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# LLANDOVERY TOWN TENNIS CLUB

Our beautifully situated tennis courts are back in use by enthusiastic club members, grateful to be able to play normally again after long months of lockdown. Members come together for social tennis on Wednesday and Sunday mornings to enjoy some friendly sessions of mixed doubles or more competitive bouts of serious singles. All levels are catered for and since the membership has quadrupled over the last four years to a healthy forty paid-up members, there is always someone to give you an interesting game at any time you like.

Non members can access the courts by pre-booking a session for £10 but members have free access at all times. Membership details are as follows:

- Membership year runs from 21st June for a year
- Individual membership is £25 which gives access to the courts with your own key
- A supplement of £15 makes this into a family membership, so the key can be shared by people in the same household or with one nominated friend
- Under 16's are free as long as they are accompanied by an adult member
- Please ring 07925 131974 or email the adults' secretary via [renskevdb@hotmail.co.uk](mailto:renskevdb@hotmail.co.uk) for further details



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# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
16th June 2021**

**Next issue distributed:  
1st July 2021**

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## *The Post* Future Copy Dates

August ..... 15th July  
September ..... 16th August  
October ..... 16th September

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# GREGORY JONES

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 **Doggy Divas in Llandeilo**

08/21(G)

# LLANSADWRN READING ROOM UP AND RUNNING AGAIN!

Eighteen months has passed since there were activities centered on the popular Reading Room. Not strictly correct as lots has been going on – it’s just nobody could use the building due to Covid restrictions!

During that time, thanks to a Carmarthenshire County Council support grant, the village amenity has been completely revamped with excellent work carried out by local contractors. From an idea forwarded by Pat Rowlands to the Committee, the storage area has been reconstructed. Also new heaters, additional insulation, flooring and complete redecoration has taken place with the ‘opening’ of the Reading Room appropriately undertaken by the County Authority for the election voting on 6 May.

The last occasion that villagers had met together was around the Christmas Tree in December – socially distanced of course – when the Vicar blessed the magnificent tree gifted by Gary Robins and the Evans Family and adorned by even more lights than last year. Sincere thanks are due to Hugh Evans and also Rob Morse for enabling the light ‘circle’ to reach up to the Chapel! We are now able to get half way around the Church and graveyard wall. More later this year hopefully when Santa should return after his holiday.

Clubs, societies and individuals wanting to use and hire the facility can contact Lisa Denison or village web-site at [www.llansadwrn.org.uk](http://www.llansadwrn.org.uk) but must bear in mind there may still be restrictions in place. One outside activity planned for the third Saturday in June is a table-top sale in the Community Field. For the princely sum of £5 (donated to the RR coffers) you can hire a table and sell all those valuable items that you hoarded throughout the lockdown. Phone or Text 07790 207866.

See you all there!

\* \* \* \*

## Diary Dates

**19 JUNE: TABLE TOP SALE**

Llansadwrn Community Field 12 noon onwards.

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Mandy

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10/21(12)

## LOCAL ART GROUP RETURN TO THE HERITAGE CENTRE FOR A THIRD EXHIBITION

Four artists living the Llandovery area who have worked together and been friends for many years are displaying their many talents in the galleries at the Heritage Centre during June.

The diverse artistic talent of Ann Page, Gorica Bulcock, Sue Reah and Val Fowler covers various subjects, predominately inspired by the stunning surroundings in



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which they live and include landscapes, flora and fauna, still life as well as abstracts. The paintings incorporate the use of various mediums including oil, watercolour, acrylic, inks and pastels.

Having such differing styles makes for an exciting exhibition with something to appeal to everyone and their wall art is complemented by a beautiful range of



textiles including totes, patchwork, cushions and aprons. NewStartArt will be exhibiting at the Llanwrtyd & District Heritage and Arts Centre in the centre of Llanwrtyd Wells from Thursday 4th June. (Centre is open Thursday to Sunday 10am to 4pm with safeguards in place for visitors and staff).

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# Padmasambhava Yoga & Meditation Centre

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

The countryside and our gardens are starting to look really colourful and fresh with trees and flowers in bloom, bringing wonderful scents to us all, and birds, bees, butterflies and many insects enjoying this time as well. All is action, movement and dynamism. We can harness and use this energy for all our endeavours and creativity and when we need to slow down, yoga has the tools to bring about balance through awareness, breathing practices, relaxation and meditation.

The Centre looks forward to the time that classes will be able to start again in person. Until then Padmasambhava continues to offer Zoom classes and to run a comprehensive Summer term programme. The Centre offers a mixture of classes online - from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Contact the centre to join one of the Summer term classes. Many students have been surprised by how much value they find in the sense of practicing together, once again, as part of a group, using technology. Help is given, as needed, to become familiar with Zoom.

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

Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. They can help you to

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

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

The Centre chants the healing manta at 6 pm every Friday. If you would like anyone added to the list of named recipients for this chant, please phone or send an email to [mail@padma.org.uk](mailto:mail@padma.org.uk)

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## CALLING ALL POETS, SCRIBBLERS, SCRIPTWRITERS AND WORDSMITHS!

At last, the easing of lockdown restrictions! Besides cafes and bars, real-world adult learning can recommence!

So this is a shout to all poets, writers, scriptwriters and wordsmiths. If you want to improve your work, get feedback, maybe get published, and you would like to be part of a mentored group, get in touch and let me know.

I ran Llandoverry Writers for three years until the start of the pandemic. The original members have graduated, and I'm raring to start a new group in a covid-safe environment.

The course is partly based on my book *Making Readers Care: the Complete Guide to Writing Totally Gripping Novels, Films and TV scripts* (available on Amazon), which is a step-by-step guide to writing a 'page-turner' – a compelling narrative that readers can't put down.

Poets are also welcome. Whatever type of writer you are, your imagination will be nurtured and stimulated.

Me? I'm a local writer of fiction and poetry, scripts, journalism and non-fiction and have taught thousands of hours of creative and scriptwriting classes, including for the University of London and Society of Authors.

I will convene a mutually supportive group, to help you get the best from your own work, whatever it is. Authors at any level are welcome.

Here are some testimonials from previous students, several of whom have since published books or completed novels:

"I lack confidence and belief in myself, you have no idea how much his support and guidance is appreciated. David is a brilliant tutor but he does blow your mind!!"

"I have attended many a workshop of all descriptions in my time but yours has been one of the best. The level of challenge was really high and I don't think I've thought so hard in years. Though we were a room of people I felt you hit the nail off all of us individually."

"Thank you so much for all your teaching, most enjoyable and I've learnt a lot."

To get your name on the list, find out more, and be kept informed, call 07901 925671. Or use the form on the website, where there is also information about an online version of the course: [davidthorpe.info/online-writing-course](http://davidthorpe.info/online-writing-course).



# LLANDOVERY GARDEN CLUB

Hallo to all of you. We have had a much longer break than was intended! A good idea has been put forward to make it possible to see each other by paying (card payments only) a visit to Aberglasney.

On 10th of June, under your own steam or with friends, arrive at Aberglasney any time from 12.00pm onwards. The Tearooms are OPEN for drinks & meals or you can take a picnic lunch. The Gardens close at 6.00pm.

No group booking is being arranged on this occasion but I look forward to seeing all those who can make it. Please tell any members you know so word gets round to as many as possible.

Please check the day before going to make sure it's not cancelled. Babs Rees 01550 720771.

## LLANEGWAD RAINFALL



Rain fell on 12 days this month but only in minimal amounts, the wettest day was the 7th with 2.5mm.

April Total: 9mm – 3/8” The Driest on record.

April also had 21 nights with frost.

D. R. DUKE

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## LLANDOVERY FRIENDSHIP SOCIETY

I obviously spoke too soon, the days may be warmer but I think even the gardeners and farmers amongst us must want a break from all this rain. Typical as soon as the rules relaxed for some small outdoor gatherings the wind blew up and the rain came down. Still by the time you read this there will be some relaxation on small group meetings indoors. Angela and I are keeping an eye on how things are progressing.

