

The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION
OR FREE
CHARGE

Your Local Community Magazine

Also ONLINE at
www.postdatum.co.uk

Number 312

May 2022

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

Tel: 01550 721225

LOCAL ART GROUP RETURN TO THE HERITAGE CENTRE FOR A FOURTH EXHIBITION



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

The diverse artistic talents of Ann Page, Gorica Bulcock, Sue Reah and Val Fowler cover various subjects, predominately inspired by the stunning surroundings in which they live and include landscapes, flora and fauna, still life as well as abstracts. The paintings incorporate the use of various mediums including oil, watercolour, acrylic, inks and pastels.

Having such differing styles makes for an exciting exhibition with something to appeal to everyone and their wall art is complemented by a beautiful range of textiles including totes, patchwork, cushions and aprons.

NewStartArt will be exhibiting at the Llanwrtyd & District Heritage and Arts Centre in the centre of Llanwrtyd Wells from Thursday 28th April (Centre is open Thursday to Sunday 10.00am to 4.00pm and Bank Holidays)



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th May 2022**

**Next issue distributed:
1st June 2022**

The Post Future Copy Dates

July 16th June
August 15th July
September 16th 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 – Thurs).
Closed for 2 days at the end/start of each month for delivering The Post
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

06/22(3)

Microchipped
Sprayed

STILL MISSING


ID 137849

SPOT

Spot a young female collie missing since
5th December 2018 from Gwynfe near
Llangadog SA19 area Wales.



Substantial reward offered for any
information leading to her safe return.

**Please ring
07760 491131
or 07746 856502**

If found must be reported to the warden
as required by law.

HM THE QUEEN'S PLATINUM JUBILEE

HM THE QUEEN'S PLATINUM JUBILEE is being celebrated in Llandovery from Thursday 2nd June 2022 to Sunday the 5th June 2022. The events start on Thursday with the Young Farmers Club organising a fire beacon. On Friday there will be the Friday Market. Street parties, organised by the residents, will be held on Saturday. On Saturday evening there will be the Droverfest musical event organised by the Rotary and the Young Farmers Club. Llandovery Town Council have organised a Jubilee Tea Party in Market Square on Sunday the 5th June 2022 at 1.30 p.m. when the Town Crier will announce the event. At 1.45 p.m. there will be a welcome & introduction by the Mayor followed at 2.00 p.m. by a performance of Cor Meibion Llanyddyfri/Llandovery MaleVoice Choir. The Jubilee Tea Party will commence in the Square at 2.30 p.m. Under the 'Arches' at 3.30 p.m. there will be competitions; the best Royal Dress, the best Royal Crown and the best Jubilee Cup Cake. Prizes will be given. There will be live music throughout the afternoon & early evening by Aaron Perry & Ben Montague.

Llandovery Town Council invite all Llandovery primary school children (supervised by an adult) to join the Jubilee Tea Party. Mature residents (over 80 yrs) are also invited.

Tickets will be given to the primary school children in Llandovery at their school, in advance. For those of mature years, tickets will be distributed to appropriate clubs/groups, and can also be obtained by telephoning 01550 721951/01550 721115.

Welcome to All to join in the festivities – bring your own picnic, tables etc.
Enjoy the atmosphere!

TEA PARTY * MUSIC
COMPETITIONS * PERFORMERS

THE CHARITY NET-REACH

Gratefully acknowledges receipt of a Magic Little Grant from **Local Giving** in partnership with the **People's Postcode Lottery**.

The grant was used to provide English language lessons for refugees and asylum seekers in Wales.

Further information

MAGIC ★★
LITTLE GRANTS

07/22(6)



PEST CONTROL
MID & SOUTH WALES

LOCAL PEST CONTROL

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

FULLY INSURED
RSPH Level 2 qualified in Pest Management

Tel: 01550 721802
Info.pcmw@gmail.com

02/25(12)



Rhys Jones
CHIMNEY SWEEPING

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




07554 647544
Email: info@rhysjoneschimneysweeping.co.uk
www.rhysjoneschimneysweeping.co.uk




Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309
Mobile: 07831 461414

04/23(12)



LLANWRDA CRICKET CLUB

In 2022 the club celebrates its thirtieth anniversary, and here are the fixtures:

Day	Date	Home Team	Away Team	Probable Start
Sat	30/04/2022	Llanwrda 1st XI	Gowerton 2nd XI	1:00 PM
Sat	07/05/2022	Felinfoel 1st XI	Llanwrda 1st XI	1:00 PM
Sat	14/05/2022	Bronwydd 2nd XI	Llanwrda 1st XI	1:00 PM
W/C	16/05/2022	Llewod Llanwrda	Five Roads	6:00 PM
Sat	21/05/2022	Llanwrda 1st XI	Briton Ferry Steel 2nd XI	1:00 PM
Sun	22/05/2022	Carmarthen W U9	Llanwrda U9	am
W/C	23/05/2022	Llandeilo	Llewod Llanwrda	6:00 PM
Sat	28/05/2022	Pontardawe 1st XI	Llanwrda 1st XI	1:00 PM
Sat	04/06/2022	Llanwrda 1st XI	Tata Steel 2nd XI	1:00 PM
Sun	05/06/2022	Ammanford U9	Llanwrda U9	am
W/C	06/06/2022	Wild Boars	Llewod Llanwrda	6:00 PM
Sat	11/06/2022	Llanwrda 1st XI	Dyffryn 1st XI	1:00 PM
W/C	13/06/2022	Llewod Llanwrda	Penygroes	6:00 PM
Fri	17/06/2022	Llanwrda 1st XI	MCC - Friendly XI	1:00 PM
Sat	18/06/2022	Dafen Welfare 2nd XI	Llanwrda 1st XI	1:00 PM
Sun	19/06/2022	Bronwydd U9	Llanwrda U9	am
Sat	25/06/2022	Llanwrda 1st XI	Porthcawl 1st XI	1:00 PM
W/C	27/06/2022	Five Roads	Llewod Llanwrda	6:00 PM
Sat	02/07/2022	Gowerton 2nd XI	Llanwrda 1st XI	1:00 PM
Sun	03/07/2022	Kidwelly Town U9	Llanwrda U9	am
W/C	04/07/2022	Llewod Llanwrda	Llandeilo	6:00 PM
Sat	09/07/2022	Llanwrda 1st XI	Felinfoel 1st XI	1:00 PM
W/C	11/07/2022	Llewod Llanwrda	Wild Boars	6:00 PM
Sat	16/07/2022	Llanwrda 1st XI	Bronwydd 2nd XI	1:00 PM
Sun	17/07/2022	Llanwrda U9	Kidwelly Town U9	am
Sat	23/07/2022	Briton Ferry Steel 2nd XI	Llanwrda 1st XI	1:00 PM
W/C	25/07/2022	Penygroes	Llewod Llanwrda	6:00 PM
Sat	30/07/2022	Llanwrda 1st XI	Pontardawe 1st XI	1:00 PM
W/C	01/08/2022	Wild Boars	Llewod Llanwrda	6:00 PM
Sat	06/08/2022	Tata Steel 2nd XI	Llanwrda 1st XI	1:00 PM
Sat	13/08/2022	Dyffryn 1st XI	Llanwrda 1st XI	1:00 PM
Sat	20/08/2022	Llanwrda 1st XI	Dafen Welfare 2nd XI	1:00 PM
Sat	27/08/2022	Porthcawl 1st XI	Llanwrda 1st XI	1:00 PM

All fixtures and times can change.

1st XI: South Wales Cricket Association Division 3 –

LLANEGWAD RAINFALL



Rain fell on 10 days this month the wettest day was 11th March with 15mm. No measurable rain fell after the 15th, making it one of the driest March on record.

March Total: 50.5mm – 2”

D. R. DUKE

most matches start at 1.00pm but may start at any time between 12.30 PM and 1.30 PM.

Llewod Llanwrda: 2nd XI – Mid-week Hundred League playing any evening Monday to Friday.

U9: Under 9 South Wales Junior Cricket League Zone A. All Stars & Dynamos for the juniors start on 6/5/22 and runs until August.

There will be festivals on Sundays for the U9s, U10s and U12s.

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 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 – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. If interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

16/03/22	12	No winner
23/03/22	50	No winner
30/03/22	29	Margaret Davies
06/04/22	59	No winner
13/04/22	02	Sam Clement.

