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BACKGROUND TO 'GOD'S COUNTRY'

by Christian Aaron Perry

I was born and raised into a community that supports and lifts you up every day. Our extended family has, and always will be in Llandovery, Wales. Llandovery pulls on the heart strings and is a great example of what binds the nations communities together. Our beautiful mountains, tourist hotspots and legacy, captivate the hearts of all who visits them, inspiring and enticing them to return regularly.

During these difficult times of covid, we cannot experience the values of our land. 'God's Country' is about the passion we hold dear within our hearts, and

what we feel knowing we are a part of this great nation. A feeling that is legendary.

Whilst watching the Wales vs Ireland Six Nations rugby match on the 7th of February, things were getting tight between the two teams. Well into overtime, Wales were pushing back with everything they could to stop the Ireland might! I was stood shouting at the top of my lungs at the TV c'mon boys!



continued on page 3

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ALL ABOUT *The Post*

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The Post Future Copy Dates

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 **Doggy Divas in Llandeilo**



0321(6)

continued from page 1

When the final whistle blew, I was so high on adrenaline I just wanted to bottle it somehow so that I could feel like this forever. I grabbed my Martin guitar, a pen and paper and started to write. With expert help from my darling Elizabeth we finished it within ten minutes and had a song on our hands that we thought was both catchy and relatable. It's about the patriotism one feels for their country when put under difficult circumstances. In the end we all come together and drive forward.

Elizabeth and I used to live happily in Walton on the Naze in Essex. Finding ourselves in this new and wonderful place, which envisaged the values of our hometown, we felt we were in a Gavin and Stacey montage, which didn't last long. The big news of our first born being on the way pushed us back to family and friends we'd left behind. I only wish I could have listened to this song as I was driving back over the Prince Of Wales Bridge for the last time as we moved into the mountains of Llandeusant.

To have a listen visit
christianaaronperry.bandcamp.com

DARK SKY TRAINING FOR ALL TOURISM BUSINESSES



Tuesday 9th March 2.00pm – 3.00pm

Join Nick Busby from the Usk Astronomical Society on this exciting trip to the stars.

The Brecon Beacons National Park is only one of 18 in the World to have Dark sky Reserve Status, we have been working on new material for you to use on your websites and social media feeds. Come along to this session and learn more about the night sky.

In this virtual session we will look at the night sky for February and March using realistic planetarium software. We will find out how Orion can show us the entire life history of a star, how to recognise some constellations such as Gemini and Leo and how to find open clusters in Auriga and Cancer. We will also make a trip outside of our Milky Way to the realm of galaxies in Virgo. The session is suitable for those simply observing by eye, for those with binoculars and also telescopic objects will be pointed out.

Listen to the dark sky podcasts: <https://www.breconbeacons.org/things-to-do/activities/stargazing/monthly-stargazing-podcasts>

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To book a place contact Carol Williams:
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02/11(2)

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03/21(12)

SIOP Y PENTRE *Llanwrda* VILLAGE SHOP

Kindness in words creates confidence
Kindness in thinking creates profundness
Kindness in giving creates love x ♥

As a follow-up to the article in The Post last issue ["Kindness is powerful..."] I was walking past the post office in Llanwrda and noticed the message on the blackboard outside the shop. The words are more than sentiment. The kindness shown to the community throughout Covid by the post-office staff has been uplifting. Indeed, being a relative newcomer to the area it has been inspiring to witness the reactions to the global pandemic and the impact it has had on businesses, education, recreation, and family life in general. And let's not minimise the impacts and believe everyone will be ok. Lives have been changed, damaged, and even lost. It will continue to take effort, belief, and even more kindness as we emerge from Covid, and discover a probable new norm.

More than ever, we will need, as the blackboard says, kindness in words, kindness in thinking, and kindness in giving. There is power in kindness.

As the wise King Solomon wrote, "From a wise mind comes wise speech; the words of the wise are persuasive. Kind words are like honey – sweet to the soul and healthy to the body." [Book of Proverbs: Solomon: NLT].

Rob, Pastor Williams Pantycelyn Chapel

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Mae Cylch Meithrin Llangadog yn symud!

Dewch i ymuno â ni yn Ysgol Gynradd Llangadog.

Lle gallwn gynnig oriau hyblyg i chi a'ch plentyn/plant.

Ein horiau bydd 8yb – 6yh.

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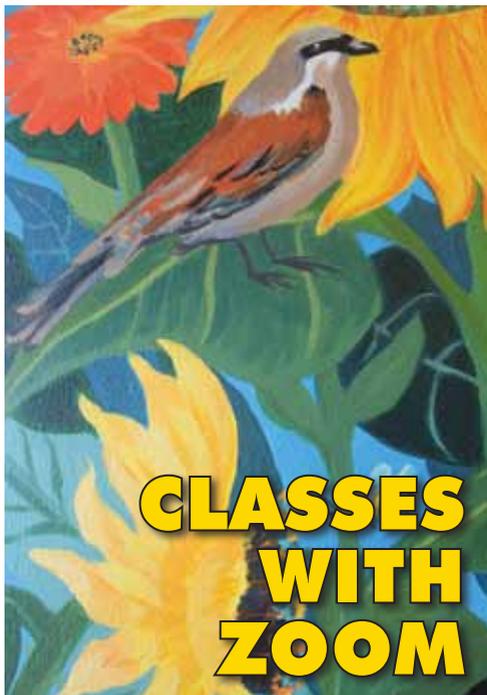
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Also Conversational French via Zoom, with Genevieve Caminade from 5.30pm to 6.30pm, for total beginners and intermediary, or advanced, from 6.45pm to 7.45pm. For further information and bookings please contact genecaminade@hotmail.com or ring 01558 685175.

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You might not recognise the name 'Studio CENNEN', but you may at some point have visited the 'Art at the Hall' exhibitions in Llangathen, next door to Aberglasney.

Art at the Hall has been making its mark on the Welsh Art scene since 2016 and is now attracting artists and makers from all over Britain.

STUDIO CENNEN online – a project that has grown out of the success of the Art at the Hall pop-ups and has managed to retain some of the feel and excitement that those events have engendered. Our aim is to tap into the energy created by the different themes set and the curated showcasing of some of the best creative talent that Wales has to offer. More recently we have shown work from artists living outside Wales and we continue to meet new talent to work with in the future.

