run by Mid and West Wales Fire and Rescue, which is free to attend, will take place in the Rhys Prichard Hall from 12.30 pm until 3.30 pm on Saturday and provides crucial information and advice on the actions to be taken if encountering an incident on the road. For the bikers, there is also a Dragon Rider enhanced motorcycling course taking place on Sunday starting at 9.00am. We are proud this year to host the Youth Town Crier Competition, run by our very own Joe and Sandra Beard which will take place inside the Mart on Saturday afternoon – all are welcome to come along and support the kids!

Once again we are raising money for the Blood Bikes Wales (<https://www.bloodbikes.wales>) and the Wales Air Ambulance (<https://www.walesairambulance.com>) via our Charity Raffle. A big thank you to all our Sponsors and Supporters without whom, it would not be possible to run the Llandoverly Motorbike Weekend. Please do come along and support us and remember this is a FREE event!

For more details please take a look at the website: www.llandoverlymotorbikeweekend.co.uk or the Facebook pages: <https://www.facebook.com/LlandoverlyMotorbikeWeekend>.

We look forward to seeing you all on the 6th and 7th of July 2019!

LLANGADOG W.I.

At our June meeting we were given a really interesting talk about Bees and Beekeeping by our member Sarah. We were shown slides of hives from years ago to the modern day, and from different countries. Our competition (to do with bees, of course) was won by Marion, 2nd Sue and 3rd Mary. It was another pleasant evening to chat, drink tea and eat cake made by Ann. This month we will be having lunch at The Ivy Bush Royal Hotel in Carmarthen followed by a display of footwear at Hotter Shoes. On July 17th one of our members will be opening her garden for us all to enjoy a cream tea and to raise money for 3 year-old "Archie", to enable him to travel to the U.S.A. for specialised treatment, that can only be found there. In August we will go bowling, an annual event. Our next open meeting will be on the first Thursday in September, 7.00p.m. at Llangadog Community Hall. A warm welcome is extended to anyone who wishes to join us.

LLANWRDA ROUND-ABOUT

With a busy programme of events, Llanwrda Villagers have plenty to choose from. The Cornwallis Estate is just one venue where much has happened this month!

Our second Car Boot Event took place in the grounds on Sunday 9th June. The sun shone, the Booters came and said that they were well pleased with the morning's trade! Over £300 was handed to the Trustees for the Cornwallis Restoration Fund. There will be another Car Boot soon – by popular demand!

School Hall, Cornwallis 1:

The Bloomers invite villagers to the Floral Evening, every second Monday in the month, 7.30 to 9.00pm. Louise of "Forget Me Not Flowers" demonstrates the secrets of flower arranging, and members never go home empty handed. Ring Anne on 01550 777344 for more information.

Llanwrda Bloomers would like to thank the Llanwrda Community Council for their generous donation of £300 towards the maintenance of the village flower troughs and planters. All of these have now been planted up, and the Bloomers have the bridge railings in their sights!! This is a big project – but can be sorted.

School Hall, Cornwallis 2:

Fortnightly, on a Tuesday from 7.30 to 9.00pm, there is a craft evening. The class is open to all, and is so well established that there are "All day" sessions for enthusiasts. The tutor is Chris, who would be pleased to hear from you – call her on 01550 777800 for more information. Chris runs Y Ceiliog Caffe and would be pleased to see you – just drop in for light refreshments and a chat.

The Cornwallis Library has been closed for construction work, but is now almost ready to once more welcome villagers. A chartered librarian, Mrs Anya Smith, has offered her services to make the free library welcoming. Further information from Pat Lee on 01550 779257.

Don't forget the Llanwrda Show which takes place in the Village Hall on Saturday 27th July. Mr and Mrs Bryan Land are presidents for the day.

LLANDOVERY WI

Happy day enjoyed by all members of Llandovery's WI at the Welsh lavender farm near Builth Wells.

The next meeting on Monday 1st July will be an educational outing to Llyn y Fan Fach with Sarah Rees of Dyfed Archeology.



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07/19(3)

LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

*Writing from my starry
window-sill!*

SO, YOU WANT TO BE AN ACTOR!

Reading again Michael Redgrave's book *The Actors' Ways and Means* I was intrigued to read: 'actors are born and not made' 'acting cannot be taught' 'The basis of all acting is undoubtedly instinctive.' Michael Redgrave was giving a series of lectures to the drama department of Bristol University and the Bristol Old Vic Theatre School. It is 1953!

He is, of course, absolutely right! But he was speaking from a theatrically privileged background – his mother was an actor, his wife an actor (we called them actresses in those days) and he was about to launch a dynasty of talented children into the theatrical profession – all undoubtedly possessed of that essential ingredient of 'instinct'! And he was not shown to be adverse to an actor attending drama school, for a couple of year's later his daughter Vanessa entered the Central School of Speech and Drama – I know because during one term – we both attended fencing lessons on a Saturday morning, she was always my opponent, and she always won! (You didn't know a cat could fence!)

But what happens to the young actor who does not have a theatrical family to support them, to recognise their instinctive gifts and hone them – where do they go? There used to be the repertory system where the actor would work on dozens of different plays and characters and thus develop skills – today such theatre companies don't exist – so how do they even begin!

It is never too early to discover you love to perform. Children's play and make believe show how gifted a child is. Take away the smart phone and read them a story and watch imagination soar! Find a well disciplined and talented group whose director will teach them voice, communication and listening skills that will, at the very least, benefit them in any walk of life or choice of career they will ultimately make. Fill their heads with poems and stories and take them to plays and shows. Don't plan to make them film or TV stars – or believe you have a child prodigy – Llandovery Theatre Company have vivid memories of a mother who arrived at the theatre and demanded why her child had not been cast as Cinderella! But you see, we don't believe in the 'star' system.

Since 1976 we have worked with hundreds of young people. We operate a system where 'the play's the thing' and team work, co-operation and generosity one to another is essential. This with children from eight years old, with young people and adults with learning



Llandovery Theatre Youth Company in Ring of Roses, 1998 – There's an actor there and a doctor!

difficulties, and some of our young actors have indeed 'made it' into the theatrical profession, as actors, directors and drama teachers.

Saturday 20th July at 5 p.m. we are welcoming The Towy Youth Actors, they will be presenting a Variety Showcase of song, dance, plays and film with children ages 4 – 18. Kerry Dainton – once one of our Youth Actors – is their Director. She tells me there is great excitement brewing from her young actors:

'I can't wait – I've always wanted to perform in a real theatre!'

And on first seeing the Theatre: 'It's incredible, it's huge and it's so real, it's a real theatre – look at these walls – I'm mind blown!'

If you have never been inside Llandovery Theatre, if you would like to see some of our local young people perform, do take this opportunity to visit us.

Saturday July 20th – doors open 4.30 p.m. show starts at 5 p.m. Tickets on the door £5. Children under 7 free with accompanying adult. There is a big welcome for you! Hope to see you there! Thank you!

Horatio Nelson – Theatre Cat!

Pictures of Llandovery Theatre and my blog is on llandoverytheatre.com



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BEFORE



AFTER

LLANDEILO FAWR FESTIVAL OF MUSIC 2019



Initially intended as no more than a 'one-off' event, at a time when Artistic Director Julia Jones was looking at ways of resuscitating a town which was suffering, perhaps more than most, from the effects of the Foot and Mouth outbreak of 2001, the Festival will this year be marking its 19th anniversary. In that time it has, to the astonishment of both music lovers and others, joined that select band of smaller 'Festival' venues; places known more perhaps for their historical significance or scenic beauty than for their ability to sustain interest in public performance, while attracting leading international artists and the steady stream of music-lovers who regularly come to hear them

'International' is surely an appropriate word to describe what has happened in Llandeilo, over the past two decades. This year, for instance, one of the star attractions will be a young guitar virtuoso, Morgan Szymanski, born in Mexico City in 1971 and a prizewinner at

international competitions (including First Prize at the National Guitar Competition in Mexico itself) He will be appearing at Newton House with one of the country's leading flautists, Juliette Bausor, Principal Flute with the London Philharmonic Orchestra, and an evening of virtuoso prowess is surely guaranteed when these two take to the stage on Sunday 14 July. This will be one of just two events to take place away from the Festival's traditional venue, St.Teilo's Church. The other will feature Ian Shaw, a jazz singer described by Jazz Times, US, as "the best jazz vocalist the UK has produced" and who, with his brilliant trio, will be turning the Cawdor Hotel into Wales's very own Ronnie Scott's when he sings there on the Tuesday of Festival week.