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

LLANGADOG W.I.

At our April meeting the very friendly Leslie told us many things about pearls. She attended a Denman College course many years ago and learnt about stringing beads, which led to her researching all aspects of pearls, including how to make jewellery with them. She was very knowledgeable, telling us about the gathering of wild pearls in China and the process used to create cultured pearls. She brought with her a selection of pieces she had made. Necklaces, bracelets, rings and earrings. Many of our members treated themselves to some very nice items. For our competition this month the group was asked to bring along their own pearl jewellery to be judged by Leslie, picking her favourite. Chris came first with her beautiful pearl and gold necklace. There will not be an evening meeting in May as we will all be having a day out together in Abergavenny, followed by afternoon tea at Gliffaes Country House, Crickhowell. The next meeting in the hall will be on June 2nd, when we will celebrate the Platinum Jubilee of our Queen Elizabeth II with a bring and share supper. Anyone interested in joining our group will be made most welcome. We meet on the first Thursday of every month at Llangadog Hall at 7.00 p.m.

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

For all Your Decorating Needs

Find us on
Facebook &
Google Maps



- 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

SECURE STORAGE

Facilities Available at Competitive Rates
Short & Long Term



PLEASE CALL
for a free quotation

Trevor Davies & Sons
Tel: 07967 158917

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

SOMETHING DIFFERENT IN THE GARDEN FOR SPRING



BY ABERGLASNEY'S HEAD GARDENER, JOSEPH ATKIN

This spring has been very strange, especially as we have had very little rain, plenty of sunshine but it certainly has not been mild. This weather is better for some things rather than it is for others. The more tender plants which have come through the main part of the winter have been caught by the late frosts and cold winds. In fact most of the spring garden is later than usual which can be a good thing especially for the Magnolia.

Some plants that have benefited from the cold weather are the smaller bulbs and alpine perennials. Two in particular have done well for us the first is the Scilla or Squill as it is often known and the second is the Corydalis. They are both small bulb like plants that flower in March and come from places in the wild that are very cold and dry.

Scilla are excellent garden plants and many different types do well in grass much like Crocus. Today there are many different types and they are generally very good value. We have a drift in the lawn by the car park which is much better than last year and seems to thrive in this crisp sunny weather. Closely related and very similar in looks to the Scilla are the Chionodoxa and Puschkinia which also do the same job. Although it does seem that Scilla don't get eaten by rabbits, which can be very useful information.

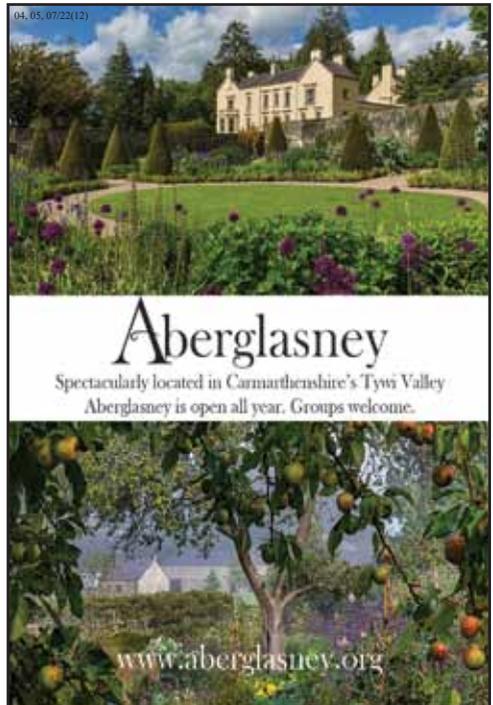
Another plant that has done well this spring is the Corydalis or more specifically, the *solida* type, which is a small alpine species and cultivars. In the past they have been very expensive but are much better value today. They are small mound-forming perennials that flower in March and almost completely cover the plant

with blooms. They die down in midsummer and are really good for sunny spots in small gardens. They also make a nice change from bulbs or mix really well with them, especially blues. There are a few different ones to choose from - two cultivated forms that are very popular are George Baker and Beth Evans - the latter should be popular in these parts. Both are quite slow growing and are red or pink.

The wild form, *Corydalis solida*, is often more useful as it is a strong grower and will multiply over time to give you a really good show in spring. I have always been jealous of the woodland garden at Kew gardens which has both the Scilla and Corydalis seeding around its borders. This is something we hope to achieve at Aberglasney in the future. Both Scilla and Corydalis prefer sun spots with well drained soil that has plenty of compost or leaf mould in it. As they are small and die down in the summer they can be planted next to other things that flower later in the year without crowding the border. This is another reason why they are good in small gardens where space is at a premium.

They are both available as dry bulbs and corms or potted in leaf, specialist growers are the best places to buy them as they will choose the right one and give the right advice. Both plants are excellent additions to the spring garden and go really well with Pulmonaria Narcissus and other bulbs.

Aberglasney Gardens is open daily from 10am until 6pm with last entry at 5pm.



WALES' LEADING RUG CLEANING SPECIALISTS



✓ CHILD FRIENDLY ✓ PET FRIENDLY ✓ ECO FRIENDLY ✓ POCKET FRIENDLY



DUST REMOVAL



MACHINE WASH



DRYING & INSPECTION



DELIVERY & PICKUP

10% OFF RUG CLEANING WITH CODE: PM0522

PRICES FROM £15.95 PER SQUARE METRE

✓ MODERN RUGS ✓ ANTIQUE RUGS ✓ WOOL RUGS ✓ SILK RUGS
✓ ORIENTAL & MIDDLE EASTERN RUGS ✓ HANDMADE & DELICATE RUGS

Contact or Book us on:

01269 842497
or hello@theruglaundry.co.uk

The Rug Laundry
.co.uk 

06/22/23

T&Cs: The "PM0522" 10% discount code applies to rug cleaning only and cannot be used in conjunction with any other offer. We reserve the right to withdraw this offer at any time.



AN EVENING OF CLASSICAL AND FOLK MUSIC FROM ACROSS THE WORLD

Following his sell-out concert in 2019, when he astounded the audience with his expertise, classical guitarist Chris Roberts returns to the Heritage Centre on Saturday 14th May.

An innovative and exciting guitarist who has performed at the National Eisteddfod and Glastonbury and whose debut solo album "Adra" was described as 'original, otherworldly and timeless,' is joined on this occasion by Ben Robertson.

Ben is a fingerstyle guitarist and singer who performs instrumentals and songs from across the folk tradition who has developed his own repertoire of Celtic and European fingerstyle guitar arrangements, which are presented on his new album "Rosewood", released in April.

The concert at the Heritage Centre is part of their nationwide tour and Ben and Chris present their solo



AERON THOMAS

PLANT HIRE

3 – 21 Ton 360° Excavators

*Excavator Tree Shear
cuts upto 450mm diameter*

- Alkathene Pipe Muling
- Septic Tank Installation & Repairs
- Mole Ploughing
- Site Clearance
- Land Drainage
- Horse Arenas
- Demolition
- Roadways
- Ponds
- Lakes

Llwynplod Farm
Llanddeusant
Llangadog, Carm. **0323(12)**

Home: 01550 740626
Mobile: 07831 339280

material, as well as enjoying some tunes as a duo. The programme includes traditional folk songs and tunes, original compositions, and even some folk-influenced Bach.

With such a diverse range of music the concert will appeal to a wide audience and the evening promises to be one to remember.

The concert starts at 7.30pm on the 14th and tickets, which are £8, are available from the Heritage Centre, Caffi Sosban or the Neuadd Arms all in Llanwrtyd. (or by telephone 01591 610067 or email: ldhac2016@gmail.com)

WORLD FIRST BEE-FRIENDLY SCHEME LAUNCHES NEW RECOMMENDATIONS FOR SUPPORTING POLLINATORS

The National Botanic Garden of Wales has joined forces with Welsh government to help support a unique initiative to protect our precious pollinators.