I understand that purchasing art may not be at the forefront of people's minds at the moment, but during these strange times – when we are all spending more time in our homes, it is the beauty in the everyday things around us that give us pleasure, whether it is a favourite mug for our daily coffee or a painting that we cherish.

Many of our regular exhibiting artists have used this time for extra creative output and have been excited by this new online platform, as they have seen their galleries closed and the fairs cancelled. With over forty artists, printmakers, potters and jewellers on board this makes for an exciting life style mix. Each artist and maker has their own dedicated page but are also presented in new, freshly curated stories that you can explore in the 'Curated For You' galleries.

There are also Instagram and Facebook platforms @studiocennnen where you can receive regular updates on new artists and work that will be added to the site.... Subscribers will be the first to be notified.

It has always been the intention that Studio Cennnen will also have a 'bricks and mortar' venue, the site of which has been under renovation since before March 2020. The venue in Ffairfach is very near completion and should be ready for you to visit as soon as it is safe



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to do so. There will also be a click and collect option for the online gallery very soon.

Named after the road and the river which intersect its location, Studio Cennen is already a landmark just outside Llandeilo with its impressive turn of the century industrial chimney at the Old Creamery, formerly Mosleys Garage.

Studio Cennen will be a brand new working arts space with artist's residencies, open studio exhibitions, art and pottery classes and demonstrations, and talks.

The artists and myself are all incredibly excited and we look forward to you joining us on this new and exciting journey. It would be great if you could share the news with your friends and followers too.

As an 'Art at the Hall' visitor you will already have a good idea of the quality of the work on offer.

Studio Cennen, Heol Cennen, Ffairfach, Llandeilo SA19 6UH

To subscribe please visit www.studiocennen.com to ensure you are the first to know about new happenings.

For further information please email [Brigid Loizou info@studiocennen.com](mailto:Brigid.Loizou@studiocennen.com)

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LLANDOVERY ROTARY CLUB



Imagination is sometimes more powerful than reality and sometimes the reality is extremely difficult to bear. Comfort comes to us in its own way and in its own time, often quite unexpectedly and sometimes from the most unexpected source. You may think it's luck, you may think it's fate, you may think it's from heaven or you may think it's from another force. Well whatever you believe we are surely all together in wishing this virus from hell would disappear as fast as possible. We may be seeing some tiny green shoots of hope but it will take quite a bit more inconvenience to us all for a while yet to get our lives back to some sort of normality. Let us not lessen our vigilance now. None of us want this to go on a single day longer than necessary. Thank you all for sticking by the rules.

Now then, Rotary news. NEWS? Hahahahahaha. Don't make laugh. We haven't had a meeting for almost a year! How can there be any news? Well, ah ha ha haaaaaaa, there is some news. Not a lot, but some. Here goes

Sioned Owen wrote to us as she is taking part in an event to raise money for a Charity. To be able to take part she will incur considerable costs to be able to do so. We considered this and the associated problems that Sioned would encounter. We decided to support Sioned and trust that she is able to raise as much as possible in her quest.

Sioned intends one day to return to this area as a qualified Vet and we wish her all the very best.

Rotarian of the month goes to Dave Thomas. Rotarian of the year would go to the same person. Even Rotarian of the century would also go to Dave. One of the lesser known and obviously lesser reliable delivery agents, not local, left a package at Dave's home in Llandovery. When Dave returned from his walk he found the said package on his step clearly marked which should have been delivered to an address in Myddfai! What did he do? Did he send it to me to put on Love Llandovery for the rightful owner to collect like most other people? Ohhhhhhhhh NO. Not Dave. Nothing of the sort. He picked it up, read the address as Myddfai and proceeded to head for Myddfai, immediately. On foot! He did. He walked to Myddfai to deliver the package to the rightful owner then promptly walked back home again. Over seven miles! Now, the Rotary motto is 'Service Above Self' and if that is not 'Service Above Self' then I'm a giraffe. Well done Dave. I hope the next one wrongly delivered to your house is not Llanddeusant, or Tregaron!

We are pleased to report that our colleague Mickey is recovering at home following his operation. I have spoken to him on WhatsApp quite a few times and can report that his mind, wit and speed of thought have not been affected in the slightest but it was a major op so we are not rushing him along and are pleased to say that each report sees a slow but steady improvement. If his racehorse was to win at the upcoming Cheltenham Festival then that should see him leaping about again like a good 'un. Keep up the steady progress Mickey.

Rotary Quiz. The Rotary Quiz is to go ahead as normal this year despite the very considerable efforts of a Chinese bat to prevent it. However, as is the norm now, it will take

place on the internet via Zoom. Now those of us who travelled to Lampeter last winter wished it had taken place on Zoom then. We found, as we exited Lampeter Rugby Club that a few inches of snow had been dumped on the ground since we entered it. (NO, NO. We weren't in there that long!). Fortunately for us (but unfortunately for him) Mickey was the driver. And even more fortunately for us he runs a Toyota 4x4. By the time we got to the top of Tafarn Jem it was getting serious. We'd gone past the point of no return and carried on with 4 pairs of eyes on stalks staring out into the whiteout. No-one was saying a word and it looked inevitable that we were all sleeping in a Japanese truck that night. Eventually, however, we reached Pumpsant and it was clearing. Then, the sight of a light in the Bridgend Inn fixed everything. "Pull over Mickey" shouted the three passengers in unison. And that was an order. Four pints later, to celebrate the fact that we wouldn't be spending the night together (not that we don't get on!) and the driver insisted on heading for home. Fair enough. So we will all be very glad to know the quiz is on Zoom this year for the thought of four of us sleeping together in a 4x4, even a very nice one, on a snowy freezing mountain did not appeal in the slightest. Never mind the pandemic!

We as Rotarians were asked by the Doctors, Nurses, Receptionists and all other staff at the hospital and surgeries if we would act as marshals in the flu jab clinic at the Rugby Club. We provided the marshals inside the Club and the Rugby Club Officers managed the car parking on the outside. A sequence was agreed and seemed to work well throughout so we stuck with it. The whole procedure from arriving, car parking, signing in, being met by the Doctor or Nurse and being injected, exiting and then departing via the one way system was well received by the public. Well done to the Doctors and the Rugby Club for working together to speed up this process in a safe environment. This in fact was so well received by all that the same process was agreed upon for the vaccinations for the Coronavirus jabs. We at the Rotary Club were again invited to marshal and we readily agreed to volunteer. As the vaccination process accelerates, the same, safe, one way system is being employed and is working well and again being well received by the patients.

