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Photo: Hengwrt

APPEAL FOR LLANDEILO HIDDEN GEMS

Menter Dinefwr is appealing for people to share their cultural and historical artefacts and other items, as it seeks to develop a heritage display focusing on the history of Llandeilo and its surrounding areas.

The heritage display will form part of a brand new community centre located at the old Llandeilo Shire Hall, and will be called Hengwrt, meaning old court. Menter Dinefwr, a local community enterprise, secured funding to refurbish the building in 2018 following an asset transfer from Llandeilo Town Council. There was a need to create a multi use building including meeting rooms, office space, and a heritage visitor centre on the lower ground. Hengwrt will also house community artwork, town memorabilia, and will be a hub for activities and events.

Lois Morus is the centre's development officer, "We're inviting anyone who has photographs, objects, or memories to come forward and share them with us! Together we can create interesting and diverse

exhibitions, and hopefully bring some hidden gems to light. Hengwrt has been many things since it was built in 1802, including a Corn Exchange and Magistrates Court. It will be great to bring it's history to life once again."

Lots of interesting items have already been found during the building's refurbishment, including a ticket to a grand evening of entertainment dating back to 1886, a letter detailing the instructions for the national black out during World War 2, and a bottle of hop bitters produced by 'South Wales Brewery Llandeilo'. Menter Dinefwr has also been given extensive access to the Town Council's archive.

Menter Dinefwr is a community enterprise established in 1999. The organisation works to promote the Welsh language, community and economy; and has continued to grow during the last 20 years.



continued on page 3

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ALL ABOUT *The Post*

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 **Doggy Divas in Llandeilo**



08/21(G)



Perfectly preserved pack of Players Cigarettes found during the refurbishment

Chief Executive Owain Gruffydd said, "Establishing a community centre for Llandeilo and the surrounding area has been a long term goal of ours. The last year has been challenging, but the build has gone ahead and we are excited to welcome everyone to Hengwrt when we open later this year."

Get in touch with Lois on loismorus@menterbrodinefwr.cymru or 01558 825336, or through social media channels @menterdinefwr @hengwrtllandeilo

Menter Dinefwr



Ticket to a Grand Evening of Entertainment at the Shire Hall in 1886.

0721(6)

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10/21(12)



09/21(12)

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07/2(13)

LLANDOVERY CROQUET CLUB



The croquet club has had a very successful start to the season with two victories in June, over Cardigan, by 5 games to 2, and Llanidloes, by 9 games to 2. We now look forward to matches against the Mumbles and Glamorgan Clubs. In addition, three of our members will be representing the club in the first Welsh Inter Club championship on 31st July.

During June we had visits from two groups of ladies. On 10th June twelve ladies from Clwb Gwawr Llanymyddfri were given instruction on how the game is played and enjoyed several games during the evening, despite the miserable weather. On 16th June sixteen ladies from Llangadog Merched y Wawr enjoyed a sunny afternoon, with some very competitive croquet! Any other groups who would like to try croquet as a new activity should contact the club secretary, whose details are below.

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

For more information about the club, or to arrange a group visit, please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

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TOWY VALLEY CAMERA CLUB

Like many other camera clubs who have had to make significant adjustments to the way they operate due to the COVID-19 restrictions, Towy Valley CC has embraced the use of Zoom and will use it to run the programme for the foreseeable future. All our Zoom meetings will commence at 7.30pm.

Programme for June to December 2021

Monday 12th July

Mike In Colour with Mike Clatworthy.

Monday 26th July

Stars, Galaxies and Diamonds with Ian Ledgard.

Monday 9th August

Competition 4 with Judge Peter Wells.

Monday 23rd August

AGM.

Monday 13th September

Competition 5 with Judge Sally Sallett.

Monday 27th September

50 Years Of Ffotos by Ffred with Fred Davies.

Monday 11th October

Travels In USA and China with Andrew Hersom.

Monday 25th October

Fine Art Photography with Susan Ashford.

Monday 8th November

Members Favourite Five Images from 2021.

Monday 22nd November

Principles Of Photography.

Monday 13th December

Competition 6 with Judge Gary Shinner.

If you are a newcomer to photography, the club has a wealth of expertise amongst its mem-bers, who would be happy to assist you with tips and techniques to help you improve your photographic skills. The club has much to offer both the experienced photographer, and new-comers, with a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

www.towyvalleycameraclub.org.uk

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04/23(13)

Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well and enjoying new freedoms as you meet family and friends once again.

With Summer here, all is action, movement and dynamism. Padmasambhava hopes that you've been able to enjoy this Summer energy, going out into the country and seaside, seeing different places and people and so feeling happier and uplifted by these experiences. Our gardens are filled with beautiful and colourful flowers and their many scents, the veggies are starting to produce, so we are able to enjoy these. We can see and hear many birds, bees, butterflies and insects enjoying this time as well. We can harness and use this energy for all our endeavours and creativity and when we need to slow down, yoga has the tools to bring about balance through awareness, breathing practices, relaxation and meditation.

Padmasambhava continues to teach via Zoom. These classes are well-received, although the Centre looks forward to the time that classes will be able to start again in person. The Summer teaching term finishes in mid-July; do get in touch with the Centre if you would like to join any of the remaining classes. Padmasambhava offers a mixture of classes online via Zoom – from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Help is given, as needed, to become familiar with Zoom. Many students have been surprised by how much value they find in the sense of practicing together, as part of a group, using technology.

The Centre is currently preparing the Autumn term timetable. Padmasambhava is now taking names for the new Beginners course, starting in September. The Beginners class is suitable for every body, no matter your age or fitness level. This course introduces a progressive series of practices which help release joints and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, as well as develop strength in the lungs. Classes finish with a deep relaxation which allows the body and mind to rest on all levels, renewing vitality.

Padmasambhava yoga classes offer so much more than

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

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

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



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LLANDEILO BACK IN ACTION!



As lockdown eases Llandeilo residents are enjoying the freedom to resume activities that had been on hold for months. Sport clubs are getting together again at Tregib Sports Facilities, including football, netball, walking rugby and roller hockey. The Llandeilo anglers are back at the river and social groups, fitness groups, food producing initiatives and local creative projects are up and running once more.

Community volunteering events such as TACLO (which aims to keep the town clean and tidy with litter-picking events) are taking place, and The Llandeilo Town

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03/22(12)

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Band are filling the air with music as they practice on the bandstand in Penlan Park.

The Llandeilo Community Action Hub is a new initiative to find out what's going on in & around Llandeilo and how to get involved. You can also find out how to volunteer with lots of different clubs, groups and committees.

Details of groups and volunteer forms will be posted on The Llandeilo Community Action Hub Facebook page and on the Covid19 Support Group website. <https://llandeilocovid19.com/>

If you're a club or group who would like to be included, or a volunteer who wants to be active in the community or an organisation looking for volunteers – please get in touch. All are welcome.



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1221(12)

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0821(1)

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Please contact: 07812 642089 (Dorothy) or 07972 746987 (Louise) if you would like to reserve a place, or want to know more. Please state whether you require a table, or whether you wish to bring your own table, chair & gazebo.

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

*Please note that Market Stall Holders must have their own Public Liability Insurance.

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

If you wish to be placed on the contact list for the future, please telephone the above numbers.

VAL WOOD GAIGER'S BIRTHDAY PARTY CANCELLED!

I was so looking forward to my 80th Birthday on 4th but now that 17 older – double jabbed – older people died last week – Delta variant – Plus today it was announced that restrictions remain in place. The Party is Cancelled. I'm bitterly disappointed.

BUT Please – plant a Tree for granny. Now that our Queen is also asking people to plant trees you could get 2 grannies with one tree!! Or plant 2 trees!

I was amazed when Jonas Chabroka Fadweck (Malawi one of the poorest countries in the world) wrote – Grandma we will celebrate your birthday with tree planting and they decided that Children, Mum's and Grannies are going to make cakes. They will have a party with the tree planters – How beautiful!!

Makes me humble that they decided to do this for us all! Trees are our lungs! We need them because we have to breathe!! Plant at any rime – when conditions are right. I am amazed at how many people in so many countries have said YES!

If not a tree – Plant something; plant an idea of 'something' that would help people in your community. Or you could send a donation via <https://localgiving.org/charity/learn-with-grandma/> My next plan is to turn Learn with Grandma into an International Foundation to continue promoting Intergenerational Learning and Active Aging long after I'm forgotten. It may look farfetched that a Granny living in Myddfai could do such a thing but I would never have believed that – just by posting ideas and encouraging messages – so many good Achievable; Affordable and Sustainable projects have started. One in Uganda is going to name their new building after me!! I have never send anyone any money BUT another amazing bit of News!

Moses (also in Uganda) has – totally on his own initiative – raised enough money to start Grandma's Micro-Finance to give micro loans to kick-start small enterprises. Just in Uganda but I would love that idea to spread throughout the Learn with Grandma network – including Wales www.facebook.com/groups/110882709011507 just like the micro enterprises in Uganda – all I need is some start up funds!

Please take photos and send them to me with a little story about what you are doing. I will make an e-book – something special for me to keep and share with the world to inspire others to think – I could do that!

Photo is me at my son Neil's 60th in the dress I HAD planned to wear at my Party – photo taken at my son's 60th Birthday. Bought for £5.00 in a charity sale.

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05/21(12)

PUTTING WALES, CARMARTHENSHIRE AND LLANDOVERY ON THE MAP

The development of maps in Wales illustrated by a small Welsh market town through the ages.

When was the last time you really looked at a map? Scanning Google maps on your phone or driving with your Sat Nav. perched on the dash board of your car, doesn't count!

The purpose of a map is to relate a particular point to its surroundings. A map shows where we are or where we might want to go. Landscapes are not static and they are always undergoing a process of change. In most places that change is slow and imperceptible to human generations. About the only exception is that rivers can change their courses within living memory. Traumatic changes brought about by volcanoes and earthquakes are another matter but the Welsh experience is, thankfully, for the most part, a peaceful, tranquil and infinitely slow transition.

The changes in the landscape that are brought about by those that live in it are far more dramatic and these changes can be seen year by year, certainly by the decade rather than the millennia. Thus it is these differences that are the main theme in the way a town evolves and is depicted in maps over the years.

A map is like peering through some heavenly window on the world beneath. An aerial view which can be of a hemisphere, a country, or just your home town. Today this is easily achieved courtesy of Google Earth. Press a few buttons and you have a celestial view, an aerial view, a traditional map, or come down to earth and explore the roads and streets of almost anywhere in the world. Oh so easy.

Five hundred years ago the nearest thing to an aerial view was to climb a hill or a mountain and even that would not be as open as today as the landscape was far more forested. Plans of towns could be measured out and aligned by compass. Open countryside, such as the interior of Wales, was not that easy until a way of representing hills, other than making them look like giant molehills, was found.

