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Skomer Island Puffins. Credit: Mike Alexander.

LIGHTS, CAMERA, ACTION... SKOMER ISLAND LIVE!



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ALL ABOUT *The Post*

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06/20(3)

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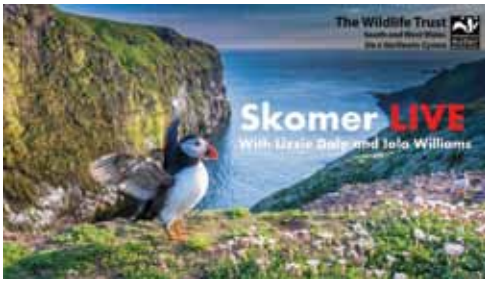
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 **Doggy Divas in Llandeilo**



07/20(6)



The Wildlife Trust of South and West Wales (WTSWW) are delighted to announce the launch of two new exciting on-line initiatives; Skomer Island Live Web Cameras and Skomer Live which is a weekly round-up series hosted by Welsh wildlife presenters Lizzie Daly and Iolo Williams.

Never before has Skomer Island been so accessible! The Wildlife Trust will control the three live web cameras which are positioned at key locations. Gina Gavigan, Marketing and Development Manager for WTSWW said, "We are absolutely thrilled to bring the wonders of Skomer Island to so many people during this difficult time using web cameras and live streaming technology. Lizzie and Iolo make a great team and we are very excited to welcome them to our WILD family for this awesome series."

Viewers can watch Seals during the morning as they haul out on Skomer's North Haven beach, Puffins, Razorbills, Guillemots, Rabbits on the cliff top during the afternoon and Manx Shearwaters at night. We warn you though, viewing can become quite addictive! Skomer Live, the series with Lizzie and Iolo will be going out at 12pm every Wednesday across the Facebook social media platforms of The Wildlife Trust of South Wales and Skomer Island and will feature guest appearances from the Skomer team, weekly challenges and highlights from islands web cameras.

Wildlife presenter Lizzie Daly said, "Skomer is a wonderful Welsh island which, at this of year is full to bursting with vast colonies of ground nesting sea

birds and migrating visitors. I am really excited to be co-producing and hosting this wonderful 'Skomer Live' series celebrating the wonderful conservation work of the Skomer Wardens and of course the wildlife!"

The new Skomer Island Live web camera project is part of a wider fundraising initiative from WTSWW. The Covid-19 situation has exacerbated what would already have been a very difficult year for the Trust. WTSWW earn nearly 50% of its income through tourism-related activities; cafes, shops, holiday accommodation and Skomer landings, and the lockdown comes at their busiest time of year which is disastrous! If you enjoy tuning into Skomer Island Live please help

WTSWW ensure that wildlife has a future in south and West Wales by making a donation however big or small. Donate at www.welshwildlife.org/support-us/

To get your Skomer Island web camera fix day or night click on the following link now: <https://www.welshwildlife.org/appeal/skomer-covid-19-appeal/>

Join Lizzie and Iolo for the Skomer Live weekly updates 2020! Go to the following Facebook pages: The Wildlife Trust of South and West Wales <https://www.facebook.com/WildlifeTrustSouthandWestWales/> or via the Skomer Island Facebook page: <https://www.facebook.com/SkomerIsland/>.

The Wildlife Trust of South and West Wales (WTSWW) would also like to thank Dragon WiFi for all their support with the web camera project.






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Llanwrda is just that – and there is much gratitude among the “lockdowners”. Our local traders have found a way to serve – from our Village Shop to Llandovery town traders and beyond. We may be in unprecedented times, but in a caring community.

Summer planting: Unable to order plants, the Llanwrda Bloomers have grown an abundance from seed for the village green and planters around the village – there are sure to be plenty of seasonal flowers to distribute, on request.

Cornwallis Trust: On 11th April, the Bloomers were to have held a car boot sale in the Old School grounds (and lovely weather it was too!!) It has now been delayed until the autumn. The Cornwallis Trust is not entirely shut down as a mindful gardener has erected a donated greenhouse on site, and is growing produce – some of which will be community bound!

Best News: Our Llandovery Cottage Hospital has returned to its full capacity of fourteen beds with nursing staff to care for all patients. Dr. Rees has stressed that public support was and still is vital to keep this important facility fully functional.

Until June, we will keep on planting and be back with more news then!

Llanwrda Bloomers

LLANEGWAD RAINFALL



Following on from rain falling on the last 18 days of February, rain fell on the first 20 days of March with no further rain in the month.

March Total: 103.5mm – 4.1/16”

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03/21(12)

CARERS GROUP UPDATE

The Llandovery Carers group continues to be accessible to all carers. People are keeping in touch by telephone.

If you are a carer who needs support or information (including befriending details etc.) during the current time, you are welcome to contact Simon (or Sandra) on 01550 721197. Best wishes to all.

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09/24(12)

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05/20(6)

NEWS FROM CWMDU



The shop and post office have continued to play a vital part in the community during these difficult times by supplying the basic grocery needs and postal services, despite a reduced number of volunteers as a result of self-isolation.

