

The Post

FREE
DISTRIBUTION
OF CHARGE

Your Local Community Magazine

Over 4700 copies
Also ONLINE at
www.postdatum.co.uk

Number 279

May 2019

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

Tel: 01550 721225

NEW TUTOR CENTRE OPENS IN THE AREA

Friendly and warm interior
equipped with computers,
large screen and projector.



It has been a long and tiring, but rewarding journey, but we can now say we are finally open. It is a joy to see the recently-closed village school in Llanwrda being used again for student learning, but this time for all ages. The Tutor Centre houses both the company Net-Teach Ltd and the charity Net-Reach, which means we can offer education of all levels to everyone in the community.

For example, the company has recently consulted with a number of local organisations, Home-Education groups, schools, teachers, Prime Cymru, the LEA and students of all ages who would benefit from this Centre. Working in conjunction with these bodies, we can now not only offer tutoring for all GCSE and A level subjects, but a range of courses for the community too.

The courses currently on offer are:

- Welsh for Beginners
- Computing for Novices
- Maths GCSE
- Numeracy and Literacy skills
- English GCSE
- Health and Wellbeing.

These courses are largely subsidised by the local authority; there are no hidden extras or exam entry fees for accredited courses. The Welsh Beginners course starts on May 7th with a Welsh



continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th May 2019**

**Next issue distributed:
3rd June 2019**

The Post Future Copy Dates

July 17th June
August 16th July
September 15th August

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, Tues, Thurs & Fri).
9.30am – 4.00pm (Wed).
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

05/19/31

DOGGY DIVAS

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

**FULL DOG
GROOMING
SERVICE**



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

*Ring Sonia for
prices and availability.*

**Tel. 07783 014487
01550 777051**

 Doggy Divas in Llandeilo



06/19/66



Awareness evening starting at 6.30pm in the Tutor Centre. We are also putting on summer courses in Percussion, Creative Writing and Ceramics.

In addition, Net-Reach Charity has been busy with grant applications and working in conjunction with a number of local organisations and schools to set up a pilot scheme to work with NEET students (not in education, employment or training), within the area. The aim of the project is to pilot an alternative Education Hub, providing vital information for a long-term resource centre as well as bringing people together from different sectors across the community.

WANT TO JOIN US?

We have had a number of people expressing their interest in the project and coming forward to offer their skills, whether teaching, counselling, art projects or sport. There are also paid, part-time positions available, so if you would like to get involved please give us a call or come and see us in the Tutor Centre, Llanwrda Village School. Tel: 01550 777701 or email: nr@net-reach.co.uk



**MASTER SADDLER AND
MASTER SADDLE FITTER**

M: 07771 596563
E: saddlefittingservice@gmail.com
W: www.saddle-fitting.co.uk



07/19(12)



HOW GOOD IS YOUR WATER?

WATER. THE ESSENTIAL ELEMENT

Water is the essential nutrient. We could survive for several weeks without food, but only a few days without water. It is today taken for granted in the western world. Most of us in the UK simply turn on a tap and there it is, water fit to drink! Or is it?! Water drawn from a well very often has bacteria and other unwanted elements in it. City water comes into our homes loaded with chlorine which in itself could be harmful to health, not to mention giving us a horrible taste to our tea and coffee. Showering in chlorinated water makes our hair feel unwashed and rough to the touch. The answer is to filter out the unwanted elements by installing a whole house water filter system.

We at SmartWater can supply a complete range of water treatment systems to remove just about every unwanted element in your water, leaving you with fresh, crystal clear, odour-free water on tap.



**DO NOT TAKE YOUR
WATER FOR GRANTED,
TELEPHONE
01558 668064**




*Septic Tanks &
Cesspools emptied*

FRIENDLY FAMILY
BUSINESS

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

E2/19(12)

LOCKSMITHS

Locks opened-repaired-supplied-fitted



UPVC WINDOW & DOOR

REPAIRS & SERVICE

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

CD Locksmiths

We Cover - Powys-Carmarthenshire-Ceredigion

07890 719788

01550 720856

www.cdlocksmiths.co.uk

06/18/12

GWYNFE EVENTS & NEWS

Bring the family along to Gwynfe Community Hall on Friday, 3rd May for a Bingo Night run by All Saints' Church. The fun kicks off at 7 and entry is £5 adults and £2.50 children. There will be a buffet included in the interval and all proceeds will go towards church funds.

On Friday, 10th May Gwynfe Community Hall is pleased to present an Arts Council of Wales-sponsored production, The Government Inspector. This is an update of the Gogol classic and we are promised an irreverent comedy rich in clowning and physical humour. Doors open at 7 for a 7:30 start. Food, bar and raffle. Tickets, £7 and £6 available from John/Colin on 01550-740462, Betty on 01550 740240 or through e-mail address gwynfe_community_hall@yahoo.co.uk

Because of the May Bank Holiday, the Monday Club will be held this month on Monday, 13th May. 1:30 onwards in Gwynfe Community Hall. There will be the usual chat plus tea/coffee and cake. £1 collection. If you require transport to/from the hall please contact Heather on 01550 740512.

Murder Mystery event! On Friday, 14th June (not as previously advertised) a murder will take place at Gwynfe Community Hall...but...whodunnit? Come and test your sleuthing skills. There will be a buffet and the bar will be open. Tickets strictly in advance only: £10, to include buffet supper and available from John/Colin on 01550-740462, Betty on 01550 740240 or through e-mail address gwynfe_community_hall@yahoo.co.uk

From 1st May Gwynfe will be trialling a scheme promoting the recycling of pet food packaging otherwise consigned to landfill. Please bring your used wet food and and similar plastic-based pet food packaging (washed and dried, please!) from just Whiskas and James Wellbeloved to the village hall, where you will find a dedicated metal bin (with a heavy duty lid) by the main front entrance. The packaging will be periodically sent off to TerraCycle who recycle the items and benefit charities along the way. If you would like more information about the scheme please contact Bridget on 01550 740163.

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

05/19/12

LOCAL HANDYMAN



Gardening • Walling
Paving • Decorating
Grass Cutting • Fencing
Home and
Garden Clearance

Tel: 07890 553689

03/20/12

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



03/20/12



GLANSEVIN MANSION COULD BE YOURS FOR THE WEEKEND ...

Come and celebrate your special occasion!

Families, weddings and corporate breaks

The mansion will be exclusively yours to use and decorate as you wish

Sleeps 20-60 guests, we supply the catering or you can bring your own

Glansevin Mansion Llangadog Carmarthenshire SA19 9HY
01550 777121 enquiries@glansevin.com www.glansevin.com

06/19/03

HOME INSURANCE THAT'S ON YOUR DOORSTEP

Having a local office means we are accessible, whether you need to make changes to your policy or make a claim.

For a real conversation about your insurance call 01550 720165 or pop in
14 Market Square,
Llandovery,
Carmarthenshire
SA20 0AA



See Agents for a complete representation of The National Consumer Mutual Insurance Society (limited liability) Registered in England Registered Office: 14 Market Square, Llandovery, Carmarthenshire, SA20 0AA. Authorised by the Financial Conduct Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority, a member of the Prudential Group of companies.
The security and solvency conditions, together with other details, are available on request.

02/20(12)

IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY

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

LLANDEILO

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

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plans



10/19/06

MYDDFAI NEWS

Myddfai Shop and Café opening hours Tuesday – Sunday 10.30am – 5.00pm, plus we are open on both Bank Holiday Mondays in May.

What's on in Myddfai – Willow Trug Workshop on Tuesday 14th May with Justine from 10.30am – 4.30pm. Our monthly Farmers Market is on Wednesday 29th May 9.00am – 1.00pm. The Myddfai Eisteddfod is on Friday 10th May at Seion Chapel Myddfai, Tel. Monica Barlow on 01550 721238 for details.

If you have not yet been up to Myddfai and visited our shop and café you have missed a real treat. We have a great range of strong locally grown plants at very reasonable prices plus there is a huge range of quality local crafts – pottery, Welsh Tweed, jewellery, slate items, fused glass, a wide selection of artwork, books by local authors, and a Welsh selection of CDs. In addition we have a good selection of greetings cards, Myddfai made jams and chutneys, honey and the Myddfai range of toiletries, as well as a selection of candles, aprons, antiques, wooden bowls and boards and much more. All purchases support a small local business and the Myddfai Charity.

Myddfai café is a great place to stop for a delicious lunch or afternoon tea, we always have a wide selection of freshly made cakes on offer. Our Afternoon Teas, and Cream Teas proving very popular, come along and give them a try, you won't be disappointed! Why not use Myddfai as a base for a walk in the lovely surrounding hills and come back for lunch or afternoon tea, we have

walk routes available in the shop. For groups we can offer talks on The Physicians of Myddfai combined with afternoon tea for £12.50/hd, please book in advance.

This award-winning Hall is a great venue for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party please get in touch – we offer a range of catering options to suit all budgets.

Come along and join in with one of our regular classes. Everyone is welcome Tuesday it's yoga 7.00 – 8.30pm; Wednesday it's Craft Class 10.00am – 1.00pm then Art twice a month 2.00 – 4.00pm; Thursday it's Pilates 10.00 – 11.00am.

For further information or bookings please contact Les at les@myddfai.org 07879 119223 or Hall No. 01550 720449. Check our website www.myddfai.org for What's On. Contact Carol for catering on 07824 771040.

Please follow Myddfai Community Hall on Facebook and Twitter.





ROBINS



TIMBER CONTRACTING

FULLY SEASONED FIREWOOD

CUT AND SPLIT TO REQUIREMENTS

Produced from sustainable and managed source

- All aspects of tree work and woodland maintenance
- Tree felling and crown reduction
- Woodchipping and Mulching
- Woodland Thinning
- Invasive species control and scrub clearance
- Standing timber and fallen trees purchased
- Timber converted to firewood for customers own use

Tel: 01550 720839 or Mob: 07721 846129



BSL registered
bsl

06/19(12)

LLANDOVERY U3A

Come and join us at the Rugby Club on Wednesday mornings.

We meet at 10.00am for a coffee and a chat, the speaker of the day starts at 10.30am.

The Rugby Club is on Church Bank easy parking at the side.

Special interest groups meet at other times and include – Social History, Music Appreciation, Latin and Greek.

Wednesday 1st May

Campaign to end loneliness – Claire O’ Shea.

Wednesday 15th May

The Red Cross – the work of the charity shop in Llandovery, Steve Appleby.

Wednesday 29th May

Do newspapers have a future?
Martin Shipton – Media Wales.

For further information contact – Anne Lynd-Evans 01550 750286

NEWS FROM THE TOWN HALL – APRIL 2019

- The Town Council is delighted that Y Gannwyll, Llandovery’s new museum and visitor gateway opened on 13th April and congratulates all involved.
- New visitor signage is now in place in relation to Twm Sion Cati’s cave and was unveiled by Jonathan Edwards MP on 22nd March.
- The next Waste Amnesty will be on Saturday 4th May.
- The next Mayor will be Councillor Louise Wride and the next Deputy mayor will be Councillor Clinton Sear. They will take up office on 16th May.

Body Beautiful Beauty Salon

- Katherine Daniels Deluxe Facials
- Shellac Gel Polish & Manicures
- Sterex Electrolysis & Waxing
- Eye lash & Brow tint and shaping



Nora E. Wall VTCT NVQ3 IHHHT IIST
Rose Cottage, Milo. SA18 3LZ (on A476)
Appointments Tel: 01269 831585 
Opening times: Tues, Weds, Friday 9am to 6pm

02/20(12)



*Woodland View
Holiday Apartment*

Relax in our 5 Star Luxury Holiday Apartment

www.woodlandviewholidayapartment.com

- 2 Luxury kingsize/twin bedrooms with en-suite and walk-in wet room/shower.
- Private cinema with 'Dolby Atmos' surround sound and feature lighting.
- Luxury fitted kitchen.
- Dogs welcome.
- Asgard bike shed.

Tel: 01550 563007

Woodland View, Porthyrhyd, Llanwrda SA19 8DF

10/19(12)



Roman Solutions 

Calor Gas **Firewood**
House Coal **Kindling**
Anthracite **Eco Heat Logs**
Ovoids **Camping Gaz**
Welding Gas & Accessories

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

10/19(12)



Cloth Paper Stitch

Vintage Haberdashery, Craft Supplies & Galleria

Vintage and new haberdashery, reloved fabrics, upcycled and reconditioned craft supplies, sewing and stationery themed collectables, hand-made accessories, prints, cards and stationery.

Cloth Paper Stitch is open
 Tuesday to Saturdays, 10am until 5pm,
 at 5 Market St, Llandeilo, SA19 6AH.
Tel 01558 328058
www.clothpaperstitch.co.uk

11/19(12)

Padmasambhava Yoga & Meditation Centre

The Easter holidays are over and we can look forward to longer sunny days and a new term at the Centre, which started on Monday 29th April. There are the usual good selection of classes available which are suitable for advanced students and people who have never done yoga before and cater for people of all ages and abilities.

Padmasambhava also holds weekly classes in Ammanford, Cwrt Henri and at Maes Elfryn Hall, Llandeilo. Details of all weekly classes can be found on the brochure.

Looking further ahead, on Saturday 8th June (10.00 – 4.00pm) Poornam presents 'Becoming a Compassionate Witness.' This workshop explores developing the ability and compassion to stay with what is arising, through posture, breath and meditation. Like watching the flow of a river from its bank, a meditator learns to maintain a watchful inner stance. When you develop the Witness, it empowers your ability to see things as they are.

On Saturday 6th July (10.00 – 11.30am) Christley will hold a Restorative Yoga class before the Summer break. Restorative Yoga is useful when you need to eliminate fatigue or stress, as it allows deep rest both physically and mentally. In this mostly floor-based class, props are used to safely support the body in various postures. This class is limited to 7 people.

Starting on Saturday 9th November Poornam and Vanessa begin a four part course, 'The Golden Thread: Sadhana and the Rhythms of Nature'. This course explores the path of practice and the interrelationship between us, our environment and our inner nature. Following the cycle of the seasons, the tools of yoga and a deepening awareness of nature, participants are invited to undertake their personal quest through Sadhana (the path of practice) for a full year with practices both in and outdoors. The course will be held at the National Botanic Garden of Wales. Course dates: 9th November 2019, 14th March, 13th June and 12th September 2020. Please contact the

Centre for details and a Golden Thread brochure.

Classes at Padmasambhava take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, the classes can help you deal with everyday life and the problems it can bring and generally help with your well-being. Please do ring the Centre, 01558 823842 to find out more about yoga and what attending a class involves – they will be pleased to talk to you. Visit on line www.padma.org.uk, email: mail@padma.org.uk

Chair-based Yoga at Maes Elfryn Hall

This class is held mostly fortnightly on Friday afternoons, (3.30 – 4.30pm), and is perfect for Elders and others with restricted movement or unable to do floor-based yoga. It is a good introduction to yoga, through gentle movements whilst seated. Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. The course runs for 7 weeks starting on 3rd May. Please call the Centre 01558 823842 for more information.

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

Call Phil on 07766 883713

02/20(12)

07/19(3)



PEST CONTROL MID & SOUTH WALES LTD

FAST - EFFECTIVE - DISCREET

Friendly, Qualified Pest Control Technicians

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

Tel: 01550 721802
info@pestcontrolmidsouthwalesltd.co.uk

FULLY INSURED
RSPH Level 2 qualified
in Pest Management



SAMSUNG AIR SOURCE HEAT PUMP REPLACES ELECTRIC STORAGE HEATER IN LLANPUMSAINT



This detached bungalow in Llanpumsaint ran on electric storage heaters. Despite the building's high levels of insulation, the system wasn't efficient and very expensive to run. The owner, Grant, yearned for a proper heating system with a full radiator circuit. He initially looked at a biomass boiler but due to the insulation levels, a heat pump was the better method of heating here, with much lower running costs. In order to finally make the bungalow warm and cosy, we installed a full radiator circuit with radiators in every room. The pump is easy to use, clean, efficient and cost effective. Payments from the RHI (UK Governmental Renewable Heating Incentive scheme) will more than cover the cost of the installation and contribute to the running of the system.



CLEAN, GREEN RENEWABLE HEATING



Birds' Hill

Birdshill Farm | Llandello SA19 6SH

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

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

For more information please contact Nick

01558 824726

07850 265073

www.birdshill.wales

02/20(12)



Parc Yr Esgob
The Bishop's Park

RESTORING HIDDEN HISTORY – THE TYWI GATEWAY PROJECT



Have you ever been to Carmarthenshire Museum? Perhaps you've passed by on the A40, maybe dozens of times, and not realised that it's just off the roundabout at Abergwili. Perhaps you've even seen the brown sign and thought to yourself 'I really must visit one day'. Had you stopped and investigated you would have discovered not only a museum but a romantic, fading beauty, a crumbling palace set in overgrown and neglected grounds, an eclectic mix of picturesque landscaping and remnant planting with self-sown trees, brambles and scrub. You may have wandered the Park and thought about times passed, trying to imagine what the estate would have looked like in its manicured heyday. You may have followed a short winding path through the bushes to a door in a stone wall and wondered what was behind: a walled garden perhaps? Most likely, as many have, you would have decried the

state of the place, bemoaning the lack of investment that had led to its seemingly inevitable decline...

The good news is that since August 2018 the Tywi Gateway Trust and the local community have been working to restore the grounds and the outbuildings of the old Bishop's Palace, returning this wonderful estate to its prime of the 1840s. The Trust, in partnership with the County Council and the Church in Wales, is working to create a park for all with visitor facilities including a cafe. As well as more than 800 years of history the site comprises parkland and native woodland, an oxbow lake (the Bishop's Pond), a 9-acre floodplain meadow and, indeed, a walled garden, which will once again produce fruit and vegetables.

The three-year project is largely funded by the National Lottery Heritage Fund amongst others, and should be completed by August 2021. Visitors will then be able to make full use of the Park's new facilities as well as a landscape sensitively restored to its early-Victorian beauty. But of course, this vision cannot be achieved without the assistance of dedicated volunteers, so why not don some stout footwear and get involved in some gardening? Perhaps you have a passion for vegetable gardening or enjoy invasive species bashing? If horticulture isn't your thing maybe historical research is? You could help the Trust discover the hidden history of the site and build a vivid picture of what has happened here over the centuries? If you are able to assist the Trust in any capacity you can contact either the Trust Manager Louise Austin (louiseaustin@tywigateway.org.uk), or Head Gardener Piers Lunt (pierslunt@tywigateway.org.uk). More information can be found at tywigateway.org.uk, or search for the Tywi Gateway Project on Facebook.



08/19(12)

CARTREF
MOBILE VETERINARY
SERVICES

NOW OPEN FOR NEW CLIENT REGISTRATIONS

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

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

FELINDRE SAWDDE COMMONERS AND COURT LEET

Tuesday 7th May 2019, 7.00 p.m.
YMCA Hall, Llangadog

A G E N D A

1. Apologies
2. Acceptance of Previous Minutes
3. Discussion about Membership
4. Voting Rights
5. Constitution
6. Accounts
7. Any Other Business

05/19(1)

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





Llandovery College

CELEBRATION TO LAUNCH A NEW PLAY AREA AT LLANDOVERY COLLEGE NURSERY



Toddlers, children and parents joined in the fun and games at Llandovery College Nursery on Saturday 13 April 2019 to launch a superb new outdoor play area. The colourful safety surfacing provides a large all-weather, all-season outdoor play area allowing the easy flow from indoors to outdoors including wheelchair access. Children who already attend the Nursery were bursting with excitement to play for the first time with all the new equipment and resources. There was something for all ages ranging from role play for aspiring ‘Bob the Builders’, shop keepers, musicians and artists with a sand pit, ball pit, trikes and scooters also available.

Llandovery College’s Interim Warden Anna Sandford officially opened the new facility and welcomed everyone to what was a morning of fun and laughter. Acknowledgments and thanks were made to the Big Lottery A4A for their grant funding towards the cost of the safety surfacing and to the Carmarthenshire County Council’s Children Partnership and Business Wales for their funding for the new equipment and resources.

If you require further information about the Nursery and also the After School and Holiday Clubs please contact the Nursery Manager Nia Jones on 01550 723030 or email noj@llandoverycollege.com

DALE VAUGHAN *Limited*

Ashmere, Manordeilo, Llandeilo.

Natural stonework built, repaired, repointed.

