

The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION
FREE
CHARGE

Your Local Community Magazine

Also ONLINE at
www.postdatum.co.uk

Number 324

June 2023

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

Tel: 01550 721225

LLANDOVERY PYLON STEERING GROUP

17th February 2023 saw the community come together from far and wide for a meeting, galvanised by Rachel Evans of the Countryside Alliance Wales on the threat of pylons through our valley. A Steering Group was quickly formed but before we could make any plans the public consultation by Bute Energy/Green GEN Cymru landed upon us with no time to spare. We quickly organised and distributed flyers publicising the meeting at Llandovery Rugby Club on 29th March 2023. The turnout was amazing with over 700 people attending at what was short notice and at a critical time for farmers due to it being the middle of lambing season. We invited the attendees

continued on page 3



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th June 2023**

**Next issue distributed:
3rd July 2023**

The Post Future Copy Dates

August 17th July
September 16th August
October 15th September

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

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

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

The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225.

info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
Closed for 2 days at the end/start of each month for
delivering The Post
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

07/23(3)

DOGGY DIVAS

**PROFESSIONAL
DOG GROOMING SERVICE
& INTUITIVE DOG TRAINER
AND COMMUNICATOR**

LLANWRDA, Y WERN SA19 8HY




**FULL DOG
GROOMING
SERVICE**

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

Also, Qualified Reiki
practitioner for
animals.

Ring Sonia for prices and availability.

Tel. 07783 014487

 **Doggy Divas in Llandeilo**

continued from page 1

to complete feedback sheets as they left the consultation and only 1% were supportive of the Bute Energy/Green GEN Cymru proposals. The crane parked overshadowing the rugby club showed the minimum height of the pylons at 27m and drew plenty of interest from the TV news programmes.

Our next milestone, which was fast approaching, was the written consultation response deadline of 28th April 2023. As soon as we learnt that no comments would be recorded by Bute Energy/Green GEN Cymru at the consultation of 29th March 2023 there was another flurry of activity. More flyers urging everyone to write not only to Bute Energy/Green GEN Cymru but also to our Senedd representatives and the Minister for Climate Change and the Environment. A draft template letter was prepared to help the Community respond on what will be judged in accordance with the planning legislation. We also hosted two drop-in sessions where people were encouraged to attend for assistance with drafting a written response. We learnt of many more personal stories of the devastating impact that this scheme will potentially bring. In addition to the 100s of you that took time to write to Bute Energy/Green GEN Cymru we also submitted a more detailed response on behalf of the Community.

Simultaneously we were visiting every landowner on the preferred route. Similar to the consultation feedback over 99% do not want pylons on their land! As you will be aware, Bute Energy/Green GEN Cymru have a number of alternative routes through our valley and we will be contacting those additional landowners over the coming months.

We have attracted more media interest with a brief piece in the *Daily Express* and a more substantial piece on *S4C's Ffermio*. We have caught their attention and there are more articles and programmes planned in the coming months. Before we rest on any laurels, we are looking at how we can engage with possible supporters at the Urdd Eisteddfod. The Urdd Eisteddfod is a celebration of our future and we wish to make sure it is the best Urdd possible, and the potential of 100,000 additional supporters to our cause is too good an opportunity to miss.

With this in mind we have launched a new website, www.nopylons.wales and www.dimpeilonau.cymru. Please visit the site to see what we have been up to and, if you haven't already, please join as a supporter so we can keep you personally updated in the coming weeks and months.

Finally, a massive thank you to the whole Tywi Valley Community, the response has been inspiring and motivates us to fight to the bitter end.

If you have any concerns that you wish to discuss with the Action a please contact us via the email address provided below.

Llandoverly Pylon Community Action Group
Diolch
Email address: nopylonswales@gmail.com

2023 Llandoverly Sheep Festival

*Event Sponsorship Opportunities
Make a difference whilst having fun*

Connect with the local community
and visitors while building your
brand's awareness by sponsoring one
of the Llandoverly Sheep Festival's
fantastic events, attractions or
festival marquees

Lots of opportunities available.
Please get in touch for more details.

Email:
info@llandoverlysheepfestival.co.uk

08/23(6)

TOWY WASTE



Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

04/23(12)

Yr HenEfail The Smithy in Talley
SIOP PENTREF VILLAGE SHOP

Everyday essentials
Fresh bread & milk
Organic, G.M.O -
& Gluten free options
Fresh Coffee-2-cup
Confectionery
Ice cream & Slushy
Snacks & Cakes
Variety of Brands!



We're in Talley, Llandeilo SA19 7YP

Open 7 days a week!

Mon-Fri 7.30 - 5.30 Sat 8-5 Sun 10-4

www.thesmithyintalley.co.uk

search for 'smithy in talley'

07/23(12)

CHANGES AT THE BRITISH RED CROSS SHOP IN LLANDOVERY



There have been a few changes at the British Red Cross shop in Llandovery in the past months.

We have a new store manager Will, two new assistant managers Angie and Natasha, all guided by the long term assistant manager Jo, and not forgetting our amazing team of volunteers who turn up regularly every week.

As a team we wholeheartedly want to thank the people of Llandovery for the incredible support they give the shop every day, coming in to shop, making donations and offering volunteer support.

The amount of donations coupled with the quality of



easytrees

- Tree Removal
- Crown Reduction
- Ash Dieback Management
- Pruning/Thinning
- Hedge Trimming • Log Sales

City & Guilds/NPTC Certified
Insured, Free Quotations & VAT Free

colin@easytrees.co.uk

www.easytrees.co.uk

www.facebook.com/TreeSurgeryWales

T: 07450 470787

07/23(12)

**MEN'S
SHEDS
CYMRU**

Llangadog, Llandeilo &
Llandovery Mens Shed

Llangadog Community Centre
Saturdays 11am to 2pm
April - September

*Soup Kitchen
Tea & Coffee
Good Company
Come Join Us!*

*Ring Mike On
07585 226555*

Email - welshlegend@icloud.com

22nd April
20th May
24th June
22nd July
19th August
23rd September



09/23(6)

those donations is to be celebrated and thanked for, as without your ongoing support our success wouldn't be possible.

So a big THANKYOU! to everyone who donates supports and volunteers with us, we really appreciate your help.

We aim to continue to provide a great service to the town, offering goods donated, and new stock for your delight.

Most of you will know that we have the shop divided into sections.

Ladies wear, menswear, we even have a small bridal section, childrens clothing and toys, books cds and dvds, bric a brac and household, and furniture when we get it.

We offer a collection and delivery service for furniture should you need it for large items.

What we really need are more volunteers to help us sort and prepare our donated stock to go out on the shop floor. There are many roles as a volunteer and we like to tailor this to your interests and skills.

So if you have even an hour to spare we could use your help.

Pop in store and have a chat with any of us and we can help You get started with the process.

Alternatively look here to apply online. <https://www.redcross.org.uk/shop/find-a-charity-shop/llandover>

We look forward to hearing from you.
The British Red Cross team Llandoverly.

DRAGON EVERY THURSDAY LATE NIGHT OPENING UNTIL 7.00PM
23 Llandello Road, Crosshands, Manelli SA14 6NA

Carpets & Flooring

Quality, Affordable & Local

- Carpets • Vinyl
- Woods & Laminates
- Luxury vinyl tile
- Natural fibre flooring
- Major brands

We can take care of all your flooring requirements.

- Free Parking
- Free Measuring & Estimating
- NHS Discount
- Every Thursday Late Night Opening Until 7.00pm

Over 30 years experience with a guaranteed after-sales service.

01269 841048
07971 237067
sales@dragencarpetsandflooring.co.uk
dragencarpetsandflooring.co.uk

MOBILE SHOWROOM
Samples brought to your home

All our sample range is supplied from the manufacturers not just the wholesaler

VISIT OUR SHOWROOM TO SEE THE FULL RANGE

06/24(12)

RICHARD EVANS

Electrical Contractor

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



APPROVED CONTRACTOR

For free competitive Quotations & Quality Workmanship please contact

Tel: 01550 721623 / 720485
Mob: 07813 931817
Cefnllan Farm, Llandoverly, Carmarthen

12/23(12)

ALED LEWIS

Ai Fab

PLUMBING • HEATING • RENEWABLES

T 01558 824692 M 07779 146667

E aledlewisaifab@gmail.com
Dolwerdd, Rhosmaen, Llandello SA19 6NP.

RENEWABLES

Air Source Heat Pumps

Highly efficient MCS approved air to water heat pumps, featuring weather compensation. For a sustainable heating alternative.

Solar Thermal

Soak up the sun and reduce fuel bills and carbon emissions with Solar Thermal water heating systems, featuring high efficiency, Keymark approved collectors and on-roof, in-roof and flat-roof mounting options.

Ground Source Heat Pumps

ALL HEATING AND PLUMBING UNDERTAKEN.

Phone or email for a competitive quote



A.R. DAVIES BUILDERS LTD

0424(12)

Barn Conversions

Extensions

Renovations

Roofing

Garages

Driveways

Stonework

Brickwork

Patios Tiling

Carpentry Kitchens Bathrooms

Solid and Laminate Flooring

Tel/Fax: 01550 720566

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

Padmasambhava Yoga & Meditation Centre

We hope that everyone and all their family and friends are well and enjoying the longer days and dynamic energy that Summer brings.

Amidst the movement of the Summer, perhaps, too, there's space to enjoy a moment's stillness and savour the wonderful blooms and blossoms of the countryside and gardens, and the birdsong.

The Summer term is going well and continues through to early July. Padmasambhava offers its usual good range of classes suitable for people of all ages and abilities.

There are still opportunities to join some classes after the half-term break. The Monday morning Gentle class has just a few spaces left and may be suitable for anyone wishing to come back to yoga after a long break or for students with health conditions to consider. It may also be a good entry point to try out yoga.

The Ammanford class is now in the Penybanc Welfare Hall and with more space is able to welcome new students on Thursday evenings (7.30 – 9.00pm). Students have found yoga to be beneficial through the different seasons of the year as well as enjoying coming together as a group each week. The Centre also offers classes at Cwrt Henri's Reading Room on Tuesday afternoons (1.30 – 3.00pm). This class welcomes both beginners and those with some experience of yoga. Please contact the Centre for details and booking.

The Chair Yoga class at the Llandeilo Bowling Club on Wednesday mornings (10.45 – 11.45am) is always happy to welcome new faces. This weekly chair yoga class helps to increase flexibility and balance, improve body and limb movement and develops strength. Time is spent during each class working with breath awareness and breathing practices - useful tools in everyday life. Each class ends with a deep relaxation practice. This class is perfect for Elders and anyone with restricted movement, limited mobility or unable to do floor-based yoga.

Padmasambhava's 'in house' Yoga Classes at 66 Rhosmaen Street, Llandeilo are now limited to six students per class, to enable comfortable spacing. Online classes are still continuing. Padmasambhava teaches Integral Yoga, a blend of classic postures, breathing techniques, and deep relaxation. Many of the classes include meditation techniques, which can enhance awareness, help foster clarity of perception as well as improve mental health. Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. The Centre is there for students old and new – so please do contact Padmasambhava to find out more about classes or to make a booking. You can phone 01558 823842 or email: mail@padma.org.uk More information at www.padma.org.uk



GLANSEVIN

A unique, self-catering Welsh Georgian mansion at the foothills of the Brecon Beacons, suitable for large groups.

The perfect venue for your family party, wedding, hen/stag do, corporate retreat, anniversary celebrations, vow renewals, birthdays, reunions and more.

Facilities include 5 acres of grounds, outdoor swimming pool and an indoor games room.

Sleeps up to 58 guests and can seat 80 day guests.

www.glansevinmansion.com

enquiries@glansevin.com

07/23(12)



Elidyr Communities Trust is an award-winning residential specialist provider. We support young adults with learning difficulties and disabilities to live and learn more independently.

Deputy Head of Inclusive Lives

Hours: 37.5 hours per week (Mon-Fri)

Salary: £26,098 - £28,965 per annum

We are looking to appoint an individual to work with the Head of Inclusive Lives to ensure the progress of our residents. You will be responsible for setting meaningful targets to enable the residents to aspire and achieve long term goals.

Support Workers

Hours: 40 hours per week, various shifts

Salary: £21,673 - £24,054 per annum

A career in care can bring incredible job satisfaction, fun, and a strong sense of purpose. We offer full training, the opportunity to learn new skills such as sign language and competitive overtime rates.

For more information, please contact Lisa on 01550 760 453, or email lisablofield@elidyrct.ac.uk



www.elidyrct.ac.uk
 Elidyr Communities Trust
 Rhandirmwyn, Llandoverly
 Carmarthenshire, SA20 0NL
 Charity Number: 502742



CENTAFRAME

PVCU SYSTEMS LTD

Windows - Doors - Conservatories



Local Family Run Business | Established 2004



UPVc & Aluminium Windows | Doors | French Doors | Patio Doors

Aluminium Bi-Folding Doors | Composite Doors | Sliding Sash Windows

Conservatories | Orangeries | Porches | Guardian Warm Roofs

Fascias | Soffits | Rainwater Goods

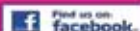
Fensa Registered Installer | HomePro 10 year insurance backed guarantee

FREE NO OBLIGATION QUOTES - NO GIMMICKS - NO DEPOSITS

16 Rhosmaen St, Llandeilo, Carmarthenshire, SA19 6LU

01558 823177

www.centaframe.com



admin@centaframe.com



Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs

Independent Renault Specialists

First Garage in Carmarthenshire
to be approved by Trading Standards



20 70	Renault Captur 1.3 TCE 130 BHP S Edition, Automatic, Half Leather, Sat Nav, Reversing Cam, 17" Diamond Cut Alloys, Flame Red / Black Roof, 14000m.....	£21500
20 70	Renault Clio 1.0TCE 90 BHP Iconic, Sat Nav, Park Sensors, Met Red, 5dr, 3500m	£15750
19 19	Renault Kadjar 1.3 140 BHP GT – Line, Full Black Leather, Heated Front Seats, Sat Nav, Reversing Camera & Parking Sensors, Pan Roof, 19" Alloys, Titanium Grey, 19075m.....	£17500
17 67	Renault Captur 0.9 TCE Dynamique S, Sat Nav, Air Con, 17" Diamond Cut Alloys, Removable Seat Covers, In Metallic Black / Silver Roof, 30000miles.....	£11500
15 65	Renault Clio 0.9 TCE Dynamique S, 17" Gloss Black Alloys, Sat Nav, Air Con, Metallic Flame Red, 5 Door, £20 Road Tax, Only 31500m.....	£8450

PART EX'S TO CLEAR

09 09	Renault Megane 1.6 16V Coupe Dynamique, Alloys, 3dr, Only 60000m, Black	£1995
07 57	Renault Megane 2.0 16V Dynamique, 17" Alloys, Convertible, Black, 135000.....	£1495