As for the concerts in St. Teilo's itself, Festival-goers will really be spoilt for choice this year. Wednesday evening will see the Festival welcoming Harriet Burns (Soprano) and Michael Pandya (Piano) winners of the 2018 Young Artists Platform prize at the renowned annual Oxford Lieder Competition. Their programme will include some scintillating American songs by Samuel Barber and Leonard Bernstein in what will certainly be a rare vocal treat. The String Quartet recital, something which has become an essential Festival ingredient, will this year be given by the dynamic and charismatic Heath Quartet, one of the most exciting British chamber ensembles of the moment. They will be making their Festival debut on the Monday, performing quartets by Beethoven and Ravel. A more unusual and innovative ensemble will then be performing on the Friday, when the intriguingly named Trio Apaches comes to St.Teilo's. This is the name under which Ashley Wass (Piano) Matthew Trusler (Violin) and Welsh cellist, Thomas Carroll, perform together. The Trio is named after an innovative and often controversial group of



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Parisian-based artists, something which they embraced as an appropriate representation of their revolutionary spirit. It has nothing to do with Red Indians! This is a year which will also see them playing in New York and Philadelphia, in the United States, and Toronto in Canada. The amazingly gifted young Welsh pianist, Luke Jones, will surely excite even stronger admiration among his fast-growing army of followers with a solo piano recital of pieces by Chopin, Prokofiev and Debussy. This will be on the Thursday, and will demonstrate quite eloquently why this astonishing virtuoso has been busy collecting major competition prizes, including that at this year's prestigious Bromsgrove International Musicians Competition, since he last played in Llandeilo.

Which only leaves the 2019 Festival's two choral concerts. As most Festival-goers will know, these concerts 'book-end' the week's musical events and this year promises to be an especially enjoyable one for lovers of choral music. The Opening Concert will be given by the highly-regarded Cantorion John S. Davies Singers and will be devoted to a performance of Dvorak's popular, and intensely lyrical Mass in D Op.86, along with works by Elgar, Palestrina and Monteverdi. The performance will be conducted by the doyen John S. Davies himself. Then, at the end of the week, the curtain will come down with a performance by what can perhaps be regarded as the 'other' great Welsh choral institution the Swansea Bach Choir, the programme for this Closing Concert, which will be conducted by

Greg Hallam, will include works by Rachmaninov, Gustav Holst and John Tavener. In both concerts the accompaniment will be on the organ, played respectively by two of the country's most distinguished performers, Huw Tregelles Williams and James Gough.

For further information (brochures/tickets/venue) visit, www.llandeilomusicfestival.org.uk

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09/19/23

COTHI GARDENERS

We'll be at the Plant Fair in Pumsaint on Sunday July 7th, organised by Ceredigion Growers. Here's hoping for weather as wonderful as last year. Come and see us at the Plant Tombola stall or at our plant sales stand. If you have an empty space in your garden now is the time to fill it with colourful bedding, lots of local growers and nurseries will be there. This free event runs from 10.00am until 3.00pm.

Our speakers for July are Alun and Jill Whitehead from Aulden Farm near Leominster. Their topic will be Irises, a most popular and beautiful plant in any garden. They hold a National Collection of Siberian Iris. July is a good time to divide irises if you have them, or if not, Jill and Alun will be bringing plants for sale. Jill and Alun have a wonderful, romantic garden and pay close attention to encouraging wildlife. You can see photos and a history of their enterprise at www.auldenfarm.co.uk If you'd like more inspiration join us on July 17th at 7.30pm.

Cothi Gardeners meet at the Coronation Hall, Pumsaint, SA19 8UW, Guests and visitors welcome, £3, to include refreshments.

Our August get-together will be a members event but after that there's still lots to look forward to at Cothi Gardeners. How about 'Vegetable growing with a Twist' in September or learning about the plant-hunters of earlier years in October?

www.cothigardeners.com is the place to find more information about our future speakers or about the July Plant Fair. Follow us on Facebook or phone Yvonne on 01558 650870.

Thank You

Revd Ann McKnight, Y Ficerdy, Cilycwm, would like to thank the parishioners, colleagues and friends for their support following the recent death of her son, Stephen.

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NEW TRAIL AND FOOTBRIDGE IMPROVES ACCESS TO CRYCHAN FOREST



A new forest trail has opened in mid-Wales, providing walkers with a great opportunity to explore the great outdoors.

Natural Resources Wales (NRW) and the Crychan Forest Association worked together to extend and improve an old trail in Crychan forest, near Llandoverly.

The new two-and-a-half-mile-long "Cefn Farm" trail takes walkers on a loop through bluebell woods and past the ruins of Glyn Moch farm.

Previously only a horse riding trail, a new footbridge now means that walkers can also access a beautiful part of the Crychan Forest all year round, without getting their feet wet.

Brian Hanwell, Natural Resources Wales Local Area Manager said:

"Constructing the footbridge was a great team effort by our civil engineers and area staff, and we've been delighted with the enthusiasm shown by members of the Crychan Forest Association in helping to bring this about.

"We hope many people will get out into the forest, walk this new trail and get healthy, enjoying nature's gym!"

Chris Laing, chair of the Crychan Forest Association said:

"The Crychan Forest Association were happy to collaborate with Natural Resources Wales by purchasing the materials used in the construction of a footbridge over the Afon Crychan.

"Our members walked this for the first time last Thursday and everyone was delighted with the trail."



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THE CROSSES

*I stood before the crosses,
glowing white in row by row.
Everyone a life cut short,
as the names upon them show.*

*History remembers, as it should,
these men who fought and died.
Whilst for their families left behind,
a dull sorrow tinged with pride.*

*Yet despite the hurt and grief here,
what with horror makes me fill.
Is what I look behind me,
there are crosses growing still.*

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Watch the 'Historic Cycle Cavalcade' departs the Cycle Museum at 10.30am on Wednesday to Temple Gardens, Mr Scotford Lawrence; an eminent cycle historian will be there to do the cycle commentary.



CARER'S GET-TOGETHER

Once a month, at the Castle Hotel, Llandovery, carers meet to have a chat and a cuppa. The get-together is open to all carers, is informal and anyone is welcome to drop by between 1.00pm and 3.00pm on the first Friday of every month. We look forward to seeing you. For further details telephone Simon on 01550 721197.

LLANGADOG SOCIAL CLUB

ARE YOU, OR DO YOU KNOW ANYONE WHO IS HOUSEBOUND AND UNABLE TO ACCESS ANY SOCIAL ACTIVITY?

Llangadog Social Club meets every Wednesday afternoon from 2.30 to 4.00pm in the Llangadog Community Centre. Starting from 10th July.

Volunteers will provide transport if needed and refreshments will be provided. Charge £2 per person.

For further details ring Catherine Berry 01550 777980 or Caron Thomas 01550 777328 mobile 07545 489760.

LOST

19th June in Trecastle (or along A40 Trecastle to Llandovery road), blue, large size "Cool" coat for a dog. If found, please leave a message on 01874 636499. Thank you.

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LLANWRDA CRICKET CLUB



Training for juniors, and also the new Women and Girls team, continues on Friday evenings at Castle Fields Llandovery at 6pm. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running three junior teams and the very popular All Stars programme.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 147464 or llanwrddacc@gmail.com for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 for the first junior and £10 for their siblings. Training and matches throughout the summer. Come and join us.

It was another resounding win for Llanwrda 1st XI on 25th May, who travelled to Southerndown to play Great Western Railway CC. On a sunny Saturday afternoon, Llanwrda were put into bat and made full use of the 40 overs, ending on 243-7. This was thanks to brilliant innings from both Nigel Clarke (88) and Cerith Rees (85), who steered Llanwrda to a match-winning total.

In their reply, GWR tried to push the tempo while chasing the big target, but Sion Nicholas (4-31) and Nigel Clarke (3-6) ensured that the day ended early with GWR 75 all out. Nigel again showing the young ones how it's done!