STRUCTURAL REPAIRS TO BARN CONVERSIONS

All general building work undertaken from

foundations, wall to roof work

EXCAVATION WORK

**Tel. 01558 823067
Mobile 07974 006717
www.Dale-Vaughan.co.uk**

05/19/12)

LLANWRDA CRICKET CLUB



Training continues on a Friday evening at Castle Fields Llandovery at 6pm. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running four junior teams and the very popular All Stars programme.

All Stars is an initiative from the England and Wales Cricket Board aimed at providing children aged five to eight with a great first experience in cricket. It is a fun and active way to develop your child’s skills, and through our eight-week programme they will learn lots – as well as make new friends – in a safe and inclusive environment. Registration is now open for the programme, just search online for “all stars cricket”. All Stars starts at Castle Fields at 5pm on Friday 10th May.

Please contact Gwynn Davies at 07956 14 74 64 or llanwrddacc@gmail.com for more details or just search online for “Llanwrda Cricket.” We are also on Facebook. Membership is £15 and £10 for siblings. Training and matches throughout the summer. Come and join us.

With the season about to start, tougher opposition awaits in Division 4 for the 1st XI. This means more closely fought matches and some potential nail-biters, not to forget the prospect of two big derby days against Llandeilo too! The first league game will be an away fixture at Llanguennech on May 4th.

We are also on the look for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who will play midweek and Sunday games. Our 1st XI now play in Division 4 of the South Wales Cricket Association, and after 2 promotions in a row will be looking for another successful season in 2019. Our new Occasionals XI will play shorter games, which will be on more of a friendly level.

If interested in any of the teams, please contact Adrian Davies on 07867794771 for more information.

BONUS BALL RESULTS

20th Feb 19	48	No Winner
27th Feb 19	16	Rob Williams
6th Mar 19	17	Roland Griffiths
13th Mar 19	17	Roland Griffiths
20th Mar 19	12	No Winner
27th Mar 19	21	No Winner
3rd Apr 19	44	No Winner

G J SAND BLASTING SERVICES

ALL TYPES OF WORK UNDERTAKEN
STONE, BRICK, WOOD, STEEL

Free estimates Tel: 07778 434074
Email: danielggraint@gmail.com

08/19/10)



Saturday 4th May sees the return of Cwmdu Beer Festival; back by popular demand following the successful inaugural festival last year. Set in the idyllic village of Cwmdu, the festival takes place in our secluded community field - one of our hidden treasures. We welcome nine Welsh breweries and will be showcasing 25 Welsh Real Ales. We'll have a selection of Dark, Red, Pale and Golden ales all brewed here in Wales.

The festival opens at 12 noon (free entry) with seven live music acts performing throughout the afternoon and evening. From male voice choirs, to ukuleles, to town bands and 80's bands - there's something for everyone. Home cooked street type food will be served on the field.

No mobile signal, no wi-fi - what better way to enjoy the Bank Holiday Saturday than relaxing in the sunshine with a pint of real ale, fantastic food enjoying local music. A warm welcome awaits you.

Program of music: 12 noon Cor Meibion Dinefwr Male Voice Choir, 1pm Llandeilo Ukuleles, 2.30pm Ian Shimmin, 4.30pm Llandeilo Town Band, 6pm Fiddlebox, 7.30pm Oldschool, 9.30pm Panic Station.

For more information please check out updates on our facebook page: Cwmdu Inn, Shop and Post Office.

The annual Plant and Seed Swap will be in the pub garden on Sunday, May 19 from 10.00am - 2.00pm. Bring your spare plants, seedlings, bulbs or seeds to swap, or If you have anything horticultural to sell (vegetable plants are always in demand) you can book a table (rate: 10% of your sales) - please contact Celia on 01558 685606, or through the shop on 01558 685156. If you have nothing to swap but would like any item, a donation is requested. Tea, coffee and cakes will be available. Proceeds to Cymdeithas Cwmdu.

The popular Cwmdu Boat Race will take place on Bank Holiday Monday, May 27 when sponsored plastic boats will be raced along the stream from the road bridge in the village and through the pub garden of the Cwmdu Inn. The first of two heats is at 2.00pm and following the final, the very competitive races for home-made

boats (adult and children's categories) will take place. These boats should have no power, minimum size 10cms, maximum size 30cms. The bar will be open at 1.00pm and other refreshments will available to purchase after the races. Sponsor forms for the boats will be available in the shop and pub before the day.

As well as these annual events this month, there are the usual monthly group meetings - Smallholders, Folk Club, Classic Club, Quiz Night, as well as the Saturday Community Restaurant nights (except on the Beer Festival night) and Sunday Teas. We are also hosting a wedding party, so although Cwmdu is a small village, it is a vibrant and busy community. You will be very welcome to join us at any event or visit us in the shop and Post Office (open Tues - Fri 9.30 till 1.30, Sat 9.30 till 12.30) or the Cwmdu Inn (open lunchtime Tues-Fri 11.30 till 1.30, evenings Wed - Sat 7.00 till 11.00) We would also welcome more volunteer help with our community run enterprise. So, if you would like to become involved and make new friends, come and join us - you will not regret it! Please express your interest in the shop or pub, or telephone 01558 685156.

Looking ahead to June, Cymdeithas Cwmdu will holding a Car Boot/Table Top Sale on Sunday, June 9 at 10am - more details next month, but if you would like to book a table (£5 per car/table) please contact Celia on 01558 685606 or the shop on 01558 685156. So start boxing up those unwanted items from your Spring-clean and bring them along.

A.R. DAVIES BUILDER AND PLASTERER

**New Build • Barn Conversions
Extensions • Renovations
Roofing • Garages
Driveways - Tarmacadam
Blockpaving**

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

FOR HIRE

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

11/09(12)

Tel/Fax: 01550 720566

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

Castle Lawns

All Lawn Care Work

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

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

Tel: 01550 779004
Mob: 07817 795142

For More
Information

www.castlelawns.com
derekstone4@hotmail.com

07/19/13



ASHMOLE & CO

CHARTERED CERTIFIED ACCOUNTANTS
& REGISTERED AUDITORS

Local accountants serving local people
Cyfrifwyr lleol i bobl leol

- Accounts preparation
- Personal & corporate taxation
PAYE & VAT service
- Business start-ups
- Bilingual Service

*For a free initial consultation
and guaranteed partner
contact call Ceri Llwyd on*
01550 720098 / 01558 822481
www.ashmole.co.uk

10/19/12

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

April was a busy month for the little hall, playing host to yoga sessions, the Healing Moves course, the monthly quiz, a public meeting, private hire, a concert, and the final monthly supper of the season.

The suppers will resume in the autumn, so more news on those in the September Post.

The pop up café starts up again for the summer on Sunday May 5th, and will run every Sunday from 12.00 – 3.00pm until October.

It was an extremely successful venture for the hall last summer, with visitors from near and far calling in for tasty home made food at very reasonable prices.

We will once again be offering a choice of light lunches – quiches, savoury tarts, salad platters, pâtés, omelettes, panini and sandwiches, as well as a selection of homemade cakes. Children are welcome, we have high chair and baby changing facilities at the hall, and we also have disabled access and toilets.

There's always a selection of hot and cold drinks, including wine, beer and cider, so why not call in one Sunday for a bite to eat, or simply for coffee and cake, and take in the stunning view from our outdoor seating area?

All the profits go towards the upkeep and maintenance of our lovely little hall, so that cuppa makes a difference!

We are still looking for volunteers to help run the café, so if you can spare a couple of hours on a few Sundays over the summer, to take orders from customers and to help clear tables, then please get in touch. If you can pull on a pinny then we need you!

There's a warm welcome for everyone at the café – croeso cynnes i bawb!

The monthly quiz takes place on the 13th, with April winners The Four A's asking the questions this time round. Always a fun night, a good community night out for just £1.

The AGM will be taking place during May, look out for details of the date on posters, via the mailing list and on the Facebook page

www.facebook.com/bethlehemcymru

For all enquiries regarding the hall, please contact Nia on 01550 777254 or email niaclement@aol.com

**BOILER
SERVICING
FROM ONLY
£40!**

**NO JOB
TOO SMALL!**

We are able to help you with:

- Gas & Oil Heating Systems
- Full bathroom installations
- Service, Maintenance & Repair
- Design Services
- Renewable Energy Systems

CONTACT US NOW!

By Phone:

01550 720878

By Email:

info@elementessentials.co.uk

Visit our Website:

www.elementessentials.co.uk

Or pop into our office:

**7 Stone Street, Llandovery,
Carmarthenshire, SA20 0BX**
(located next to Penlans Paper Shop)



Local Plumbing and Heating Engineers

For total
peace of mind, a
**12 MONTH
GUARANTEE**
is offered on all
services!!

Accredited



Adeilad Cladding Ltd

AD CLAD ROOFING SHEETS

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



12/19(12)

Tel 01550 777497

Fax 01550 777808

Office The Stores Station Rd Llanwrda SA19 8EH

Email adclad@live.co.uk

RICHARD EVANS

Electrical Contractor

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



For free competitive Quotations & Quality Workmanship please contact

Tel: 01550 721623 / 720485

Mob: 07813 931817

Cefnllan Farm, Llandovery, Carmarthen

08/19(12)



WHY JOIN LLANDOVERY TOWN TENNIS CLUB?

There are many different reasons according to some of our members:

"The kids play and really enjoy the coaching sessions on a Thursday with Mathew the Coach. Being a member of the club means we have a key to the courts so we can have a game together any time we like."

"I am so busy all week with work and looking after the family that it feels like a real treat to come and play a couple of sets with other members on a Sunday morning."

"It is a really enjoyable way to get a good work out in a beautiful location with good company. The games are competitive but never too serious. The banter is very much part of the experience!"

"Compared with other clubs it is incredibly good value at £20 a year for adults which gives us unlimited access to the two excellent courts at Castle Fields."

"I used to play as a teenager but lost all confidence. The adult coaching with Mathew on a Thursday evening has really helped me remember the basics and enjoy the game again. Now I have rediscovered my old trick shots, like confusing the opponents by spinning the balls off my racquet."

"We play twice a week if at all possible, Sunday and Wednesday mornings. As long as it is not pouring down or too icy, we play all year round. You'd be surprised how soon you warm up running after balls even on a cold blowy day."

"I kept coming across my old racquet in the back of the cupboard and decided it was time to refresh my skills. It took a few weeks to find those ground strokes again but how satisfying to hit a clear winner out of the blue!"

If you can see yourself in any of those comments, come and join us. We are a friendly, small, local club. Open to all ages and abilities. Come along on any Sunday morning from 11 o'clock onwards to mix in and play. For further information on membership contact Renske van der Baan 07925 131974

Coaching sessions are available on Thursdays as follows:

5 - 11 yr olds	5.15 - 6.00 pm
Teens	6.00 - 6.45 pm
Adults	6.45 - 7.30 pm

For further information on coaching contact Mathew Davies 07966 756199.

The Brunant Arms



THURSDAY NIGHT
IS 2 COURSES FOR £10.95
5.00pm – 8.30pm

FRIDAY NIGHT IS
FISH AND CHIP FOR £6.95
Upgrade and get a pudding for £3 extra

FRIDAY AND SATURDAY NIGHT
STEAK SPECIAL £14.00

8oz rib eye steak with chips, onion rings, stuffed mushroom,
dressed salad and peppercorn sauce

SUNDAY CARVERY £7.95
Choice of 3 slow roasted meats, or have all three
if you can't decide. Sitings at 12.15pm and 2.15pm.
Children's meal £4.95

Puddings and starters £4.50

- Takeaways also available -

05/19(6)

CAIO 01558 650483 / 07734 361686



Follow us on Facebook to find out more
about other special offers and theme nights.

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Also on Facebook 

For all Your Decorating Needs

- Paint Mixing and Scanning. Any Colour Mixed with mold additive if needed
- Tools, Ironmongery and Key Cutting
- Camping and Car Accessories
- Kitchenware

• **CARPET, VINYL AND RUGS**

Now stocking HG Cleaning Products

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

10/19(12)

Doel & Rowlands Ltd BUILDERS



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



Wernellyn, Llangadog, Carmarthen

Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk

www.doelandrowlands.com

00200123

EYNON PRICE Landscaping & Groundworks

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

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

PLEASE CALL FOR A FREE QUOTATION

Every job is 100% satisfaction guaranteed

Fully Licensed Waste Carrier

Fully Licensed Waste Transfer Station

TOP SOIL FOR SALE

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

Tel: 01558 822434

Mob: 07970 906489

Brynhyfryd Farm, Llandeilo, SA19 7HS

www.landscaping-specialist.co.uk

04200123

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

Our planned speaker for the April meeting was unable to come so Jo Hornsby from Llanwrda stepped in at the last moment and what a fascinating evening it turned out to be! Jo and her partner Stuart are professional bee keepers from Llanwrda and this was her topic. They had taken up bee keeping as a hobby many years ago following a training course running by a local bee keeper and bought their first bees at a bee sale held in Pembrokeshire then gaining more experience and more hives. Following a change in circumstances 7 years ago they decided to become fulltime professional bee keepers and now have 20 apiaries around Carmarthenshire. Jo surprised us by the amount of work involved in monitoring hives - checking for signs of possible swarming to avoid loosing bees, the health of the hive as bees can be susceptible to many virus and diseases, and the amount of honey being produced with the need for more room in the hive. She gave us intriguing details of the types and lives of bees which can vary between 6 weeks and 6 months depending on when in the year the bee hatches and lots of general information about bees both hive and wild. At the end of the evening we were able to taste a selection of honey from different hives to illustrate the variation created by bee foraging locations. Jo makes honey fudge, honey marmalade and various types of honey which is available for sale at the various shows and events they attend or from her home.

Our next meeting will be at the Reading Room Llanwadwrn on May 13th at 7:30 when Brian Richards a Trustee of the Valley Woods will give a presentation on Penllergaer Valley Woods.

SKILLSHARING AFTERNOON

Transition Tywi Trawsnewid invites you to join in our Skillsharing Afternoon on Saturday the 18th May, from 2pm to 5pm at the Civic Hall, Llandeilo.

It will be a mixture of stalls, demonstrations, hands on activities, practitioners answering questions, and simple experience exchange concerning traditional crafts, food preservation and sustainable living.

Would you like to try knitting or crochet? Or talk about what you would like to make? To try some usual and less usual preserves? Talk about what can be preserved and how? Do you use internet to advertise or sell your products and would like to discuss it with others? Those are just some of the things you could see or talk about.

There will be cafe, admission is free.

The Oriental Rug Cleaning Company

PRESTIGE
RUG SPA
Where Rugs are Cleaned & Preserved

01269 842497

Ring for your **FREE** quote today

- Your rug will be cleaned by state of the art specialist rug cleaning equipment, not carpet cleaning equipment
- Pet urine odour issues will be dealt with, effectively!
- Your rug will be returned smelling beautiful and looking glorious.

GUARANTEED! • Collection and delivery service available • Your rug will be tested for colour fastness and treated to prevent colour run



Watch our video at www.prestigerugspa.co.uk



01269 843491

Ring for your **FREE** quote today

The most thorough clean you will ever see or it's **FREE!**

- Carpets stay cleaner for longer
- No soil attracting sticky residues are left behind
- Most carpets dry in 1 – 2 hours
- We'll move the heavy furniture so you don't have to
- Beneficial for Allergy sufferers
- Products are safe for children & pets
- Friendly, professional, reliable service

"The upholstery needed to be freshened up so I called Red Dragon. The service technician was very polite and helpful. The furniture was clean and fresh after the treatment. A service that cannot be improved"



NCCA
NATIONAL CARPET CLEANERS ASSOCIATION
MEMBER SINCE 2014

Unit 16 Capel Hendre Industrial Estate, Ammanford SA18 3SJ

Email us: info@rdcr.co.uk www.rdcr.co.uk

08/19/12



LLANOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn!
Welcome, once again, to the regular Club news.

The First XV have continued their progress up the league table to rank third (at the time of writing) in the league on points – although the league leaders have a couple of games in hand. And they have played some champagne rugby on the way – their performance against Pontypridd (televised on S4C) was a great advertisement for the Premiership league. The last home game of the season (the postponed Aberavon match) is on Saturday May 11 so come along and help them finish off what has been (for a variety of reasons!) an eventful season with a win.

It was a pity that we missed out on a place in the WRU Cup, but the Cardiff coach (as reported by Huw S Thomas on our website) summed up the quality of rugby that the Drovers have been playing “We knew that if Llandovery had space and time their backs would cut us to pieces so we were off the line like lightning and not only managed to frustrate them but also turn them over at key moments.”

Even if we are disappointed by that result, all our supporters who cheerfully donate to the Youth raffle at our home games will be delighted that their efforts have been rewarded! The Youth XV, after beating Cefneithin 54-24 are through to the Cup Final at Parc y Scarlets on Sunday May 19. Congratulations also go to Harri Doel and Dafydd Land who were recently selected for the Wales Under 19 squad.

Our Second XV is still trying to find a reliable league in which to play. It is a pity that the enthusiasm of the players – with, as this goes to press, the prospect of a place in the Plate Final at Parc y Scarlets on May 18th – is not matched by those responsible for the administration of the amateur game in this part of Wales.

All our younger sides are flourishing and enjoying their rugby and, as they mature into the game, look set to maintain the high standards of the Youth side in future years. Let's just hope that we can all find a sustainable way to run a Senior side so that they can carry on playing at the Club when they reach 18 years.

Our Under 14s visited Aberystwyth and, after a very competitive first half, the boys played some excellent running rugby in the second half and came away with a comprehensive win. In the Carmarthenshire Plate Semi-Final they lost 19 – 26 to New Dock Stars. It was a courageous performance this morning against a strong New Dock team. The boys showed great character to recover from a 14-0 deficit to take a 19-14 lead, only

to concede two late tries. Coaches and players are very grateful to everyone who turned up to support. A great effort and another good learning experience for everyone. Da iawn bois!

Congratulations also go to the under 12s who won the cup in the Kidwelly 7s and especially to Ioan Thomas who was judged ‘Player of the Tournament’. All 10 boys in the squad played excellent rugby throughout the day – team work at its best – and the win was a fine reward for all the hard work and dedication put in all season by players, coaches and all the parents. And it was great to see Llandovery's 1st XV hooker Ricky Guest refereeing in the tournament as well.

The Under 10s enjoyed a great day at the Tumble Festival playing 6 games during the day with some great rugby played by all. We came up against some really tough opponents and, although we lost three games, two of them were ‘tooth and nail’ all the way and we won two more. Da iawn pawb – you did yourselves proud and the level of rugby is improving week by week. The commitment shown by this small squad of players is fantastic and bodes well for the future. The Under 11s played four games and won two in the Festival at Maes Y Gwendraeth.

Congratulations also go to Drovers Youth player Charles Hadford who is gaining experience as a referee (including for our last game for the Under 10s). If you would like to consider becoming a referee just get in touch with the Club – the WRU have a programme to encourage and train new referees.

Our participation in the Tumble festival was also successful – our U7s had enough players to field two sides - both teams drawing one, winning one and losing two games. And a huge thank you to Daniel from the U7s for stepping up to the U8s to help out. The U8s played



Youth player Charles Handford refereeing for the first time in the Tumble Festival – congratulations Charles!



The Under 12s with the Kidwelly Cup

consistently well, drawing their first game and winning their next three games before unfortunately losing the last game 4-2.1 Many thanks to Arwel, Mansel and Ioan for taking care of the three teams.

Our huge thanks to two former Junior Drovers Wyn Jones and Daf Hughes who came to a recent training session. Their insight was a great help to the boys, and it shows, that through hard work and commitment from players and coaches, you can go on to achieve great things. Diolch yn fawr oddi wrth y Porthmyn ifanc. Sorry to those who missed out on the session but the boys will be back.

On a chilly weekend in mid-April we were pleased to host the Mid-Wales Maul Festival – a day and a half of

coaching and competition for young players from up to 13 years old and our Under 9s, 10s and 11s all played. It was organised by Front Row Events – a company set up by two former Drovers 1st XV players Ricky Davies and Gareth Bennett. It was a great success and enjoyed by all involved. This was a ‘first’ for the Club and we very much hope they will be back next year.

Those organising and coaching all our young Drovers would very much appreciate your help to get ready before the start of the next season. Please get in touch if you think you could help in any way!

Thank you for your continued support for the Club during the 2018-19 season. We hope you have enjoyed supporting the Club and watching some fine rugby at all levels. We look forward to seeing you all at Church Bank for the last game of the season and, again, when the new season starts – ymlaen y Porthmyn!