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11/21(12)

Now in our
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Putting Wales, Carmarthenshire and Llandovery, On the Map



Richard Jones

Maps as we know them became a feature of the fifteenth century. Of course most of our towns and villages were well established by then. In the case of Llandovery, it had a Roman fort at Llanfair ar y Bryn and then a Norman castle from which the town now seems to have radiated. Both these establishments were of a military nature to suppress the natives, give protection to the invaders' interests and to provide a strategic presence at a cross roads of important route ways. Routes from the town radiated to the north, via Cilycwm and Rhandirmwyn to Tregaron and Strata Florida with its religious connections. To the north east the tracks went to Llanwrtyd and on to mid Wales and the Marches. East was the way to Brecon and ultimately London 186 miles away. South west, routes went through the richer lands of the Tywi valley to Carmarthen and the coast. Truly a meeting place for the tracks through time but also a place where produce could be bartered and sold.

Maps not only tell the story of the area they represent and the changes within it, but also there is the fascinating story of the map makers themselves. This book covers the development of maps from 1484 when Llandovery was given its Borough Charter by Richard III. It recognises the work of Humphrey Lhuyd whose map, published in 1573, was the first of Wales standing alone as a truly separate country. The book looks at the work of Saxton and Speed with their county maps of Carmarthenshire. John Ogilby's road maps of 1675 are works of art covering England

and Wales with two of the routes go through Llandovery. Furthermore, the author unveils a little known conspiracy theory based on the detail given on Ogilby's Welsh road maps: were they designed to promote a revolution?

This informative little book will appeal to geographers interested in the evolution of maps and to historians fascinated in the material used by cartographers in the 18th and 19th centuries. In the 19th and early 20th centuries the coming of the railway made a huge difference to the maps and the way people lived. This is clear from the case study of the growth of Llandovery. While there is a twist in the very end of the book which revisits the theme of a possible invasion within living memory!

Who would have thought that maps could reveal so much.

THE AUTHOR

Richard Jones was born in Llandovery and still maintains a home in the town. He is proud to be a "Cyw Bawddwr", the name given to people who were born within the ancient borough boundaries. Literally it means a "chick of the Bawddwr", the stream which has flowed through and under the town forever.

Having attended the local primary school followed by the Grammar School which became the County High Comprehensive School. He studied Geography and English at Trinity College, Carmarthen and went on to gain higher qualifications at Birmingham and Besançon Universities. After teaching for several years he moved into international public relations and fundraising, before being appointed Director of the International Bee Research Association. Retiring in 2014 he has published several specialist books and continues to contribute to international publications. He is chairman of an international charitable trust that funds scientific research.

CONTACT

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WELCOME TO LLANDOVERY MUSEUM

Llandovery's museum and visitor centre should soon be open once more, following several months of enforced closure due to the Covid-19 pandemic.

As The Post was going to press, plans were in hand to reopen Y Gannwyll on Thursday 1 July, unless a deterioration in the Covid-19 situation forces a last-minute change of mind.

The Trustees felt that visitors could be welcomed within the current regulations. This means that visitor numbers will be strictly limited, masks will continue to be worn and some surfaces and areas will have to be screened-off or cleaned regularly. The Family History Society will introduce a telephone booking system to view their documents.

Museum curator Jane Carter said: "We all realise that it will take some time to return to the relaxed pre-Covid atmosphere. We must abide to some new rules for the near future because the safety of visitors and volunteers is of primary concern.

"Initially, there'll be one daily shift between approximately 10.30 a.m. and 2.00 p.m., which means having three volunteers per shift. We would welcome additional volunteers to help us with this rewarding work. If you're interested in greeting visitors and showing them how much Llandovery and surrounding districts have to offer, please get in touch."

Contact details:
Museum volunteers 07957 440040
Family History Society 01550 721101

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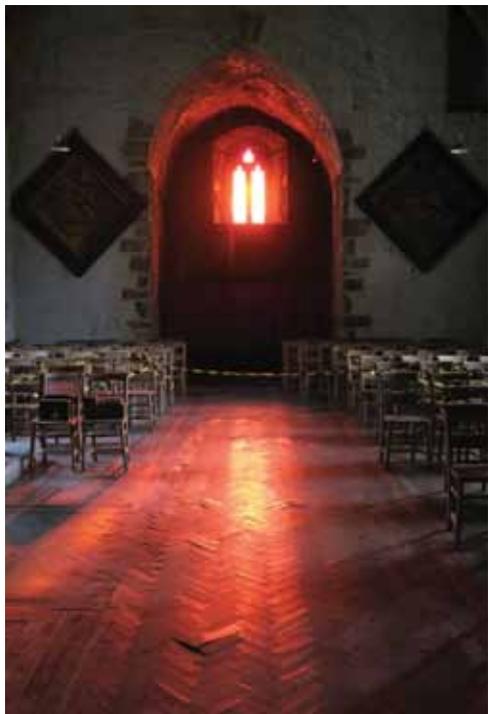
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LANDSCAPES OF FAITH FESTIVAL 2021



Llandoverly Museum was very pleased to be contacted by Richard Parry who is journeying through Wales' spiritual landmarks. He is marking these locations to recognise role they have played in the origins and vitality of all faiths in the country. They will be part of a planned exhibition and library in Llantwit Major.

On a beautiful June evening Dai Gealy was joined by Handel Davies and the Vicar of Llandoverly, Paul Pritchard, to welcome Richard to Llanfair church with its Pantycelyn memorial and stained glass.



LLANWRDA AND LLANSADWRN COUNTRY WOMEN'S GROUP

Our first informal get together of the year held in The Garden Cafe at The Telegraph Garden and Indoor Plant Centre, nr. Llangadog was perfect. Georgie had provided a sumptuous array of cakes to accompany the teas and coffees and immediately everyone started chatting, relaxing and eating! It was such a happy occasion to be back together and enjoying the company of others, in lovely surroundings.

A couple of members of the Group were stepping down from their posts. This led on to discussions on the way forward for the Group to grow in the future and fresh ideas popped up which was very encouraging and positive. These ideas will be talked through at future meetings.

A walk around the beautiful Garden Centre afterwards, with many ladies stopping for a friendly chat with Carol and Lara and stopping again to buy some of the beautiful plants. One cannot resist buying another plant when they are all so beautifully arranged and displayed.

Many thanks to Georgie in the Cafe and Carol and Lara for making our visit so very enjoyable.

There will be no meetings of the Group until September. A notification about the date, time and venue of the next get together will be announced in The Post...keep your eyes peeled! Have a wonderful summer!

GWYNFOR EVANS

Meurig, Margaret, Glenys and James and family of Gwynfor Evans, formerly of Gwynfaes, Llanwrda, wish to express their sincere gratitude to relatives, neighbours and friends for all the support and expressions of sympathy received during their bereavement. They would also like to thank the Rev. Vanessa Hope-Bell for her comforting words during the funeral service and to Clive and Sue Davies, Funeral Directors for carrying out the arrangements with warmth and dignity. Thanks also for the donations received towards Llansadwrn Parish Church.



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AN EXHIBITION FOR EVERYONE AT THE HERITAGE CENTRE

The galleries at the Llanwrtyd and District Heritage and Arts Centre will be filled with a varied and exciting display of artistic talent when the Irfon Valley Artists and Artisans exhibit throughout the month of July.

This group of locally based artists are returning to the Centre after several previously successful exhibitions with a range of work inspired by the stunning countryside and flora and fauna that are found in the area.

The galleries will be filled with creativity and colour from a variety of mediums including painting, textiles, stained glass, litho prints, sculpture, digital art and ceramics – truly a range of work to satisfy all artistic tastes.

The Centre is open Thursday to Sunday, 10.00am to 4.00pm with safeguards in place for visitors and staff.



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LLANDEILO CO-OP HANDS OUT COMMUNITY FUND DONATIONS



This month the Llandeilo Coop donated to two great local initiatives via the Coop Local Community Fund.

In 2020 the Royal British Legion Llandeilo its Branch President and loyal supporter D T Davies MM OBE. DT as he was affectionately known. Llandeilo RBL are crowdfunding commemorative benches for Penlan Park and Dryslwyn to preserve his amazing legacy. The Co-op community fund has contributed the cost of the plaques to the project.

The cheque was received by (from left to right) branch treasurer Eifion Davies and branch members Charlotte Walker and Graham Tuckwood.

The other donation went to local Park initiative Ffrindiau Penlan Park Friends. Since the first lockdown was eased the grass root volunteer initiative assisted the Town Council with the maintenance of the local parks. The Llandeilo Co-op Community Fund contributes the cost of a much-needed leaf blower.

Store manager Chris Rees and member pioneer Christoph Fischer, presented a cheque over £200 to umbrella volunteer organisation Llandeilo Community Action Hub which was received by star volunteers Owen James and Charlotte Walker.

If you are an established local community group and would like the Co-op to help you with a project contact Llandeilo Member Pioneer Christoph Fischer on Facebook @LlandeiloCoopMemberPioneer or twitter @FischerMember



APÊL AM DRYSORAU CUDD LLANDEILO

Mae Menter Dinefwr yn apelio ar bobl i rannu eu arteffactau diwylliannol a hanesyddol ac eitemau eraill, wrth iddynt geisio datblygu arddangosfa dreftadaeth sy'n canolbwyntio ar hanes Llandeilo a'r ardaloedd cyfagos.

Bydd yr arddangosfa dreftadaeth yn rhan o ganolfan gymunedol newydd sbon yn hen Neuadd Sirol Llandeilo, a bydd yn cael ei galw'n Hengwr. Sicrhaodd Menter Dinefwr, menter gymunedol leol, gyllid i adnewyddu'r adeilad yn 2018 yn dilyn trosglwyddiad ased wrth Gyngor Tref Llandeilo. Roedd angen lleol i sefydlu adeilad aml-ddefnydd yn cynnwys ystafelloedd cyfarfod, swyddfeydd, a chanolfan ymwelwyr a threftadaeth ar y llawr isaf. Bydd Hengwr hefyd yn gartref i waith celf cymunedol, cofiannau tref, a bydd yn ganolbwynt ar gyfer gweithgareddau a digwyddiadau.

Lois Morus yw swyddog datblygu'r ganolfan, "Rydym yn gwahodd unrhyw un sydd â ffotograffau, gwrthrychau, neu atgofion i ddod ymlaen a'u rhannu gyda ni! Gyda'n gilydd gallwn greu arddangosfeydd diddorol ac amrywiol, a gobeithio dod â rhai trysorau cudd i'r amlwg. Mae Hengwr wedi bod yn llawer o bethau ers ei adeiladu yn 1802, gan gynnwys Cyfnewidfa Yd a Llys Ynadon. Bydd yn wych dod â'i hanes yn fyw unwaith eto."