CONVERTIBLE

19 19	Minicooper 1.5 Sport, Sat Nav, John Cooper Heated Seats, Parking Sensors, John Cooper 17" Black Alloys, Moonwalk Grey, 15350m	£18995
13 13	Mercedes SLK 250 AMG Sport CDI, Blue Black Leather, Black, 67000m.....	£12500

OTHER MAKES & MODELS ON OFFER

19 19	Jaguar E-Pace 2.0TD 150 BHP S, Auto, Leather, 20" Black Alloys, 1 Owner, Red, 54750m.....	£23500
20 70	Ford Puma 1.0 Eco 125 BHP Titanium, 17" Diamond Cut Alloys, Climate, Met Blue, 18500m	£19500
20 70	New Model Nissan Juke 1.0 Dig-T (117 BHP) N-Connecta, 6 Speed, 17" Alloys, Sat Nav, Reversing Camera, White, Only 6565m.....	Now Only £19750
19 19	Ford Focus 1.0 Eco Boost (125 BHP) ST-Line, 6 Speed, Sat Nav, 17" Grey Alloys, Red, 45960m	£14500
17 67	Kia Sportage 2.0 CRDI GT Line, 4x4, Heated Leather Seats, Sat Nav, 18" Alloys, Reversing Camera & Parking Sensors, Full Kia Service History, 1 Owner, In Metallic Black, 38000m	£16995
19 69	Dacia Sandero Stepway 0.9 TCE Tech-Road, Sat Nav, Air Con, 5dr, Silver 35000m.....	Now £11750
18 68	Toyota Aygo Fun Roof 1.0 VVT –I- X Plore, Electric Sunroof, Reversing Camera, 30000m	SOLD
15 65	Mini Cooper S 2.0TD, 6 Speed, Half Leather, Air Con, 17" Alloys, Blue/Black Roof, 52500m.....	£11500
11 61	Nissan Juke Acenta 1.6 16V, Alloys, Air Con, Black, Red Spoiler & Mirror Covers, 110000m.....	£3995

COMMERCIALS

21 71	Renault Trafic 30 2.0 DCI 145 BHP, 6 Speed, Business + LWB, High Roof, In Grey, 30000m.....	£21995+Vat
19 69	Renault Trafic 28 2.0 DCI (120 BHP), 6 Speed, Business Side Door, Lined, White, 29250m	£17500+Vat
18 68	Mitsubishi L200 4.4 Di-D Warrior, 4x4, Leather, Reversing Camera, Alloy Wheels, Rear Load Liner, Electric Windows, Central Locking, 1 Owner, In Black, 26000m	Now Only £18999+Vat
18 67	Volkswagen Caddy C20 2.0TDI 102 BHP Starline, Ply Lined, 1 Owner, White, 50135m.....	£11500+Vat
18 68	Mercedes Benz Citan 1.5 CDI MWB, Ply Lined, Side Door, White, 1 Owner, 40125m.....	£10995+Vat
18 18	Ford Transit Courier 1.5 TDCI, Ply Lined, 1 Owner, In Silver, 42300m.....	£9250+Vat
14 64	Vauxhall Vivaro 1.6CDTI, 6 Speed, 6 Seats, Ply Line, Part Ex To Clear, long Mot, White.....	£5500+Vat

TEL: 01558 824499

ALL VEHICLES ON WEB SITE www.thomasservices.co.uk

SERVICING 01558 822859

FREE DELIVERY within 30 miles to existing points FREE INSTALLATION *electric only QUALITY AFTERCARE we are here to help

JONES

TELEVISION & APPLIANCES

INDEPENDENT RETAILER ESTABLISHED IN 1954

YOUR LOCAL ELECTRICAL RETAILER
RENOWNED FOR AFTER SALES SERVICE
 Repairs carried out by our own service engineers to most domestic appliances

- Television sales and rentals – Brands include Panasonic, Sony, Hisense, Samsung and LG
- 5 year guarantee on selected televisions

WE CARRY OUT AERIAL AND SATELLITE INSTALLATIONS

EXTENSIVE SHOWROOM OF:
 Fridge freezers • Washing machines • Dishwashers
 Cookers • Fires and household domestic appliances

www.jones-tv.co.uk
T: 01267 290372 | 01267 290573

VISIT OUR SHOWROOM
 PRESWYLLFA, NANTGAREDIG, CARMIS SA32 7NH Mon-Fri: 8am-5pm
 Sat: 9am-2.30pm









DES CLARKE & SON Ltd
 Registered Plumbing & Heating Engineers
 Est. 1952
 Serving the local community for 75 years

Heating & Boilers

INSTALLED, SERVICED & MAINTAINED

- Domestic & Commercial
- Natural Gas, LPG & Oil
- Landlords Gas Safety Certificates
- Bathrooms & Kitchens
- General Plumbing
- Central Heating Power Flushing
- Drain Unblocking

FOR A FREE QUOTATION
 please call Huw or Dawn on
01550 720478

email: dawn@desclarkeandson.co.uk
 Mobile: (Huw) 07811 350633





NEWS FROM THE TOWN HALL

As predicted the end of April and May have been very busy. An enjoyable weekend of ballooning despite the weather. It's wonderful to see the balloons flying overhead. Street parties held and enjoyed, especially on the Sunday when the sun shone. The Coronation was a memorable event enjoyed by the majority of us. We wish Their Majesties a long, happy and successful reign. We are grateful to all those who took up the call to help out. Litter has been collected, with plans to do more regularly. It is the plan that the Big Help Out will remain active so it's not too late to get involved.

The 'unveiling' of the Williams Williams sculpture went very well. A big thank you to all who participated in the event, especially Cecil, Cynthia and family. Gideon Peterson's vision has given us something to admire and know it will be much viewed in the years to come.

We also have a new mural on the wall of Y Gannwyll. A wonderful work of art created from the wonderful artwork of all the pupils in Ysgol Rhys Prichard. Be it a daffodil, butterfly, bird or an important building in the town the pupils have brought together a truly spectacular image of our historic town. Well done everyone. A big thank you to Kate Glanville for the finished art work and to Arwel for it's installation

By now the steps to the castle will be complete and I for one will be able to visit, something I have never been brave enough to do before. A few years back we were asked as a council, by the Ten Towns initiative, to set up a group of interested people, businesses, organisations, schools etc, Cllr Handel Davies got us together, we came up with a list of ideas split up into smaller groups and set about trying to put our ideas into action. Sadly some ideas fell at the start, others met opposition near the end, but we managed get many projects completed, all from money that we would not have been able to access any other way. There is a second scheme, Revenue Funding, starting now with even more money available so let's get thinking and planning and working to enhance our town even further.

A big thank you to all those who have worked so hard to make the town look at it's best these past weeks. It may have been 'just because of the Urdd' but I for one am delighted that the money was found at long last to do the work we have been asking for, for a very long time. It has been wonderful to see the bunting flying and the shop windows and houses glistening with pride. We have witnessed an event we will probably never witness here again and hopefully having enjoyed a very warm and friendly welcome many visitors will return again bringing welcome trade into the town. Diolch yn fawr pawb.

As your new Mayor I am very, very proud of our town and all who live, work and play here and look forward to joining with you in your many events this year.

Gina Jones Cllr.



- Rollers
- Dumpers
- Cherry Pickers
- Access Platforms
- Ride on Brush Cutters
- Excavators and Attachments
- Operator Available



Staghire.co.uk

Tel: 07747 446709



11/23(12)



11/23(12)

The Brecon Beacons National Park, not only home to beautiful landscapes, colours and wildlife but also home to Pentwyn Welsh Tweed.

We pride ourselves on locally woven fabrics to create our beautiful tweeds, which are inspired by the colours and wildlife we are lucky enough to be surrounded by.



IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY

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

LLANDEILO

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

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plans



08/23(6)

LLANDOVERY FLORAL ART SOCIETY

In April the ladies of the club visited Newton House in Dinefwr Park for a very interesting and informative flower arranging demonstration using eco-friendly to floral foam. We are all being asked to find alternative methods to 'oasis' as it is non-biodegradable, non-recyclable and is toxic, so much so that banning it's use looks like the way forward. Pebbles, sand, gravel, marbles, chicken wire, moss, a criss cross of sticks across the top of a container are some of the simpler alternatives.

Sadly our quest speaker for May was unable to be with us for health reasons, but we enjoyed a cup of tea, cake and a chat. Most importantly we made arrangements for our demonstration in June. We are delighted that one of our members Mrs Delyth Price will be taking us through 'The Wonders of Wales'. NAFAS Demonstrator and Judge, City and Guild Florist, Chelsea and Royal Welsh winner, Delyth is very well known to us here in this area, but did you know just how widespread she has travelled with her demonstration over the years? Come along to the Rugby club on Wednesday June 21st at 3pm to hear all about her Flower arranging endeavours. Tickets are £10 per person and will be available from club members.

In July we will be taking a trip to visit a garden in Gwynfe, for a guided walk and a cup of tea.

There will be no meeting in August but we will be back in the Catholic Hall in September when Jane Evans will be showing us how she includes flowers in her felt work.

Looking forward to seeing you in June.

Gina

WOOL & HABERDASHERY FOR THE MODERN MINDFUL MAKER

Opening: Tues - Sat, 10.00am - 4.00pm

Tel: 07961 672847

6/6a Market Square, Llandovery



06/23(12)

ALL SAINTS CHURCH, GWYNFE

Easter Saturday, we had a successful Coffee Morning in the church. Thank you to those who came to support us and those who donated Raffle Prizes, Cakes and Preserves for the stall.

Raffle winners: June Howard, Dianne Thomas, Kyle Harries, Betty Griffiths, Wendy Fleming, Linda Jones, Llinos Davies, Jeff Jones, Sheila Jones.

Thank you one and all.



Bernib

01591 610635
bernib.co.uk

Creative, Alternative, Independent Celebrant

Creating perfect, personalised celebrations
& commemorations for all the chapters of
your life, from beginning to end

06/23(12)



**PLEASE CALL
07441397606
FOR A QUOTE
TODAY**

Or contact us via

**Facebook:
Hydra Exterior Property Cleaning
Carmarthenshire**

Email: hydraexteriorcleaning@outlook.com

**IS YOUR HOUSE IN NEED
OF A FRESHEN UP?
Does your house have dirty walls?
Red or Black stains, algae,
lichen or other organic growth
on walls, patio, decking, block
paving or driveways?**

**Maybe you're thinking of selling
your home?
We can help with curb appeal**

**We can help by removing and
treating the unsightly stains and
leave your beautiful home bright
and clean.**

07/23/06



**TREE TECH
ARB & FORESTRY
SERVICES LTD**

have a passion for all aspects
of tree care and woodland
management, whether it's a
Beech that needs pruning or
a woodland that needs thinning.

We have the experience and
expertise to undertake every aspect
of the job whatever size or scale
it will be completed to your
requirements and satisfaction.

SERVICES WE OFFER

- Tree Felling/Dismantling & Removal
- Tree Pruning
- Crown Reduction & Crown Lifting
- Hedge Cutting
- Storm Damaged Trees
- Stump Grinding
- Woodland Management
- Site Clearance
- Firewood
- Woodchip

Adam: 07968 476306

Kim: 07557 884987

Email: Admin@TreeTechLtd.co.uk

www.Tree-Tech.uk

07/23/06

LLANDOVERY GARDEN CLUB MEETING

THURSDAY 27TH APRIL 2023

Minutes by our Secretary Denise Nicholson

Babs opened the meeting with thanks to the hostesses for providing the refreshments and raffle prizes.

- **Club membership:** Babs explained the rationale behind the membership fees which essentially go towards the costs of 5 speakers per year. Other monies being raised through the sale of raffle tickets. The club charges an annual subscription fee of £15 for members and £3 per meeting for guests. Garden visits are at the cost of the individual attending and, depending on funds available, the club may contribute to the cost of the coach for one of the trips.
- **Last month's visit to Aberglasney Gardens:** It was agreed that the visit was a great success and that we should make another visit next year during another month – possibly April to fully appreciate their display of many 1000s of tulips.
- **Llandeilo and District Garden Club:** We have been invited to an open evening next Thursday 4th May at 7:00 pm at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA196BL. The talk will be on peonies and food will be provided.
- **Charity Plant Stall:** Enid Protheroe will be holding her annual plant stall in her garden at 5 Towy Avenue from Monday 8th May for 6 days (9.00am until 5.00pm). The sale is in aid of Christian Aid
- **Guest Speaker:** Huw Richards, Permaculture.

Our speaker for the evening was Huw Richards who began his talk by describing how his passion for growing vegetables came about. From an early age he would help his father grow fruit and vegetables in their kitchen garden which consisted of a series of raised beds on poor soil. As his experience grew, and at the tender age of 12, Huw began a YouTube channel to show what he was growing in the garden. Having begun with just a few viewers, Huw described how he fine-tuned the videos and soon had

established a dedicated following which now has reached a staggering 90 million viewers worldwide. His initial goal still remains to show people that growing vegetables doesn't have to be expensive or time-consuming and his fame has quickly spread to feature articles in newspapers and gardening magazines, even radio and tv gardening programmes. He's a relatively local lad who attended Llandovery college, and following an approach from the DK publishing company, wrote his first book 'Veg in one bed' in the Printing Office café as the wifi signal was too weak at home.

Huw recommends growing field beans rather than broad beans as they are easier to grow, produce twice as many beans and are not susceptible to black fly. He also recommends sowing 'Sarpò Mira' potatoes due to their resistance to blight.

It was evident from Huw's talk that his passion for gardening continues unabashed and he now has a 7-acre permaculture site near Aberystwyth where he has raised beds, solar tunnels, a newly planted orchard of 120 trees and a 35 metre long rose bed developed in collaboration with David Austin roses as an initiative to use roses for their edible petals and hips. Huw explained to his audience that he continues to experiment with different growing techniques and recently has created hot beds to allow him to extend the growing season. Clearly, he is a dynamic and articulate young man and continues to produce 2-3 videos a week, alongside finding time to visit other inspiring gardeners. At the end of his talk Huw answered questions and was given a warm applause.

22nd June: Llandovery Garden club will be visiting Mick & Brenda's Garden near Half way, Llandovery. We thank them, in advance, and are looking forward to this visit. We appreciate their kindest & generosity in asking all of us. The details will be discussed at our meeting on 25th of May. If you missed the meeting please phone me for details 01550 720771.