As usual the Club’s rooms and social facilities are available throughout the summer (although we will only be able to offer a reduced service from 12th to 28th June) and we are always happy to take your booking for a party or other function. To arrange this, please get I touch by emailing the Club (droversrfc@gmail.com) or by phone to Gina on 01550 721110 or Jackie on 07774914992.

Edrychwn ymlaen i’ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmni a’ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, ‘dyn ni yma o hyd! Ymlaen Y Porthmyn!



Ioan Thomas – Player of the Tournament at Kidwelly

Please send all emails to: info@postdatum.co.uk

05196)

ALED LEWIS *Ai Fab*

LLANDOVERY

PLUMBING AND HEATING

T 01550 720170
 M 07779 146667

E aledlewisaifab@gmail.com
 3 Gelli Deg, Llandovery.

GENERAL PLUMBING

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

Biomass • Airsource • Solar Thermal
All types of heating systems
Landlord certificates - Bathrooms
Sprinkler Systems

Phone or email for a competitive quote

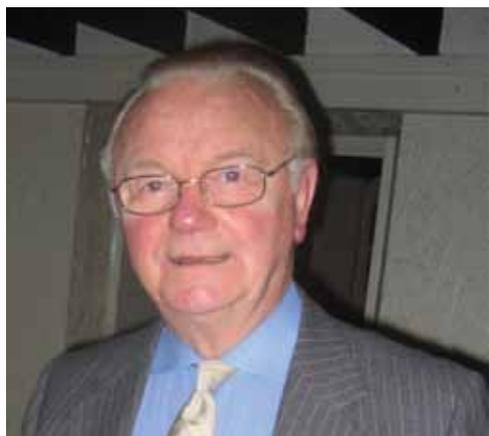
PHYSICIANS OF MYDDFAI CONFERENCE

Blood will be the theme of this year's annual conference of the Physicians of Myddfai Society. The conference, under the chairmanship of Dr R. Brinley Jones, will be held in Myddfai Community Hall on Saturday 29 June.

The opening speaker, Professor Aoi bheann Nic Dhonnchadha of the Dublin Institute for Advanced Studies, will give an overview of medieval Irish medical manuscripts.

Health was as important an issue in medieval Ireland as it is today. The manuscripts refer to blood-letting and the impact that various foods might have on a person's well-being. They also stress the importance of regular exercise for all age groups.

Dr Tim Smith of Chippenham will talk about bleeding by cupping, leeching and the lancet. References to all three can be found in Egyptian hieroglyphs dating from about 1500 BC. Hundreds of thousands of leeches were collected from ponds for use by the medical profession,



Dr R. Brinley Jones, chairman of the Physicians of Myddfai Society

and the word 'leech' became a slang term for a doctor.

Cupping is nowadays fashionable among celebrities. During treatment, special cups are placed on the skin to create suction. It is claimed that this helps to ease pain and increase blood flow.

Another speaker is Andrew Jenkins of Biopharm, an international company based in Henty, which produces most of the leeches used in modern medicine worldwide. Leeches are used in plastic and reconstructive surgery, as well as in research into osteoarthritis.

The final speaker of the day, Dr Saad Al-Ishmael, retired last year after being a consultant haematologist at Singleton Hospital, Swansea, for 35 years. The theme of his talk is 'Haematology: a modern discipline'.

The conference will also feature a poetry reading by Mary MacGregor and a short presentation by Phil Cope, author of *The Living Wells of Wales*.

The Society's secretary, Dr Donald Williams, said: "This will be the fifth conference since the society's launch in 2014. It is always popular, for several reasons: the wonderful setting, interesting topics, excellent presenters and good food. It's a delightful social occasion.

"The cost of the conference, which is aimed at the average lay person, is £26, and includes a two-course buffet lunch, tea and coffee. Admission is by ticket only, and early booking is recommended."

More information can be obtained from Bethan Jones (01550 720450); the Community Hall and Visitor Centre (01550 720449); or Margaret Shapland (01550 740330).

HORMANNS FIREWOOD

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

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size

Accredited

01550 720285

RHI

Supplier

Email: hormannfan@gmail.com

www.hormannfirewood.co.uk

REVISED

KB HOME MAINTENANCE

11/19(12)

PLUMBING & BATHROOM INSTALLATIONS & MAINTENANCE

SOLID FUEL HEATING FLUES & CHIMNEYS

SOLAR HOT WATER UNVENTED CYLINDERS UNDERFLOOR HEATING

ARCHITECTURAL & BUILDING CONSERVATION

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



PROCLIMBER

Tree Care Specialists

Covering all areas of tree work, from planting to dismantling

Over 20 years experience in the Arboriculture & Forestry Industry including Training & Assessing

If you are worried about your trees, then please contact us for a friendly professional service

"Excellent job. Thanks.
(Lovely lads, both as tall as trees themselves!)"
Brian Mitchell

"Just to let you know what a great job you did earlier in the week. Highly professional, charming and friendly to deal with, and they left the place much tidier than they found it. I think all the neighbours would join me in thanking them for the work done and the entertainment provided!"

Richard

"Please pass on my thanks to Andrew and his team – for a very neat, efficient and professional job. Thanks and Best Regards"

Jonathan

Tel: 01550 779 245 or 07795 820 707

www.proclimber.co.uk

Suppliers of Woodchip & Firewood
Timber bought & sold

0519(12)

Simply Better Built

Agricultural and Industrial Framed Buildings



We have been awarded the CE mark and can build to this high standard.



RIDBA
Rural & Industrial Design & Building Association

- Full planning & design service
- ISO 9001 registered company
- B.S.5502/BS.5950 standards
- Fully erected building service
- Kit buildings
- Grain/crop buildings
- Equestrian buildings
- General purpose buildings
- Industrial storage units
- Specialist Agricultural units

T :01269 831831
E :enquiry@shufflebottom.co.uk
W :www.shufflebottom.co.uk



SHUFFLEBOTTOM

0520(12)

DINEFWR PHOTOGRAPHIC SOCIETY



A busy few weeks for members, several attended The Photography Show at the NEC Birmingham with some significant savings made on new kit! The visit gave members the opportunity to speak to all the major camera manufacturers, online print houses and many more in the industry. There were many new cameras and lenses on display and to try out albeit in the confines of the exhibition hall.

Other members took a day trip on the Hart of Wales line to Shrewsbury and returned with some interesting images that they shared at the recent print forum, along with a variety images from other club members. The following meeting was an evening selecting 2 or 3 prints from each member for our summer exhibition programme.

As part of the clubs ongoing work with the National Botanical Garden of Wales members attended volunteer inductions and took a 'hard hat tour' of the current phase of the Regency Garden restoration works. Members had the opportunity to look behind the scenes in areas of the garden not currently open to the public and get some interesting photos of the ongoing works. Some of these, along with a selection of members other work, will be on display at the clubs forthcoming exhibition at the garden over the May bank holiday.

The club is also hoping to expand its current exhibition at The National Trusts Newton House where many images of the surrounding area can be seen. The new images will be larger and of a more varied subject matter and it is hoped it will be in place before Easter.

The club is always open to new members of all levels to come along to meet us at any of our regular meetings. We pride ourselves on being a friendly welcoming bunch who enjoy photography and to socialise. We meet at The White Hart Llandeilo in the Raven room at 7:00pm every other Thursday.

For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

LLANDOVERY GARDEN CLUB'S

Report by Margaret Price

Mrs Marguerite Rees opened the meeting. The trip to Llanover Garden Abergavenny was discussed and due to cost it was decided to visit one garden, have late lunch in Abergavenny and little time to spend in town before returning home. Members were concerned about driving to venues in May and June so it was agreed to book a coach for both. The chairman thanked the tea hostesses.

The guest speaker for the evening was Carrie Thomas, Swansea. She was a very successful grower of Aquilegias which she fell in love with as a child. She was unfortunate to lose all her stock to disease about 2 years ago and encouraged members to visit her website Carrie Thomas owner Touchwood to recognise the disease.

Her talk for the evening was 'Something Different from Seed'. She said it was far cheaper and easier to buy seeds on the internet favouring Cottage Garden Society, Chiltern Seed and sometimes did a seed exchange which could be exciting not knowing what you were getting, no instruction and only as good as the person who sent them. She took us through the potting stage, her nursery garden of annuals, perennials and hardy also using grow bags if short of space. We had slides of her wonderful success with flowers, climbers and vegetables. She brought along seeds for sale.

Marguerite Rees gave the vote of thanks. The raffle prize winners were Enid Protheroe, Cath Collins, Marian Evans, Marian Powell and Hazel Davies.

LLANEGWAD RAINFALL



Rain fell on the first 23 days this month and then remained dry for the rest of the month. The wettest day was the 12th with 24mm.

March Total: 142.5mm – 5.5/8”

D. R. DUKE

BLAENOS BSA 10/19(13)
SCHOOL OF MOTORING
Alvin Phillips. Car, Tractor, 4x4 and Trailer Training
Tel: 01550 720407; Mob. 07874 812948

Your Local Vet4Pets Surgery

Vets4Pets Carmarthen

**Our services & facilities
include:**

- *Operating Theatre*
- *Digital X-ray & Ultrasound*
- *Vaccinations*
- *Dentistry*
- *Open 7 days a week*
- *Rabbit Friendly Practice*



£10

Vet health check*

*Terms and conditions apply, please see
vets4pets.com/carmarthen for further information.
Valid until 30/05/2019.

**Your Local Practice Owner:
Lizzie Rockey RVN**

Vets4Pets Carmarthen

Inside Pets at Home, Pensarn Retail Park, Stephens Way,
Carmarthen, SA31 2BG

Call us: **01267 248810**
or visit: **vets4pets.com/carmarthen**



06/19(3)

Vets4Pets
Putting your pet first

1ST CLASS FENCING CONTRACTORS

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

ALL TYPES OF FENCING
CARRIED OUT.

Contact Robert Brown on
07815 061814 or 01558 685139

06/19(12)



Davies Tree Services

Seasoned Firewood for Sale
Hedge Laying • Chipping
Tree Surgery • Tree Felling

01267 202430 / 07826 716899

07/19(12)

FLYING GOOSE

Dolecoed Road,
Llanwrtyd Wells LD5 4RA

Newly opened selling quality items:
Cotton Fabrics • Handcrafted Items • Gifts
Local Artisans Work • Welsh Woven Fabric
Fair Trade Products • Selection of Cards

OPEN WED – SAT, 10.00am – 4.30pm

For more information
Tel: 01558 824224

05/19(3)

FESTIVAL OF THE CELTS 2019 LLANDEILO

An earlier spring time return to the region for the 2019 Festival of THE CELTS and a new hosting town for this delightful event that features great music artists from the Celtic regions. This year is based at venues and streets all around Llandeilo also adding a substantial food, drink and craft market into the mix too.

Featuring a huge marquee in the main town centre car park off Rhosmaen Street Llandeilo hosting home based food stalls throughout the bank holiday weekend of Saturday May 4th and Sunday 5th. The car parking charges over the event have been lifted by the council and the expected footfall to be much busier and there is most definitely a buzz around the valley.

Musicians will be coming from varied Celtic regions, a heavy influence of Irish jigs and fiddle music to go with a mix of folk, blues, roots and rock ballads. Venues around the town with main stage marquee in the rear garden at the Salutation Inn and the busy food emporium on the outskirts of town at The Hangout, off Talley rd. Featuring acts like The WeeBag band, The Meadows and Molly McCormack's Cuirig Tier. One of the highlights of the weekend will feature former local Tregib school attendee

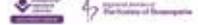
Homeopathy, Natural Health Care

Chloe Foss RSHom

07940 700196

www.llandeilohomeopath.co.uk

10/19(12)



WANTED

Old Weaponary, Flintlocks,
Percussion & Pin Fire Guns
Swords, Daggers, Bayonets etc
Any items of military interest

CASH PAID FOR SUITABLE ITEMS

All enquiries treated with confidence

Tel: Barry on 01558 668563

07/19(3)

LLYFRGELL LLANWRTYD ORIAU AGOR LLANWRTYD WELLS LIBRARY OPENING HOURS

Dydd Llun/Monday Ar Gau/Closed

Dydd Mawrth/Tuesday 10.00am to 1.00pm,
3.00pm – 6.00 pm

Dydd Mercher/Wednesday Ar Gau/Closed

Dydd Iau/Thursday 10.00am – 1.00pm,
2.00pm – 4.15pm

Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm

and Wales foremost Jazz performer , Kizzy Crawford on Sunday evening. Sponsored by the Cawdor Hotel and this will be housed in their ballroom, whereas their courtyard will feature several acts through the weekend. As will Market Street outside the Ginhaus and the marquee in the car park. Most venues are free although the 2 main stages with bigger acts will have a nominal £5 per wristband for the weekend, purchased from the Salutation and Hangout or from the web site www.festivalofthecelts.co.uk

For the many tourists coming in to the region for this event camping and caravanning through the weekend will be sited at the Walled gardens at the rear of the RFC pitch, see the web site www.festivalofthecelts.co.uk advance booking recommended.



LLANERCHINDDA FARM ACTIVITY CENTRE

Outdoor Activities Available Including:

- Clay Pigeon Shooting •
- 4x4 Driving Experience •



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

Gift Vouchers Available

Tel: 01550 750274

info@cambrianway.com

www.cambrianway.com



Cynghordy, Llandovery
Carmarthenshire
SA20 0NB

02/20(12)

YOUR RENEWABLE HEATING SPECIALIST

GROUND SOURCE & AIR SOURCE
HEAT PUMP SYSTEMS

SOLAR THERMAL FLAT PLATE /
EVACUATED TUBE SYSTEMS

WOOD GASIFICATION BOILERS

WOOD PELLET BIOMASS BOILERS

SOLID FUEL STOVES & BOILER STOVE SYSTEMS

UNDERFLOOR HEATING SYSTEMS RETRO / NEW FIT

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

CONSULTATION, SYSTEM DESIGN,
INSTALLATION & COMMISSION



USING OIL?
Regd. Oil Installation & Servicing



WEST WALES HEATING LTD

Tel: 01550 779182 or 07989 970650

Email: info@westwalesheating.co.uk

03/19(12)

Problems with your PC?
Baffled by computers?

EASY P.C

...can help, with 100% jargon-free advice
Fast and friendly service
specialising in helping the
novice and the older user

23 Carmarthen Road, Llandeilo

01558 823628 | 07773 012762

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

06/19(12)

Now in our
12th year



MIDSUMMER 'CAHOOTS' AT THE HALL

As Art at the Hall enters its third year of exhibitions we have decided to mix it up a bit for a wonderful, magical Midsummer show opening on Friday 21st June, Summer Solstice evening.

Art at the Hall has made many new friends during the past few years and we have decided to join forces with some of the best in their field to make for a new and exciting venture.... We are delighted to be IN CAHOOTS with Tim Bowen Antiques, Andrew Douglas-Forbes of Llwygawl, Trudi Petersen of Found and Seek and Jess Jones with Little Barn Nursery. All participants have their roots in Wales and, having gone out to see what the big, wide world had to offer, have returned with their artistic endeavours enriched by such as Italian art and opera, London fashion and the gardens of Europe.

ART AT THE HALL

Now an award winning exhibition recognised for "Excellence in Visual Arts & Crafts" at the Celebration of Culture in April 2018, Art at the Hall is attracting new exhibitors to compliment the already rich collection of local artists and makers.

An Exhibition of Artist and Makers, the 2D and 3D artworks are displayed together on units to suggest how you might show these pieces in your own home. We are taking this notion to the next level by inviting 3 three of the most interesting antique furniture and interior businesses in south wales to join us for the show, there will be more suggestion of room settings. Jess Jones of Little Barn Nursery, who has been responsible for the beautiful planting schemes at each of the exhibitions to date, will take her displays to the next level to bring the outside in.

Tim Bowen Antiques

Our collection of antique furniture and folk art, many dating from the eighteenth and nineteenth century will allow visitors to enjoy and buy the work of craftsmen and makers from previous centuries. Our collection will include – an early nineteenth century Welsh bread and cheese cupboard originating from North Wales - one of the best examples of a Welsh stick chair dating

from the late eighteenth century and which originated from the Towy Valley – and a carved oak seventeenth century coffer. The Cahoots exhibition will give a unique opportunity to highlight and enjoy the work of past and present artisans which contribute to the rich tradition of craftsmanship in Wales.

Andrew Douglas Forbes – Llwygawl

Being an ardent fan of the individual, high quality and rigorously sourced, it is an honour and inspiration to exhibit with Brigid Loizou of Art at the Hall and fellow 'cahooters' at this new midsummer event which promises to be a real treat – a new idea, a new way to see our history and the 'now' mixed to perfection giving the visitor a sensory delight is our aim and what an inspiring aim.

A regular exhibitor at Battersea Decorative Art and Antiques Fair, Andrew has a highly individual eye for the vernacular unique, selling his rigorously sourced pieces to international style icons and trend setters alike. The overall 'look' is paramount so, over the last few years he has added vintage /antique French and English frames to the mix – creating in his own vision a timelessness that he strives for in all work. Andrew also exhibits regularly in America where his simple serene still lives are avidly collected and anticipated.



Tim Bowen Antiques – Welsh Furniture and ceramics, Ferryside

Exhibiting at this new event is already sending Andrew's thought processes in new directions - new colour thoughts, perusing midsummer and its connotations, spirituality to the 'concrete', hunting out new old frames and new 'stuff' to put in paintings. Exciting times a great opportunity to show in a special event.

Little Barn Nursery

As a mostly hands in the dirt gardener for the last twenty years and more recently garden designer and plant grower, I have particularly enjoyed the collaborative elements with the Art at the Hall team over the last two years and I am delighted to be involved with this exciting new development. Expect to see more plants in the Hall with a touch of Midsummer magic to showcase the Bringing the Outside In occasional greenery branch of Little Barn Nursery. There will be perennials and planted pots for sale and to order, and I shall be giving an illustrated talk as one of the events organised to run alongside the show.

Trudi Petersen - Found and Seek

Found and Seek is run by husband and wife team, Trudi and Aaron Petersen. They offer a unique combination of handmade Welsh artisan products, including blacksmith Aaron's hand forged iron work and a selected range of vintage and antique decorative and home wares. Their small shop, based in Mansel Street in Carmarthen town has been described as a 'treasure trove' and a 'hidden gem'. They have eclectic tastes (and aren't ashamed to say they aren't averse to the odd piece of kitsch) but



Paintings by Andrew Douglas-Forbes with carefully sourced and curated antiques – Llandeilo.

are particularly attracted to classic mid century modern pieces including furnishing, sculpture, art and ceramics.

You can find out more at www.foundandseek.co.uk

We plan, Welsh weather permitting, to make use of the outside space at the hall, showing sculptures and garden furniture in the grounds of the Hall.

There are the two giants of horticultural interest on our doorstep - namely The National Botanic Garden of Wales and Aberglasney Gardens, one of the finest gardens in Wales. Visitors to these local attractions will love this exhibition, curated with the garden and plant lover in mind. Botanical florals, garden watercolours, pottery vases for a wild flower bouquet, sculptures of garden animals and sculptures for the garden, willow woven into harvest time baskets and furniture made with the garden or conservatory in mind.

Exhibitors include returning local artists and makers and many showing with us for the first time, displaying their work together in this beautiful Hall.

The private view evening will be sponsored by Jin Talog – 21st June 6.30 – 10.00pm.

Jin Talog is the modern Welsh gin, distilled in small batches on a farm in rural Carmarthenshire. David and Anthony distill in small batches using spring water from the farm, everything is done by hand and each batch totals only 30 or so bottles. Founded in 2018, Jin Talog has already developed a loyal following, and the word is spreading. Jin Talog was recently awarded a Gold Medal in the prestigious International Wines and Spirits Awards.

Refreshments will be served daily by Sammi Jones... Her cheese scones are back by popular demand.

The Exhibition will run for 9 days 22nd – 30th June, opening each day 11.00am – 6.00pm. Thursday 27th June we will extend opening times to 7.30pm with Jin Talog running a Gin Bar that evening.



Little Barn Nursery – Garden design and planting – Bethlehem.

Chaff in the Wind

Recently a superb article in the Carmarthen Journal was being sympathetic to all sides concerned in the highly important matter of river pollution. Some few decades or so ago dairy farmers decided that it was economical to liquify the manure produced by their animals, and handle it that way, rather than in solid form as had been the case traditionally. Initially no detrimental effects were noticed, but soon it was obvious that waterways were affected. Today farmers are happy to transport huge quantities of slurry (liquified farmyard manure) simply because it is easier physically to do so, without realising that they are paying huge sums of money to transport huge amounts of water totally unnecessarily, and this often over long distances. I sometimes think that a lot of farming work by now is done on public roads, this is a recent phenomena that is definitely not a profitable thing to do.

