

# The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION  
FREE  
CHARGE

## Your Local Community Magazine

Also ONLINE at  
[www.postdatum.co.uk](http://www.postdatum.co.uk)

Number 291

June 2020

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

**Tel: 01550 721225**



# GLOW WORM PROJECT IN CARMARTHENSHIRE

© Dom Greaves

Page 3

**FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES**

# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
16th June 2020**

**Next issue distributed:  
1st July 2020**

## *The Post* Future Copy Dates

August ..... 16th July  
September ..... 17th August  
October ..... 16th September

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

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

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

**The Post** is published by  
PostDATUM, 24 Stone Street,  
Llandovery, Carmar. SA20 OJP.

Tel: 01550 721225,

**info@postdatum.co.uk**

PostDatum Opening Hours:  
9.30am – 5.30pm (Mon, Tues, Thurs & Fri).  
9.30am – 4.00pm (Wed).  
We do not close for lunch.

# GREGORY JONES

## HOME CHOOSE CARPETS

*Llandeilo*  
**Tel: 07766 517569**

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

06/20(3)

## DOGGY DIVAS

**PROFESSIONAL  
DOG GROOMING SERVICE**  
LLANWRDA, Y WERN SA19 8HY


**FULL DOG  
GROOMING  
SERVICE**



Nails  
clipped,  
ears  
cleaned,  
bathing &  
anal glands  
expressed.

*Ring Sonia for  
prices and availability.*

**Tel. 07783 014487  
01550 777051**

 **Doggy Divas in Llandeilo**



07/20(6)

# GLOW WORM PROJECT IN CARMARTHENSHIRE



© John Horne

The Carmarthenshire Meadows Group (CMG) was formed in 2015. Its aims are to conserve, enhance and create species-rich grassland in the county, and to help landowners, both large and small scale, to manage their plot in a way that will benefit wildlife.

CMG has initiated a project this year to get people in the county looking out for glow worms and then to send



© Guy Freeman

in a simple record by email. Although they were once more widespread in the county, there are few current records of glow worms. CMG wants to find out more about their current status, the habitats where glow worms still live and whether a reintroduction project is feasible. Glow worms glow in June and July – so please look out for them. For a good introduction to glow worms, read the “about glow worms” section on this website: [www.glowworms.org.uk](http://www.glowworms.org.uk).

CMG is working with partners: National Botanic Gardens of Wales; Initiative for Nature Conservation Cymru; and West Wales Biodiversity Information Centre to pull in technical knowledge and ensure long term records are retained. Further information will be posted on the group’s website:

[www.carmarthenshiremeadowsgroup.com](http://www.carmarthenshiremeadowsgroup.com)  
and on its Facebook page.

Current records are wanted but historical records are also useful. If you have a record, please email: [glowworms@carmarthenshiremeadowsgroup.com](mailto:glowworms@carmarthenshiremeadowsgroup.com) with location (grid reference, if possible, but not essential), habitat and date (if you can add in more about numbers seen, that’s great) and give contact details (eg mobile number). Please spread the word, as the group would like this to be both an opportunity to find out how this quiet species is doing and also a chance for people in the county to get involved in helping a fascinating creature. With thanks to Buglife for the use of the photographs.




## Septic Tanks & Cesspools emptied

### FRIENDLY FAMILY BUSINESS

*Registered Waste Carriers*

**Tel: 01550 720309**

**Mobile: 07831 461414**

0211(2)



**New Llangadog, Llandello & Llandovery Mens Shed**

Looking for interest? Do you have any ideas & would you like to help in setting this up? Gardening, Making, Refurbs 3D Printing, Tea & Coffee & more with good company of course. Lets move forward together after this terrible Corona virus. Thank you.

*Please Take That First Step Ring Mike On 07585 226555 For A Chat*

**Email - [welshlegend@icloud.com](mailto:welshlegend@icloud.com)**

08/20(3)

# A TINY SPARK OF HOPE AND PROGRESS ?

To all of you who have been saving used postage stamps will be very interested to note that MEDICAL DETECTION DOGS and the 'LONDON SCHOOL OF HYGIENE AND TROPICAL MEDICINE are investigating the possibility of training dogs to sniff for the covid 19 virus. If the investigations are proved, and successful, imagine the possibilities !!!!

PLEASE remember to leave at least a fingers width around the stamp. Less than that, it's useless.

<https://www.bbc.com/news/uk-52686660>

## LLANEGWAD RAINFALL



Rain fell on 8 days this month most of which fell in the last week. The wettest day was the 30th with 18mm.

April: Total 44.5mm – 1.3/4”

D. R. DUKE

# ATTENTION ARTISTS/ CRAFTERS

An opportunity has arisen to rent a small premises for artists/crafters/wellbeing practitioners to sell their items in a community-led group (approx. 10 people) for £4.50 per week plus heating and 1/2 day a week volunteering. Tel Sandra. 01550 721197.

Roofing • Fascias  
Guttering  
Extensions  
Painting/decorating  
Plastering • Tiling  
Carpentry  
Kitchens/bathrooms  
Flooring • Driveways  
Patios  
Landscaping  
Groundworks



For all of your property maintenance requirements

01558 824482

07545 963517

FIND US ON FACEBOOK

0924(12)

[enquiries@propertymaintenance247.co.uk](mailto:enquiries@propertymaintenance247.co.uk)

## Daniel Brunton DOMESTIC MAINTENANCE

GARDEN CLEARING AND MAINTENANCE  
General painting and fixing

Contact Dan:

07588 169401

[daniel.dgbrunton@gmail.com](mailto:daniel.dgbrunton@gmail.com)

References available

Before

After

## PLUMBING SERVICES



KITCHENS - BATHROOMS  
FLOOR / WALL TILING

For All Your  
Plumbing & Maintenance Needs

From a little drip...  
to a complete bathroom

[phplumbingservices@hotmail.co.uk](mailto:phplumbingservices@hotmail.co.uk)

Call Phil on 07766 883713

0321(12)

# IC & SM DAVIES & SONS

Independent Family  
Funeral Directors

### LLANDOVERY

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

### LLANDEILO

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

[www.daviesfuneraldirectors.co.uk](http://www.daviesfuneraldirectors.co.uk)



Golden Charter  
Funeral Plans



11/20(6)

# LLANDOVERY CROQUET CLUB



Club members are looking forward to resuming playing croquet after a delayed start to the season. Media reports on lockdown easing have focused on sports like golf, tennis and basketball, with the glaring omission of croquet which is the perfect 'social distancing' sport. A croquet court is twice the size of a tennis court, so playing against a member of your household, or one other person from outside your household, is no problem at all. Members who wish to play are reminded that they should contact the secretary to book a lawn before travelling to the club. The club house will be closed apart from the toilet facilities. So members should bring their own refreshments and hand sanitizer.

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.

If you would like more up to date information about the situation at the croquet club, please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk



## COSY TOES

### FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

**Builth Wells Clinic – Monday**  
**Llandovery Clinic – Thursday**  
*also Home Visits*





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

**Mobile: 07718 150571 or**  
**Evenings: 01591 620355**




# LOCKSMITHS

*Locks opened-repaired-supplied-fitted*

## UPVC WINDOW & DOOR REPAIRS & SERVICE

*Hinges-locks-handles-misted glass  
adjustments-re-alignment*

# CD Locksmiths

*We Cover · Powys-Carmarthenshire-Ceredigion*

**07890 719788**  
**01550 720856**  
[www.cdlocksmiths.co.uk](http://www.cdlocksmiths.co.uk)

## RICHARD EVANS

# Electrical Contractor

**Domestic, Agricultural,  
Fire Alarm, 24 Hour Call Out,  
Security & Heating Installation,  
PAT Testing Available.**



National Inspection Council for  
Electrical Installation Contracting



APPROVED CONTRACTOR

For free competitive Quotations &  
Quality Workmanship please contact

**Tel: 01550 721623 / 720485**  
**Mob: 07813 931817**  
Cefnllan Farm, Llandovery, Carmar

# LLANDOVERY ROTARY CLUB



Another month in lockdown and another month with no meetings. Not one.

If only you could see me now!

I am sitting in my kitchen with my head in my hands staring at another blank white screen wondering what on earth I can write about. It has been yet another month of nothing at all to report ..... NOTHING!

But, ah ha ha haaaaaahaaaaaaa.

On Tuesday 5th May 2020 history was made. Ohhhhhhh yes it was! Ten members of the Rotary Club met whilst sitting in the comfort of their own homes. Ohhhhhh yes they did! Whilst the word Zoom was known to a few, the word meant absolutely nothing or zilch to others. But, with the modern wonders of the internet, wi-fi, a smartphone, pad, or laptop, ten members of the Rotary Council met in full view of each other in a Zoom meeting. Some were surprised that we could see them sipping their tea or glass of wine, others weren't surprised at all and happily continued swigging and glugging something a lot stronger! Two of us just had water! All 10 successfully showed themselves and contributed to a momentous moment in our history. It went down so well we had another one the week after. A full meeting of our 20 members will be attempted very soon even though some have great reservations as it has all the ingredients of turning into something very messy indeed! Panic not. I shall keep you fully informed.

This is the month we would be really ramping it up with the Llandovery Young Farmers and organising this years DroverFest. Sadly of course it has been cancelled this year. Barry and Anthony are devastated but fear not, DroverFest will be back next year so stick this in your diaries and save it! DroverFest next year will be on Saturday 12th June. And HEAR THIS. In 2022 DroverFest will be on Saturday 4th June which will coincide incidentally with the last day of the Urdd National Eisteddfod which will also be on in Llandovery.



*History was made when we conducted our first ever on-line Council meeting on Zoom. Edward was also present. We are laughing because Barry is eating his supper and Dan appears to have spilt his beer, errrrrr sorry water!*

Hallelujah! You don't want to miss that. The Calgary Stampede will have nothing on this!

Carol Strevens relentlessly continues her expert sewing making face masks for key workers and has now manufactured over 120 masks herself. We applaud your very considerable efforts Carol. Carol provided some for Ellie in Cynghordy who showed her appreciation with a generous donation to the Rotary Club. Well done Carol and many thanks Ellie.

Members of Rotary are always encouraged to involve themselves in as many worthy local activities as possible. Some of you may be surprised that we have interests and involvements outside of Rotary. Some members actually have jobs to go to! Yes really. Some have part time jobs. Others have full time jobs or businesses of their own to run that can entail up to 50 or 60 hours a week or more. Others are retired and enjoy the fruits of their earlier endeavours. But, EVERY ONE of us will help others wherever we can. We volunteer to join groups or organisations in the town or surrounding area to help wherever it is needed. Some put 40 or many more hours a week into volunteer work and enjoy doing so.