I think it is fair at this point for us at Llandovery Rotary Club to register our sincere and heartfelt thanks to EVERYONE at the Llandovery Hospital and the Llanfair & Llangadog Surgeries for their ABSOLUTELY SUPERB CARE AND DEDICATION to the people of this community. With their regular Coronavirus updates and information being passed to patients and with each member of staff playing a full part, we could not have asked for as much let alone being given so much more. I was born in Llandovery Hospital and have been a regular at the surgery over the last 13 years. Having attended the Surgery twice a week for the last three years I see at very close hand the outstanding service that we receive day in and day out. We are not lucky, we are Blessed. Thank you to each and everyone of you. You can each feel extremely proud of your contribution to this grateful community.

As there is no immediate sign of us meeting for at least a few months and therefore less and less news, and fewer photos to report (none this month), I will from now on supplement this by adding some of the photos I have

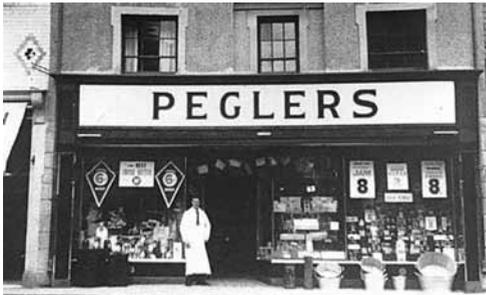
posted on the Love Llandovery facebook page which I run on a daily basis. I hope this is of interest and will be in addition so the Post Magazine does not have this as 2 blank pages!



LLANGADOG. The large house, now Bailey's Convenience Store, was the original birthplace of Charles Thomas, Deputy Lieutenant of Gloucestershire. He left a bequest of 30 shillings (£1-50) per annum for the Llangadog bell ringers to ring the bells on each anniversary of his parents' wedding and his own birthday.



This is STONE STREET, LLANDOVERY date unknown. Note: Four shops with sun blinds. Pavement, cobbles, gutter, un-Tarmaced road with loads of horse muck.



PEGLERS Stores. The building was once The Black Lion pub.

Derek Jones.

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Everyone at Lluest are looking forward to the arrival of Spring. The first daffodils always lift the spirits telling us that longer and warmer days are on their way.

SPRING HAS SPRUNG AT LLUEST

Being without volunteer support during this Covid crisis has meant staff putting in lots of extra hours, 24/7 to ensure Lluest horses and ponies continue to receive the very best of care. Warmer weather and lengthening days really do make a difference as do the small and lovely surprise gifts sent in by young Lluest supporters like Millie.

Young Millie is a proud Sponsor of her namesake Millie the Mule and recently sent her a wonderful gift box. This was the second thoughtful lockdown gift sent to Millie Mule from Millie her biggest fan. Millie Mule really enjoyed receiving her gifts and if there's one thing Millie loves its food and treats. Lluest staff were all immensely touched and can't wait until Millie is able to come and visit in person.

FABULOUS WRITING PAPER RAISES FUNDS FOR US

Millie's mum Debbie has also kindly designed a range of beautiful and funny horse themed writing paper to raise money for Lluest and these are available via Etsy.com and Dinky Ink Shop. How lovely to receive a hand written letter or note on beautifully designed paper.....a revival of traditional letter writing is the perfect antidote in these lockdown digital times. Staff, horses, ponies and mule at Lluest love to receive letters!



Special delivery for Millie Mule.



Beautifully written letter for Millie Mule.



Debbie's topical note paper!



Beautiful writing paper for youngsters

We also want to give thanks to all our other young supporters who continue to donate by organising small, stay at home based events like the Cardiff family who recently did a sponsored stair run for Lluest.

Also a huge thank you to Wynnstay Group of Crosshands for raising £450

towards the care and rehabilitation of Lluest rescued horses and ponies...you have amazing staff and customers.

To keep up with all Lluest's news and to find out more about the many ways you can support us visit our website or Facebook pages. You can also help by simply sharing and liking our Facebook posts.....help us spread the word about the work we do in the most beautiful corner of Carmarthenshire.

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Lisa Blofield on **01550 760453** or email lisablofield@elidyrct.ac.uk

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Padmasambhava Yoga & Meditation Centre

Padmasambhava hopes you are all well and able to get out and about and enjoy walking outdoors, but most of all able to enjoy your yoga practices. The Spring flowers are now starting to be seen, many snowdrops and crocus, with daisies and celandines opening up as well... all of which brings joy to our hearts and helps uplift our spirits during these still difficult times. The days also are lengthening, bringing more daylight hours to spend time outside, listening to the birds singing their Spring songs and looking for nesting places. We can feel a change in the air, an added vitality, which surely must mean that Spring is coming and warmer, brighter times.

The Centre looks forward to the time that classes will be able to start again in person. Until then Padmasambhava is continuing to offer Zoom classes and is running a comprehensive Spring term programme. The Centre offers a mixture of classes online – from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Spaces may be available in some of the classes – contact the centre to find out. Many students have been surprised by how much they are enjoying the Zoom classes and have found value in the sense of practicing together, once again, as part of a group. Help is given, as needed, to become familiar with the technology. Padmasambhava is currently taking names for a new Beginners' class.

Each of the classes spends time on breathing and relaxation techniques which help ease the mind and reduce stress, as well as the gentle physical practices to help release tension within the body and to encourage flexibility and strength.

All at PadmaSamBhava hope that you are well and are still able to enjoy good times with some of your friends and family. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices and also to take some time to be quiet and meditate. PadmaSamBhava is there for students old and new – so please do call the Centre if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email mail@padma.org.uk. Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body.

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



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LLANGADOG YOUNG FARMERS CLUB

The first meeting of the 2021 season was on Friday 15th January. Club Chairman Ifan Williams welcomed 23 members from 10 families to the virtual meeting, and asked for suggestions regarding ideas for the club during the continued lockdown period. During the meeting, it was confirmed and passed that Mari, Cadi and Elis James Stangau Farm, would be responsible for the 2020/2021 Club Scrap Book

After the Club business, the Chairman held an informative quiz of general knowledge, which was interesting and enjoyed by all. In 1st position with 48 points were Lois and Reuben Davies Dol-y-Felin, 2nd with 47 points were Aaron and Ioan Hughes Godregarreg, with 3 families sharing joint 3rd position with 46 points, namely: James Stangau, Price Tynnewydd and Roberts Caegwyn.