Pat [Smith] is recovering well from her hip op and is making steady progress back to full mobility. We must congratulate her on her recent appointment as Deputy Mayor of Llandovery 2021/22. Having been a Mayor before she will be an excellent support for Cllr Handel Davies. Since his election both to the Town Council and Carmarthen County Council Handel has shown his full commitment to the town.

Dan continues to marshal weekly, in the morning, at the vaccine clinics and comes home with tales of all he has had a chat with. I have done a few sessions myself. It is good to see how well the town and surrounding area have responded to the invitation. Let's hope the next group of younger people will respond as well when they start to get the call. I know some people have had a reaction but in comparison to the effect of co-vid 19 it is defiantly worth getting jabbed.

Well as promised here is this month's quiz.

Below are a list of anagrams of Classic British Food. So get thinking of all those meals you have enjoyed over the years. Re arrange the letters and see what you can find.

BAD MAN GNASHERS  
PICK BALD DUNG  
OFTEN WELLBEING  
NUN LICKS ELK  
FREE BOATS  
RECHECK EMUS NIP  
DOPY RUDE SHIRKING  
HE WAS TERRIBLE  
HEADLINE TOOTH  
NUKE BAD SQUABBLE  
FAREWELL USE CHOICE  
POETIC GATE  
DECIMATE INSTANT  
FIN DISH CHAPS  
SCREWS A RETIRD BARMAN  
I SEW SHIRT  
ENTHRAL SOCIOPATH  
SPORTY CHAINS  
NAKED KEEN SAPIDITY  
HUNG LUMP ON CLASH

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



## MYDDFAI NEWS

Good news Myddfai Community Hall & Visitor Centre's shop and café is now open Tuesdays to Sundays 11.00am – 4.00pm and we are open on Bank Holiday Monday 31st May as well.

We have inside café seating available in our café and large hall. Outside we have a large outdoor undercover seating area at the rear of the hall with views across the fields and additional tables outside the front of the hall.

We have very good Covid safety measures in place. All visitors are required to wear a face covering whilst inside the building. Some of our classes have restarted- Yoga on Wednesday evenings 5.30pm – 7.00pm. Pilates is on Thursday mornings 9.30am – 10.30am. Stained glass classes will resume soon.

If Covid regulations allow we plan to re-start our monthly Farmers Markets on Sunday 27th June 12.00 noon to 3.00pm, please check our Facebook page or ring us to confirm.

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

Myddfai café is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials and a wide selection of freshly made cakes on offer.

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

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org) 07879 119223 or Hall No. 01550 720449. Our website is [www.myddfai.org](http://www.myddfai.org)

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06/21(6)

# PHOTOGRAPH FOR LLANDEILO COMMUNITY PROJECT



The Llandeilo Community Action Hub is delighted with this beautiful photograph for its logo. The photograph was taken by acclaimed local photographer Mark Revitt who is well known for capturing recognisable scenes and landscapes with his camera. This aerial photograph perfectly represents the town and the surrounding area that the new Community Action Hub will serve. One of The Action Hub's aims is to compile lists of all the clubs, groups and organisations which help and support the local community here in Llandeilo & the surround area. The aim is to establish a directory that will show how to access these groups, how to join and also how to volunteer. Information will be available to all through Facebook, leafleting and other platforms.

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

Details of groups (and volunteer forms) will be posted on The Llandeilo Community Action Hub Facebook page and on the Covid19 Support Group website <https://llandeilocovid19.com/> Information is also available in Llandeilo library

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09/21(12)

# LLANWRDA AND LLANSADWRN COUNTRY WOMEN'S GROUP

Springing back with a get together and catch up at The Telegraph Garden and Indoor Plant Centre's new cafe located next door to Llangadog railway station, on Monday, June 7th at 10.30am. Parking also available in the station car park.

This will be a chance to be together for the first time in over a year. We'll be able to remember those in our Group who have left the area and those who very sadly have passed away.

We'll all be able to recall the happy times we have spent together at our meetings in the past. However, a year filled with lockdowns and all that that has entailed means that the future of the Group needs to be discussed.

It would be wonderful if new members would like to join the Group and bring the Group fresh ideas and with it a bright and interesting future.

Info: 01550 777622.

## MERCHED Y WAWR BRO PANTYCELYN

Nid ydym wedi cwrrd fel cangen ers Mawrth 2020 ond gobeithio bydd pethau yn gwella yn fuan a bydd cyfle i ni ddod at ein gilydd yn yr awyr agored rywbrdy dros fisoedd yr haf. Gobeithio bod pawb wedi gofalu am ei hunan a'u hanwyliaid dros y misoedd ansicr dwetha.

Mae aelodau y gangen yn cydymdeimlo yn ddwys ag Eleri Jones ar ol iddi golli ei gwr, Milton, yn sydyn ac ar ol tostrwydd byr. Am fod Milton yn gigydd yn y dre am flynyddoedd roedd pawb yn ei adnabod ac yn gyfarwydd a'i sbri a'i jocs. Gobeithio bydd cyfeillion yn gefn i Eleri ar amser mor drist.

Dymuna'r gangen longyfarch dwy aelod sydd wedi cyrraedd penblwydd arbennig yn ddiweddar. Roedd Mair Richards a Enid Protheroe yn wythdeg oed yn mis Ebrill a Mai a gobeithio bod y ddwy wedi dathlu yr achlysur mewn steil.

Bydd y pwyllgor yn cysylltu a phawb os bydd cyfle i gwrdd cyn hir, gobeithio gorffen ein blwyddyn yn hwylus. Cadwch yn saff!

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1021(6)



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- Helping with exhibitions
- Helping with collections in various capacities
- Input your ideas to the development of this project now entering only its second working season
- Helping with various workshops and evening events

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Should you be interested in talking to us please leave your contact details through the adjacent letterbox or contact the secretary on [secretary@llandoverymuseum.wales](mailto:secretary@llandoverymuseum.wales)

Thank you from the trustees and volunteers of Llandovery Heritage Charitable Institution Organisation (CIO) – 15 May 2021

## AILAGOR – 1 GORFFENNAF 2021

Mae'n dda gennym gyhoeddi fod disgwyl i'r Amgueddfa a Phorth Ymwelwyr agor ei ddrwsau eto cyn bo hir.

### ALLWCH CHI EIN HELPU NI?

Mae'r ganolfan yn elusen annibynnol sy'n cael ei rhedeg gan wirfoddolwyr er budd Llanymddyfri, y pentrefi cyfagos ac ymwelwyr, ond mae angen cymorth i gyrraedd y nod.

Os hoffech gefnogi gwaith ein helusen trwy wirfoddoli, byddai'n gyfle da i chi helpu'r amgueddfa, ein cymuned a'r bobl sy'n ymweld â'r ardal. Mae bod yn Wirfoddolwr yn golygu:

- Cyfarfod ag ymwelwyr a'u croesawu
- Helpu gydag arddangosfeydd
- Helpu i gadw trefn ar ein casgliadau
- Cyflwyno syniadau ar gyfer datblygu'r fenter, sydd yn ei hail flwyddyn yn unig
- Helpu gyda gweithdai a digwyddiadau gyda'r nos.

Mae'n gyfle gwych i gwrdd â phobl newydd, gweithio gyda thîm bychan a chyfeillgar a dysgu mwy am yr ardal hon. Bydd modd i chi ddatblygu eich sgiliau, waeth beth yw eich oedran neu brofiad. Hefyd, gan ddibynnu ar eich oedran, gallai fod yn werthfawr o ran eich CV.

Os hoffech gael gair gyda ni, rhwch eich manylion cyswllt drwy'r blwch post wrth ymyl neu cysylltwch â'r ysgrifennydd: [secretary@llandoverymuseum.wales](mailto:secretary@llandoverymuseum.wales)

Diolch gan ymddiriedolwr a gwirfoddolwyr Sefydliad Sefydliadau Elusennol Treftadaeth Llanymddyfri – 15 Mai 2021

## TRAINING AND DONATIONS FOR THE LLANDEILO YOUTH CLUB

The Llandeilo Children and Youth Society, a group working to set up a Youth Club for Llandeilo, recently made some big steps forward in achieving their goal. Since March they have a functioning constitution and a business bank account which is open for direct donations towards the club. First donations have come from private individuals and John Jones Haulage firm in Gorslas.