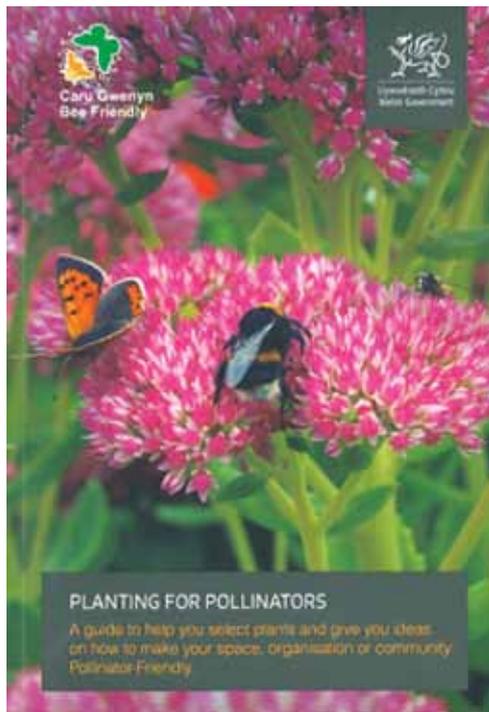
The Bee Friendly Scheme, run by the government's Pollinator Taskforce, has been developed to encourage organisations and communities up and down Wales to take action to help pollinators by providing guidance on forage, nesting sites, reducing pesticides and community involvement.

And the Botanic Garden's science team has provided expert advice for a special booklet detailing the top plants for pollinators to guide growers on what to plant throughout the year.

Taskforce spokesperson Kathleen Carroll says: "It is the first co-ordinated national scheme of its kind. We want all organisations around Wales to get involved, including: communities and community organisations, schools, public bodies, town and community councils, businesses, universities, colleges and places of worship."

Kathleen added: "The Bee Friendly scheme is not just about bees. We want people to take action to help all our pollinators."

Botanic Garden science officer Dr Abigail Lowe said: "The research work that the team is carrying out here has helped build up a very clear picture about which plants are perfect for pollinators. We are very proud to be playing a key role in this fantastic scheme and we hope that this new booklet will give the people of Wales all the



knowledge they need to do the right thing by pollinators."

Based on the Botanic Garden's cutting-edge research, Dr Lowe has selected 30 plants that will help make your space more attractive to pollinators, whether that's a community area, lawn, backyard, or containers and window boxes on a balcony.

There are also tips on growing from seed, from cuttings, and advice on making new plants using techniques such as layering and division.

You can find out more about the Bee Friendly scheme and download a booklet here: <https://www.biodiversitywales.org.uk/Bee-Friendly>

You can also get your hands on a hard copy of the booklet. Just ask when you next visit the Botanic Garden.



MOBILE HAIRDRESSER
Professional hairdressing service in the comfort of your home. Unisex cuts, blowdry's, sets, perms, colours, highlights. Also gelpolish nails and pedicures.
www.true-colours.org.uk
Phone / text Jo 07752 399702 04/23(12)

SCOTT STEELE 

DIGITAL TV SOLUTIONS

is your friendly, local TV aerial, satellite and digital system design and installation firm.

No job too big or too small.

01269 608737 | 07841 022 708

YOU CAN ALSO WHATSAPP ME 347

E-mail: scott@digitaltvsolutions.co.uk
@DIGITALTVSOLUTIONSCOUC
www.digitaltvsolutions.co.uk 06/23(12)

Highfield Carpentry

40 Years Experience

Contact: Mark Plunkett
Mob: 07885 216886
Tel: 01550 721863
Email: mplunky@aol.com 12/22(12)

Spirit Wellbeing REFLEXOLOGY

Gentle, non-invasive holistic therapy to aid stress relief and helps with specific health and wellbeing issues.

Book an appointment, or for more information:

Maria Bowbanks

07824 389384

www.spiritwellbeing.co.uk

Based in Llandeilo and mobile

06/22(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 

05/22(12)

DOUBLE GLAZING REPAIRS

STEVE JONES MAINTENANCE

37 Years Experience
Glass and Lock Specialist

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

We are the specialists when it comes to
double glazing repairs & refurbishments

WE COVER ALL AREAS OF
POWYS & CARMARTHENSHIRE

06/22(3)

Email: stevejonesmaintenance@gmail.com

Call Steve for any free advice
on 07976 245994

0800 169 5755

Llandoverly u3a

I think we have forgotten what used to be routine for us but things are improving!

We will be able to meet in the Rugby Club from 4th May – newly refurbished, plenty of space and the Stewards will organise the coffee.

Our grateful thanks go to the Castle Hotel for making space for us so we could start our meetings again.

So take note – we will meet at the Rugby Club at 10.30am for 11.00am.

Easy parking and access.

Wednesday 4th May

This is hedgehog awareness week – members are invited to make contributions, a little creature we all love. Poetry, pictures, experiences, Mary Hargreaves will lead the meeting.

Wednesday 18th May

Would anyone enjoy sharing their special holiday visit?

We will be able to use the projector and screen again.

Any topic exotic cruise, adventure, specialist study.

Begin thinking of a trip or two that we could do this summer – not too far to begin with!

Wednesday 1st June

Can you remember anything from
Coronation Day 1953?

We enjoy informal meetings with lots of chats and some interesting discussions following current issues.

For further information contact Anne Lynd-Evans
01550 750286.



HOSTING A FAMILY FROM UKRAINE? STILL IN THE APPLICATION PROCESS?

Come and meet other host families
from the local area.

This is an opportunity, over a friendly cuppa,
to make contacts, compare experiences
and share information.

9 MAY 7.00PM

LLANDINGAT CHURCH, LLANDOVERY

Croeso cynnes i bawb



All welcome



Tel: 07961 672847
6/6a Market Square, Llandoverly

HABERDASHERY & CRAFT SUPPLIES for the Modern Mindful Maker

**Opening: Tues – Sat,
10.00am – 4.00pm**



05/22(12)

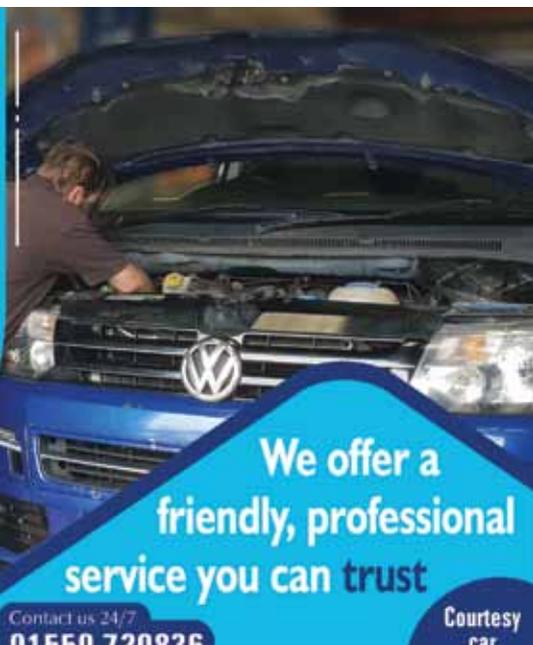


New Road Garage
Llandoverly
going that extra mile...

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



02/23(12)



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

Contact us 24/7

01550 720836

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

**Courtesy
car
available
on request**

DES CLARKE & SON

Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for 70 years

Heating & Boilers

INSTALLED, SERVICED & MAINTAINED

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

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

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



08/22/12

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

06/24/12

TAI CHI FOR HEALTH

Would you like to learn an easy practice that relaxes, releases physical and mental tensions and is good for organs, joints and muscles?

Tai Chi Qigong is a slow moving practice using breath and mind together.

It can be practised sitting down, otherwise it is a standing practice involving learning 18 moves and putting them together in slow, flowing, mindful movement.

You would need to wear soft shoes and comfortable clothing. No experience necessary.

Manordeilo Reading Rooms

Mondays 6.30pm to 8pm (starting 9th May)

Llangadog Hall

Tuesdays 10.30am to 12 noon

Manordeilo Reading Rooms

Wednesdays 10.00am to 11.30am

Also starting, new gentle Yoga/Qigong class in Gwynfe on Tuesday evenings.

Email me to book or ask any questions.

Sue.j.wakefield@gmail.com

MERCHED Y WAWR BRO PANTYCELYN

Cawsom brynhawn diddorol iawn yng nghwmni Enid Prothero yn ein cyfarfod mis Ebrill. Diolch iddi am rannu peth o'i gwybodaeth eang gyda ni. Dysgom sut I gymryd toriadau blodau yn llwyddianus. Felly disgwylwn weld lawer gardd liwgar gyda aelodau eleni!

Mis nesa edrychwn ymlaen I gael cwmni Menna Davies sy'n enedigol o Nantllyndir Cynghordy. Bydd y cyfarfod yma gyda'r nos am 7 o'r gloch yn y Neuadd Gatholig.