Llanwrda 1st XI also had convincing win over Kidwelly. Sent in to bat, Llanwrda piled the runs on again, with Cerith Rees continuing his good form scoring 49, and also an explosive 49* off 37 deliveries for Osian Nicholas. There were also handy contributions from Adrian Davies (38) and Tom Thurtle (33), with Llanwrda finishing on a total of 242-5.

With such a high target set again, the wickets came at a steady rate, with Garan Williams being the pick of the bowlers with 4-35. Kidwelly ended all out for 102 off 25.2 overs.

The weather held off on Saturday 8th June to give Llanwrda 1st XI another win in what is fast becoming a 3 horse race for the title. Briton Ferry Steel decided to bat first, and Llanwrda soon got into their groove with 3 wickets each for Steff Roberts (3-13) and Nigel Clarke (3-23), with a couple of wickets also for Tom Thurtle (2-8).

Set 90 to win, Llanwrda got off to a nervy start, but managed to cross the line with 7 overs left – Osian Nicholas high scoring with 20. A good chase against some tricky bowling at times.

Our U15 side is also having a good season. They welcomed Morrision to Castle Fields on 30th May on

a dry but breezy night securing another win. Llanwrda won the toss and elected to bowl first with some regular wickets, accurate bowling, tight fielding and outstanding catches that changed the course of the game. They kept Morrision to 88 for 8 off their allocated 20 overs. Llanwrda took up the chase and started ahead of the run rate required with regular boundaries and quick running, however Morrision's bowling attack taking a few wickets managed to slow the run rate down. In a close and thrilling nail biting finish we managed to surpass the run rate with only three balls remaining. Highlights of the game this evening was the bowling from Abi P taking 4 wickets, an outstanding diving catch from Joshua T that the English team would be proud of in the World Cup! And the six, the only six of the match from Lloyd T to seal the victory. Yet another fantastic team effort tonight. Well done all.

We are also on the look for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who will play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867 794771 for more information.

LLANWRDA CC BONUS BALL WINNERS

01 May 19	9	Liz Cumming
08 May 19	59	Roland Griffiths
15 May 19	23	Bethan Price
22 May 19	18	No Winner
29 May 19	57	No Winner
05 Jun 19	25	No Winner

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YSGOL BRO DINEFWR SUMMER FAIR



Ysgol Bro Dinefwr PTA will be holding a summer fair at the school on Wednesday 3rd July at 5.30pm. The fair will be held in the courtyard area which is perfect for all the stalls and entertainment that is being planned (fingers crossed for sunshine!)

There will be a range of stalls from local businesses as well as a cake stall, tombola, raffle, bouncy castle and lots of games to play. There will be a BBQ, ice creams and musical entertainment. There will also be an exhibition of work by the talented artists and designers who attend the school with music provided by the school orchestra. Lots of fun for young and old. Everyone is welcome. All money raised will go towards helping the school fund vital projects for the pupils.

Please leave any contributions for the cake/ local produce stall at the school reception desk on the day or during the week before. Any contributions very gratefully received.



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07/19(1)

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ChallengeAid

Schools of Hope



By the time you read this we hope to have raised over £4,000 on the Global Giving Foundation website to start a new School of Hope at St Benedict's in Mathare, Nairobi, Kenya. This School of Hope is unique as it is our first that will work with former street children and because it is our first supported by crowdfunding.

We say 'hope' because the end of the campaign is June 28th and we have everything crossed that we have been successful ! Many thanks to those of you in the locality who have donated, from all of us at ChallengeAid and especially from the children who benefit the most!

At the end of May we held our annual charity golf day at Burhill in Surrey. The day was well attended with eighteen teams who all played very well. The evening's activities consisted of a meal, auction and speeches with Craig Quinnell at the helm. We raised a fantastic £10,000 overall and our thanks goes out to everyone who participated in the day and helped organise behind the scenes. Here's Alan Burnett's team, with Jane and Paul Botha and Michael Heslop.

Finally, if you happen to be passing Bradford on Avon, Wiltshire on August 31st then why not drop into our Silent Disco at the Tithe Barn? It is a beautiful building which normally will not hold music events, so we are very lucky they went with our pitch of a silent disco!

If you'd like to stay in touch with what we do on a more regular basis then 'Like and Follow' our Facebook page <https://www.facebook.com/www.challengeaid.org> or come and say hello when you are passing the office at 1 Kings Road, Llandovery.



The winning team were a group of 15 year old ChallengeAid Ambassadors who are raising additional funds by holding a dawn to dusk golf marathon of more than 72 holes (to beat last years target !) and also to organise a Dinner.

SO, WHAT IS NEXT?

June 29th is the day of our Welsh Three Peaks Team Challenge. There are still places available so please drop in and see us if you'd like to take part - you would need a group of 5, one of whom would be the dedicated driver.

Matt Morandi and his Llandovery College team will be attempting to achieve the Lake District 24 Peak challenge which covers a walking distance of 35 miles (56km) with 24 ascents of 13,000ft (4,000m) in 24 hours . You can support Matt by donating to his Just Giving page- <https://www.justgiving.com/fundraising/mat-morandi>.

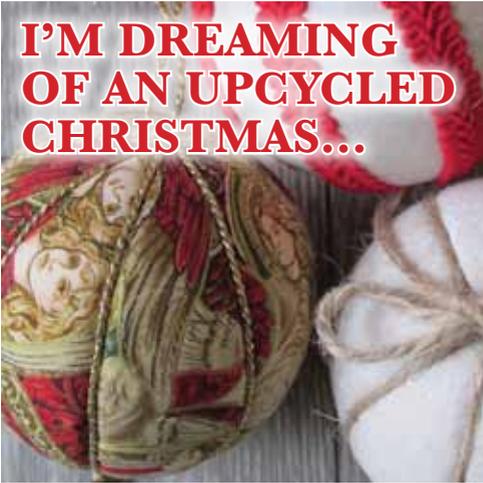


07/19(12)



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I'M DREAMING OF AN UPCYCLED CHRISTMAS...



Making Christmas at Cloth Paper Stitch

Tues 2nd – Thurs 11th July

“Christmas in July! Whatever next?!” I hear you cry – but bear with me for just a moment. What if there was a way to feel less broke, be a bit greener and do something creative into the bargain? ‘Christmas in July’ started as a movement of artists and makers on the internet. For people wanting to make a beautiful handcrafted addition to Christmas, starting a few months ahead can be answer – as well as giving you a chance to learn a new craft or rediscover a favourite one. And kids can get involved too – especially with card making and upcycling wrapping paper.

At Cloth Paper Stitch, we’ve decided to embrace this, and we are hosting a mini festival called ‘Making Christmas’. Our artists and makers will be holding demos of a different craft everyday between 12.00 – 2.00pm from Tues 2nd – Thurs 11th July. We’ll also be stocking kits designed by our in-house artists, made from reclaimed and recycled materials to give you a head start on being able to upcycle your own beautiful bits and pieces.

For those interested in all things sewing, we are also bringing together an array of rare and discontinued designer stitchery kits for darning, counted cross-stitch, blackwork, tapestry and crewel-work. We also have pre-printed fabric panels for making stockings, advent calendars and other Christmas trimmings (all sourced from quality ex-shop stock). If you start one now you could have it ready in time.