“Now that we have the bank account up and running, we can start paying for the membership to umbrella organisations, software subscriptions and equipment,” says treasurer John Meredith Williams. “The way things stand at the moment we’re hoping to open the club in September. We are still looking for more volunteers and donations.”

“Jumping through the hoops of red tape has been tougher than anticipated,” says Richard Lashley, the secretary of the group. “Lockdown has made things worse as we couldn’t scout the various locations out in detail.”

“We now have the processes in place to DBS check our volunteers and offer them training,” says Christoph Fischer, chair of the group. “Through our affiliation with the Welsh Sports Association and CWVYS these opportunities have become available really fast and some of us are already attending those courses. If you want to join, send an email to [youthclubllandeilo@gmail.com](mailto:youthclubllandeilo@gmail.com)”

Their bank details are:

Llandeilo Children and Youth Society  
Account type: Business Current Account  
Account number: 71743049  
Sort code: 51-61-15





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# A BIG HELLO FROM BUMBLEBEES!

You might have noticed a new haberdashery and craft shop opened in Market Square, Llandovery? If you have and you've already popped in, thank you, if not – why not!?! You'll be warmly welcomed, free to browse and chat all things creative and there will be no hard sales!

I'm Linzi, the face behind the name (and counter) at Bumblebees. I moved with my family to Llanwrda 2 years ago from Hampshire and we have been blown away by the warm welcome we have received. I do in fact have a trickle of Welsh blood from my dad's side, he's a Pritchard, but the family tree needs much more investigating. Shop keepings in my blood too, Mum's grandfather had a tobacconist and Dad's mum a tearoom then post office. I didn't set out to open a shop of any kind, I had looked at the empty shop for over a year thinking how lovely it was, then Mum was in the car with me in February and I pointed it out to her. We went through what was missing in the town and boom! The haberdashery idea was off, I had no idea the shop had been one previously!!! Mum and I have sorted out all the stock and Jason, my other half, has been the construction king bringing Bumblebees to life.

I confess I'm a creative, always have been, encouraged by my wonderful Mum. I find it a joy to turn a pile of bits and pieces (usually fabric in my case) into something beautiful and/or useful, even better is the pleasure in gifting that creation to someone special, making someone smile. We live in a busy, fast paced world and it is wonderful to lose yourself in something creative; to let your mind relax and, when your project is complete, step back and think 'I made that'. Even if it didn't end how you imagined or hoped you took time out to something you chose to do, letting go of the everyday stresses even for just a few minutes can be beneficial to our wellbeing. To give you a bit of creative inspiration you'll always find a simple crafty project in the window that you can snap on your phone to try at home, I'll change it regularly and try and cover as many crafts as we can.

I'm mad about free machine embroidery; using small

scraps of fabric to create pictures adding detail with the sewing machine where it becomes your 'pen'. I am self-taught, developing my own style and techniques and I love to pass those on to others; Covid restrictions permitting workshops are being planned along with craft and chat/ knit and natter/ make and moan groups, getting together with other makers is often very inspiring. This is a great way of using up all those small scraps of fabric left over from other makes that you don't know what to do with but can't bear to throw away!

On the 'waste not' principle I have been mindful of our environment when looking at stock; our sewing threads are made from recycle plastic bottles as is our toy stuffing, cushion pads and satin ribbon range. We have pure silk and cotton ribbons and a lovely selection of wooden buttons. All of which we sell by the metre or individually helping to reduce waste and harking back to traditional times! Whilst we cannot eliminate plastic packaging, we recycle what arrives with our deliveries and we only use paper bags. I am proud to support small independent businesses like Bumblebees, we have ranges from all over the world as well as locally sourced; patterns from Merchant & Mills, craft papers from Craft Consortium, tweeds from Abraham Moon, British yarn from Eden Cottage and I am delighted to be stocking local wool from the Cambrian Wool Mill.

So next time you're in town call in, say hello and maybe even inspired to try something creative!

P.S I'm sorry I don't do alterations but if there are any talented, confident dress makers who would like to please do get in touch, I'm often asked and it would be lovely to be able to offer this service.

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## SUPER-SIZE WIND TURBINE PROPOSALS

A Cornish development company has been very busy during the lockdowns selecting internet data on farmers and landowners in Carmarthenshire and sending out letters with tempting offers to put up wind turbines on their properties. All the landowner has to do is provide a signature. Because of lockdown restrictions, it is unlikely that the developers surveyed the sites before selecting the locations for their mail-shots. Whereas most people are wary of receiving unsolicited offers through the post, that look too good to be true, others can be tempted. Especially if they don't live close to the site or they are unaware or careless of the stress and upset that previous proposals of this kind have caused to communities and residents that do.

It should be remembered that wind turbine developers and power cable owners enjoy generous remunerations, paid out of the public purse, and so it is in their interest to install the largest machine possible and at the furthest distance possible from the towns and cities where the energy is required.

Clean Earth Energy Ltd. has put in pre-planning 'screening opinions' for three very large wind turbines in Towy valley locations. That is, requesting the CCC Planning Department to provide the applicant with details of any areas, typically environmental, that have to be addressed in the full planning applications.

The applications are:

App Ref. SCO/01634, ht to tip: 135M/439ft, Grid ref. 631398, Location: Coed y Gof aprx 1 mile W. Pumpsaint

App Ref. SCO/00291, ht to tip: 150M/488ft, Grid ref. 678358, Location: Nantyrhogfaen aprx 1ml W. Pont Hafod

App Ref. SCO/01635, ht to tip: 135M/439ft, Grid ref. 532376, Location: Blaen Pant Blotweth Fach Gwernogle

If you wish to express an opinion; The Planning Officer is Mr. Kevin Phillips [kdpillips@caremarthensire.gov.uk](mailto:kdpillips@caremarthensire.gov.uk) or write to CCC. Planning Services, Civic Offices, Llandeilo. SA19 6HW

CAWT, Caio Against Wind Turbines action group.

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# LLANDOVERY CROQUET CLUB



We have had a good start to the 2021 season with a number of new members who are enjoying learning about croquet. It is a game that is 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.

This season we have matches arranged with teams from Llanidloes, Mumbles and Cardigan. We will also be entering a team in the new Welsh Inter Club Championship which will be held at the Glamorgan Croquet Club on 31st July.

New members are always welcome to our friendly club; our club afternoons are on Tuesdays and Thursdays at the Castle Fields bowling green. If you would like more information about the club or would like a free try of the game, please contact the secretary John on 01269 593938 or 07435 786762, or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)

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10/21(6)

# HERITAGE TRAIL FOR LLANWRTYD WELLS



Llanwrtyd and District Heritage and Arts Centre have been awarded National Lottery Funding to develop a Heritage Trail around the town and surrounding area to highlight the places of interest and provide more information about the history of the various locations.

"This project has been under consideration for some time" says Lynne Brookes, Centre Manager, "and we are delighted to receive this support from the National Lottery which now allows us to proceed".

The £9.5k grant will fund identification plaques, bearing the logo of the Centre and information about the specific building, and encourage visitors to visit the Heritage Centre to find out more information. In the Centre there will be a permanent display giving details of each location and showing a trail map around the town. Brochures with further information about each location will be available. In addition there will be a display board showing the details of the trail at the entrance to the station.

"We are very lucky to be working with long standing residents whose families have lived here for generations who are able to provide previously unknown snippets of historical information which will give the visitor, and indeed, other residents a unique look into the Llanwrtyd of the past. It is hoped that this trail will encourage visitors to walk around the town, thus benefitting local shops and cafes as well as come into the Centre to find out more."

It is envisaged that the Trail will be established by the middle of the season, following the re-opening of the Heritage Centre on the 20th May.

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0621(1)

## COUNCILLOR URGES YOUNG PEOPLE AND WOMEN TO GET INVOLVED

Llandeilo town councillor Christoph Fischer calls on people of Llandeilo to consider standing for town council at the next election in May 2022 and to attend council meetings.