Here are a few facts about water, an inch of rain that can easily fall on a wet night is equal to 144 cubic inches of water, the amount that falls on each and every square foot of surface area, this amount of water weighs six pounds, this equates to roughly one hundred and sixteen and a half tons to every square acre of concrete yards and/or all areas of farm land, this is a huge amount of water that our rivers sometimes struggle to contend with, when water runs off land too quickly due to many reasons, including soil compaction.

The main problem with slurry is that for economical reasons farmers apply it, in a much too concentrated condition, this when applied to grassland is so strong that it excludes all air out of surface soils, because of this, all worms present in the soil comes up for fresh air, and are therefore exposed to sunlight that kills them off quickly, this slurry also kills off most large invertebrates, spiders etc, that are all very useful naturally as they maintain passage ways in top soils for their own convenience, but these are also essential to allow fresh rainwater to penetrate top soils and tarry a while, all this helps to avoid much flash flooding (another recent phenomena) it is essential for rainwater to penetrate top soils because all rainwater contains all sorts of beneficial trace elements that are present in sea water, rain being itself recently and locally evaporated sea water from areas near to our local sea coast. By today numerous farms actually have no worms at all, in their fields. This is indicative by green algae covering the soil surface caused by complete lack of air in top soils and the grass becoming more sparse, due to lack of oxygen that should be present in the soil around the root structure of all healthy growing grass.

Modern machines now slit the soil and inject slurry into the ground, this may be an improvement so long as they are never used up and down even the slightest of slopes, as the slits will obviously allow dirty water to run off so much quicker, alas I fear the only way to improve land texture is to compost your dry manure over the summer and apply it to your grassland during the warm autumn weather, when the worms will take it down quickly to the benefit of the soils and its owner.



LLANDOVERY SQUASH CLUB

At the recent AGM it was decided that the annual membership and court fees would be £50 (£10 for juniors) and £4 respectively.

Memberships are now due for 2019/20 and can be paid by cheque or in cash to the Llandovery Squash Club at the Old Printing Office on Market Square, during normal shop hours, where you will be able to collect a new key.

The lock will be changed Thursday 17th April 2019 so make sure you have paid and collected a new key by then.

To receive emails/texts from the Squash Club (or to stop them) please send your email or mobile number to:

martin.rees@martinrees.co.uk

jclodge@me.com

matt_rjames@hotmail.com

COME AND JOIN IN THE FUN

New members are always welcome.

For further information please check out our web site or find us on Facebook <http://www.llandoverysquashclub.co.uk/>

Further enquiries to Martin Rees 07774 142327; martin.rees@martinrees.co.uk

JAM JAR BLUES

JAM JAR BLUES, your local duo, continue their monthly sessions at The Bear with rooms, Market Square, Llandovery on Saturday, May 4th, 7.30p.m. start, their 6th outing at this venue. The food is good, the music is cool, the clientele are appreciative. Call to book a table to dine 01550 720728 or 01550 721777. We will also putting in an appearance at "Lazzmatazz", the Festival of Music, Performance Poetry and Literature, being held at "The Castle", Llandovery from May 31st to June 2nd. We'll be on stage on Friday, May 31st at 10.15p.m. The following day, Saturday June 1st, we'll be back at "The Bear". So if you want to hear some music like "two old guys can play", blues, soul and a little Rock 'n' Roll, please come and see us. We are available for private functions, at reasonable rates. Call John on 01550 777725.

LLANGADOG W. I.

On March 18th we held our Spring Group Meeting attended by a good number of members and guests. It was nice to see old friends and make new ones. We enjoyed soup and bread, made by Sue Wilkes, together with sandwiches, pastries and cakes supplied by our group. The speaker, Sue Jones, who stepped in at the last minute, was from Pumpsaint W. I., and gave us an interesting talk about the volunteers who help and preserve our Waterways. Thanks to her, again. At our April meeting we were shown how to make bead woven jewellery by Jude and Alison and we were able to try our hands at it, all good fun. There were some beautiful items, made by Jude, which were available for us to purchase. Our competition was won by Pat, with Marion taking 2nd and 3rd places. It was another very lively evening. There will not be a meeting in May, as we have an outing planned instead, so the next will be in June. Normally we get together on the 1st Thursday in every month, but not in July and August, due to summer outings, and will recommence in September. We meet at Llangadog Community Hall, and new members are always welcome.

MIDSUMMER CAHOOTS AT THE HALL
SAT 22ND - SUN 30TH JUNE - 11AM - 6PM
OPENING NIGHT WITH JIN TALOG
21ST JUNE 2019 6:30 - 10 PM
FOR INVITATIONS TO PRIVATE VIEW CONTACT www.hall@postdatum.co.uk

ART AT THE HALL
IN CAHOOTS WITH
TIM BOWEN ANTIQUES
LLWYGAWL - ANDREW DOUGLAS-FORBES,
FOUND & SEEK - TRUDI PETERSEN,
LITTLE BARN NURSERY - JESS JONES.

**ANTIQUES
PLANTS
PAINTINGS
CERAMICS
SCULPTURE
MID-CENTURY
INTERIOR
GARDENALIA**

ART AT THE HALL
NEAR ABERGLASNEY, LLANGATHEN, CAERMARTHENSHIRE, SA32 8QD

08.10.19.43

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



HIGHLY INSULATED TILE EFFECT ROOF

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

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

**Tel: 01550 777077
or 01792 845203**

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

Est. 1983
DISTINCTION
WINDOWS LIMITED

A Reliable Family Run Business

02/20(12)

DES CLARKE & SON

Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for over 60 years

Heating & Boilers

Installed, Serviced & Maintained

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



For a free quotation please call Huw or Dawn on

01550 720478

www.desclarkeandson.co.uk

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

05/19/12

TOWY VALLEY CAMERA CLUB

Programme for May 2019



- | | |
|---------------|---|
| 6th May 2019 | May Day Bank Holiday No Meeting |
| 13th May 2019 | Competition 8 Glass. Judge – Dave Bennett |
| 20th May 2019 | Annual General Meeting – Monthly Competition Results and presentation of certificates |
| 27th May 2019 | Bank Holiday – No Meeting |

The Club will resume for the 2019/2020 Season on the 2nd September when the Chairman will make the Print and Digital Awards for 2019.

If you are a newcomer to photography, the club has a wealth of expertise amongst it's mem-bers, who would be happy to assist you with tips and techniques to help you improve your photographic skills. The Programme for the 2019/2020 Season is currently being developed and, will have much to offer both the experienced photographer, and newcomers, 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

Gourmet Dinner

(three course meal & glass of wine)

at

The Royal Oak Inn

Rhandirmwyn

In aid of

St. Barnabas Church

Rhandirmwyn

7.30pm Thursday 16th May 2019

Tickets: £20.00 each

available from Chris & Julie at
The Royal Oak Inn 01550 760201





New Road Garage

Llandoverly
GOING THAT EXTRA MILE™

10/19(12)

MOT Testing Servicing & Repairs



- 4 Qualified MOT testers
- Electronic Fault Diagnosis on any car removes the "guess work" from the equation and ensures that only the necessary repairs are undertaken and your vehicle is quickly and efficiently repaired.
- Courtesy Car available
- Land Rover electronics specialist
- Air Conditioning re-gassing
- Any job on any car



24hr Rescue & Recovery of Cars, light Commercials & Motorbikes

We are the area agents for all the motoring organisations

Other services include

- Classic Car & Vintage Tractor Restoration
- HIAB crane hire
- Vehicle end of life removal



Call now on 01550 720836 24hr

Or visit our web site www.RescueRecoveryWales.co.uk



YOU ARE NOT ALONE



With Multiple Sclerosis Awareness week 22nd – 28th April, I felt I should write and share my story. If any of your readers are struggling with MS, hang in there and don't give up hope, today might be a bad day but it doesn't mean tomorrow will be and you don't know what the future holds. It is possible to live well with MS which is what I have been doing for last 20 years. I live on a working hill farm with my husband and two teenage sons.

MS can have a devastating impact on people's lives interfering with their ability to work and care for their families. MS impacts on pretty much everything you do. It impacts on your memory, ability to think, the function of your limbs, it impairs walking, it may affect your vision, can trigger anxiety, depression, chronic fatigue, cause bladder problems, balance issues and any neurological function you can think of is potentially affected by MS.

Not long after my 21st birthday I found myself in hospital with lack of feeling and weakness from the chest down. In the end a remitting and relapsing MS diagnosis was made, at that time the only treatment available was a course of steroids. My prognosis was I'd continue to have relapses followed by periods of remission, overtime becoming more disabled and by the time I was in my 40's my MS would most like have become secondary progressive meaning I'd no longer have periods of remission.

Initially my MS was following this pattern, I suffered yearly debilitating relapses but then disease modifying drugs became available. These drugs slowed the relapses down, I even went two years without a relapse. Unfortunately the drugs stopped working for me and MS reared its ugly head once more. I suffered 3 relapses

in one year leaving me with great difficulty walking, limited sight in one eye and other neurological problems. Thankfully another treatment, Tysabri, had just become available which I qualified for and I began immediately. It is administered monthly intravenously in hospital, forcing me to finally face up to my needle phobia. I've now been on Tysabri for over seven years and during this time have not had a full blown relapse, instead only mild flare ups, usually following a cold. Damage from past relapses still causes me problems although I've recovered my sight and my walking has improved.

Horses have always been my life's passion and shortly before ending up in hospital age 21, I'd purchased a Welsh Section D colt with the aim of realizing a long held dream of mine. I'd always wanted a horse from a foal, which I could train myself, sharing a lifelong journey together. Unfortunately MS crushed this dream and after struggling on for a few years, it was with a heavy heart I sold my cob. I inherited a little pony who would take me about the farm as I was unable to walk far or use the quad bike. During a relapse when I wasn't able to ride and it was looking likely I might not ever again, I had the pony broken to harness so I could drive instead. Thankfully I did recovery enough to be able to ride. With a twist of fate I acquired a Welsh Section D filly and with lots of help was able to be involved in her training. My dream did happen only not in the way I planned it. Eight years on, I have the little pony and my cob, enjoying using them around the farm and this year have I've begun experimenting with what I can and can't do physically while riding. My ultimate goal would be to teach my cob showjumping, something I've not done since MS struck, a big ask but who knows, I didn't expect to be this well with my MS 20 years on.

For anyone feeling overwhelmed by MS you are not alone, there around 110,000 people who have MS in the UK and help is out there, you don't have to suffer in silence. The MS Trust provide a free enquiry line 0800 0323839 and information you can trust, or talk to your Doctor/MS Nurse. The MS Trust have a useful A-Z section on every MS subject you can imagine, on their website www.mstrust.org.uk. Their Facebook group <https://www.facebook.com/groups/multiplesclerosisistrust/> is another way to access support and to reach out to the wider MS community.

 **Swan** 
Scaffolding

Neil Cuthill

47 High Street, Llandoverly, Carmarthen SA20 0DE

Mobile: 07904 154981

Tel: 01550 720318

Email: swanscaffolding@yahoo.com

06 (003)

Thomas Services Llandeilo

New & Used Car & Van Sales & Repairs Independent Renault Specialists

17 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, Diamond Cut 17" Alloys, Sat Nav, Metallic Ocean Blue/Black Roof, 3500m.....	£13500
18 18	Renault Captur 1.5 DCI Signiture X, 17" Diamond Cut Alloys, Sat Nav, Rev Sensors & Camera, Full Black Leather, Met Silver/Black Roof, 8000m.....	£14995
18 18	Renault Clio 0.9 TCE 90 BHP Dynamique S, New Model, 17" Diamond Cut Alloys, Half Leather, Center Arm Rest, Sat Nav, Air Con, Metallic Mars Red, 2500M.....	£12250
16 66	Renault Captur 1.5 DCI Dynamique S 110 BHP, Sat Nav, 17" Alloys, Reversing Sensors & Camera, Zero Road Tax, Metallic Red/Black, Only 18000m.....	£11500
14 14	Renault Grand Scenic 1.5 DCI 7 Seater 110 BHP 6 Speed Dynamique, Tom Tom, Sat Nav, Alloys, Air Con, £30 Road Tax, Metallic Blue, 43000m, FSH.....	£8500
11 11	Renault Clio 1.2 16V Bizu, E/W, C/L, 15" Alloys, 3dr, Silver, 85000m.....	£2995
10 60	Renault Megane 2.0 DCI GT, 18" Alloys, Full Leather, M/Grey, 50000m.....	£5995
06 06	Renault Clio 1.2 16V Expression, 2 Owners, 5 Door, Only 23000m.....	£2500
14 14	Renault Captur 1.5 DCI Dynamique, Sat Nav, Reversing Sensors, Oyster grey/black roof, 44000m.....	£8500

CONVERTIBLES

SUMMER SPECIALS ALL BEEN REDUCED

17 66	Mini Cooper 1.5 Turbo Diesel, Alloys, Met Red/Black Roof, Zero Tax, 10000m.....	£14995
16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m.....	£13500
15 15	Mini Cooper 1.6 Diesel 6 Speed, Red/Black Roof, Pepper Pk, £20 R/Tax, 23000m.....	£9750
12 12	BMW 320D SE, Folding Hard Roof, 6 Speed, Red Leather, Met Grey, 33500m.....	£11500

OTHER MAKES & MODELS ON OFFER

16 16	Peugeot 2008 1.6HDI 100BHP Allure, H/Leather, Alloys, M/Red, 25500M.....	£9999
16 16	Vauxhall Astra 1.6 CDTI Design, New Model, Estate, Zero R/Tax, Silver, 42000m.....	£9750
16 16	Ford Fiesta 1.0 ECO 100BHP Titanium, Metallic Grey, 5 Door, Zero Tax, 44000m.....	£8995
11 11	Mercedes Benz C Class 2.1 T/D C220 CDI, Blue /F Sport, Auto, Full Black Leather, AMG Wheels, Metallic Black, 2 Owners, 71000m.....	£9750
15 65	Peugeot 108 1.0 LTR Active, Zero Road Tax, Met/Purple, 3 Door, Only 6500m.....	£6999
12 62	Ford Fiesta 1.5 TDCI 95 Turbo Diesel Zetec, Alloys, A/C, Silver, 5 Door, 40000m.....	£6350
11 11	Vw Tiguan 2.0 TDI Match Blue Motion, Full Leather, Side Steps, Silver, 54000.....	£8995
11 61	Nissan Juke 1.5 DCI Sport, 17" Alloys, White / Red, Rear Spoiler, Mirror Covers & Int Trim, Demo & 1 Lady Owner, 73000m.....	£6995
14 14	Fiat 500 1.2 Colour Therapy, Blue/White Mirrors, £30 Road Tax, 27000m.....	£5995

COMMERCIALS

11 11	Toyota Hilux HL2 D-4X4, D/Cab, Silver, 1 Local Owner, 37500m.....	£10750 +Vat
15 65	Vauxhall Vivaro 1.6 CDTI, 9 Seater, Mini Bus, Grey FSH, 77000m.....	£10995 +Vat
15 15	Ford Transit Custom 270 Trend 2.2, Ply Lined, Parking Sensors, Air Con, Electric Windows, Ply Lined, 1 Owner, Blue, 23000m.....	£10995 +Vat
14 64	Vauxhall Vivaro 2.9T 1.6 CDTI 115 LWB Crew Bus, 6 Seater, Glazed Side Door, P/Lined, White, 61000m.....	£9995 No Vat
15 65	Renault Kangoo 1.5 DCI ML19, Side Door, White, Only 37000m.....	£5995 +Vat

**SPECIALISING IN RENAULT SERVICING & REPAIRS WITH QUALIFIED
RENAULT TECHNICIANS WITH OVER 40 YEARS EXPERIENCE.**

All other makes & models repaired, also tyres, batterys & exhausts.

Free courtesy cars available on request

**LOW RATE FINANCE AVAILABLE ON ALL VEHICLES
Sales 01558 824499 – Servicing 01558 822859**

www.thomasservices.co.uk

Trevor Davies & Sons

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

Short & Long Term Secure
Storage Facilities Available
at Competitive Rates



PLEASE CALL
07967 158917
for a free quotation

07/19/12

All aspects of
Plumbing and Heating,
Gas Safe and Oftec
registered business.

09/19/12

D DAVIES PLUMBING AND HEATING

*Gwaith plymio a gwresogi,
nwy a olew. Cwmni lleol
a dibynadwy.*

Tel: 01269 267697
Mob: 07799 707578
dilwyndavies196@hotmail.co.uk
www.daviesplumbingltd.co.uk

Dilwyn Davies
2c Arthur Street, Ammanford, Carm. SA18 2DR



LIFE IS GOOD

Eleven years ago today I was taken to hospital with a flesh eating disease called Necrotising Fasciitis. It very nearly killed me.

Due to the unstinting care and absolute professionalism of the Surgeons, Doctors and Nursing staff at Glangwili, and the Tempest and Powys wards in Morriston Hospital, I survived. Just.

If it were not for these absolute heroes in the NHS, the love I received from my wife Meryl and daughters Delyth and Eleri, and with a little help from above, there is absolutely no doubt that I would not be here today.

After surviving a near death experience you get a new and different outlook on life.

Nothing matters half as much as you think it does.

When you wake up in the morning you realise that every day is a gift and you can take nothing for granted.

Enjoy life while you can.

Do the things you've always wanted to do.

Enjoy every day as if it is your last because one day it will be.

My sincere thanks to all the above for giving me the opportunity to further enjoy my family, grandchildren, friends and for an extension to my life.

Derek Jones.

LLANGADOG COMMUNITY CENTRE – 300 CLUB MONTHLY DRAW

JANUARY 2019

1. Janet Boyer – £20
2. Guy Tarling – £15
3. David Jennings – £10
4. Moira Davies – £5

FEBRUARY

1. Winsor Williams – £20
2. Doug Nixey – £15
3. S. E. Evans – £10
4. Marc Procter – £5

MARCH

1. Terry Dare – £20
2. June Stait – £15
3. Hywel Gwyn Evans – £10
4. Mel Davies – £5

HOLISTIC BIRTH

Your way to safe, easier more comfortable birthing.

DOULA SERVICES AND HYPNOBIRTHING

Juanita Junker call or text for enquiries or to book your class 07514 128750
email: doulaservicesjuanajunker@yahoo.com
Facebook : Holistic birth Llanfynshi

10/19/12



Coleg Elidyr is a successful and well-established specialist college for young adults with learning difficulties and disabilities.

We are looking to recruit the following:
LEARNING SUPPORT WORKERS:

40 hours per week – various shifts
£18,011.20 - £19,989.64 per annum

LEARNING SUPPORT WORKER (WAKEFUL NIGHTS):

35 hours per week - £18,011.20 - £19,989.64 pro rata per annum
With an honorarium payment of £1,227.00 pro rata per annum

COOK:

Victoria House, Llangadog
Monday – Friday, 9am – 2pm
£15,768.30 - £17,500.36 pro rata per annum

Applications will be dealt with as they are received

Previous experience of working with young adults with learning difficulties and disabilities is desirable but not essential as all the required training will be provided.

Successful candidates will work with students across education and care adopting a person centred approach to learning in a variety of situations such as house based, external work experience or social activity environments. You will have an understanding and commitment to working with young people with a determination to support them in achieving their personal goals.

For further information please contact Lisa Blofield on 01550 760453, or email lisablofield@colegelidyr.ac.uk.

To find out more about the work of Coleg Elidyr visit our website colegelidyr.ac.uk

05/19(1)



COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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



Mobile: 07718 150571 or
Evenings: 01591 620355

12/19(12)

LLANSADWRN WEBSITE

The busy village of Llansadwrn has a very active new website. With lots going on in the village it was decided we needed a good way to keep everyone up to date. The website has already attracted a lot of traffic with local people checking out what's happening in at Sinema Sadwrn, or whether it's recycling or black bin bags, or what is happening the Gardd Gymunedol Llansadwrn Community Garden.

The website was paid for by the Community Council of Llansadwrn, but to keep it going and to keep developing the site we are seeking businesses for the business directory. The directory is very reasonably priced and allows you either to have a very basic entry which is only £20 per annum through to a mini website within the site at £275 per annum (all plus initial set up fee of £20).

The site is regularly updated with useful information for the village and the local area go to llansadwrn.org.uk and go to the business directory pages to find out more.