0723(5)
13 Castle Street Salon
LADIES & GENTS HAIR SALON
Walk in's & Appointments Find us on
Tel: 07501 665413
Email: stef40andreea@gmail.com

Warwick Evans
KITCHEN INSTALLATION
SERVICE
• All associated works undertaken
• 36 year's experience
FREE QUOTATIONS
warwickevans7@gmail.com
Tel: 07984 428593
06/23(3)

**LLANDEILO
COUNTRY
MARKET**
Every Friday from 8.30am to
12.30pm at the VESTRY,
CAPEL NEWYDD, LLANDEILO
Home baked cakes & preserves
Home grown fruit, vegetables & plants
Home made crafts
Tea, coffee, cakes & bacon rolls
10/23(6)
follow us on facebook



LLANWRDA CRICKET CLUB

The 1st XI league matches began with a 71 run loss at Drefach. Llanwrda mustered only 96, despite 30 from Joe Morgan, in reply to Drefach's 167 for 6. Will Downes was the pick of the bowlers. Playing in his first match for the club, he bowled 10 overs for a miserly 19 runs, taking 1 wicket.

Rain prevented any play on the following Saturday.

The first home match was a tight one, with Llanwrda just reaching Maesteg Celtic's target of 75 with 3 wickets remaining. Will Downes and our new captain, James Morgan, bagging 3 wickets each. After losing early wickets, Will Downes and Tom Thurtle steadied the ship before Sion Nicholas hit the winning runs.

Training for the juniors has started and we are again running All Stars and Dynamos on a Friday evening at Castle Fields, Llandovery. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

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

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

19/04/23	37	No winner
26/04/23	17	No winner
03/05/23	25	No winner
10/05/23	12	No winner

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

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

08/23(12)

HUGH WILLIAMS SON & CO ESTABLISHED SOLICITORS

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



www.hughwilliamslaw.co.uk

01558 823 417

81 Rhosmaen St,

LLANDEILO

SA19 6HD

01550 721 500

Alma House, 1 High St,

LLANDOVERY

SA20 0PU

llandeilo@hughwilliamslaw.co.uk llandovery@hughwilliamslaw.co.uk

02/24(12)

Stan Archer & Sons Ltd

**Church Bank
Storage**

Safe & Secure

STORAGE

LONG & SHORT TERM

**Unit 1,
Church Bank Industrial Estate
Llandovery SA20 0BA**

Stan : 07812 906508

Stanarcher7@outlook.com

Contact us for a free quote

09/23(12)

K&M FENCING AND LANDSCAPES

- Supply and Erect Garden Fences.
- Garden Landscaping.
- Compact tractor, Rotavating, Hedge Brushing.
- Tree work undertaken.
- Fish pond design, installation & maintenance.



Tel: 07855 455148



KM.fencing@yahoo.com



Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA

01792 713 085

ROLLER SHUTTER DOORS



LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE FITTING
PAYMENT ON
INSTALLATION



PRICED EXAMPLE £895
COMPACT • UP TO 2.4M



GAROLLA PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED EXAMPLE £1,990
PREMIUM • 3.4M • ANTHRACITE

07/23(3)

MARY MACGREGOR
Photo: Mark Revitt



PHYSICIANS OF MYDDFAI STILL INSPIRING

Herbal medicine is the theme of this year's Physicians of Myddfai conference, to be held in the village Community Hall on Saturday 24 June. There will be four presentations, presided over by the chairman of the Physicians of Myddfai Society, Dr R Brinley Jones.

The conference will be opened by one of the Society's local members, Mary MacGregor, who will read her poem, 'Naming of Plants'.

She will be followed by Rosemary Westlake of Cardiff, a member of the Institute of Herbal Medicine, who will talk about early treatments for chest ailments, together with some that are still used today.

Lara Bean will then outline the modern practice of herbal medicine. Lara was raised in Myddfai but now lives and works in north Pembrokeshire.

"Through walks, talks and workshops I bring tradition and science together with the aim of increasing awareness and understanding of the value of plants as medicine," she said.

"Our bodies have an innate ability to heal themselves and herbs have been used for thousands of years to bring balance back to the body," she added.

After lunch there will be two presentations. In the first, Dafydd Monks will talk about the herbalist David Thomas Jones (1779-1839), Mynydd Llanllyfni, known as 'The old mountain doctor'. His son, also David Thomas Jones (1824-1888), sold children's herbal medicine in Europe and America.

Dafydd Monks is a herbalist who lives and works in Gwynedd and is interested in the history of herbal remedies and folklore.

The final presentation will be given by Val Thomas of the Cowbridge Physic Garden. Surrounded by high stone



Cowbridge Physic Garden

walls which partly date from the 13th century, only plants found in Britain before 1800 are included in the garden.

Twelve central beds are devoted to plants which, over many centuries, have had medicinal properties attributed to them. Each of these beds contains plants specific to a part of the body or a specific illness.

After tea, the Society's annual meeting will be held. The tickets, which cost £32, include tea or coffee on arrival, lunch afterwards, and tea and cakes at the end of the conference.

You can obtain further details by contacting the secretary of the Myddfai Medical Association, Dr Donald Williams, on 01792 220606 or donaldwilliams953@gmail.com

Integrated Bodywork and Trauma Therapies

Mark Harris

KiwiKi Chain Release (KCR), CranioSacral Therapy/Infraorbital release,
Star work Healing & Release, Acupressure, Brain Release & Verbal Writing, PTSD management.

BRING YOUR BODY BACK TO BALANCE & HEALTH

Integrated bodywork and trauma therapies restores a sense of strength, confidence and release,
which is a state of overall wellbeing that allows you to live in your most balanced & healthy
It is gentle, non-invasive and safe for all ages.
Benefits can include: better blood circulation, increased energy levels and improved posture.

INTEGRATED BODYWORK THERAPIES CAN GIVE YOU RELEASE FROM

- Chronic Fatigue
- Fibromyalgia
- Carpal Tunnel
- Knee Problems
- Sprained Ankles
- Scoliosis
- Recurring Hamstring Strains
- Pelvic problems
- Tennis Elbow
- Bloating
- R.S.I
- Post-Traumatic Stress Disorder
- Caesarean scar release
- Spinal block/epidural site release.

- Teeth Clenching
- IBS
- Chronic Stress
- Plantar Fasciitis
- Back Pain
- Neck Pain

Experience pain relief with these mobilisations, releases and stretches.
Clinics and home visits South, Mid and West Wales including:
Llandoverly, Llandella, Ammanford, Carmarthen, Swansea, Swansea valley,
Brecon, Abergavenny, Monmouth, Landrindon Wells

Assessments and appointments please contact Mark Harris
Mobile: Text or Call 07824 445011 Email: hello@greenbeech.org.uk
www.GreenBeech.org.uk

06/23(1)

EMMETT TECHNIQUE & ACUPRESSURE FOR DOGS



07/23(3)

Does your dog have any of these?
Injuries from sport or accidents • Unbalanced gait / stance • Lead / harness strain • Lower back distress
Inhibited movement • Poor performance
• Behaviour changes

How does it work?

The Emmett Technique and Acupressure Technique is based on the understanding that light touch triggers relaxation response in soft tissue of a body. The use of these points has the ability to reset the memory program and create effective muscle action.

Contact: Mark Harris
GREEN BEECH HOLISTICS



www.greenbeech.org.uk hello@greenbeech.org.uk
Tel: 07824 449011

Cantorion Llandeilo's SUPER SUMMER SUPPER CONCERT!!



Colin New conducting Messiah in 2022

Celebrate **Midsummer Day** at Ysgol Bro Dinefwr with **Cantorion Llandeilo Singers** on Saturday, 24 June 2023.

For a ticket price of just £15 (£5 for under-18s) you can bask in a sumptuous feast of light-hearted music and songs from the shows accompanied by a free finger-buffet. Drinks can be bought from a licensed wine bar. There will be a raffle of extra-special prizes.

Cantorion Llandeilo Singers have lined up songs such as 'Rhythm of Life', 'From a Distance', and 'Fields of Gold'. They will also sing a medley from *Les Misérables* and a medley from *West Side Story*.

There will be a Gospel Choir from West Wales, solo performances, and songs by students of Ysgol Bro Dinefwr.

Cantorion Llandeilo Singers often depart from their choral repertoire to celebrate summer. But in the autumn they will turn again to the classical programme, and start rehearsals for a performance on Saturday, 27 April 2024 of Mozart's *Requiem*.

If you would like to join this lively and enthusiastic group of singers, come along to rehearsals on a Monday evening in St Teilo's Church, Llandeilo, starting at 7.30 p.m. or phone 07851 786569 for more information. We are recruiting sopranos, altos, tenors, and basses – particularly tenors. There are no auditions. You just need to enjoy singing and learning. Rehearsals start again on Monday, 4 September 2023.

Tickets for the Summer Supper Concert are available from: Peppercorn, 5 King Street, Llandeilo SA19 6BA; from choir members; by phoning 07851 786569; or at the door on the night. The concert starts at 7 p.m. at Ysgol Bro Dinefwr, Llandeilo SA19 6PE.

**Lock problem?
No problem!**

Call **07816 377710** 24 hr

**GT
Locksmiths
Llandeilo**

Professional local service
All types of locks
supplied, fitted and opened
Upvc door lock specialist

Covering all West Wales & beyond!

www.gtlocksmiths.co.uk

04/23(6)



LLANDOVERY SHEEP FESTIVAL IS BAA-CK THIS SEPTEMBER FOR EWE ALL TO ENJOY!



Rachel Everett the new Chairman of the Llandoverey Sheep Festival.

Llandoverey Sheep Festival will return this September – ewe herd it here first! A new Chairman and committee have been appointed to manage this year's event which wool take place on 16 and 17 September.

The festival will be a celebration of rural crafts, food and entertainment, held in Llandoverey town centre. The weekend-long event will also celebrate old drovers' trails, sheep farming and the wool industry.

Rachel Everett, from Cynghordy, was appointed the new Chairman of the Llandoverey Sheep Festival. Rachel brings almost 30 years of event management to the role. Before moving to the area a couple of years ago to care for her mother, she organised antiques fairs all over the UK and in France.

Rachel said, "The Llandoverey Sheep Festival has gone from strength to strength since its inception in 2010. It is an event that's been wholeheartedly embraced by the

people of Llandoverey and its success is very much a reflection of that. Events such as this are important to the agricultural community, not only in terms of bringing people together, but also in terms of showcasing the best of local produce, goods and services.

"As the new Chairman of the event I want to consolidate all the hard work that my predecessors have achieved since the festival began. They are large shoes to fill and although I have only recently moved to the area, I am determined to do my best to help local residents, farmers and businesses to show off everything that Llandoverey and the local area has to offer."

Rachel added, "The concept behind this community led festival is to showcase the best of Llandoverey, to share its cultural identity and historical past through the promotion of the wool industry and the local farming economy. This year's packed programme will certainly not disappoint and will have something for everyone."

The town's Market Square and Castle carpark will be a kaleidoscope of colour during the event in September with almost 100 exhibitors displaying their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandoverey will be packed with entertainment and music. There will also be a climate change forum as well as a wide range of workshops and courses.

Rachel wants to bring people together to make this year's Festival as inclusive as possible. If you would be interested in having a stall at the event or volunteering to help please get in touch. Email: info@llandoverysheepfestival.co.uk

11/23(12)



Davies Tree Services

Seasoned Firewood for Sale

Hedge Laying • Chipping

Tree Surgery • Tree Felling

01267 202430 / 07826 716899

11/23(12)

arcus
WEALTH

MALCOLM SIMPSON

Independent Financial Adviser
20 years + experience

Pensions and Retirement Planning • Investment Strategies
Mortgages • Health and Wellbeing Insurance
Intergenerational Wealth Transfers

Locally Based 01550 721797

M 07384 645806

E malcolm.simpson@arcuswealth.co.uk

W <https://arcuswealth.co.uk/team-members/malcolm-simpson/>

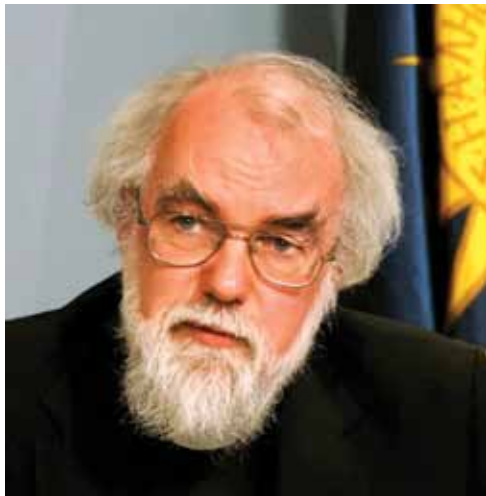
LLANDOVERY ROTARY CLUB



The month of May is usually very busy for us but this year the month had two Bank Holidays meaning we had fewer meetings and it seems that although May was quiet then June will be positively manic. We are marshalling the Urdd Eisteddfod car parks, we have our Handover Dinner where we have a new President taking over, we have the Schools Reading and Maths Competitions and we have the wonderful honour of having the former Archbishop of Canterbury Dr Rowan Williams, Baron Williams of Oystermouth, PC, FBA, FRSL, FLSW a Welsh Anglican Bishop, theologian and poet coming to speak to us in the Ball Room in the Castle Hotel. This is indeed a massive coup for us, so much so that we have made the event open to the public with a two course dinner on the night. This will be a non profit making event with tickets at cost price. See! A busy June is an understatement!

Anyway, last month was quiet so this report will be shorter than normal. Next months could be a magazine on its own!

The Llandoverly Youth and Community Centre (LYCC) wrote to us requesting funding to assist with the cost of taking the young people to their annual Summer Camp. As in previous years for some of the youngsters this is the only opportunity they get to have a Summer holiday. Again we were all keen to support this and we recognise the fantastic work Jill Tatman has done and continues to do for the young people of the town. A healthy cheque



Dr Rowan Williams the 104th Archbishop of Canterbury. We are HUGELY honoured to have him as our Speaker on 8th June.

is on its way. We also offered them the opportunity to increase this by selling ducks for our Grand Charity Duck Race of which they will keep half of whatever they sell. Happy Summer Camp campers.

A deputation visited Carmarthen Rotary Club on another of our 'Scatter Nights' when we visit a club and attend their meeting enjoying a meal with them on the night. The group returned from Carmarthen saying how much they enjoyed it and were full of praise for the wonderful warm welcome they received. Strangely they haven't told us much else and we wonder if they enjoyed a bit more than they are telling us! These are excellent evenings seeing how each club, all of whom have the same intention, differ in how they go about it. Some are quite reserved and are run strictly to a set format. Some then are quite relaxed and go along informally. When other clubs visit us they witness an altogether more raucous affair where almost anything goes and they wander how on earth we get anything done at all! That is until we tell them how much money we raise and donate to the local community. Then they are astounded at the amount we raise and how we get so much done. We always tell them of the the tremendous support we get locally and they leave scratching their heads wondering if they should follow our example of a format based on making Tuesday evenings a fun, socially enjoyable affair as well as ensuring we donate as much as possible back into the locality.