Due to the small size of the premises, only one customer is to enter at a time to ensure safe distancing for all. If you do not wish to enter the shop, remember that you may place your order in advance on 01558 685156 or email shop@cwmdu.com, for collection the following day or even later on the day of ordering. Orders for fresh bread and milk (glass bottles) should continue to be made in advance to ensure availability. We are now stocking a limited range of fresh vegetables as well as some frozen. As some supplies run short, the staff are actively looking for alternative brands or suppliers.

As from this month we are collaborating with Gardd Sadwrn - Llansadwrn Growers to provide a picking up point for their weekly veg boxes. Order a weekly £10 or £15 box of healthy seasonal veg, salads and herbs from them and you can arrange to pick it up from Cwmdu when you fetch your other shopping or use the Post Office. Please ask for details.

Opening hours are now: Tuesday - Friday 9.30am to 1.30pm as before (but could be subject to change) but we are not open on Saturdays.

Hopefully we shall be having more freedom of movement by next month and will be able to enjoy more sociable times after the lockdown. In the meantime – stay safe and healthy.

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02/21(12)



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05/20(12)

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08/20/12

FUTURE WELLBEING PROJECT

Artists, crafters, healing/wellbeing practitioners are invited to register their interest in joining a wellbeing project in Llandoverly. Also, volunteers are sought to staff a wellbeing group's fundraising, arts, crafts and wellbeing shop or market hall outlet space. Practitioners can sell their products/services and can gift a commission on sales to the project and also volunteer in the co-operatively run shop.

To potentially be a part of this community led project contact Sandra for further details (or for an email/postal address). Please telephone 01550 721197.

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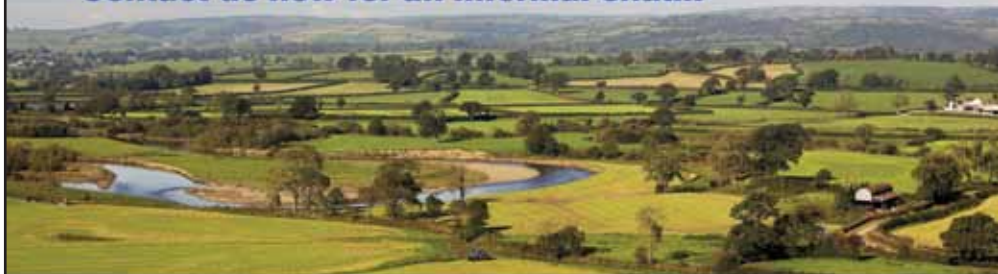
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GWYNFE NEWS & EVENTS



Coronavirus Gwynfe Support

In these strange and difficult times, 20 or so Gwynfe volunteers are offering to lend a hand to any neighbour who finds themselves isolated or anxious about venturing out. The kinds of help on offer are shopping, getting prescriptions, dog walking, transport, farm animal husbandry or providing a phone chat... or something else! You can contact John or Colin on 01550 740462, Heather on 01550 740512, or via e-mail at gwynfe_community_hall@yahoo.co.uk and we will do our best to put you in touch with a suitable volunteer. We hope you are keeping well and safe.

Gwynfe Community Association

Cefnogaeth Coronafeirws Gwynfe

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Cymdeithas Cymuned Gwynfe

One of the residents of Gwynfe is a consultant at Morrison Hospital and he has informed us that there is going to be a shortage of Personal Protective Equipment (PPE) in the coming weeks. This includes items such as

visors and masks. The mask shortage includes all types from standard surgical through to the more specialist N95 and FFP3 types.

Consequently, the hospital is asking for donations from the community of any suitable equipment they may have as similar items are sometimes used in non-medical environments such as school, industrial, building, wood-working, DIY, gardening etc. For example, the protective visors or masks that we may wear whilst operating a chain-saw or a strimmer in the garden.

If anyone has visors or masks that they are willing to donate for the hospital to use, they can be brought to Gwynfe Community Hall. There is a labelled container inside the main front door (which is never locked) and the items can be placed in that. The consultant (who lives very close to the hall) and members of the committee who live nearby will check donations on a regular basis and get them to the hospital. Please note that the items do not have to be brand-new, they can be sterilised and adapted by the hospital if they are suitable. Unfortunately, it is not possible to return any of the donated items.

Thank you in advance for your help with this.



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FOOD HUB PRESENTATION



On the 15th April Llandeilo Rotary assisted the local community at this difficult time by making a significant donation from its 2018 Co-op Community Fund to the Llandeilo Community Food Hub. The picture shows the food items purchased at Llandeilo Co-op, with Colin Jenkins (right), Llandeilo Rotary Community Officer and Richard Hughes (left) who liaises with the Co-op on behalf of Rotary.

Despite coming up with the initiative, club President Gordon Kilby was unfortunately unable to be present due to the current coronavirus restrictions. However, in commenting he said; "As Rotarians, we are pleased to be able to assist our local community at this challenging time. We are also grateful to Lynne Williams and Catrin Thomas from the Food Hub for their assistance in buying the food items and to the Co-op for its financial support through its Community Fund"

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LLANDOVERY ROTARY CLUB



If writing last months report with only 2 meetings was strange then this is positively weird. Surreal doesn't even come close. These are indeed extraordinary times. Peculiar, freakish and doubtless the most bizarre period that we will encounter in our entire lives. Who could ever have predicted that we would think it normal to see people wearing face masks walking around in Llandoverly, or our streets deserted like some ghost town from the 19th century, or our shops, cafes, bars and restaurants with doors bolted shut for weeks on end. And all because of some highly contagious virus that began in a Chinese marketplace. It sounds the stuff of fiction. But of course, we know, it isn't. It is, a killer. So all the precautions we can take, we MUST take.