Rydym wedi penderfynnu mynd ar daith I Aberteifi a nôl I Aberaeron ar Ddydd Mercher Mehefin 8fed. Gobeithio bydd pawb o'r gangen yn medru ymuno a mwynhau. A wnewch chi rannu'r wybodaeth yma gyda unrhywun arall a fyddai a diddordeb I ddod gyda ni. Bydd eisiau llanw'r bws!

Audrey 01550 721612

Eluned 01550 720825

Marian 01550 720370



NEW DROP OFF POINT FOR LLANDEILO FOOD HUB

Donations for the Llandeilo Food Hub & Boes Bwyd can now be dropped off at The Gwili Café Rhosmaen Street, Llandeilo. Sadly Maryellens 139 Café closed last month but The Gwili café has stepped in as the drop off point for all food donations.

All contributions are welcome for this excellent cause especially at this time with rapidly rising food and energy prices when many families are seriously struggling.

The Gwili Café is also a lovely place for a cup of tea, coffee, breakfast, lunch, dinner or a glass of wine. Sunday lunch is a speciality! Opening times are 8.00am – 8.00pm 6 days a week (Sunday 8.00am – 4.00pm).

Boes Bwyd has lovely new shop premises situated at the rear of Llandeilo Primary School. It is open to the public every week day from 3.00 – 4.00pm with a selection of fresh fruit and vegetables and groceries. It's a 'pay as much as you can' shop.

See the Boes Bwyd Facebook Page for more information or to send an enquiry via Messenger. @LlandeiloFoodHub



MYDDFAI NEWS

Myddfai Shop and Café opening hours are remaining at Wednesday – Sunday 11.00am – 4.00pm, plus we are also open Bank Holiday Mondays in May & June.

We have a Car Boot & Table top sale on Saturday 7th May 10.00am to 2.00pm, get in touch if you want a table. We have another Big Skill workshop on Thursday 12th May 11am-3pm on Film Making with cameras or phones, please book your place cost is just £5. Our monthly Farmers Market is on Sunday 29th May 12.00 noon to 3.00pm. Our regular classes are Yoga on Wednesday 5.30 – 7.00pm; and Pilates on Thursday 9.30 – 10.30am.

For anyone who has not yet been up to Myddfai and visited our shop and café has missed a real treat. There is a huge range of quality local art and crafts from pottery, Welsh Tweed, jewellery, slate items, fused glass, aprons, bags, wooden bowls and chopping boards, candles and a wide selection of prints and paintings, books by local authors, and a selection of Welsh CDs. In addition we have a wide selection of greetings cards, Myddfai made jams and chutneys, honey and the Myddfai range of toiletries and much more.

Myddfai café is a great place to stop for a delicious lunch or afternoon tea, why not combine it with a walk in the surrounding Brecon Beacons. Café manager Emma always has a wide selection of freshly made cakes and daily lunchtime specials on offer. We have plenty of inside and outside seating available. If you know a group that would like a talk on the Physicians of Myddfai they could combine it with afternoon tea, for a great afternoon out, please contact us to book.

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.

For further information or bookings please contact Les at les@myddfai.org 07879 119223 or Hall No. 01550 720449. Check our Facebook page or our website www.myddfai.org for What's On.



LYDE GREEN
ELECTRICAL

EV Car Chargers • Domestic • Agriculture
Maintenance • No job to small

0780 3604066

www.Lydegreenelectrical.com

Info@lydegreenelectrical.com

08/22/20

PLANT SALE

in aid of

**Christian Aid
May 9th – 13th**

at Belan, 5 Towy Avenue, Llandovery

All plants grown locally.

Please support this worthy cause

Diolch Enid Protheroe

BRITISH HEART FOUNDATION SPEAKER



Left to right Junior Vice President Nigel Haines, Jayne Lewis & Senior Vice President Colin Jenkins.

On Thursday, 17 March Llandeilo Rotary hosted their guest speaker Jayne Lewis of the Welsh Heart Foundation. Jayne the fund raising manager of her charity reminded her audience that she was a guest speaker for Llandeilo Rotary some 10 years ago.

Having worked in Toronto, Canada for some 7 years, Jayne promised herself that one day she would like to work for the British Heart Foundation (BHF) & to her delight a later application was successful.

She informed Rotarians that BHF was founded in 1961 so that the charity celebrated their 60th anniversary last year. Celebrations are continuing until June this year. Celebrations in Wales have included the illuminations in red of both Cydweli & Neath Castles & the Scarlets Rugby team appearing totally in red.

Jayne outlined some statistics in that one in four people throughout Britain have a heart or circulatory condition & BHF looks at heart conditions, strokes & diabetes that are all connected with the circulatory system.

Today BHF deals with heart transplants, pacemakers, stents, portable defibrillator & valve replacements. It is estimated that some 5 million people are living with high blood pressure & some 4.7 million in addition are undiagnosed.

Most television viewers will have seen the most recent BHF advertisement that shocked a number of people. BHF acknowledged that this was the purpose in that it emphasised the seriousness of the subject.

Today BHF supplies digital videos via YouTube, you can download resources on BHF Website, a free magazine "Heart Matters" & a BHF Heart Helpline are available.

Research is ongoing with tests being undertaken to growing a new heart under laboratory conditions, using stem cells for regenerating damaged hearts, correcting faulty genes that cause heart defects & the preventing of the rejection of transplanted hearts.

After a very informative talk a cheque was presented to Jayne for the British Heart Foundation by Senior Vice President Colin Jenkins.

HATS OFF TO THE LLANDEILO LIT FEST FOR REINVENTING ITSELF

When the pandemic struck last year, the festival went fully online. This year it will take advantage of the newly refurbished brand new Hengwrt (formerly known as Shire Hall) with its beautiful ambience and modern equipment.

In its fifth year the festival will go fully live again but also allow remote access via zoom streaming for some events.

"I'm so pleased with the programme the team came up with this year," says festival chair Christoph Fischer. "Llandeilo is a town of high standard festivals and we want to match the success of previous events."

Highlights this year include Owen Hurcum, not only Bangor's youngest Mayor but also the first openly non-binary one; the archdruid of Wales, Myrddin ap Dafydd, a session on Russian corruption and madness, Catrin Kean, winner of the Wales Book of the Year 2021, Welsh celebrities Carys Eleri and Non Parry and a story telling walk through Dinefwr Park with the winners of the Young Story Teller of the Year Cymru. As always the festival features local authors, such as Kate Glanville, Helen Adam, Sian Collins, Ken Day and Geoff Brooks and a kaleidoscope of themes: from historical novels, queer writing and it's future, music, lyrics, landscape photography, poetry, Yoga and mindfulness to Grave Tales of Wales, trauma and coercive control.

Some Welsh sessions will have simultaneous translation available and a fringe events in the Foyer and in Flows next door on Sunday will combine the music of Fiddlebox with poems from the Wild Women who write in West Wales (W6) and local musician Alan Thomas.

"With almost all events under one roof and the bookshop in the foyer it is the first year we have one location in the centre of town," says Christoph Fischer. "There is enough time between sessions this year to explore the town and take advantage of the food and shopping in town. We secured financial support from Literature Wales, the Llandeilo Town Council and local businesses, all working together to keep Llandeilo as the charming destination town it is."

IUAN JONES
PHOTO RESTORATION SERVICE
CWRTYCADNO

- Photo Restoration
- Cine Film Transfer
- VHS to DVD Transfer
- Slide Transfer

Local Fortnightly Collection & Delivery Service

Tel: 01558 650153
Email: iuan@glynhobog.co.uk
www.cwrtphoto restoring.com

**Only £895 for
a fully fitted
electric door.**

Gotta get a Garolla.

NOW ONLY

£895 WAS £1354
INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 32 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to
2.6m wide & inc: 2 remote
controls, 55mm white slats,
internal manual override.