"We're currently not at all representative of the people of Llandeilo," Fischer laments, "especially as most of us stood unopposed for office. There were few contested seats in the last decade. It's come so far that people on Facebook do question town councillors' legitimacy because these people don't remember ever voting for us."

At present there are only two councillors under the age of 50 in Llandeilo Town Council and only three women out of 12 (or 15 if you count the officers). In 2017 seven people stood in Towy Ward for the six seats whereas in Castle Ward it was six candidates for six people without an election.

"We're in desperate need for fresh blood and ideas," claims Fischer. "While we have plenty of experience and talent on the council, there is a tendency to stick to the old."

Fischer tabled a motion in December to allow the public access to council zoom meetings and allow them to speak. Despite its simplicity it was – buried in a full review of all 70+ standing orders - referred to a Procedural Committee meeting in January, leading to a total of three extra procedural meetings. In the end this didn't come to full council as motion again until March. A request for a special motion on how to use zoom for council meetings with members of the public attending delayed the process by another month.

"This is frustrating as zoom is simple to use and other councils have managed to handle this quickly due to an openness and their better understanding of the technology available. Welsh Government suspended the requirement to make our meetings public during the pandemic, but we were actually not aware of this at the time and also never lost the option to keep them public if we so chose. The bureaucracy and slow speed I encountered in this show the need for a more balanced council. Particularly in Lock down people would have had the time to tune into our meetings and get an appetite to get involved."

"Key to change is for us to be transparent and accessible," says Fischer. "People don't see us in action and don't hear what councillors stand for. If people don't see how we work, they will not want to go to the ballot box, nor get involved. We could struggle for new councillors when others retire."

Council meetings are now being held again face to face and up to five visitors will be allowed to attend (but not speak at) those meetings.

"This is some progress but nothing compared to our neighbours in Manordeilo & Salem who for some time freely publish a link to their zoom meeting for the public to join and warmly welcome those who do."



# COMING SOON TO LLANGADOG COMMUNITY CENTRE!



After a year of lockdown, our community centre can now offer hire, with the use of some sports, exercise and games equipment.

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Numbers maybe limited to each hire and we will keep you up to date with the regulations due to COVID.

We look forward to seeing you all soon!!

We also welcome suggestions on other equipment/facilities you would like to see at the hall, please message or email us with your suggestions!!



# PHYSICIANS OF MYDDFAI FALL VICTIMS TO CORONAVIRUS

Although this year's annual conference of the Physicians of Myddfai Society, which was due to have been held at the end of June, has had to be cancelled because of the Coronavirus pandemic, the society hopes to present the cancelled programme next year.

The Society's secretary, Dr Donald Williams, said this year's cancellation was unavoidable in view of the current situation. "We regret having to disappoint those who had agreed to take part and the people who were looking forward to attend. However, we plan to reschedule the event for next year."

The conference would have concentrated on herbal medicine, from the remedies of early physicians to the work of a modern medical herbalist. A forgotten Welsh herbalist, David Thomas Jones was on the programme, together with a new Physic Garden which has been created in Cowbridge.

One of the highlights of the conference was a talk by artist William Wilkins, the founder chairman of the Welsh Historic Gardens Trust and a descendant of the doctors of Myddfai. "It's amazing to realise that Mr Wilkins confirms 800 years of a continuing medical tradition," said Dr Donald Williams. "We now look forward with great anticipation to welcoming him to our 2022 conference."

The society plans to go ahead with a walk during the summer to the Physicians of Myddfai Well, near the Usk Reservoir, and to hold its annual St Luke's Day service at the end of October.

It has been involved in the creation of a tablet to commemorate the Physicians of Myddfai in the Myddfai Room at Swansea University's new Department of Pharmacy. It has also been agreed in principle to contribute towards the upkeep of the garden at Myddfai Community Hall.

0621(5)

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# LLANGADOG YFC

A virtual meeting was held on Friday 19th March, whereby the Chairman Mr Ifan Williams introduced the guest speaker for the evening namely Mr Dylan Jones, a former member of the Vale of Towy YFC. Dylan is a former Wales YFC Chairman and was a successful member in Public Speaking and Stock judging. Dylan spoke of his role as a Milk Procurement Buyer with Glanbia since 2015, which is a specialised company producing cheese and selling throughout the country. An enjoyable evening was had with plenty of discussion.

On Friday 2nd April, 18 members from 10 families joined into another virtual meeting via zoom to hear of the 1,000- year history of the Havard farming family at Sennybridge, Brecon. Mr Gethin Havard is a former young farmers club member and farms with his parents and two brothers on nearly 1,200 acres of owned and rented land. Gethin spoke at length of his involvement with the YFC, farming and the countryside including difficult times within the agricultural industry such as the Foot and Mouth disease, Blue Tongue, BSE, TB and Scrapie. An interesting night was had by all, with plenty of discussion.

Following the guest speakers' presentation, the Chair Mr Ifan Williams held a meeting whereby he acknowledged and congratulated all members who had recently competed in the public speaking county competitions weekend. The results are as follows –

In the Welsh Reading Competition under 15, Lois Davies, Sion Jones and Guto Price came 2nd and Abner Evans, Mareed Roberts and Ilan Dafydd came 3rd with Sion Jones and Lois Davies going on to represent the county on Wales level as readers. Abner Evans was also selected as a reserve Chair and reader alongside Mareed Roberts as a reserve reader.

In the Welsh Junior section under 17, the office team won, which Lois Davies was a part of and she was chosen as a reserve chair for the county team on Wales level.

In the Welsh Senior section under 27, Cadi James, Mari James, Elis James and Ffion Evans came 5th and Aaron Hughes, Glain Evans, Aled Thomas and Sion Roberts came 7th.

In the English Reading under 15, Llangadog won the competition with Lois Davies going on to represent the County on Wales level as Chairman and reader with Abner Evans as a reserve reader.

Lois Davies also won the best individual in the English Reading Competition.

In the English Junior competition under 17, Lois Davies came 2nd as part of the office team and is a reserve speaker for the County team on Wales level.

In the English Intermediates Brainstrust competition under 22, Aaron Hughes, Glain Evans, Aled Thomas and Sion Roberts came 2nd and Cadi James, Mari James, Elis James and Ffion Evans came 3rd. Mari James and Aled Thomas were chosen to go on to represent the County on Wales level with Cadi James as reserve Chair and Sion Roberts as reserve speaker.

Mari James also won the best individual in the English Intermediates Brainstrust competition.

The club are extremely grateful of the instructors, who were Liz Davies and Mareed Williams for the Reading section and Andrew James and Alun Bryngwyn for the Intermediate Brainstrust competition.

The chair also congratulated Mari Wyn James on winning Carmarthenshire County Young Member of the Year 2021/2022.





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# LLANDOVERY ROTARY CLUB & WYN JONES Q&A



*The waiting room at the Covid vaccination Clinic at the Rugby Club.*

Our commitment to marshalling the Covid clinics goes on ..... and on.

And we will continue to volunteer until there is no one left to vaccinate.

That is our promise to the people of Llandoverly and this Community.

Here are all the reports for the past year from the President and Committee Chairpersons at the Club Assembly 2020/21.

Below them is a special Question and Answer session from Wyn Jones our newly selected BRITISH & IRISH LION granted exclusively to Love Llandoverly.

First though, our Club Assembly reports.

## **PRESIDENT'S ADDRESS – ALAN MORGAN**

The last Rotary year 20/21 has been a very difficult period where as a club we only met indoors for the one meeting in 'bubbles' and spaced in groups at that time. The following week new restrictions were brought in which stopped this immediately. I, nor the club, have been able, due to Covid, to undertake anything in the year which is why I am pleased to have the opportunity to serve as President for the coming year as well. I am pleased to confirm that all officers and Chairs of committee, will continue in their respective posts. We did not have the opportunity last year to fundraise but have helped in the community by delivering prescriptions, doing shopping for those who were unable and assisted the surgery by marshalling their flu and vaccine clinics which is ongoing. We are fortunate that we had some reserves in our Charity account which allowed us to help in some other cases. We purchased a water aid box and under COVID regulations made up and delivered 36 hampers to the housebound at Christmas time. Looking forward will depend on when and what restrictions are lifted but as a club we are fully committed to the community and will again help wherever we can. Our fundraising is discussed at our ZOOM meetings but all events up until October that we normally attend have

already been cancelled and we will have to consider alternatives. I wish to continue with the great fellowship that exists within the club and I am sure we will organise suitable events when we can i.e. BBQ, social nights at other venues, scatter nights and regular speakers. I would also wish to increase the membership by two during the year and with the introduction last year of a choice of how to pay our monthly subscription hopefully this will continue to attract new younger candidates. Please also find attached reports from the various Chairpersons which I am afraid are also limited in actual content since we still await to see what we can do in the next year. President Alan Morgan.