One of us who does more than his fair share is shown below and here is a list of the organisations he helps out in. There will be another Rotarian's volunteering work shown next month.

Firstly, who do you think this could possibly be?

He is:- in, on or a

- Advisory Panel of Llandovery YFC
- Chair of Pwyllgor Apel Eisteddfod 2022 Sir Garadal Llanymddyfri
- Governor of Ysgol Bro Dinefwr
- Member of Cor Cyswllt Cilycwm and Committee Member
- Member of Cor Bois y Castell and Committee Member
- Member of Cor Cantorion Llandeilo
- Founder and Member of Parti Bois Bob Siap
- Member of Cor Plygain Llandeilo
- Parochial Church Council
- Eglwys Llanfair - member, accounts compiler and occasional grass cutter
- Neuadd Pwlycelyn Committee
- Aelod Pwyllgor Gwaith Eisteddfod yr Urdd Sir Gar 2022
- Aelod Pwyllgor Cyllid eisteddfod Sir Gar 2022
- Ffrind i Rhaglen Geraint Lloyd Radio Cymru

Who is he? Surely, you'll never guess!

Neil Cuthill and his wife Ann are our Rotary Club Prescriptions Delivery Service to those unable or unwell enough to collect them from our wonderful Pharmacy. A call from Alwyn, Hazel, Mags or anyone else and they are off like a shot. Neil reports that they have already delivered well over 100 prescriptions to local people. I am told people are most grateful for this service from A R & H Davies Ltd, the staff and Doctors at the fantastic Llandovery Surgery and Neil and Ann Cuthill. Monster round of applause all round.

Dai Dyer was invited onto the Welsh speaking station Radio Cymru to discuss how Llandovery is coping with the Corona virus and how it is affecting us the population. Mercifully Dai was able to say that to date and in relative terms the people of Llandovery have responded magnificently and long may it continue.

Clare Lewis-Jones who is a Manager at Admiral Insurance contacted Derek as he runs the Love Llandovery facebook page to ask if there was any organisation in her hometown that might benefit from a scheme that Admiral were running to help in the community. Derek contacted Dr Rees who came back saying that Llandovery Hospital is now not allowed visitors but if they had a few iPads or similar tablets (the internet kind) then the families of the patients could check up on them via Skype or FaceTime and talk to them and see them on the tablets. Derek went back to Clare who put the case to her employers. Incredibly and with great generosity TEN internet Tablets were delivered to Llandovery Hospital courtesy of Admiral Insurance. Well done Clare, Admiral Insurance, Derek, Dr Rees and Love Llandovery. Great teamwork. They are already in use and the patients are most grateful.

Derek reported this to fellow Rotary members and upon the success of this scheme the Rotary Club have donated and delivered 4 Internet Tablets to the patients of the Grange Nursing Home for their use. The younger more internet savvy staff there assist the patients to use their tablets and are going to add Apps and Educational exercises so that each patient can occupy their mind and improve their skills. The staff have thanked us for these tablets which are already proving to be a tremendous asset.

With the wonders of the internet during this lockdown I interviewed our President for a very rare and private, deep understanding of his inner thoughts. Here is that very interesting insight into this years Rotary President, Mickey Gough.



Rebecca Dyer, Nia-Mai Hopcroft and manager Nia Mason proudly show off the internet tablets we bought for the patients of the Grange Nursing Home.

Born? – Shrewsbury.

Educated? – Ludlow College, then Bristol Polytechnic.

Favourite holiday destination? – Llanfair Hill looks pretty good at the present.

Favourite meal? – Mayflower Chinese.

Favourite drink? – Guinness at Cheltenham races (tastes as good as in Dublin) lots of it!

Hobbies? – Rugby/Horse-racing.

Car money no object? – Aston Martin.

Best day ever? – 2 stand out and you were present for them both Derek – (1) Drivers beating Cardiff to win the Cup. (2) Teaser, my horse, winning at Ludlow last year.

Hero? – Professor Horwich, Royal Marsden Hospital, whose medical expertise and counselling saved my life.

Favourite Sportsman? – Martin Pipe, legendary racehorse trainer.

Ideal day out? – Going with my son Wil to Six Nations match at Cardiff or Gold Cup day at Cheltenham.

How could Llandovery improve? – Safeguarding the future of Llandovery Hospital. Also much increased and improved provision for the elderly in our town.

Thank you Mickey.

Personally, I am very much looking forward to interviewing next years President, Alan, for his inner thoughts!

The Llandovery Rotary Club facebook page is growing fast and for regular updates you can 'Follow' us there. Our recent post regarding our donation of 'Internet Tablets' to the Grange Nursing Home residents literally travelled around the World. The page was 'liked' by Rotarians and Rotary Clubs everywhere. To demonstrate the 'Power' of social media, the post was either 'shared'



The superb, brilliant, wonderful NHS staff at Llandovery Hospital display the ten tablets donated by Admiral Insurance facilitated by Clare Lewis-Jones.



or 'liked' by among others, Rotary District 1150 Area 1, Rotary Editor Great Britain & Ireland, Maggie Hughes, District Governor Russia at Rotary International, Hidden Carmarthenshire, Rotary District 1150 Southern Wales, Rotary Uruguay, and the Rotary Buenos Aires Argentina. Impressive eh.

Who was the mystery Rotarian? As if you wouldn't know, it was the one and only, Dai Dyer.

Of course ALL Rotary events have been cancelled but one cancelled event in particular has caused my inbox to fill up on a regular basis. All Rotarians have been asking, no, demanding to know the new date of this cancelled event. Questions like "I really DO need to know the new date" or "My diary is filling up. I MUST have the date" and "I have to know the date NOW, I want to book my holidays! One particularly irate member keeps messaging with "Tell me the bloody date or I'll .....". Well, what is the event causing much consternation among our members? No, it's not a top class speaker, although we do have many lined up, and it's not even a trip away or a visit to another Rotary Club. Nothing like that. The event is ..... The Wine Tasting evening! Does that tell you anything?

Well, with no meetings next month or any month as far as we can see, please get the Post magazine again in July and don't miss next months Rotary report when I will once again have nothing at all to write!

Stay Safe everyone.

Derek Jones.

**Doel & Rowlands Ltd**  
**BUILDERS**

- New Build • Barn Conversions
- Extensions & Renovations
- Loft Conversions • Roofing
- Excavation & Site Clearance
- Stonework • Plastering
- Alterations & Improvement Work
- Over 25 Years Experience

Wernelyn, Llangadog, Carm's

**Tel: 01550 777787**

Email: [stuart@doelandrowlands.co.uk](mailto:stuart@doelandrowlands.co.uk)

[www.doelandrowlands.com](http://www.doelandrowlands.com)

SOVEREIGN CONTRACTOR

09/20(12)

**Castle Lawns**  
**All Lawn Care Work**

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

Call us today for a free quote  
Prices start from £15.00 per treatment  
on a lawn up to 60m<sup>2</sup>

**Tel: 01550 779004**  
**Mob: 07817 795142**

[www.castlelawns.com](http://www.castlelawns.com)  
[derekstone4@hotmail.com](mailto:derekstone4@hotmail.com)

For More Information

07/20(13)

**CARTREF**  
MOBILE VETERINARY SERVICES

**NOW OPEN FOR NEW CLIENT REGISTRATIONS**

- No out of hours surcharge for registered clients
- Flexible appointment hours, including evenings, weekends and bank holidays
- Individualised treatments, including use of acupuncture as required

FOR MORE INFORMATION & TO RECEIVE A REGISTRATION FORM, PLEASE CONTACT BY PHONE ON **07948409138**, OR EMAIL [CARTREF.VET.SERVICES@GMAIL.COM](mailto:CARTREF.VET.SERVICES@GMAIL.COM)

09/20(12)

**DALE VAUGHAN**  
**Limited**

**Ashmere, Manordeilo, Llandeilo.**

*Natural stonework built, repaired, repointed.*  
STRUCTURAL REPAIRS TO BARN CONVERSIONS  
All general building work undertaken from foundations, wall to roof work  
EXCAVATION WORK

**Tel. 01558 823067**  
**Mobile 07974 006717**  
[www.Dale-Vaughan.co.uk](http://www.Dale-Vaughan.co.uk)

06/20(12)



# No painting or repairs for 25 years? It must be a ColourFence!



## Guaranteed not to warp, crack, shrink, rot or peel<sup>†</sup>

With the warmer weather arriving, there's always plenty to do in the garden. However, with ColourFence, one of the most tedious, time-consuming jobs disappears overnight. Not just for 2020 but for the next 25 years! That's because there's no need to paint or repair ColourFence. It's guaranteed not to warp, crack, shrink, rot or peel for the next 25 years. Making it one of the world's best maintenance-free fences. And, unlike other fences, ColourFence can withstand wind speeds of up to 130mph. There's a choice of colours to harmonise and enhance your garden's design. You'll find our prices surprisingly competitive too. **To see the full product range, call us today and find out why it makes sense to choose ColourFence.**



- Guaranteed<sup>†</sup> not to warp, crack, shrink, rot or peel
- Withstands wind gusts of up to 130mph
- No painting or repairs for 25 years
- Create your look with a choice of colours, designs and sizes
- No risk professional installation

<sup>†</sup>Hose down occasionally – terms & conditions apply.