Congratulations to Club Secretary Mr Aaron Hughes Godregarreg Farm, on being accepted to sit on the Committee of Llangadog Community Council. Aaron will represent the Club and all issues relating to young people. The Community Council meets on the first Tuesday of each month, and like all other organisations currently meet virtually.

On Friday 29th January, Club Vice Chairperson Carys Jones was responsible for arranging the Club Speaker. Carys had invited Mr Dewi Jones, Chief Executive Officer of Innovis Sheep Breeding based at Aberystwyth to be the guest speaker. 25 members listened to the history of Innovis, which was established in 2002, with centres in Aberystwyth, Malvern, Edinburgh and Bally Craigy. The 1 hour presentation by Dewi Jones was most interesting, and included cost of production efficiency and use of grass profitability, as well as the benefit of genetic excellence through artificial breeding of sheep. Since 2015, Dewi informed the members that Innovis are now breeding Cattle through the same process. Carys Jones, Vice Chair, proposed a vote of thanks to Dewi, and it was seconded by Jack Davies – Treasurer. An enjoyable evening was had by all.

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LLANDOVERY FRIENDSHIP SOCIETY

Hope you are all still keeping well and continuing to cope as well as is possible with this new way of life. I hope many of you have by now had your first co-vid vaccine. There is some hope in the air.

We were greatly saddened again to hear of the passing of Stan Billingham the husband of our dear friend Barbara Billingham. Our thoughts and prayers are with her and the family.

Please forgive me if I haven't heard of any other sad news, I am often the last to hear.

Here are the answers for the December quiz and a new one for you to work on.

Solve the anagrams to find the former British Prime Ministers. (kensquiz)

White Christmas, Good King Wenceslas, O Holy Night, Once in Royal David's City, The Holly and the Ivy, Deck the Halls, Little Donkey, In the Bleak Midwinter, The First Noel, Joy to the World, We wish you a Merry Christmas, Jingle Bells.

BRITISH PRIME MINISTERS

That great charmer, I'll crunch this now, Then annoyed Wrong or Bond, Lower portable, Well bany saint. A hoodlums sacrilege, God well animalist, I charm all old men, Tory in lab, God I'd leg over lady! The hated Dishonor wall, Clash a jam angel, Mad rascal Monday.

Mary, Pat and all the committee send their best wishes for Easter.

Happy Mothering Sunday, and Happy Easter.

Keep safe and keep smiling.

Gina



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ASHMOLE & CO HELPING TO TRAIN THE NEXT GENERATION OF ACCOUNTANTS IN CARMARTHENSHIRE

Ashmole & Co are helping to train the next generation of local, rural, accountants. The firm is delighted to announce that Trainee Accountant, Gareth Thomas, in the Ammanford office, has recently passed his AAT Level Four exam and is now starting his studies towards his ACCA full professional status.

Gareth, who lives in Ammanford, joined the Ashmole & Co team as a Trainee Accountant in April 2019. He did maths, further maths and physics A Levels at Amman Valley High School before attending Swansea University to study Mechanical Engineering but decided that that wasn't the career he wanted to pursue so started studying with Coleg Sir Gar for his AAT Level Three before starting with Ashmole & Co.

As a Trainee Accountant Gareth prepares the accounts for various sole traders, partnerships and Ltd companies. He assists with the running of the VAT department and helps with clients' queries.

Laura Craddock, Partner in Ashmole & Co's Ammanford office said, "We are proud of the hard work Gareth has put into his qualifications since he started with us. It is important as a profession that we help to train the next generation of accountants. Qualified staff members are the lifeblood for the future success of our

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firm. Covid19 has been an added pressure for Gareth starting in his new position but he has taken on that extra challenge and is managing everything really well.”

Gareth said, “I am grateful to Ashmole and Co, who are one of the most established and largest teams of chartered, certified accountants and auditors in south and west Wales, for giving me this opportunity to continue learning whilst working. It fills me with great pride when clients are grateful for my work and senior staff acknowledge when I do a good job on a set of accounts and recognise my progress.”

When he is not working Gareth enjoys playing golf and meeting friends for a drink. During lockdown however he relaxes by watching Netflix!

Ashmole & Co Chartered, Certified Accountants have been established since 1897 and are one of the largest accountancies and auditing practices in Wales, operating from thirteen offices throughout south and west Wales including Swansea, Neath, Llandeilo, Carmarthen and Haverfordwest.

LLANEGWAD RAINFALL



Rain fell on 20 days this month the wettest day was the 21st. with 35mm.

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03/21/03

NEW COMMUNITY ACTION HUB FORMED IN LLANDEILO

Volunteer Activity has seen a surge in Llandeilo in the last year. 150 + volunteers joined the Llandeilo Covid19 Support Group; another group, TACLO, formed to tidy up the streets and pathways and Ffrindiau Penlan Park Friends stepped up to help maintain Llandeilo's parks.

Volunteers from all of these groups united in January to create the Llandeilo Community Action Hub.

"When Covid is over we want to keep the current momentum and keep engaging the community," says Action Hub chair and town councillor Christoph Fischer. "Llandeilo has always been full of community spirited people but it has sometimes been difficult to connect projects with the right people for it and to make use of the potential of available help."

"The Llandeilo Community Action Hub will map out the existing groups, volunteers and services in town and publish them," explains John Mered Williams, treasurer of the group. "The plan is to connect volunteers and groups to the people who need them and then to find out what other groups and services are still needed so we can encourage such groups to form. Our aim is to create connections for all."

The group have teamed up with Menter Dinefwr and CAVS and have now received funding from the Welsh Government and the West Wales Regional Partnership Board for this project. The funds have been used to create a part time position at Menter to carry out the work and liaise with CAVS, the Coop Member Pioneer programme and the committee. The group have chosen an approach that fosters and nurtures intergenerational connections to alleviate the loneliness and isolation that exists in many of our communities.

Owain Gruffydd, Chief Executive of Menter Dinefwr said, "We look forward to being part of this exciting project, that will further increase volunteering and community development in Llandeilo. It is great to see a new partnership being established, bringing together

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various community aspects for the benefit of the people of the town and the surrounding areas”.