DEMOS EVERY DAY BETWEEN 12 + 2PM

- Tues 2nd July Tinsel alternatives with ‘Suffolk Puffs’
- Wed 3rd July Upcycled Tie Cushion cover
- Thurs 4th July Making Star Garlands from old book pages
- Fri 5th July Fabric Christmas Baubles – No Sew (pictured above)
- Sat 6th July Card making with Paper Assemblage
- Tues 9th July Upcycled wrapping paper using rubber stamps
- Weds 10th July Hexagon patchwork coasters – using English paper piecing method
- Thurs 11th July Upcycled Gift tags using ‘Junk Journaling’ methods

Cloth Paper Stitch is open Tuesday to Saturdays, 10am until 5pm, at 5 Market St, Llandeilo, SA19 6AH (opposite the Ginhaus). Tel 01558 328058. You can find us on Facebook and Instagram as well as at www.clothpaperstitch.co.uk

WANTED
Old Weaponry, Flintlocks, Percussion & Pin Fire Guns
Swords, Daggers, Bayonets etc
Any items of military interest
CASH PAID FOR SUITABLE ITEMS
All enquiries treated with confidence
Tel: Barry on 01558 668563

07/19(C3)

LLYFRGELL LLANWRTYD ORIAU AGOR
LLANWRTYD WELLS
LIBRARY OPENING HOURS

Dydd Llun/Monday Ar Gau/Closed
 Dydd Mawrth/Tuesday 10.00am to 1.00pm,
 3.00pm – 6.00 pm
 Dydd Mercher/Wednesday Ar Gau/Closed
 Dydd Iau/Thursday 10.00am – 1.00pm,
 2.00pm – 4.15pm
 Dydd Gwener/Friday Ar Gau/Closed
 Dydd Sadwrn/Saturday 10.00am – 12.00pm

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06/19(C2)

MIDSUMMER 'CAHOOTS' AT THE HALL



Art at the Hall has joined forces with a few friends for a first of its kind 'Midsummer CAHOOTS at the Hall' exhibition, opening on Friday 21st June, Summer Solstice evening.

We are delighted to be IN CAHOOTS with Tim Bowen Antiques, Andrew Douglas-Forbes of Llwygawl, Trudi Petersen of Found and Seek and Jess Jones with Little Barn Nursery. There will be a mix of beautifully sourced antiques, contemporary Arts and Crafts by local artists and makers and wonderful planting by Little Barn Nursery.

Tim Bowen Antiques – Our collection of antique furniture and folk art, many dating from the eighteenth and nineteenth century will allow visitors to enjoy and buy the work of craftsmen and makers from previous centuries. The Cahoots exhibition will give a unique opportunity to highlight and enjoy the work of past and present artisans which contribute to the rich tradition of craftsmanship in Wales.

Andrew Douglas Forbes – Llwygawl

This new midsummer event promises to be a real treat – a new idea, a new way to see our history and the 'now' mixed to perfection giving the visitor a sensory delight is our aim and what an inspiring aim. Exhibiting at this new event is already sending Andrew's thought processes in new directions – new colour thoughts, perusing midsummer and its connotations.

Jess Jones – Little Barn Nursery

Expect to see more plants in the Hall with a touch of Midsummer magic to showcase the 'Bringing the Outside In' occasion greenery elements of Little Barn Nursery. There will be perennials and planted pots for sale and to order. Jess will be around all week for advise and consultations.

Trudi Petersen – Found and Seek

A unique combination of handmade Welsh artisan products, including blacksmith Aaron's hand forged iron work and a selected range of vintage and antique decorative and home wares. Their small shop, based in Mansel Street in Carmarthen town has been described as a 'treasure trove' and a 'hidden gem'.

ART AT THE HALL

Art at the Hall is attracting new exhibitors to compliment the already rich community of local artists and makers. This exhibition, curated with the garden and plant lover in mind with botanical florals, garden watercolours, pottery vases for wild flower bouquets and sculptures for the garden. Printmakers Judith Stroud, Alan Williams and Alison Shotbolt will be returning to join us along with potters Mick Morgan, Nick Membery, Jennifer Hall and Jonathan Cox. Ceramic sculptures from Sallie Wakley and Valerie Price West will also be on show. Recent paintings by Maria Pierides and Leigh Sinclair, stained glass by Simon Howard and forged pieces by blacksmith Aaron Petersen add to the rich selection of arts and crafts on display at the exhibition, all pieces will be for sale.

Joining us for the first time - Owen Schroder- currently studying for his A-levels Owen as been turning for around 4 years. His first encounter with woodturning was on a pole lathe. Still at school but enjoy turning at every opportunity, the majority of Owen's wood is sourced from local farmers and is always from fallen trees, not purposely cut ones. "I find sourcing my own material

interesting and beneficial in that it is cost effective and I can collect more interesting bits of wood than you would find on a shop shelf."

ADRIFT POTTERY – a creative partnership of Karen Williams and Andy Horwood who make a modern version of traditional slipware using red earthenware clay covered in creamy slip. Each and every piece is individually made, on the wheel or hand built, then drawings are sgraffitoed on, revealing the red clay body. They use a limited palette of mainly raw iron, cobalt and copper oxide to colour the pieces. "Our inspiration comes from nature and the beautiful wild landscape of West Wales."

Potter Rachel Smith – based in London with strong Welsh connections, Rachel discovered the exhibition through Instagram and visited for the first time in December for the Winter exhibition. Rachel has been invited to join us as a guest potter - her work is wheel thrown, high-fired stoneware, and each vessel form is individually created in small batches. Rachel is inspired by 1970s mass produced tableware, mid century studio pottery and textiles, creating every day contemporary objects with a colourful hit of nostalgia.

Painter Adam David Taylor – trained in Cardiff where he received a degree in fine art, he spent his years living in Cardiff and London. He has recently relocated to a small cottage Pembrokeshire where he works as an artist. His abstract paintings of the Welsh landscape will be shown for the first time at the Hall this June.

Potter Joe Frowen – based in Carmarthenshire Joe recently graduated from Coleg Sir Gâr with a ceramic degree. "The year since graduating has been great for me - first winning the student award at King Street Gallery, then going on to Hatfield Art in Clay where I won the student prize from Potclays with a sponsorship. I intend to follow this path in ceramics, develop my work in style, technique and colour and hopefully make pieces of work that people will enjoy."

Billy Adams, a potter and member of The Makers Guild in Wales whose work deals with exploring and experimenting with aspects of landscape. He works within the vessel format, combining textures and colours to give the viewer an intimate insight into his private view of ceramics. Rims, handles, lips and balance are commonplace within traditional ceramics, yet he uses them in a unique integrated structure which elevates them beyond their own identifiable function and so gives them another meaning.

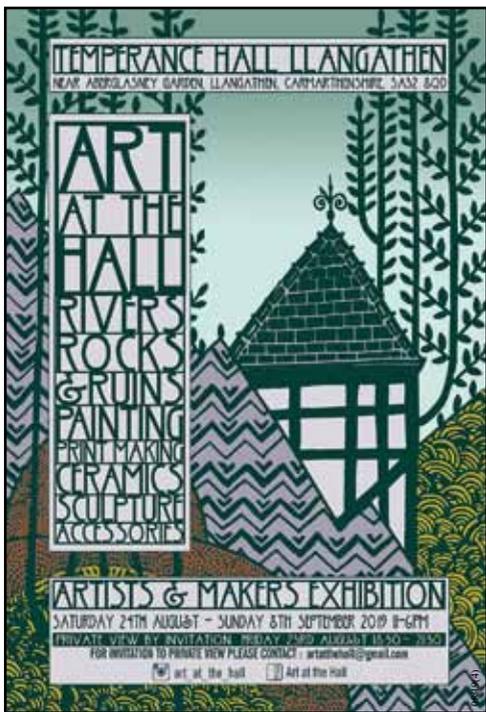
The private view evening will be sponsored by Jin Talog – 21st June 6.30 – 10.00pm

You can also join us on Tuesday 25th May from 6pm when Jess Jones of Little barn Nursery will be giving a talk on gardens from 6pm.

Llandeilo Sculptor and Illustrator, Gill Still, will be with us on Thursday 27th from 4pm for an exclusive signing of her beautifully illustrated limited edition book, we will extend opening times to 7.30pm with Jin Talog running a Gin Bar that evening from 4pm.

The Exhibition will run for 9 days 22nd – 30th June, opening each day 11am – 6pm.

Refreshments will be served daily by Sammi Jones.