11/20(12)

**CALL  
NOW!**

To see our full range of colours, designs and get a **FREE** 'no-obligation' quote – **CALL**

**01558 508 316**

**colourfence.co.uk**

**MADE IN  
BRITAIN**





# CENTAFRAME

PVCU SYSTEMS LTD

## Windows



Manufacture  
Supply  
& Installation

## Doors



## Conservatories



Do it the **RIGHT** way,  
do it the **CENTAFRAME** way

16 Rhosmaen Street  
Llandeilo  
Carmarthenshire  
SA19 6LU

Tel - 01558 823177

Fax - 01558 824051

[centaframepvcusystems@live.co.uk](mailto:centaframepvcusystems@live.co.uk)

**FENSA**

Registered Company

**REHAU**  
QUALITY

AUTHORISED  
PARTNER



**HomePro**  
Insurance

[www.centaframe.com](http://www.centaframe.com)



- **TIMBER**  
Large stock of regularised timber
- **SHEET MATERIAL**  
Plywood, OSB, Trailer Board, Flooring
- **CONCRETE PRODUCTS**  
Aggregates, Blocks, Cement, Slabs
- **PLUMBING**  
Copper & Plaston fittings, Alkathene
- **DRAINAGE**  
Land drain, Twin wall pipes, Rainwater, Soil & Underground systems
- **FENCING MATERIALS**  
Posts, Rails, Stock Netting, Barb Wire
- **ROOFING**  
Felt, battens, Slates
- **IRONMONGERY**  
Screws, Nails, Bolts, Hinges, Gate Fittings
- **INSULATION**  
Celotex, Polystyrene, Loft Insulation
- **LADDERS**  
Aluminium Ladders, Fibreglass Stepladders

Now stockists of  
**Brites wood Pellets**  
 suitable for burning  
 in pellet stoves  
 and boilers



Stockists of Group 1 Anthracite, Housecoal and a range of coal suitable for multi-fuel appliances



10/2016

**Convert Your Tired Old Conservatory Into An All Year Round Living Space**



**HIGHLY INSULATED TILE EFFECT ROOF**

*making your room warmer in the winter and cooler in the summer*

- uPVC Windows, Doors, Conservatories, Orangeries, Porches and Bay Windows
- Replacement Conservatory Roofs including Glass or Tile Effect
- Aluminium, Bi-fold Doors Etc.



**Tel: 01550 777077  
 or 01792 845203**

**www.distinction-windows.co.uk  
 enquiries@distinction-windows.co.uk**

03/21(12)

**Short & Long Term  
SECURE STORAGE  
Facilities Available  
at Competitive Rates**



**PLEASE CALL  
07967 158917  
for a free quotation**

**Trevor Davies & Sons**  
Dulais Stores, Llanwrda, Carm. SA19 8AL  
Email: [winston.davies@btinternet.com](mailto:winston.davies@btinternet.com)

08/20/12

**YOUR RENEWABLE  
HEATING SPECIALIST**

GROUND SOURCE & AIR SOURCE  
HEAT PUMP SYSTEMS

SOLAR THERMAL FLAT PLATE /  
EVACUATED TUBE SYSTEMS

WOOD GASIFICATION BOILERS

WOOD PELLET BIOMASS BOILERS

SOLID FUEL STOVES & BOILER STOVE SYSTEMS

UNDERFLOOR HEATING SYSTEMS RETRO / NEW FIT

*All work MCS Accredited for RHI Payments.  
Most systems can be integrated into  
your existing oil system.*

CONSULTATION, SYSTEM DESIGN,  
INSTALLATION & COMMISSION



**USING OIL?**  
Regd. Oil Installation & Servicing



**WEST WALES HEATING LTD**

Tel: 01550 779182 or 07989 970650

Email: [info@westwalesheating.co.uk](mailto:info@westwalesheating.co.uk)

04/20/12



**ChallengeAid**

*Schools of Hope*

Since lockdown, here in Llandoverly we have been hoping and praying that the Schools of Hope, staff and pupils, are staying safe and managing to continue with their studies. Enthusiasm for learning is stronger than ever even though messages received over the past few weeks show that life has become even tougher for those living in the slums of Kenya. Loss of employment (without any compensation), food shortages, the impossibilities of remaining at home in already cramped conditions and the indignity of having to pay for using toilets which have to be shared with several other households have compounded the situation. Updates and videos providing a rare insight into everyday life in the slums of Kenya can be found on ChallengeAid's Facebook, Twitter and Instagram accounts.

Residents have been receiving some help during the coronavirus outbreak; supervisors and committee members have been delivering food aid to families in the slums, including SoH pupils. Most of the food aid has been donated by the Visa Oshwal Community of Nairobi, a Jain community committed to the principle of SEVA (helping the needy) during this difficult time.

Meanwhile back in the UK, fund raising efforts continue in spite of the lockdown. In particular, we encourage as many as possible to cheer on Phil Walker who is doing 150 burpees every day in support of charities including ChallengeAid. His target is £26,000 and donations can be made going to [uk.virginmoneygiving.com/PhilWalker17](http://uk.virginmoneygiving.com/PhilWalker17). You can also check out his progress on the ChallengeAid Facebook page.

The Celtic Challenge Cycle Ride which should have taken place next month is now rescheduled for the third week of June 17th-19th next year, 2021. Details can be found on the ChallengeAid website.



**CASBER  
SCAFFOLDING**

All scaffolding work undertaken,  
call for your quote;

**Adam Kimber**

**Tel: 07825 505551**

[casberscaffolding@hotmail.com](mailto:casberscaffolding@hotmail.com)

08/20/13

# LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

**Tel: 01550 721026**

Email: [decorcentre@aol.com](mailto:decorcentre@aol.com)

*For all Your Decorating Needs*

Find us on  
Facebook &  
Google Maps



- Paint Mixing and Scanning. Any Colour Mixed with mold additive if needed
  - Tools, Ironmongery and Key Cutting
  - Camping and Car Accessories
  - Kitchenware
  - **CARPET, VINYL AND RUGS**
- Now stocking HG Cleaning Products

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

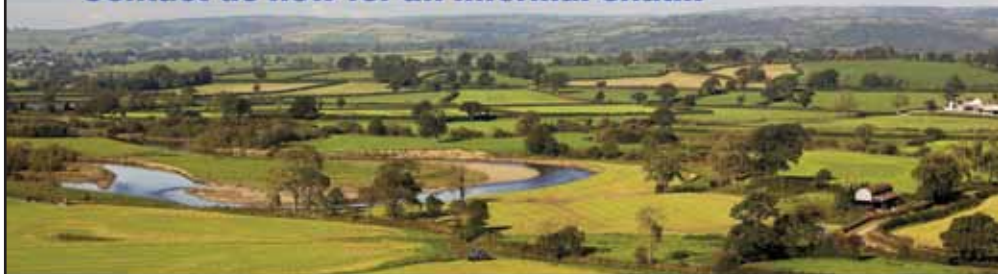
**PH** PROFILE HOMES

01550 777 790 | [contact@profilehomes.com](mailto:contact@profilehomes.com)  
[www.profilehomes.com](http://www.profilehomes.com)  
[www.landforsalewales.com](http://www.landforsalewales.com)

**TWENTY YEARS OF SELLING ALL TYPES OF PROPERTIES HOWEVER LARGE OR SMALL.  
PROPERTIES WITH ANY AMOUNT OF LAND ALWAYS REQUIRED.**

**Top Prices achieved.**

**Contact us now for an informal chat...**



Our Properties are  
Featured On

rightmove

Zoopla

PrimeLocation.com

onTheMarket

The Property Channel

# THE LAST GALLERY - UPDATE



Lots of great things going on inside and outside The Last Gallery, Llangadog during isolation.

## OUTSIDE

- Seed Swap/Plant Swap
- Bring your unwanted seeds and swap or you can take what you need for free or make a donation – donation go towards Llangadog Gardening Club.
- Book Swap – A wide variety of books for all ages and reading levels – take what you want.
- Cloth Bin – Collection point for your unwanted bedding or fabric to make uniform wash bags and face masks. Contact Karen Harris (message her on Facebook)

Be safe when visiting please.

Thank you to everyone who has donated so far. Every bit helps.



**RHYS THOMAS  
FORESTRY SERVICES**  
Tree Felling – Winching  
Ash Tree Removal – Seasoned Fire Wood  
Crugybar, Llanwrda  
07907 573676 : rhythomas15@hotmail.co.uk

**RHYS SPICE**  
AGRICULTURAL  
& FENCING CONTRACTOR

All types of Fencing, Hedgelaying & Groundworks  
*Salem, Llandeilo.*  
**Tel: 01558 824221 – 07810 642330**

**the  
FORGE**

- Welding and Fabricating on and off site.
- Repairs to agricultural plant, diggers, buckets etc.
- Cutting, bending, rolling, punching, profile cutting of light and heavy steel plate, angles, flats and channels etc.
- Inline boring.
- Hydraulic Pipe, fittings and oils.
- Fire escapes, ladders, railings etc.
- Low loader hire.

**Thomas Rees & Son Ltd**  
The Forge, Pumpsaint, Llanwrda  
Carmarthenshire SA19 8UW  
**Tel: 01558 650207**



### INSIDE THE LAST GALLERY

Mick Sheridan Upholstery is still working but from behind closed doors. Call Mick to enquire about reupholstery jobs, he also has a range of reupholstered chairs and stools in The Last Gallery, (safe visits by appointment). See advert in back of this issue.

Julie Ann Sheridan is still working from The Last Gallery Studio, painting but also making free YouTube tutorials for all who want to learn how to paint. Julie normally teaches in Carmarthen but with no sign of return before September has gone online. She also hosts Thursday morning ArtChats on Facebook Live and YouTube Live. Check out her tutorials at:

<https://youtu.be/hZdRhcSGWYk>

or her website for more details [www.julieannsheridan.co.uk](http://www.julieannsheridan.co.uk). Julie's website also showcases her paintings, some of which you can see at The Last Gallery (safe visits by appointment).

Everything will continue until lockdown finishes and maybe with some additions, so keep your eyes and ears open for updates on Facebook, stay safe and see you when it's all over.

The Last Gallery, Dyrfal Rd, Llangadog, SA199BR : contact [sheridanjulieann@gmail.com](mailto:sheridanjulieann@gmail.com) for more info.