M. MORRIS

Professional Carpenter & Roofing Contractor

1ST AND 2ND FIX • CUT ROOFS
SLATING • LOFT CONVERSIONS

All types of roofing undertaken; slating and lead fabrication, cut roofs a speciality. All aspects of carpentry.
35 years in the trade. No job too small.

08/19(12)

Email: toeon.cymru.morris@gmail.com

Tel: 01550 779069 (evenings)

Mobile: 07891 856032

LLANWRDA CAR BOOT EVENT

SUNDAY 9TH JUNE 2019

The site: in the Cornwallis grounds which includes the School Hall, Playground, Outbuildings and Playing Field.

Gates will be open to the Booters from 8.30 a.m. – charge per vehicle £5.00.

The event will be open to the public at 10.00 a.m.

The Llanwrda Bloomers Tea Ladies will be on duty in the Tea Rooms, offering homemade cakes and pastries.

Any bookings or queries, please ring: either 01550 779257, 01550 777344 or 01550 777214 – or leave a message and we will get back to you.

Your support is much appreciated as all proceeds go towards the restoration of the Lady Cornwallis Grade II house.

HIGHGATE

LLANGADOG

WATER SOLUTIONS

PLUMBING & HEATING ENGINEERS

11/19(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



Dave Newton

FENCING & LANDSCAPING

Free Quotes – All Work Guaranteed – Fully Insured

07/19(3)



07518 452132 – davenewton68@outlook.com



CENTAFRAME

PVCU SYSTEMS LTD

Windows



Manufacture
Supply
& Installation

Doors



Conservatories



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

16 Rhosmaen Street
Llandeilo
Carmarthenshire
SA19 6LU

Tel - 01558 823177
Fax - 01558 824051

centaframepvcusystems@live.co.uk



REHAU
QUALITY

AUTHORISED
PARTNER



HomePro
Insurance

www.centaframe.com

LLANDOVERY ROTARY CLUB



As we leave the frosty mornings behind us for another year and the morning sun gets warmer, we look forward to our Summer calendar with great enthusiasm. Our Winter has been plenty busy enough and we have had some truly remarkable speakers on Tuesday nights two of which we had last month. Years ago we seemed to get a break before going into the Summer season but such are the demands now that there is little or no transition.

We received a request from the Llandovery Brownies who required funding to upgrade the kitchen facilities in the Brownie hut. We are fully aware of the great work done by this organisation which helps so many local youngsters as they begin their adventures in life so we were unanimous in our support for them and gave them a healthy donation. Good luck Brownies. Bon appétit.

We were informed that the donation we gave for a defibrillator in Porthyrhyd is now in place in the old telephone kiosk in the village. Take note please.

We had a visit from Carmarthen Tywi Rotary Club when 12 of their members joined us for supper and an evening of fellowship. A convivial evening was enjoyed by all (they've been before!) and our President had organised a James Bond Quiz with 26 questions which everyone thoroughly enjoyed. Carmarthen's Vice President Huw Meredith spoke stating that we are a perfectly formed club who have great fun together with the serious side of fund raising. You are very welcome anytime Carmarthen Tywi. Come again.

The following week one of the Carmarthen Tywi members who had not been able to visit the previous week was our Speaker (his wife had arranged a surprise for him!). Andy Edwards whose grand parents are buried in Ebenezer Chapel as their home was Home Farm in Cilycwm where he used to spend his Summer holidays. Andy had served in the Police Force for 22 years in which he had gone from Bobby to Traffic to Firearms to Undercover to Drugs and finally to a Dog Handler which gave him tremendous satisfaction. Andy explained the time it took to fully bond with his dog Bryn which when complete they were inseparable. Andy and Bryn made



Andy Edwards from Carmarthen Tywi Rotary Club with Ieuan and President Gary.

over a hundred arrests and he was the best dog in the Dyfed Powys Police Force. Andy described how Bryn's bravery had earned him two Chief's Recommendations together with awards from Cruft's, the RSPCA and Service Dog of the Year before he had to be put down having received a fatal wound during his last heroic arrest. Andy gave an emotional account of the bond between handler and dog in the Police Force which was unbreakable and he described his heartbreak at having lost his loyal dog Bryn. It was a wonderful talk and following more stories and humorous recollections during the Q&A Andy was given a rousing round of applause. Thank you Andy it was a superb talk.

We received a request from Llandovery Junior Football Club who wish to take 2 teams to competitions. This was deemed a very credible request and was granted a donation. Good luck Llandovery Footballers.

We are fully aware of the massive event coming our way in June 2021. The Urdd Eisteddfod is huge and we can expect around 90,000 people visiting Llandovery during the event week. Nothing anywhere near this has been organised here before and it is a tremendous honour for our town to be selected to host it. It will take many organisations working together towards a common aim and we as a Rotary Club will do all we can to make the Eisteddfod a great success.

The Ysgol Bro Dinefwr 'Law Society' team which we have supported previously have excelled and reached the UK Final in Edinburgh, Scotland. The cost of sending a team there is out of reach without assistance and we were glad to give a donation towards making this possible. Good luck in the final. Don't take any prisoners!

Our second speaker of the month was a Rhandirmwyn boy, a man now of course. Rhandirmwyn has been Alun Jones's family home since 1820 and he still has a cottage there. Alun is a retired Detective Sergeant in the Dyfed Powys Police Force (Coppers everywhere this month!) and was introduced by Derek who was in school with Alun. He is one of life's nice guys said Derek and he is an authority on Rhandirmwyn and the Upper Towy Valley on which he has written a book on the subject (highly recommended). Alun also organises displays for The Family History Society. Alun now lives in Porthcawl but was speaking on the 'Rhandirmwyn Lead Mines'. The first slide shown was Alun's grandparents getting married in Soar y Mynydd Chapel in 1792. The first fact he gave us was that in their prime the Rhandirmwyn Lead Mines (Gwaith Plwm) were employing, incredibly, around four hundred men. The Lead mines have been there since Roman Times and the lead ore was brought out from the mine on canal boats when it was sent to a crushing plant before being transported to Carmarthen and Llanelli. The mines themselves reached an unbelievable 23 miles. The mines were owned by Lord Cawdor and miners came from as far away as Cornwall who were experienced tin miners. There is more information on the website www.rhandirmwyn.net

Finally Alun informed us that the actual name Rhandirmwyn should be hyphenated as Rhandir-mwyn, Rhandir – an area of land and mwyn – mineral/ore.



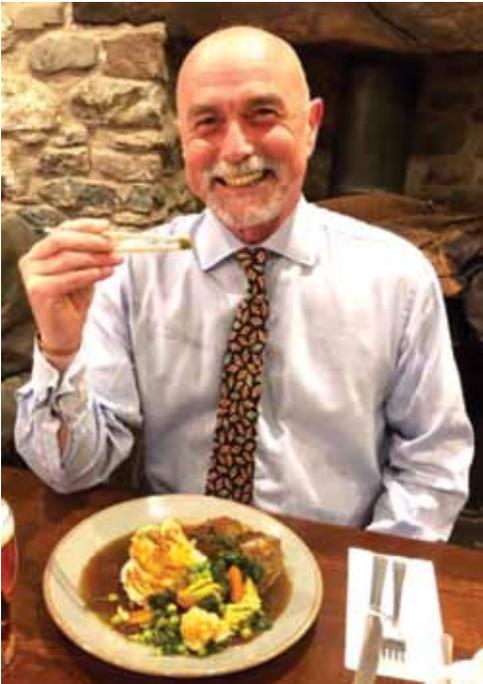
Alun Jones who gave the wonderful talk on the Rhandirmwyn Lead Mines with some of our Ladies.

This was an extremely interesting talk by a very knowledgeable person. Alun together with Handel has also raised the profile and the signage to Twm Sion Cati's cave in Rhandirmwyn.

Thanks Alun, we thoroughly enjoyed it. Ardderchog.

Catrin Manning the multi talented young lady who we have sponsored has reached the UK final of the Young Chef competition in Leeds on 27th April which is too late for publication but it is an amazing achievement in itself and we wish you well Catrin. Good luck Chef.

We will be helping out at Llandovery Carnival on May 26th by stewarding traffic management and will have our usual stall on the Castle Fields as well. Please make



Dave Thomas with the chopsticks and a single pea!

every effort to support this magnificent Llandovery event.

Following a letter received we offer our support to the organisers of the Llandovery Christmas Party on 30th November (time flies you know!). We are committed to the Town Christmas Light Switch On the evening before but we will do all that we can to assist you. It was a great event last year and it is envisaged to be even bigger and better this year. Good luck.

Letters of thanks have been received from Ysgol Bro Dinefwr and Llanwrda Cricket Club for our recent donations.

Also verbal thanks have already been received from Llandovery Brownies and Llandovery Junior Football Club.

Congratulations to Gracie Ardolino on achieving 3rd in the Rotary Young Writer District Competition (senior section). The presentation ceremony for this will be in Merthyr on 28th June. Well done Gracie.

Don't forget our big event in conjunction with Llandovery Young Farmers Club on 15th June. 'DroverFest', an Ale and Live Music Festival will be held inside the mart by kind permission of Mickey Gough director of Clee, Tompkinson & Francis. This humdinger of an event will attract hundreds of people from the area. Stick that in your diary!

Following a conversation late one evening I offered our world travelled member Dave Thomas a challenge. He had stated that he could use chopsticks. I believed him but challenged him to be able to pick up and eat a single pea with chopsticks. I bought a pair/set of them and took them to Rotary one evening. Little known to Dave I had arranged for peas to be served that night. Although not actually true! I had arranged for petit pois which are according to the dictionary 'very small green peas'. Was he able to pick up one very small green pea and eat it with chopsticks? Look at the photo. Of course he was! Well done Dave.

There are 2 bank holidays in the next month (at time of going to press) therefore 2 less meetings, nevertheless we have plenty to do. Lyn Richards is our next speaker followed by Tony Birdwood. Good luck to Ysgol Bro Dinefwr in Edinburgh and to Catrin Manning in Edinburgh and Leeds.

Roll on Summer.

Derek Jones.

RHYS SPICE
AGRICULTURAL
& FENCING CONTRACTOR







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

02/20/12)

BANNERS

LARGE FORMAT PRINTING

T-SHIRTS

INVOICE PADS

VINYL SIGNS

THE POST ADVERTISING

WALLPAPER

BUSINESS CARDS

STICKERS

POSTDATUM



TEL: 01550 721225

INFO@POSTDATUM.CO.UK

24 STONE ST., LLANDOVERY



Last year Carmarthenshire County Council handed over custody of the four public parks in Llandovery to the Town Council. These are the Castle Park, Lon Rhys Prichard Park, Maesglas Park and the Skate Park. Following this handover it has become the responsibility of the Town Council to fund the upkeep and general maintenance of the parks. This includes grass cutting, maintenance of existing and purchase of new equipment and the provision of lighting for the skate park.

To facilitate this a Committee has been formed and a registered charity set up so that grants may be applied for and fundraisers held. The committee is made up of local residents and is called the Committee for Llandovery Parks & Playgrounds, and is now solely responsible for the maintenance of the parks, not Llandovery Town Council.

Last year a group of volunteers very kindly took on the grass cutting and general housekeeping of the parks, however the committee would welcome anyone who wishes to volunteer their time to assist with the general upkeep e.g. weeding, litter picking – “every little helps” as they say.

In a bid to start the fundraising the committee hope to run a Tombola stall at this year’s Town Carnival event and are looking for any generous donations for the stall such as bottles, tins etc.

The committee welcomes anyone who would like to get involved in future fundraising, or anyone who would like to offer their time maintaining the parks. For anyone wishing to take part in the above or make a donation, or just requires some further information about how they can help please contact the committee members below;

Louise Wride (Committee Chair) on 07972 746987
Lesley Carling (Committee Treasurer) on 07738 498136



CHRISTIAN AID WEEK 2019

Sunday 12th May – Saturday 18th May

Members of Churches and Chapels in the Llandovery area will again be working together raising funds to help people in deprived countries of the world; whether suffering from the effects of natural disasters, or conflicts such as civil war, who need clean water, medical facilities and education.

Christian Aid works, throughout the world, together with local people, helping them to support themselves and giving them hope for a sustainable future.

In 2018 we raised £3560 here, and we hope for a continued generous response from our community

Events for the week as follows:

Sunday 12th May

SERVICE

Cilycwm Church

11.00am

Coffee & Biscuits

Friday 17th May at 7.30pm

Can am Gymorth

Rhys Prichard Memorial Hall

Adults £4.00 Children free

Pupils from Ysgol Rhys Prichard and Bro Dinefor

Local Artists

With refreshments

THE SHOP

Mon 13th May – Saturday 18th May

9.30am – 4.30pm every day

Youth & Community Centre (YMCA)

Please bring quality items only on

Saturday 11th May from 2.00 – 4.00pm

Plants potted up ready for sale, plus cakes from Mon.

NB. We are not allowed to sell electrical goods, or videos

POSTDATUM

Producers of

The Post

NEW MUSEUM IN LLANDOVERY



From the left: Joe Beard; Lyn Richards; Cllr Annabel Graham Paul; Cllr Peter Hughes Griffiths; Cllr Mansel Charles; 'Twm Siôn Cati'. [Photo: Huw Garan]

Llandovery and the surrounding districts have a new museum, in Y Gannwyll, the building that previously housed the Heritage Centre, opposite the Castle Hotel. It was officially opened on Saturday 13 April, by the town's mayor, Councillor Annabel Graham Paul.

She said that thousands of people travelled through the town on their way to holiday further west. It would be good if some of these people could be persuaded to stay awhile in Llandovery to see what the town has to offer. The museum, which includes a visitor information centre, would be of great benefit.

The new museum is the result of a long period of activity by a committee of trustees chaired by Lyn Richards, Caer. Mr Richards said that Llandovery and surrounding areas had a rich tradition.

"Their contribution is immensely important, and it is high time for this to be acknowledged, as will happen in the new museum. We intend to run a museum alongside the Dyfed Family History Society. The building will also be a gateway for visitors to Llandovery, Carmarthenshire, Brecon Beacons National Park and the Cambrian Mountains.

I would like to thank those who have kept the flame alight. I would also like to ask kindly for volunteers who will be willing to devote a little of their time to



Three members of the curatorial team, Annette Davies; Stevie Watson and Jane Carter, together with one of the museum's volunteers, Sally Cherrett (second from the right). [Photo: Handel Jones]

welcome visitors to the museum and help to care for the items on display."

The museum is open between 10am and 4pm seven days a week. The logo for Y Gannwyll, which is based on the helmet of the statue of Llywelyn ap Gruffydd Fychan on the castle mound, was designed by Paul Long of Pach Business Solutions, Llandovery.

Carmarthenshire County Council's Executive Board Member for Culture, Sport and Tourism, Councillor Peter Hughes Griffiths, said the future of Llandovery looked very promising, especially given the enthusiasm of the local councillor, Handel Davies.

"Y Gannwyll is an example of how we as an authority are trying to help restore local communities and work with them. We have helped through signage, leaflets and training sessions. Securing the future of Y Gannwyll is vitally important," he said.

Others present at the opening ceremony included Carmarthenshire County Council chairman, Councillor Mansel Charles and his consort, Bethan Charles-Davies, together with 'Twm Siôn Cati' aka Dafydd Wyn Morgan.

Trustees: Lyn Richards (chairman); Gary Strevens (secretary), Cllr Gina Jones (treasurer); Annette Davies (fundraiser); Cllr Handel Davies (County Council representative).

Curatorial Team: Stevie Watson and Jane Carter (managers); Annette Davies; Carol Dyer; Stephanie Jones; Sara Fox.

Handel Jones

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

<p>01558 823 417 81 Rhosmaen St, LLANDEILO SA19 6HD llandeilo@hughwilliamslaw.co.uk</p>	<p>01550 721 500 Alma House, 1 High St, LLANDOVERY SA20 0PU llandovery@hughwilliamslaw.co.uk</p>
---	--

09/19/12

LLANDEILO AND DISTRICT GARDENING CLUB

Llandeilo and District Gardening club began their gardening year with a floral flourish in February. Chinese New Year of the pig was celebrated at the start of February; the Vestry was decorated with lucky signs and red lanterns while Janet Williams treated us to some stories of her time in Hong Kong. She created three different floral arrangements for us with red lucky envelopes, glorious red flowers and beautiful blue and white symbolic porcelain. The floral theme continued in the February workshop where we tried our sometimes unsteady hands at a watercolour painting of a hellebore. Thanks to the gentle guidance of Jackie Yorke and some useful tips and techniques all participants proudly produced some varied and unique watercolour art.

Also In February some members braved some truly awful weather to take part in the tree planting for Hilda Swindells, one of the original founder members, in the grave yard of St. Teilo's church Llandeilo. This compliments the tree planted for her sister, Thirza, also in the grounds of the church.

Llandeilo and District Gardening club meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at

7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella@rhydogch.co.uk

2nd May 2019: Susan Martin – The Natural Dye Garden

6th June 2019: Louise Austin – Progress at Twyri Gateway and the Bishop's Palace

4th July: Lily Wen – Herbal remedies and salves for the gardener. With tea samples.

3rd August: Open morning, from 10.00am held in the Civic Hall, Llandeilo. An event open to all to showcase the many talents of our members.

02/20(12)




EVANS BROTHERS

BUILDING & ROOFING CONTRACTORS
BARN CONVERSIONS & NEW BUILDING

Pwllagdu, Llanwrda, Carmar SA19 8EL
Tel: (01550) 777609 Mobile: 07967 179204

Llygad-y-Dyffryn, Llandovery, Carmar SA20 0YL
Tel: (01550) 721064 Mobile: 07967 179205

Expert & Professional



GRAVE CONCERNS

GRAVE MAINTENANCE SERVICES

WE KNOW THE IMPORTANCE OF YOUR LOVED ONE'S FINAL RESTING PLACE MATTERS TO YOU – IF YOU FIND IT DIFFICULT TO VISIT AS OFTEN AS YOU WOULD LIKE, TAKE COMFORT IN THE KNOWLEDGE THAT YOUR LOVED ONE'S FINAL RESTING PLACE IS BEING MAINTAINED IN A RESPECTFUL AND DIGNIFIED MANNER.

Each visit by us includes the following maintenance:

- Trimming around headstone and plot.
- Washing of memorial pots.
- Cleaning/Polishing of headstone.
- Removal of weeds/debris (old flowers/plants).

Other service's also include reurling and reseedling, regravelling and refurbishment of plot's

As an addition we can also supply fresh flowers.

SINGLE CARE, ONE VISIT ANNUALLY.
DOUBLE CARE, TWICE ANNUALLY.
SEASON CARE, FOUR VISITS ANNUALLY.

Alternatively we can cater to your requirements, such as special occasions, i.e. Mothers/Fathers day, Birthdays, Christmas, or an Anniversary etc.

FOR FURTHER ENQUIRY'S TEL: 07376 945829
Email: mandjmaintenance45@gmail.com

Based in Llandovery, Carmarthenshire

WE ALSO COVER POWYS AND HEREFORDSHIRE

1019(12)






CATHOLIC CHURCH OF OUR LADY, LLANDOVERY

EGLWYS GATHOLIG EN HARGLWYDDES, LLANYMDDYFRI



I have completed a book on the history of the Catholic Church in College View, Llandoverly and we will be launching the book on Friday May 17th. 7.00pm at the church when we will have an open night to welcome everyone.

The evening will start with Cor Meibion Llanymddyfri singing a few songs followed by a short speech. Free refreshments will be available in the hall after the choir have finished and you will also have a chance to buy a copy of the book for £7.00. All proceeds from the sale of the book will go to the church account to help us maintain the building.

The history of our church goes back to 1851 when the first baptism of a Catholic child from Llandoverly was celebrated in the church at Carmarthen. Prior to the church being built in 1935, mass was celebrated at Carmarthen, Abermarlais Park, Church Hall, Garden Lane, The Kings Head and the North Western.

Two priests from Llandoverly have been ordained- Fr. Oswald Murphy, who was parish priest from 1941-44 and Fr. David Lewis who was ordained at Newtown in 1960.



**ANDREW & Son
MITCHELL**

Garden & Home Maintenance

Grass Cutting & Hedge Cutting

Tel: 01550 721333
Mob: 07901 741610

06/19/12

Fr. Daniel, an old boy of Llandoverly College attended the first mass at the newly built church in 1935.