We received a request for funding from the Llandoverly Junior Football Club for much needed kit and equipment such as goal posts, nets etc. Many youngsters get so much enjoyment from playing football and we voted unanimously to support them with another healthy cheque. They will also be offered the opportunity to increase this by selling ducks. Who knows, the next Ronaldo may come from within their ranks. Good luck Junior Footballers.

Ellie has gone to great lengths to design and mint Llandoverly Rotary Club medals, lots of them. These depict a Drover and a Welsh Dragon with Thank You For Your Support written bilingually on one side and the Rotary Wheel with our name, again written bilingually on the other side. These medals can be given to anyone we feel worthy or indeed to other Rotary Clubs visiting us. These will take the place of the pennants which were previously given out. Ellie has donated these at no cost to us and is another example of her and Pete's superb generosity not only to us but to the locality in general. Well done Ellie and thank you.

We received a request from Ysgol Rhys Prichard for financial assistance as they wish to develop the school's front garden for the children to learn how to plant and grow vegetables and plants etc giving them an outdoor experience they will keep for the rest of their lives. We were keen to support this and voted unanimously to support with a healthy donation and the opportunity to increase it by selling the ducks. Happy gardening children.

Once again it was our pleasure to marshal at the Covid Clinics in May. These are organised by the wonderful



One side of the Presentation Medal.



The other side of our Presentation Medals designed and minted by Ellie.

Llanfair Surgery and are held at the Rugby Club. As previously stated we will make ourselves available whenever we are required. Job done now until the flu clinics in the Autumn.

We were asked to marshal the magnificent Balloon Festival, Ar y Gorwel, down at the Rugby Club. The festival is named after the late Arwel Davies of the Davies, Ad-Clad family who introduced ballooning to Carmarthenshire. The balloonists allowed the public to witness close up the process of seeing the balloons inflate but we were then charged with clearing the area just before they took off. In fairness we had very little to do as the public realised the need to move away even before we asked them as they stepped back to see the spectacle



Gary and Ieuan relaxing after a tough meeting!



Full concentration as Secretary Dan reads out the correspondence

from a distance. There are few finer sights than to see ten or so of these superb air filled monstrosities fill the skies over Llandoverly. The balloonists informed us that should the dreaded pylons be erected in the Towy Valley then this festival will never run again and what a terrible, terrible shame that would be.

The bucket collection which we organised raised £635 for the Wales Air Ambulance. Well done Anthony, John and all others who carried the buckets. One bucket worthy of mention had the grand total of £4 in it! The bucket carrier who shall of course remain anonymous, Alan, had put £3 of his own money into that and he didn't even see a single balloon preferring to spend the whole evening in the bar! He seemed to enjoy himself immensely however!

Well, not so much this month but we must brace ourselves for an extremely busy June.

You'll be able to read all about it here next month.

Keep right up to date by following the Llandoverly Rotary Club or Love Llandoverly facebook pages.

Derek Jones.

DOUBLE GLAZING REPAIRS

**STEVE JONES
MAINTENANCE**

**37 Years Experience
Glass and Lock Specialist**

*"We guarantee to repair and not tell
you it has to be replaced"*

We are the specialists when it comes to
double glazing repairs & refurbishments
**WE COVER ALL AREAS OF
POWYS & CARMARTHENSHIRE**

0623(1)

Email: stevejonesmaintenance@gmail.com

Call Steve for any free advice
on 07976 245994

0800 169 5755

Crown Store Llandeilo

56 New Road, Llandeilo,
Carmarthenshire, SA19 6DF

**Your Local Convenience
Store Offering:**

- GROCERIES • LOTTERY •
- OFF LICENCE •
- PAPERS •
- PHOTOCOPIES •

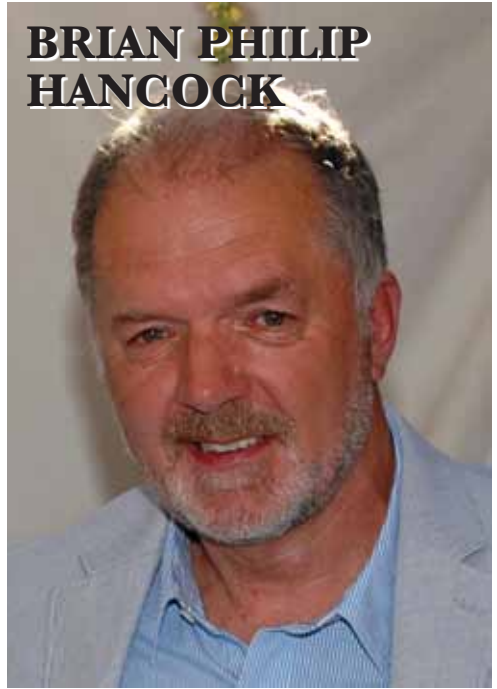
**NEWSPAPER
HOME DELIVERY SERVICE
7 DAYS A WEEK**

OPEN 7.00AM – 10.30PM
7 Days a Week

Tel: 01558 823592

0623(12)

BRIAN PHILIP HANCOCK



Following a shocking and heart-breaking diagnosis of Glioblastoma (a fast-growing and aggressive brain tumour) last year, our beloved husband, dad, granddad and friend Brian Philip Hancock of Salem, Llandeilo died peacefully at home on 17 April 2023.

How can we sum up Brian's life in a few words?

Brian and his first wife, Una, married in 1979 and raised two wonderful daughters, Emma and Laura. While their marriage wouldn't last forever as they'd hoped, Brian and Una remained close, and were excellent grandparents for their very loved granddaughters, Isobel and Olivia. Una and her partner Stuart Davies were a great support to Brian and Debbie during his illness.

Brian was a dedicated conservationist, and spent most of his career as Head Warden for the National Trust in Carmarthenshire. He was instrumental in bringing the iconic White Park Cattle back to Dinefwr in the early 1990s and led on a number of projects designed to improve access to Dinefwr Park, including the Mill Pond boardwalk and way-marked path through the Deer Park. After retiring, Brian continued his passion for creating rich and varied ecosystems through consultancy work across the U.K. as well as improving wildlife habitats at his own farm.

After marrying Debbie in 2014, Brian provided guidance, wisdom and laughter to his "bonus kids", Sam, Molly and Becky. He played an important part in their lives as they all moved into adulthood, and he always enjoyed spending time with them.

Our family liked to say that Brian had "itchy feet", and he spent much of his time travelling (or planning

travel!) with Debbie. Their passport stamps increased over the years, but Brian especially looked forward to their trips to California, Italy and Spain (where they owned a home), as well as to France to see his dear friends Ian and Sheila Bennett.

If you knew Brian, you'll know he was quiet, unassuming and extraordinary in his ability to say just the right thing at the right time. He had a passion for history and loved learning. He loved being near - or in - the sea, and always enjoyed time on boats. Brian gave us all so much love, happiness and adventure, and our lives are so much richer for sharing his life for the time we did.

Brian is so loved and deeply missed by his wife Debbie (Queen) Hancock; children Emma (Nick) Leach and Laura Hancock (Sandro Antunes), Sam (Bryanna) Ingle, Molly Ingle, Rebecca Ingle; grandchildren Isobel Leach, Olivia Antunes and Mikaela, Ace and Ian Ingle.

Please join us in celebrating Brian's life and sharing laughter, tears and stories on 4 June 2023 at Cwmdu Pub, Cwmdu nr Llandeilo, SA19 7DY from 2 p.m. to 4:30 p.m. This would have been Brian's 70th birthday. Family flowers only; any donations to The Brain Tumour Charity.

We are so grateful for the support of our local medical community, specifically Dr Gareth Richards (Meddygfa Teilo), District Nurse Alison Wardrop, and Palliative Care Nurse David Pennington. Their care and support meant that Brian was able to remain at home throughout his illness and never had to be admitted to hospital.

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.*
(Robert Frost, *The Road Not Taken*)

AMMAN VALLEY WILDLIFE WALK

There will be a walk to see wildlife in the Amman Valley on Sunday, 11 June, starting at 2.00 pm, arranged by the East Carmarthenshire Group of the Wildlife Trust of South and West Wales. The rare Marsh Fritillary butterfly might be seen. Non-Trust members will be very welcome.

Meet at the Bowls Pavilion in Upper Station Road, Garnant SA18 1JG. The leader of the 4-mile walk will be Robert Parry Jones of the Initiative for Nature Conservation Cymru. Footwear suitable for some rough and steep terrain is recommended. For further details, phone 01269 844679.

More information about the Wildlife Trust and how to become a member to help the Trust look after nature reserves across south and west Wales including the islands of Skomer and Skokholm will be found on the website www.welshwildlife.org.

Concert in Llandeilo St Teilo's Church 6pm Saturday 1st July



Join us for an enjoyable evening of some of the finest choral arrangements of well-known folk songs, performed by the stunning voices of Swansea Bach Choir.

The concert features music by Elgar, Holst, Vaughan Williams and Welsh composer Gareth Treseder – including favourites such as *Swansea Town*, *The Bluebird* and Britten's *Choral Dances from Gloriana*.

Tickets are £15 (£10 for under 30s) – available on the door, or in advance from fionawells20@Hotmail.com or call 07966 192097

www.swanseabachchoir.org.uk

Thomas Services, Llandeilo **MOTOR MECHANIC WANTED**

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

HAPPY 5TH ANNIVERSARY TO NET-REACH EDUCATIONAL CHARITY

Our charity was set up 5 years ago this month. The main aim of the organisation is to help vulnerable students who cannot, through no fault of their own, stay in full time education.

We have seen a surge of applications post covid and we are struggling to fund them all. We will be organising a series of fundraising events in the next few months and hope there will be something for everyone. In the meantime, if, like us, you are passionate about education and would like to help, please do not hesitate to get in touch.

Over the past year, we have been teaching students GCSEs, A levels, languages, extra-tuition as well as conversational English classes for refugees. We have been working with councils in Wales and The Red Cross providing classes for families who, for various reasons, cannot access the local education provision.

Our school leavers either receive online classes from us or face-to-face lessons at our Tutor Centre in Llanwrda. We are currently providing GCSE Maths, English and Science classes as well as A level Psychology and Computer Science. All students are doing well and benefit from our more informal and creative approaches to learning.

Our Centre is equipped with a variety of educational tools, from books and games to pianos, guitars and saxophones. We can offer organised group classes or the hire of the room for your use.

If you think we can help someone you know, you would like to donate or to volunteer as a fundraiser, please do not hesitate to contact us on:

Net-Reach: 01550 777701 or Rod: 01550 779298

Dave Newton **FENCING & LANDSCAPING** Free Quotes – All Work Guaranteed – Fully Insured



07518 452132 – davenewton68@outlook.com

PLUMBING SERVICES KITCHENS - BATHROOMS FLOOR / WALL TILING



For All Your
Plumbing & Maintenance Needs

From a little drip...
to a complete bathroom

phplumbingservices@hotmail.co.uk



Registered Oil Boilers Servicing & Maintenance

Call Phil on 07766 883713

06/24(12)

Rhianedd's **CLEANING SERVICE**



**DOMESTIC OR
COMMERCIAL CLEANING**
£13 per hour

Friendly / Local / Reliable
Within walking distance
of Llandovery only

Tel: 07554 647069

rhianeddpoilson@gmail.com

11/23(12)

LLANGADOG W.I.

At our May meeting, after our usual business, we started to celebrate the Coronation of King Charles III. It was a full house, with three visitors, all suitably attired for a party.

On display was a varied selection of savoury and sweet dishes, supplied by the members to share, including "Colin the Caterpillar" wearing a crown. We toasted our new King with glasses of bubbly. Then it was Royal quiz time, prepared by Karen.

One of our visitors took the prize for the most points scored and was given a Coronation box of biscuits. Our competition for the best home made crown was won by Margaret. The monthly raffle was also won by Margaret and she received a Box of Chocolates. It was a really enjoyable evening. In June Chris will be giving a demonstration showing how to decorate glass bottles, "Decoupage." Any one interested in joining our friendly group will be made most welcome. We meet on the first Thursday of every month at Llangadog Community Hall at 7pm.

MARTIN REES

Professionals you can trust

Electrical Contractors Ltd

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Domestic Commercial & Industrial Testing

Portable Appliance Testing, CCTV

Shops, Pubs & Restaurants

Property Landlords & Letting Agents

Care Homes, Leisure Centres,

Libraries, Public Buildings

Fire Alarms & Emergency Lighting

Solar PV Panels

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

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



08/23(12)

AMMANFORD FOOD BANK SPEAKER FOR LLANDEILO ROTARY

On Thursday, 20 April Llandeilo Rotary welcomed their guest speaker Cheryl DuLake whose subject was the Ammanford Food Bank and its progression since its inception.

Cheryl became involved some 10 years ago. Previously she was a teacher and assisted the Food Bank as a volunteer. During the Coronavirus pandemic she became a volunteer once again progressing to a Development Officer with a role of sourcing funding.

Cheryl's talk then focused on the history of the Trussle Trust that started in 1997 founded by Paddy and Carol Henderson. The name Trussle came from Carol's mother who was a Trussle. The charity was started to help children in Bulgaria whose families were struggling to find enough food.

The first Trussle Food Bank was in Salisbury and today there are some one thousand two hundred Trussle Food Banks in Britain almost equivalent to the number of MacDonald outlets.

Cheryl explained that the Trussle Trust do not directly run Food Banks and operate as a franchise and said there are a number of Food Banks operating in the area but they work independently.

Ammanford has 3 part time staff and relies on monies that are predominantly donated with the majority of food from supermarket bins. Mainly volunteers bring food to the Food Bank and Ammanford has to purchase food to meet needs.

Ammanford was established in 2013 and has provided help to some 21,000 people in under 10 years of which 40% were children. Today working families come to the Food Bank via referrals come from other charities, Doctor's surgeries, Citizens Advise etc; For example Cheryl said that in 2019 some 2,400 people were assisted rising to 3,498 people in 2022. Of this help 40% of the people were on Universal Credit.

Today Ammanford has had to widen its help outside the food range to include items such as toilet rolls, nappies and incontinence pads.

In addition to providing food and other household necessities Ammanfood Bank has established a Health Centre operating 2 days a week and run by volunteers. In addition to further service this part of West Wales a further outlet is operating in the Aman Valley and further satellite Food Banks will be established. Cheryl said that her organisation is planning up to 4 years ahead.

The talk generated a large number of questions with the vote of thanks delivered by the President Colin Jenkins.