**Ashmole & Co**

*Making a real difference to south west Wales businesses  
Helping business owners prosper for over 100 years*

---

**We combine high quality audit accounting & taxation services with business advise & corporate planning**

- \* Bilingual
- \* Registered Auditors
- \* Chartered & Certified Accountants

---

For a free initial consultation with your local Partner. Ceri Llywyd, please contact us:  
 Email: [llandoverry@ashmole.co.uk](mailto:llandoverry@ashmole.co.uk)  
 Telephone: 01550 720098  
 or pop in: 18 High Street, Llandoverry

**[www.ashmole.co.uk](http://www.ashmole.co.uk)**



**Roman Solutions** **CALOR**

**Calor Gas**  
**House Coal**  
**Anthracite**  
**Ovoids**  
**Welding Gas & Accessories**

**Firewood**  
**Kindling**  
**Eco Heat Logs**  
**Camping Gaz**

Church Bank Ind. Est., Llandoverry, SA20 0DT  
 01550 720533 [www.romansolutions.co.uk](http://www.romansolutions.co.uk)

# THE POST

# ADVERTISING

# you CAN afford

# Thomas Services Llandeilo

## New & Used Car & Van Sales & Repairs



### Independent Renault Specialists

First Garage in Carmarthenshire  
to be approved by Trading Standards



19 19	Renault Clio 0.9 TCE 90 BHP GT Line, Sat Nav, Graphite Alloys & Mirror Caps, Half Leather, Air Con, 5dr, Metallic Flame Red, 14000m.....	£10995
18 18	Renault Captur 1.5DCI 110 BHP, 6 Speed, Signature X, Black Leather, Sat Nav, Reversing Camera, Reversing Sensors, 17" Diamond Cut Alloys, Met Grey / Black, 18000m.....	£12500
17 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, Diamond Cut 17" Alloys, Sat Nav, Metallic Ocean Blue / Black Roof, 3500m.....	£11995
18 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, New Model, 17" Diamond Cut Alloys, Full Black Leather, Sat Nav, Air Con, Metallic Silver, 33500m, FSH.....	£11750
16 66	Renault Captur 1.5 DCI Signature, Auto, Black Leather, Sat Nav, Reversing Camera, Parking Sensors, Diamond cut Alloys, £20 R/Tax, Black / Cream, 22000m.....	£11995
14 14	Renault Captur 0.9 TCE Dynamique S, Sat Nav, Cream / Black, 45000m.....	£7500
14 14	Renault Grand Scenic 1.5 DCI, 7 Seater, 110 BHP, 6 Speed, Dynamique, Tom Tom, Sat Nav, Alloys, Air Con, £30 Road Tax, Metallic Blue, 43000m, FSH.....	£7995

### CONVERTIBLES SPECIALS

16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m.....	£13250
00 X	Porsche Boxter 2.7 Convertible, Grey Leather, Alloys, Metallic Blue, 75000m.....	£5500

### OTHER MAKES & MODELS ON OFFER

19 68	Suzuki Swift 1.2 Attitude Multijet, Body Kit, R/ Spoiler, D/Cut Wheels, Met Grey, 8250m.....	£10750
16 67	Kia Pro Ceed 1.0 120 BHP, 6 Speed, GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£11995
16 66	Kia Sportage 2.0 CRDI GT Line 4x4, Full Heated Leather, Sat Nav, Reversing Camera, 43000m.....	£14850
16 66	Mini Cooper 1.6 16V, Black Alloys, Black Bonnet Strips, Metallic Gold, 39500m.....	£9995
16 16	Peugeot 2008 1.6HDI 100 BHP Allure, Half Leather, Alloys, Metallic Red, 0 Tax, 25500m.....	£9750
16 16	Vauxhall Astra 1.6Cdti Design Estate New Model Parking Sensors 0 Tax Silver 42000m.....	£9500
14 14	Mazda 2 1.3 Sport Venture, Air Con, Alloys, 1 Lady Owner, Met Grey, Only 16000m.....	£7500
11 11	Mercedes C220 2.1 TD CDI, Blue, /Fsport, Auto, Black Leather, AMG Alloys, Black, 71000m.....	£9500
15 65	Fiat 500 1.2 (69 BHP) Cult, 5 Speed, Panoramic Roof, Full Leather, Parking Sensors, Air Con, Alloys in White, 13000m.....	£6995
15 65	Peugeot 108 1.0 LTR Active, Zero Road Tax, Met Purple, 5 Door, Only 6550m.....	£6750
13 63	Ford Kuga 2.0 TDCI (163) 4x4 Titanium, Reversing Camera, Half Leather, Black, 10200m.....	£7995
10 60	BMW 120D Coupe 2.0D M Sport, Full Black Heated Leather, 18" Alloys, 2dr, Black, 89500m.....	£5500
11 11	Citroen C1 1.0 68 BHP VTR + Alloys, Ideal 1st Car, White, 3dr, 97500m.....	£2500
09 59	Citroen C2 1.1 17V, E/Windows, C/Locking, 3dr, Black, Ideal 1st Car, Long Mot, 95000m.....	£1750

### COMMERCIALS

16 16	Mitsubishi L200 2.4 Di-D 178 Warrior, Leather, Sat Nav, Red, 35000m.....	£12995 + Vat
16 66	Vauxhall Vivaro 1.6 CDTI Sportive, Met Blue, Ply Lined, 41000m.....	£9750 + Vat
15 15	Renault Trafic 1.6 DCI 120 BHP, Sat Nav, Alloys, Met Blue, 55000m.....	£9995 No Vat
16 65	Renault Kangoo 1.5 DCI ML19, Side Door, White, 37500m.....	£5750 + VAT

**SPECIALISING IN RENAULT SERVICING & REPAIRS,  
TYRES, BATTERYS & EXHAUSTS.**

**Free Courtesy car Available on Request**

**LOW RATE FINANCE AVAILABLE.**

**SALES 01558 822859 – SERVICING 01558 822859**

**ALL VEHICLES ON OUR WEB SITE**

**WWW.THOMASSERVICES.CO.UK**



# **AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS**

Home Re-Wiring

Domestic Commercial & Industrial Testing

Portable Appliance Testing, CCTV

Shops, Pubs & Restaurants

Property Landlords & Letting Agents

Care Homes, Leisure Centres,

Libraries, Public Buildings

Fire Alarms & Emergency Lighting

Solar PV Panels

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

**Mob: 07774 142327**

**Tel: 01550 721198**

Email: [martin.rees@martinrees.co.uk](mailto:martin.rees@martinrees.co.uk)

Web: [www.martinrees.co.uk](http://www.martinrees.co.uk)





# LLANDOVERY RUGBY CLUB

Club website: <http://llandoveryrfc.co.uk>

Office email: [droversrfc@gmail.com](mailto:droversrfc@gmail.com)

Office Phone: 01550 721110

Croeso cynnes i chi gyd i erthygl misol Y Porthmyn! Welcome, once again, to the Club news. Just like you are, we at the Club are all having to get used to the new circumstances, and think about how best to plan for when we can meet and play again. If any of you can come up with an idea for changing the laws of the game so we can play while respecting social distancing rules let us know – you could be on to a winner!

Talking of winners, Huw S Thomas can never resist the opportunity to use a crisis to good effect! He compiled an entertaining quiz that defeated a lot of knowledgeable people. There were, he says, two ‘outstanding’ (his word!) entries. Former fly half Carwyn (Caws) Williams with an impressive score of 54 points out of 60 pipped ex-Maesteg and Llandovery centre John Davies by just one point. They were well clear of all the other 23 entrants into the quiz. The competition is closed now, but if you want to have a go for fun (no cheating! – the answers are on the Club website news page) let us know and we will send you a blank copy.

Many of our members are doing their bit to help out in the community – the Club is one of many involved in the Scarlets Region food parcels scheme, and some of us have been delivering in and around town. If you know of anyone who can’t get out easily and needs a bit of help let Gina or Kate Morgan know and they will help you sort it out.

In the meantime, we are doing what we can to make sure that the club is safely ‘mothballed’ for as long as we have to. Our aim is, of course, to be ready to open at least some part of the Club’s activities as soon as we can.

As ever, the clubhouse and grounds do not look after themselves and, if the lockdown restrictions ease up a little, we will be looking to see if we can have one of our usual summer ‘Volunteer days’ to get some essential work done, and at the same time keeping you all safe. No doubt you would all love to do some painting, mending, weeding and so on – and have a chance to chat (at a safe distance!) to other members, with hamburger and chips as your only reward. We’ll keep in touch on this!

Given that the English Premiership (round ball!) footballers are looking (at best) at playing the entire 2020-21 season behind closed doors, we can all imagine

that it will be some time before we are fully up and running with rugby as we have enjoyed it for the last 140 years or so. As we make sure we are in a fit state to carry on after this unplanned break it’s worth bearing in mind what, over the years, all our members – whether players, volunteers, officials or supporters – have built up. The most striking fact is that, with a population of only about 2,000 or so, all those years of effort have built up a club that competes against the largest towns and cities in the country. The second is more recent – a poll of Indigo Premiership supporters nominated four Drovers (Rhodri Jones - centre, Lee Rees – scrum half, with Joe Powell and Richard Brooks in the pack) for their ‘dream’ Premiership XV.

As summer approaches this will be the last Post article for a while – we will email members with any significant news or developments regarding next season (and if you are not a member, please look us up on Lovellandoverly).

Just a final reminder that you can still enjoy some of the Club’s hospitality because Chris is doing take-aways from the Club (on Friday and Saturday evenings and also on Sunday lunchtime) for you to enjoy safely back in your own home. To book an order please contact him via Facebook, or on 07734 361686. When you arrive to collect your order please be sure to respect the social distancing and hand-washing rules – and please also either have the right change ready or pay him by bank transfer (details will be provided when you book).

We wish you all the very best if you have been affected in any way by the epidemic and, of course we hope that you are all looking forward to watching some fine rugby at Church Bank as soon as we can start playing and watching again! Edrychwn ymlaen i’ch gweld ym Manc yr Eglwys cyn bo hir. Gwerthfawrogwn eich cwmni a’ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, ‘dyn ni yma o hyd! Ymlaen Y Porthmyn!

**G J SAND BLASTING SERVICES**  
ALL TYPES OF WORK UNDERTAKEN  
STONE, BRICK, WOOD, STEEL  
Free estimates Tel: 07778 434074  
Email: [danielggeraint@gmail.com](mailto:danielggeraint@gmail.com) 06/20(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** 06/20(12)



**ALL TYPES OF PARTIES UNDERTAKEN AND CATERED FOR.**

**6 NATIONS at Llandovery RFC**

New big screen TVs, £2.50 on selected pints during all Welsh games plus free half time food.

CHRIS REEVE CATERING  
AT LLANDOVERY RFC

**FRIDAY NIGHT FISH AND CHIPS SPECIAL £6.95**

Beer battered haddock or breaded scampi.  
Eat in or takeaway.

**FRIDAY AND SATURDAY EVENINGS**

We will be serving from our new steak and burger menu.  
See our Facebook page for the menu.

**SUNDAY CARVERY £8.95 – £4.95 CHILDREN**

Served between the Red Room and Lounge.  
Bookings essential.  
Takeaways also available.