Mae llawer o eitemau diddorol eisoes wedi'u canfod yn ystod gwaith adnewyddu'r adeilad, gan gynnwys tocyn i noson fawreddog o adloniant yn dyddio'n ôl i 1886, llythyr yn manylu ar y cyfarwyddiadau ar gyfer y blacowt cenedlaethol adeg yr Ail Ryfel Byd, a photel o chwerv a gynhyrchwyd gan 'Bragdy De Cymru Llandilo'. Mae Menter Dinefwr hefyd wedi cael mynediad helaeth i archif y Cyngor Tref.

Menter gymunedol yw Menter Dinefwr a sefydlwyd ym 1999. Mae'r sefydliad yn gweithio i hyrwyddo'r iaith Gymraeg, y gymuned a'r economi; ac mae wedi parhau i dyfu yn ystod yr 20 mlynedd diwethaf.

Prif Weithredwr y Fenter yw Owain Gruffydd, "Mae sefydlu canolfan gymunedol ar gyfer Llandeilo a'r cyffiniau wedi bod yn nod hirdymor i ni. Mae'r flywyddyn ddiwethaf wedi bod yn heriol, ond mae'r gwaith adeiladu wedi mynd yn ei flaen ac rydym yn gyffrous i groesawu pawb i Hengwr pan fyddwn yn agor yn ddiweddarach eleni."

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10/21(12)

KEEP CREATING



It's been a long year! The pandemic kept us all indoor for months on end and the freedom we had before Christmas 2020 was all too short. What did you get up to? We all walked more I expect and witnessed the changing seasons in more detail than usual. Did you keep your 'little grey cells' active? Did you learn something new or re-connect with hobbies first learned as a child?

Anyone who knows me will know that I love to immerse myself in colour and textiles and hold wet-felting workshops from my riverside studio on the outskirts of Cilycwm. The pandemic meant that my doors were closed to the public for months on end, but that didn't stop my classes. Zoom technology was the saviour – used by so many to keep in touch with family, friends and work – and I gave my first 'live' class in April 2020. Despite all the preparation, practice sessions and publicity via social media I was still unsure if anyone would 'turn up'. I need not have worried – the appetite to make and chat at the same time was immense and I soon had a bunch of regular 'zoomers' from far flung places around the UK and also from Louisiana. After learning the basics, we went on to make slippers, neck-warmers, pictures, and above all – friendship.



WE NEED HELP!

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

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



To make a donation towards these dogs, please scan the QR code or visit

www.justgiving.com/crowdfunding/ruff-start

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



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09/21(13)

The weekly classes went on for 14 weeks, until lockdown eased a little and summer holidays beckoned for some. I was able to resume workshops in my studio for a while – whilst observing social distancing - but Christmas and the second lockdown closed my doors again. I set up the 'Fab Felters' Facebook page where members can post pictures of their work and ask for help and support if necessary. We meet for a 'zoom chat' once a fortnight and set ourselves a monthly challenge – it's always amazing to see how different everyone is at interpreting the set subject which has included birds, spirals, trees, faces and currently a wet-felted 'flower' picture with free-stitching on top....

With New Year Resolutions, many new members joined the Fab Felters group, including complete beginners from the UK and the USA. I once again held live weekly lessons via zoom on Sunday afternoons to enable new



members from everywhere to join in, including one lady from Santa Fe New Mexico who got up at 5 a.m. to join in our sessions at 3 p.m. UK time. In addition to felt-making we discussed all sorts, laughed a lot and even pondered the 'loss' of a snake from a member in Pennsylvania. I believe the snake is still roaming around her house – they can apparently go without food for up to a year....

I am so pleased to have just re-started lessons 'in person' at my studio for 2-4 guests. COVID restrictions apply in-line with current regulations and at the most recent workshop Dorothy and Angie made beautiful purses and textured tiles. What will you make? The full-day introductory workshop covers basic wet-felting, nuno felting and cobweb felting, after which I can tailor make a day to suit you or even bring a workshop experience to you! The cost is £80 per person to include materials, lunch and beverages throughout the day. Please peruse my website for any further information – www.fabulousfeltings.co.uk

So what did I learn 'new' over the past year? When not felt-making I learnt how to make cyanotypes, coil pots from old clothes, slow stitching, mark making..... Lessons for another day! If you're passing my studio and the gate is open, please pop in for a chat and learn the magic of wet-felting. All being well I plan to be 'open daily' during the summer but please phone in advance if you're coming from afar just in case I'm out for a walk – 07817 270967. I do hope to see you soon.





COSY TOES

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04/22(12)

LLANDOVERY FLORAL ART SOCIETY

Lovely to feel the warmth, and the occasional drop of rain to help the garden. Hope you are all keeping well. I am keeping an eye on the hall and so far I haven't seen any signs of it opening. Would be difficult to keep the safe distancing rules, in any case, I suspect. However Heather and I will continue to put our heads together and work towards a restart as soon as we can, even if it is only for a social get together and cake and a chat. Maybe outdoors.

QUIZ TIME

Answers to the cryptic clues to a lot of old favourite flowers.

1. Forget me not
2. Ragged robin
3. Sunflowers
4. Cowslip
5. Dandelion
6. Lily of the valley
7. Buttercup
8. Parlour palm
9. Viola
10. Catkin
11. Cornflower
12. Love in a mist
13. Peony
14. Foxgloves
15. Red hot poker
16. French marigolds
17. Bluebell
18. Snapdragon
19. London Pride
20. Honesty

This month anagrams are for the things you can find In the Garden.

HERBAL WE ROW, SAP ED, LA NEW WORM,
IFE ERR ZIT, EDGES NILS, BEES ED SOX,
CARE WANTING, ETCH GESTURED, HOPE
PIES, LET ROW, COT MOPS, BRAT WE TUT

Sorry it is a short message this month Dan and are going to have a few nights away visiting National Trust gardens and houses so I am trying to get this ready before I go as I may forget when I get home. Hopefully I will have more news to share next month.

Hope you are enjoying and they keep you smiling. Stay safe and keep in touch and talking.

Gina.

GŴYL GLYN COTHI FESTIVAL

awst 21st –
22nd august 2021



Brechfa's new 2 day Festival to celebrate local Arts, Crafts, Music and Food is to be held in and around Brechfa on 21st and 22nd August this year, under whatever covid restrictions that will be in place. Organised by local artisans, and having received a set up funding grant from the Brechfa Forest Wind Farm Community Fund, we hope that this will be the first of a fun and successful annual event.

Our aim is to bring together local artists to showcase their work, and for members of the public and community to appreciate and share in the festival activities, which will include craft and art stalls in Brechfa Church Community Hall, food stalls and various craft and cooking workshops and demonstrations, buskers and musicians in Victoria Community Park. Brechfa Village Trust will be selling refreshments to raise funds for ongoing improvements and maintenance to the park.

A highlight of the festival will be the Open Studios, an opportunity for people to visit local makers of willow work, ceramics, textile art and ironwork to see them at work or take part, all within about 2.5 miles of Brechfa.

If you are interested in participating, especially as a busker/musician or food maker/producer, or would like more information, please contact us by email: info@glyncothi.co.uk or visit our facebook page: Gwyl Glyn Cothi Festival or website: www.glyncothi.co.uk





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09/21(3)



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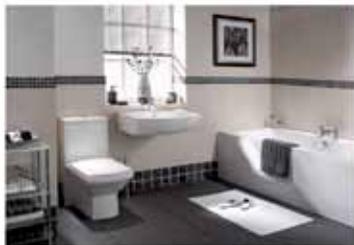
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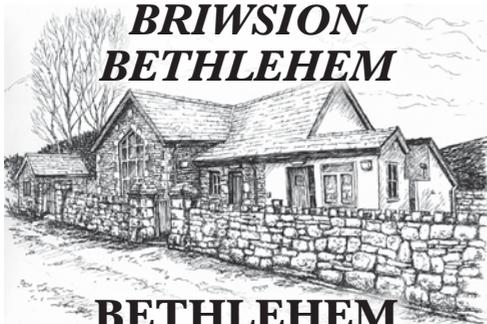
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10/21(6)

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

Our little hall is gradually coming to life again, after a very long period of enforced closure due to the Covid-19 restrictions, albeit in a very limited capacity due to its small size.

Currently, Sian runs her Saturday morning yoga sessions at the hall, and it is hired out to a few small groups several times a month.

Many thanks to everyone who supported the Friday evening Bakeaways, which ran periodically throughout the winter months, and which contributed many hundreds of pounds to hall funds.

Along with grants from Llangadog Community Council, and donations from well wishers, the little hall has managed to keep its head above water during this

extremely worrying time.

This summer sees the return of the Sunday Takeaway, which proved so popular last year.

We would love to open up the hall as a Sunday Cafe again, but due to its small size, distancing would prove impossible, so a Takeaway seems to be the most sensible option again for the coming months.

It will follow the same pattern as last summer, with a menu of boxed salad based summery meals, along with a few cakes and a pudding or two. There will also be a weekly Specials menu featuring a tasty variety of seasonal, and local produce.

New this summer are Freezer To Freezer takeaway meals, similar in style to the winter Bakeaway menu, all freshly made and quickly frozen, ready to collect from the Bethlehem Kitchen freezer – chillis, casseroles, curries, pasta bakes etc. There will always be a choice of three or four dishes, two of which will be vegetarian/vegan, and often gluten free and dairy free.

So collect a few to store in your freezer for when you really don't feel like cooking, but you'd prefer a tasty, healthy meal rather than a disappointing supermarket ready meal or a conventional takeaway.

Weekly menus will be posted on the noticeboard in the village, on the Bethlehem Hall Facebook page – www.facebook.com/bethlehemcymru - and sent out to the distribution list on email.

The menus contain all the details for ordering, along with prices and payment details.

Collection of Bethlehem Boxes, cakes, puddings, and Freezer To Freezer meals will be between 12 and 2pm every Sunday, bring a cool bag if you plan on picking up frozen meals, or we can drop off with you if you can't manage to get to the hall and live very locally.

All meals are hygienically packaged in purpose made boxes, all of which are either recyclable or reusable, and placed in carrier bags for you to safely transport them home.

Wooden biodegradable cutlery and napkins available if you're planning on a picnic.

Pre-ordering is strongly recommended, as meals are prepared in small quantities, so once it's gone, it's gone.