TOWY & COTHI HUNT 250 CLUB

held at Castle Hotel, Llandovery on May 9th 2023


£15	Morgan Evans, Glandwr	39
£15	Tracy Jones, Llanerch Goch	33
£10	Joe Babb, Gelly Wen, Cilycwm	165
£10	Brian Davies, Maes Neuadd, Llanwrda	61
£5	Carwyn Jones, Danycoed, Llanwrda	169

House Prize: Anne Morgans, Cwmto

Next draw: Sextons Arms, June 13th 2023.

Doel & Rowlands Ltd

BUILDERS



- New Build • Barn Conversions
- Extensions & Renovations
- Loft Conversions • Roofing
- Excavation & Site Clearance
- Stonework • Plastering
- Alterations & Improvement Work
- Over 35 Years Experience

Wernellyn, Llangadog, Carmarthen

Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk

www.doelandrowlands.com





Rhys Jones

CHIMNEY SWEEPING

03/24(12)

- Clean Professional Service • Fully Insured
- Power Sweeping • Bird Nest Removal
- CCTV Inspections
- NACS Registered Member




07554 647544

Email: info@rhysjoneschimneysweeping.co.uk

www.rhysjoneschimneysweeping.co.uk

DIAL A BATHROOM



The supply and installation of complete, affordable, quality bathrooms, assisted mobility bathrooms, shower rooms and wet rooms by qualified and experienced tradesmen, offering friendly, reliable service.

COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET

Outstanding results on every budget, guaranteed



To discuss your requirements and for a free no obligation quote

PHONE: 01558 685352 or 07780 630407

Email: dialabathroom@hotmail.co.uk

WWW.DIALABATHROOM.CO.UK

12/23(12)

SECURE STORAGE

Facilities Available at Competitive Rates
Short & Long Term



PLEASE CALL
for a free quotation

Trevor Davies & Sons
Tel: 07967 158917

Dulais Stores, Llanwrda, Carm. SA19 8AL Email: winston.davies@btinternet.com

05/24(12)

EYNON PRICE
Landscaping & Groundworks
 Tel: 01558 822434
 Mob: 07970 906489
 Brynhyfryd Farm, Llandeilo, SA19 7HS
www.landscaping-specialist.co.uk

HORMANNS FIREWOOD
 Suppliers of seasoned, kiln dried, hardwood firewood and biomass woodchip from a sustainable source.
LOGS CUT & SPLIT TO ANY SIZE
 Ring for prices and load size
01550 720285
 Email: hormannfan@gmail.com
www.hormannfirewood.co.uk

Highfield Carpentry
 40 Years Experience
 Contact: Mark Plunkett
 Mob: 07885 216886
 Tel: 01550 721863
 Email: mplunky@aol.com

MR WOOD THE HANDYMAN
 Property Maintenance, Gardening, Tiling, Repairs, Spray Painting, Flat Pack, Decorating and Much, Much, More!!!
07583 491913
mrwoodthehandyman@gmail.com



The Llanwrtyd & District Heritage & Arts Centre are delighted to host a concert by

Duo CorreaAndrews who will be performing an evening of classical flute, voice and guitar music from Columbia – the “land of a thousand rhythms.”

Flautist and singer Emily Andrews and classical guitarist Francisco Correa will perform gorgeous but little-known music by composers from Francisco’s native Colombia, including several works written especially for the duo.

A virtuoso on the guitar Francisco and Emily are experienced recitalists and they take care to present their exciting and varied programme in an informal but informative way, explaining the stories behind each piece.

The husband and wife duo have had many sell-out concerts and excellent reviews:

“Emily switches between voice and flute effortlessly, sometimes presenting haunting instrumental melodies, sometimes singing folk songs in her rich mezzo. Francisco’s accompaniment to these pieces, as well as his solo playing is virtuosic but sensitive, making undeniably fiendishly difficult guitar writing sound easy and effortless”

In addition to their own concert circuit, Emily and Francisco are in demand as individual artists. Emily has recently worked with Welsh National Opera, BBCNOW, and the Royal Philharmonic Orchestra to name a few. Whilst Francisco performs regularly as a soloist at Kings Place, on BBC Radio 3’s “In Tune” programme, and frequently as a concerto soloist on both sides of the Atlantic.

This concert by two world-class artists, supported by the Night Out scheme, is one not to be missed and takes place on Saturday 24th June starting at 7.30pm (doors open at 7.00pm). Tickets are £8 and available by contacting the Heritage Centre, ldhac2016@gmail.com, telephone 01591 610067 or from the Neaudd Arms Hotel or Caffi Sosban in the Centre of Llanwrtyd.

£5,000 GRANT FOR AIR SOURCE HEAT PUMPS AND BIOMASS BOILERS



CLEAN, GREEN RENEWABLE HEATING



Birds' Hill

Parc Bryers, Dryslwyn, SA32 8QX

We're a local business focused on delivering high quality, innovative renewable heating solutions, including

- Air Source Heat Pumps
- Wood Pellet and Log Boilers
- Ground Source Heating Pumps
- Solar Thermal

For more information please contact us

01558 824726

info@birdshill.wales

www.birdshill.wales

BANNAU BRYCHEINIOG

DINEFWR RAMBLERS'

LOCAL NATIONAL PARK

*Below the summit of
Fan Brycheiniog –
by Ros Bellamy*



As the local Ramblers group, Dinefwr Ramblers are blessed with a National Park right on our doorstep (as well as lots of other exquisite countryside). In case you missed it, in April our favourite National Park said goodbye to its Victorian name Brecon Beacons and celebrated the new (old) name Bannau Brycheiniog (pronounced ban-eye bruck-ein-iog).

Come along as a guest and help Dinefwr Rambler discover anew the 'Peaks of Brychan's Kingdom'. Find an enticing walk from the tempting programme and contact the walk leader now. Find out more about the group and their walks at: www.dinefwrramblers.org.uk

All walks are dependent on Covid restrictions on the day of the walk. Due to unforeseen circumstances it June be necessary to change or amend a walk. Please check the website for the latest information before setting out. www.dinefwrramblers.org.uk

Sunday 4th June: Trecastle to Llandovery – This walk begins at the Trecastle lay-by. Turning right at the Antiques Centre, the road leads onto the Roman Road. Continuing all the way to the two Roman Forts, enjoying the wonderful views of the Beacons and the Usk Reservoir. The descent is on quiet country lanes. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. A mini bus is available to take walkers from the meeting place to the start of the walk costing approx £4.00 p/ p. Max 17 passengers. Dist. 9 miles. Moderate Explorer Map: OS12 Meeting point: Llandovery Railway Station car park and on by car. Dep. 10am Leader: Phil Howe Mob: 07802 856007.

Wednesday 7th June: No walk has been scheduled for this date, please check on the website for an update.

Sunday 11th June: No walk has been scheduled for this date, please check on the website for an update.

Wednesday 14th June: Llanboidy – A scenic village with a history that goes back to the Iron Age. The walk is on lanes and fields, with a short walk on a main road. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Dist. 5.5 miles. Moderate Explorer Map: 177 Meeting point: Llanboidy public car park SN218223. No charge. Dep. 10.30am Leader: Linda Jenkins Tel: 01269 592797 Mob: 07780 330158.

Sunday 18th June: Amelia Earhart Walk – On this date in 1928, Amelia Earhart landed here to become the first woman to fly across the Atlantic. A seaside tour of the memorials scattered around Pwll and Burry Port marking this historic event. Tea and cake at the Pavilion Café to finish. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome but must be kept on short leads at all times. Some road walking. Dist. 7.5 miles. Easy/Moderate Explorer Map: 178 Meeting point: Tesco Ammanford car park and on by car. Dep. 10.00am Leader: Leslie Lepper Mob: 07887 566946.

Wednesday 21st June: Quarries & Caves, Carmel – A walk in the Carmel area. Please check on the website for an update.

Sunday 25th June: No walk has been scheduled for this date, please check on the website for an update.

Wednesday 28th June: No walk has been scheduled for this date, please check on the website for an update.

If you have any queries about any of the walks, please email: contact@dinefwrramblers.org.uk or contact the walk leader directly





Proud stockists of:

Eternit

CEDRAL

ROOFING SHEETS

- Stockists of Eternit corrugated fibre cement products.
- Steel, purlin and flat sheet stockholders.
- Suppliers of box profile, corrugated, curved, ventair, tile-effect, anti-condensation roofing sheets and composite panels.
- Steel flashings, fixings and accessories.
- PVC rainwater goods.
- Stockists of Cedral cladding products.

Tel 01550 777497

Fax 01550 777808

Email adclad@gmail.com

Adeilad Cladding, The Stores, Station Road, Llanwrda, Carmarthenshire SA19 8EH

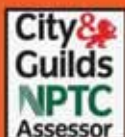


Proclimber

Arb Ltd

**Tree Care, Forestry &
Industry Training Provider**

With over 25 years experience



*For a friendly and reliable
service, please call for a free
quotation*

Andrew and Emma: 07795 820707
Email: info@proclimberarb ltd.co.uk
www.proclimberarb ltd.co.uk



LLANWRTYD HERITAGE AND ARTS CENTRE HOSTS NEW ART COMPETITION



Visitors throughout June to the galleries at the Heritage Centre will have the opportunity to view work from the artists who have entered the first Open Art Competition to be held at the Centre. Under the title 'Peace Amongst Beauty,' which is the motto of the town, the competition attracted almost one hundred submissions of which seventy six were chosen to be exhibited in the galleries as the finalists. The exhibition includes work in pastels, oil, acrylic, pencil, photography and mixed media.

The judging will take place during an invitation only preview event on the evening of Saturday 3rd June when the first prize of £500 and second prize of £250 will be awarded. Visitors to the Centre throughout the month will then have the opportunity to vote for their favourite work and a further prize of £100 will be awarded to this winner in early July.

Chairman Tony Thorpe and the Trustees are delighted at the interest the event has generated. "The competition was cancelled twice because of the pandemic and it is very rewarding to again have so much support from artists throughout Wales" says Tony, "and we hope this will become an annual event attracting more visitors and new artists to the galleries. We are very appreciative of the support given by Llanwrtyd-based Charcroft Electronics, Lloftwen Forest Farm and Col. Tim Van-Rees who have generously sponsored the prizes."

The competition entries are beautifully complemented by wood-turning from David Leeton who returns to the Centre after two very successful previous exhibitions.

The exhibition will run until the end of June and the Centre is open Thursday to Sunday 10am to 4pm and two special evening viewings on Tuesday 6th and Wednesday 28th, 6.00pm – 8.00pm.

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Find us on
Facebook &
Google Maps



For all Your Decorating Needs

- Paint Mixing and Scanning (any colour mixed with mold additive)
- Tools, Ironmongery and Key Cutting • Kitchenware
- Camping and Car Accessories • Carpet, Vinyl and Rugs

We have had a refurbishment with lots of new stock including clearance lines. Pop in for a bargain!

Now stocking HG Cleaning Products

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



New Road Garage

Llandovery

going that extra mile...

**Servicing & Repairs
Rescue & Recovery
MOT Testing**



**We offer a
friendly, professional
service you can trust**

Contact us 24/7

01550 720836

New Road Garage Ltd, New Rd, Llandovery,
Carmarthenshire, SA20 0EA www.newroadgarage.co.uk

**Courtesy
car
available
on request**

RHYS SPICE

AGRICULTURAL & FENCING CONTRACTOR



All types of Fencing, Landscaping & Groundworks

Llandello

Tel: 07810 642330 - 07920 701441

06/23(12)

SOUGHT AFTER

Antique weaponry. Flintlock, percussion, pinfire etc. Long guns, pistols, revolvers. Swords, bayonets, daggers etc. Single items or collections purchased. Militaria considered.

ALL ENQUIRIES FREE AND CONFIDENTIAL

Call Barry on 01558 668563
or 07729 479594

Pictures can be sent to barry@barryanderic.com

03/24(12)

HIGHGATE

LLANGADOG

WATER SOLUTIONS

PLUMBING & HEATING ENGINEERS

04/24(12)

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

Tel: 01550 777049
Mobile: 07786 071214
Email: jon.ford@highgatewatersolutions.com
Worcester Accredited Engineers



Tap Into
Thirty Years
Experience



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymwelwyr

LLANDOVERY MUSEUM
& Visitor Gateway

MUSEUM NOTES



This year is the fiftieth anniversary of the official opening of the Llyn Brienne reservoir in the Upper Tywi Valley. On 15 May 1973, Princess Alexandra pulled the handle of an old village pump to open a valve which initiated the flow of water from the dam.

The Princess had flown over the 530-acre reservoir in a helicopter of the Queen's Flight before landing at Ystradffin Farm and travelling by car to the site.

The reservoir regulates the flow of the river to Nantgareidig, where water is abstracted prior to being treated and piped to various parts of South Wales. In 1996, the reservoir spillway was raised and a hydroelectric generating station was added at the base.

The 300-foot-high dam, constructed of locally sourced rock and clay, is one of the highest in Britain, and the reservoir – completed almost two years ahead of schedule – immediately became a major tourist attraction.

The original plan had been to build a reservoir in the



COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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



Mobile: 07718 150571 or
Evenings: 01591 620355



05/23(12)

Gwendraeth Valley, which would have meant drowning the village of Porth-y-rhyd. Fierce opposition forced the authorities to choose another site at Llangydeyrn. Whenever the engineers approached the village, the church bell would ring to warn the inhabitants, who obstructed all entrances.

Eventually, attention was turned to a site four miles to the north of Rhandir-mwyn. William Jones, aged 86, and his sister Jane of Troedrihwrudden Farm, who had successfully prevented the Forestry Commission from taking over their farm in 1952, refused to allow access to officials of Swansea Corporation to survey some of their land.

A Defence Committee was formed, with Emlyn Jones, Llanddewi Brefi, as chairman, and Dafydd Dafis, headmaster of Rhandir-mwyn School, as secretary.

A Public Inquiry, which opened at the Castle Hotel, Llandovery in December 1966, continued until February 1967. In December of that year, the Secretary of State for Wales, Cledwyn Hughes, approved the building of the reservoir, on the condition that minimum damage was done to the area. The Minister also decided not to authorise recreational facilities at the reservoir.

On the day of the official opening, twenty coaches from Swansea, Neath, Port Talbot, Pontardawe, Llanelli and Llandovery, transported VIPs to the Llyn Brienne site.

A notable absentee was the Mayor of Swansea, who was offended when he discovered that people of a 'lesser status' were to be presented to Princess Alexandra, and he was not. Instead of travelling to Rhandir-mwyn, he sunbathed in the grounds of Mansion House before visiting three old people's homes.

The museum is usually open Tuesday to Saturday, 11.00am – 2.00pm, until the end of October. If you would like to learn more about volunteering, call in and leave your contact details so we can chat. It is not necessary to be Welsh-speaking or to know a great deal about history!