Firstly, as you will have gathered we have had no meetings last month. None. The final sentence in last month's report was "As there will be no meetings next month there will be nothing to report". Well here I am with nothing to report! I also added "But don't worry, I'll make something up. Hahahahaha". Well sitting here with a blank page I wish I hadn't added "Hahahahaha" because here I am, sat in my kitchen staring into a blank screen on my iPad with two pages to fill and I'm not laughing now!

For a start, I'm not making this up. My heart goes out to Tedy the wonderful young man from Patagonia who was staying at the College and could not, because of the lockdown, get a flight and make it back home to South America. At the time of writing Tedy is still here several weeks after the College closed down due to this abhorrently cruel plague. Tedy could of course be stuck in worse places but for a young man who is such a fine ambassador for his country we sincerely hope that you make it back to your homeland safely very soon. Pob lwc Tedy. Buena surete Tedy.

Strangely, when times are really difficult, very difficult, some people come forward and lead when you least expect it. Often quiet and unassuming people come forward. This has been evident in many, many cases recently in Llandoverly, far, far too many to mention individually. As main editor of the Love Llandoverly Facebook page I see this regularly and often before anybody else before reporting it on to the general public. To see offers of great generosity, offers of selflessness and offers from people putting others before themselves is wonderfully heartwarming. As we are fully aware as Rotarians, that to be in such a position, and to be willing to help others is extremely gratifying, and very good for the soul.

Quote:- "Always do what you can, with whatever you have, wherever you are".

One who has given over HUGE amounts of time and effort in the last weeks is Carol Strevens, wife of last years Rotary President Gary. Carol has shut herself in a room at her home armed with a sewing machine and has been using her considerable skills with the said machine manufacturing face masks and other useful items that can literally save peoples lives. Husband Gary in fairness who, although lacking the skills of his dear



Carol Strevens and her sewing machine have been super busy helping to save lives making face masks for days on end. Well done Carol.

wife with the sewing machine, has still managed to play a considerable and hugely important role as a gofer and at times tailor's dummy sorry, male model! See photos. We offer sincere thanks to you Carol and Gary for your very considerable and invaluable contributions to this community. Well done both of you.

Isn't it weird that it was only a couple of months ago Llandoverly's biggest asset, our Hospital was under threat of closure. Now here we are acknowledging nationally that the National Health Service (NHS) is indeed the country's biggest asset. As a person who owes his life to the NHS I can speak confidently that the service we receive here in Llandoverly is simply second to none. NONE. The daily Updates sent to Love Llandoverly by Dr Rees and ALL at Llandoverly Surgery and Hospital have been a wonderful and welcome reassurance to local residents. Believe me, we are Blessed. While attending



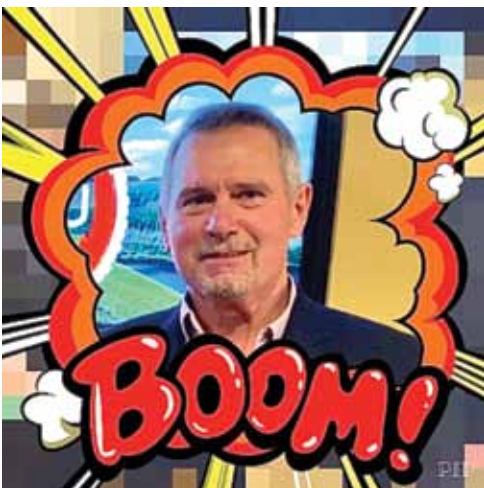
Carol's husband Gary is eerrrrrrr modelling the wonderful face masks for us. Either that or he was trying to rob me!



President Mickey is with Neil Cuthill, who with his wife Ann, are the prescription delivery and collection coordinators for A R & H Davies, Pharmacist. Well done Neil and Ann.

the surgery twice a week for the last two years I see first hand that EVERY employee there deserves the highest praise and our sincere gratitude while the often unseen work by the staff (EVERY member of staff) at Llandoverly Hospital is now being recognised nationally together with ALL key workers in the country by people on the doorsteps every Thursday evening with applause, clapping, hollering, saucepans banging, car horns, whistles and anything else that people can make a noise with to show their grateful appreciation to these people who ensure we are all cared for. And cared for very, very well. The people of Llandoverly certainly turn out and make a tremendous racket every Thursday and even the Fire Service joined in one evening with the Fire engine siren sounding as they returned from a 'shout'. We offer to every one of you our humble and grateful thanks.

The wonderful A R & H Davies Ltd Pharmacy in Llandoverly has been overrun in this difficult time and many people were unable to drop off or collect their



Next years President Alan is raring to go. BOOM!

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

prescriptions in this lockdown. Step up President Mickey who volunteered the Rotary Club to assist with this important task. As the calls to deliver became more frequent Neil Cuthill volunteered with his wife Ann to take on the task of deliveries and coordinating the job in hand delivering these vital prescriptions to those in need. Well done Neil and Ann.