To order or to enquire about hall hire, contact Nia on 01550 777254/07747 021462, email niaclement@aol.com

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02/22(12)

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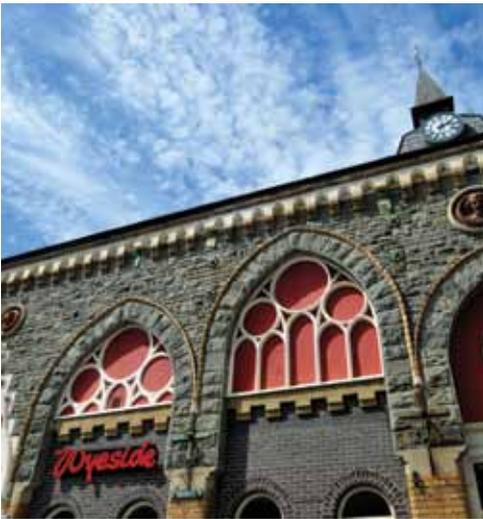
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06/21(3)



WYESIDE IS REOPENING!

Wyeside Arts Centre is excited to announce they're reopening Friday, 6th August 2021. They will be provisionally opening their doors three days a week over the summer, Fridays, Saturdays and Sundays. Wyeside will be showing two films a week, one for adults and one for families. They are currently in the process of finalizing their schedule which will be announced in the coming weeks online.

To keep their customers safe, Wyeside will only be taking advanced bookings, so customers will need to plan ahead for their cinema trips. Tickets can be booked 24 hours a day via their website www.wyeside.co.uk or over the phone during opening hours 01982 552 555 2pm-9pm Friday to Sunday (starting 6th August 2021).

Wyeside also has a wide variety of Live shows scheduled kicking in October with The Rheingans Sisters, a folk duo from the Peak District. The sisters are also members of Lady Maisery who performed at Wyeside previously. As well as Live Music, they also have stand up comedy next year from Mark Watson and Gary Delaney. All tickets for these events and more, are available now from their website.

Wyeside have also made some changes to their Board of Trustees recently, they have appointed a new Chair, Frank Banks. Frank will replace Maureen Mackenzie, who has served as head of the board for many years and has been a pleasure to work with. Maureen will continue to serve Wyeside as a trustee. Wyeside are also pleased to welcome Jeremy Andrews, Lewis Roberts and Martha Wooldridge as new trustees.

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LLANDOVERY GARDEN CLUB

I would like to thank all our members who faced the very humid and damp day, chosen by myself, to visit the beautiful gardens at Aberglasney. The weather did not deter us from enjoying the overwhelming spectacle of the plants in the different areas of the garden. The planning and proportional design is such that which ever way one faces there is a perfect picture. How brilliant, how breathtaking!

I enjoyed seeing several members but sadly missed meeting quite a few who were definitely there.

I'm planning to arranged another get together in the Autumn at the Botanic Gardens – if we can.

With best wishes to all of you from Babs Rees

MYDDFAI NEWS JULY 2021



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

What's on: Yoga is on Wednesday evenings 5.30pm – 7.00pm. Pilates is on Thursday mornings 9.30am – 10.30am. Stained glass classes will be resuming soon. We are holding our first 2021 Farmer's Market on Sunday 4th July 12.00 noon to 3.00pm, the stalls will be outside under the marquee, please come along we have a wide range of quality local foods & plants, the café and shop will be open as well that day.

We have very good Covid safety measures in place. We have inside café seating available in our café and large hall. All visitors are required to wear a face covering whilst inside the building if not seated. Outside we have a large outdoor undercover seating area at the rear of the hall with views across the fields.

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

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

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

For further information or bookings please contact Les at les@myddfai.org 07879 119223 or Hall No. 01550 720449. Our website is www.myddfai.org

Please check our Facebook page for news and events.

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16 66	Renault Clio 1.2 TCE, 6 Speed, Sat Nav, Reversing Camera, Half Leather, 17" Diamond Cut Alloys, Met Blue, £30 Road Tax, 27000m.....	£9500
16 16	Renault Captur 1.5 DCI Dynamique S (90 BHP), Sat Nav, Diamond Cut Alloys, Zero Road Tax, Silver/Black Roof, Only 43000m.....	£8500
16 65	Renault Captur 1.5 DCI Dynamique S, Alloys, Sat Nav, Grey/Black, 0 Tax, 35000m.....	£8500
15 15	Renault Megane 1.6 DCI GT Line Coupe, Sat Nav, Reversing Camera, 17" Alloys, Half Leather, Front & Rear Body Dephasers, 3dr, In Malta Blue, £30 R/Tax, 49500m.....	£7995
14 64	Renault Megane 1.6 DCI, 6 Speed, Dynamique, Tom Tom, Coupe, Leather Seats, Sat Nav, Alloys, Panoramic Roof, Metallic Black, 3dr, 81000m, Full Service History.....	£4995
14 64	Renault Clio 0.9 TCE Dynamique, 0 R/Tax, Sat Nav, Alloy Wheels, Blue, 70000m.....	£5850
10 10	Renault Clio 1.2 16V iMusic, Alloys, 1 Owner, F/S/H, 3dr, Black, 89250m.....	£2895

CONVERTIBLES SPECIALS

16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m.....	£12995
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18 67	Renault Kadjar 1.5 DCI Dynamique, Automatic, Half Leather, Silver, 36000m.....	£13750
14 64	Nissan Micra 1.2 (80 BHP) Acenta, Automatic, Alloys, Sat Nav, Only 7850m.....	£7500

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17 17	Mercedes Benz A200 2.1 TD Sport, Black Leather, Sat Nav, Alloys, Silver, 38250m.....	£13995
17 67	Ford Focus 1.0T 140 BHP 6 Speed, ST Line, Eco Boost, Sat Nav, Alloys, Impact Blue, 27000m.....	£11495
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16 67	Mini Cooper 1.5 Petrol 136 BHP 6 Speed, Alloys, Air Con, Silver Black Roof, 5dr, 31500m.....	£10995
16 67	Kia Pro Ceed 1.0 120 BHP 6 Speed, GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£11995
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12 62	Skoda Fabia 1.6 TDI Monte Carlo Ltd Ed, Black Alloys, White/Black Roof, £20 Tax, 63500m.....	£5250
11 61	Nissan Juke 1.5 DCI 110 BHP 6 Speed Sport, Rear Spoiler, Red Mirror Caps, White, 73500m.....	£5995

COMMERCIALS

18 18	Mercedes Benz Vito 111 BHP 1.6 CDI 2.8T, LWB, Twin Side Doors, Ply Lined, Tow Bar, Roof Bars, 32000m, 1 Owner, In White.....	£15500 +VAT
16 66	Citroen Dipatch 1400 Enterprise 2.0 HDI, New Model, Twin Side Doors, 40000m.....	£13995 +VAT
16 66	Renault Kangoo 1.5 DCI M19, Business + Sat Nav, Colour Coded Bumpers, Side Door, Ply Lined, In White, 52000m.....	£7495 +VAT
10 60	Renault Kangoo 1.5 DCI Van, Side Door, Ply Lined, Silver, 88000m.....	£2895 No VAT
18 18	Vauxhall Vivaro 1.6 CDTI 125 BHP, 6 Speed, Ply Lined, Side Door, In Black, 1 Owner, 46000m.....	£14995 +VAT

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NEWS FROM THE TOWN HALL

Greetings Everyone we are not quite there yet but we have once again started having Council meetings all being at a different venue, Rhys Pritchard Hall, for now to allow for safe distancing.

We are very grateful to our Town Clerk for his work in Market Square and Stone Street clearing the weeds which were running wild. Thank you Steve, it makes a big difference to the Town.

A big thank you also to Carmarthen County Council who have given us a number of bright flower troughs to be used by our cycling visitors, in celebration of the fact that Llandoverly is a center for cycling in the county and beyond.

Good news for all you readers it is hoped to have the library will be open again in the near future. There has to be some changes with timed slots, limited entry, 1 at a time for browsing and 1 for the internet. However to accommodate this the times of opening will change to 10am to 6pm on Monday and Thursday. Keep your eyes wide open and keep watching for further details.

Following the success of the first table top sale the next one is planned for Friday 2nd July 10.00am – 2.00pm, space is filling quickly.

LLANGADOG COMMUNITY CENTRE 300 CLUB

It was decided at the AGM 8th June 2021 (only 11 attended) the 300 Club will close for the present time.

Some monies for 2020 were collected and are now being returned as due to Covid-19 we were unable to continue.

Any more information contact Jackie Dare 01550 777316.

DRYSLWYN COMMUNITY SHOP AND POST OFFICE

In an exciting first for Carmarthenshire The Dryslwyn Community Shop and Post Office is incredibly proud to have won The Queen's Award for Voluntary Service. This award is described as the MBE of Voluntary Service and is the highest award achievable by a voluntary group.

In 2008 when 2,500 post offices closed Dryslwyn was scheduled to be one of them. Instead through remarkable grass roots efforts the Community Shop was launched, and has successfully served the community ever since. That enterprising attitude ensured this lifeline to the surrounding rural community kept going throughout the coronavirus pandemic, despite the radical changes that were needed.

"We couldn't be more honoured and delighted" said Helen Evans, previously a local vet who serves at the counter and is one of the shop Directors. "So many of us in the community volunteer for the shop that it is a real community hub. People come for more than their shopping, it's somewhere to be sure of a friendly face, a good chat in Welsh or English, and neighbourly support when you need it most."

Nigel Jones, a post office volunteer and Chair of a project team set up to design and finance the building of a new shop on a site only 100 yards away from the existing shop (SiopNEWydd) said: "This award is brilliant news for everyone. It recognises the vital role this shop plays in our community, and emphasises the importance of continuing to build on this success in the future."

Dryslwyn Shop is one of 241 charities, social enterprises and voluntary groups to receive the prestigious award this year. Every year a high level of nominations is received, showing just how energetically the voluntary sector is contributing to improving life for everyone in the community.

The Queen's Award for Voluntary Service recognises outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate The Queen's Golden Jubilee and is the MBE for volunteer groups. Recipients are announced each year on 2nd June, the anniversary of The Queen's Coronation. Award winners this year from across the UK include volunteer groups as diverse as Dryslwyn Community Shop; a volunteer minibus service in Cumbria; a community radio station in Inverness; and a mountain rescue team in Powys.

Cllr Cefin Campbell warmly welcomed the news, saying how positive it is both for Carmarthenshire and the local area. He said it pays tribute to the hard work, resilience, and exceptional commitment of all the Dryslwyn volunteers. Commenting further he applauded the community's ambition which is now focussed towards designing and fundraising to build their very own SiopNEWydd premises.

Dryslwyn Shop will receive a certificate and a crystal award from Sara Edwards the Lord-Lieutenant of Dyfed later this summer.

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LLUEST

‘TAILS’ FROM THE TRUST

June has been a mixed month of happy and sad news here at Lluest Horse and Pony Trust. We'd like to start by sharing some good news with updates on the progress being made by orphan foal Maggie and our recently rescued donkeys Misty and Caesar.