## **COMMUNITY ..... BARRY CLEMENT**

We are living in a challenging time and raising funds etc in the community is not currently permitted. That said, we are considering trying to raise some funds via social media platforms and therefore raise the profile of Llandoverly Rotary within the community.

Aside from this, several members of the club are assisting with the immunisation programme in conjunction with Llanfair Surgery and doing sterling work managing/directing recipients of 'said vaccine.' The generous and positive feedback from social media is heart-warming. Well done club members in these very difficult times.

Sorry, but all I can say is 'watch this space' as we await the announcements of the easing of lockdown restrictions as does the entire world before the club can get back out there and do what we do best i.e. Raise the Flag for Rotary. Barry Clement.

## **FELLOWSHIP ..... ANTHONY WATHAN**

The last year has been extremely quiet but there is light at the end of the tunnel as restrictions are easing. As fellowship chairman I really do hope that we can organise something this year for us all to get together and have an enjoyable time, of course following at all times the Welsh Government guidelines regarding COVID. My hope is and it is a big hope that we maybe get together before the Summer ends, maybe a BBQ, that would be nice. Sorry not much else I can report on and let us hope this is all over soon. Stay Safe. Anthony Wathan.

## **INTERNATIONAL/FOUNDATION ..... IEUAN PUGH-MORGAN**

As we have been without club meetings for quite some time, I do not propose any major changes for our

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format for the future year. We continue to support these causes through our monthly subs to RIBI International Foundation funds and those of us registered to do so continue to pay a min of £25 annually by standing order.

I propose that we support Emergency Boxes as and when needed/requested as Club funds allow.

The club expense will be the Patagonian Student for a term at Llandovery College for whom we supply Pocket Money but we will have to wait and see if this will return next year.

All other decisions will be put to the club as and when normal times will bring us back to weekly meetings. Ieuan Morgan.

## YOUTH ..... DAI DYER

To say that these are strange times is an understatement and the fear of organising anything is severely inhibiting. However we must attempt to overcome these difficulties. Last November I believe that the only District Youth Competition to take place was the Welsh Youth Speaks as there appears to be a reluctance by District to risk anything and during one meeting (when I was more or less blocked out!) the awful word "re-evaluating" kept appearing.

Anyway turning to the forthcoming year we will have to cancel the Reading, Writing, and Art competition because it involves congregating about 70 children and a similar number of adults in one indoor space in June of this year. Two reasons – We cannot be responsible for a resurgence of Covid by congregating people who might not have been vaccinated and secondly an indoor meeting of this size might not be allowed.

Our next activity will be RYLA which this year will only have one participant. I usually have a hands on role in recruiting but as access to school is restricted this has not been possible.

We then proceed to the district competitions if the re-evaluating has not changed them. We fully intend organising the District Welsh Youth Speaks, the District Welsh Writer and the Area Young Musician Competition. We will hopefully have entries for all these competitions and will also try and find entries for Young Chef and English Youth Speaks. With regard to Young Interviewer



Wyn Jones with his British & Irish Lions shirt ready for the tour to South Africa. FANTASTIC.

we would support it assuming that we can find the right young people to participate. There is also a need for a Welsh equivalent but I would want clearance from the District Treasurer that he will fund it as I have been funding the Welsh Youth Speaks for the the last 3 or 4 years. Within the Rotary year we will also select another two for RYLA and rejuvenate the Reading, Writing and Art competitions which is always a highlight of the year.

Now, very many thanks to Wyn Jones our Welsh Rugby International with 35 caps and now as selected a BRITISH AND IRISH LION who has granted Love Llandovery an exclusive Question and Answer session for which we are indeed most grateful.

Q1 From Aled and Dewi Morgan .... What time do you go to bed before a Welsh game and do you sleep all night?

WYN. All depends on the kick off times. If it's a normal 2:30 kick off I'd try to get to bed by 10pm and wake up at 8am but often won't be able to sleep much before 12am. For a later kick off I sometimes go to bed a little later and hopefully sleep in for longer.

Q2 What is your pre match music on your 'phones?

WYN. The songs I usually listen to when walking into the stadium are usually by Eminem. Little bit random but it's become a bit of a tradition and wouldn't want to change it now.

Q3 Who is the best trainer in the Welsh squad?

WYN. Without a doubt it's Alun Wyn Jones, he gives 100% every session and drives standards within the squad.

Q4 Ella Morgan, Blwyddyn 5 and Ellie-Haf Davies want to know .... Have you got any pre match rituals, superstitions or lucky charms?

WYN. Not a massive one for superstitions but I do touch the top of the door frame when going onto the pitch and also as I stretch I will kiss both knees and think of my family watching in the stand or at home.

Q5 Tia Morgan, Blwyddyn 2 asks ..... How did you get the nickname 'Sausage'?



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- WYN. Thank you Tia, tell dad to track Swell 'Emyr Phillips' down, the story isn't as interesting as you might think. Basically he tried to think of a nickname for me on the spot and the best he could think of was 'Sausage' and unfortunately it stuck from that day on.
- Q6 When you retire from rugby will you go into coaching or farming?
- WYN. I don't think I would like to coach full time but I do fancy myself as a bit of a Junior Drovers coach on a Sunday morning if I ever get the chance. Otherwise it's hopefully back to the farm for me after rugby.
- Q7 Harlan aged 7 wants to know ..... Do you watch Scooby Doo?
- WYN. Yes, I used to enjoy watching Scooby Doo when I was younger, my favourite was Scrappy – reminds me of Lee Rees who plays for Llandovery 1st.
- Q8 Who is the best dressed man in the Welsh Squad?
- WYN. Gareth Cawdor Davies always fancies himself as bit of a fashion icon. He's always got a new pair of trainers on.
- Q9 And the worst dressed?
- WYN. The worse dressed would have to be Ryan Elias. He wore a jumper with holes in the other day, looked as if he had been welding in it!
- Q10 What's the best advice you would give to a 16 year old up and coming prop?
- WYN. Never give up and concentrate on your specific role of scrummaging first. Everything else will follow. Always remember, you don't have to go through academies to make it to the top, everyone matures at different ages.
- Q11 Name an underrated player in Wales?
- WYN. Phil Day 'Bam' – he was immense when we played together for Llandovery, nice to see him back and hopefully will be able to watch the Drovers have a few games this year.
- Q12 How much can you bench press?
- WYN. When your shoulders feel like mine you really don't bench that much. I'd currently be benching about 140kg but it's not my favourite exercise.
- Q13 Who is your favourite room mate? (Jeian excluded!)
- WYN. I always share with Ryan Elias. He bring the toothpaste and I take the shower gel, it works well.
- Q14 Name ANY three guests you'd like to have for dinner?
- WYN. Derek Jones – he has all the gossip.  
Elgan Lewis – thinks he knows all the gossip.  
Kevin Jones – he is the gossip!!
- Q15 How much do you pay your staff to feed your sheep when you're away playing rugby? asks Miss Jeian Lewis (your fiancé).
- WYN. To keep the workforce happy they usually get a few trips away here and there throughout the year. This year has been a bit different. But now with being lucky enough to be selected for the Lions tour, I'll be leaving again so will have a lot of making up to do trip wise.
- Q16 What was the best day of your life?
- WYN. Seeing my name pop up on my phone screen after being selected to go on the Lions Tour was pretty special. Will take quite a bit to beat it.
- Q17 Tell us something we don't know about you?
- WYN. I used to be a winger in junior drovers then gradually got slower and slower and became a prop. I also did grade 4 piano, Mrs Iliff once told Jeian that I had the potential but was much more interested in rugby!
- Diolch yn fawr iawn Wyn. May we at Llandovery Rotary, Love Llandovery and on behalf of this entire community sincerely wish you every success playing for the Lions on the tour to South Africa and if you can hear anyone shouting "Go on Sausage," it won't be one of the Junior Drovers it will be one of us from Rotary!  
Good luck Wyn.
- Derek Jones.