POSTDATUM
Producers of
The Post



RHYS THOMAS FORESTRY SERVICES
Tree Felling – Winching
Ash Tree Removal – Seasoned Fire Wood
Crugybar, Llanwrda
07907 573676 : rhysthomas15@hotmail.co.uk

08/23/12

03/24/13



Ashmole & Co.
Chartered Certified Accountants
and Registered Auditors

Making a real difference to Carmarthenshire businesses & helping them prosper for 125 years

We combine high quality accounting, taxation and audit services with business advice and planning

Tel: 01550 720098 Email: Llandovery@ashmole.co.uk
18 High Street, Llandovery
www.ashmole.co.uk

Problems with your PC?
Baffled by computers?

EASY P.C

...can help, with 100% jargon-free advice

Fast and friendly service specialising in helping the novice and the older user

23 Carmarthen Road, Llandeilo
01558 823628 | 07773 012762

Repairs
Upgrades
Tuition
Wireless set-up
Data back-up
Virus removal
Laptop and desktop sales

Now in our 20th year

02/24/12

PRICE of LLANDOVERY

farm, pet & country store

CONVENIENT OUT OF TOWN SHOPPING FOR ALL YOUR ANIMAL FEEDS, PET FOODS AND PREPACKED WINTER FUEL

Raw Dog Food In Stock

Tel. 01550 720372 Follow us on Facebook 

06/23/10

Microchipped
Sprayed

STILL MISSING SPOT

**DOG
LOST**
ID 137849

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.



LLUEST

‘TAILS’ FROM THE TRUST.... SUMMER OPEN DAY AND DOG SHOW



*South Wales
Mounted Police*

Lluest Horse and Pony Trust are excited to announce that we will be holding a Summer Open Day and Dog Show on Sunday 4th June 2023. We'll be open from 10.30am to 3pm with the dog show starting at 12.30pm.

If you've never visited Lluest before this is a fantastic opportunity to meet our rescued donkeys and ponies and our dedicated staff and volunteers plus some very special Therapy Dogs. Come along to enjoy tea, coffee, cake and a savoury bite in our vintage tea tent, we always offer endless tea and coffee top ups! You can browse our preloved tack & rug sale and stalls for bargains, have a go at our 'on foot' show jumping to see if you can get the fastest clear round or try your luck at winning a fantastic raffle prize. We'll also be running a number of demonstrations including a session from Jenni Nellist, Clinical Animal Behaviourist and a guest appearance from South Wales Mounted Police....an opportunity to meet the Officers and Horses and maybe even take a few selfies! Our onsite photographer will also be on hand to capture every moment including the option to have a professional pic of your dog.

The Dog Show will start at 12.30pm with entry fees at

08/23(6)



PEST CONTROL MID & SOUTH WALES

LOCAL PEST CONTROL

Rodents, Moles, Squirrels, Fleas,
Wasps & Flies.

FULLY INSURED

RSPH Level 2 qualified in Pest Management

Tel: 01558 823299

Info.pcmw@gmail.com

IEUAN JONES PHOTO RESTORATION SERVICE

CWRTYCADNO

Photo
Restoration

Cine Film
Transfer

VHS to DVD
Transfer

Slide
Transfer



Local
Fortnightly
Collection
& Delivery
Service

Tel: 01558 650153

Email: ieuana@glynhebog.co.uk
www.cwrtyphotorrestoring.com

05/23(3)



Super happy dog from our last Open Day

£2 per class. Prize Rosettes to 6th place. Our Judge will be Linda Lewis with entries from 11.30am and judging commences at 12.30pm for the following classes: 1. Pedigree Classes (Held under Kennel Club Regulations. See Kennel Club Show Regulations F (3) paragraph 4) a) Any Variety Puppy (6 - 12 months on show day); b) Any Variety Terrier; c) Any Variety Hound; d) Any Variety Gundog; e) Any Variety Pastoral; f) Any Variety Utility; g) Any Variety Toy; h) Any Variety Working; i) Any Variety Veteran (7 years and over on show day); j) Any Variety Open; k) Best in show (Pedigree Classes); 2. Novelty classes - cross breeds and pedigree a) Best Crossbreed; b) Best Rescue; c) Most Handsome Dog; d) Prettiest Bitch; e) Happiest Puppy (6 - 12 months on show day); f) Best Child Handler (up to 14 years old on show day); g) Best Young Handler (14 to 21 years on show day); h) Dog Most Like its Owner; i) Best Condition; j) The Waggiest Tail; k) Dog or Bitch the Judge Would Most Like to Take Home; l) Best in Show (Novelty Classes).



Misty & Caesar can't wait to meet you!

Please be aware that we have always tried to keep entry to our Open Days free and a lot of time and effort goes into organising and running the day. However, this year fundraising is critical to ensure the survival of our small charity and we are asking for £5 entry per car. Parking is in our flat field and there is access for disabled visitors through our front gates with some limited parking.

We are excited to welcome back old friends and supporters and we very much look forward to meeting you if you are a first time visitor. Our address is: Lluest Horse and Pony Trust, Beili Bedw Farm, Llanddeusant, Llangadog, Carmarthenshire SA19 9TG. Tel: 01550 740661

You can find out more about us on our website and Facebook pages: www.lluesthorseandponytrust.co.uk www.facebook.com/lluest

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 09/23(12)


CASBER SCAFFOLDING
All scaffolding work undertaken, call for your quote;
Adam Kimber
Tel: 07825 505551
casberscaffolding@hotmail.com 08/23(3)


KEVIN FOSTER
Building & Renovations
Tel: 07727 682 295
www.building-renovations.co.uk 04/24(12)

LLANDOVERY FRIENDSHIP CLUB

The Friendship Club held their first annual trip to Abergavenny on Tuesday 25th April. It was a successful day trip to Abergavenny town and market and the weather kept dry for us to do some shopping and enjoy the food on offer.

There were 25 members and 4 non members on the trip with 12 apologies due to illness.

The Friendship Club would like to thank Jones International buses for their excellent service and especially to Sean, our driver, who got us safely there and back. An enjoyable day out for us all. Looking forward to the next trip.

The next Friendship Club meeting is on Wednesday June 28th, 2.00pm at Vicar Prichard Hall with Mr Gary Strevens as our guest speaker.

On Wednesday 26th of July we will be having a trip to Aberystwyth and then back to Aberaeron for fish and chips!

Non members welcome on the trip, £15 for non-members.

Please contact Angela Jackson-Kenyon on 01550 721947 if interested in joining us on our trip to Aberystwyth and Aberaeron.

MERCHER Y WAWR BRO PANTYCELYN

Bu Iris Williams yn ein diddori yng ngyfarfod mis Mai. Person dawnus iawn mewn sawl maes ond ei gwaith crosio oedd ganddi y tro hwn.. Pawb wedi rhyfeddu gyda'r casgliad eang o waith cywrain a welsum . Cawsom gyfle i ddangos ein dawn ni hefyd. Rhai yn llwyddo'n well na'i gilydd. Diolch yn fawr Iris am brynhawn hyfryd.

Bu'r daith i Aberystwyth a'r Llyfrgell Genedaethol yn llwyddianus iawn. Diolch I gangen Llangadog am drefnu ac am eu cwmmi difyr hefyd.

Byddwn yn cwrrdd am ein cyfarfod swyddogol olaf hyd mis Medi ar ddydd Mercher 14eg o fis Mehefin i gymdeithasu a thrafod cynlluniau digwyddiad mis Gorffennaf.

Rydym yn bwriadu cynnal Te Cymreig Prynhaw Dydd Sul Gorffennaf y 9fed am 3 30 y p .yn y Neuadd Gatholig Cyfraniad yn mynd tuag at Ffrindiau Ysbyty Llanymddyfri.

Audrey 721612
Eluned 720825
Marian 720370

LLANDOVERY CROQUET & BOWLS CLUB



The croquet club has enjoyed a good start to the new season at the Castle Fields bowling green, with several new members joining. We are looking forward to matches against Mumbles and Llanidloes Croquet Clubs in the near future. In addition we have been invited to play at the Llandaf Club, as well as the Cardigan Club, once they have settled into their new venue at Llechryd Cricket and Tennis Club.

We are continuing with our regular Tuesday and Thursday club afternoons when visitors are welcome to come and try out this fascinating game. Free coaching is available for all beginners to croquet, with no obligation to join the Club.

We are also happy to organize sessions for small groups who would like to enjoy an afternoon of croquet. We can provide all the equipment and coaching; you just need to wear flat shoes!

To find out more about the club please contact the secretary, John, on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

INTEGRITY MORTGAGES
MORTGAGE & INSURANCE ADVICE
First Time Buyers | Remortgage | Home Movers | Buy-to-Let | Insurance

Consultant: Paula Burt
Based in Llangadog, Carmarthenshire, Wales
Mobile: 07765467799
Email: paula@integritymortgages.co.uk

07/23(3)

MYDDFAI NEWS



Myddfai Community Hall & Visitor Centre's shop and café open Wednesdays to Sundays 11.00am – 4.00pm. There are two Saturdays in June when the Myddfai café and shop won't be open 3rd & 10th due to large events in the hall, sorry for any inconvenience caused.

Events and classes in June – we have a new series of 3 classes – Energy Testing – (Dowsing & Muscle testing) with Mark Harris on 5th, 12th & 19th June 6.30 – 8.30pm ring Mark for more information & to book on 07924 449011. We have a summer solstice Twmpath on Friday 16th June – everyone welcome. Saturday 24th June we have our annual Physicians of Myddfai conference, please book in advance. Sunday 25th is our monthly Farmers Market 12.00 noon to 3.00pm, with a wide range of quality local produce on sale.

Regular classes include: Craft class on Wednesday 1.30 – 3.30pm, Yoga on Wednesday evenings 5.30pm – 7.00pm. Pilates is on Thursday mornings 9.30am – 10.30am.

Myddfai shop has a great range of quality local craft and artwork, from pottery, jewellery, slate items, bags, aprons and fused glass, in addition we have a wide selection of greetings cards, Myddfai jams, chutneys and local honey as well as a great selection of candles, Myddfai range of toiletries, wooden bowls and boards and much more. We have a range of quality locally grown plants on sale outside. We also have a range of quality Myddfai Welsh Tweed items- hats, scarves, blankets, bags and much more, come along 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, great choice of soups and a wide selection of freshly made cakes on offer. Why not combine a visit with a walk in the beautiful surrounding countryside.

Myddfai Community Hall & Visitor Centre is an award-winning venue and is ideal 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 07879119223 or Hall No. 01550 720449. Our website is www.myddfai.org

Please check our Facebook page for news and events.

Well-behaved humans are invited to an
AFTERNOON TEA
with (or without) their dog
at CAPEL GOSEN CYNGHORDY
SA20 0NY



3.30pm Saturday 17th June 2023
Dress Code: Leads or Stout Shoes

3.30pm For Fun and Games
4.00pm Afternoon Tea in the Garden or Vestry

c.5.00pm Home time with Doggy Bags and various prizes



No charge, but donations in aid of PAT Dogs
(Pets as Therapy)

HANDMADE CARDS



at Postdatum
24 Stone Street, Llandovery



ASHMOLE & CO SUPPORT THOSE IN THE AGRICULTURAL SECTOR WITH POOR MENTAL HEALTH



Ashmole & Co, one of south Wales' largest Accountancy firms, has launched a year of fundraising in aid of the DPJ Foundation, to help support those in the agricultural sector, and living rurally, with poor mental health.

With thirteen offices spread across rural mid and south Wales, the staff of Ashmole & Co were unanimously in favour of supporting a charity that raised awareness and gave support to those with mental health problems.

Carwyn Morgan, Ashmole & Co Partner in the Carmarthen and Newcastle Emlyn offices, said, "Our rural clients confide in us as their accountant and we are perhaps the first they turn to when financial or family concerns impact on their lives and mental health. We will use this year of working with the DPJ Foundation to learn ourselves how to recognise these mental health issue signs and in future we will be able to signpost these clients of ours to professional help and support with their mental health. We hope our clients and friends will help us raise as much money as possible through collections and events for this extremely worthy cause."

The DPJ Foundation was set up in Pembrokeshire

in 2016 following the death of Daniel Picton-Jones. Daniel's suicide rocked the community, his wife Emma realised very quickly the lack of support that was available for those suffering with poor mental health in rural communities. It was announced at Daniel's funeral that a fund would be set up that would provide support to those, like Daniel, who were suffering from poor mental health. It became clear that there was a lack of awareness around mental health, everyone had been touched by suicide but very little was being done to combat the issue.

Daniel was an agricultural contractor and was well-liked and known throughout the community. His strong ties with the agricultural sector coupled with Emma being a farmer's daughter made this an obvious route for targeting support. It also became clear that agriculture carried the highest rate of suicide, yet little was being done to help this. Emma has used Daniel as a basis for everything the Foundation has gone forward to do. Daniel was a quiet character with lots of love and care for those around him, he would hate the idea of anyone suffering or feeling the way he did. In his name the DPJ Foundation is using Daniel's story to help others.

Kate Miles, Manager of the DPJ Foundation, said, "We are very grateful to Ashmole & Co for choosing to help raise funds and awareness of the foundation over the next 12 months. As part of this year of events we will work with the staff and partners in the accountancy firm to help them be better equipped in spotting the signs of poor mental health in their clients and give them the confidence to guide those clients to the correct services in order to help."

As part of the fundraising activities, Ashmole & Co will be doing a sponsored walk along the Pembrokeshire coastal path, dress-down Fridays once a month and some staff will be taking part in running events including the Cardiff Half Marathon.

Any donations to support Ashmole & Co's fundraising would be very gratefully received. Here is the link to the Just Giving page, or you can donate directly at any office: https://www.justgiving.com/page/ashmoleandco-dpj?utm_source=copyLink&utm_medium=one_page&utm_content=page/ashmoleandco-dpj&utm_campaign=pfp-share&utm_term=89627aeb1d444c8e8e0f5aaf4c82dbf

11/23(12)

KB HOME MAINTENANCE

PLUMBING & BATHROOM INSTALLATIONS & MAINTENANCE	SOLID FUEL HEATING FLUES & CHIMNEYS	SOLAR HOT WATER UNVENTED CYLINDERS UNDERFLOOR HEATING	ARCHITECTURAL & BUILDING CONSERVATION
--	--	--	--

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

**LLANFAIR GRANGE
CARE HOME, LLANDOVERY
IS LOOKING FOR:
CARE ASSISTANTS
AND NIGHT STAFF**

Who must be a good team player, and compassionate.

*WAGES NEGOTIABLE DEPENDING
ON QUALIFICATION*

Experience not essential as NVQ training provided.