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Pamper	Llandovery	Neuadd Hotel	Llanwrtyd Wells
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Kebab Shop	Llandovery	Murco Petrol Station	Llanwrtyd Wells
Three Horseshoes.....	Llandovery	Texaco Petrol Station	Gorslas
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Dolau Bran Community Centre	Llandovery	Black Lion.....	Abergorlech
Coop.....	Llandovery	The Angel Pub.....	Llansawel
Erwlon Caravan Park	Llandovery	Black Lion.....	Llansawel
Castle Hotel.....	Llandovery	Post Office	Cwmdu
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Carmarthen And Pumsaint Farmers Coop.....	Llandovery	Llandeilo Builders Services Shop	Llandeilo
Nisa Shop	Llandovery	Murco Garage	Llandeilo
Chaplains Hairdressers	Llandovery	Thomas Services.....	Llandeilo
West End Café.....	Llandovery	Food Hub.....	Llandeilo
Morris Isaacs Filling Station	Llandovery	The Cottage Inn	Llandeilo
Train Station	Llandovery	The White Heart	Llandeilo
The Lord Rhys	Llandovery	Spar Shop.....	Llandeilo
Owl's Nest Cafe.....	Llandovery	Natural Health Centre	Llandeilo
Ystrad Nurseries.....	Llandovery	Ck's Supermarket	Llandeilo
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Village Hall.....	Trecastle	Llandeilo Library	Llandeilo
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Texaco Petrol Station.....	Sennybridge	Opticians.....	Llandeilo
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Sennybridge Doctors Surgery.....	Sennybridge	Flying Goose Quilt Shop	Llandeilo
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Llangadog Surgery.....	Llangadog	Carmarthen And Pumsaint Farmers Coop.....	Fairfach
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Goose & Cuckoo	Llangadog	Post Office	Fairfach
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The Castle.....	Llangadog	Chip Shop.....	Llandybie
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Brunant Arms	Ciao		



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Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Cwrdaf Church, Llanwrda

7 Jul 8.30am Holy Eucharist
14 Jul 10.00am Holy Eucharist
21 Jul 8.30am Morning Prayer

St. Sadwrn Church, Llansadwrn

7 Jul 11.00am Holy Eucharist
21 Jul 11.00am Holy Eucharist
28 Jul 11.00am Rainbow Church

Capel Dewi Sant

7 Jul 2.15pm Holy Eucharist
14 Jul 2.15pm Holy Eucharist
28 Jul 2.15pm Evening Prayer

St. Paul's, Manordeilo

7 Jul 9.45am Holy Eucharist
14 Jul 9.45am Morning Prayer
21 Jul 9.45am Holy Eucharist
28 Jul 9.45am Holy Eucharist

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

ST. CADOG'S, LLANGADOG

7 Jul 9.30am Holy Communion
14 Jul 9.30am Morning Prayer
21 Jul 9.30am Holy Communion
28 Jul 9.30am Morning Prayer

For further information please contact
Revd Jeff Thomas 01550 777758.

ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

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

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305
Mass, SUNDAY 11.00a.m.
(for mid-week masses, please phone for details)

ST SIMON & ST JUDE, LLANDEUSANT

14 Jul 6.00pm Evening Prayer led by our worship leaders with sermon by Revd Jeff Thomas
28 Jul 2.00pm Eucharist with Revd Jeff Thomas

ST DAVID, ABERGORLECH

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

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

PARISH OF LLANOVERY WITH MYDDFAI

Llandingat

7 Jul 10.00am Family Communion
6.00pm Holy Communion
14 Jul 9.30am Holy Communion
6.00pm Evening Prayer
21 Jul 9.30am Holy Communion
6.00pm Evening Prayer
28 Jul 8.00am Holy Communion
9.30am Holy Communion
6.00pm Informal Evening Service

Llanfair

7 Jul 9.00am Cymun Bendigaidd
21 Jul 11.00am Cymun Bendigaidd

St Michael's, Myddfai

7 Jul 11.30am Holy Communion
14 Jul 11.30am Holy Communion
21 Jul 11.30am Morning Prayer
28 Jul 11.30am Holy Communion

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

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

Evening Prayer and Compline alternate

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

St John's Maestelo

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

Holy Trinity Taliaris

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

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.
Phone: 01550 777149
Sun 10.30am Family Praise & Worship
Sun 6.00pm Bible Workshop – Teenagers

ALL SAINTS GWYNFE

7 Jul 11.15am Eucharist
14 Jul 11.15am Morning Prayer
21 Jul 11.15am Morning Prayer
28 Jul 11.15am No Service
2.00pm Llanddeusant Eucharist

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

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

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

THE CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172
Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cyngordy (Llanfair-ar-y-bryn)

7 Jul 2.30pm Holy Communion
14 Jul 2.30pm Holy Communion
21 Jul 2.30pm Evening Prayer
28 Jul 2.30pm Holy Communion

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

St. Barnabas Church, Rhandirmwyn

7 Jul 9.30am Holy Communion
14 Jul 9.30am Holy Communion
21 Jul 9.30am Morning Prayer
28 Jul 9.30am Holy Communion

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

St. Michael's, Cilycwm

7 Jul 11.15am Holy Communion
14 Jul 11.15am Holy Communion
21 Jul 11.15am Morning Prayer
28 Jul 11.15am Holy Communion

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

BAPTIST CHAPEL

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

TY'R BUGAIL

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

ST CYNWIL, CYNWYL GAEO

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

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

ST SAWYL, LLANSAWEL

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

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

UNITED BENEFICE OF CATHEINIOG

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

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

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

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

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

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday
(bilingual)

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

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

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

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

QUAKER MEETINGS

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

Peterwell Terrace, Lampeter SA48 7BX.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study
11.00am Worship

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

For further information, please contact
Minister Leonard Phelps.
Tel: 01591 610083.

OUR LADY'S R.C., LLANDOVERY

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

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

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

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

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

RIVERS COMMUNITY CHURCH

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

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

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

For our June meeting Menna Evans gave an overview of her business Pretty Pawfect Grooming Salon which she runs from her home in Llansadwrn.

Originally Menna studied for a Bsc in Equine Studies in 2006 and although has since progressed to working with dogs, the course covered many useful aspects which are just as applicable to running any business.

By 2011 she and her partner were running a successful dog walking service in Llanelli area before moving to Llansadwrn in 2013. She decided to branch out and take a dog grooming course which involved practical training and experience working in a shop before opening her own salon in 2016.

Menna displayed pictures of before and after her work on various breeds of differing size and requiring differing techniques. There is a standard trim for each breed and for some more than one clip style which can be important when a dog needs a pre-show groom to ensure it meets the correct breed standard. Long sessions can be necessary if a hand strip is needed which can take hours of work.

Menna is the owner and breeder of Border terriers and also provides home boarding and day care for dogs provided they are of suitable temperament to run with her small pack.

At the moment Menna limits her business hours to fit in with her home commitments which include caring for her young son and preparing for a long distance charity run in New Zealand this December. However for the future she hopes to increase to full-time business hours and expand the retail/online shop. She then hopes to employ an assistant and offer small grooming course.

Menna does sell Eden holistic pet foods and the pet owners among us were treated to free samples to take away.

Our July gathering will be a walk around Penllergaer Woods meeting in the car park at 1.35pm.