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07/21(6)

## Llandovery Floral Art Society

Ok enough is enough I know all you serious gardeners and farmers amongst you were praying for rain but can you start praying for a little sun again now. Please! All joking aside it would be nice to have more of a mix of sun with the rain. Dan and I went for a visit to Llanelli wildfowl park last week and to be fair, we were surprised, how despite the downpours we have had the ground was very dry and cracked in many places.

Heather and I will continue to put our heads together and work towards a restart as soon as we can.

My apologies to Eleri and especially Glenda. I left her out of my last piece, but we all know you were there for Dad and continue with the rest of the family, to be there for Mum. Pat continues to be making good progress with her new hip. We have to congratulate her on her recent appointment as Deputy Mayor. She will be an excellent support for Handel Davies our new Mayor. How proud Ann would have been. I hope Gill's am continues to improve and I hope anyone else who has been under the weather is on the mend.

Quiz time. Below are a number of cryptic clues to a lot of old favourite flowers.

1. not for the amnesiac
2. a very untidy bird
3. Solar blooms
4. a petticoat for a ruminant
5. a fancy feline
6. a lady between the mountains
7. a vessel full of fat
8. a hand in your front room
9. a big fiddle
10. family for the feline
11. sounds like you could thicken with it
12. foggy affection
13. the beginning of end inside a small horse
14. Keeping Basil's paws warm?
15. Found at the forge?
16. foreign kitchen gloves
17. depressed clanger
18. George's enemy's favourite card game
19. capital dwellers 20. the best policy

Hope you enjoy and they make you smile. Stay safe and keep in touch and talking.

Gina.

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05/21(6)





Something amazing has happened! Jonas Chabroka Fadweck Malawi (one of the poorest countries in the world) wrote – Grandma we will celebrate your birthday with tree planting.

Totally love this! It gets better – they have decided that Children, Mum’s and Grannies are going to make cakes. They will have a party with the tree planters – How beautiful!!

It made me wonder; would you like to celebrate with me too and Plant a tree for Granny? Some people have already said YES!

If not a tree Plant something or do ‘something’ to help people in our community.

For those of you who can do come to Myddfai Village Hall (Covid permitting) from 4.00pm till whatever time you like.

Please bring a plate for the table; your own alcohol & a raffle prize to cover Hall Hire.

I usually have a Lamb Roast but impossible to keep it warm with the doors wide open!

I started Learn with Grandma as my retirement project. I never expected it to become an international network with groups around the world promoting Intergenerational Learning & Active Ageing. The main aim is share ideas of how to use the internet as a bridge to reunite the generations and help break down the digital age gap by sharing skills; love & knowledge across the generations. Good projects are happening in many countries.

Don’t know why God gave me – of all people!! – the idea that we can use the internet to share knowledge; skills and LOVE across the generations. I would not have chosen me!! All I can do is try to inspire! To encourage people to believe the ‘Impossible’ is possible! We individuals think we can’t change the world but it’s only individuals that can! We can All do something! Just

DO the best you can & leave the rest to God. I can’t send money and at my age I could not give continued support – so I share ideas of ways people can help themselves. Suggesting practical ways forward that are Achievable; Affordable and Sustainable; often little projects that will go on and on giving lasting benefits and reduce the dependency on grant funding; which is going to be even more difficult to get as the World recovers from the costs of the covid Pandemic!!

Got this Gobsmacking message from Uganda – Hi Granny Valerie – We have a better plan! As well as planting a tree want to name our new centre after you!!! I could never in a million years have imagined that anyone would want to name a building after me!!!



## LLANWRDA CRICKET CLUB

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

All Stars for U9s at 5.00pm – for Year 4 and younger with Gwynn.

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

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

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

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

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

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

### LLANWRDA C C BONUS BALL WINNERS

14/04/21	34	No winner
21/04/21	46	No winner
28/04/21	5	Cerith Rees
05/05/21	43	No winner
12/05/21	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.



# LLUEST

## ‘TAILS’ FROM THE TRUST .... HELLO’S AND GOODBYES

### WELCOME MAGGIE

Spring has been a busy time for us at Lluest and we recently welcomed Maggie our first orphan foal of the year. We chose to name her Maggie, after one of our special supporters Maggie Wagstaff who sadly passed away earlier this year.

Tiny foal Maggie was spotted on a south Wales mountain being kicked and bitten by other ponies. Welsh Pony Rescue and Rehoming Charitable Trust with whom we regularly work went straight to the rescue but despite their best efforts to reunite little Maggie with her mum, she had to be removed for her own safety and welfare. Thankfully we were able to provide a safe space for Maggie at Lluest and while she was a little wobbly on arrival she drank her milk very well and showed plenty of sassiness and fight. She subsequently had a few up and downs including the need for a plasma transfusion and she suffered a seizure. We’re happy to report that she’s now going from strength to strength but that we’re continuing to monitor her progress with the fantastic team at Dyffryn Tywi Vets. Maggie now has a friend called Moon in the stable next to her and our hope is that this older mare will become a mother figure to Maggie and show her how to be a good pony.

If you’d like to support Maggie’s progress at Lluest and you’re looking for a gift for the person who has everything you can sponsor her through our sponsorship scheme. You’ll receive a sponsor pack with a photo, her rescue story, a certificate and a little rosette. You’ll find full details on this link: [www.lluesthorseandponytrust.co.uk/shop/maggie-sponsorship/](http://www.lluesthorseandponytrust.co.uk/shop/maggie-sponsorship/)

### WE’VE GOT DONKEYS!

Maggie wasn’t our only new arrival this Spring and we were delighted to take in two very sweet but nervous donkey geldings. The elderly lady that had owned them loved them very much, but wasn’t experienced and had done very little handling over the 5 years she had owned them. Because they weren’t very well handled it made doing routine treatments very difficult. Since their arrival they’ve been through quarantine, health checks and a range of essential treatments to get them into better shape. They are also receiving an appropriate diet for



*Maggie cwtching up to Big Ted for comfort*



*Maggie finds her feet with new buddy Archie*

donkeys. Caesar the smallest donkey has some trouble with his eyes and may need to have a small operation to prevent his eyelashes turning in and irritating his eyes. Critical to their successful future re-homing will be slow and sensitive training which we have already started. We’re confident these two boys will thrive under the expert support and care of our small and dedicated team.



*The boys are always curious*

## **ZEUS FINDS A NEW HOME**

We also waved a fond farewell to little Zeus who found his very own Guardian home this Spring. Zeus is living proof that very young orphan foals can thrive when given the right level of dedicated and experienced support. When Zeus arrived at Lluest last year he had ongoing issues with his tummy and had colic most days, he also required feeding every hour around the clock. This cheeky chappie will be missed by everyone at Lluest but we are all so so excited for him to have his very own Guardian home!



*Zeus on his way to a new home*

If you're not familiar with our work or how to support us just check out our website and Facebook pages: [www.lluethorseandponytrust.co.uk](http://www.lluethorseandponytrust.co.uk) [www.facebook.com/lluest](https://www.facebook.com/lluest)



Llangadog Community Centre open on 10th May!! We welcome you all back and hope to see some regular faces back in our Community Centre. A lot has been going on over the past year within the hall and here is a few snap shots of the newly decorated YMCA and Green Room. A big thanks goes to the Llandoverly Rotary Cub for their kind donation of £700 towards the refurbishment of the YMCA – it is very much appreciated. Another big thanks goes to Craig Rennie for all his hard work completing the YMCA, along with the help from Denise, without them both the YMCA would not look as fantastic as it does!! They were certainly pushed to the limit when the deadline for reopening was brought forward!! So grateful to everyone who has put in hard work over the past year to get the hall to where it is now!!