It is only right that we as a Rotary Club pay credit to those that are literally keeping Llandoverly running. To ALL key workers (I simply don't know everyone) but as well as the previously mentioned Hospital, Surgery and Pharmacy we owe a huge debt to many others also. The Co-op and staff, Nisa and staff, Dai Matthews the Butcher, La Patisserie, Ystrad Post Office and Nursery, Jake's Health Food, Pets Pantry, Ratcliffe's, Morris Isaacs, our Posties, the staff at Ysgol Rhys Prichard School and Canteen, our farmers, bin men, all lorry and delivery drivers, and every single key worker too. A VERY SINCERE THANK YOU TO YOU ALL.

Incidentally the Love Llandoverly Facebook page is receiving around Forty Three Thousand views EVERY WEEK now and has almost six thousand followers. It is proving to be very popular for local notices and updates at this time. Everyone can follow it. You can follow it on Facebook, you don't even have to participate, you can just look. If you do not want to go on Facebook just go on www.lovellandoverly.wales and you're in. Nobody knows you're there. Perfect.

Thank you to all followers and contributors which gives me something to do from 8am till midnight every day!

Quote:- "It's the possibility of having a dream come true that makes life interesting".

Well, as this lock down continues and we get ever closer to our end of year, Mickey has proved a wonderful President. He really has done us proud. So much has been achieved. We at Llandoverly Rotary Club have donated over £63,000 to local good causes in the last 6 years. We are very proud of that. We may not even be able to hold our annual Handover Dinner this year and that would be a first in our history but we have next years President Alan Morgan limbering up in the wings and chomping at the bit to do his duty. We may not manage a Handover Dinner but, post Corona, we are going to have one hell of a party.

Just a personal note:-

I have never, nor will I ever, owe anyone more, than I owe the NHS.

I lay in a Hospital bed in a coma for 11 days, but the sheer professionalism of the Surgeons and the Doctors, the truly magnificent dedicated care of the nursing staff, the undying love from my wife and daughters, and maybe a little help from above, they somehow got me up and back home with my family again. There is nothing that you can say or do to thank them enough. You get a new outlook on life. You are calmer. You are so grateful. You are thankful for every new morning, and every new day, but you can NEVER thank anyone enough for saving your life. That is what the NHS does.

Stay safe everyone.

Derek Jones.



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05/20(1)

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Padmasambhava Yoga and Meditation Centre

The Summer with its longer days and light evenings is here which we must rejoice in even if we cannot share these times with our friends and wider family. Thankfully all is well at Padmasambhava; however, with the concerns we are all currently facing, the Centre has reluctantly decided that there will be no classes until at least the Autumn, which we are sure you will all understand. We all hope that when the next term does start we will be able to enjoy the classes with renewed vigour, pleasure and enthusiasm, and as soon as we know when this will be, everyone will be informed.

Padmasambhava is still there for students old and new and is happy to remind students of their Yogic practices that can be so useful during challenging times, so please do keep these up.

A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds as well as relax the body.

Please contact the Centre if you would like a simple program that can be done by anyone at home.

During these times the Centre will be chanting the healing manta at 6 pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to mail@padma.org.uk Padmasambhava and all the teachers wish everyone the best of health and well-being - we must take care of each other and stay safe.

Classes at Padmasambhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, the classes can help with everyday life and the problems it may bring and generally help with well-being.

News and updates will be posted on the website www.padma.org.uk Please do feel free to contact the Centre on 01558 823842 or mail@padma.org.uk



09/20(12)

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LLANWRDA CRICKET CLUB

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

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

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

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

We are always on the look out for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

04/03/20	8	No winner
11/03/20	12	No winner
18/03/20	5	Cerith Rees
25/03/20	9	Liz Cumming
01/04/20	30	Stuart Davies
08/04/20	7	No winner
15/04/20	17	Roland Griffiths

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

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06/20(3)

LLANDOVERY FLORAL ART SOCIETY

Greetings fellow members, I hope you are all keeping well.

What a strange time we are having. I hope you are all coping well. I’m sure your gardens will all be very tidy, if lacking some new plants.

I am afraid as you may well have been anticipating there will be no Strawberry Tea this June. Heather has had a message from Sue Blandford cancelling the demonstration. The May meeting has also been cancelled. As it will be very difficult to organise a trip for July, I am afraid at present the next anticipated meeting will be in September.

Keep Smiling and most importantly KEEP SAFE.
 Gina.

LLANDOVERY YOUTH AND COMMUNITY CENTRE

Help Llandoverly now has over 60 volunteers ready and able to deliver prescriptions, food shopping, take items to the post office, dog walking or just be available for a friendly chat. Do call 01550 721499 if you need any help of this sort or visit www.facebook.com/helpllandoverly/

The Centre is closed at present but some staff are working behind closed doors supporting the local community.

A number of free art/craft/gardening packs are being put together for children and will be available over the coming weeks. If your children would like one of these, please ring 01550 721499 to arrange collection at the rear of the LYCC.

Also, an Art for All Facebook Page – www.facebook.com/artforallandallforart/ – is operating to encourage those who attend our activities/workshops to produce art during the lockdown and submit it anonymously to the page. We would welcome artwork from anyone who would like to be involved. There is a weekly theme but art on any topic and in any medium can be submitted. It is envisaged that an exhibition will be held sometime in the future at the LYCC for those who would like to take part.