*All other catering jobs undertaken at competitive prices. Weddings, funerals, christenings, parties, fundraisers and much more.*

**Bookings required**  
**07734 361686**  
**chrisreeve90@yahoo.co.uk**

# WHAT'S ON OFFER IN LLANWRDA IN LOCKDOWN DURING JUNE?

Do you need shopping, medication or just delivery of your newspaper? Then ring 01550 777344 and speak to Anthony/Tony! Prompted by our Vicar, Revd Viv Sayer, Tony (who is also a member of 4x4 Response Wales) is happy to deliver – just pick up the phone!!

If you like fresh vegetables but can't get out to the shops to choose, the Cornwallis management and volunteers will have beans, potatoes, salad vegetables and more. The greenhouse was donated in early spring, and Cornwallis want to share the produce grown with Llanwrda lockdowners.

If you are a little weary of cooking, Chris at Y Caffé Ceiliog will take orders for Friday evening takeaway suppers. Orders to be pre-booked by calling Chris on 01550 777800 and will be ready for collection between 5 pm and 7.30 pm – delivery can also be arranged to lockdowners (see above).

If you are interested in all things nature has to offer, take a stroll to the Afon Dulais bridge where you may be fortunate to see a pair of dippers; you will also see a pair or two of mallards who have taken up residence – so bring some treats! Shoals of baby trout (fry) are in evidence – no doubt the reason that a kingfisher is around! There was a cuckoo in Penlan woods – she might still be there, eyeing up a nest in which to lay her egg – we just have to keep listening. The best medicine for these worrying times is the knowledge that we are still privy to nature's world.

A word of thanks now: The Llanwrda green, which always looks as fine as those at the Celtic Manor Resort, is thanks to the lead given by one family (and their neighbouring helpers) who mow and tend the large entrance area to our village from the A40. The picnic area at the top of the rise on the A482 Lampeter road is cared for by another goodly volunteer so that, in future, travellers can stop there for R & R!! All the planting troughs, planters and the War Memorial now show a

colourful display of summer flowers – all grown from seed by two volunteers, and planted by the Llanwrda Bloomers, supported by the Community Council. Two experienced volunteers care each year for the Memorial Gardens behind the village hall, and are responsible for the grand display of flowers at the hall's entrance.

Thanks are also due to Aaron and the staff at PostDatum for giving us a platform to connect with one another.

Hopefully, as summer progresses, the virus will decline because we are all adhering to the Welsh Government's guidelines, and we will be able to meet as we used to. The first verse of Emily Dickinson's poem on HOPE is particularly cogent:

Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops at all.

Llanwrda Bloomers



## LLYFRGELL LLANWRTYD ORIAU AGOR LLANWRTYD WELLS LIBRARY OPENING HOURS

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

06/20/6

# ALED LEWIS *Ai Fab*

**PLUMBING • HEATING • RENEWABLES**

**T 01558 824692 M 07779 146667**

**E aledlewisaifab@gmail.com**

**Dolwerdd, Rhosmaen, Llandeilo  
SA19 6NP.**

## GENERAL PLUMBING

**Sprinkler Systems**

**All types of heating systems**

**Domestic & Commercial LPG,  
Gas & Oil Servicing -  
Installation & Maintenance**

**Landlord certificates - Bathrooms**

**Phone or email for a competitive quote**



# EYNON PRICE Landscaping & Groundworks

*All projects completely co-ordinated  
and undertaken by myself.*

New Ponds • Feature Ponds & Lakes  
Landscape & Garden Design *Est. 30 Years*  
Site Clearance & Excavation  
Expert Septic Tank Installation or Renovation

**PLEASE CALL FOR A FREE QUOTATION**  
Every job is 100% satisfaction guaranteed

*Fully Licensed Waste Carrier  
Fully Licensed Waste Transfer Station*

## TOP SOIL FOR SALE

*Well Composted Horse Manure, Hardcore,  
Bark, Pond Sealing Clay for Sale*

**Tel: 01558 822434  
Mob: 07970 906489**

**Brynhyfryd Farm, Llandeilo, SA19 7HS**

**www.landscaping-specialist.co.uk**

## HORMANNS FIREWOOD

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

**LOGS CUT & SPLIT TO ANY SIZE**

Ring for prices and load size

**Accredited  
RHI  
Supplier**

**01550 720285**

Email: [hormannfan@gmail.com](mailto:hormannfan@gmail.com)

**www.hormannfirewood.co.uk**

06/24/12

## Dave Newton FENCING & LANDSCAPING

Free Quotes - All Work Guaranteed - Fully Insured

08/20/3



**07518 452132 - [davenewton68@outlook.com](mailto:davenewton68@outlook.com)**

## A.R. DAVIES BUILDER AND PLASTERER

**New Build • Barn Conversions  
Extensions • Renovations  
Roofing • Garages**

**Driveways - Tarmacadam  
Blockpaving**

**Stonework • Brickwork • Patios  
Tiling • Carpentry • Kitchens  
Bathrooms • Loft Conversions  
Solid and Laminate Flooring**

## FOR HIRE

**• 1.5t Minidigger,  
Full Cab, 4 Buckets**

**Tel/Fax: 01550 720566  
Mobile: 07850 715711**

**Email: [ardaviesbuilders@btinternet.com](mailto:ardaviesbuilders@btinternet.com)**

12/20/12

# SINGER DAVID GRAY BACKS SKOMER ISLAND APPEAL!

The Wildlife Trust of South and West Wales (WTSWW) are thrilled to team up with award winning British singer-songwriter David Gray for episode 6 of their popular Skomer Live Facebook fundraising series.

Tune into WTSWW's Skomer Live at 11am on Wednesday 20th May to hear about David's fond memories of visiting Skomer as a child, plus David will also be sharing a new and exclusive piece of music called 'Running on the Waves' at the end of the episode!

Musician, David Gray said, "Skomer Island is a spectacular place that is literally teeming with wildlife. It is both unique and irreplaceable, and must be protected, treasured and maintained at all costs. I was changed forever by a visit there as a child, when in the space of just a few glorious hours it transformed my concept of the natural world completely and utterly."

WTSWW's exciting weekly broadcast of Skomer Live is hosted by Welsh TV wildlife presenter Lizzie Daly. The 30 min show goes LIVE at 11am every Wednesday across the Facebook social media platforms of The Wildlife Trust of South Wales and Skomer Island and

features guest appearances from the Skomer Island team, weekly challenges and highlights from islands incredible web cameras.

Gina Gavigan, Marketing and Development Manager for WTSWW said, "We are over the moon to be working with David Gray on our Skomer Live series. I can't wait for the episode to air on Wednesday for hear about his amazing memories of Skomer and of course a selection of new exclusive piece of music. Skomer Live and our island web camera project is part of a wider fundraising initiative from the Trust and we are delighted that David is using his awesome talent and love of the islands to help the Trust through this crisis."

The Covid-19 situation has exacerbated what would already have been a very difficult year for the Trust. WTSWW earn nearly 50% of its income through tourism-related activities; cafes, shops, holiday accommodation and Skomer landings, and the lockdown comes at their busiest time of year which is disastrous!

If you enjoy tuning into Skomer Island Live every week please help WTSWW ensure that wildlife has a future in south and West Wales by making a donation however big or small. Donate at [www.welshwildlife.org/support-us/](http://www.welshwildlife.org/support-us/)

Go to the following Facebook pages to watch the #SkomerLive broadcast: The Wildlife Trust of South and West Wales <https://www.facebook.com/WildlifeTrustSouthandWestWales/> or via the Skomer Island Facebook page: <https://www.facebook.com/SkomerIsland/>.



**The Wildlife Trust**  
South and West Wales  
De a Gorllewin Cymru



# BUSINESS AS USUAL FOR LLANDOVERY COLLEGE STUDENTS



*Llandovery College pupils enjoy a full timetable of virtual teaching*

Llandovery College has responded to the challenge of ensuring their pupils receive the highest level of academic education during the Coronavirus lockdown by delivering a full timetable of virtual lessons.

Students at the independent school based in Carmarthenshire have enjoyed days that reflect their normal school timetable including Physical Education. It is business as usual at the College with the entire timetable for pupils in Years 7-13 being taught via Zoom and younger pupils given regular work on a variety of platforms.

Teaching staff are delighted to provide a continuation of their students' education and find that delivering lessons online is manageable due to the small class sizes enjoyed at this well-renowned academic and sporting establishment. At the College the education of pupils is of paramount importance and teachers are proud to

be offering an hour by hour quality education to their pupils. The College has also set up a range of activities for creativity, relaxation and interests to further support their students' wellbeing.

There have been many positive messages from students who are appreciating the engagement with their teachers and each other, whilst parents are also noticing the benefits of structure and purpose in the daily lives of their children. The Llandovery College Warden, Dominic Findlay, said: "As soon as the implications of the Coronavirus became clear our main aim was to ensure the continuity of education for all our pupils. I am delighted at how all our community members have responded to the challenge and, from the many comments received, I know that parents are appreciating the approach we have taken. Pupils are safe and their education is not being negatively impacted."

The College is anticipating a return to normal school life in the near future and look forward to welcoming interested families to their next Open Day whether actual or virtual. To find out more please contact: [admissions@llandoverycollege.com](mailto:admissions@llandoverycollege.com) / 01550 723 005.



## Llandovery College

**1ST CLASS FENCING CONTRACTORS**

*Commercial, Agricultural & Domestic Post & Rail, Stock Fencing, Feather Edge, Gates etc.*

**ALL TYPES OF FENCING CARRIED OUT.**

**Contact Robert Brown on 07815 061814 or 01558 685139**

0729013

**BANNERS**  
LARGE FORMAT PRINTING

**T-SHIRTS**

**INVOICE PADS**


**VINYL SIGNS**

THE POST ADVERTISING

**WALLPAPER**

**BUSINESS CARDS**

**STICKERS**



POSTDATUM  
Your Local Link

**TEL: 01550 721225**  
**INFO@POSTDATUM.CO.UK**  
**24 STONE ST., LLANDOVERY**

11/20(12)



## PEST CONTROL MID & SOUTH WALES LTD

**FAST – EFFECTIVE – DISCREET**

### Friendly, Qualified Pest Control Technicians

Mice, Rats, Moles, Squirrels,  
Fleas, Bedbugs, Cockroaches,  
Rabbits, Ants and Wasps

**Tel: 01550 721802**

info@pcmsw.co.uk www.pcmsw.co.uk

**FULLY INSURED**  
RSPH Level 2 qualified  
in Pest Management



## LLANWRDA CRICKET CLUB

Sadly, as I write this, all cricket is suspended. We do hope that we can restart before too long.