Please contact Nia on 01550 720495

06/23(3)

**DAVIES PET AND
COUNTRY STORE**

STATION ROAD, LLANGADOG SA19 9LS

Tel: 01550 777850

**YOUR LOCAL FAMILY
RUN PET STORE**

OFFERING DOG, CAT, SMALL ANIMAL,
WILD BIRD FOOD, POULTRY
AND HORSE FEED.

**NOW STOCKING FROZEN
RAW DOG FOOD**

**Open Tuesday to Friday 9.00am - 5.00pm
Saturday Morning 9.00am - 12.00pm**



04/23(12)

Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

ABERGLASNEY GARDENS TO FEATURE IN GARDDIO A MWY ON S4C & BBC IPLAYER



Aberglasney Gardens to feature in S4C series 'Garddio a Mwy' presented by Carol Williams. The episode will be first shown from 8.25pm on Monday, 15 May 2023 and then available online and catchup.

During the S4C series join Iwan and Sioned Edwards at their beautiful garden in Pont-y-Tŵr to learn some of their gardening secrets. Follow Meinir Gwilym and Adam Jones (Adam yn yr Ardd) as they'll be showing how to make the most of our gardens. All on S4C, S4C Clic and BBC iPlayer.

During next Monday's episode Carol will explore various aspects of the 10 acres and 20 different garden styles at Aberglasney. Viewers will see the Kitchen Garden, Pigeon House Woodland, the Alpinum Garden and Bishop Rudd's Walk. Footage was shot of the Malus

Arbor (*Malus sargentii*), the magnolia trees in bloom, the Candelabra Primulas, the Trilliums and lots more.

Aberglasney Gardens' Director of Operations, Jim Stribling, said, "We were pleased to welcome the crew from Garddio a Mwy to the Gardens recently. Of particular interest to viewers will be the opportunity to see one of Aberglasney's most asked about features, our breathtaking Malus Arbor, in bloom. The Crab Apple Arch can be found in our Kitchen Garden. It will be a treat for viewers to see how beautiful the Gardens look at this time of year."

Aberglasney Trustee, Helen Scut, has also been interviewed for the programme about Box Blight as Aberglasney's gardening team replaced the Box hedge in the Upper Walled Garden earlier this year with dwarf Rhododendron. Box blight is a fungal disease of box resulting in bare patches and die-back, especially in topiary.

Carol Williams was excited to visit Aberglasney Gardens for the first time to film for the S4C series. She said, "The producers asked me where I would like to visit to do a feature and without hesitation I asked if I could film at Aberglasney as I've been wanting to visit for such a long time. The Gardens did not disappoint. I was like a child in a sweet shop walking from different aspect of the Gardens to another. I've promised I'll be back to see the Gardens through the seasons."

To watch the Garddio a Mwy episode that includes Aberglasney tune into S4C on Monday evening, 15 May 2023 (subtitles will be available). The programme will also be available online on BBC iplayer and S4C Clic: <https://www.s4c.cymru/clic/programme/840892919>

LLANDOVERY U3A

This has been a very eventful Spring – the Coronation, extra Bank Holidays and a special for Llandovery hosting the Urdd.

The Urdd is a huge event for young people and there are thousands of people expected. So many adjustments to routine. When you read this it will be drawing to a close.

For us we decided it would be sensible to cancel our meeting for 31st May and Chair Yoga for 1st June. I cannot confirm the change of speaker for 14th June but we are hoping to reschedule the topic of Climate Change in Llandovery.

Wednesday 14th June

Climate Change in Llandovery

Wednesday 28th June

Sheikh Ahmed – Kill or cure from poison to prescription

We meet in Llandovery Rugby Club at 10.30am for coffee and a chat the speaker starts at 11.00am.

There is easy access and parking, visitors are welcome.

For further information contact: Anne Lynd-Evans 01550 750286

LIFE DRAWING GROUP NEAR LLANDEILO

Life drawing group sessions have been ongoing for several years at the Cwmifwr Community Centre on Monday mornings on a fortnightly basis, between 9.30am to 12.30pm with a half hour break at 11.00am.

These untutored sessions offer the opportunity to explore and develop life drawing skills, a traditional element in art practice, at your own pace.

The venue is accessible and well appointed with car parking available on the road alongside the hall.

Members of the group range from beginners to those with more experience and use materials of their choice which may include charcoal, pencil, ink, or watercolour washes on paper. Some members sketch into tablets using various art apps available. Everyone supplies their own materials.

Ideally people arrive by 9.20am in order to be ready to start at 9.30am. The sessions, which are quiet, begin with a few short warm up sketches leading towards 30 minute periods during which the model maintains the same position.

Members bring their own refreshments for a break at 11.00am.

This life drawing group is organised throughout the year on a voluntary and self funded basis. To cover the hire of the venue and fee for the model there is a charge of £9 per session.

For further information and dates of sessions please contact Tanya on 01558 824290.

IT'S THE NEW THING JULIE ANN SHERIDAN

8th – 22nd July

Volcano (Seaside Gallery), 27 – 29 High Street, Swansea SA1 1LG. 5 mins from Swansea Station.
Tel: +44 (0) 1792 464790.

Tuesday – Saturday, 10.00am – 5.00pm

Sunday – Monday – Closed

sheridanjulieann@gmail.com

@julieannsheridan | Linktree

Julie Ann Sheridan's exhibition of new works at Volcano, Swansea comprises a series of sculptures that incorporate painting, fly tipped furniture and recycled upholstery materials. The work explores expanded painting as a means to engage with notions of production and consumption. By altering the material and working with it, what is left is an expression of the moment, a new thing.

Castle Lawns
All Lawn Care Work

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

Call us today for a free quote
Prices start from £15.00 per treatment
on a lawn up to 60m²

Tel: 01550 779004
Mob: 07817 795142

For More Information www.castlelawns.com
derekstone4@hotmail.com

06/23/31

 **EMMA JAMES**
BEAUTY Est. 2004

Facials * Waxing
Lash & Brow Tinting * Make-Up
Nails & more

Tel: 07815 877042
Email: emmajbeauty@googlemail.com
Llandoverly & Surrounding Area

12/23/12

 **Roman**  **CALOR**
Solutions

Calor Gas Firewood
House Coal Kindling
Anthracite Eco Heat Logs
Ovoids Camping Gaz
Welding Gas & Accessories
Heating Oil & Red Diesel

Church Bank Ind. Est., Llandoverly, SA20 0DT
01550 720533 www.romansolutions.co.uk

03/24/12

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

11 Jun 2.30pm Communion/Cymun
18 Jun 9.00am Communion/Cymun

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

ST. SADWRN CHURCH, LLANSADWRN

4 Jun 9.30am Communion
18 Jun 11.00am Morning Prayer

For further information about Llansadwrn Church, please contact Revd Tim Nelson 01558 685415.

ST. PAUL'S CHURCH, MANORDEILO

11 Jun 9.30am Communion/Cymun
25 Jun 9.30am Morning Prayer

For further information about Manordeilo Church, please contact Revd Jeff Thomas 01550 777758.

LLANDINGAT, LLANDOVERY

4 Jun 9.30am Family Service and Baptism, "The Great Commission"
11 Jun 9.30am Communion, "Jesus the Healer"
18 Jun 9.30am Father's Day, with guest speaker Revd Oliver Strange
25 Jun 9.30am Communion, "Do not be afraid!"

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

4fydd o Fehefin 11yb, Boreol Weddi
18fed o Fehefin 11yb, Cymun gyda siaradwr gwadd – Parch Oliver Strange

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

ST MICHAELS, MYDDFAI

4 Jun 11.30am Morning Prayer
11 Jun 11.30am Communion/Cymun
18 Jun 6.00pm Evening Prayer, Father's Day with guest speaker, Revd Oliver Strange
25 Jun 11.30am Communion/Cymun

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

ST SAWYL, LLANSAWEL

4 Jun 11.00am Communion/Cymun
18 Jun 11.00am Communion/Cymun

Rev. Patrick Mansel Lewis
Tel: 07792 921327 or 01554 773059.

ST CYNWYL'S CHURCH, CAIO

4 Jun 9.30am Holy Communion
18 Jun 9.30am Holy Communion
2 Jul 9.30am Holy Communion

Rev Tim Nelson 01558 685415
Rev Rik Moyes 01558 685118

ST CADOG'S CHURCH, LLANGADOG

4 Jun 9.30am Holy Communion
11 Jun 9.30am Holy Communion
18 Jun 9.30am Morning Prayer
25 Jun 9.30am Morning Prayer

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 Jun 11.00am Communion
11 Jun 11.00am All Age Worship
18 Jun 11.00am Communion
25 Jun 11.00am Youth Led Worship

There is Holy Communion every Tuesday at 10.00am & Morning Prayer every Friday at 9.30am

ST. BARNABAS, RHANDIRMWYN

11 Jun 9.30am Communion
18 Jun 9.30am Morning Prayer
28 Jun 9.30am Communion

Rev. Tim Nelson: 01558 685415.

ST. MICHAEL'S CHURCH, CILYCWYM

4 Jun 2.30pm Communion/Cymun
25 Jun 11.15am Morning Prayer

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

ST. MARY'S CHURCH, CYNGHORDY

25 Jun 2.30pm, Communion/Cymun

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

ST SIMON AND ST JUDE, LLANDEUSANT

11 Jun 6.00pm Evening Prayer
25 Jun 2.00pm Communion/Cymun

ALL SAINTS CHURCH, GWYNFE

4 Jun 11.15am Communion/Cymun
11 Jun 11.15am Morning Prayer
21 Jun 11.15am Communion/Cymun

ST DAVID, ABERGORLECH

4 June 9.30am, Communion/Cymun
18 June 9.30am, Communion/Cymun

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

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

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

11 Jun 9.30am Holy Communion
25 Jun 9.30am Morning Prayer

Email: h_lloyd_davies@hotmail.com

LLANEGWAD CHURCH

2nd Sun 11.00am Eucharist
3rd Sun 11.00am Eucharist
4th Sun 11.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm
Wednesday 10.00am

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST EGWAD, LLANFYNYDD

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

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

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)
Services every Sunday
10.30am Worship and Communion Service
5.00pm Ministry Service & Under 15
Bible Class

No Coffee Morning in December.

YR EGLWYS UNIONGRED, LLANBEL- LAMPETER ORTHODOX CHURCH

1st Sun No Service
2nd Sun 10.30am Divine Liturgy
3rd Sun 10.30am Divine Liturgy
4th Sun 10.30am Divine Liturgy
5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

HOLY TRINITY CHURCH

1st Sun 10.00am Eucharist
2nd Sun 10.00am Eucharist
3rd Sun 10.00am Eucharist
4th Sun 10.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

WHAT ARE YOU DOING?



The work of Gwennie aged 6 years the daughter of Charlotte Turtle, the caption is by Gwennie's Dad, age unknown by the writer.

Friends, colleagues, actors and all good people of our ancient town of Llandovery, formally the Roman town of Alibum, lend me your ears! It is I, Horatio Nelson Llandovery Theatre Cat calling to you from my celestial star to answer the question in the picture above, WHAT ARE YOU DOING?

Like many theatres across the country LLANDOVERY THEATRE was forced to shut down due to the pandemic, but we were not inactive as we love our theatre and with the help of friends kept it safe and beautiful. In the past year we have been working to be ready to welcome visitors to our town for the Urdd Eisteddfodd when TRAGEDY struck!

A blistering hot summer last year, followed by torrential rain and in November 'the ice age'. The roads and pavements so dangerous, no self-respecting cat would venture out, but when the ice melted - DISASTER! The stone wall outside the theatre in Stone Street collapsed

ST. MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN

Normal services are first Sunday and third Sundays at 2.30pm.

Wednesday June 14

Pilgrim Service at Llanfihangel Rhos y Corn - at 6pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP - a service of prayer and mediation - Info Revd Roger Nock on 01267 202347.

Saturday June 24

"Lle Llonydd - A Quiet Space of Reflection and Contemplation - These take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm from February to October. Refreshments available.

Contact Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278 for more information. Remember to dress warmly! Location SA32 7RP - What3Words - gain. agent.acids.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

Services on 5th Sunday are at 10.30am and rotate around the churches.

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Service.

11.00am - 12.00pm near Lidl's

Contact: Ammanford Christadelphians

into the road! Mercifully no-one was hurt, but I have to say Jacky had, what might be termed a Grade SIX nervous breakdown at the news.

We were instructed by the County Council to rebuild the wall, or take it down to a safe level and to complete before the Eisteddfodd. There followed weeks of search for professionals to rebuild, while we examined and reassessed the damage and how to put it right. We stared and stared at the debris and the wreck when a question arose. Did we actually own this wall in Stone Street?

1. We examined the 1848 Deed, when the then Carmarthen Council was given a 99 year lease by the Llwynywormwood Estate in order to provide a British School for the poor in the Parish of Llandingat. The surveyor's drawing on the Deed shows the wall is already there. So NO, the wall does not belong to the theatre.
2. The wall is built in stone with lime mortar, it is built against 4 feet of ground, its foundations in the road. It is a RETAINING WALL. According to the UK law on Retaining walls built on Highways, the responsibility for maintenance and ownership is with the Highways Department of the County Authority. So, NO, we do not own it.

We have written to the County Council four times explaining that THEY are the owners today on behalf of the good people of Llandovery, Llandingat and not forgetting Llwynywormwood.

We have rebuilt the wall as ordered by the County, completed before the Eisteddfodd as instructed by the County. We await response from the County, it is now five weeks of silence.

We want to get back to our theatre work, without this burden of indecision/responsibility hanging over us.

Long live live theatre!