04/21(12)

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04/20(6)

EXPANSION OF ASHMOLE & CO LLANDOVERY OFFICE WITH NEW TRAINEE ACCOUNTANT



*Jasmine Emerick in
the Llandoverly office*

Expansion of Ashmole & Co's Llandoverly office has resulted in the creation of the new role of Trainee Accountant. The company is delighted to announce that Jasmine Emerick has joined the expanding team in the position.

Jasmine, who is from Garnant originally, has recently moved to Llanwrda. She is responsible for the preparation

of VAT returns and accounts as well as interacting with clients on a daily basis.

Educated to A Level at Ysgol Bro Dinefwr, Llandeilo, Jasmine spent some time at Swansea University studying accountancy until she saw the opportunity to apply for the trainee accountant position with Ashmole & Co.

Welcoming Jasmine to the team, Ceri Llwyd, Partner in the Llandoverly and Llandeilo Ashmole & Co offices, said, "Jasmine's appointment has strengthened our team in Llandoverly. We are delighted she has joined us. We can provide local clients with high quality audit, accounting, and taxation services with business consultancy, financial services and corporate planning. We ensure that every client has the dedicated, professional support required to maximise their potential."

Commenting on her appointment Jasmine said, "I'm delighted to be given the opportunity to work with the experienced team at Ashmole & Co who are one of the most established and largest teams of chartered and certified accountants and auditors in south and west Wales. The most rewarding part of my job is knowing that we are helping the local community."

In her spare time Jasmine spends most of her time with Llangadog Young Farmers Club. She is the Treasurer for the club and tries everything from stock judging to cookery, floral art and competing at the YFC Eisteddfod. She also spends time on her boyfriend's farm in Llangadog helping with lambing and shearing.

Ceri Llwyd added, "We are a rural accountancy firm. It is important to us that our staff have a connection with the local agricultural community, I believe it reinforces our dedication to the agricultural industry."

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

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08/20(12)



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06/20(12)

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LLANWRDA

To all my past and present clients, I want to let you know that I have finally decided to retire. I should have retired in 2009 but kept on putting it off. Whenever I said I was retiring, people replied- "we will see," but now it is definite.

I began my career with Liverpool Council in 1964 and later came back to Wales and continued in Local Government with Builth Council, Llandovery Council, Dinefwr council and in 1989 left to start my own business. That is nearly 56 years of work and now is the time to finish and have more time for family, cycling and of course Cor Meibion Llanymddyfri.

One of my first contracts when I started my own business was to survey 400 houses for Meirionnydd Council and 50 in Holyhead, followed by 400 houses in Ceredigion. Such magnificent scenery I felt I should have paid for the privilege. I also had the pleasure of meeting many different characters and lovely people, especially in

DINEFWR POETS

Dinefwr Poets are not meeting at present, but are continuing to maintain contact with each other. If you are interested in the group, please contact 01550 777656.

Blaenau Ffestiniog [that's a story on its own]

Most of my work concerned renovations and it was great to see houses in disrepair brought up to modern day standards. Good, sound housing is essential and something our politicians should remember.

I have enjoyed every minute of my work and in my private practice I prepared planning applications for 17 of the 22 Councils in Wales, from Cardiff, to Holyhead and Haverfordwest.

I am not getting any younger and now is the time to retire. Glenys and I would like to thank all our clients for their support and business. It has been a pleasure to have been of service to you all

Diolch yn fawr



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10/20(12)

VIRUS FOILS LLANDEILO CRICKET CLUB'S PROGRAMME FOR LOCAL CHILDREN



Normally, at this time of year, the preparations for Llandeilo's 2020 cricket season would be well underway with nets and the beginning of outdoor training. However, following the outbreak of the coronavirus, the club has had to cancel all events including the Annual Newsletter delivered door to door through out the area, also the Poster and Calendar promotions and forcing it to put on hold its expansion plans within the community.

The biggest disappointment is the postponement of the launch of the All Stars cricket programme for boys and girls aged 5 to 8 years old.

This initiative to be run in collaboration with the Welsh Cricket Board and local primary schools would have provided fun for all, as well as a pathway for children to participate in playing for the club in years to come. The aim is to re-start this next year. Information can be obtained from Harri Lloyd Davies 07989 744151.

Of major important to sport in the Llandeilo area, has been the agreement of co-operation between the Cricket



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08/20(12)

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03/21(12)

LLANGADOG W.I.

LLANGADOG W.I. unfortunately had to cancel their April meeting, due the current situation, and our monthly gatherings will not be held for the foreseeable future. We are all keeping in contact, either by social media or telephone, and I am happy to say that none of our members have succumbed to the virus. I'd like to wish everyone well, add our thanks to the N.H.S. and look forward to happier times. We will be arranging a huge party for all of us when we can be together once more. Stay safe and Stay indoors.

Glenda Hampson



Club and Llandeilo Association Football Club. This agreement by two of the major sporting organisations in the town, will be of great benefit, not only to both clubs, but to our area.