As soon as we can, we will offer all girls and boys – aged 5 and over – a chance to play this great game. We will be again be running All Stars cricket for 5 to 8-year-olds and also the new exciting Dynamos for 8 to 11-year-olds.

Please contact Gwynn Davies about the juniors on 07956 147464 or LlanwrdaCC@gmail.com for more details, or just search online for “Llanwrda Cricket.” We are also on Facebook. Come and join us.

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

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 new 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

15/04/20	17	Roland Griffiths
22/04/20	12	No winner
29/04/20	04	Cliff Cowell
06/05/20	13	No winner
13/05/20	20	Barry Clement

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.

# J. Francis

ELECSA Llangadog  
07454 968822



**TRYDANWR /**

Domestic • Testing • New builds • Rewiring

**ELECTRICIAN**

sparkyfrancis@hotmail.com

10/20(12)

## LLANDOVERY CARERS GROUP

Until the monthly meetings begin again, Carer’s who need to ask for support or who need information etc. are welcome to call the voluntary group facilitator, Simon. A monthly mail-out of locally written poetry is also available, please ask for details. 01550 721197.



## PHIL SPICE

Trogden Builders, Gwynfe, Llangadog

Renovations and refurbishments  
EXTENSIONS AND ALTERATIONS  
Repairs and maintenance  
SPECIALISING IN OAK FRAMING  
No job too small, free quotations

Contact Phil on

**01550 740638 or 07702 967687**

Email: philspicetrog@gmail.com

06/20(3)



For more information about  
**LLANDOVERY**  
please visit  
[WWW.LANDOVERY.INFO](http://WWW.LANDOVERY.INFO)





## New Road Garage

Llandovery

going that extra mile...

**Servicing & Repairs**

**Rescue & Recovery**

**MOT Testing**



We offer a  
friendly, professional  
service you can trust

Contact us 24/7

**01550 720836**

New Road Garage Ltd, New Rd, Llandovery,  
Carmarthenshire. SA20 0EA [www.newroadgarage.co.uk](http://www.newroadgarage.co.uk)

Courtesy  
car  
available  
on request



The  
**Rug Laundry**.co.uk

Child friendly, Pet friendly, Eco friendly, Pocket friendly

## Do you know what is hiding in your Rug?

Day to day life can leave your rugs harbouring many germs and dirt which may be damaging your rug and affecting your health.

Your rug acts like a filter and can be holding anything from dust mites, pollen and fungi to chemicals, bacteria and cigarette smoke. Not to mention plain dust.

**WE HAVE A  
SPECIALIST  
7-STEP  
PROCESS...**

**[www.theruglaundry.co.uk](http://www.theruglaundry.co.uk)**

**Tel: 01269 842497**

**CHILD FRIENDLY, PET FRIENDLY,  
ECO FRIENDLY, POCKET FRIENDLY**



Microchipped  
Sprayed

# STILL MISSING SPOT



Spot a young female collie missing since 5th December 2018 from Gwynfe near Llangadog SA19 area Wales.



Substantial reward offered for any information leading to her safe return.

**Please ring  
07760 491131  
or 07746 856502**

If found must be reported to the warden as required by law.

12/20(13)

# HIGHGATE LLANGADOG WATER SOLUTIONS PLUMBING & HEATING ENGINEERS

Commercial and Domestic  
Water, Gas, Oil and LPG  
& Maintenance

**Tel: 01550 777049  
Mobile: 07786 071214**

Email: [jon.ford@highgatewatersolutions.com](mailto:jon.ford@highgatewatersolutions.com)

Worcester Accredited Engineers



*Tap Into  
Thirty Years  
Experience*



## LLANERCHINDDA FARM ACTIVITY CENTRE



**Outdoor Activities  
Available Including:**

- Clay Pigeon Shooting •
- 4x4 Driving Experience •



For further information or to make a booking please give us a call or drop us an e-mail, pre booking is essential.

**Gift Vouchers Available**

Tel: 01550 750274  
[info@cambridgianway.com](mailto:info@cambridgianway.com)  
[www.cambridgianway.com](http://www.cambridgianway.com)



**Cynghordy, Llandovery  
Carmarthenshire  
SA20 0NB**

03/21(13)

## HUGH WILLIAMS SON & CO ESTABLISHED SOLICITORS

- CONVEYANCING
- WILLS & PROBATE
- DIVORCE & FAMILY LAW
- TRUSTS & TAX PLANNING
- RESIDENTIAL, COMMERCIAL & AGRICULTURAL TENANCIES
- GENERAL LITIGATION



[www.hughwilliamslaw.co.uk](http://www.hughwilliamslaw.co.uk)

**01558 823 417**

81 Rhosmaen St,

**LLANDEILO**

SA19 6HD

[llandeilo@hughwilliamslaw.co.uk](mailto:llandeilo@hughwilliamslaw.co.uk)

**01550 721 500**

Alma House, 1 High St,

**LLANDOVERY**

SA20 0PU

[llandovery@hughwilliamslaw.co.uk](mailto:llandovery@hughwilliamslaw.co.uk)

10/20(12)



Do you enjoy helping others and making a significant difference to someone's life? If so, then a career at Coleg Elidyr could be for you.

Coleg Elidyr, located in the beautiful setting of Rhandirmwyn in Carmarthenshire, is a successful and well-established residential specialist provision for young adults with learning difficulties and disabilities, with a proven track record of delivering success.

We offer a friendly, welcoming and award-winning place to work and are looking for caring, passionate, enthusiastic people with a can-do attitude to become part of our highly motivated team. It doesn't matter about your experience, what matters are your personal values. We will provide you with the full training you need.

We currently have the following vacancies.

• **SUPPORT WORKERS** £18,551 to £20,589

- overtime at time and a half
- meals included
- opportunity of paid sleep ins (Mon – Thu £40, Fri – Sun £55)

• **SUPPORT WORKER  
(WAKEFUL NIGHTS)**

£18,551 to £20,589 plus £1,227

Applications will be dealt with as they are received.

For further information please contact Lisa Blofield on 01550 760453, or email [lisablofield@colegelidyr.ac.uk](mailto:lisablofield@colegelidyr.ac.uk)

<https://colegelidyr.ac.uk/recruitment/#vacancies>

06/20(1)



POSTDATUM WOULD LIKE TO THANK EVERYONE FOR THEIR CONTINUED SUPPORT THROUGH THESE DIFFICULT TIMES. IT IS NOW MORE IMPORTANT THAN EVER THAT WE SUPPORT EACH OTHER.

WE HOPE YOU ALL STAY SAFE AND WELL IN THE WEEKS AHEAD. LET'S HOPE WE ALL GET BACK TO NORMALITY SOON.

Aaron Poulson



[www.postdatum.co.uk](http://www.postdatum.co.uk)

## DES CLARKE & SON

Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for over 60 years

## Heating & Boilers

Installed, Serviced & Maintained

- Domestic & Commercial
- Natural Gas & LPG
- Oil
- Bathrooms & Kitchens
- General Plumbing
- Leaking Pipes Fixed
- Drains Unblocked
- Landlord Safety Certificates



06/20(12)

For a free quotation please call Huw or Dawn on

**01550 720478**

[www.desclarkeandson.co.uk](http://www.desclarkeandson.co.uk)

email: [info@desclarkeandson.co.uk](mailto:info@desclarkeandson.co.uk)

Mobile: (Huw) 07811 350633

## Padmasambhava Yoga and Meditation Centre

The Summer sunshine has been wonderful and we hope that this continues for many more weeks – and that we continue to enjoy this, in spite of not being able to share it with our friends and wider family. Thankfully all is well at Padmasambhava; however, with the concerns we are all currently facing, the Centre has reluctantly decided that there will be no classes until at least the Autumn, which we are sure you will all understand. We all hope that when the next term does start we will be able to enjoy the classes with renewed vigour, pleasure and enthusiasm. As soon as we know when this will be, everyone will be informed.

Padmasambhava is still there for students old and new and is happy to remind students of their Yogic practices that can be so useful during challenging times, so please do keep these up. A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds, our health, as well as relax the body.

During these times the Centre will be chanting the healing manta at 6.00pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to [mail@padma.org.uk](mailto:mail@padma.org.uk) Padmasambhava and all the teachers wish everyone the best of health and well-being. Please do feel free to contact the Centre if you would like a simple program that can be done by anyone at home.

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 physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, the classes can help with everyday life and the problems it may bring and generally help with well-being.

News and updates will be posted on the website [www.padma.org.uk](http://www.padma.org.uk) The Centre can be contacted on 01558 823842 or [mail@padma.org.uk](mailto:mail@padma.org.uk)

## Adeilad Cladding Ltd

AD CLAD ROOFING SHEETS

- Main Distributer for Marley / Eternit Fibre Cement Sheeting
- Steel Stockholders, Zed and Zeta Purlins
- Box / Corrugated / Insulated Sheets
- Ventair / Fixings / Flashings / Gutters etc



02/21(12)

Tel 01550 777497

Fax 01550 777808

Office The Stores Station Rd Llanwrda SA19 8EH

Email [adclad@live.co.uk](mailto:adclad@live.co.uk)

## SARAH HYDE

BSc. ND. DO. MRN. CNHC

Naturopathy and  
Cranio-Sacral Balancing at  
Llandeilo Well Being Centre.

Healing Moves movement  
and meditation programme.

For further information  
tel: 07792 634006



06/20(12)

# MYDDFAI HALL

Myddfai Community Hall & Visitor Centre café, shop and function hall will remain closed for all visitors, events and classes until further notice due to Covid 19 restrictions. We hope all of our volunteers, staff, visitors, customers, contributors and supporters keep safe and well. We hope to be back up and running again as soon as we are allowed and able to do so. Take care.

# THANK YOU

We should like to say a huge Thank You to all the lovely people in Cwmdu who have so generously given us their help and support during this dreadful COVID 19 crisis and ensured that we don't feel isolated and that we remain well-fed!