MAGGIE & MOON

We are delighted to report that little orphan foal Maggie has bonded really well with our lovely pony Moon. This has taken a while and Maggie wasn't entirely sure initially but Moon has taken her time stepping into 'nanny' role. She has kept her distance and not forced herself on Maggie and follows her around the paddock at an acceptable distance protectively charging at any ponies that walk past their paddock or stables. Maggie still has some way to go and unfortunately her weak flexor tendons haven't corrected themselves so she will need some little extensions to help them but she continues to go from strength to strength.



Maggie & Moon

MARMITE....LOVE IT OR HATE IT

Caesar one of our donkeys definitely loves it! Caesar recently had a procedure to try and stop his eyelashes turning in and irritating his eyes. When we needed administer some of his medication we added it into a small marmite sandwich which immediately produced a super happy expression.....a marmite fan for sure. Misty our darker coloured donkey is making fantastic progress and has now been trained to have his head collar on and off, using clicker training and positive reinforcement. He



Caesar & Misty just 'chillin'

has is still nervous and slightly suspicious at times, but we are very proud of him.

DILLON

We sadly had to say goodbye to our oldest resident pony Dillon. Dillon was rescued in 2018 aged 30, he was very thin and suffering with rain scald, lice and cushings as can be seen in this photograph. At his time of rescue his recently widowed, elderly owner could no longer cope caring for him and his companions. Despite his extremely poor condition and in consultation with our vets we felt he still had lots of fight and a real zest for life. Since then he has brightened the days of all the staff and volunteers who cared for him. Lluest worked hard turn him into the pony he was meant to be as can be seen from one of his most recent pictures.

In early June we noticed that Dillon was unusually wobbly on his feet but was still bright and cantering over for his feed. We monitored him closely but he became progressively worse and our vet suspected he had something affecting the nerves in his spine. We made the sad decision to let him go which is always a difficult call for us and is never taken lightly. Dillon is proof that even the oldest of ponies can have an excellent quality of life with the correct level of care and attention. We are proud to have given Dillon the last few years of life that he so deserved and his legacy will live on in work undertaken at Lluest for other equines in need.



Dillon fully recovered

Dillon's condition when first rescued

If you like what we do and want to help please visit our website for information on the many ways you can support our work: www.lluesthorseandponytrust.co.uk

JONATHAN EDWARDS MP VISITS LLANGADOG, LLANDEILO & LLANDOVERY MENS SHED



Left To Right: Jonathan Edwards MP, Phil Hopkins (Treasurer), Sheila Jones (Secretary), Rowena Hopkins (Member), Peter Carter (Member), Mike Timewell (Chairman), Lynsey Carter (Member), Terry Davies (WWAMH), Rob Visintainer & Ben North & Chris Southern (Mens Sheds Cymru)

(LLL) Mens Shed MP Visit Jonathan Edwards MP arrived at 2.00 pm on Friday 28th May 2021. First was a tour of both the “dirty” shed for metalwork & woodwork projects and the “clean” shed for computers, 3D printing and arts & crafts projects. Next came the 2 large greenhouses for gardening projects with 5 raised beds and finally the area away from the group for quiet private chats about any issues. After the tour Jonathan enjoyed the obligatory cup of tea and chocolate biscuits whilst chatting to members of the shed along with many others who attended including Terry Davies (WWAMH), Rob, Ben and Chris from Mens Sheds Cymru, as well as many others. The day was enjoyed by everyone with everybody agreeing it is a very worthwhile cause which is badly needed for the community. Thank you to everyone who helped make the day such a success.

The (LLL) Shed is a larger community-scale version of the typical man’s shed in the garden. It is a place

for making and mending, a place where a person feels comfortable enough to pursue practical interests with like-minded people. A place that is safe and friendly, where skills can be shared. The aim of (LLL) Mens Shed is to provide a place where people from the community can come together to work on projects and be in good company. It’s a place of support whilst you find your feet again. Jonathan Edwards MP was very supportive of the shed.

Please check out the (LLL) Mens Shed web site at the address below. What’s your passion?



Inside Llangadog, Llandeilo & Llandovery Mens Shed



Contact Mike On 07585 226555
welslegend@icloud.com
www.welslegend.co.uk/shed

LLANDOVERY TOWN COUNCIL GARDEN COMPETITION

Unfortunately due to covid restrictions we are unable to hold our Garden Competition (in it’s usual format) again this year 2021.

One category will be allowed i.e. “Best Business including Public House”.

This will be judged externally in July and awarded certificates for 1st, 2nd & 3rd by the Mayor Cllr. Handel Davies, sometime in August.

It will also provide much needed support for our businesses and attract visitors to our town.

However, all you keen gardeners, (many who have entered faithfully for years – you know who you are!), please don’t hang up your trowels, keep those greenfingers busy to ensure the competition in 2022 will be better than ever.

Pat Smith – Llandovery in Bloom.

ALUN PRICE AUGUSTUS

Nia and family would like to thank everyone for their expressions of kindness and sympathy shown to them during their recent sad bereavement.

Thanks for the numerous phone calls, cards, letters, food and the generous donations received in lieu for Heart Research Wales and St. Mary’s Church Cynghordy, Churchyard Maintenance fund. All this has been a source of comfort to know how Alun was loved and respected by those who knew him.

Special thanks to the Rev. Jill Hailey Harries for the meaningful funeral service she conducted, and to I.C. & S.M. Davies & Sons Funeral Directors for their care and professional arrangement throughout.

LLANDOVERY ROTARY CLUB



WE ARE BACK WE HAVE HAD A MEETING.
GLORY HALLELUJAH WE HAVE HAD A
MEETING.

In fact we've had two!

The first meeting, 8th June 2021: As the Post reporter I felt a strong sense of duty to arrive early! VERY early! I informed our President that I was going early and strangely he said "Well, as President I too should be early." We duly arrived at the King's Head nearer tea time than supper time. Masked up, we entered, sanitised on entry, then we were escorted to our table. Ordered two pints, sat down and removed masks. We were back. Our first Rotary meeting for many many moons. Hundreds of days in fact. Our drinks arrived, we paid by contactless which is the way nowadays and neither of us spoke. Seven minutes later we ordered two more pints. Lovely. Breathe. Relax. No sooner had our second drinks arrived, the door opened, and two more Rotarians walk in. "Crickey, your early" they said. "So are you" we replied. Three more arrived quickly after. "Hell, your early" they said. "So are you" the four of us replied in unison. And so the theme continued. Never, in the history of Llandovery Rotary Club has every one of us been seated (on different tables, two metres apart) an hour before the meeting began. As each person arrived, masked up, you could still see a great beaming smile break out from behind the mask. Surreal? Yes, but we are still in these very strange times. The poor bar manager, the lovely Andrada was rushed off her feet to keep the seemingly endless trays of drinks and empty glasses going back and fore. She coped admirably. Da iawn Andrada!

It is great to have Mickey Gough back with us after his recent hospitalisation. Mickey has made a remarkable recovery and I'm pleased to say that he has lost none of his humour and wit! Thank goodness.

We soon settled in to where we left off many months ago and our normal routine ensued. Everything seemed to be extremely light hearted and you could sense the relief of us meeting again.

The main realisation for us came home when our treasurer gave his report. We have not been able to fundraise for over

a year now and sadly this is reflected in our bank balance. We had no Santa run over Christmas which hurt us badly, we have missed two Carnivals and we would have had our annual blockbuster fundraiser towards the end of the year. We will never, ever, not give to a worthy cause so please by all means keep sending in your requests for funding but the hard fact is that we will not be able to be as generous as we would like. We too have been affected by the pandemic so our donations will, very reluctantly, have to be reduced in line with our reduced income. We will continue to be optimistic and look on the bright side. As soon as we are allowed our fundraising will begin again and we will be looking to you our extremely generous local public to support us as you always do.

Although not able to fundraise we have been turning out in force volunteering as ever to help. Our big commitment during the last months has been volunteering at the Covid Clinics at the Rugby Club. The Rugby Club committee and us the Rotary Club have been proud to support the wonderful Llanfair Surgery in the almost never ending need to vaccinate and revaccinate local residents. There have been eight of us involved from Rotary every week which normally involves from 9-30am to around 5-30pm. It's been made enjoyable by the incredible politeness shown to us by yourselves, the people of this community. It has been busy, at times very busy, but at the end of the day it has its quieter moments and in a strange sort of way it's been fun and hugely rewarding. Dr Windsor-Jones and Surgery manager Jayne and all the Doctors and Nurses have been very generous with their praise for us volunteers. Apparently later in the year we will do it all again, and again and We will be there, you can be sure of that.

Ellie from Cynghordy has donated yet another £50 to us from the sale of her wonderful hampers. Ellie has been extremely generous and we wish to acknowledge her generosity here. Thank you Ellie, that is very kind and generous of you. Have a look at her facebook page 'Ellie's Smellie's & Hampers.' They're great.

This months Q&A has been completed by Past President Chris Phelps:

What is your occupation Chris?

Social worker, currently working for Powys Community Mental Health Team, I am also foster carer and Sarah and I have been fostering children for over twenty years.

Hobbies?

Climbing and mountain biking. I also run most days, in the hope that I might one day find it fun.

Hopes for Llandovery Rotary?

Growth in both numbers and diversity of its members, to reflect the community we serve. Unfortunately we have not been able to do much fundraising due to Covid-19 so I am looking forward to restrictions being lifted. Some of my fellow Rotarians have helped out with the role out of vaccines which I am proud of.

Is your glass half full or half empty?

Half full. I'm an optimist.



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If you had to live in another country what would it be and why?

France because I have family and friends living there and it is where we plan to retire. It has great food, fine wines, and mountains.

Favourite holiday location?

The Vosges region of France.

How would you spend your ideal day?

Outdoors in the company of friends.

Hopes for Llandoverly?

That businesses recover and thrive. If I have learned anything from the pandemic it is the importance of local businesses serving the community. Llandoverly Community Hospital continues to serve the town, for many years. I'm afraid that free parking is probably too much to hope for.

Best day of your life?

My wedding day, I am fortunate to have some great memories and I am hoping we have many more together.

Thanks Chris.

We have just had information that another one of our fundraising events, stewarding at the Harry Flatters Rally on Epynt has been cancelled thus another of our fundraisers is cancelled for another year. Another blow as we are still donating to worthy causes but with little coming in. It is typical of what many businesses are experiencing right now.

Amazingly Love Llandoverly knows of 15 businesses in the area that are looking for staff. FIFTEEN. This at a time when it is said that unemployment in Llandoverly is very low indeed. Worrying times. The effect of this pandemic has far reaching effects for a long while yet I'm afraid.

A new member? And maybe more to follow? Sssshhhhh. Don't tell anyone. We have a new member application in. I can't say too much at the time of writing but this chap would fit in perfectly. All will be revealed next month.