Horatio Nelson
Llandovery Theatre.com
Jacky.barnes@btinternet.com

READERS' SALES & WANTS

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

FOR SALE

- **Pair of girls bikes**, Apollo Pulse, 5 speed, 26" wheels, light purple colour, £40 for both. Tel: 01269 851116.
- **Outdoor Plastic Patio Rug**, 180cm x 270cm, never used, still in sealed packaging, colour terracotta, £30. Tel: 01550 777432 (long ring).
- **Myford ML2 Lathe with spare bed**. Lathe is bolted to a wooden bench, untested & sold as seen. Buyer to collect. £120. Tel: 01550 721611.
- **Approx 32 USED CONCRETE SLABS** 900x600x50 (RRP £17.50). Lift & collect yourself £4 each. Smaller pieces FREE. Llangadog 07926 088020.
- **FLYMO Contour 500E Strimmer/Edger**. Only used once, still in box. Genuine reason for sale. Paid £55 - will take £40. Phone 01550 721247.
- **FRIGIDAIRE 2 slice toaster** (white) Model No. FCL-6002A, surplus to requirements - as new, £12. Phone 01550 721247.
- **Magazines** - various bundles of classic car, radio control aircraft and model engineer magazines. All at least 27 years old. 20p each magazine. Tel: 01550 721611.
- **'Custom Car' magazines** - bound volumes for 1978, 1979, 1980, 1981 & 1982. Offers? Tel: 01550 721611.
- **Round Kettle Barbecue**, as good as new, £30. Tel: 01558 650681.
- **Larch Cladding** - 91 No, 3.6m lengths of 125 x 19mm larch cladding. Buyer to collect. £500. Tel 07403 305501, Llangadog area.
- **Pine Dresser**, £65. Tel: 01550 779292.
- **Makita heavy duty drill** (Model MR400C) with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass. Tel: 01267 202230.
- **Selection of tyres**. Tel: 07939 592051.
- **Bedroom carpet**, 15' x 15', new unused, purple. Tel: 07939 592051.
- **Selection of flower vases**, various colours. Tel: 07939 592051.
- **Selection of wall mirrors**. Tel: 07939 592051.
- **x4 Plastic containers**, 200 & 500 litre approx. Tel: 07939 592051.
- **Various parts for Escort** mark 3, 4 & XR3i. Tel: 07939 592051.
- **Lister 3.5HP Stationary Diesel Engine**, on mounting plate, barn find, V & Flat belt drive pulley, original instruction & parts list, £280 ono. Tel: 07444 539748.

- **Four wheel electric mobility scooter**, excellent working order. Tel: 07939 592051.
- **Electric Singer sewing machine 319K**, 1950-1951, automatic, swing needle and also twin needle plus embroidery disc etc and instruction book, £250 ono. Tel: 01550 760359.
- **Put me up folding bed with mattress**, 70 x 186 x 38cm. Only used once. Excellent condition. Tel: 01550 777591.
- **Vintage Ferguson two furrow plough Massey Ferguson grey T20**, little use, barn find, £320 ono. Tel: 07444 539748.
- **Vintage Black Smiths Anvil**, 84cm long x 32cm high x 14cm wide. £350. Tel: 07444 539748.
- **Vintage Teagle Golden Bullet Tractor hedge cutter**, barn find, no knife, spares - repair & some spares available, £150. Tel: 07444 539748.
- **Vintage Hay Trailer** with front rack, 14' x 6' x 6" wide, heavy duty, very strong, bed to ground approx. 29", excellent timber floor, ideal for small holder, £800 ono Vintage Teagle Golden Bullet Tractor hedge cutter. Tel: 07444 539748.

WANTED

- **One or two bed-roomed, self-contained accommodation** in the Llandovery/Llandeilo/Llangadog area sought by quiet retired lady. Must be near bus route. Please phone Anna on 07526 567022 and leave a voicemail message.
- **Second hand washing machine**, must be in very good condition. Please telephone 01558 685175. You can leave phone number if answer machine.
- **Pre-Loved Books**. We are so grateful for all book donations received and we are still happy to find a home for more of your unwanted books for our Second Hand Bookroom at Newton House, Dinefwr. Drop your donations in at any time if you are walking by or coming in your car, The House, Park and Tea Room are now open all day, every day, during the Season (www.nationaltrust.org.uk/visitwales/dinefwr). The sales from your pre-loved books all help to raise funds which go towards work within the House and Park. Any queries: Holly Dwyer 01558 825917.

THE POST
ADVERTISING
you CAN afford

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: 01550 721967 / 07711 050509. 10/23(12)

ASHMOLE & CO OFFICES in Llandoverly, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandoverly@ashmole.co.uk Tel: 01550 720098. 11/23(12)

AERIAL & SATELLITE SERVICES

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

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 08/23(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llanddeusant, Llangadog, Carmar SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 04/24(12)

MARK WAGHORN DESIGN – Award winning ARB architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales 06/24(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, 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. 06/23(12)

BUILDING SERVICES

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

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. 12/23(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 07/23(6)

CLEANING SERVICES

A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 02/24(12)

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning also carpet cleaning. Reliable, trustworthy and friendly. All outdoor work considered including lawn cutting & pressure washing. References available. Covering Carmar and Brecon. Contact 07872 509031 / 07770 777992. 06/23(6)

COMPLEMENTARY THERAPIES

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 22 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. 06/23(12)

NADIA BRYDON MSc. MNIMH. RCHM. BRCP. ANP. MAR. Dip Ac. Nutrition, Herbal Medicine, Acupuncture, Aromatherapy, Reflexology, MLD. NES Health. Qualified and insured over 35 years. Treatments available in Bethlehem £75ph (Concessions available), local home visits if homebound or on Zoom. Gift vouchers available. All enquiries email: nadia.brydon@gmail.com. Tel: 07860 659537 Website: www.cwmdu-retreat.com 06/23(6)

COPYING AND PRINTING SERVICES

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

COUNSELLING

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

ELECTRICIANS

V. W. REES 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. 08/23(6)

FAMILY HISTORY RESEARCH

'RELATIVE ROOTS' offers GENEALOGY, FAMILY HISTORY AND HOUSE HISTORY RESEARCH whether your family roots be in Carmarthenshire or further afield! I hold a Postgraduate Diploma in Genealogy from the University of Strathclyde and am an on-line tutor for family history courses. I will 'Discover a Route back to your Relatives' using county archive collections and carefully chosen and verified on-line resources. Please email me at malcolmsadler231@gmail.com or call 07591 237235. 11/23(6)

FINANCIAL SERVICES

MORTGAGE, GENERAL INSURANCE AND COMMERCIAL LENDING ADVICE, from Residential First time buyer to finance on Christmas tree farm I can help. Re-mortgage and refinance give me a call on 07765 467799 Paula Burt CeMap FCA 607969. 07/23(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. 09/23(12)

GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 06/23(12)

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 04/24(12)

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 Llandeilo. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 10/23(6)

ALL SMALL ENGINES. Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carmar SA19 7BG. Tel: 01550 777350. 10/23(12)

GARDENING, CARPENTRY AND HANDYMAN. Traditional oak gates and outdoor furniture. I offer a friendly and professional service with good local references. I am based near Llandeilo with 25 years experience in horticulture and arboriculture. Call Nick 07970 987434 or e-mail: gydacoed@gmail.com Website: carmarthenoak.co.uk 08/23(6)

HAIRDRESSERS

MOBILE HAIRDRESSER. Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702. 05/24(12)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, based in Llandeilo. Tel: 07805 694016 Email: gabriel@hammerstone.wales www.hammerstone.wales 05/23(12)

HEATING OR RENEWABLE HEATING

BIRDS' HILL RURAL RENEWABLES, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales 05/23(12)

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 06/23(12)

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 06/23(12)

KEYCUTTING SERVICES

G.T. LOCKSMITHS LLANDEILO, Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Cars Pre 1995 (non chipped) & Classic cars, Motorcycles, Mobility Scooters. **Shop:** Crescent Road Carpark Llandeilo 01558 823355 (Locksmiths services and out/hours 07816 377710). 04/23(12)

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. Call 07534 974413 to book an appointment. My name is Sian Wintle and I'm based in Llandovery. 10/23(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 11/23(12)

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 05/24(12)

HUGHES DECORATORS LTD. Established Family Business with over 80 years combined experience. City & Guilds approved with qualified tradesmen. Interior and exterior painting and decorating. FREE ESTIMATES. All building maintenance work undertaken including coving, doors, laminate flooring. Also hand painted furniture and kitchen units. CITB registered and fully insured. For information visit www.hughesdecoratorsltd.co.uk or call 07885 875012. Email: r.hughes236@btinternet.com 08/23(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 06/23(6)

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 07/23(12)

DOUGLAS WAUGH. Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 05/23(12)

PROPERTY MAINTENANCE

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit www.allaspectspropertieservices.co.uk 08/23(12)

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 02/24(12)

**BOOST
Your
Business**

With prices as low as £99.95*
for the year, its a great way
to boost your sales.

See inside back cover for all our rates
or ring 01550 721225 for details.

* Local Directory line advert (10 lines max)
for 12 months excluding VAT. (VAT charged at 20%)

SPORTS FACILITIES

LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandovery Squash Club, situated opposite Llandovery College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanoverysquash or visit our website: <https://llanoverysquashclub.co.uk> *02/24(12)*

LLANDOVERY TOWN TENNIS CLUB has two beautifully situated courts at Castle Fields, Llandovery. The club has grown steadily over the last few years and although it now includes a diverse membership of varying skill levels and ages (14 to 74), we would like to see the facilities used more by local people and visitors alike. We therefore invite anyone interested in joining the club or just having a one-off game to get in touch with the secretary on **07925 131974**. Annual Membership is £30 for a Single Member and £50 for a Family/Joint Membership, with under 16's free of charge. This includes free access to the courts at any time (subject to availability) with your own key. For visitors, a one off fee of £10 gives access to the courts for a 2 hour slot, again subject to availability. Anyone who wants to come for a free try out and meet up with members of the club to experience the friendly atmosphere can join us any Wednesday or Saturday morning from 11 am weather permitting. *11/23(6)*

TREE SERVICES

STEVE LLOYD AND SONS TREE SERVICES. All tree and general gardening work undertaken. Maintenance contracts undertaken and also grave tending. Contact S.Lloyd .Tech IOSH, Forest Industry Safety Accord (FISA), NPTC Qualified 07581 072557 Twm.lloyd1@yahoo.com *09/23(6)*

WALKING

QUIET WALKS. Scheduled or tailored guided walks in quiet, beautiful locations across Carmarthenshire and the surrounding areas. Navigation courses also available. All levels catered for, including 'worried' walkers or anyone concerned about group activities. Get in touch to find out more. Website: www.quietwalks.co.uk or contact Lisa on lisa@quietwalks.co.uk or 07900 908391. *08/23(12)*

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: [dazzlers the window cleaners](https://facebook.com/dazzlerswindowcleaners) *04/24(12)*

THE POST

advertising

you
CAN afford

The Post

Llandovery & Surrounding Distribution Area

Abergorlech, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadrwn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Penygroes, Pumsaint, Rhandirmwyn, Sennybridge, Trecastle.

- = Magazine Drop Points
- = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
Black & White	£140.60+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£102.30+VAT	£76.75+VAT per issue	£68.54+VAT per issue	£51.15+VAT per issue
Black & White	£97.20+VAT	£72.90+VAT per issue	£65.15+VAT per issue	£48.60+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+VAT per issue

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

LOCAL DIRECTORY (discounts not available): 6 months = £63.55+VAT 12 months = £99.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm
Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

LLANDEILO LIBRARY

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

Mon Closed
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Wed 1.30pm – 5.30pm
Thurs Closed
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Sat 9.00am – 1.00pm
Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.
Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449
Brecon: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.
Open seasonally April – October. Tuesday to Saturday 11.00am – 2.00pm.
Email: enquiries@llandoverymuseum.wales.
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

LOCAL POLICE Tel. 0845 330200.

Crime Stoppers: Tel. 0800 555111.

TAXI SERVICES

Bridge Taxis, L'deilo. Tel: 01558 822093; Mobile: 07742 283325.
JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.
Llangadog Taxis, Llangadog. Tel: 01550 777924.
Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421
11 Glamorgan Street, Brecon. LD3 7DW:
Mon, Tues, Thurs & Fri 10.00am – 1.00pm

Train Times (Timetable 21/05/23 – 09/09/23)

	Mon. to Fri.				Sat.				Sun.			
	05.47	09.09	11.38	14.18	05.49	09.08	11.45	14.30	18.18	21.15	11.10	15.37
Swansea D	05.58	09.20	11.50	14.30	06.00	09.19	11.58	14.42	18.30	21.27	11.21	15.48
Gowerton D	06.08	09.31	12.03	14.43	06.10	09.31	12.08	14.54	18.42	21.36	11.33	16.00
Llanelli D	06.44x	10.07x	12.46x	15.24x	06.46x	10.07x	12.46x	15.30x	19.19x	22.12x	12.08x	16.34x
Ffairfach D	06.49	10.12	12.51	15.29	06.51	10.12	12.51	15.35	19.24	22.17	12.14	16.40
Llandeilo D	06.58	10.21	13.00	15.39	07.00	10.21	13.00	15.44	19.34	22.27	12.23	16.50
Llangadog D	07.02	10.25	13.04	15.42	07.04	10.25	13.04	15.48	19.37	22.30	12.27	16.53
Llanwrda D	07.11	10.34	13.13	15.51	07.13	10.34	13.13	15.57	19.46		12.36	17.02
Cwmifor D	07.19x	10.42x	13.21x	16.00x	07.21x	10.42x	13.21x	16.05	19.55x		12.45x	17.10x
Llanwrtyd D	07.40	11.03	13.42	16.17	07.42	11.03	13.42	16.22	20.15		13.01	17.27
Llandrindod D	05.50	08.13	11.36	14.15	08.15	11.36	14.15	17.02	20.48		13.44	17.59
Shrewsbury A	07.38	09.46	13.13	15.45	09.45	13.10	15.45	18.35	22.26		15.33	19.35
Shrewsbury D	05.22	08.57	11.22	15.17	05.23	08.56	11.26	15.25	18.08		12.04	16.20
Llandrindod D	07.06	10.29	12.56	17.01	07.08	10.28	12.59	17.02	19.40		13.40	18.05
Llanwrtyd D	07.40	11.03	13.41	17.32	07.42	11.03	13.41	17.33	20.15		14.11	18.36
Cwmifor D	07.53x	11.16x	13.55x	17.45x	07.55x	11.16x	13.55x	17.46x	20.28x		14.24x	18.49x
Llanwrda D	06.26	08.05	11.28	14.07	06.27	08.07	11.28	14.07	17.58	20.40	14.36	19.02
Llanwrda D	06.32x	08.11x	11.34x	14.13x	06.33x	08.13x	11.34x	14.13x	18.04x	20.46x	14.42x	19.07x
Llangadog D	06.36x	08.15x	11.38x	14.17x	06.37x	08.17x	11.38x	14.17x	18.08x	20.50x	14.46x	19.11x
Llandeilo D	06.50	08.27	11.50	14.28	06.51	08.29	11.50	14.28	18.20	21.02	14.58	19.23
Ffairfach D	06.53	08.29	11.52	14.31	06.54	08.31	11.52	14.31	18.22	21.04	15.00	19.26
Llanelli D	07.44	09.10	12.40	15.12	09.11	12.38	15.12	19.09	21.49	23.46	15.40	20.05
Swansea A	08.08	09.33	13.03	15.45	08.34	10.16	13.31	15.37	19.32	22.12	16.02	20.26

www.tfwrail.wales or visit www.heart-of-wales.co.uk

Off-Peak Day tickets may not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri.
Please check restrictions before travel.

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.
PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar	10.13	Crug-y-bar	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.31	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur.
You are advised to check details.
Please notify The Post of any inaccuracies or changes.

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

Traveline:
0800 464 0000