We look forward to welcoming everyone and you will also have the opportunity of admiring our two stained glass windows commissioned by the late Irene Vaughan and her husband Captain Vaughan. One of the windows was designed by Mrs. Vaughan's sister, Margaret Rope who is said to have been one of the greatest stained glass window designers of the early 20th Century and her windows are found in Museums, Cathedrals and Churches in four continents.

I thoroughly enjoyed writing the book and I am sure that you will find it of interest as it is a record of our past which can be easily forgotten. It is not a big book and hopefully you will find it an enjoyable and easy read.

Diolch/Thank you
Martin Watts

Stained glass
window by
Margaret
Rope.



VICTOR DAWSON

Sadly we wish to let friends of Victor Dawson know that he died recently at the age of 99 years old.

He married Margaret James (who was born and brought up in Llandovery) in 1942, whilst posted at Sennybridge during the Wartime. Victor taught Geography for several years in Coventry, with the couple returning to Llandovery in 1991 to spend many happy years of retirement at Llys Llanfair being close to treasured friend and family, including Margaret's brother Dudley James and his wife, Mair. The devoted couple were married for 63 years.

Victor was actively involved on the Town Council and at the Heritage Centre, and both enjoyed attending the Towy Association and Cambrian Society meetings, alongside visits with the W.I and Pensioners groups.

After Margaret passed away in 2005 Victor continued to live quietly in Llandovery for a further seven years and was often seen on his electric "scooter" around town enjoying the friendship of the local community.

They both loved trips out into the beautiful local Tywi Valley's green hills and countryside with visits to Myddfai, Rhandirmwyn, Dinefwr Castle and Brecon Beacons Mountain Centre amongst their favourites.

With declining health, Victor moved to Marwood care home, near Loughborough closer to his eldest son and daughter-in-law where he passed away peacefully on 14th March.

Victor will fondly be remembered by many as a true gentleman.

Adrian, Myles and Sue Dawson

LLANWRDA CAR BOOT BONANZA!

A car boot was held in the Cornwallis School grounds on Sunday 7th April. The first of many (please) was the general view. The sun shone warmly on Llanwrda that day as the grounds filled with Car Booters spilling out on all sides. In the School Hall tables groaned under the weight of interesting objects. Llanwrda Bloomers were rushed off their feet catering to the demand for tea and cakes.

The general opinion of visitors and booters was that we have another Car Boot sale soon. We will therefore, arrange a get-together at a date (to be fixed) in June, so please watch this space! Meanwhile, thank you to so many friends who responded to our fundraiser. We will be in touch with Booters and advertise on Facebook and billboards with a Sunday in June. This time perhaps a Barbeque to support flagging workers, maybe? Till then, Diolch o galon

Llanwrda Bloomers on behalf of the Cornwallis Trustees.

DOLAUCOTHI ARMS HOTEL LAUNCHES POP-UP MEDITERRANEAN RESTAURANT



The owners of The Dolaucothi Arms in Pumsaint are looking to build on their recent victory in the BBC Countryfile Magazine Awards, by launching a Mediterranean-themed pop-up restaurant. Owners Clare Perry and Karen Charles, who have just won British Country Pub of the Year 2019, claim that the new restaurant was in their plans anyway stating, 'the award is wonderful but the plan to test a new restaurant concept here was well advanced before we won. We have an excellent Italian born Chef who has already enhanced our food offer but is capable of taking us to an even higher level.'

Laura Cane, who was born in Rome, plans to meld classic dishes from Spain, France Italy, Greece, Morocco and even further. She said, 'I grew up at my Nonna's knee learning how to cook the peasant inspired food of Italy and the rest of the Mediterranean and I don't want to limit the offer here to one country. However, I do want to specialise in the recipes from the hot regions by the coasts which is why we are calling it The Riviera Restaurant.'

The restaurant is being used as a market research tool to assess the viability of two separate restaurants under the one roof. 'We believe that the communities around us have to travel a long way for something beyond standard pub food and we hope to fill a void by offering great Mediterranean food in a separate dining room' said Charles, 'we will of course carry on serving traditional Roasts, Steaks, Pies and Burgers as part of our Bar Restaurant menu.'

The Riviera Restaurant opens for business on Tuesday April 9th and the menu can be found on The Dolaucothi Arms facebook pages. Bookings can be made by calling 01558 650237.

Another busy month, culminating in a visit to Kenya to see how our new Schools of Hope students' have settled in and to look at locations for the new Schools we plan to open this year.

Here's an update of what we've been up to recently.... It isn't just young people that we work with! Last week we were lucky to work with the mothers of our Kajiado School of Hope students when we facilitated a numeracy and literacy workshop. Kajiado is a town 80kms south of Nairobi towards Arusha. The community is predominantly of the Maasai tribe and many of the parents have not attended school themselves, so their involvement in our workshop is a real positive step to supporting their children.

Madoya School of Hope have been running life skills sessions in recent weeks. Students have been discussing crime and its consequences, citizenship and students were able to express their opinions and share how they could overcome many of the issues facing them. Schools of Hope are not only an after-school study club but provide students with opportunities to participate in life skills sessions, sports training, drama and chess sessions.



Mothers attending the literacy and numeracy workshop.

We'd like to give a huge thanks to Jedd Evans who will be fundraising for ChallengeAid by running the JCP Swansea Half Marathon on 23rd June 2019. He is aiming to raise £250 which will allow us to provide school desks in one of our new Schools of Hope and to Matt Morandi who'll be challenging himself (along with some of his students) to the Lake District 24 Peaks Challenge on 16th



Madoya School of Hope life skills session.

July. Please support them all if you can. They can both be found on JustGiving.com.

We are busy recruiting for our Welsh Three Peaks Team Challenge on 29th June. If you would like to enter a team of 5, please get in touch. Alternatively, if you'd like to carry out your own challenge to raise money for our School of Hope project, raising money for our unique after school study clubs based in Kenya and Tanzania, then we'd love to hear from you.

COTHI GARDENERS

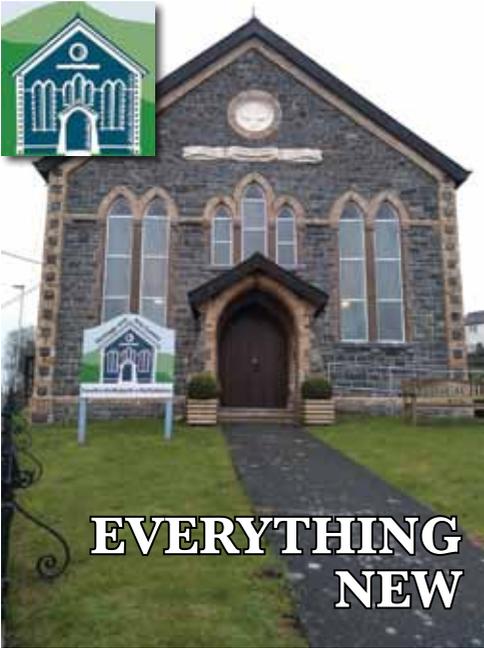
On May 15th we'll be welcoming Stephen Lloyd to our monthly meeting for something a little different from our usual topics.

After starting as a general 'pot-washer' back in the 1980's, Stephen is now head gardener at Hergest Croft Gardens in Kington, Herefordshire, where he propagates many of the large collection of plants himself. So we are delighted that he'll be holding a Propagation workshop for us. He will bring samples of a wide range of trees, shrubs and other plants to demonstrate propagation techniques; we'll be allowed to take some of these home to try for ourselves. He anticipates there being plenty of audience participation so lots of Q and A's during the demonstration. It should be an interesting, fun and highly informative evening, all starting at 7.30pm. There will also be plants for sale, courtesy of Hergest Croft. www.hergest.co.uk/he/gardens

We are looking forward to taking part in Ceredigion Growers' Plant Fair in Pumsaint on July 7th at 10am. More details coming soon.

Cothi Gardeners meet at the Coronation Hall, Pumsaint, on the third Wednesday evening of the month, Guests and visitors welcome, £3, to include refreshments. www.cothigardeners.com

We're on Facebook too, or phone Yvonne on 01558 650870.



Llanwrtyd & District Heritage and Arts Centre are displaying a new sign in the grounds of their building.

“Over the past three years recognition of our logo, a stylised version of the Chapel building, has increased and we felt the time was right to incorporate it in our exterior signage” says Lynne Brookes, Centre Manager”. We hope it will not only attract more attention and encourage additional visitors but will become synonymous with all heritage related promotion in Llanwrtyd.”

In keeping with the ‘new’ theme the Heritage and Arts Centre is pleased to host NewStartArt who are exhibiting in both their galleries throughout May. NewStartArt are a group of five artists, Ann Page, Gorica Bulcock, Sue Reah, Val Fowler and Cecelia French who live in the Upper Towy Valley who have been friends for



many years. Their art incorporates various mediums and although their styles are very different, they all take inspiration from the beautiful surroundings.

The exhibition at the Centre will cover a broad range of subjects from landscapes, portraits, floral subjects, still life and abstract work.

In addition to the art exhibitions, the Centre provides a fascinating insight into the history of the town and surrounding area through the use of bilingual displays, interactive maps and recordings by residents of their memories through the decades.

The Heritage & Arts Centre is open Thursday to Sunday (10am – 4pm) plus bank holidays. Special arrangements can be made for groups outside of these hours. Admission free – donations welcome. Please visit www.history-arts-wales.org.uk for more details.



A new exciting business recently opened its doors in Ammanford. James started a new shop with Ammanford’s Shoppers World, called RED STAR 13.

The shop stocks from the world of POP CULTURE, COMICS, MUSIC and more!

All merchandise is reasonable priced and James is constantly expanding his range, but he needs feedback from the people within the area.

He is currently open Monday to Saturday 10.00am to 4.00pm.

Please visit his online presence at [rs13uk / RedStar 13 / Red Star 13 \(@RS13UK\)](https://www.rs13uk.com) on Twitter

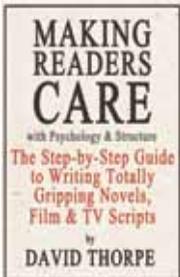


HOW TO SAVE THE WORLD – AND WRITE A NOVEL!

Local author David Thorpe is launching not one but two new books this May! The evening will also see the start of a new effort to make Llandeilo fit for the future.

Come along and hear extracts from the books, have a good discussion, and get signed copies on May 23rd 7pm in The Dragon's Garden (the fair trade shop), Rhosmaen Street.

HOW TO WRITE SUCCESSFUL STORIES



The first book is Making Readers Care with Psychology and Structure: The Step-by-Step Guide to Writing Totally Gripping Novels, Film and TV Scripts.

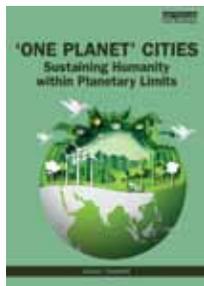
It is about how to write a 'page-turner' – a compelling story with in-depth characters that 'jump off the page'.

David says, "It comes out of my writing classes which I lead every week in Llandovery. I've

listened to my students and considered deeply how to help them think about their readers and what they want from a story – how to make them care about what they are reading so that they 'can't put it down'. I guess that's the book's unique selling point."

Packed with practical exercises, David hopes that this book will help every serious writer get the best from their efforts, whatever the story is about. It includes his 10 Steps To A First Draft system.

HOW TO SAVE THE WORLD!



The second book is quite different and much more serious. It answers the question: "How can the essential needs of the growing human population be met without breaking the Earth's already-stretched life-support system?"

"This is the culmination of my life's work and my 10th book from this publisher," says David.

"Currently we are experiencing mass extinctions of species around the world and the threat of catastrophic climate change which is threatening the ability of this beautiful planet to support us. It seems as if most people are unaware of the fantastic amount of work being done around the world to try to solve this problem."

The book details many of these brave and successful attempts. However, individually they are not sufficient. In Wales and the rest of the United Kingdom we are currently living as if we had three planet Earths to support us, not one.

"So the book proposes a framework to allow cities, towns and communities to declare an ambition to aim for an ecological footprint of 'one planet', that allows them to plan and track a path over the course of a generation," continues David. "This is in line with Welsh legislation, the Well-Being Of Future Generations Act."

The campaign will kick off in the following towns:

For #OnePlanetSwansea there is a launch in the Environment Centre, Swansea on 13 May at 7pm.

For #OnePlanetCarmarthen there is a launch in the University of Wales Trinity St David Carmarthen campus, 22nd May, 2pm, room TL05.

The #OnePlanetLlandeilo launch will be May 23rd 7pm in The Dragon's Garden, Rhosmaen Street.

Come along to any of these events to find out more! Or visit: <http://theonoplanetlife.com> or call 07901 925671.

Best wishes
David

CROQUET OPEN DAY SUNDAY 5TH MAY



Llandovery Croquet Club will be holding an open day on Sunday 5th May at the Castle Fields Bowling Green starting at 2.00pm. There will be demonstrations of the various forms of the game as well as free instruction for those who want to try for themselves.

If you wish to try croquet, now is your chance. No previous experience is necessary – all equipment is provided - you just need to wear flat shoes!

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

For further information about the Open Day or about the Club please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

ARTS AND CRAFTS IN LLANWRDA



Every third Monday of the month in the School Hall we have Louise from Forget Me Not Flowers, Llandovery, demonstrating the art of flower arranging. It's fun and we welcome newcomers. It starts at 7.30pm with refreshments and a chat.

If interested come along or for more information ring Anne, 01550 777344.

There is also a craft class on Tuesday evenings. Please contact Chris, Llanwrda Sewing Bee, at the Cafe. Tel: 01550 777800.

WASTE AMNESTIES

4th May; 13th Jul; 5th Oct; 8th Feb 2020

Most household waste can be taken along to a waste and tyre amnesty – including unwanted furniture, carpets, mattresses, electrical items such as fridge-freezers and televisions. Garden waste is also accepted.

A maximum of four domestic tyres can also be taken; however, tractor or lorry tyres will not be accepted.

The following hazardous waste items will not be accepted e.g. paint (only empty paint tins accepted), fluorescent tubes, batteries, chemicals, gas bottles, asbestos, trade waste, construction waste, agricultural waste, glass e.g. panes of glass or furniture containing glass.

Open to the public from 8.00am to 12.00pm.

Residents are advised to please separate their waste and to bring proof of address or they will be refused entry.

NATIONAL BOTANIC GARDEN OF WALES EXHIBITION



The National Botanic Garden of Wales will be exhibiting, in their Art Gallery, vibrant contemporary 'Joie De Vivre' flower inspired fabrics, wallpapers and paintings by french painter/designer Genevieve Caminade from the 13th April until 19th May 2019. Genevieve will also be exhibiting some of her paintings [more landscapes of Carmarthenshire] and 'Joie De Vivre' fabrics at the Llanwrtyd & District Heritage Arts Centre from 4th April until 28th May 2019.

Genevieve will also be teaching Drawing and Painting on certain weekends, in the Great Glass Dome at the National Botanical Garden of Wales during the spring and summer months. For more information and bookings, please look on their website, under Courses.



Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEU SANT & MANORDEILO

(all services are bilingual)

St Gwrdaf Church, Llanwrda

5 May 8.30am Holy Eucharist
12 May 8.30am Morning Prayer
19 May 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

5 May 11.00am Holy Eucharist
19 May 11.00am Holy Eucharist
26 May 11.00am Rainbow Church

Capel Dewi Sant

5 May 2.15pm Holy Eucharist
12 May 2.15pm Holy Eucharist
26 May 2.15pm Evening Prayer

St. Paul's, Manordeilo

5 May 9.30am Holy Eucharist
12 May 9.30am Holy Eucharist
19 May 9.30am Holy Eucharist
26 May 9.30am Holy Eucharist

Please contact Rev. Jeff Thomas, 01550 777758 for further information.

ST. CADOG'S, LLANGADOG

5 May 9.30am Holy Communion
12 May 9.30am Morning Prayer
19 May 9.30am Holy Communion
26 May 9.30am Morning Prayer

For further information please contact 01550 777226.

ST MICHAEL'S, TALLEY

Sunday services 11.00am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

ST SIMON & ST JUDE, LLANDEUSANT

12 May 6.00pm Evening Prayer with sermon by

26 May 2.00pm Holy Eucharist with Revds Jeff Thomas & Vanessa Hope-Bell

ST DAVID, ABERGORLECH

Sunday services at 9.30am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

5 May 10.00am Family Communion
6.00pm Holy Communion
12 May 9.30am Holy Communion
11.00am Christian Aid Service at St Michael's Cilycwm
6.00pm Evening Prayer
19 May 9.30am Holy Communion
3.00pm Civic Service
26 May 8.00am Holy Communion
9.30am Holy Communion
6.00pm Informal Evening Service

Llanfair

5 May 9.00am Cymun Bendigaid
19 May 11.00am Cymun Bendigaid

St Michael's, Myddfai

5 May 11.30am Holy Communion
12 May 11.00am Christian Aid Service at St Michael's Cilycwm
19 May 11.30am Morning Prayer
26 May 11.30am Holy Communion

Ascension Day, Thursday 30 May: joint service in St Michael's Church, Talley at 7.00pm.

For further information please contact Rev. Ian Aveson, 01550 720524.

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

1st Sun 9.30am Boreol Weddi
2nd Sun 11.00am Morning Worship
6.00pm Holy Communion
3rd Sun 9.15am Cymun Bendigaid
4th Sun 11.00am Family Communion
6.00pm Holy Communion
5th Sun 8.00am Holy Communion
11.00am Morning Worship
6.00pm Holy Communion

Evening Prayer and Compline alternate

months: *Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

St John's Maestelo

1st Sun 9.45am Holy Communion
2nd Sun 9.45am Holy Communion
3rd Sun 9.45am Morning Prayer
4th Sun 9.45am Morning Prayer

Holy Trinity Taliaris

2nd Sun 9.45am Holy Communion
4th Sun 9.45am Holy Communion

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandoverly.

Phone: 01550 777149

Sun 10.30am Family Praise & Worship
Sun 6.00pm Bible Workshop – Teenagers

ALL SAINTS GWYNFE

5 May 11.15am Eucharist
12 May 11.15am Morning Prayer
19 May 11.15am Morning Prayer
26 May No Service

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysones4940@hotmail.co.uk.

Sun 10.30am Praise and Communion
5.00pm Gospel Service, including Explorer's Club

Thurs 7.00pm Prayer and Bible Study
Fri 10.30am Tea and Tots (Term Time)

THE CRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cyngordy (Llanfair-ar-y-bryn)

5 May 2.30pm Holy Communion
12 May 11.00am Christian Aid Service, Cilycwm

19 May 2.30pm Evening Prayer
26 May 2.30pm Holy Communion

For further information please contact Mrs.-Ann McKnight. Tel: 01550 721109.

St. Barnabas Church, Rhandirmwyn

5 May 9.30am Holy Communion
12 May 11.00am Christian Aid Service, Cilycwm

19 May 9.30am Morning Prayer
26 May 9.30am Holy Communion

For further information please contact Ann McKnight. Tel: 01550 721109.

St. Michael's, Cilycwm

5 May 11.15am Holy Communion
12 May 11.00am Christian Aid Service
19 May 11.15am Morning Prayer
26 May 11.15am Holy Communion

For further information please contact Ann McKnight. Tel: 01550 721109.

BAPTIST CHAPEL

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

10.30am Welsh Service.

TY'R BUGAIL

on Sundays

2.30pm for Tea, Coffee and light lunch
3.00pm for rural chaplaincy service at Ty'r Bugail, 4 Market Square, Llandoverly SA20 0AA. Tel: 07748 644958.

www.ygrwp.com

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

ST SAWYL, LLANSAWEL

Services on the 1st and 3rd Sundays of the month at 11.00am

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday
Golden Grove – 2nd and 4th Sunday
Llanfynydd – 2nd and 4th Sunday
Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.
Carmel every Sunday at 9.30a.m.
5th Sunday of the month services are rotated between the above churches

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church
Christchurch, The Court, Lant Avenue,
Llandrindod Wells, Powys.
Saturdays 2.30pm to 4.30pm
Sabbath School Service 2.30pm
Divine Service 3.00 pm

All Are Welcome. God bless.
Enquiries: 01597 824732/01982 553959.

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday (bilingual)

Holy Trinity, Pontargothi 9.45.a.m. every Sunday (English)

Llanegwad 11.00.a.m., 2nd, 3rd and 4th Sunday (bilingual)

St. John's, Felingwm 2.00.p.m. 2nd, 3rd and 4th Sunday (Welsh)

5th Sunday of the month services are at 10.30.a.m. and rotate between the above Churches.

QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488
Sun 10.45am Canolfan Steffan,

Peterwell Terrace, Lampeter SA48 7BX.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study
11.00am Worship

Ladies Service

2nd Tuesday of each month, 2.30pm.

21 Apr 11.00am Easter Celebration.
Refreshments following.

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

OUR LADY'S R.C., LLANDOVERY

College View, SA20 OBD
Served from Lampeter
Vigil mass of Sunday, Saturday 5.00pm
Parish Priest, Fr Keith Evans
Tel. 01570 421003, Mob: 07896 762786
Email: davidkeithevans@hotmail.co.uk

ST MICHAEL'S CHURCH, LLANFIHANGEL, RHOS Y CORN, NEAR GWERNOGLE

Service on the 1st Sunday at 2.30pm followed by tea and the 3rd Sunday at 9.00am.

Pilgrim Service on 2nd Wednesday of the month at 6.00pm.

For further information contact Focal Minister Roger Nock 01267 202347 or see our Facebook page.

RIVERS COMMUNITY CHURCH

Our Service time is at 5.00pm on a Sunday and we meet at The Hangout, Llandello. We also have a Life group on Thursday evenings.

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

FRIENDS OF LLANDOVERY CHOIR MONTHLY DRAW RESULTS

March

1. Joyce Davies
2. Angharad Bennett
3. Julian Gray
4. Angela Davies
5. Eifion Evans
6. Dyfed Lewis
7. Helen Thomas

April

1. Paul Williams
2. Frances Chandler
3. Eirlys Faulkner
4. Richard thomas
5. Roland Griffiths
6. Beryl Morgan
7. Dylan Morgan

LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday 27th March at Vicar Pritchard Hall.

Chairperson opened the meeting by welcoming everybody with a prayer.

Chairperson introduced Emma and Nigel (paramedic's) from Llandovery Ambulance Service, Emma and Nigel gave a talk and demonstration on the mannequin, on how they use the mannequin to practice procedures and different apparatus to maintain airways. It was a very interesting talk and demonstration.

Nigel thanked the Club for their £100.00 donation of the mannequin. Chairperson thanked Emma and Nigel for attending the meeting.

Refreshments were then served and members able to socialize.

Chairperson then informed the Club that due to low numbers for Owen Money Pantomime, for members to make their own arrangements.

Names still being taken for the River Tour cruise in May.

Tea at the Croquet Club will now be held on July 24th instead of July 31st as it clashes with Llandovery Floral Art strawberry tea.

Next month the older people's Commissioner for Wales will be attending to give a talk.

Phyll Carew Jones who is a member of the club sent her apologies and our thoughts are with her at the loss of her husband Edgar.

Thoughts were sent to Stella Carmichael who has suffered a nasty fall.

Minutes read and signed.

Members Present 30.

Apologies 8.

Raffle was drawn £46 raised.

Meeting was drawn to a close.

Angela Jackson – Kenyon

READERS' SALES & WANTS

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

FOR SALE

- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Ladies Bike**: Apollo Transition with Shimano gears, used twice, £150 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Honda 4 stroke trimmer** with brushcutter attachments. Engine needs some TLC. £20. Tel: 07831 893389 (Llanwrda).
- **Honda 4 stroke mower**, Mountfield body. Runs well. 18" cut. Tel: 07831 893389 (Llanwrda).
- **Old Jonsereds chainsaw**. Would work with TLC. £5.00. Tel: 07831 893389 (Llanwrda).
- **Brick net for Arctic trailer**. 50' X 13'. 1.5" mesh. Can be cut to accommodate smaller sizes, £20.00. Tel: 07831 893389 (Llanwrda).
- **2no. 6m X 100m double-walled drainage pipes with connector**. Unused. £20.00 pair. Tel: 07831 893389 (Llanwrda).
- **2 double glazed hard wood casement windows**. 65" X 27". £20.00 pair. Tel: 01558 650534.
- **Sickle**. In good condition, £7. Tel: 07761 107055.
- **Bench Pipe vice**, £8. Tel: 07761 107055.
- **2 Trailer wheels**. Tyre size 145/80R19 with 4ins PCD, £20. Tel: 07761 107055.
- **Dual ball and jaw hitch (heavy duty)**, £22. Tel: 07761 107055.
- **2 x Twin brass wall lights**, £5. Tel: 07761 107055.
- **4 china pot plant holders**, £2 each. Tel: 07761 107055.
- **Saucepan stand**. Chrome finish. 5 sections. As new, £6. Tel: 07761 107055.
- **Cordon bleu Cookery Course** consisting of 72 parts in 4 box files, £12. Tel: 07761 107055.
- **Lined Curtains**, 72ins long x 1 width Cream with Red Flowers, £10. Tel: 07761 107055.
- **Lined Curtains**, Sanderson Floral 90ins long x 1 1/4 width, £12. Tel: 07761 107055.
- **VW T5 campervan**, 2006, professional conversion 2007, 89000 miles, two berth, fully equipped, lifting roof. £12250 ono. Tel: 01558 685802.
- **Grey THULE EVOLUTION 100 car/van top box**. £35. Tel: 07443 044833.
- **GTECH SW22 Cordless carpet cleaner**. £20. Tel: 07443 044833.
- **Mobile calor gas heater** (DeLonghi Quattro Plus), £30. Tel: 07950 141571.
- **Screwfix plastic loft water tank**, 25 gallon – hardly used. *Tank only/not fitting kit. £18.00 ono. Tel 01558 685553/07890 120123.
- **Painted wooden bedside cabinet with drawer and cupboard**, brass fittings ideal for up-cycling, £10. Tel: 01874 658262.
- **Tall wooden plant display stand suitable trailing plants**, £25. Tel: 01874 658262.
- **Large cream ceramic table lamp with shade**, £15. Tel: 01874 658262.
- **Large desk suitable for computer/student**, 3 Drawers down one side, metal frame comes apart of easy of moving, £25. Tel: 01874 658262.
- **Black office swivel chair**, adjustable, £10. Tel: 01874 658262.
- **1 Pr Curtains Lined with Swags & tails**, to fit 5'5" wide x 7'8" drop Tulip pattern professionally made. Navy Blue, Maroon, Green in colour £50. Tel: 01874 658262.
- **Classic Bike magazines**. March 2015 to May 2017. 25 Issues. Immaculate condition. Cover price £4.10 to £4.20 (total £104.90). Read once. Half still in wrappers. Offers considered. Tel 01550 721197.

- **Catalytic Converter and stainless steel exhaust** (unused) for Citroen Berlingo Espace/van. Tel 01550 721197.
- **Renault Megane Sports Tourer**. £895 after 13 yrs local ownership. Silver, 5 door Estate, low mileage, long M.O.T, Renault maintained. Tel: 01550 721951.
- **Garden swing** with slide, £80 ono. Tel: 07729 946179.
- **Renault Clio Dynamique**, petrol 16v 1149cc, 05 reg, Mot until Jan 2020, 96883 miles, silver, some clutch slip, hence price £250. Tel: 01550 720620.
- **Ford Transit bulkhead**, top condition, from 2010 long wheel base.,£75 also two wheels with tyres, £20 each. Tel: 01550 938367 or 07562 372000.
- **Polytank cold water storage tank**, 15 gals. including ball cock and some fittings, VGC, £45. Tel: 01550 740245.
- **For the petrol head**. 30 copies of the "Automobile" the Veteran, Vintage and Classic car magazine. Price donation to my nominated charity. Tel: 01558 823188.
- **73 copies of the American magazine "Model Railroader"** suit model 00 enthusiast. Price donation to my nominated charity. Tel: 01558 823188.
- **Brown leather corner sofa**, £50. Tel: 01550 721005 / 07855 176981.

WANTED

- **Defynnog / Sennybridge area**; 1 or 2 bed property preferred but anything considered, with parking and small garden/yard, to rent by retired lady. Excellent references. Please tel. 07534 225758 [Immediate tenancy or can wait].
- **House in Countryside Setting**. Detached, self-contained accommodation for artist and writer couple. Rural or semi-rural with garden/outbuilding if possible. Rent or barter. Also considered: Large house and annexe w/o wifi. Current let 18 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Rural Respite Care and/or accommodation (self-contained)**. Please telephone: 01550 721197.
- **Various Help Wanted**. Hourly pay or barter for P.A. Home-help. Advocacy. Driver. Care Giver. Also Rural Respite Care Accommodation (nature/animal sanctuary or Centre acceptable). Quiet, friendly vegan client. Leave message > 01550 721197.
- **Second-hand Books**. Do come and visit our new second hand Bookshop re-located in the Old Kitchen (Y Gegin) - off the courtyard at Newton House. Good quality, saleable books always required for the Bookshop in our larger premises. Any subject, fiction or non-fiction, adults' or children's very gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.

MERCHED Y WAWR

Ar y 10fed o Ebrill cafwyd Noson ysgafn ddi-ddorol ac addysgiadol yng ngwmni David Thorn yn trafod tarddiad enwau lleoedd au hystyr.

BYDD Y CYFARFOD NESAF AR FAI 8FED

Yr aelodau i gyfarfod ym maes parcio y Rheilffordd am 1.30 cyn ein hymwelriad ar ganolfan Treftadaeth yn Llanwrtyd a chael cwmni Susan ac Anwen Price cyn mynd am de prynhawn yny Sosban Fach.

Rhifau cysylltu Enid 01550 720557 Evelyn 01550 720368

Events

These details have been prepared by
The Post and are believed to be correct,
but do check for any changes.
For a free listing of your event contact
PostDatum on 01550 721225.

1 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargoithi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilylpickering@aol.com

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

The Ramblers – Gwynfe: A circular walk in the Gwynfe area following paths, lanes and open moorland. Dist.5.5 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep.1.00pm on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

Cwmdu Smallholders. The group for smallholders will be meeting in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Linda Tame on 01558 685056 or Talley and Cwmdu Smallholders on Facebook.

Art Class: A new class will start with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

2 MAY:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

Cymdeithas Cwmdu. A brief meeting in the Cwmdu Inn at 7pm to discuss plans for the month ahead, particularly the Cwmdu Beer Festival on Saturday, May 4. This will follow the erection of the tents in the field during the afternoon – volunteers welcome! More volunteers are needed for

manning the bars and food stalls, traffic control etc during the festival – please see time slots displayed in shop & bar. **MINDFULNESS YOGA,** evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

IT'S FUN TO SING WITH 'TYWI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Susan Martin – The Natural Dye Garden organised by Llandeilo and District Gardening club who meet on the first Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella@rhydgoch.co.uk

Conversational French, Four week Tuition class [subject to renewal] avec Amelie, Thursday in Talley, near Llandeilo. Bookings and info. Email: amelie.vivelafrance@gmail.com

3 MAY:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Llandovery Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandovery SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.uk

Cwmdu Folk Night. A live music session in the Cwmdu Inn. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

4 MAY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llanwrtyd Wells Farmers and Craft Market at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs, jams, fudge, cakes as well as items made by

local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email flyinggoosequilting@gmail.com.

Cwmdu Beer Festival. One day festival in the beer garden and field at The Cwmdu Inn from 12 noon till 12 midnight on the Saturday of the Bank Holiday weekend. Free entry. More than 25 beers from 9 Welsh breweries; food and live music all day. For more details, please see the article elsewhere in this magazine. For more details, please contact the shop/pub on 01558 685156.

JAM JAR BLUES at The Bear with rooms, Market Square, Llandovery on Saturday, May 4th, 7.30 p.m. start. Call to book a table to dine 01550 720728 or 01550 721777. Or just drop in to hear the music.

Carmarthenshire Council Waste Amnesties in Llandovery Livestock Mart, 8.00am – 12.00 noon. Most household waste can be taken along to a waste and tyre amnesty – including unwanted furniture, carpets, mattresses, electrical items such as fridge-freezers and televisions. Garden waste is also accepted. Residents are advised to please separate their waste and to bring proof of address or they will be refused entry.

5 MAY:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Litter Picking Brecon, 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

Llandovery Croquet and Bowls Club – Open Day - Free Croquet at the Castle Car Park bowling green from 2.00pm beginners welcome, refreshments available.

The Ramblers – Talley: Lanes and fields. Then a ridge walk with views of the lakes and abbey. Dist. 4.5 miles. Energetic. Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 11.30am on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

The Ramblers – Beacons Way 2: Herbert's Quarry to Tafarn y Carreg via Carreg y Ogor and Fan Hir. Dist. 12 miles. Energetic. Linear Explorer Map: OL12 Meeting point: Llangadog Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Carwyn W Mob. 07896 714334.

Cwmdu. Sunday afternoon teas will be served from 2pm till 4pm in the Cwmdu Inn, following the clearing up from the

previous day's Beer Festival (volunteers welcome from 10am for taking down tents etc!)

Wildlife Trust South & West Wales – Dawn Chorus in Castle Woods Nature Reserve with Neil Matthew. Meet at Llandeilo Bridge (SN628220) at 4.30am

Get Growing at Llandeusant Hall. Spring Plant 'sale and swap' at Llandeusant Hall, 11.00 – 4.00pm. Looking for something different to grow this year? Llandeusant community are holding a plant sale and swap, to raise money for the upkeep of the Community Hall. Bring your plants or seedlings with you to swap or donate for sale! Home produce and refreshments will also be available in the hall.

6 MAY:

Language classes: Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

Gosen Chapel Cynghordy. There will be a May Day celebration starting at 10.00am with the crowning of the May Queen followed by Maypole dancing to the folk band DiEnw. At around 10.40am there will be a procession to the vestry for a late breakfast of all sorts of goodies with tea and coffee. Any children who would like to carry May garlands in the procession will be most welcome. Well behaved dogs can join us too! No charge, but donations to support the Llandovery Folk Dancers.

7 MAY:

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

FELINDRE SAWDDE COMMONERS AND COURT LEET, at 7.00 p.m. in the YMCA Hall, Llangadog.

Welsh Awareness evening to start the Welsh for Beginners classes in the Tutor Centre, Llanwrda Village School, 6.30 - 8.30pm. All welcome, no charge. Please ring to book: 01550 777701.

CHAIR YOGA in LLANDOVERY for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

8 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargoithi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

The Ramblers – Black Mountain 1: At the foot of the Black Mountain. A walk on mostly very quiet country lanes with fine views of the Western Beacons and vistas of the valley below. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Herbert's Quarry viewpoint. Dep. 11.00am on by car,

organised by Dinefwr Ramblers. Parking is very restricted. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

Pilgrim Service at Llanfihangel Rhos y Corn – at 6.00pm at St Michael's Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation. Info. Roger Nock on 01267 202347.

9 MAY:

NAAFI Morning at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

Dinefwr Photographic Society: Speaker, Tim Knifton on Urban landscapes, meeting at the White Hart Llandeilo on the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Cwmdu Classic Club. A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please shop/pub on 01558 685156.

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

Dinefwr Photographic Society: Speaker, Tim Knifton on Urban landscapes. Meeting at the White Hart Llandeilo on the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

IT'S FUN TO SING WITH 'TYWI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Coffee Morning at The Old School, Capel Dewi in the company of Nantgaredig School pupils. 10.00am - Noon. Admission of £2 includes tea/coffee and raffle.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

10 MAY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Llangatf Church Coffee Morning, 10.00am to 12.00 noon. Cake stall, raffle, lucky dip. Tickets: £2.00

11 MAY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

The Ramblers – Pembrokeshire Walk 1: Starting at Tregwynt Woollen Mill this walk passes a historic cottage to join the Coast Path to Pwll Crochan before turning inland to return on quiet paths. Dist.7 miles. Energetic. Map OL36 Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Quiz Night in Crugybar Village Hall with Mike and Dave at 7.30pm. Admission £2. Spot prizes. Tea and coffee available at half time otherwise bring your own favourite tipples and nibbles, and your friends.

12 MAY:

The Ramblers – Pembrokeshire Walk 2: Solva to Broadhaven - another dramatic section of the Pembrokeshire Coast Path. Dist. 11 miles. Energetic.Linear. Explorer Map: OL35 Meeting point: Solva Harbour car park. Dep.10.00am. Poss charge, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

Cwmdu. There will be a morning service in Providence Chapel at 10.30am.

Cwmdu Inn. Sunday afternoon tea will be available from 2pm – 4pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

Wildlife Trust South & West Wales – Exploring the woodlands and meadows of Carmel National Nature Reserve with Mat Ridley, Coed Cymru Officer. Meet in the Reserve Car Park on A476 (SN590157) at 2.00pm

13 MAY:

NAAFI Morning at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 717736.

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

Llanwrda and Llansadwrn Countrywomen meeting at 7.30pm in the Reading Room Llansadwrn presentation by Brian Richards on the Penllergaer Valley Woods

14 MAY:

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

CHAIR YOGA in LLANDOVERY for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

The Arts Society Lecture by Nicola Moorby will be - The Great British Paint Off - Constable v Turner. Lectures are held in Theatr Brycheiniog on the second Tuesday of the month at 2.30 p.m. Further information contact Membership Secretary, Dr. Caroline Boorer on 01550 720014. All welcome. Tickets £8.00 on the day for non-members.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

15 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

The Ramblers – Saron: A pleasant walk on country roads, lanes and across fields. Dist. 5 miles. Moderate Explorer Map: 178 Meeting point: Llandybie Railway Station. Dep 12.30pm on by car, organised by Dinefwr Ramblers. Leaders: Wendy Squires Tel. 01269 594415 Mob. 07969 639416.

The Artists Palette with Jonathan Lloyd Davies organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

MINDFULNESS YOGA, evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

Stephen Lloyd from Hergest Croft Gardens will hold a Propagation workshop at Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW. 7.30pm. Guests most welcome, £3 which includes refreshments.

16 MAY:

Dinefwr Photographic Society: Evening out photo challenge, practical session bring your camera and take the challenge. Help from fellow members on hand, meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or

call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

'Gourmet Dinner' – three course meal & glass of wine at The Royal Oak Inn, Rhandirmwyn at 7.30pm in aid of St Barnabas Church, Rhandirmwyn. All are welcome. Tickets: £20.00 each available from Chris & Julie at The Royal Oak 01550 760201.

IT'S FUN TO SING WITH 'TYWI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

17 MAY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Open-mic night featuring Richard Keene and friends. Sexton Arms, Llansadwrn from 7.00pm onwards. All welcome - bring your poetry, instruments or song. Free entry. Ring Rod for more information 01550 777701.

FOLK DANCING - Keith Lascelles – Llanwrda Hall, Llandovery SA19 8HD £5 incl.refreshments. 7.30pm – 10.30pm Will suit beginners and experienced dancers. Come on your own or with partner/family and be assured of a warm welcome. For further information: www.llandoveryfolkdancing.co.uk www.facebook.com/llandoveryfolkdancing or Jean 01550 720483.

18 MAY:

LLANSAWEL MARKET - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: twmdavis@gmail.com

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Dolwen Field Project, Llanwrtyd Wells. Collection of good-condition unwanted items suitable for selling in pop-up charity shop (books, toys, household bric-a-brac etc.) from 11am - 12 noon in lay-by in Cefn Gorwedd road opposite entrance to the field/playground. For more information, telephone David on 01591 610014.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

THE RAMBLERS – WALES COAST PATH FESTIVAL: Details for booking places on walks starting at Burry Port that are being provided by Dinefwr Ramblers will be found on the website www.dinefwrramblers.org.uk

Plant Fair at The Old School, Capel Dewi. 10.00am - Noon. Free admission. Tables available to hire to sell garden produce.

Plant Sale organised by Capel Dewi Community Association, 10.00am to 12.00 noon at The Old School, Capel Dewi SA32 8AD. Tables: £5. Tel: 0790068140.

19 MAY:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Trecastle Farmers market, Sunday afternoon, 1 until 4. Trecastle Community Centre, on the A40 at the west end of the village, near the Antiques Centre. Local produce and craft stalls, fresh bread from Talgarth Mill, community cafe for afternoon tea and home made cake. Free entry. Details of stall can be found on our Facebook pages.

Cwmdu Plant and Seed Swap. In the streamside garden of the Cwmdu Inn on Sunday from 10.00am – 2.00pm. Tea, coffee and cakes will be served throughout. For more details, please see the article elsewhere in this magazine.

SHANE DAVIES MEMORIAL TRACTOR ROAD RUN – starts from Ysgol Dolafon School, Llanwrtyd Wells LD54RA. Registration from 8.00am – starting at 10.00am. Lunch available on route. Any age tractor, quad, 4x4 or road vehicle. Must be road worthy and insured. Entry £10 per vehicle. All profits go to Ysgol Dolafon Primary School. For more information contact Jim Davies: 07867 498127 or 01591 610416.