# READERS' SALES & WANTS

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

## FOR SALE

- **Terrace House**, Llansawel. Offers over £75000. Tel: M. Church 07565 998330.
- **Indesit Upright freezer**, good clean working order, £40, buyer collects. Tel: 01550 777432.
- **Vicon fertilizer spreader (B75)** with handbook, good condition, £95. Tel: 01558 668325.
- **Avery platform weighing scales**, good condition, £75. Tel: 01558 668325.
- **Architects drawing board (3' x 3'6")** with metal stand, £25. Tel: 01558 668325.
- **Antique horse drawn plough**, made by Kell & Co., £90. Tel: 01558 668325.
- **Wooden pine cot bed**, 135 x 75cm, £40. Phone 01550 777149.
- **Large TP wavy slide**. Good condition, £40. Phone 01550 777149.
- **Small trampoline** 100 x 100cm, £15. Phone 01550 777149.
- **20 litre knapsack sprayer** in good working order, £25. Tel: 07761 107055.
- **Upright HOOVER vacuum cleaner**, £8. Tel: 07761 107055.
- **Hanging baskets**, £2 each. Tel: 07761 107055.
- **Wall brackets for hanging baskets**, £2 each. Tel: 07761 107055.
- **Electric drill** with hammer 240 volts, £10. Tel: 07761 107055.
- **Ratchet load belt**, £7. Tel: 07761 107055.
- **Outside wall light fitting**, £4. Tel: 07761 107055.
- **Canter lever garden/patio Parasol** 3.00 x 2.60 (as new), £65. Tel: 07761 107055.
- **White Quart stone**, various sizes, wheelbarrow load. Offers. Tel: 07761 107055.
- **Greenhouse watering kit**, £5. Tel: 07761 107055.
- **Pulsating garden sprinkler**. Covers a large circular area, £20. Tel: 07761 107055.
- **Quantity of HILTI nails and CAPS**, £5. Tel: 07761 107055.
- **Electric Sewing machine**, Toyota model 200. Hardly used, in its own cabinet. £50. Tel: 07729 946179.
- **Coffee Machine** – De'Longhi Vintage Icona. Unwanted gift, boxed with instructions. £70. Tel: 01550 740233.
- **Pool Table** 6'2" x 3'5" with balls, cue's etc, £20. Tel: 01550 740233.
- **Table tennis table** 6' x 3' with net, bats and ball. Hardly used £40. 07540 565693.
- **SPINNING WHEEL**, 'Ashford Joy' with bag, single treadle, £160. Tel: 01558 650573.
- **Trend T4 1/4" variable speed Plunge router**, in good condition, comes in its own carry case, it has had very little use, £50. Tel: 07779 078091.
- **Exercise bike**, belt missing, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Singer vintage (1950s) Electric Sewing Machine**. Foot attachment and accessories. Good working order, £50. Tel: 07484 859023.
- **Steam fresh combi VAX floor cleaner**, £10. Tel: 01558 822125.
- **Clearance Sale at Y Ceiliog Caffe, Llanwrda** many items including craft fabric haberdashery second hand and new cloths something for everyone starts Wednesday 26th May 10am tom4pm Telephone Chris on 01550 777800.
- **Drawing Board & Stand**, A1 size (900 x 650) with 'Orchard' Paralax ruler, as new, £250 o.n.o. Tel: 01550 777882.
- **x4 boxes of crockery**, £20 ono. Tel: 07872 509031 or 07770 777992.
- **x2 single beds**, like new, with drawers, £70 ono for both. Tel: 07872 509031 or 07770 777992.
- **Floor trowels**, £16. Tel: 07872 509031 or 07770 777992.
- **Breville White TR16 2 slice sandwich toaster**. Excellent condition. £10. Phone: 01550 721247.
- **Easy Home Midi Dehumidifier**, in box (never used), 1.5 litre capacity, 72 watts. £30. Phone: 01550 721247.
- **Minuet Kettle (white)** cordless in box, 1 litre capacity, 750 watts. Excellent condition, £8. Phone: 01550 721247.
- **Electric hook-up cable** with UK and Continental adaptors (25 metres) for motorhome/caravan. Hardly used. £40. Phone: 01550 721247.
- **Grove food grade superflat reinforced PVC hose LX series** (10 metres) with fittings and hose nozzle. Unused. £25. Phone 01550 721247.
- **MGI Levelling Ramps**, Midi Level T2 twin pack in bag for motorhome. Unused. £15. Phone: 01550 721247.
- **2 x 3mtr lengths of white plastic guttering and downpipe**, fittings and shorter lengths, all good, £8 the lot. Tel: 01267 275908 (Llanddarog).
- **Stihl FS40 Petrol strimmer**, in good condition, £50. Tel: 07779 078091.
- **Stihl BGE71 Electric leaf blower**, in excellent condition, £65. Tel: 07779 078091.
- **Dewalt DCF885 18V Impact driver**, in good condition, £50. Tel: 07779 078091.
- **Dewalt DCF815 10.8V Impact driver**, in good condition, £40. Tel: 07779 078091.
- **16 Gauge Bostitch Air nail gun**, in good condition, £40. Tel: 07779 078091.
- **Hotpoint washer/dryer machine**, £60 ono. Tel: 07872 509031 or 07770 777992.
- **Double bed**, no mattress, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Wooden table & 4 chairs**, £60 ono. Tel: 07872 509031 or 07770 777992.

## WANTED

- **Bereaved Donkey is looking for a new companion**. We are looking to re-home a mature donkey, to be a companion to our recently bereaved 15 yr old gelded donkey. Tel: 07860 492596.
- **Cash buyer requires property** 2/3 bedroom house/ bungalow, Llandovery or surrounding area. Please phone 07507 069536 or email: bosham49@hotmail.com

# CHRISTIAN AID WEEK

9th – 15th May 2021

Llandovery & District Churches & Chapels

The pandemic has seriously affected our Committee's ability to raise funds again this year.

However, Enid Prothero has once again organised a plant table at her home in Towy Avenue. This year she has recently celebrated a "big" birthday by selling plants worth over £500, plus donations, and would like to thank friends and neighbours for their wonderful support. As she says "Locally sold and no air-miles involved!"

In 2020, Llandovery & District Christian Aid Committee donated £1760, and we are grateful for all who gave so generously. This year Christian Aid is concentrating on providing clean water, something which we take for granted, to those in greatest need.

We will be collecting all monies in June and anyone wishing to donate is most welcome to contact me any time.

In these most difficult times the work of Christian Aid and their volunteers is more important than ever, so please keep them in your hearts and prayers.

Pat Smith, Secretary, Llandovery & District Christian Aid Committee. Tel. 01550 720659.

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.

## Church Services

E-English W-Welsh B-Bilingual

### LLandingat, Llandovery

Private prayer 12.30pm to 1.30pm  
Wednesdays 2nd, 9th, 16th, 23rd  
and 30th June

6 Jun 9.30am Morning prayer  
20 Jun 9.30am [bread only]  
Holy Communion

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

4 Jul 9.30am Morning prayer  
18 Jul 9.30am [bread only]  
Holy Communion

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

### St Michaels, Myddfai

13 Jun 11.30am  
27 Jun 11.30am  
11 Jul 11.30am  
25 Jul 11.30am

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

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

### St David's Catholic Church, Llandeilo

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

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

### Our Lady's Catholic Church, Llandovery

College View SA20 0BD (Served from Lampeter)

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

Wednesday 10.00 a.m.  
Tel. 01570 421003 Mob: 07495 802711  
Email: davidkeithvans@hotmail.co.uk for details.