If there is ANYONE who may be interested in joining us in helping in the community you will be most welcome to join us in Rotary. We meet weekly and we help out wherever and whenever we can (as in the Covid clinics). We are volunteers. We do what we can. We fundraise as a group as in the Santa Sleigh or at the Carnival stall, we organise fundraising events as in the DroverFest in conjunction with Llandoverly YFC or the fabulous James Bond Casino Evening. We have regular top class speakers. We have a quiz team, we have an annual BBQ, we distribute hampers at Christmas time, we have a meal and a meeting every Tuesday evening at 7-30. You come when you can. Any gender, any person who wants to help and support local Charities or organisations is welcome. A number of people have shown an interest seeing us helping at the Covid clinics. It can be very rewarding indeed. You can come to a meeting as our guest at any time just to see what we do. Come and join us. You will be made very welcome and I'm sure you will be very glad that you did.

See you all next month, after a few more meetings,

Derek Jones.



We're back

LLANDOVERY FRIENDSHIP SOCIETY

I decided to put some colour in ! Hope you are enjoying the warmth and keeping well.

While it has been nice to see the return of some normality, I can understand the worry some might have that things are suddenly moving a little too fast. Everyone seems to be anxiously awaiting the announcement on the 21st. I suspect we will have our own announcement here in Wales.

More sad news I am afraid as we lost our dear friend Barbara Billingham. A very sad time for the family to have lost Stan and Barbara so close to each other.

The hall is open with very strict safe distancing arrangements in place. Having attended a few Council meetings there I do not think those arrangements would suit us. People are complaining about not being able to hear, etc etc. Angela and I have had a chat this weekend and feel that with all the uncertainties we will not try and arrange anything for July. However depending on what happens next we might try and arrange an outdoor social gathering for a chat, tea/coffee and some cakes in August. are keeping an eye on how things are progressing.

The cycle of vaccine clinics in Llandovery has finished now that everyone who attended has been offered their second jab. Well done everyone here in this area, there has been an excellent response. The surgery are already discussing plans for the Autumn clinics, as well as being on standby for any changes the Health board throw their way. A big thank you to them and the Rotary club for doing such a fine job.

Below are the answers to the anagrams of last month's Classic British Food.

Bangers and Mash – Black Pudding – Beef Wellington – Cullen Skink – Roast Beef – Chicken Supreme – Yorkshire Pudding – HE WAS TERRIBLE – Toad in the Hole – Bubble and Squeak – Cauliflower Cheese – Cottage Pie – Mince and Tatties – Fish and Chips – Strawberries and Cream – Irish Stew – Lancashire Hotpot – Cornish Pasty – Steak and Kidney Pie – Ploughman's Lunch. [sorry I think I made a mistake on he was terrible a missing E, Welsh rarebit]

Some more quiz questions for this month.

1. What is Japanese sake made from?
2. Which country grows the most maize?
3. 2013 was the international year of which food?
4. How many segments are inside most oranges?
5. What is the spiciest chilli in the world?
6. Which darts organisation holds its world championship at Lakeside Country Club?
7. Which countries hosted the 2002 World Cup?
8. Who was the last English manager to win the English men's league?
9. What is Usain Bolt's world record time for 100m?
10. Katarina Johnson-Thompson is world champion in which sport?
11. What year was Joan of Arc burned at the stake?
12. Which rock band formed in 1994 takes its name from a term used by the Allied in World War II to describe UFO's?
13. In which decade did the potato famine strike Ireland?
14. Who was the last Tsar of Russia? 35
15. Who assassinated Archduke Franz Ferdinand of Austria in 1914? 31
16. Which is the only vowel not used as the first letter in a US state?
17. What is the name of the river which flows through Dublin?
18. Name all the continents in the world
19. What is the capital of Indonesia?
20. How many people live in the UK?

Keep safe and keep smiling. Gina and all the committee.

MERCHED Y WAWR BRO PANTYCELYN

Dymuna aelodau'r gangen ddymino Penblwydd Hapus iawn i Nellie Arthur ar ddathlu ei phenblwydd yn nawdeg oed yn ddiweddar. Mae Nellie mor sionc nawr a fi hi erioed. Gobeithio bod Nellie wedi cael amser hapus iawn a dathliad arbennig gyda theulu a ffrindiau.

KB HOME MAINTENANCE

04/22(12)

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LLANWRDA CRICKET CLUB

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

All Stars for U9 at 5.00pm – for Year 4 and younger with Gwynn.

Dynamos for U13 and U11 at 6.00pm – for Year 8 and younger with Liz.

U15 and U17 at 7.00pm – for Year 12 and younger with Sion.

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

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

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

LLANWRDA C C BONUS BALL WINNERS

12/05/21	20	Barry Clement
19/05/21	22	Nigel Clarke
26/05/21	48	No winner
02/06/21	41	No winner
09/06/21	32	No winner

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

It was very wet start to the 2021 season, however, Llanwrda 1st XI did manage to play down at Dafen on the first weekend of the season.

LLANEGWAD RAINFALL

The driest April on record has been followed by the wettest May with rain falling on 25 days this month. The wettest day was the 4th with 36.5mm.

May Total 252mm. 10"

D. R. DUKE

Put into bat, there were good contributions by Adrian Davies (31), Osian Nicholas (28) and Garan Williams (42*) but a steady loss of wickets meant that Llanwrda were bowled out for 142. Despite a couple of quick wickets for Sion Nicholas in return, Dafen managed to chase the runs down with 7 wickets to spare.

Normal service was resumed at Castle Fields on Saturday 29 May as Llanwrda incredibly chased down Bronwydd's total with an over to go.

Bowling first, Llanwrda consistently managed to take wickets, with one falling to an outstanding slip catch by Nigel Clarke. Half of the wickets fell to Adrian Davies, who finished with figures of 5-23, including a very sharp caught and bowled.

Set 136 to win, things did not get off to the best of starts for Llanwrda, who were reduced to 12-4. However, a gritty innings by Osian Nicholas gave Llanwrda hope and with 4 overs remaining 29 runs were still required. Step up Steff Roberts, who took the game away from Bronwydd with a cameo of 24* runs off 15 balls, who along with Nicholas (54*), chased down the total with an over spare.

Llanwrda travelled down to Merthyr Tydfil on 5 June. Merthyr put on an imposing total of 251-9 from their 50 overs, with Steff Roberts, Sion Nicholas and Adrian Davies all taking 2 wickets apiece.

Llanwrda looked in good shape at 109-2 in their reply, thanks to a solid partnership between Cerith Rees (35) and Osian Nicholas (37). Llanwrda eventually reached a good total of 202-9 from our 50 overs. A good performance against a strong Merthyr side.

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05/22(12)

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07/22(12)

MAER TREF LLANYMDDYFRI 2021 LLANDOVERY TOWN MAYOR



Mae'n ffrainc ac anrhydedd mawr i mi gael fy ethol yn Fae'r Llanymddyfri 2021.

I am honoured and privileged to have been formally elected as Mayor of Llandoverly 2021 during a socially distanced inauguration ceremony held at Eglwys Llandingat Church in May and would like to express my thanks to both Cllr Gina Jones for organising the evening and to Rev Paul Prichard for undertaking the service which was attended by limited guests due to Covid restrictions.

The small church service replaced the traditional Civic Service and gala dinner which could not take place due to the Covid restrictions however the occasion allowed the traditional formalities to be undertaken and witnessed, albeit with significantly reduced numbers present.

I am delighted that Cllr Pat Smith, my wife Margaret and the Rev Paul Prichard have each kindly agreed to be my Deputy, Consort and Chaplain respectively during the coming year. Unfortunately the ongoing restrictions imposed by the Coronavirus pandemic has forced the cancellation of a number of annual events which would normally have been held such as the Carnival, Motorbike weekend and Sheep Festival.

As in most places across the world the enforced disruption since the outbreak of Covid-19 continues to challenge our town and local community as a whole. Many local businesses having suffered from lack of visitor footfall and fewer shoppers due to extended lockdown impositions, whilst also fully appreciative and understanding that these measures have been entirely necessary in order to 'Stay Home, Protect the NHS, Save lives'.

Our thoughts and sympathies are extended to all who have lost family and friends during these difficult times whilst we also pay tribute to the tremendous efforts of our fantastic NHS staff. In particular I make special mention of the excellent service provided by our medical staff at the Llanfair Surgery and at Llandoverly Hospital

throughout this outbreak which has meant that the vulnerable and elderly residents in our local community have all been offered vaccinations and received exemplary care. We are truly blessed to live in such a wonderful community and beautiful part of Wales.

'Help Llandoverly' is another such example, whose base at the Llandoverly Youth & Community Centre was established early on after the outbreak, with the specific aim of coordinating and organizing support for all local vulnerable individuals and families most in need of assistance. With over seventy volunteer members, including individuals and organisations such as the Rotary Club and Rugby Club, all have continuously and willingly helped deliver prescriptions, food parcels, Christmas dinners, children's fun packs and toys whenever required.

Businesses in Llandoverly have also typically adapted and responded well to provide home deliveries to those unable to collect and whilst the pandemic has seen a huge rise in internet shopping it is now more important than ever to 'shop local' in order to support our independent traders, to keep our town shops vibrant and help ensure money is spent and is recirculated in the local economy.

Despite Covid, this failed to prevent our new increased capacity Ysgol Rhys Prichard community primary school, at the former Pantycelyn site, being completed on time earlier this year. Surely this must be one of the best primary schools anywhere in the world. Set in a beautiful and safe location with spacious modern classrooms and a rugby pitch, the complex also accommodates the Tre Ficer Ysgol Feithrin and the superb Pantycelyn Hall which is now used by the school daily as well as being regularly available once more for community concerts and events when restrictions eventually allow.

On the same campus we now have a brand new leisure centre incorporating state-of-the-art fitness equipment as well as the adjacent swimming pool having also been very recently upgraded, following the installation of a range of energy saving measures to significantly reduce running costs and improve long term sustainability.

The opportunity to carry out welcome improvements within the town has also been taken, with our Town Hall building receiving a long awaited 'face-lift' for the first time in almost 40 years; whilst the Bawddwr related 'eye-sore' adjoining the war memorial has finally been completed after a ten year episode, following which the entire length of the main A40 trunk road through the centre of town has also been fully resurfaced.

The townspeople and local community are nothing if not resilient and hopefully we can now optimistically look forward to better times ahead and a gradual but progressive return to normality. As a Town Council we have plans to add to the number of annual events held to attract more visitors and increase footfall including a welcome return to the Balloon Festival in 2022.