Sport in Llandeilo plays a vital role in the community and an agreement of co-operation between the cricket club and the football club, at this time has solidified the progression of sport beyond the coronavirus crisis. Local County Councillor Edward Thomas, who has been involved in the agreement says "both clubs have had a series of meetings and an agreed a strategy to work closer together". He then went on to say "We can share some equipment and hopefully, a bond will exist where football club players can play cricket in the summer and cricketers can play football"

While the feeling is that the club will be very lucky to bowl a ball in anger during the 2020 season. The Cricket Club's Chairman Trevor Vennett-Smith says "It is important that the Club plays a major part in providing sport and entertainment for the people of the town. We need to be involved with the area, help and be part of our local community, our newsletter will once again be delivered when times are better. Both club are providing football & cricket in the Llandeilo community."

The club are well placed both financially and mentally to stand up to the pressures which we are all facing. The club is always looking for players for both the junior and seniors sides. Anyone interested can contact Trevor on 01259 598766 or tvsmith202@yahoo.com. Furthermore, check out our social media on Twitter and Facebook we are @LlandeiloCC.

03/21(12)




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02/21(12)



LLANOVERY RUGBY CLUB

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

Office email: droversrfc@gmail.com

Office Phone: 01550 721110

Croeso cynnes i chi gyd i erthygl misol Y Porthmyn! Welcome, once again, to the regular Club news – or, rather, not so regular! The Covid 19 restrictions are changing our lives a lot more than some of us would have thought likely just a few weeks ago – and it looks like that will go on for some time yet.

As we keep telling ourselves: we are ‘all in it together’ so we’d just better make the best of it! We, along with other clubs in our region have been participating in an initiative, led by the Scarlets, to distribute food packages donated by Castell Howell and many members are doing their bit as individuals just to help things along wherever and however they can.

With (at the time of writing) the arrival of fine Spring weather – conditions that would have suited our playing style perfectly – the season came to an abrupt halt. Along with all other Premiership clubs we fully supported the WRU’s decision to cancel the rest of the season at all levels of the sport. But – as we said in last month’s edition – we had been moving steadily up the table to finish in fourth place and were looking forward to the first ever cross-border games with the top six Scottish clubs. We all have other things to think about now, of course, but it was a fine achievement by all players and coaches.

And – speaking of coaches – we say goodbye this year to our Assistant Coach Simon Davies who has been with us since the start of the 2015-16 season. We had just finished the previous season in eighth place and – for the next five seasons during which Simon was involved, we were only placed lower than fourth once, enjoyed two seasons in second place and, of course, a magnificent Cup win to boot!

The good news is that Simon will be replaced by a player familiar to many of you – James Garland – who is returning to Church Bank from Aberavon and will have a joint player / coach role.

He has been described as one of the most consistent performers in the Premiership for more than a decade and we are very much looking forward to seeing him in action once again. During his last spell with us (he joined in 2011 after playing for Quins and Swansea) he scored 520 points and moved to Aberavon at the end of the 2015 season when our former Head Coach (and James’s former schoolmaster!) Lyndon Lewis also left Church Bank to coach the Wizards.

On the community side of our game Kate, Carwyn and all the team looking after the Junior Drovers are missing everyone and hope that they all continue to stay safe and well. We look forward to seeing everybody just as soon as we are allowed to start playing again!

In the meantime, we are doing what we can to make sure that the club is safely ‘mothballed’ for however long the pandemic restrictions last. As soon as we are able, we will be catching up on some repairs and other work that needs doing so that we are in tip-top condition to greet you all again when the new season starts.

You can still, though, enjoy some of the Club’s hospitality because Chris is doing take-aways from the Club (on Friday and Saturday evenings and also on Sunday lunchtime) for you to enjoy safely back in your own home. To book an order please contact him via Facebook, or on 07734361686. When you arrive to collect your order please be sure to respect the social distancing and hand-washing rules – and please also either have the right change ready or pay him by bank transfer (details will be provided when you book).

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

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DUE TO THE COVID-19 PANDEMIC

Myddfai Community Hall & Visitor Centre will closed for visitors & groups and all events & classes are cancelled/postponed until further notice. We will be doing takeaway teas coffees etc if there is a member of staff there -which will be around three days a week probably Thursday, Friday & Saturday. We do have a lovely range of quality plants on sale outside from Rebecca Wildman - with honesty box payment. We can open the shop by arrangement if required.

For enquiries please contact Lesley on les@myddfai.org or 07879 119223.

Please feel free to use our car park as a base for a walk around the lovely countryside.

We wish all of our customers, Volunteers and staff the very best wishes and keep safe. We hope to get back up and running very soon.

Thank you all.



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NEWS FROM LLANDOVERY STATION



ART EXHIBITIONS

We were lucky enough to have had a tremendous programme of Art Exhibitions at the Station Gallery from the very start of this New Year, for following the superb Exhibition prepared for us in January by the ladies of the New Art Group of Rhandirmwyn, we were then treated in February to a glorious wealth of work from Richie Dean, before receiving in March a magnificent collection of work from Mike Perry! Mike's work is full of life and colour, and indeed it has this year brightened up the atmosphere in the Cafe to a tremendous degree, for it has helped enormously to lighten up the Cafe life in these last couple of months!

LLANDOVERY MODEL RAILWAY CLUB

The three railway layouts in the downstairs room in the Station are now very close to completion, and indeed they are looking superb. They are all very different in their creation, in that one is a vintage three-rail Hornby-Dublo layout, and another is a layout which incorporates both a busy station in a market town with a delightful area of countryside, while the third is a superb model of a busy station in the suburbs of London, and one to which a visiting modeller has already exclaimed "*I know exactly where this!*"

Thomas Services, Llandeilo MOTOR MECHANIC WANTED

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

Indeed, it would seem that our Model Railway Club is thriving, and that there has been talk of putting on another Public Exhibition in the not too distant future!