“This is an exciting development in Llandeilo,” says Jamie Horton, Community Volunteering Development Officer with CAVS. “We will be linking with the Llandeilo Covid 19 Support Group website, Connect Carmarthenshire, Connect to Kindness and Co-operate by the Coop. The aim is to work with them to create a transparent and user-friendly information network. Our other interest is the development of new activities and to incentivise active citizenship.”

“And it doesn’t stop at volunteering,” adds Candace Browne, committee member and co-manager of Y Pantri Glas. “The group will work with established groups, such as the Llandeilo Food network to support local food producers and contribute to food dignity for everyone. The scope is for connections with all of the community.”

“Imagine what we could do if everyone in Llandeilo just volunteered for two hours a week,” says Owen James, who will be working on this project for Menter Dinefwr. “We’ve achieved fantastic results in Penlan Park. While we were working there people have come forward to us and expressed interest to get involved in the community, ‘just not necessarily with gardening’. These people may have other talents and could be helping others with tutoring or dog walking. It’s all about activating the potential and creating a Voice of Llandeilo.”

The official launch date is March 1st

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WANTED: CARMARTHENSHIRE'S YOUNG PEOPLE TO LEAD THE WAY

The Centre for Building Social Action (CBSA) is pleased to announce a new opportunity for 14–17-year-olds, living in Carmarthenshire, to help change the lives of young people across the County by joining their brand-new Youth Board.

The CBSA Youth Board will be a collective of local young people, working alongside the Charity Trustees, to ensure that their voices are heard. The Youth Board will play an active role in making decisions and helping to create projects specifically for young people, all across Carmarthenshire.

Every member of the Youth Board will also act as an Ambassador for the CBSA, representing young people from different backgrounds and communities at policy events and in the media.

CEO of CBSA Mike Theodoulou, said “Young people remain at the heart of what we do, and we want the youth of Carmarthenshire to help us develop new projects and tell us what is important to them and their peers.”

You don't need any qualifications or experience, just a passion for providing better opportunities for all. This is a really exciting chance to make sure our young people get what is important to them.

Anyone aged 14-17 who lives in Carmarthenshire can apply. For more information, watch our short video on You Tube www.youtube.com/watch?v=3ASnm9DGidg, visit our Facebook page CBSA West Wales, or contact us on 01554 779910. You can download an application pack from www.cbsa.org.uk.

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03/21/13

08/21/13

About CBSA

The Centre for Building Social Action Limited is a social justice charity. Established 30 years ago, our vision is to create strong, cohesive communities where individuals can thrive. We address both the causes and consequences of poverty and inequality by designing our services with, not for, individuals and communities most affected by these issues. We focus on three strategic objectives:

- **Social inclusion:** working with our community to co-design solutions to poverty and social exclusion. For example, we are working to address food poverty through i) community-led Food Hubs, providing local people with fresh, low-cost produce ii) community growing schemes iii) education to reduce food waste. We also deliver practical support in response to community need – including offering free laundry facilities, running community lending schemes for DIY tools, clothes and toys, fuel poverty support and facilitating intergenerational befriending programmes.
- **Educational inclusion:** offering a range of formal and informal learning opportunities for young people and adults at the margins of participation in education, employment and training. For example, we have set up an independent school to support young people who struggle in mainstream education and we
- **Economic inclusion:** providing employment and enterprise support in response to our community's needs. For example, we offer a range of employability training and paid work placements within small businesses in the County.

Headquartered in the town of Llanelli, we support individuals and communities across the county of Carmarthenshire. At the heart of our work is co-production, which we define as the equal sharing of power, agency and decision-making with all those affected by a project, and with the local people, organisations and systems which support them.

CBSA, The Lord Arthur Rank Centre, Trostre Road, Llanelli, SA14 9RA. Tel: 01554 779910 email: info@cbsa.org.uk web: www.cbsa.org.uk

Charity Registered in England and Wales no 1188696



LLANWRDA CRICKET CLUB

Training for juniors, and also the new Women and Girls' team, is on Friday evenings and restarts in April. Girls and boys aged 5 years-old and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again for 5 to 8-year-olds and also the new exciting Dynamos for 8 to 11-year-olds. These programmes start on Friday 7 May.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

The club was founded in 1992 and we will be celebrating our thirtieth anniversary next year. We are already planning a special cricket match to commemorate this notable achievement.

LLANWRDA C C BONUS BALL WINNERS

13/01/21	4	Cliff Cowell
20/01/21	37	No winner
27/01/21	51	No winner
03/02/21	12	Jo Edwards
10/02/21	54	No winner

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

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03/21(12)

LLANDOVERY FLORAL ART SOCIETY

New Year's greetings to all our members present and past. Sorry I missed the February issue I forgot I had to get it in before mid-January, so I am writing this one early.

Very sadly I am sure you will have heard that our dear friend and very loyal and hardworking member, Ann Williams, passed away mid-January. She will be greatly missed by us all. I have sent a message of condolence on the clubs behalf to her family. Our thoughts are also with Delyth and her family, who has lost her father so soon after losing her mother last year. I hope the rest of you are keeping well and are beginning to have your co-vid vaccines.

Sadly after some discussion, Heather and I have decided that it is looking very unlikely that life is going to be anywhere near back to normal for most of this year. Heather has been speaking to some of the demonstrators that had been booked and they have said that due to the outstanding commitments they had made with brides and their shattered wedding plans they are not taking on any demonstrations until they have fulfilled those promises. She is going to try and arrange demonstrations for next February onwards. If in the meantime we are able to meet in the Autumn we will try and arrange something more local. She is going to start putting feelers out to see what she could arrange at short notice. Everything will be arranged with great care. Let's hope the hall will be open again and able to accommodate us. As mentioned last year we are not collecting membership for this year and will be deferring those already paid at the start of 2020 to 2022. If we do manage to meet in the Autumn we will hold a raffle or something to raise some extra funds.

I hope you all managed some form of Christmas celebrations it was all quite strange. Did you manage to do the quiz? Here are the answers as promised.

list up – TULIPS, it's love – VIOLETS, age I quail – AQUILEGIA, wolf snakes – SNOWFLAKES, nose and lid – DANDELIONS, totems lie – MISTLETOE, steal mic – CLEMATIS, angry head – HYDRANGEA, station pie – POINSETTA, o mad girl – MARIGOLD, rain on act – CARNATION, stones – ASTER, thy chains – HYACINTH, miss chatterer – CHRISTMAS TREE, I must run at – NASTURTIUM, rows pond – SNOWDROP, a bid duel – BUDDLEIA, adorn pongs – SNAPDRAGON.