Most exciting of all is that we are to host the Eisteddfod Yr Urdd, coming to Llandoverly for the first time ever in 2023, when an estimated 90,000 are expected to visit during the week! I really do hope that the town will be ready and prepares well to take advantage of this unique,

READERS' SALES & WANTS

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

FOR SALE

- **PONDEXPERT MODEL PXEF12000 PUMP AND FILTER SET.** AC 220-240V, £70. Ring 07967 120307.
- **Childs rocking horse**, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Renault Picasso** 2 litre HDi 2001 breaking for spares, failed MOT, most parts available. Tel: 07444 539748 after 6.00pm and leave a message.
- **Also Saxophone**, Rosehill instruments No 133652, with strap, case and reeds, no longer required, £220 ono. Tel: 07444 539748 after 6.00pm and leave a message.
- **Knitmaster knitting machine** plus auto linker & wool winder, £150. Tel: 07444 539748 after 6.00pm and leave a message.
- **Indesit A+ Upright Freezer**, height 5', good clean working order, two fast freezer compartments and four drawers, £40, buyer collects. Tel: 01550 777432.
- **A large number of 1000 piece jigsaw puzzles**, £2.50 ono each depending on how many you are looking for. Can be seen undercover outside. Tel: 01550 760359.
- **TV table** 3 shelf corner, black glass and chrome, VGC, £20. Tel: 07540 565693.
- **Electric submersible pump for garden pond.** Hose is 24ft/7.5m. Good condition. Tel: 01550 777591.
- **VAX combi steam fresh floor cleaner**, £10. Tel: 01558 822125.
- **Pews for sale** from old chapel, priced at only £10 per foot. Sizes range from 4ft up. Call nigel on 07999 323864, delivery can be arranged.
- **x4 boxes of crockery**, £20 ono. Tel: 07872 509031 or 07770 777992.

once in a generation opportunity to showcase what we have to offer so that those coming to Llandovery are made welcome and thoroughly enjoy themselves to entice them to return again and again.

There are already encouraging signs that the 'staycation' holiday pattern is having a positive impact locally as more people visit our popular local tourist attractions including Llyn Brianne, Twm Sion Cati's Cave and Llynyfan. With Llandovery being promoted publicized as a 'Cycling Friendly destination' and with many superb walking routes including the new 'Heart of Wales' walking trail, this has resulted in a huge increase in the numbers of cyclists and walkers coming to the area.

Therefore signs are positive as we look forward to the coming year and hopefully we can all continue to help to ensure Llandovery has a bright and sustainable future. I am confident through working together and helping one another we will be able to 'bounce back' post Covid, thrive and flourish.

Er Gwaethaf Pawb a Phopeth Ni Yma o Hyd!
Handel Davies

- **x2 single beds**, like new, with drawers, £70 ono for both. Tel: 07872 509031 or 07770 777992.
- **Four Mediterranean tortoises for sale.** T.g.ibera. All healthy and about six inches in length. 6-10 years old, £120 each o.n.o. Contact: 07757 995055.
- **Table with glass inlay** and four chairs, £50 ono. Tel: 07872 509031 or 07770 777992.
- **Universal Campervan furniture unit**, 76" x 17" inches approx, has two doors, one draw requires a little work to complete, £100. Phone 07563 473213.
- **Camper Van used stainless steel sink** with double hob and grille 41.5" x 16" inches, £30. Phone 07563 473213.
- **New Fiamma opening roof vent**, white, 45.5cm x 45.5cm, £45. Phone 07563 473213.
- **Ratchet loading belt**, £7. Tel: 07761 107055.
- **Pulsating, rotating garden sprinkler**, £18. Tel: 07761 107055.
- **Greenhouse watering kit**, £5. Tel: 07761 107055.
- **Ball hitch plus jaw hitch combined**, £15. Tel: 07761 107055.
- **Bench pipe vice**, £12. Tel: 07761 107055.
- **Shepherds crook** (by Richey), £14. Tel: 07761 107055.
- **Manuals for tractors.** Ford 2000, Ferguson T20, £8 each. Tel: 07761 107055.
- **x2 Tool boxes**, £10 ono each. Tel: 07872 509031 or 07770 777992.
- **Manual for Ford Escort mark 1**, £6. Tel: 07761 107055.
- **25 wooden bits and brace**, £20. Tel: 07761 107055.
- **Excavator bucket teeth** ESCO 40. 4 chisel type, £20 each bargain and 4 pointed rock type. Tel: 07761 107055.
- **Bedside table lamps**, £4 each. Tel: 07761 107055.
- **Bath shower screen**, new and unused height 1400mm x 840mm wide.(still in box), £45 ONO. Tel: 07761 107055.
- **Fire extinguisher**, 7kg, £5. Tel: 07761 107055.
- **Large TP slide for sale.** Good condition, £28. Tel: 01550 777149.
- **Comfortable 3 seater sofa and one armchair** (with wings). Unable to deliver. Free to good home. Please ring 01269 850357 or 07582 560532.
- **Wheelchair/Commode**, never used, £60 no offers. Tel: 07840 448035 (Crugybar).
- **Shower chair** with white handles, hardly used, £60 no offers. Tel: 07840 448035 (Crugybar).
- **Floor trowels**, £16. Tel: 07872 509031 or 07770 777992.
- **Second hand books.** Do come and visit our newly sited Book Room within Newton House at Dinefwr Park. You will find some wonderful treasures for both adults and children. We are always very grateful to receive any unwanted books to sell (no magazines please). All donations go towards work within the Park. You are welcome to deliver at any time the House is open. Any queries: call Holly Dwyer 01558 825917.
- **Double bed**, with headboard, no mattress, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Canon Pixma MP250 Printer/Scanner**, (contains part used ink cartridges), complete with original documentation and software disc. Tel 01550 777006.
- **Small childs bike**, £10 ono. Tel: 07872 509031 or 07770 777992.
- **Cabinet**, £50 ono. Tel: 07872 509031 or 07770 777992.
- **Red wardrobe**, £40 ono. Tel: 07872 509031 or 07770 777992.
- **FREE – 12 sq metres of reclaimed, beech wood block flooring.** Spares left over from renovation project. Not compulsory but would request small donation to charity. To collect from just outside Llandovery. Tel: 01550 720542.



CALON HEART
SCREENING AND DEFIBRILLATORS
THE HEART CHARITY FOR WALES
1193404

SAVE A HEART WITH A SIGNATURE HELP CALON HEARTS CHARITY GET FREE HEART SCREENING FOR ALL 11-35 YEAR OLDS WHO REPRESENT THEIR SCHOOL OR COUNTY IN SPORT

Please can you help us get 10,000 signatures by signing and sharing the petition with friends and family <https://petitions.senedd.wales/petitions/244862>

12 people under the age of 35 die suddenly every week in the UK from an undiagnosed heart condition that could have been detected with a heart screening. Since making heart screenings compulsory in Italy for all sports players, sudden cardiac death has decreased by 89%. It is crucial we help prevent cardiac arrest as there's only a 1 in 10 survival rate outside of hospital.

Ben McDonald, 25, sadly suffered a fatal cardiac arrest at the Cardiff Half Marathon. Ben's mum, Ruth McDonald, wants people in Wales to have access to free heart screenings to help prevent sudden cardiac death.

Owen Morris, 13, died suddenly during rugby training in Cardiff from an undiagnosed heart condition that may have been picked up in a screening. 1/300 heart screenings pick up a potentially life threatening issue which can then be managed or treated

Calon Heart Screening charity have been screening hearts since 2015. Following Christian Eriksen's cardiac arrest on the football pitch the other day, it has highlighted the issue that cardiac arrest can happen to anyone at any age and fitness level, without prior symptoms. Heart screening can reduce the risk of cardiac arrest by detecting structural issues that can then be managed or treated. We currently have to charge for heart screenings, however we want funding from the Welsh government to provide these for free.

Chris Morse, 33, was immediately sent to hospital after a heart screening "It will take a matter of minutes and could undoubtedly save your life, as I am sure it did for me."

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Church Services

E-English W-Welsh B-Bilingual

Llandinog, Llandovery

Private prayer 12.30pm to 1.30pm
Wednesdays 7th, 14th, 21st, 28th July

Weekly services all at 9.30am Morning
Prayer on the 1st and 3rd Sundays.
Eucharist on the 2nd and 4th Sundays.

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

St Michaels, Myddfai

11 Jul 11.30am
25 Jul 11.30am

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

Please note these dates may well be subject to additional services if we are allowed further reduction in the covid restrictions.

St David's Catholic Church, Llandeilo

Sunday Mass 11.00a.m.
During the present Covid Virus crisis booking is essential for Sunday Mass

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

Our Lady's Catholic Church, Llandovery

College View SA20 OBD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.
Booking not essential

Wednesday 10.00 a.m.

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

LLANDEUSANT PARISH CHURCH

11 Jul 11.00am Holy Eucharist with
Revd. Jeff Thomas

CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDDY AND RHANDIRMWYD)

Revd Ann McKnight 01550 721109

TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942
(Abergortlech and Llanawel)
patmanlew@gmail.com
patmanlew@btconnect.com

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

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

LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)

Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

LLANSADWRN CHURCH NEWS

Our much respected Vicar, Viv Sayer, has been greatly missed since Christmas, but thankfully she has seen a slow but steady improvement in her condition. We are all hoping that this progress will continue and that she will be well enough to return and pick up the reins once again. In the meantime both Llanwrda and Llansadwrn churches have now opened again for services, even though for the moment there is still uncertainty as to their frequency – hopefully twice a month will soon be possible. In the interim both churches are extremely grateful to the Rev Vanessa Hope-Bell for officiating at local funerals, burials and baptisms, as and when needed.

A collection in the church porch for the Llandovery Food Bank has resulted in 14 boxfulls being donated so far, so a big thank you to all those who have been contributing – sadly the need for collecting is still there.

The Vestry Venture re-started on 8th June: a cup of tea/coffee with a piece of cake can be enjoyed in the sunshine while catching up informally with anyone who drops by (2.30pm onwards): all are welcome. However if the weather is poor, and a restriction on numbers meeting indoors remains in place, please ring or text 07522 960816, before turning up

Anyone who has visited Llansadwrn churchyard this year will be aware that it is now being cut every 2 weeks or so, and thanks to M and J Maintenance, it looks really well cared for. Some patches are being left to allow wild flowers and different grasses to grow, as we try to develop this living symbol of God's Acre as a welcoming and peaceful place to visit.

We are always very grateful for the support the community gives each year to our appeal for funds, and we are especially grateful to the few who loyally give – even without being prompted! However, maintaining the churchyard is costly, and if its present standard is to continue, more help really is needed: the churchyard is totally dependent on donations and legacies for its upkeep. Covid 19 has had a major impact on everyone, and that can include considerable financial hardship – but if you are able to support us, it would be much appreciated, especially if the churchyard holds a special place for you and your family.