THE STATION GARDEN

We have been delighted to see that the Network Rail Contractors have recently erected a splendid metal fence alongside the Garden Lane which leads down to the College Playing Fields. This will be of enormous value to us, as the old wire fence had seen better days, and was in a very sorry state. Mike Blud in particular has been very pleased with what he has seen, and indeed the new fence will be of much value to him and his work.

LLANDOVERY WALKERS ARE WELCOME

On March 5th we had a very pleasant walk in the Myddfai area, and we were very pleased to see that we had a number of walkers who were prepared to come out that morning, despite the possibility of rain. Among our walkers, we were delighted to welcome Teddy Lewis to our number. Teddy was this year's Patagonian student to Llandovery College, and it soon became clear to us that Teddy was a worthy winner of this now firmly established Annual Scholarship. He is a very sensible and purposeful young man, and is very much at ease with a group of older people and indeed he thoroughly enjoyed his time with us Old Codgers!

Our route took us from Myddfai Hall along a circular route of some six miles or so, firstly walking up to and on to Mynydd Myddfai, and then completing the circle by walking back down to the Hall. Here we enjoyed an excellent meal, before returning to Llandovery.

It may not be known to many people in Llandovery that for the past many years the Patagonian Scholar spends every Friday morning with the Staff and Children of Ysgol Rhys Prichard. Indeed, this custom has become a very positive aspect of the Scholarship, with the youngsters of Ysgol Rhys Prichard learning a lot about the long-standing Welsh links with Patagonia, and with the Patagonia Scholar learning a lot about young children! Long may this link continue!

Glyn Evans

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LLANDEILO AND DISTRICT GARDENING CLUB

As with many clubs and groups Llandeilo and District Gardening Club have had a rather variable and certainly unpredictable start to the year. We held our annual Quiz at the start of February with some gardening questions and some rather off the wall questions too. This is always an enjoyable social event but we are planning something a bit different for next year and will keep you posted! Unfortunately our Saturday work shop had to be cancelled due to the imminent storm, a good decision as it happens with torrential rain and high winds making any trip dangerous.

We were able to enjoy a welcome return by Richard Bramley in March to inspire us with his passion for hellebores. His talks are always much anticipated and enjoyed for their mix of sound gardening advice and humorous interjections.

However our exciting programme of speakers and outings has been brought to an unsatisfactory and abrupt halt. It is with regret that we have had to cancel the April, May and June evening meetings in The Vestry. Our understanding speakers have accepted the situation and have promised to visit us once times return to normal. We have also had to cancel both our day and weekend outings due later in the year because of the continued uncertainty. Llandeilo and District Gardening Club committee wish all our members well and look forward to brighter gardening times ahead.

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 at rhydgoch.co.uk 01558 668339 Meetings will resume as soon as the current virus situation is over.

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

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For further information contact

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

THE WELL, LLANWRTYD WELLS

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

PUBLIC WORSHIP AND GATHERINGS

All church services and gatherings for public worship should no longer take place. This includes regular Sunday services and weekday services, as well as occasional offices (save as set out below). Study groups and other parochial events that gather people together should also no longer take place. We are awaiting further information from the government, which will help us all to measure and reflect upon the gravity and potential duration of this cessation. However, given the information we have available to us at present, the ceasing of public worship and gathering is the prudent course of action.

Vestry Meetings should not take place for the time being. Detailed guidance will follow as soon as possible.

Church in Wales

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GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 10/20(6)

BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com 02/21(12)

CHIMNEY SWEEP

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



CLEANING SERVICES

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

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 06/20(6)

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 20 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 04/21(12)

COPYING AND PRINTING SERVICES

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

CURTAINS & COVERS

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

DIGGER HIRE

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

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. 05/20(6)

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

FAMILY HISTORY

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

FUNDRAISING

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

GARDENING — SERVICES

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

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 06/20(6)

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 12/20(12)

LLOYD GARDEN SERVICES — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandoverly. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 09/20(6)

HEATING OR RENEWABLE HEATING

LLANDEILO BASED BUSINESS, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales 03/21(12)

HOUSE CLEARANCES

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

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 04/21(12)

LAUNDRY SERVICES

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

MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, jerry@thetump.co.uk 05/20(6)

MASSAGE

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

MONUMENTAL MASON

BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit www.hummerstone.wales; to discuss your requirements and for a free quotation e-mail gabriel@hummerstone.wales or phone 07805 694016. Visits to my workshop in Gelli Aur/Golden Grove are most welcome. 07/20(12)