A QUICK QUIZ FOR MARCH. GOOD LUCK.

1. What name is given to the pollen-producing reproductive organ of a flower composed of an anther and filament?
2. Which small flower, usually with 5 blue or purple petals, is associated with freemasonry and has the scientific name Myosotis?
3. What is the common name for any of the plants that fall into the genus Narcissus?

4. What flower did the Victorians call a gilliflower?
5. Saffron comes from which type of flower?
6. The largest horticultural campaign in the U.K. is called 'RHS Britain in ...' what?
7. What does the term perennial mean?
8. Which flower inspired the William Wordsworth poem 'I Wandered Lonely as a Cloud'?
9. Which poisonous, sweetly scented woodland flowering plant with bell-shape florets dangling from a thin stem has the scientific name Convallaria majalis?
10. Dianthus barbatus gets its common name from a story about young lovers separated by the sea; how do we better know this flower?
11. Which flower is often called the 'winter rose' or 'Christmas rose'?
12. Which flower is sometimes called the sword lily?
13. The anniversary of which prime ministers death is commemorated in the U.K. as Primrose Day?
14. The RHS Chelsea Flower Show is held in which month of the year? And what is the show's formal name?
15. Which blue flower of the genus Veronica is also the name of the ship which was to accompany the Mayflower with the Pilgrim Fathers?

Keep safe. Keep smiling despite the sad times and keep in touch with friends and family, it's good to chat.

Happy Easter everyone. Gina.

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07/21(12)



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10/21(12)

WILL YOUR FENCE WEATHER THE NEXT STORM?

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THE BOOKWORM

Spring is the air! and we're turning our thoughts to gardening.

Here are a few books to help you get the best out of your garden.

VEG IN ONE BED

Whether you're new to vegetable gardening or an old hand you'll find this a really useful book, full of tips and ideas, from our very own Huw Richards who went to school in Llandoverly.

THE GARDEN JUNGLE BY DAVE GOULSON

This is a brilliant book, Dave Goulson is a bee expert, he writes passionately about our relationship with the wild things in our gardens, particularly insects and how to keep and encourage them into your garden, a book that helps you to look at your garden differently, highly recommended an absolute favourite of mine.

ORGANIC GARDENING, THE NO DIG WAY BY CHARLES DOWDING

Another book I return to again and again, I've had a no dig garden for many years now, it really is easy and Charles takes you through how to achieve a wonderfully productive garden however large or small.

Available at www.dragons-garden.com and all good independent bookshops

MERCHED Y WAWR BRO PANTYCELYN

Tristwch mawr i aelodau Bro Pantycelyn oedd clywed y newyddion annisgwyl iawn am farwolaeth sydyn a di -rhybudd Ann Williams, Y Berllan. Er bod Ann wedi treulio cyfnod yn yr ysbyty dros Y Nadolig a'r Flwyddyn Newydd 'roedd wedi dod adre a'r gobaith oedd byddai yn cryfhau a gwella. 'Roedd Ann yn aelod ffyddlon o'r gangen ac yn gyd -ysgrifenyddes ar hyn o bryd a 'roedd pob amser yn mwynhau yn fawr y cymdeithasu yn y gangen ac yn y rhanbarth. Dymunwn gyfleu ein cydymdeimlad dwys i'w theulu yn eu galar a'u colled. Bydd ei ffrindiau a'i chyd-aelodau yn gweld ei eisiau yn fawr iawn.

Mae colli Ann yn dod ar gefn colli dwy aelod arall, sef Dilys a Valmai, y llynedd. Gobeithio bydd pawb yn gofalu am eu hunain a'u hanwyliaid ar amser mor ansicr.

Er na byddwn yn cwrrd fel cangen am beth amser eto, gobeithio bydd pethau yn gwella erbyn yr haf.

TOWY VALLEY CAMERA CLUB

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

Programme for March to August 2021

Monday March 8th	Digital Miscellany with Les Loosemore.
Monday March 22nd	The Idle Rich (Sliding Into Digital with Leo Rich).
Monday April 12th	Competition 2 with Judge Leigh Woolford.
Monday April 26th	Double Act 2 with Guy and Paula Davies.
Monday May 10th	More New Work with Dennis Russ.
Monday May 24th	New Digital Adventure with Colin Harrison.
Monday June 14th	Mono For You with Gareth Martin.
Monday June 28th	Competition 3 with Judge Harry Gardiner.
Monday July 12th	Mike In Colour with Mike Clatworthy.
Monday July 26th	Stars, Galaxies and Diamonds with Ian Ledgard.
Monday August 4th	Competition 4.

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

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

www.towyvalleycameraclub.org.uk

THANK YOU

On behalf of the residents of Dolau Bran, I would like to say a very big thank you, to all the young people of Llandoverly who came a long on a very wet and miserable night of wednesday January 20th, to deliver and fit floodgates to all the bungalows.

They also came back to remove them after the risk of flooding had past on the Thursday morning.

Once again I add my great thank you all.

Les Marshall

GREAT LINE-UP FOR LLANDEILO'S ONLINE LITERARY FESTIVAL

The fourth Hwyl Llandeilo Lit Fest will take place over the weekend of April 24th and 25th and this year it will be held entirely online, bringing local flair and authors to a wider audience across the UK. People will be able to watch and chat with their favourite authors from the comfort of their own home.

"Thanks to streaming by local company Fresh Productions the sessions will be recorded and can also be accessed after the event," explains Festival chair Christoph Fischer. "Everyone will have the option to see all the sessions. We plan to run the online streaming alongside our next physical event when the circumstances allow it."