Donations can be sent to the Treasurer at Ffynnon Garreg, Llansadwrn SA19 8HG; alternatively if you prefer to pay direct or on-line, please e-mail ffynnongarreg@btinternet.com for further details. Diolch yn fawr iawn.

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. *08/21(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 *06/21(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 *02/22(12)*

MARK WAGHORN DESIGN – Award winning RIBA architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales *04/22(12)*

BEAUTY SALON

NORA ELAINE WALL IHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure, make-up, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tues, Weds, Thurs and Friday 9am to 6pm. *05/22(12)*

BOOKS

BOOKS AT THE DRAGON'S GARDEN, we sell new books and specialise in nature writing, current affairs, art, food, travel, permaculture, gardening, fresh off the press new fiction, and a selection of classics, in both English and Welsh. We have an inspiring children's section, and a fabulous collection of cards, wrapping paper and Fair Trade gifts. We sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds & veggies. We're an appointment only bookshop, you get the shop to yourself for a minimum of an hour! We're open 11.00am – 5.00pm on Monday, Thursday, Friday & Saturday & 2.00 – 5.00pm on Wednesday & Sunday. To make an appointment ring us on 01550 777915, email: enquiries@dragons-garden.com or visit our website www.dragons-garden.com we also sell online. *09/21(12)*

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. *02/22(12)*

CARPENTRY

MADE TO MEASURE – Built-in wardrobes, utility room cupboards, shelving and storage remedies, new kitchen cupboard doors. Kitchen knife sharpening service. For a free quote contact Simon Hickman (Llansadwrn) 07711 102999, Email: teganwoodwork@icloud.com *03/22(12)*

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. *10/21(12)*

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. *11/21(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 *03/22(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. 07/21(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. 11/21(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. References available. All areas covered. Contact 07872 509031 / 07770 777992. 07/22(12)

HOME HELP, Reliable, Discrete and Friendly Service. House cleaning, old and new clients welcome. Llandeilo area 01558 824798. 11/21(6)

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 21 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 05/22(12)

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COUNSELLING

WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 12/21(12)

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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. 11/21(12)

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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. 12/21(6)

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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. 02/22(12)

FINANCIAL ADVICE

PLAN YOUR FINANCIAL FUTURE. Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. For additional information visit https://www.linkedin.com/in/malcolmsimpson/ 07/21(6)

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 07/21(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 *05/22(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 *07/21(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 *02/22(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 *08/21(6)*

TALLEY GARDENING: Lawn and hedge cutting, Strimming, Garden maintenance. Also available for holiday let changeover cleans. Tel: Geoff 01558 685959 – 07936 750290. *08/21(6)*

HEALTH AND WELLBEING

LLANDEILO ORGANIC HEALTH AND WELLNESS. Do you prefer to shop local Welsh products? Are you looking for way to support your immune system and digestion? Would you like help to detox, lower inflammation and reach your ideal weight at home? Do you believe you deserve the purest, cleanest and most natural ingredients available? Magical Mushrooms.World is based in Llandeilo, we believe good health is found in nature and balance is key. All our formulas are organic and vegan or vegetarian, perfectly synergised to help you achieve balance in body and mind. We care passionately about your safety and for that reason we have brought our products on line, so you can browse and purchase from the comfort of your own home. We love to see you online and chat, don't hesitate to ask any questions you like. Take care and hope to see you soon on: MagicalMushrooms.World *07/21(6)*

HEATING OR RENEWABLE HEATING

BIRDS' HILL RURAL RENEWABLES, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales *03/21(12)*

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HOUSE CLEARANCES. Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. All areas covered. Tel: 07872 509031 / 07770 777992. *10/21(6)*

HYPNOTHERAPY

HYPNOTHERAPY AT HOME. Feeling low? These troubled times have impacted many people's peace of mind and sense of well-being, leaving a deep furrow of stress and anxiety. Hypnotherapy is a natural technique that sets you back on the road to wellbeing and happiness, to help you discover again your enjoyment of life and rekindle the spark of positivity and hope. I am Duncan Lochhead, a registered clinical hypnotherapist in Llandeilo, offering hypnotherapy via online video-conferencing in the comfort of your own home. You can contact me on 07782 482511 for an initial consultation with no charge, or visit my website to find out more www.hypno-at-home.co.uk *06/21(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. 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. *05/22(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 *05/22(12)*

LIPREADING CLASSES

IF YOU HAVE HEARING LOSS AND WANT TO WORK ON YOUR COMMUNICATION SKILLS THESE CLASSES COULD BE FOR YOU. Would you like to join a group of up to 10 people with the aim of helping you learn or improve your lipreading skills and communication tactics. The two-hour classes will run weekly. They start in Llandoverly at the beginning of September. Free taster sessions can be arranged prior to this, either online or face to face. Classes online are available one to one or in a group. For more information, please ring or text Anne on 07939 567846 or email : aolipreading@btinternet.com *11/21(6)*

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MASSAGE AND MOVEMENT

FEELING TIRED, WORN OUT, RUN DOWN? STIFF, ACHING MUSCLES? HEADACHES? Massage can help with all of this, boosting your immune system, relaxing your muscles, improving mobility and increasing serotonin, which improves your mood. Fully qualified and insured, I will provide a massage that is 100% tailored to your needs, combining my knowledge of the body with your lived experience. In addition, my expertise as a yoga teacher and somatic movement coach allows me to offer movements and techniques you can practice between massage sessions to help yourself, if you so wish. You can find me in Iechyd Da, Llandovery, on Tuesdays and Thursdays, or call me on 07534 974 413. My name is Sian Wintle. 06/22(12)

MONUMENTAL MASON

BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS made to order by local artist-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. 08/21(2)

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 09/21(2)

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 03/22(12)

PEST CONTROL

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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. 06/22(12)

DOUGLAS WAUGH. Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 04/22(12)

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 12/21(12)

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit www.allaspectspropertieservices.co.uk 07/22(12)

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. 11/21(12)

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WILL WRITING SERVICES

MB WILLWRITING. Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at info@mbwills.co.uk 01269 542742 www.mbwills.co.uk 09/21(12)

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WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER

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Tel: 07761 097389 Email: Dazzlerswindow@gmail.com
Facebook: dazzlers the window cleaners *02/22(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. *07/21(12)*

YOGA CLASSES: Cefneithin hall 6.00 – 7.15, Llangathen Hall wed 9.15 am, Fri 9.15 – 10.30am, Fri 18.00 – 19.15pm. All classes are being recorded on zoom if you can't make it in person for different reasons. Head to the website www.goldengroveretreat.co.uk if you would like to book on. These classes are a combination of vinyasa flow and yin yoga. *06/21(6)*

YOGA CLASSES, LLANDOVERY AND LLANGADOG. Morning sessions of yoga practised with mindfulness, gentle, energising and restorative. Yoga promotes strength, balance and flexibility in both body and mind. It improves immune function and increases feelings of wellbeing. Breath awareness practices encourage healthy respiration and renewed vigour. Suitable for all levels of experience. Excellent beginners class. All welcome. Especially in Llandovery places are limited due to Covid measures so please phone if you are new to the class. Tuesdays: LLANDOVERY Catholic Hall. 10.30a.m – 12.00p.m. Thursdays: LLANGADOG Community Center. 10.30a.m – 12.00p.m. Stephanie/Nirbhaya 01558 650534. *06/22(12)*

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- = Magazine Drop Points
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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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Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

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Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

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

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

Bridge Taxis, L'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.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

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

	281	280	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10			<p><i>All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur. You are advised to check details. Please notify The Post of any inaccuracies or changes.</i></p>
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18			
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04				
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—				
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12				
Cwmifor	—	—	11.21	—	14.36	—	—				
Llandeilo, New Road	7.37	9.29	—	12.59	—	17.02	18.24	19.31			
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02			
Carmarthen	281	280	281	280	281	280	281	280			
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50			
Cwmifor	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29			
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—			
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—			
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42			
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55			
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05			

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

PWLL NOFIO LLANYMDDYFRI

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

LLANDOVERY SWIMMING POOL

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

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

		Mon to Fri	Sat.	Sun.
Swansea	D	—	14.35	18.30
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
Ffairfach	D	07.00x	10.26x	15.28x
Llandeilo	A	07.05	10.30	15.33
Llangadog	D	07.18	10.41	15.44
Llanwrda	D	07.21	10.45	15.47
Llandovery	A	07.29	10.52	15.55
Cynghordy	D	07.38x	11.01x	16.04x
Llanwrtyd	A	07.54	11.18	16.20
Llandrindod	A	08.43	11.51	16.57
Shrewsbury	A	10.14	13.37	18.29
Swansea	D	—	—	14.35
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
Ffairfach	D	07.00x	10.26x	15.28x
Llandeilo	A	07.05	10.30	15.33
Llangadog	D	07.18	10.41	15.44
Llanwrda	D	07.21	10.45	15.47
Llandovery	A	07.29	10.52	15.55
Cynghordy	D	07.38x	11.01x	16.04x
Llanwrtyd	A	07.54	11.18	16.20
Llandrindod	A	08.43	11.51	16.57
Shrewsbury	A	10.14	13.37	18.29
Swansea	D	—	—	14.35
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
Ffairfach	D	07.00x	10.26x	15.28x
Llandeilo	A	07.05	10.30	15.33
Llangadog	D	07.18	10.41	15.44
Llanwrda	D	07.21	10.45	15.47
Llandovery	A	07.29	10.52	15.55
Cynghordy	D	07.38x	11.01x	16.04x
Llanwrtyd	A	07.54	11.18	16.20
Llandrindod	A	08.43	11.51	16.57
Shrewsbury	A	10.14	13.37	18.29
Swansea	D	—	—	14.35
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
Ffairfach	D	07.00x	10.26x	15.28x
Llandeilo	A	07.05	10.30	15.33
Llangadog	D	07.18	10.41	15.44
Llanwrda	D	07.21	10.45	15.47
Llandovery	A	07.29	10.52	15.55
Cynghordy	D	07.38x	11.01x	16.04x
Llanwrtyd	A	07.54	11.18	16.20
Llandrindod	A	08.43	11.51	16.57
Shrewsbury	A	10.14	13.37	18.29
Swansea	D	—	—	14.35
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
Ffairfach	D	07.00x	10.26x	15.28x
Llandeilo	A	07.05	10.30	15.33
Llangadog	D	07.18	10.41	15.44
Llanwrda	D	07.21	10.45	15.47
Llandovery	A	07.29	10.52	15.55
Cynghordy	D	07.38x	11.01x	16.04x
Llanwrtyd	A	07.54	11.18	16.20
Llandrindod	A	08.43	11.51	16.57
Shrewsbury	A	10.14	13.37	18.29
Swansea	D	—	—	14.35
Gowerton	D	—	—	18.41
Llanelli	D	06.25	09.51	14.53
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