Grateful thanks to you ALL

Una and John Muir

**B LAENOS** BSA 11/20(12)  
**SCHOOL OF MOTORING** DIA  
Alvin Phillips. Car, Tractor, 4x4 and Trailer Training  
Tel: 01550 720407; Mob. 07974 812948

**Kevin McArdle** Est. 1990  
**MASTER SADDLER AND  
MASTER SADDLE FITTER**  
M: 07771 596563  
E: [saddlefittingservice@gmail.com](mailto:saddlefittingservice@gmail.com)  
W: [www.saddle-fitting.co.uk](http://www.saddle-fitting.co.uk) 08/20(12)

**EVANS BROTHERS** 03/21(12)  
**BUILDING & ROOFING CONTRACTORS**  
**BARN CONVERSIONS & NEW BUILDING**  
Pwllagdu, Llanwrda, Carmar SA19 8EL  
Tel: (01550) 777609 Mobile: 07967 179204  
Llygad-y-Dyffryn, Llandovery, Carmar SA20 0YL  
Tel: (01550) 721064 Mobile: 07967 179205

**WANTED**  
Old Weaponry, Flintlocks,  
Percussion & Pin Fire Guns  
Swords, Daggers, Bayonets etc  
Any items of military interest  
**CASH PAID FOR SUITABLE ITEMS**  
Send pictures to [barry@barryanderic.com](mailto:barry@barryanderic.com)  
All enquiries treated with confidence  
**Tel: Barry on 01558 668563** 11/20(12)

**M. MORRIS**  
**Professional Carpenter  
& Roofing Contractor**  
1ST AND 2ND FIX • CUT ROOFS  
SLATING • LOFT CONVERSIONS  
All types of roofing undertaken; slating and lead fabrication,  
cut roofs a speciality. All aspects of carpentry.  
35 years in the trade. No job too small.  
Email: [toeon.cymru.morris@gmail.com](mailto:toeon.cymru.morris@gmail.com)  
Tel: 01550 779069 (evenings)  
Mobile: 07891 856032 09/20(12)

Problems with your PC?  
Baffled by computers?  
**EASY P.C.**  
...can help, with 100% jargon-free advice  
Fast and friendly service  
specialising in helping the  
novice and the older user  
23 Carmarthen Road, Llandeilo  
01558 823628 | 07773 012762  
Repairs  
Upgrades  
Tuition  
Wireless set-up  
Data back-up  
Virus removal  
Laptop and  
desktop sales  
Now in our  
16th year 10/20(12)

**Davies Tree Services** 08/20(12)  
Seasoned Firewood for Sale  
Hedge Laying • Chipping  
Tree Surgery • Tree Felling  
01267 202430 / 07826 716899

# **SOCIALLY DISTANT BUT ALWAYS ON DUTY – USING TECHNOLOGY TO CATCH WASTE CRIMINALS**



Natural Resources Wales (NRW) is using high-tech surveillance techniques to tackle unscrupulous waste operators seeking to take advantage of the Coronavirus crisis.

Government guidelines on social distancing mean NRW officers are unable to use their usual investigation methods. As such, they have turned to sophisticated drone technology and satellite cameras to help in the tracking of waste criminals.

The new approach includes:

Using drone footage to investigate illegal waste disposal. Participating and benefiting from research and tools created in partnership with the Scottish Environment Protection Agency through the Life SMART Waste Project.

Trialling the use of satellite imagery obtained from the European Space Agency, as well as high resolution commercial satellite data.

Adrian Evans, head of NRW's Tackling Waste Crime initiative, explained:

"Social distancing is impacting on how companies supplying goods and services operate and waste criminals are taking advantage of this.

"We have had to modify our ways of working by developing technological solutions to support our

work and ensure that waste operators comply with environmental regulations.

"This technology will ensure the environment of Wales is protected for the people who live here and for legitimate waste operators who abide by the rules and work in a responsible manner.

"Those hoping to exploit the lockdown restrictions to commit waste crime should think again. We have the capability and technology to continue to identify and pursue those that flout the law."

This type of surveillance is already underway in south east Wales, where NRW and Gwent Police are using drones to investigate illegal activity.

PC Matt Andrews, who, as part of Gwent Police's Rural Crime team, is the embedded officer with NRW and assists the South East Wales Operations team in tackling all types of illegal activity, said:

"During lockdown our waste team continues to have close communications with permitted waste sites, but we've also strived to find alternative ways to having boots on the ground.

"Drone work has helped us investigate illegal activity in remote locations while adhering to the social distancing guidelines.

"For example, the imagery can be used to identify the extent of illegal tipping on land which would normally take two NRW waste officers to physically investigate."

The public and businesses can help by reporting any suspected illegal waste activity on our hotline 0300 065 3000.

## **THE POST**

## **ADVERTISING**

## **you CAN afford**

**Thomas Services,  
Llandeilo  
MOTOR MECHANIC  
WANTED**

**Renault experience an advantage  
but not essential. Full time or part  
time. Must have full driving licence.  
Salary based on experience. CV to  
richardthomas12@btconnect.com**



# READERS' SALES & WANTS

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

## FOR SALE

- **Used Paving Blocks**, approx. 250, grey in colour, free for collection. Tel: 01558 823722 (Cwmifor area).
- **Various Tyres:** x4 25/55/16; x4 345/45/18; x4 185/60/15; x2 225/50/17; x4 185/70/14; x4 155/70/13. Tel: Rees on 07939 592051.
- **10 tonne garage press.** Tel: Rees on 07939 592051.
- **x4 alloy wheels** to fit any VW. Tel: Rees on 07939 592051.
- **Electric clothes spinner**, as new. Tel: Rees on 07939 592051.
- **x3 Bedroom carpets**, new. Tel: Rees on 07939 592051.
- **Selection of gas fire bottles.** Tel: Rees on 07939 592051.
- **Range Rover**, 2017, top of the range, mint condition, all usual refinements, low mileage, 2 owners from new. Ring 07939 592051 for price and info.
- **House for sale:** spacious semi detached 3 bedroom house with large lounge (approx. 34' x 18'). Also with cellar and adjoining quality structural built garage with space for three vehicles including an inspection pit, lighting, electric and water facilities, work bench. RSJ lifting beams for various work. Off road parking in front of property for 4/5 vehicles. Main road frontage, grounds at rear with private entrance. Previously had approved planning permission for service and repair of vehicles. Options for other business ventures possible. Property has a lot of potential. Convenient for M4, Crosshands area. Sensible offers considered in the region of £185000. For further information or to view ring 07939 592051.
- **Land:** About 60 acres pasture, rough grazing and woodland. No planning. Can divide into smaller parcels. Tel: 01550 740277.

- **10ft Sea Kayak/Board** with Fishing rod attachment, £145 ono. Phone 01558 650539.
- **Sovereign Garden Vac/Blower** and small strimmer, virtually unused, £55 ono. Phone 01558 650539.
- **Al-Ko Soft Touch 380 HM premium hand push lawn mower**, price new £99, excellent condition, £30. Tel: 01550 720760.
- **Non-dairy cheese.** Refrigerated. Ordered in error. V-bites. Red Cheddar style. 190g blocks. Long sell-by date. Wholesale price – 2 pack £3.50. Plenty available. Stored in Llandoverly. Tel: 01550 721197.

## WANTED

- **Rural Property.** Secluded house required. Detached properties or to rent two semi-detached together. Rural/semi-rural with garden if possible. Outbuilding useful. Not in a built up area. Quiet, reliable tenants. Current let over 20 years. Excellent refs. Tel:01550 721197.
- **Home-help, P.A. Various positions for self-employed person or Agency.** Also driver, carer and admin help (incl. computer work from your home). Tel: 01550 721197.
- **Volunteer Sought** To type up and scan poetry once a month for a free community group mailout or a local sponsor for funding someone to help to do it please. Tel: 01550 721197.
- **Various Items Required.** From covid-free home only and unused if possible: CD Player, digital and FM radios, portable analogue TV, tape player, 1/2 sized refrigerator, spin dryer. Tel: 01550 721197.
- **House to buy.** Basic, rural, detached property required. First time buyer price scale. Garden essential. Outbuilding desirable. Not village setting but not too remote/isolated. Not recently decorated/renovated. Also rural property to rent - for healing/natural health centre. Please leave your telephone number on: 07903 195835.
- **Retiring farmer looking for 3 bedroomed bungalow or similar** in or within a mile of Llandoverly or Llangadog. Suitable alternatives considered. Cash waiting. Tel: 01550 740277.

## KB HOME MAINTENANCE

03/21(12)

PLUMBING &  
BATHROOM  
INSTALLATIONS  
& MAINTENANCE

SOLID FUEL  
HEATING FLUES  
& CHIMNEYS

SOLAR HOT WATER  
UNVENTED  
CYLINDERS  
UNDERFLOOR  
HEATING

ARCHITECTURAL  
& BUILDING  
CONSERVATION

24/7 Call Out TEL: 07838 386069 or 01558 824590 Brendan

## BRO DYFRI LMA

The Coronavirus situation affects the ability of our churches to offer ministry in the usual way. However, all clergy in the Bro Dyfri LMA are available by phone or email. Please feel free to get in touch with any one of us if you have something on your mind. If you would like to receive regular emails, please let us know.

We would be delighted to receive prayer requests, either for inclusion in broadcast services or in the daily offices of Morning and Evening Prayer, which ordained clergy say each day.

Obviously the local situation will change in accordance with government guidelines, and we will do our very best to keep you informed. In the meantime, please be assured of our prayers during this testing period.

**Revd Ann McKnight: 01550 721109**

**Revd Rik Mayes: 01558 685186**

revrmayes@hotmail.co.uk

**Revd Tim Nelson 01558 685415**

timnelson@btconnect.com

- Sunday Reflection sent out each week. To be included in this, please send contact details to Tim on the email given above.

**Revd Viv Sayer 01550 777200**

revd.viv.sayer@gmail.com

- Daily Scripture readings on Facebook at Vicarage Llanwrda and on the Bro Dyfri Facebook page.
- Sunday Eucharist is said at Llanwrda Vicarage at 10.00am. The service itself is not broadcast at present, apart from the address, which is uploaded to Facebook and sent as an attachment to email users.
- Rainbow Church (Shem the Sheep helps to deliver a broadcast meditation for families and a suggested craft activity on the fourth Sunday of the month).

**Revd Jeff Thomas 01550 777758**

jeffthomas@churchinwales.org.uk

- Daily reflections for Llangadog, Llanddeusant and Gwynfe on the Llangadog Church Facebook page.
- Daily reflections and local news for Llangadog, Llanddeusant and Gwynfe by e-mail on request.
- Live-streamed Evening Prayer on Wednesdays at 5pm.
- Live-streamed Holy Communion on Sundays at 11am.

### ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

### ST DAVID, ABERGORLECH

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

### PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

### TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandoverly. Phone: 01550 777149

### ST MICHAEL'S, TALLEY

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

### EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Mark Barrett on 01639 699943 / 07450 917447 or barrettm814@gmail.com

### BAPTIST CHAPEL

Queen Street, Llandoverly (at the end of Orchard Street.)