The first confirmed acts for the fully bilingual festival are:

Will Hayward, the political editor of Wales Online and the Western Mail, author of "Lockdown Wales: How Covid-19 Tested Wales";

Winner of the "Not the Booker" prize Richard Owain Roberts ("Ynys Mon");

Richard Zimler, author of International Best-selling novel "The Last Kabbalist of Lisbon" talking to Welsh author John Sam Jones, author of author of "Welsh Boys Too";

Newspaper columnists Carolyn Hitt and Robert Lloyd;

Poets Evrah Rose, Marvin Thompson, Natalie Holobrow; Bernie Davies, Business guru and acclaimed author of "Your Business Your Way";

Guinness Book World Record holding Llandeilo resident Menna Evans speaking on Sport and Mental Health;

Llandeilo born Academic Thomas Prosser debating tribal politics and his book "What's in it for me? Self-Interest and Political Differences";

with more announcements on additional authors and ticketing to come.

To receive updates on the programme and ticketing please email Llandeilo Lit Fest@mail.com

Before men and angels each soul plays a part,
for you are the world and the stage is your heart.
Invisible forces are vying to win,
is God in your heart or is dark news and sin?

For greater than angels, above God's own voice.
The power that's the strongest of all is your choice.
Before men and angels which side will you choose?
The saviour is waiting, there's no time to lose.

Its God's reputation in question today,
its his vindication for which you should pray.
His glory is shown through the universe inside,
when you let him into your heart to reside.

God bless, Mrs C. Williams, Llansadwrn.

love words from the cross geiriau o gariad o'r groes

18th Feb - Easter 2021

18eg o Chwefror - Pasg
2021

19.00- 19.30

Here is an invitation to reflect on the love words of Jesus from the cross.
With startling relevance for today we discover the power of the words,

"Father, forgive them....",

and the personal pain of rejection, felt today by many, through the words,

"...why have you forsaken me?"

Seven words from the cross.
Seven weeks leading to Easter.

Each week during Lent we carefully provide the opportunity:

- ▷ to discover the context of the words through the eyes and ears of onlookers;
- ▷ to bring the message of these words into our times and into this place;
- ▷ and to reflect and meditate, to be still, and know blessing.

Via zoom and/or attended sessions: for more information or to book a place please contact Rev Paul of Llandinog [01550938534] or Rob and Kate of Williams Pantycelyn Memorial Chapel [pantycelynmanna@outlook.com].

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- **20 Gall plastic blue drum** (as new) storing water for your garden, £6. Tel: 07761 107055.
- **Coil of plain galvanized wire**, £8. Tel: 07761 107055.
- **Wooden extension ladder** (2 piece) with aluminium rungs, 15ft long closed, £20. Tel: 07761 107055.

- **25 various size wooden bits** complete with hand turner. £12. Tel: 07761 107055.
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- **NATIONAL GEOGRAPHIC**. Over three hundred National Geographic magazines in excellent condition. An amazing visual resource. Offers. Bethlehem 01550 777749.
- **Sheet music bag**, leather look, £5 + postage unless able to collect safely. Approx 40cm x 28cm. Tel: 07850 401954.
- **Large road trailer for sale**, for repair or scrap metal. Offers. Tel: 01550 777149.
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WANTED

- **Cottage or Bungalow required** in quiet location Nr Llandovery. Please call after 3pm 01591 610 248 Thank you.
- **A dog**. I am 93 years and over a year ago I lost my dog of 18 happy years. If you have to go into a home, and don't have anyone to look after your dog, I would like to. If someone has died and left a loved dog with no-one to look after it - I would love to. Ring 01550 750284 for more details.

GOT A COMMON AILMENT? VISIT YOUR LOCAL PHARMACIST RATHER THAN YOUR GP FOR ADVICE AND TREATMENT

For common ailments such as back pain or in-growing toenails Carmarthenshire residents are being told to visit their local pharmacist for advice and treatment rather than contacting their GP or attending A&E to help Keep Wales Safe.

The way we access local NHS services has changed to help take the strain off our hospitals, A&E departments and GP surgeries. The Common Ailments Scheme allows pharmacists to assess and treat up to 26 minor conditions, with all medicines being given free of charge without the need for a prescription. The scheme is available at over 50 community pharmacies across Carmarthenshire.

The conditions included under the Common Ailments Scheme include indigestion, constipation, diarrhoea, piles, hay fever, head lice, teething, nappy rash, colic, chicken pox, threadworms, sore throat, athlete's foot, eye infections, conjunctivitis, intertrigo, mouth ulcers, cold sores, acne, dry skin/dermatitis, ringworm, verruca, back pain, in growing toenails, vaginal thrush, oral thrush and scabies.

In a recent YouGov survey carried out for the Welsh Government's Keep Wales Safe campaign, 88 percent of those surveyed in Mid and West Wales stated it was important to be able to speak to a medically trained pharmacist for the treatment of a common ailment. Fifty-four percent of those surveyed had visited a pharmacy

which runs the Common Ailment Service at least once over the past 12 months and of those, 24% had visited a pharmacy more than five times.

Richard Evans, a community pharmacist participating in the Common Ailments Service in several pharmacies in west Wales said: "During the current pandemic we are encouraging everyone to help us to help you - please make your local pharmacy your first port of call. We can offer expert advice and treatment for the majority of common ailments. If you are showing COVID-19 symptoms please don't visit us but be assured we can do the consultation with the patient over the phone and a carer/family member can collect any necessary medication."

Sixty two percent of those surveyed by YouGov in Mid and West Wales said they will continue to access NHS services using the new ways that have been introduced as a result of the pandemic. The new methods include making more use of pharmacists; virtual GP consultations and using the NHS 111 online and telephone services.

Please do not visit a pharmacy if you or anyone in your household has any COVID-19 symptoms. For the contact details of all local pharmacies throughout Carmarthenshire visit: <https://hdubh.nhs.wales/healthcare/services-and-teams/pharmacy/common-ailments-service/>

A BRIGHTER FUTURE FOR WELSH RIVERS

Wildlife Trusts Wales welcomes the announcement of robust protection for our rivers and its wildlife

After many years of campaigning Wildlife Trusts Wales welcomes the Welsh Government announcement of the introduction of the Water Resources (Control of Agricultural Pollution) (Wales) Regulations 2020.

Our rivers in Wales have suffered from serious water pollution incidences caused by a minority of farmers in Wales. Wildlife Trusts Wales welcomes the announcement today to tighten regulation to stop bad practice which causes catastrophic damage to wildlife. For too long the farming industry has relied on voluntary measures that simply haven't deterred the worst offenders. We acknowledge that the majority of farmers do protect watercourses. These new regulations should enable a level playing field for all farmers in Wales.