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER
SHUTTER
DOORS



GOTTA GET A GAROLLA

CALL US TODAY ON

01792 713 085

MOBILE

07537 149 128

www.garolla.co.uk

0622(3)



**TREE TECH
ARB & FORESTRY
SERVICES LTD**

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

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

SERVICES WE OFFER

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

Adam: 07968 476306

Kim: 07557 884987

Email: Admin@TreeTechLtd.co.uk

www.Tree-Tech.uk

0622(6)



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

FENSA

Registered Company

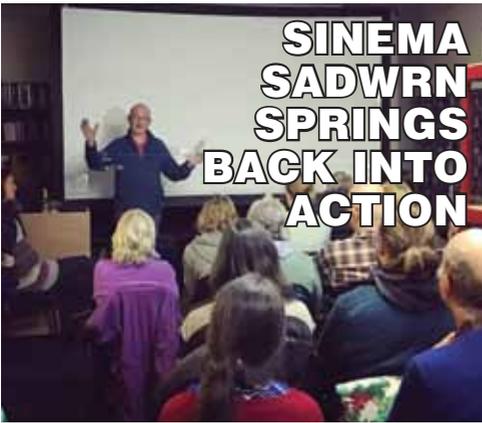
REHAU
QUALITY

AUTHORISED
PARTNER



HomePro
Insurance

www.centaframe.com



Sinema Sadwrn is a friendly, volunteer-run, community cinema showing a film each month on Friday nights. Screenings take place in Llansadwrn Reading Room and occasionally the Sexton Arms on special occasions.

After the pandemic put paid to our plans from March 2020, we tentatively started holding stripped-back events again last autumn. This spring, we're launching a new programme, and with restrictions lifted we're hoping to offer our audience some added extras again!

Between April and July we'll be screening: The Maltese Falcon (29 April), Belfast (27 May), King Richard (24 June) and The Duke (29 July). Doors open at 7pm and tickets are £5. You'll find all the details on the Sinema Sadwrn Facebook page.

Starting in April, we'll once again be screening a short film before each main feature, showcasing new talent and projects that are connected to Wales. There'll be a mix of first-time filmmakers, experimentation, animation, heritage and more, to give you a flavour of filmmaking in Wales today.

In August, we'll be screening a family-friendly main film chosen by our audience. Get in touch if you have any suggestions, and keep an eye on our Facebook page for details of the vote.

Cinema nights are friendly occasions with hot drinks and snacks available (and the Reading Room is next door to the pub for a pre/post film pint and discussion!).

We're really grateful to all the generous supporters who've helped us keep Sinema Sadwrn going, especially Film Hub Wales who are supporting us as part of the BFI Film Audience Network (FAN), made possible by the National Lottery.

MERCHED Y WAWR BRO PANTYCELYN

We are arranging a trip on Wednesday June 8th to Cardigan and calling at Aberaeron on the return journey. Everyone welcome. If interested please ring me on 01550 720370 / 07799 223542.



Andy's Pens

Local stockist of vintage and modern pens, pencils, ink, desktop accessories to suit every budget.

10% off your first order, just quote **FIRST10**

Web: www.andys-pens.co.uk
 Mob: 07889 821057

05/22(3)





RHYS THOMAS FORESTRY SERVICES

Tree Felling – Winching
 Ash Tree Removal – Seasoned Fire Wood
 Crugybar, Llanwrda
 07907 573676 : rhythomas15@hotmail.co.uk

07/22(12)

Stan Archer & Sons Ltd

Church Bank Storage

Safe & Secure

STORAGE

LONG & SHORT TERM

Unit 1,
 Church Bank Industrial Estate
 Llandovery SA20 0BA

Stan : 07812 906508
Stanarcher7@outlook.com
Contact us for a free quote

08/22(12)



**MASTER SADDLER AND
MASTER SADDLE FITTER**

M: 07771 596563

E: saddlefittingservice@gmail.com

W: www.saddle-fitting.co.uk



10/23(12)

ULTRAFAST BROADBAND IS COMING TO THE DYFFRYN CENNEN AREA

A group of community volunteers have been working closely with Broadway Broadband to secure Government funding to provide Gigabit fibre broadband to all properties within the Dyffryn Cennen area. The funding application has now been approved and property owners can register their interest in being connected absolutely free of charge. The fibre connection will be state of the art and the fastest connection available anywhere in the UK. New fibre optic cable will be installed to each property as part of the scheme. More information can be found at the community facebook page search for connectcennen4fasterinternet or on <https://www.broadwaybroadband.co.uk> where you can also register your interest and check availability.

Postcode areas covered are:

SA18 2TU, 2TY, 2UA, 2UB, 2UD

SA19 6PA, 6PD, 6PE, 6PF, 6PG, 6PH, 6PL, 6PN, 6PP, 6PR, 6PT, 6PU, 6PY, 6RA, 6RB, 6RD, 6RE, 6RF, 6RG, 6RH, 6SR, 6ST, 6SU, 6SY, 6SZ, 6TB, 6TD, 6TE, 6TF, 6TG, 6TH, 6TL, 6TN, 6TP, 6TR, 6TS, 6TT, 6TW, 6TY, 6UA, 6UB, 6UD, 6UH, 6UL, 6UN, 6UR, 6US, 6UT, 6UU, 6UW, 6UY, 6YA, 6YB, 6YS, 6YT, 6YU, 9RU, 9RY, 9SA

SA32 8NL, 8NN, 8NW

WANTED

Old militaria and weaponry, Flintlocks, percussion, long guns or pistols. Swords, daggers etc.

Also any war memorabilia or items of general antique interest, coins, watches etc.

ENQUIRIES ARE FREE AND TREATED IN CONFIDENCE, BY PHONE OR EMAIL TO;

**Barry on 01558 668563
or pictures to barry@barryanderic.com**

02/23(12)

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



07518 452132 – davenewton68@outlook.com

04/23(3)

ALED LEWIS *Ai Fab*

PLUMBING • HEATING • RENEWABLES

T 01558 824692 M 07779 146667

E aledlewisaifab@gmail.com

**Dolwerdd, Rhosmaen, Llandeilo
SA19 6NP.**

RENEWABLES

Air Source Heat Pumps

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

Solar Thermal

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

Ground Source Heat Pumps

ALL HEATING AND PLUMBING UNDERTAKEN.

Phone or email for a competitive quote



05/23(12)



COSY TOES FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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



**Mobile: 07718 150571 or
Evenings: 01591 620355**



05/23(12)

Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs

Independent Renault Specialists

First Garage in Carmarthenshire
to be approved by Trading Standards



22 71	New model Renault Captur 1.3TCE 140 BHP s/edition, automatic, sat nav, 18" alloys, reversing camera, air con, highland grey/black roof, delivery milage	now only £24250
18 18	Renault captur 1.5DCI signature X (110 BHP), 6 speed, full black leather, sat nav, reversing camera, 17" diamond cut alloys, cream / black roof, 29000m	£13995
18 18	Renault Clio 1.5DCI Iconic, sat nav, diamond cut alloys, titanium grey, 26500m	£11500
13 63	Renault Clio 0.9 TCE (90 BHP) Dynamique, nav, alloys, £20 r/tax, yellow, 70650m	£5995
11 11	Renault Clio 1.2 TCE 100 BHP GT line, alloys, a/c, sat nav, met blue, 5dr, 66000m	£3995

CONVERTIBLE

20 67	Mini cooper 1.5 Petrol, convertible, half leather, heated front seats, reversing camera, 17" alloys, in aqua blue / black roof, 22000m	£16500
12 62	Mercedes SLK 250 AMG Sport CDI, blue convertible, black leather, white 70000m	£12995

OTHER MAKES & MODELS ON OFFER

20 70	New model Nissan Juke 1.0 DIG-T (117 BHP) N-Connecta, 6 speed, 17" alloys, sat nav, reversing camera, white only, 6565 miles	now only £20500
17 67	Nissan Qashqai 1.2 DIG-T (115 BHP), 6 speed, N-Connecta, sat nav, reversing camera, 18" diamond cut alloys, metallic blue, only 32500 miles	now only £16250
18 68	New shape Volkswagen Polo 1.0 TSI (95 PS) SE, alloys, air con, met orange, 26250m	£14250
18 68	Mazda 2 1.5 (115 PS) Sport, nav, alloys, half leather, metallic red, 5dr, 13350m	£13995
16 66	Kia Sportage 1.7 CRDI 2, sat nav, alloys, only £30 road tax, metallic grey, 38000m	£14995
17 17	Mercedes Benz A200 2.1 TD Sport, black leather, sat nav, alloys, silver, 38250m	now £14250
16 67	Kia Pro Ceed 1.0 120 BHP, 6 speed, GT line, sat nav, d/cut alloys, 1 owner, 3dr, red, 10400m	£11750
19 69	Dacia Sandero Stepway 0.9 TCE Tech-road, sat nav, air con, 5dr, silver, 35000m	now £11750
18 68	Toyota Aygo Fun Roof 1.0 VVT -I- X plore, electric sunroof, reversing camera, 30000m	£9750
16 66	Vauxhall Astra 1.0L Turbo (105 PS) Tech Line Eco Flees, s/s, met grey, 5dr, 46000m	now £6995
11 61	Nissan Juke 1.5 DCI 110 BHP, 6 speed, sport rear spoiler, red mirror caps, white, 73500m	£6250
13 13	Kia Picanto 1.0 City, alloys, ideal 1st car, zero road tax, 3dr, metallic red, 60500m	£4500