FRIENDS OF LLANDOVERY CHOIR

Monthly draw

results

May 2019

1. Katie Morgan
2. Leslie Markham
3. Lois & Eluned Jones
4. Gena Dearing
5. Val Childs
6. Rhianne Jones
7. Joyce Boxall

READERS' SALES & WANTS

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

FOR SALE

- **Craft items**, 2 Sizzix Bigz dies 1 £4 – 1 £5.50, 7 boxes of paper flowers £3.50, wooden stamps between £1 and £2 one never used, 4 sets of popcorn the bear rubber stamps £2 each, set of flowers and word rubber stamps £2.50, nearly a complete set of (British wild flowers) rubber stamps £2.50, container of flourishes (rubber stamps) £2.50, fancy tag dies £4, Spellbinders borderabilities (3 sets) £3 each, 3 CD's £1.50 each everything to make a card, Hougie embossing board £3, large rubber stamp (50s style) £2. Having a spring clean, you are welcome to come and have a look. Tel: Bronwyn 01550 720164.
- **Fish Tank**, 20" x 10" with all equipment, £50. Tel: 01591 610507.
- **Disability wheel chair**. Foldable to fit in car boot, also wheels can be quickly removed to make it even more compact and easily portable. Solid tyres. £25. Tel: 07443 044833.
- **White ceramic cloak room wash hand basin** with wall fittings £15.00 Tel 07503 158561.
- **Bell Faction white bicycle helmet** in white size M 54 - 59cm as new and 180 cm resettable combination lock with coiled cable never been used £15.00 Tel 07503 158561.
- **Television**: Samsung 42" flatscreen, £55. Tel: 01550 721238.
- **Pantglas time share** (Week 22 – end of May), £500 o.n.o. Full family membership of the club including swimming plus a week to exchange. Tel: 07813 760305.
- **Land Rover Defender chubby box** (grey), Britpart make, boxed-new, £50. (T) 07973 411635.
- **Sunbed**: classic fold down metal with black fabric, unused, several positions including flat/with carry handle, £5. Tel: 01558 685553 / 07890 120123.
- **Instruction book and attachments for singer sewing machine** made 1917. Tel: 01550 777054.
- **Webley (Hurricane) .22 air pistol** in original box, complete with "nikko sterling" 4x20 scope. £150 ovno Tel: 01269 822582.
- **White 1700 x 700 straight bath with leg set**, bath shower mixer & waste & overflow, Basin taps & waste, pedestal pan cistern & seat. Heated towel rail, 500 x 700, 4 fold bath screen, Tuscano 50 bathroom mirror, toilet roll holder, tumbler holder and glass shelf, all in boxes, £250. Tel: 07760 268217.
- **Qualcast 1600 Watt electric rotary mower**, 240v, cutting width 40cm. Good condition used only on small lawn, £20. Tel: 07760 268217.
- **6mm Windsor Oak laminate flooring**, 4% boxes = 13 m², ¾ roll underlay, £40. Tel: 01550 720999.
- **4 Ercol wooden chairs**, £200 ono. Tel: 01550 779102.
- **Wood turning lathe**, Coronet No1, with instruction booklet. 240V brook control gear, 6 – in – 1 universal chuck chisels, £200. Tel: 01550 779102 after 6pm.
- **Durable rubberised cotton air beds**, 2 x single, 1x double, £20, Red / Blue, willing to sell individually. Tel: 07552 017068.

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- **Scalextric track and controller with 3 cars**, £15. Tel: 01558 823774.
- **Garden Chairs**, may need joints glueing, x6, £5. Tel: 01558 823774.

WANTED

- **House in Countryside Setting**. Detached, self-contained accommodation for artist and writer couple. Rural or semi-rural with garden/outbuilding if possible. Rent or barter. Also considered: Large house and annexe w/o wifi. Current let 18 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Rural Respite Care and/or accommodation (self-contained)**. Please telephone: 01550 721197.
- **Various Help Wanted**. Hourly pay or barter for P.A. Home-help. Advocacy. Driver. Care Giver. Also Rural Respite Care Accommodation (nature/animal sanctuary or Centre acceptable). Quiet, friendly vegan client. Leave message> 01550 721197.
- **Second-hand Books**. Do come and visit our new second hand Bookshop re-located in the Old Kitchen (Y Gegin) - off the courtyard at Newton House. Good quality, saleable books always required for the Bookshop in our larger premises. Any subject, fiction or non-fiction, adults' or children's very gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.

THANK YOU



On behalf of Cylch Meithrin Tre Ficer, Llandoverly we would like to thank Dylan and Carys Jones and family of New Road, Llandoverly for their generosity and help in providing and laying the artificial grass for the new all weather outdoor play area at the Cylch Meithrin. Many Thanks also go to Alan Davies (Grebo), Tiny and Lewis Lewis & Co, Solicitors, St Clears for carrying out the work and sponsoring the resources needed.

The Cylch has been running for over 40 years providing Welsh medium learning for the children of Llandoverly and surrounding areas, and based on the grounds of Ysgol Rhys Prichard it provides the ideal step into mainstream education. As we are a not for profit charity, we rely on help from parents, fundraising and grants to cover daily running costs, so the help from the Jones family and local tradesmen has been outstanding.

Thank you to everyone for all your support. People like yourselves make a community / Diolch yn fawr iawn i bawb am eich holl cefnogaeth. Mae pobl fel chi yn gwneud cymuned.

Events

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

1 JULY:

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

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

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

1 JULY – 19 JULY:

DYFED ARCHAEOLOGICAL TRUST – VOLUNTEERING AND PARTICIPATION OPPORTUNITIES 2019: During 2019 the Trust has opportunities to participate on fieldwork and office-based archaeology projects. Our projects are open to all. Have you always wanted to have a go at archaeology but were not sure how to get involved? Or do you want to acquire more skills and experience? Whatever your age, ability or experience we have something for you. See our website www.dyfedarchaeology.org.uk – Dig First World War practice trenches: Penally WW1 Trenches. Contact Alice Pyper – a.pyper@dyfedarchaeology.org.uk – Dig an Iron Age coastal promontory in Pembrokeshire: Porth y Rhaw Iron Age Fort. Contact Fran Murphy – f.murphy@dyfedarchaeology.org.uk

2 JULY:

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

Wildlife Trust South & West Wales – East Carmarthenshire Group: Bat Watch with Neil Matthew. An evening walk along the River Towy. Meet at Llandeilo Railway Station (SN633224) at 9.30pm. Please bring a torch.

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

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

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

3 JULY:

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

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

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

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

The Ramblers – Lower Lliw Reservoir: From the reservoir car park to Felindre and on through farmland. Dist. 6 miles. Moderate Explorer Map: 178 Meeting point: 2905 Ammanford. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

Llansawel St David Statue Blessing - from 3.30pm at Llansawel, Bishop Joanna of St David's Diocese will be blessing the giant granite statue being created by the sculptor Paul Kincaid before it is transported to Brittany to be placed in the Vallee des Saintes joining nearly 100 other statues of Breton saints. Music, tea, cake – info Revd Delyth Wilson on 01558 685764.

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

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

Ysgol Bro Dinefwr Summer Fair – Ysgol Bro Dinefwr PTA will be holding a summer fair at the school at 5.30pm. The fair will be held in the courtyard area which is perfect for all the stalls and entertainment that is being planned (fingers crossed for sunshine!) There will be a range of stalls from local businesses as well as a cake stall, tombola, raffle, bouncy castle and lots of games to play. There will be a BBQ, ice creams and musical entertainment. There will also be an exhibition of work by the talented artists and designers who attend the school with music provided by the school orchestra. Lots of fun for young and old. Everyone is welcome. All money raised will go towards helping the school fund vital projects for the pupils. Please leave any contributions for the cake/ local produce stall at the school reception desk on the day or during the week before. Any contributions very gratefully received.

Art and Design Technology Exhibition, 5.30 – 7.00pm. Alongside our Summer Fair, we would like to invite you to visit our Art and Design Technology Exhibition. This is a celebration of the creative skills of our extremely talented GCSE, AS and A level students.

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

4 JULY:

Lily Wen – Herbal remedies and salves for the gardener. With tea samples organised by Llandeilo and District Gardening club who meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella at rhydgoch.co.uk
Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

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

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

Cymdeithas Cwmdru. A meeting in the Cwmdru Inn at 7.30pm to discuss the social plans for the community. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

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

5 JULY:

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

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

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

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

Llandeilo Country Market - EVERY FRIDAY - 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next

door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Carer's Get-together. First Friday every month at the Castle Hotel, Llandovery. Meet 1.00pm to 3.00pm. Informal, friendly get-together for carer's to have a cuppa and a chat. All welcome. See you on the 5th July. Tel: Simon 01550 721197.

6 JULY:

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

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

Stodin Caccennau/Cake Stall at Sgwâr Llanwrda Square, 10 o'r gloch hyd 12 o'r gloch. 10am – 12 noon. Elw i/Proceeds to – Eglwys Capel Dewi Llansadwrn.

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

JAM JAR BLUES once again at The Bear with rooms, Market Square, Llandovery, SA20 0AB (01550 721777 for table bookings). For Blues with feeling and food with flair come along for a good evening in pleasant company.

6 JULY – 7 JULY:

National Botanic Garden of Wales Antiques fair and Vintage Market, Admission £5 to include the Garden and the fair, 10.00am – 4.30pm. Dogs now welcome over the Antiques weekend.