### THE CHRISTADELPHIANS

Foundry Road, Ammanford. Tel. 01269 842336 or 01269 851172

### TY'R BUGAIL

Ty'r Bugail, 4 Market Square, Llandoverly SA20 0AA. Tel: 07748 644958. www.ygrwp.com

### ST CYNWIL, CYNWYL GAEO

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

### ST SAWYL, LLANSAWEL

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

### UNITED BENEFICE OF CATHEINIOG

It is understood that, at time of going to press, that all church services have been cancelled until further notice.

# Church Services

E-English W-Welsh B-Bilingual

### SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church Christchurch, The Court, Lant Avenue, Llandrindod Wells, Powys.

All Are Welcome. God bless.

Enquiries: 01597 824732/01982 553959.

### QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488 Peterwell Terrace, Lampeter SA48 7BX.

### PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

It is understood that, at time of going to press, that all church services have been cancelled until further notice.

### WILLIAM WILLIAMS CHAPEL

High Street, Llandoverly

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

### OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD Served from Lampeter

Tel. 01570 421003, Mob: 07896 762786 Email: davidkeithevans@hotmail.co.uk

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

Further information contact Focal Minister Revd Roger Nock on 01267 202347 or see our Facebook page.

### RIVERS COMMUNITY CHURCH

For further information contact

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

### THE WELL, LLANWRTYD WELLS

For further information please contact Becky on 07980 915660 or drbeccles@gmail.com

# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

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

### ARCHITECTURAL SERVICES

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

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com *12/20(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 *03/21(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 Tuesday, Wednesday, & Friday 9am to 7pm. *04/21(12)*

### BOOKS, RECORDS, CDs

**DISCOVERY BOOKSHOP**, 52 Cwmaman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular categories, Best Sellers & Top Authors. [Many Half-Price Bargain Books]. Records & CDs from Rock to Classical, Jazz, 60s, Folk, Country, World Music, Soundtracks, Comedy etc. etc. Well worth a visit – open Monday to Friday 10am to 5pm and sometimes on Saturday from 2pm to 5pm. *09/20(6)*

### 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. *12/20(12)*

### CARPENTRY

**MADE TO MEASURE** – double glazed windows, internal/external doors, built in storage, shelving, cupboards, wardrobes. For a free quotation contact Simon Hickman (Llansadwrn) 07711 102999, Email: teganwoodwork@icloud.com *02/21(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. *07/20(12)*

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. *10/20(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 *02/21(12)*

### CHIMNEY SWEEP

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



## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 10/20(12)

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 11/20(6)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 20 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. 04/21(12)

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**ON-LINE, TELEPHONE AND SOCIAL DISTANCING COUNSELLING.**

We live in unusual times, but whatever is on your mind or troubling you talking therapy really does help. As an experienced and qualified counsellor I offer a confidential space at affordable rates. A space for understanding how and why we think and feel the way we do and for solving problems and finding the right solutions. Over many years I have helped men and women, children and young people, couples, parents and families find their way. No problem or issue is too big or small, so to find out how I can help or to arrange an initial appointment call Cathrin on 07870 888141. Website: www.cathrinwildwood.co.uk 11/20(6)

## CURTAINS & COVERS

**CURTAINS & COVERS** and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale – ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. Also antique furniture for sale. Tel. Sally 01558 668102. 10/20(12)

## DIGGER HIRE

**DIGGER & DRIVER HIRE.** Available For All Kinds Of Groundworks, Garden Works, Ditch Cleaning, Drainage Works, Soakaways, Dredging Pipe & Cable Laying. Free Quotes For All Jobs. Tel: Geraint 07400 930031. 05/20(6)

## ELECTRICIANS

**V. W. REES ELECTRICAL. Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 11/20(6)

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

## FAMILY HISTORY

**ELISSA ALDOUS-HUGHES, GENEALOGIST.** Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 12/20(12)

## FUNDRAISING

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

## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 04/21(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. 06/20(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 12/20(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 09/20(6)

## HEATING OR RENEWABLE HEATING

**LLANDEILO BASED BUSINESS,** 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)

## HOUSE CLEARANCES

**HOUSE CLEARANCES.** Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. Tel: 07872 509031 / 07770 777992. 05/20(6)

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 04/21(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 04/21(12)

## LAUNDRY SERVICES

**IRONING SERVICE.** All work considered. Competitive rates, reliable and trustworthy. Contact 07872 509031. 06/20(6)

## MAN WITH A VAN

**MAN WITH A VAN / COURIER:** LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, jerry@thetump.co.uk 11/20(6)

## MASSAGE

**DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE.** Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 05/20(6)

## 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. 07/20(12)

## PAINTER & DECORATOR

**HAYDN ADAMS.** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 08/20(12)

**PHILIP & BRIAN JOHNSTON FAMILY DECORATORS,** Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. 06/20(12)

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 02/21(12)

## PERSONAL TRAINING

**PERSONAL TRAINING AND NUTRITIONAL CONSULTATIONS AVAILABLE THROUGH GEMMA.** Specialises in bespoke plans, supporting through chronic illness and recovery from injuries. Plant based sports nutrition, home workout plans, 1:1 Pilates sessions, all based in a dedicated private gym and studio. Shower and Changing facilities on site. At Stables Wellbeing. Trap – SA19 6TT – Contact Gemma on 07973 479246 to book and for more information. 07/20(6)

## PEST CONTROL

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

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 09/20(6)

**PAWS FOR THOUGHT PET CARE SERVICES.** All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates. Contact 07872 509031. 10/20(6)

## PICTURE FRAMING

**PICTURE FRAMING.** Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandoverly. Tel: 01550 720690. 07/20(12)

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 05/21(12)

## PROPERTY MAINTENANCE

**PROPERTY MAINTENANCE:** From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 11/20(12)

## ROOFING

**LLANDEILO ROOFING** – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: www.completerooferworks.co.uk. 10/20(6)

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 10/20(12)

## TILER

**TILER & INTERIOR DESIGN IDEAS** www.tilingallsorts.wales – competitive prices. Happy to discuss your plans and find solutions for your home. Tile and Mosaics – discounts available. All projects considered. No job too small. FULLY INSURED, main CREDIT CARDS accepted. tiler.deb@gmail.com Deb Evans 07736952910 12/20(12)

## TUITION

**MATHEMATICS TUITION IN LLANDEILO.** If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. 02/21(12)

**PIANO LESSONS:** Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montaigne on 07969 887271 or Email: info@panio.uk 03/21(12)

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 12/20(12)

## WINDOW CLEANING

**WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER** Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 12/20(12)

## YOGA

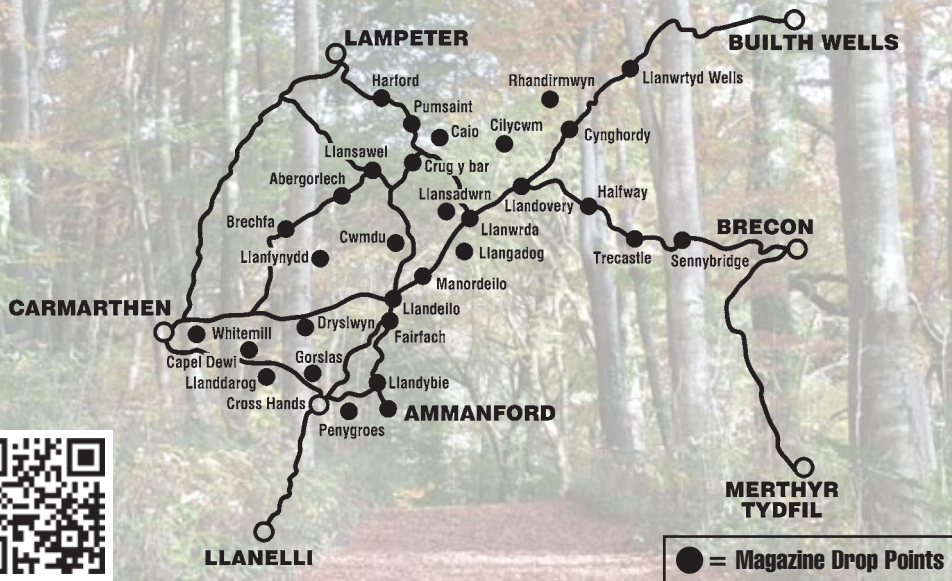
**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility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

**THE POST**  
advertising  
you  
**CAN afford**

# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdru, Cyngordy, Dryslwyn, Fairfach, Gorslas, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadwrn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pencader, Penygroes, Pumsaint, Rhandirmwyn, Rhydcymerau, Sennybridge, Trecastle, White Mill.



## ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

**THE RATES QUOTED BELOW ARE PER ISSUE**  
and include series discounts for 3 months, 6 months and 12 months.

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
<b>QUARTER PAGE</b> (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
<b>SIXTEENTH PAGE</b> (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted.  
REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

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

# Noticeboard

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

### LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

### LLANDOVERY LIBRARY:

Tel. 01550 721626

Mon 1.00pm – 5.00pm; Wed 1.00pm – 5.00pm

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

### COUNTRY MARKETS

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

**Myddfai:** Last 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.

**Towly 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 – Lampeter

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

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

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

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

### Golden Grove – Llandeilo – Carmarthen (277) Wed only

	Wed		Wed
Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (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
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

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

All services operate Mon-Sat

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.

## LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

## Train Times (Heart of Wales Line)

**CORONAVIRUS UPDATE** – All NHS staff travel free. Train journeys strictly for key workers only. Timetables severely limited at present, Sunday service only (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds. Do not travel unless your journey is essential.

All tickets can be purchased online, on the train and from Llandrindod Station Ticket Office, Station Crescent, Llandrindod Wells, Powys, LD1 5BE. Tel: 01597 822053. Also Llanelli Station Ticket Office (mornings only), Swansea Station and Shrewsbury Station. TfW mobile tickets can be sent straight to your Android or Apple phone. You just need to download the TfW app from the App Store or Google Play and select 'm-ticket' or 'mobile ticket' as your delivery option.

**TIMETABLES** – HOW Line timetable not currently applicable – Sunday service running all week for essential travel only.

[www.tfwrail.wales](http://www.tfwrail.wales)

Tel: 03457 484 950

or visit [www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

x = Service stops on request

xx = Starts from Carmarthen