COMMERCIALS

18 68	Mitsubishi L200 4.4 DI-D warrior, 4x4, leather, reversing camera, alloy wheels, rear load liner electric windows, central locking, 1 Owner, in black, 26000m	£19500 +vat
18 18	Mercedes Benz Vito 111 BHP 1.6CDI 2.8T, LWB, twin side doors, ply lined, tow bar, roof bars, 32000m, 1 owner, in white, was £14995 +vat	now only £14500 +vat
19 68	New model Citroen Berlingo 1.6 HDI Blue Enterprise, n/s door, white, 36500m	£13500 +vat
16 16	Renault Master 2.3DCI M35 business + ply lined, n/s side door, white, 138000m	£8995 no vat

TEL: 01558 824499

ALL VEHICLES ON WEB SITE WWW.THOMASSERVICES.CO.UK
SERVICING 01558 822859

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

06/22(12)

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

08/22(12)

EYNON PRICE Landscaping & Groundworks

Tel: 01558 822434
Mob: 07970 906489

Brynhyfyrd Farm, Llandeilo, SA19 7HS

www.landscaping-specialist.co.uk

06/22(12)



UKRAINE AID LLANDEILO

A new Collection Point for goods and donations for the people of Ukraine has been set up at Hengwrt, Carmarthen Street, Llandeilo, SA19 6AE.

Organised by Menter Dinefwr and the Llandeilo Community Action Hub, donations can be dropped between 9:30am and 4:30pm from Monday to Saturday.

Items most needed are batteries, flashlights, candles, shoes, winter clothes (in good condition please), nappies, personal hygiene products, painkillers, dressings, first aid materials, blankets, duvets, sleeping bags, pillows, sheets and food cans.

"We've ordered collection buckets but for now we recommend that monetary donations are being made online," says Action Hub Chairman Christoph Fischer. "Our volunteers and the team at Menter Dinefwr will make sure the donations reach the network of Polish shops currently organising the delivery to Ukraine and Poland."

"The situation for the people in Ukraine and the refugees in neighbouring countries is horrendous and we're glad to be able to offer a small help by teaming up with local volunteers," says Owain Gruffydd, Chief Executive of Menter Dinefwr. "This is an enormous humanitarian crisis and all items and donations will be passed on to those in need."

For further information, please contact Menter Dinefwr on 01558 263123 or email post@menterdinefwr.cymru.

Monetary donations can be made to:
UNICEF:

<https://www.unicef.org/.../conflict-ukraine-pose>

BRITISH RED CROSS:

<https://donate.redcross.org.uk/appeal/ukraine-crisis-appeal>



MARTIN REES

Professionals you can trust

Electrical Contractors Ltd

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Domestic Commercial & Industrial Testing

Portable Appliance Testing, CCTV

Shops, Pubs & Restaurants

Property Landlords & Letting Agents

Care Homes, Leisure Centres,

Libraries, Public Buildings

Fire Alarms & Emergency Lighting

Solar PV Panels

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

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



07/22(12)

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



04/23(12)

Tel 01550 777497

Fax 01550 777808

Office The Stores Station Rd Llanwrda SA19 8EH

Email adclad@live.co.uk

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



07/22(6)

ST CADOG'S CHURCH ANNUAL SUPPER AND AUCTION

After two very difficult years, we are pleased to be once again having our Supper and Auction in aid of St Cadog's Church. We have been unable to have our usual fundraising events since 2020 and so it is exciting to have this fun evening to look forward to.

The Supper and Auction is our main fundraising event in the year and it will be held on Saturday the 21st May. We held the first one in 2000, thinking it would be a one off and here we are 22 years later still having them (by public demand). They have been very successful every year and have made a big contribution to keeping the Church going and enabling us to make improvements to the facilities in the Church.

We are very grateful to everyone who has supported us in the past for this event and hope that you will join us again for another very special evening. It is always a very happy time and the supper is excellent and provided by members of the congregation. We also have a wine and soft drinks bar to jolly the evening on. The highlight of course is the Auction itself and we are very grateful to many local businesses for supporting us with donations. This year we are very pleased that Mr Huwel Manley has again agreed to be our auctioneer.

The Supper and Auction is held in Llangadog Community Centre and the doors are open for viewing at 7.00pm. Tickets for the evening are £12 and can be booked by calling 01550 777657. Because we need to know numbers for catering, tickets must be booked in advance. If you have any good quality items which you wish to donate for the auction please call the above number. Items cannot be accepted on the day.

LLANDOVERY GARDEN CLUB

I would like to thank all those who managed to attend our meeting on the 12th April 2022. 16 of us met in the Catholic Hall with apologies from 11 absentees. I felt this was a very encouraging number and we enjoyed a discussion relating to coach trips to visit gardens and inviting Speakers to our Club. In order to be able to advertise in advance we decided to meet again at the end of May.

I have booked the Catholic Hall, College View, Llandovery, for the 4th Thursday of the month. 26th May from 7.00pm When we will welcome a Speaker ROSE NASH and her topic will be "Propagation with a focus on growing from seed"

The Committee members will serve Tea, Coffee & Biscuits & a Raffle will be held

If you have any queries please phone 01550 720771. I look forward to us meeting up again

Marguerite Rees (Babs) Chair.



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

Who must be a good team player, and compassionate.

*WAGES NEGOTIABLE DEPENDING
ON QUALIFICATION*

Experience not essential as NVQ training provided.

Please contact Nia on 01550 720495

05/22(3)

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
RHI
Supplier

01550 720285

Email: hormannfan@gmail.com

www.hormannfirewood.co.uk

11/22/13

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

08/22/12

the FORGE

- Welding and Fabricating on and off site.
- Repairs to agricultural plant, diggers, buckets etc.
- Cutting, bending, rolling, punching, profile cutting of light and heavy steel plate, angles, flats and channels etc.
- Inline boring.
- Hydraulic Pipe, fittings and oils.
- Fire escapes, ladders, railings etc.
- Low loader hire.

08/23/12

Thomas Rees & Son Ltd

The Forge, Pumpsaint, Llanwrda
Carmarthenshire SA19 8UW

Tel: 01558 650207

LLANDEILO AND DISTRICT GARDENING CLUB

Llandeilo and District Gardening Club have begun the 2022 season in earnest. We started with a quiz in March, a small but content group trying hard to remember our knowledge of plants and pop culture. We all got some questions right! In April we had a trip down memory lane with a selection of photos from previous Gardening Club outings to glorious gardens in sunny weather in more relaxed times. Denise also shared some pictures of her delightful Auriculas, flowers with real flair.

On Thursday May 5th our regular evening meetings with a guest speaker resume. We are delighted to welcome Andrew Wyton from mid Wales. Andrew has an MA in garden history and will be talking to us about "Gardens Lost and Found", uncovering our horticultural heritage. This talk is open, not just to members of Llandeilo Gardening Club, but to members of other local gardening clubs and to any one wondering how we arrived at how we garden today. Do come along and join us at 7.30pm on Thursday May 5th at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN. For any further information contact Stella Taylor, stella@rhydgoch.co.uk 01558 668339.

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@rhydgoch.co.uk 01558 668339.

TOWY VALLEY CAMERA CLUB

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

25 April 2022

Mike Kitson History of Photography. Hand in entries for Competition 5 – Open x3/Shape x3

5 May 2022

The New Quay Six-Way Battle.

16 May 2022

TVCC Members 15 Minutes Of Fame.

30 May 2022

Rhiwbina CC Battle – Judge Rob Mitchell.

13 June 2022

Judith Bennett – Australia Landscape & Post-Shoot Workflow.