The 2019 Llandovery Motorbike Weekend. Supported by the Castle Hotel and Landslide Productions we have again attracted several musicians who will play in the Mart as well as the Hotel and we have international Blues Artist, Debbie Bond playing a "taster" in the afternoon at Llandovery Mart before her performance in the Castle Hotel that evening. For the kids there will be a range of activities and on Sunday Professional Clown and Magician Mr T Ricks will be providing fun activities for kids of all ages! Raising money for the Blood Bikes Wales (<https://www.bloodbikes.wales>) and the Wales Air Ambulance (<https://www.walesairambulance.com>) via our Charity Raffle. Please do come along and support us and remember this is a FREE event! For more details please take a look at the website: www.llandoverymotorbikeweekend.co.uk or the Facebook pages: <https://www.facebook.com/LlandoveryMotorbikeWeekend>.

7 JULY:

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

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

The Ramblers – Garn Goch: Garn Goch to Bwlch y Gors and return. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

The Ramblers – Beacons Way 6: Crickhowell to Llanthony Abbey. This walk takes us up to Table Mountain, down to Partrishow and over one of the Black Mountain ridges for well earned refreshments at Llananthony Abbey. Dist. 12 miles. Strenuous. Linear Explorer Map: OL13 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Carwyn W. Tel. Mob. 07896 714334.

Cothi Gardeners will have a plant stall and plant Tombola at the Ceredigion Growers Plant Fair in Pumsaint, 10am. This is a free event.

8 JULY:

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

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

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

9 JULY:

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

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

Half Day Trip to Llangadog Hall, dep. 10.30am organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

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

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Gwynfe Hall, Tuesdays

1.00 - 2.15pm and Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

10 JULY:

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

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

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

Stone Carving Course. Learn a new skill and discover the craft of stone carving at KindaVillage. During the course, you will learn how to use hand tools safely and effectively. You will receive tuition and feedback throughout the course. Booking essential: kindavillage.org/events/event/ 01559 395253 admin@kindavillage.org

The Ramblers – Poor Man's Wood: Walking from Llandovery to Poor Man's Wood and return. Dist. 4.5 miles. Easy/Moderate Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Kim R Tel. 01550 721209 Mob. 07768 160156.

Pilgrim Service at Llanfihangel Rhos y Corn – at 6pm at St Michael's Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation - Info Revd Roger Nock on 01267 202347.

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

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Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

11 JULY:

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

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

Dinefwr Photographic Society: To be confirmed Looking at software to edit your pictures with. Meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or

call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Talley Craft Club. The Craft and Sewing Group meeting on the second Thursday of every month in St. Michael's Church Hall from 9.30am – 12noon. All welcome.

Cwmdru Classic Club. A monthly meeting in the Cwmdru Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact the shop/pub on 01558 685156.

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

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

12 JULY:

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

Trecastle Community Centre, family BBQ and quiz, 7.00pm. Join us for a fun evening. All welcome. All proceeds to support the Community Centre. Follow us on Facebook for more details.

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

Llandovery Museum & Visitor Gateway - Christine Purkis will be talking about her new book 'Jane Evans' a historical novel based on Jane Evans of Caeo, who travelled with the drovers to London, and nursed with Florence Nightingale in the Crimea. 7.00pm, at Llandovery Museum. Tickets £5 include tea/coffee & biscuits and are available to purchase in advance from the museum or on the door.

Cwmdru Inn. Cocktails Night. Dress up for a bit of glitz and glamour in memory of Veronica, and enjoy your favourite cocktail (not too outlandish!) in the Cwmdru Inn from 8pm.

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

13 JULY:

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

Carmarthenshire Council Waste Amnesties in Llandovery Livestock Mart, 8.00am – 12.00 noon. Most household waste can be taken along to a waste and tyre amnesty – including unwanted furniture, carpets, mattresses, electrical items such as fridge-freezers and televisions. Garden waste is also accepted. Residents are advised to please separate their waste and to bring proof of address or they will be refused entry.

Cwmdru Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156. **Quiz Night** in Crugybar Village Hall with Mike and Dave at 7.30 pm. Admission £2. Spot prizes. Tea and coffee available at half time otherwise bring your own favourite tipples and nibbles, and of course your friends.

Cilycwm Village Field, 2.00pm, Barbecue, Table Top Stalls, Games, Rounders and more. Entry £2 adults, children free.

13 JULY – 14 JULY:

Drawing and Painting art intensive weekend in Llandeilo for beginners with practising artist Genevieve Caminade. For more information and bookings email: genecaminade@hotmail.com or tel. 01558 685175.

14 JULY:

OPEN GARDEN at Gas Cottage, Gasworks Lane, Llandovery, Carm. SA20 0BP. Time: 2.00pm - 6.00pm. All proceeds to Air Ambulance Wales. Free entry with Cream Teas. There will be a Stall selling Plants and Home Produce etc; We hope for a fine afternoon so cross your fingers! Please come and bring your friends and neighbours. For further details please phone 01550 720771.

The Ramblers – West of Brecon: A scenic countryside walk including impressive Roman and Iron Age forts and an ascent to a wonderful Beacons view. Parking charge. Dist. 8 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

15 JULY:

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

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

16 JULY:

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

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Breast Cancer Care Annual Tea Party at Bethlehem Old School, Bethlehem Village, Wednesday 17th July 2pm til 4pm. Admission of £5 for afternoon tea. Raffle with excellent prizes and a quiz. All proceeds to breastcancercare.org.

Alun and Jill Whitehead from Alden Farm present "Iris for the Natural Garden" at Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW. 7.30pm. Visitors and guests most welcome, £3 to include refreshments.

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

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

The Ramblers – Narberth: An undulating walk along attractive tree lined footpaths and bridleways, woodland walking with several views of hilltop Narberth with its ochn tower. Dist. 5.5 miles. Moderate Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 Mob. 07969 646115.

18 JULY:

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

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

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

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

19 JULY:

LLANSAWEL FILM CLUB – EVERY FRIDAY – DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround

sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmdavis@gmail.com

PLAYFORD DANCING (Folk Dancing) with Peter Brock, Rhys Pritchard Hall, SA20 ODD £5 incl. refreshments. 7.30pm-10.30pm Come on your own or with partner/family and be assured of a warm welcome. www.llandoveryfolkdancing.co.uk www.facebook.com/llandoveryfolkdancing or Jean 01550 720483.

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

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

20 JULY:

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

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

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

JAM JAR BLUES at Bethlehem Old School, SA19 6YH (Admission £5.00, contact John 01550 777725 for ticket details or buy on the door). Commencing at 7.30 p.m., come and enjoy an evening of Blues music at candlelit tables in a nightclub atmosphere. A bar serving beer, wine, soft drinks and snacks will be available.

21 JULY:

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

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

OPEN GARDEN DAY – The garden at the Copse, 4 Castle Street, Llandovery will be open to the public between 1.00pm and 5.00pm. Admission £2.50p (includes tea, coffee or soft

drinks). Disabled access via Car Park and disabled access to all the garden. Dogs Welcome. Home-made cakes available. Preserves, marmalade and chutneys for sale. Plants for sale. Raffle with great prizes. All proceeds to THE FRIENDS OF LLANDOVERY HOSPITAL.

Cwmdu. There will be a morning service in Providence Chapel at 10.30am.

The Ramblers – Beacons Way 7: The last of the Beacons Way series. It starts at Llananthony Abbey and finishes with a climb over the 486m high Skirrid. Dist. 10 miles. Strenuous. Linear Explorer Map: OL13 Meeting point: Uandoverly Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

22 JULY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

23 JULY:

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

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

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

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

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

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24 JULY:

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

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

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

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

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The Ramblers – Black Mountain 2: A circular walk from Herbert's quarry with good views (weather permitting). Dist. 5 miles. Easy/Moderate Explorer Map: OL1 2 Meeting point: Herbert's Quarry viewpoint. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Don Lazenby Tel. 01550 779242 Mob. 07916 123619.

25 JULY:

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

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26 JULY:

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

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Cwmdu Quiz Night with Richard Hughes setting the questions at 7.30pm in the Cwmdu Inn. Free entry but a donation to Cymdeithas Cwmdu would be appreciated. Come with a team or join one on the night.