### LLANDEUSANT PARISH CHURCH

13 Jun 11.00am Morning Prayer

### CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)

Revd Ann McKnight 01550 721109

### TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942  
(Abergorlech and Llansawel)  
patmanlew@gmail.com  
patmanlew@btconnect.com

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

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

### LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534  
revpaulpritchard@gmail.com

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

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

### LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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

### WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

**WILLIAM EVERATT:** Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 08/21(12)

### ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 06/21(12)

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob: 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 02/22(12)

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

### BEAUTY SALON

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

### BOOKS

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

### BUILDING SERVICES

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

### CARPENTRY

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

### CARPET FITTER & SUPPLIER

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

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 11/21(6)

**BENJAMIN POOLE CARPETS:** The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com 03/22(12)

### CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 07/21(12)



## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 11/21(12)

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. References available. Contact 07872 509031 / 07770 777992. 06/21(6)

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

## COMPLEMENTARY THERAPY

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

## COPYING AND PRINTING SERVICES

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

## COUNSELLING

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

## CURTAINS & COVERS

**CURTAINS & COVERS** and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale – ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale.* Tel. Sally 01558 668102. 11/21(12)

## ELECTRICIANS

**V. W. REES ELECTRICAL. Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 08/21(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 08/21(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](mailto:elissa@elissaonline.net) or call 01558 650525 [www.elissaonline.net](http://www.elissaonline.net). 02/22(12)

## FINANCIAL ADVICE

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

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 07/21(12)

**THE POST  
ADVERTISING  
you CAN afford**

## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 *05/22(12)*

**AGAP LANDSCAPES.** Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. [www.agap-landscapes.co.uk](http://www.agap-landscapes.co.uk). *07/21(6)*

**GARDEN PURSUIT — FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS.** Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered [www.gardenpursuit.co.uk](http://www.gardenpursuit.co.uk) *02/22(12)*

**LLOYD GARDEN SERVICES** — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandovery. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: [dilwynlloyd2@gmail.com](mailto:dilwynlloyd2@gmail.com) *08/21(6)*

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

## HEALTH AND WELLBEING

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

## HEATING OR RENEWABLE HEATING

**BIRDS' HILL RURAL RENEWABLES,** delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 [info@birdshill.wales](mailto:info@birdshill.wales) [www.birdshill.wales](http://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. *10/21(6)*

## HYPNOTHERAPY

**HYPNOTHERAPY AT HOME. Feeling low?** These troubled times have impacted many people's peace of mind and sense of wellbeing, leaving a deep furrow of stress and anxiety. Hypnotherapy is a natural technique that sets you back on the road to wellbeing and happiness, to help you discover again your enjoyment of life and rekindle the spark of positivity and hope. I am Duncan Lochhead, a registered clinical hypnotherapist in Llandeilo, offering hypnotherapy via online video-conferencing in the comfort of your own home. You can contact me on 07782 482511 for an initial consultation with no charge, or visit my website to find out more [www.hypno-at-home.co.uk](http://www.hypno-at-home.co.uk) *06/21(6)*

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *05/22(12)*

## JOINERY

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: [info@harryguilecarpentry.co.uk](mailto:info@harryguilecarpentry.co.uk) [www.harryguilecarpentry.co.uk](http://www.harryguilecarpentry.co.uk) *05/22(12)*

## LIPREADING CLASSES

**IF YOU HAVE HEARING LOSS AND WANT TO WORK ON YOUR COMMUNICATION SKILLS THESE CLASSES COULD BE FOR YOU.** Would you like to join a group of up to 10 people with the aim of helping you learn or improve your lipreading skills and communication tactics. The two-hour classes will run weekly. They start in Llandovery at the beginning of September. Free taster sessions can be arranged prior to this, either online or face to face. Classes online are available one to one or in a group. For more information, please ring or text Anne on 07939 567846 or email : [aolipreading@btinternet.com](mailto:aolipreading@btinternet.com) *11/21(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](mailto:jerry@thetump.co.uk) *06/21(6)*



## **MASSAGE AND MOVEMENT**

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

## **MONUMENTAL MASON**

**BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS** made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit [www.hummerstone.wales](http://www.hummerstone.wales); to discuss your requirements and for a free quotation e-mail [gabriel@hummerstone.wales](mailto:gabriel@hummerstone.wales) or 'phone 07805 694016. Visits to my workshop in Gelli Aur/Golden Grove are most welcome. *08/21(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](http://www.haydnadams.co.uk) *09/21(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](mailto:philashworth@hotmail.co.uk) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) *03/22(12)*

## **PEST CONTROL**

**THE MOLE MAN**. ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. *08/21(12)*

## **PETCARE SERVICES**

**PAWSITIVE PETCARE**. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. *10/21(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. *11/21(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. *08/21(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)*

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

## **PROPERTY MAINTENANCE**

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

## **SOLICITORS**

**HUGH WILLIAMS SON & CO**. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing. Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandoverly 01550 721500. *11/21(12)*

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## 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](mailto:mick@micksheridanupholstery.co.uk)  
[www.micksheridanupholstery.co.uk](http://www.micksheridanupholstery.co.uk) 02/22(12)

## WILL WRITING SERVICES

**MB WILLWRITING.** Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at [info@mbwills.co.uk](mailto:info@mbwills.co.uk) 01269 542742  
[www.mbwills.co.uk](http://www.mbwills.co.uk) 09/21(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](mailto:Dazzlerswindow@gmail.com)  
Facebook: dazzlers the window cleaners 02/22(12)

## YOGA

**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit [www.holistic-heaven.com](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments. 07/21(12)

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

**YOGA CLASSES, LLANDOVERY AND LLANGADOG.** Morning sessions of yoga practised with mindfulness, gentle, energising and restorative. Yoga promotes strength, balance and flexibility in both body and mind. It improves immune function and increases feelings of wellbeing. Breath awareness practices encourage deeper, healthy respiration and renewed vigour. Suitable for all levels of experience. Excellent beginners class. All welcome. Especially in Llandovery places are limited due to Covid measures so please phone if you are new to the class. Tuesdays: LLANDOVERY Catholic Hall. 10.30a.m – 12.00p.m (no class 15th June). Thursdays: LLANGADOG Community Center. 10.30a.m – 12.00p.m (no class 17th June). Stephanie/Nirbhaya 01558 650534. 06/22(12)

# THE POST

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## Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, 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.

- = Magazine Drop Points
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## 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.

**Toway 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

# LLANDOVERY SWIMMING POOL

Tel: 01267 224733

## PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; [www.actif.cymru](http://www.actif.cymru) ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

## LLANDOVERY SWIMMING POOL

Please see website; [www.actif.wales](http://www.actif.wales) for our list of opening hours, activities provided and how to book and Pay.

### Train Times (Heart of Wales Line)

#### SHREWSBURY TO SWANSEA VIA THE HEART OF WALES LINE

Monday to Friday	1	2	3	4
Shrewsbury	Dep 05:16	10:09	14:05	17:57
Llanelli	Arr 09:37	13:53	17:50	21:58
	<i>Change</i>	<i>Direct</i>	<i>Direct</i>	<i>Change</i>
Llanelli	Dep 10:30	13:56	17:52	06:15 (next day)
Swansea	Arr 10:48	14:17	18:14	06:35 (next day)
Saturday	1	2	3	4
Shrewsbury	Dep 05:16	09:04	13:58	17:57
Llanelli	Arr 08:53	12:34	17:39	21:36
	<i>Change</i>	<i>Direct</i>	<i>Direct</i>	<i>Change</i>
Llanelli	Dep 09:29	12:38	17:43	23:40
Swansea	Arr 09:49	12:57	18:08	00:01

#### SWANSEA TO SHREWSBURY VIA THE HEART OF WALES LINE

Monday to Friday	1	2	3	4
Swansea	Dep -	09:09	14:34	18:30
Llanelli	Arr -	09:28	14:51	18:49
		<i>Change</i>	<i>Direct</i>	<i>Direct</i>
Llanelli	Dep 06:25	09:51	14:53	18:53
Shrewsbury	Arr 10:14	13:38	18:29	22:43
Saturday	1	2	3	4
Swansea	Dep -	09:02	13:12	18:16
Llanelli	Arr -	09:21	13:31	18:38
		<i>Change</i>	<i>Direct</i>	<i>Direct</i>
Llanelli	Dep 04:53	09:37	13:36	18:42
Shrewsbury	Arr 08:25	13:11	17:12	22:08

Traveline: 0871 200 22 33

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery - Llandeilo (289)

via Crug-y-bar, Llanwrda

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

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

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

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

	281	280	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10			
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	11.21	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 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.