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

Support Workers

Hours: 40 per week (various shifts)

Salary: £19,764 to £21,935 per annum

Additional one-off payment of £1,498 between now and end of June, subject to eligibility

Are you looking for something new? A career in care can bring incredible job satisfaction, fun, and a strong sense of purpose. You will be helping adults with learning difficulties to live and learn more independently.

It's hard work but never dull!

We offer a friendly, welcoming, and award-winning place to work and due to expansion are looking for caring, passionate, enthusiastic people with a can-do attitude to become part of our highly motivated team.

- Lots of Training & Support
- Learn New Skills, such as Sign Language
- Meals Included
- Overtime at Time & a Half
- Paid Sleep Ins

For more information, please contact Lisa on 01550 760453, or email lisablofield@elidyrct.ac.uk



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

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



While the RHI is due to end for new applications in April this year, fortunately UK governmental support for renewable heating systems continues.

The new scheme is an upfront voucher scheme which offers £5,000 for Air Source Heat Pumps (ASHP) and rural biomass and £6,000 for Ground Source Heat Pumps (GSHP).

The process is as follows:

1. Contact us for a quotation.
2. We apply for the voucher for you.
3. We provide a quotation.
4. Installation.
5. £5000 deducted from our invoice



CLEAN, GREEN RENEWABLE HEATING



Birds' Hill

Parc Bryers, Dryslwyn, SA32 8QX

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

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

For more information please contact us

01558 824726

info@birdshill.wales

www.birdshill.wales

DIAL A BATHROOM

COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET



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

**OUTSTANDING RESULTS
ON EVERY BUDGET, GUARANTEED.**

To discuss your requirements and for a free no obligation quote

PHONE: 01558 685352 or 07780 630407

Email: dialabathroom@hotmail.co.uk

WWW.DIALABATHROOM.CO.UK

05/22(6)

DAVIES PET AND COUNTRY STORE

STATION ROAD, LLANGADOG SA19 9LS

Tel: 01550 777850

YOUR LOCAL FAMILY RUN PET STORE

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

**NOW STOCKING FROZEN
RAW DOG FOOD**



**Open Monday to Friday 9.00am – 5.00pm
Saturday Morning 9.00am – 12.00pm**

04/23(12)

HUGH WILLIAMS SON & CO

ESTABLISHED SOLICITORS

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



www.hughwilliamslaw.co.uk

01558 823 417

81 Rhosmaen St,

LLANDEILO

SA19 6HD

llandello@hughwilliamslaw.co.uk

01550 721 500

Alma House, 1 High St,

LLANDOVERY

SA20 0PU

llandoverly@hughwilliamslaw.co.uk

12/22(12)

RICHARD EVANS

Electrical Contractor

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



National Inspection Council for
Electrical Installation Contracting



APPROVED CONTRACTOR

For free competitive Quotations &
Quality Workmanship please contact

Tel: 01550 721623 / 720485

Mob: 07813 931817

Cefnllan Farm, Llandovery, Carmarthen

11/22(12)

LLANDOVERY CROQUET CLUB



The croquet club has enjoyed a good start to the new season with several new members joining. We are looking forward to matches against Mumbles, Cardigan and Llandiloes Croquet Clubs in the near future. This is in addition to our regular Tuesday and Thursday club afternoons when visitors are welcome to come and try out this fascinating game.

Two of our members, Tim Crowdy and John Evans will be taking part in the Welsh Championship which takes place at the Glamorgan Club on 14/15th May. We wish them every success. At a more modest level the club will be organizing our own competitions leading to a club championship at the end of the season.

Visitors and new members are welcome at the Club at any time and free coaching is available for all beginners to croquet, with no obligation to join the Club. We are also happy to organize sessions for small groups who would like to enjoy an afternoon of croquet. We can provide all the equipment and coaching; you just need to wear flat shoes!

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



Roman Solutions



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

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

02/21(12)

LLANDEILO BOWLING CLUB WANTS YOU TO BE BOWLED OVER

Are you bored with walking your dog or taking retail therapy to achieve your 10,000 steps per day, if so, lawn bowls could be for you.

In one game of bowls you will walk 1.5km, lift 92kgs, bend and stretch up to 88 times and step up 21 times without even realising you are doing it – well at least until the following day!

Whilst raising your physical fitness you will also be improving your self – motivation, concentration and focus but more than that you will form new friendships and have fun!

A Club night is held every Tuesday evening throughout the season commencing 12th April at 5.45pm until mid-September at Llandeilo Bowling Club which is located behind the Fire Station in Llandeilo.

Don't worry about bowls and kit the Club can provide you with everything you need to get started with qualified coaches to show you, at no expense, how to play.

Llandeilo Bowling Club comprises of a bunch of friendly people of different ages and backgrounds who have a common goal of wanting to have a bit of outdoor fun on the bowling green. The banter you will witness on the green is testimony to this.

So don't be shy give it a try!

For further information, ring Jamie on 07774 352220 or Sara on 07787 802138 or just pop along on Saturday 9th April or any Tuesday evening thereafter. You can be assured of a warm welcome.

CYCLE JUMBLE FOR THE NATIONAL CYCLE MUSEUM IN LLANDRINDOD WELLS 16TH JULY

Various older good condition cycle parts from the museum stores have been donated to the charity, to sell to raise funds. The cycle jumble will be held at Cefnlllys School nearby. Free car parking.

You may find that exclusive part you need. Several cycles needing restoration may also be for sale.

Open from 8.30am – 11.00am for public. The museum will also be open 10.00am – 2.00pm

If you have good parts to donate please bring along before 9.00am.

Enquiries: Steve Griffith 07740 923630, stores manager, or see <http://www.cyclemuseum.org.uk>

**Lock problem?
No problem!**

Call 07816 377710 24 hr



Llandeilo

Professional local service

All types of locks
supplied, fitted and opened

Upvc door lock specialist

Covering all West Wales & beyond!

www.gtlocksmiths.co.uk

062213



Proclimber
Arb Ltd

Tree Care, Forestry &
Industry Training Provider

With over 25 years experience

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



Andrew Lewis
Tel: 07795 820707
proclimberarb1td.co.uk

08.22(12)

ASK A CELEBRANT WITH BERNI & DINAH EPISODE 3 – “WHAT KINDS OF CEREMONY CAN A CELEBRANT CREATE FOR YOU?”

Welcome to Episode 3 of “Ask A Celebrant” where Dinah and I answer your questions pertaining to the role of a Celebrant.

I hope you are all enjoying our series and have managed to find the podcast. You can listen and subscribe to Ask A Celebrant on any podcast streaming platform. Or can find links via either of our websites. There is a new episode on 28th of each month.

Anyway, if you listened to episode 2 something rather surprising happened! Dinah and I always know what our topic is because we agree it at the beginning based on the questions you have asked us. However, we do not script our conversations.

This means when you join us, it’s like being part of, or eavesdropping into, an interesting conversation whilst having a coffee in a cafe. You are more than welcome to eavesdrop our conversations! I think you’ll like where episode 2 took us. Put it this way, I said something, and we both started crying (happy tears) and then had to base episode 3 on the repercussions of that.

Without giving you any real spoilers, if you want to catch the podcast, episode 3 is about being imaginative and valuing your life chapters and those that are integral to it. It’s about recognising those moments where you could take a special moment and create a celebration that commemorates, celebrates, or acknowledges whatever it is you or someone you love has achieved. We’re talking gratitude, love, family, survival, chapter ends, new beginnings, graduating, change of career, adoption, gender reassignment, coming out, emigrating; anything important to you and yours really. There is nothing that a celebrant can’t help you commemorate.

Personally, we don’t think we do enough of it. Our



DINAH LIVERSIDGE
INDEPENDENT FUNERAL CELEBRANT

1222(12)

**SPIRITUAL, MIXED FAITH AND
NON RELIGIOUS CEREMONIES**

Based in Myddfai, Llandoverly

01550 721266
dinah@gratefulcelebrant.com



EPISODES 1 - 3
available on all podcast
streaming sites

Ask A Celebrant
with Berni and Dinah

www.bernib.co.uk

www.gratefulcelebrant.com

lives move from one challenge to the next, from one achievement to another and we barely take the time to really appreciate what we and those around us have been through, survived or achieved. If you think you have someone or something you want to commemorate or thank and you want to do it with more than a handshake, a card or a bunch of flowers, or box of chocolates, then I’d say, talk to a celebrant, share your thoughts, they’ll have loads of ideas about how to turn a ‘thankyou’ or a ‘well done’ or an ‘I love you’ or a ‘look at what I did’ into something personal and special, and unique to you and yours.