Llandeilo Country Market - A celebration of 100 years of Country Markets. Join us between 8.30 am and 4.00 pm at Capel Newydd Vestry, Crescent Road for home made scones with strawberries and cream or jam, tea and coffee, served in our marquee on the grass (or inside if the weather is really bad!). All our usual cakes, crafts, preserves, fruit, eggs, flowers, vegetables and plants will also be available.

27 JULY:

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

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

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

Llanwrda Show: Classes include: Crafts, Flowers, Vegetables and Homemade produce. Followed by Duck Race, Lamb Roast and Disco. Schedules available in June.

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

Wildlife Trust South & West Wales - East Carmarthenshire Group: The Wildlife & History of Pyllau Cochion Bog with Isabel Macho, Biodiversity Officer, Carmarthenshire County Council. Meet at track entrance close to Pantycelyn Farm (SN498269) near Felingwm Uchaf at 2.00pm. There will also be an option to walk or drive to Mynydd Bach Bog and back (3 miles).

The Ramblers – Heart of Wales Line Trail 5: Llangadog to Llandowry. Dist. 9.5 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: TBC See website, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

28 JULY:

Cwmdu. There will be an afternoon service in Providence Chapel at 2pm.

Myddfai Farmers Market, 12.00 – 4.00pm. Come along to our inside market for a wide range of quality local produce and our café and gift shop will be open too. Tel 01550 720449 www.myddfai.org

29 JULY:

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

30 JULY:

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

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

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

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Llandoverly Garden Club will take a Coach trip to Cwm Weeg Garden, Newton, leaving the Llandoverly main car park at 10.30 am. We will spend an hour and 45mins in Newtown, having time to eat etc; then drive for fifteen minutes to arrive at Cwm Weeg Garden at 2.00pm. Costs will be: £12.00 for the coach fare - £5.00 Entrance fee - & £3.00 charge for tea at the end of the afternoon. Please phone 01550 720771 for any further information. Non Club members are welcome to join us if we have spare seats.

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

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

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31 JULY:

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

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

MARY POPPINS RETURNS (PG) Fantasy / family. In Depression era London a now grown up Jane and Michael Banks, along with Michaels three children are visited by the enigmatic Mary Poppins following a personal loss. Through her unique magical skills and with the aid of her friend Jack helps the family to rediscover joy and wonder that was missing in their lives. Doors Open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandoverly SA20 ODS. For further details contact Terry on 01550 720258.

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

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Open Summer Demo & Strawberry Tea organised by Llandovery Floral Art Society at Pantycelyn School Hall.

Bearded Writese: Some history, some people, some plants! Talk by Alun Whitehead, organised by Llangadog Gardening Club. Enquiries to Helen 01550 779074.

Tea at Croquet Club – Bring a plate of food to share, organised by Llandovery Friendship Club. Tel: 01550 720056 for further info.

The Ramblers – Llanegwad (Pont ar Gothi): Two pretty churches and the lovely Cothi river highlight this leisurely afternoon walk. Dist. 5.5 miles. Easy Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

1 AUGUST:

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

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2 AUGUST:

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

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

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and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

3 AUGUST:

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

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

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

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

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

4 AUGUST:

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

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

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

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

ARCHITECTURAL SERVICES

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

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

BOOKS, RECORDS, CDs

A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmamman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. 07/19(6)

BOUNCY CASTLE HIRE

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

CARPET FITTER & SUPPLIER

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

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

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

CHIMNEY SWEEP

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

CLEANING SERVICES

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

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

CLOCK REPAIRS

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

COMPLEMENTARY THERAPY

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

HEALER AVAILABLE. Joan is an energy healer. This is a simple but effective form of healing on many levels. I welcome the opportunity to help you towards health and happiness. Call for an appointment or more information on: 07844 344966. 12/19(6)



COPYING AND PRINTING SERVICES

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

COUNSELLING

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

CURTAINS & COVERS

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

DOG TRAINING

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

ELECTRICIANS

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

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

FAMILY HISTORY

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

FUNDRAISING

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

GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 03/20(12)

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

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

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

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

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

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

LAUNDRY SERVICES

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

MAN WITH A VAN

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

MASSAGE

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

MEDITATION AND HEALING CIRCLE

CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas** – Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandoverly Areas** – Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in Llandoverly Community Centre. **Trapp/Llandeilo/Talley Areas** – Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). 07/20(6)

MONUMENTAL MASON

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

PAINTER & DECORATOR

HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 07/19(12)

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

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

PEST CONTROL

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

PETCARE SERVICES

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

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

PHYSIOTHERAPY

ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST. Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post- surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. 05/19(12)

PICTURE FRAMING

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

PLUMBERS

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

PSYCHOTHERAPY

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

ROOFING

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

SOLICITORS

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

TUITION

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

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

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

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

UPHOLSTERY

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

YOGA

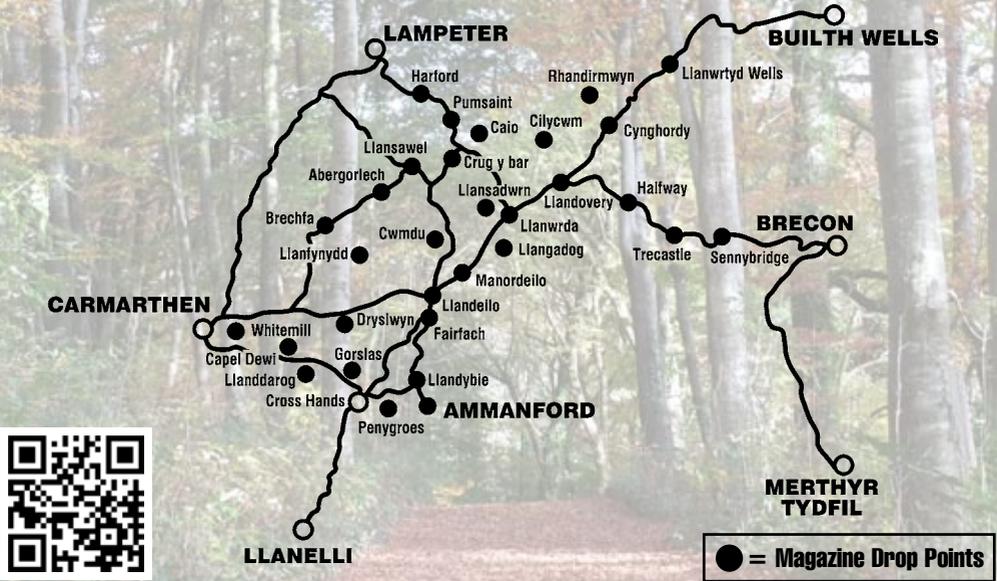
HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and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

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TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
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Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
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Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
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Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted. REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

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

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

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

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
L'dovery(car park)	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

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

	Mon to Fri	Sat.	Sun.
Swansea D	— 06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29
Gowerton D	— 06.15 09.45 — 18.32	04.42 09.26 13.23 18.28	11.20 15.39
Llanelli D	05.20xx — 06.25 08.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49
Ffairfach D	05.54x — 06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x	12.08x 16.27x
Llandeilo D	05.59 — 07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	12.13 16.32
Llangadog D	06.08 — 07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	12.22 16.42
Llanwrda D	06.12 — 07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32	12.26 16.45
Llandovery A	06.22 — 07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38	12.32 16.52
Cynghordy D	— 07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x	12.43x 17.03x
Llanwrtyd D	— 08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08	13.00 17.20
Llandrindod D	— 08.18 08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	13.43 18.01
Shrewsbury A	— 07.57 10.14 13.32 18.28 22.54	08.23 13.09 17.11 22.08	15.12 19.38
Shrewsbury D	04.46 — 05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod A	06.11 — 06.46 10.31 15.36 19.56	06.46 10.31 15.28 19.25	13.35 17.49
Llanwrtyd D	— 08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34
Cynghordy D	— 08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.24x 20.28x	14.25x 18.48x
Llandovery D	— 06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00
Llanwrda D	— 06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x
Llangadog D	— 06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo D	— 07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach D	— 07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli D	— 07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.40
Swansea A	— 08.08 10.01 14.25 18.14 22.22	09.22 13.01 18.09 22.06	16.03 20.25

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x = Service stops on request

xx = Starts from Carmarthen

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