Trip by car to Glanusk Estate Fayre and NGS open Garden organised by Llangadog Gardening Club. Enquiries to Helen 01550 779074.

The Ramblers – Castlemartin MOD Range: Restricted number of walkers. Details to be shown on web site when available. Dist. 6+ miles. Moderate. Map OL36 Meeting point: Llandeilo Railway Station. Dep. 8.00am on by car, organised by Dinefwr Ramblers. Contact: Alcwyn 07969 646115.

20 MAY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

21 MAY:

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

CHAIR YOGA in LLANDOVERY for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

Babel Ladies Guild Summer Trip to National Trust's Powys Castle. For more information, contact Lesley Markham tel: 07944 544267.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

The White Cattle of Dynefor with Sarah Jones organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

22 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

MINDFULNESS YOGA, evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

Wellbeing Day, 10:00 am – 4:00 pm. Allow yourself the time to retreat, to nurture your soul and tap in to all of your senses. Kinda Village in conjunction with Ceredigion Complementary Therapy & Wellbeing Services warmly welcome you to a wonderful holistic experience within the beautiful, idyllic grounds of Kinda Village. Experience the many wonderful therapies on offer to include crystal healing, sound healing, mindfulness, Rahanni celestial healing, angelic reiki, Usui reiki, aromatherapy, reflexology and massage. Vegetarian lunch included. Booking essential: kindavillage.org/events/event/ 01559 395253 admin@kindavillage.org

The Ramblers – Pontyates: Walking towards Kidwelly, tracks and fields then alongside the Gwendraeth Canal. Possible sighting of hares. Dist. 5 miles. Easy/Moderate Explorer Map: 178 Meeting point: Leekes car park. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Kevin Gutteridge Mob. 07773 363000.

23 MAY:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

IT'S FUN TO SING WITH 'TYWI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Eifryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Llandoverly Garden Club will be taking a coach trip to Treberfydd Walled Garden, Brecon, Powys.

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

How to save the world – and write a novel! Books and campaign launch by David Thorpe at The Dragon's Garden (the fair trade shop), Rhosmaen Street, Llandeilo, 7.00pm. See article in this issue.

24 MAY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

25 MAY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llandeilo Antiques and Vintage Monthly Fair at the Civic Hall, Llandeilo. Homemade snacks and refreshments will be available at the fair. Doors open at 10.00am and close at 4.00pm. Admission is just £1.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Car Boot Sale at Glangwili Hospital Car Park, 8.00am – 12.00pm. No need to book, just come along. Entrance fee: £5 per car / £10 per van. All proceeds from entrance

fees to donated to Cardiac Rehabilitation Department. www.calonplus.co.uk

The Ramblers – Heart of Wales Line Trail 2: From Pontardulais station the walk follows St Iltyd's Trail up onto Graig Fawr. After Graig Fawr the trail goes across fields to Pantyffynon and urban walking to Ammanford. Dist. 9.5 miles. Moderate Rail ramble. Linear Explorer Map: 178 Meeting point: Llandeilo Railway Station to catch the 8.08am train, organised by Dinefwr Ramblers. Leader: Wendy & Alcwyn Squires Tel. 01269 594415 Mob. 07969 646115.

26 MAY:

Cwmdu. There will be an afternoon service in Providence Chapel at 2.00pm.

Cwmdu Inn. Sunday afternoon tea will be available from 2pm – 4pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

The Ramblers – Beacons Way 3: Tafarn y Carreg to Storey Arms. From the quarries above Glyn Tawe, onwards via the Fan Llia ridge and around the horseshoe to the Storey Arms. A tough but varied walk. Dist. 14 miles. Strenuous. Linear Explorer Map: OL12 + OL13 Meeting point: Llandoverly Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

27 MAY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

Welsh Open Stone-Skimming Championships, Abernant Lake, Llanwrtyd Wells starting at 10.30am. Lots of categories including juniors, open to anyone wanting to have-a-go, entry £5. Stones provided or bring your own. For more information see www.green-events.co.uk or telephone 01591 610236/610666.

Cwmdu Boat Race Day. The annual event is on Bank Holiday Monday from 2pm. The bar will be open at 1.00pm and tea and cakes will be on sale after the races. Sponsor forms for the boats will be available in the shop and pub before the day. For more details, please see the article elsewhere in this magazine.

28 MAY:

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

Whist drive at 7.30pm in the Church Hall at Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. Info 01267 202305.

CHAIR YOGA in LLANDOVERY for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

29 MAY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

Myddfai Farmers Market at Myddfai Hall 9.00am – 1.00pm Come along for a great range of quality local produce, #support local. Café and gift shop open too. Tel 01550 720449 www.myddfai.org

MINDFULNESS YOGA, evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

BOHEMIAN RHAPSODY (12a) – Biography/Drama/Music. This is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie leads the band in one of the greatest performances in the history of rock music. Doors Open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 0DS. For further details contact Terry on 01550 720258.

River Tawe Cruise organised by Llandovery Friendship Club. Tel: 01550 720056 for further info.

The Ramblers – Carmel Nature Reserve: A lovely grassland reserve managed by the Wildlife Trust, with woods, old quarries, limekilns and a turlough lake. The path is rough in places and can be muddy. Anyone wishing to have an easier 2 mile walk can cut out halfway round, avoiding a steep downhill section and a mile of lane walking. Dist. 5 miles. Moderate Explorer Map: 178 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Ros B Tel. 01558 823542 Mob. 07976 631083.

30 MAY:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

Dinefwr Photographic Society: Review of last meetings photo challenge and a look back at the NBGW exhibition.

Meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

31 MAY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandeilo Country Market. Open every Friday between 8:30am and 12:30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Sinema Sadwrn has a multi-award winning Chilean film this month: A Fantastic Woman. Somewhere in Santiago at a dimly-lit nightclub, Orlando, the kindly and well-off owner of a textile company, locks eyes with Marina, a hopeful singer and the roughly half-his-age love of his life. But, unfortunately, after Marina's birthday celebration and a night of passion, Orlando falls gravely ill and, by the following morning, he dies in hospital. In the wake of her companion's untimely death, Marina realises that, from now on, everything is brought into question: her involvement in Orlando's death, their unconventional relationship; and above all, her right to mourn her beloved deceased. Certificate 15, running time: 1 hour 42 minutes. Film showing at Llansadwrn Reading Room. Doors at 7.00pm, programme starts at 7.15pm. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

JAM JAR BLUES at "Lazzmatazz", festival of music, performance poetry and literature, The Castle, Llandovery, May 31st to June 2nd. Our spot is on Friday May 31st, from 10.15 p.m.

1 JUNE:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

JAM JAR BLUES, once again, at The Bear with rooms, Market Square, Llandovery on Saturday, May 4th, 7.30 p.m. start. Call to book a table to dine 01550 720728 or 01550 721777. Or just drop in to hear the best of Blues music.

The Ramblers – Heart of Wales Line Trail 3: Ammanford to Llandeilo. Passing through Llandybie, Llandyfan and Carreg Cennen before following paths to Llandeilo - passing signs of local industrial heritage before reaching the farming landscape of the Tywi valley. Rail ramble. Linear Dist. 9.5 miles. Moderate/Energetic Explorer Map: 178/186 Meeting point: Ammanford Railway Station. Dep. TBC (see website), organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07764 33921.

2 JUNE:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Litter Picking Brecon, 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

3 JUNE:

Language classes: Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilypickering@aol.com

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

4 JUNE:

LLANDEILO BOWLING CLUB. Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

CHAIR YOGA in LLANDOVERY for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

5 JUNE:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilypickering@aol.com

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

ROD n SALLY'S FUN PUB QUIZ. Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

MINDFULNESS YOGA, evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

Annual Meeting of Capel Dewi Community Association at The Old School, 7.00pm

The Ramblers – South of Abergolech: A Cothi valley walk with scenic countryside and river views plus historic village features. Dist. 5 miles. Easy/Moderate Explorer Map: 186 Meeting Point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

6 JUNE:

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Louise Austin – Progress at Twyi Gateway and the Bishop's Palace organised by Llandeilo and District Gardening club who meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella at rhydgoch.co.uk

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

7 JUNE:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandoverly Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandoverly SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.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. *06/19(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 *04/19(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 *11/19(12)*

BOOKS, RECORDS, CDs

A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmaman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. *07/19(6)*

BOUNCY CASTLE HIRE

PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS. Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. *04/19(6)*

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. *06/19(12)*

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. *09/19(6)*

BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com *12/19(12)*

CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. *05/19(12)*

CLEANING SERVICES

A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. *08/19(12)*

HOME HELP, has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824798. *05/19(6)*

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IIHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 19 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. *03/20(12)*

COPYING AND PRINTING SERVICES

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



COUNSELLING

COUNSELLOR: Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk 04/20(12)

CURTAINS & COVERS

CURTAINS & COVERS and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale - ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale.* Tel. Sally 01558 668102. 09/19(12)

DOG TRAINING

BMC ACADEMY DOG TRAINING: Llansawel Village Hall. SA19. Kennel Club dog training classes, Puppy Class, Bronze to Gold Good Citizen classes & Assessments, Heelwork to Music and Rally Obedience. Monday morning & evening, Wednesday morning & afternoon. Workshops with Guest Trainers throughout the Year. Work towards competition standards or just come and have fun! Contact Kathleen Stubbings on 01558 685858, 07522 984094 or email: dogdancingltd@gmail.com 05/20(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. 10/19(6)

J. FRANCIS TRYDANWR/ELECTRICIAN, all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 06/19(12)

FAMILY HISTORY

ELISSA ALDOUS-HUGHES, GENEALOGIST. Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 11/19(12)

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 04/19(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 03/20(12)

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 05/19(6)

GARDEN PURSUIT — FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 11/19(12)

LLOYD GARDEN SERVICES — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandoverly. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 08/19(6)

A & C HOME SERVICES. Grass cutting, hedge trimming, weeding etc. All general garden maintenance undertaken. Reliable service guaranteed. No job too small or messy. Call 07855 064152 to discuss your requirements. 09/19(6)

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 03/20(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 03/20(12)

LAUNDRY SERVICES

LLANDOVERLY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 06/19(6)

MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627. jerry@thetump.co.uk 04/19/6)

MASSAGE

DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE. Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 04/19/6)

SPORTS, REMEDIAL, SWEDISH MASSAGE AND OMNI HEALING, (A FORM OF REIKI). Practicing from both Llandeilo and Carmarthen. TYWI SPORTS AND REMEDIAL THERAPY. Contact Barbara Fewster 07773 164470. 05/19/6)

MEDITATION AND HEALING CIRCLE

CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas –** Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandovery Areas –** Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in Llandovery Community Centre. **Trapp/Llandeilo/Talley Areas –** Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). 07/19/6)

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 07/19/12)

PHILIP & BRIAN JOHNSTON FAMILY DECORATORS, Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. 05/19/12)

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 12/19/12)

PEST CONTROL

THE MOLE MAN. ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 06/19/12)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 08/19/6)

PHYSIOTHERAPY

ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST. Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post-surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. 05/19/12)

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. 06/19/12)

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 03/19/12)

PSYCHOTHERAPY

GETTING TO THERAPY CAN FEEL OVERWHELMING. In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandovery. Louisa Jones 02/20/12)

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind were are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk. 09/19/6)

POSTDATUM
Producers of
The Post

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. *09/19(12)*

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. *12/19(12)*

PHYSICS/FFISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. *10/19(6)*

PIANO LESSONS: Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montague on 07969 887271 or Email: info@panio.uk *02/20(12)*

NEED A TUTOR? WE CAN HELP. TUTOR CENTRE now open in the Village School, Llanwrda. We cover all subjects, all levels and all ages. Please call us for an informal conversation to discuss your requirements: 01550 777701. *09/19(6)*

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk *10/19(12)*

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. *05/19(12)*

YOGA in LLANDOVERY. YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: WEDNESDAY evenings at the YMCA 6.00pm – 7.30pm and THURSDAY mornings at the YMCA 10.30am – 12.00 noon. Beginners welcome. **Also CHAIR YOGA** for those with restricted mobility who wish to enjoy the full benefits of yoga: TUESDAY mornings: 10.15am – 11.15am at The Catholic Hall. Please check events listing for dates or phone Stephanie 01558 650534. *04/19(6)*

THE POST

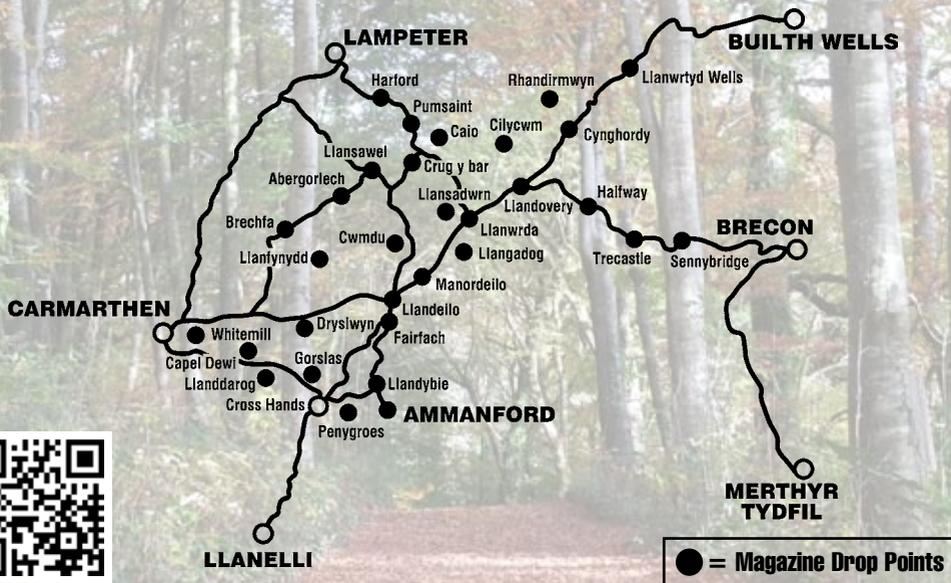
advertising

you
CAN afford

The Post

Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

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

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

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

Wed 09:00 - 17:30 (Staff available 10:30 - 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 Wed of Month, 9.00am - 1.00pm. 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'leilio. Tel: 01558 822093; Mobile: 07742 283325.

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

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

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed & Sat only

	Sat am	Wed am	Wed & Sat p.m.	
Gelli Aur/Golden Grove	8.35	9.10	Carmarthen (Bus Stn.)	1.45
Ffair-fach	8.40	9.15	Abergwili (church)	1.51
Llandeilo (Yr Hen Vic)	8.45	9.20	Nantgareidig (square)	2.04
Salem (opp. Angel Inn)	8.55	9.30	Felindre	2.16
Capel Isaac	9.05	9.40	Capel Isaac	2.38
Felindre	9.29	10.04	Salem (Angel Inn)	2.47
Nantgareidig (square) shelter	9.42	10.17	Llandeilo (Yr Hen Vic)	2.57
Abergwili (shelter)	9.54	10.29	Ffair-fach	3.02
Carmarthen (Bus Stn.)	10.01	10.36	Gelli Aur/Golden Grove	3.07

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280 S+NS	281	280
L'ldovery(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	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	11.20	12.20	13.20	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 (Shelter)	—	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'ldovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat,

except where shown:

NS: Mon to Fri only.

S: Saturdays only.

All times and other details

quoted in Noticeboard are

believed to be correct,

but no responsibility

can be accepted for any

errors or changes that

may occur.

You are advised to

check details.

Please notify The Post of

any inaccuracies

or changes.

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon:	12.00pm - 1.00pm	Recreational Public Swimming	Thur:	12.00pm - 1.00pm	Recreational Public Swimming
Mon:	1.00pm - 2.00pm	Family/Lane Swimming	Thur:	1.00pm - 2.00pm	Family/Lane Swimming
Mon:	2.00pm - 3.00pm	Disabled Session	Thur:	2.00pm - 3.55pm	Private Booking
Mon:	4.00pm - 5.00pm	Junior Rookie Lifeguard	Thur:	3.55pm - 6.00pm	Lessons only
Mon:	5.00pm - 6.00pm	Recreational Public Swimming	Thur:	6.00pm - 7.00pm	Family/Lane Swimming
Mon:	6.00pm - 7.30pm	Family/Lane Swimming	Thur:	7.00pm - 8.00pm	Canoe Club
Tues:	12.00pm - 1.00pm	Recreational Public Swimming	Fri:	7.30am - 8.30am	Recreational Public Swimming
Tues:	1.00pm - 2.00pm	Family/Lane Swimming	Fri:	8.30am - 9.00am	Lane Swimming
Tues:	2.00pm - 4.00pm	Private Booking	Fri:	9.00am - 12.00pm	School Usage
Tues:	4.00pm - 5.30pm	Lessons only	Fri:	12.00pm - 1.00pm	Recreational Public Swimming
Tues:	5.30pm - 7.00pm	Recreational Public Swimming	Fri:	1.00pm - 2.30pm	Family/Lane Swimming
Tues:	7.00pm - 8.00pm	Canoe Club	Fri:	2.30pm - 3.00pm	Group Splash
Wed:	7.30am - 8.30am	Recreational Public Swimming	Fri:	4.00pm - 5.30pm	Lessons only
Wed:	8.30am - 9.00am	Family/Lane Swimming	Fri:	5.30pm - 7.00pm	Recreational Public Swimming
Wed:	9.00am - 12.00am	School Usage	Sun:	9.30am - 11.00pm	Splash Lessons
Wed:	12.00pm - 1.00pm	Recreational Public Swimming	11.00pm - 12.00pm	Recreational Public Swimming	Family/Lane Swimming
Wed:	1.00pm - 2.00pm	Family/Lane Swimming			
Wed:	2.00pm - 3.55pm	Staff Training			
Wed:	3.55pm - 6.30pm	Lessons only			
Wed:	6.30pm - 7.30pm	Family/Lane Swimming			

Train Times (Timetable 09/12/18 - 18/05/19)

	Mon to Fri	Sat	Sun.
Swansea D	—	06.04 09.34 14.35 18.21	04.31 08.15 13.12 18.17 11.12 15.29
Gowerton D	—	06.15 09.45 — 18.32	04.42 09.26 13.23 18.28 11.20 15.39
Llanelli D	05.20xx	06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40 11.32 15.49
Ffairfach D	05.54x	06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x 12.08x 16.27x
Llandeilo D	05.59	07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19 12.13 16.32
Llangadog D	06.08	07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28 12.22 16.42
Llanwrda D	06.12	07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32 12.26 16.46
Llandovery A	06.22	07.28 10.56 15.54 19.43	05.51 10.37 14.35 19.41 12.35 16.54
Cynghordy D	—	07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x 12.43x 17.03x
Llanwrtyd D	—	08.08 11.21 16.24 20.11	06.16 11.05 15.01 20.08 13.00 17.20
Llandrindod D	06.18	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42 13.43 18.01
Shrewsbury A	07.57*	10.14* 13.32 18.28* 22.54	08.22 13.09 17.11 22.08 15.17 19.33
Shrewsbury D	04.49	05.56 10.09**14.05 18.24**	05.16 09.00 13.58 17.57 12.04 16.18
Llandrindod D	06.14	07.35 12.00 15.41 19.56	06.54 10.34 15.19 19.37 13.41 18.03
Llanwrtyd D	—	08.09 12.31 16.23 20.30	07.23 11.07 16.02 20.08 14.12 18.34
Cynghordy D	—	08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.17x 20.22x 14.25x 18.48x
Llandovery D	06.42	08.34 12.56 16.48 20.56	07.47 11.32 16.24 20.34 14.37 19.00
Llanwrda D	06.48x	08.40x 13.02x 16.54x 21.02x	07.53x 11.38 16.36x 20.40x 14.43x 19.06x
Llangadog D	06.52x	08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.42x 20.44x 14.47x 19.10x
Llandeilo D	07.03	08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55 14.59 19.21
Ffairfach D	07.06	08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58 15.01 19.24
Llanelli D	07.45	09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38 15.41 20.44
Swansea A	08.08	10.01**14.25 18.14 22.22*	09.22**13.01** 18.09 22.06 16.03 20.25**

www.tfwrail.wales

Tel: 03457 484 950

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

* = To Crewe

** = To Cardiff Central

x = Service stops on request

xx = Starts from Carmarthen