PAINTER & DECORATOR

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

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

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

PERSONAL TRAINING

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

PEST CONTROL

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

PETCARE SERVICES

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

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

PICTURE FRAMING

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

PLUMBERS

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

PROPERTY MAINTENANCE

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

ROOFING

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

SOLICITORS

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

TILER

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

TUITION

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

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

UPHOLSTERY

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

YOGA

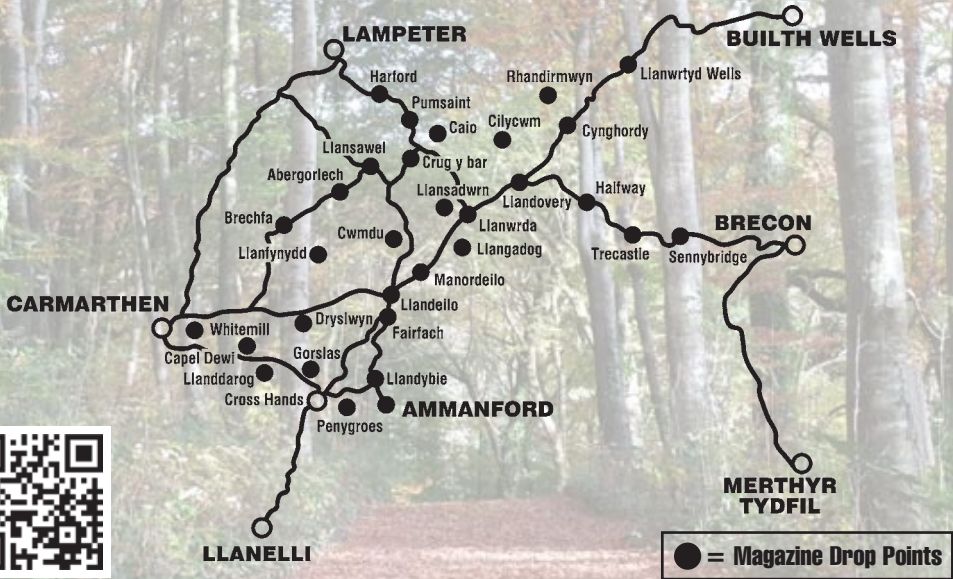
HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandoverly in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and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

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Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
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
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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
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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 13:30 - 17:30)

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

Mon 1.00pm - 5.00pm; Wed 1.00pm - 5.00pm

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

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

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	7.20	—	11.21	—	14.36	—	—	—
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 15/12/19 - 16/05/20)

	Mon to Fri	Sat.	Sun.
Swansea D	— 06.04 09.30 14.35 18.27	04.31 09.15 13.12 18.17	11.11 15.36
Gowerton D	— 06.15 09.41 — 18.38	04.42 09.26 13.23 18.29	11.23 15.47
Llanelli D	05.16 — 06.25 09.51 14.53 18.48	04.52 09.36 13.34 18.42	11.34 15.58
Ffairfach D	05.51x — 07.00x 10.26x 15.28x 19.23x	05.25x 10.11x 14.09x 19.15x	12.09x 16.32x
Llandeilo D	05.56 — 07.05 10.30 15.33 19.27	05.30 10.15 14.14 19.19	12.13 16.37
Llangadog D	06.07 — 07.18 10.41 15.44 19.38	05.41 10.26 14.25 19.30	12.24 16.48
Llanwrda D	06.10 — 07.21 10.45 15.47 19.42	05.44 10.30 14.28 19.34	12.28 16.51
Llandovery A	06.19 — 07.29 10.52 15.55 19.49	05.52 10.37 14.36 19.41	12.35 16.59
Cynghordy D	— 07.38x 11.01x 16.04x 19.58x	06.00 10.46x 14.45x 19.50x	12.44x 17.08x
Llanwrtyd D	— 08.12 11.19 16.26 20.33	06.18 11.08 15.03 20.09	13.02 17.26
Llandrindod D	— 08.18 08.45 12.01 16.59 21.19	06.55 11.41 15.42 20.41	13.43 17.59
Shrewsbury A	— 07.58 10.15 13.33 18.28 22.53	08.23 13.10 17.12 22.08	15.13 19.35
Shrewsbury D	04.46 — 07.56 10.09 14.05 18.24	05.15 09.00 13.58 17.57	12.04 16.20
Llandrindod A	06.12 — 05.35 11.40 15.37 19.57	06.48 10.32 15.29 19.27	13.36 17.52
Llanwrtyd D	— 08.11 12.28 16.25 20.32	07.25 11.09 16.13 20.10	14.12 18.36
D	— 08.23x 12.40x 16.37x 20.45x	07.36x 11.21x 16.25x 20.23x	14.25x 18.49x
Llandovery D	— 06.44 08.36 12.53 16.50 20.58	07.49 11.34 16.38 20.36	14.37 19.02
Llanwrda D	— 06.50x 08.41x 12.58x 16.54x 21.03x	07.54x 11.39x 16.43x 20.41x	14.43x 19.07x
Llangadog D	— 06.54x 08.45x 13.02x 16.59x 21.07x	07.57x 11.43x 16.47x 20.45x	14.47x 19.11x
Llandeilo D	— 07.05 08.58 13.15 17.12 21.19	08.10 11.56 17.00 20.57	14.59 19.23
Fairfach D	— 07.08 09.00 13.17 17.14 21.22	08.12 11.58 17.02 21.00	15.01 19.26
Llanelli D	— 07.46 09.39 13.56 17.52 22.01	09.00 12.43 17.07 21.09	15.41 20.04
Swansea A	— 08.09 10.02 14.20 18.14 22.23	09.24 13.02 18.02 22.04	16.03 20.25

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x = Service stops on request

xx = Starts from Carmarthen

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