Iolo Williams, BBC presenter and naturalist said:

"This is great news for Welsh rivers and is long overdue. I wholeheartedly support any measures that will help improve the quality of Welsh rivers for wildlife and for people."

The main cause of the pollution is leaching or at times deliberate disposal of slurry (animal waste) into rivers. Slurry is a strong pollutant which removed oxygen from the water, killing fish and other wildlife such as aquatic insects. This can leave large stretches of rivers and streams devoid of life including some of Wales' most iconic rivers such as the Wye and Teifi. It can take decades for rivers to recover following an incident.

The new rules put agricultural best practice into legislation. This includes preventing farms in Wales from spreading slurry on their fields from mid-October to the start of February. This lessens the chance of it being washed into our rivers and streams and wreaking havoc on wildlife.

Welsh Government have previously described the number of agricultural pollution incidents in Wales as an "embarrassment" for the country. Natural Resources Wales (NRW) stated that most of Wales major rivers are suffering from significant water pollution. It warned that time was running out to "avoid a catastrophic situation for Wales".

Water pollution affects everyone in Wales. It is the public who pays for the clean-up through our water bills, as water companies spend millions of pounds removing agricultural pollution from our water.

But there is also a huge cost to nature. A high-quality water environment is essential to support a healthy ecosystem, which in turn provides several services for people. The natural environment and the ecosystem services it provides is one of Wales' greatest assets, contributing £8.8bn a year to our economy and supporting one in six jobs. This action will help protect our rural communities, which benefit from income from tourism, angling and water sports that all need healthy, clean rivers.

James Byrne, Living Landscapes Manager for Wildlife Trusts Wales said:

"The Wildlife Trusts in Wales have long called for significant pollution issues in Wales to be addressed. Agricultural pollution contributes to an overall deterioration in water quality and leads to nutrient enrichment known as eutrophication - toxic algal blooms which absorb all the oxygen from both freshwater and coastal waterbodies, significantly reducing the biodiversity and conservation value of that waterbody."

James continued:

"Therefore, we are pleased to see that Welsh Government are bringing in these new regulations to tackle agricultural pollution. Unfortunately, we hear regularly of new pollution incidents that are killing fish and other river wildlife in significant numbers. But pollution isn't just impacting wildlife, the treatment of water costs millions of pounds, all of which increases our water bills."



Church Services

E-English W-Welsh B-Bilingual

St David's Catholic Church, Llandeilo

Sunday Mass 11.00a.m.

During the present Covid Virus crisis booking is essential for Sunday Mass

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

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Booking not essential

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TALLEY GROUP

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(Abergorlech and Llansawel)

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Rev'd Tim Nelson 01558 685415

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Rev'd Rik Mayes 01558 685186

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revpaulpritchard@gmail.com

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

Rev'd Viv Sayer 01550 777200

revd.viv.sayer@gmail.com

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

Rev'd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

ARCHITECTURAL SERVICES

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

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

MARK WAGHORN DESIGN – Award winning RIBA architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales *03/21(12)*

BEAUTY SALON

NORA ELAINE WALL IHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure. make-up, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tuesday, Wednesday, & Friday 9am to 7pm. *04/21(12)*

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DISCOVERY BOOKSHOP, 52 Cwmaman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular Categories, Best Sellers and Top Authors. [Many Half-Price Bargain Books]. LP Records, 7" Singles & EPs & Picture Discs. Records & CDs to suit all popular tastes - Rock, Classical, Folk, Country, Soundtracks, Jazz, 60s etc. etc. Well worth a visit - Open Monday to Saturday 10am to 5pm. *04/21(6)*

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

BUILDING SERVICES

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

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COUNSELLING

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

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ELISSA ALDOUS-HUGHES, GENEALOGIST. Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 02/22(12)

FINANCIAL ADVICE

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

FUNDRAISING

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

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

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HYPNOTHERAPY

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

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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. *04/21(12)*

JOINERY

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MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, jerry@thetump.co.uk *06/21(6)*

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

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PEST CONTROL

08/21(12)

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

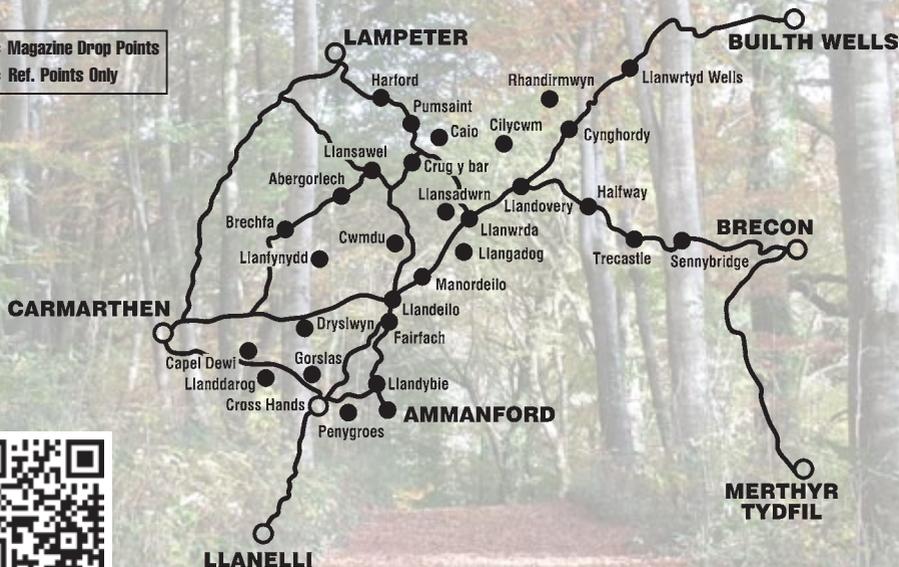
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Noticeboard

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Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

LLANDOVERY LIBRARY:

Tel: 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel: 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

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(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

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via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

Llandovery – Llandeilo – Carmarthen (280/281)

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

PWLL NOFIO LLANYMDDYFRI

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

LLANDOVERY SWIMMING POOL

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

Train Times (Heart of Wales Line)

CORONAVIRUS UPDATE – The Welsh Government has confirmed the essential travel restriction on public transport has been lifted, opening up trains and buses to more potential passengers.

Timetables severely limited at present, only two trains each way every day, based on the normal Sunday service timetable (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds.

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

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request
xx = Starts from Carmarthen