Ask the Celebrant is a conversational podcast answering your questions and goes live monthly on 28th of each month. The first episode introduced the two of us and clarified in more details what a Celebrant actually is. The second episode focused on rethinking weddings and looking at other reasons to celebrate love, unity, and commitment.

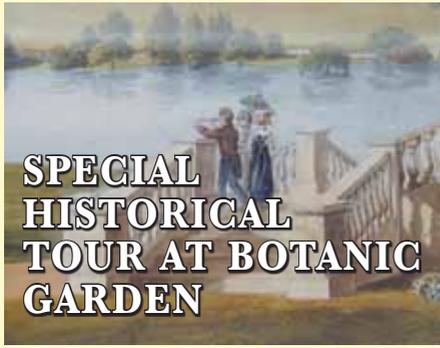
Future episodes are up to you and will depend on the questions you ask. We will even be bringing along guest speakers.

To contact us simply email: alternativecelebrant@outlook.com or dinah@gratefulcelebrant.com

Sign up to the podcast: askacelebrant.buzzsprout.com
For more information go to bernib.co.uk or gratefulcelebrant.com

THANK YOU

Audrey Price has recently celebrated a special birthday at the Plough, Rhosmaen with her family and friends and would like to thank everybody for their generous contribution to Menter Cilycwm totaling £445.



SPECIAL HISTORICAL TOUR AT BOTANIC GARDEN

There will be a special historical tour of the restored Regency landscape at the National Botanic Garden of Wales on Saturday 21 May starting at 2.00 pm. The tour has been arranged by the Carmarthenshire Antiquarian Society, the county's history society.

Non-members of the Antiquarian Society can join the tour and benefit from a reduced entry price at the Botanic Garden. For further details and to book a place, phone 01550 760220 or email sarafox2400@gmail.com by 14 May.

Members of the Society receive full details of its annual programme together with its long-respected journal *The Carmarthenshire Antiquary*. More information about the Society and how to become a member will be found on the website www.carmants.org.uk.

SUMMER TRIP

The Babel Ladies Guild Summer trip will be on Tuesday 24th May. We will go by Coach to St. David's, calling at Narberth for coffee and then for a fish and chip supper at Aberaeron. The cost will be approximately £12 - £15 for the coach, dependent on numbers (plus meals).

If interested please contact Lesley Markham on 07944 544267.

A.R. DAVIES BUILDERS LTD

Barn Conversions • Extensions
Renovations • Roofing • Garages • Driveways
Stonework • Brickwork • Patios Tiling • Carpentry
Kitchens Bathrooms • Solid and Laminate Flooring

Tel/Fax: 01550 720566
Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

HIGHGATE

LLANGADOG

WATER SOLUTIONS

PLUMBING & HEATING ENGINEERS

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



LLANDOVERY
MINI AND MICRO DIGGER HIRE

1.5 Ton Mini Digger • 1 Ton Micro Digger

Both come with:
4 buckets - 9, 18, 24, 36 inch

Extra Attachments
Breakers • Riddle Bucket
Assorted Ivor Williams Trailers.
Muck Truck Max • Power Barrow



MICRO DIGGER IS ONLY
28 INCH WIDE

Ideal for narrow access to
gardens and into buildings
(will fit through most doorways)

Mob: 07850 715711
Tel: 01550 720566

LLANDOVERY ROTARY CLUB



Firstly, my apologies to Aaron from the POST Magazine for the lateness of this report. Also to the readers of this magnificent Magazine for the brevity of this report. The reasons for this brevity are many. Lack of Rotary news, a bout of Covid, my poor memory, Easter, a holiday, a meeting short and many other pathetic excuses are just some of the very poor reasons I give for this I'm afraid!

Anyway, here goes.

We have received a number of requests for funding recently but due to Easter our Council meeting has had to be rescheduled to a later date. Thanks to those who have sent requests for your patience on this matter but we will inform you of our deliberations as soon as is possible. One request we were not able to support was a request for financial support for further education. We are very sorry but if we supported one we would be inundated with requests from many school leavers and our funds would be diminished hugely in no time at all. We do not like refusing any request but each one is taken on its merits. Thank you.

One of our members gave a very interesting talk on 'The Situation in Ukraine'. He informed us that the contents of this talk is all on the internet but he had clearly done a lot of research on the subject as the talk itself was absolutely fascinating. The situation these poor people find themselves in is absolutely horrific and Rotary International is doing all it can in very challenging and dangerous conditions to get aid to these people who need everything we can possibly get to them.

Just some of the help Rotary International has been able to get out there has been bullet pointed by our District Governor. Here are just a few of them:



What colour duck will you choose for the Grand Duck Race?

1. Having had a priority request for particular x-ray machines to detect shrapnel injuries we reached out to Siemens and 1st April received this email from a Rotarian who is head of Siemens Healthcare in Slovakia:-
"Allow me to inform you that our global Siemens Healthineers donation just left our factory today, Healthineers donated 4 pcs Cios C-arms and 3 pcs mobile X-rays Mobilet Elara Max."
2. A 44-foot articulated truck with many medical items donated by Rotary clubs left Somerset a few days ago.
3. £5,000 for essential medications in Ukraine. €30,600 for 5,000 tourniquets from Slovakia. Order in progress for supply of medications from Austria.
4. \$7.3million in contributions received to date.

Two members of the Llandoverly British Legion attended on this evening to promote a fund raiser of their own. Pete Wilean and Aled Lewis, who, as past members of the armed forces also found the talk extremely interesting.

Pete thanked the members for their hospitality again and hosting both him and Aled.

Both spoke and were not looking for donations but basically wished to promote the Royal British Legion which is a charitable organisation and the work they do in order that we can pass this on in the community. They assured that the Legion is again active and presently has 23 members and meet in an evening every month at the RFC. They also meet for the older generation in the morning at The Llandoverly Youth and Community Centre again once a month. At present 6000 ex service persons sleep rough and are homeless in the UK, however there is plenty of money and support within the RBL. To promote this the RBL and the local club are arranging "The Great Tommy Sleep Out" which will mean they will sleep out for 24 hours from 10am on a Saturday morning. This event has now taken place and was a resounding success. Well done the Royal British Legion Llandoverly Branch and thank you for attending Pete and Aled.



My visit to the lovely ladies of Babel Ladies Guild.

As reported last month I had been invited to attend the Babel Ladies Guild to give a talk on 'Rotary'. Well, I was very warmly welcomed to the old Babel School (Cefnarthen) by the ladies and talked to them about Rotary International and Llandoverly Rotary Club. They were extremely attentive and indeed quite knowledgeable about how it operates world wide. The questions they asked were quite searching and also very humorous. Then they asked about Love Llandoverly which I was also very glad to expand upon especially as a number of them were keen followers. They are a lovely group of people. How wonderful to see a small community thriving making excellent use of an old schoolhouse for the good of the locality. It was a very pleasurable visit. Thank you for your kind hospitality ladies.

We have began the sale of our ducks for the Rotary Grand Duck Race on the Brân on 3rd July finishing by the Mart, the scene of the second day of the Llandoverly Motorcycle weekend. A first prize of £500 for the owner of the winning duck awaits. Get yours now from any Rotarian.

Don't forget DROVERFEST in Llandoverly Mart, courtesy of Mickey Gough coming up on June 4th in conjunction with Llandoverly YFC.

Two BIG events coming up on our calendar.

We have two speakers coming up who will be very interesting. More about them next month.

Derek Jones.

02/23(12)



Making a real difference to south west Wales businesses. Helping business owners prosper for over 100 years.

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

For a **free initial consultation** with your local Partner, Ceri Llwyd, please contact us:

llandoverly@ashmole.co.uk
01550 720098
18 High Street, Llandoverly
www.ashmole.co.uk



KEVIN FOSTER

Building & Renovations

Tel: 07727 682 295

www.building-renovations.co.uk

0823(12)

LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday the 30th March 2022 the Prichard Hall at 2.00 p.m. For their first full meeting since February 2020.

The chairperson welcomed old and new members to the meeting and opened the meeting with the Lord's Prayer and prayers for members we have lost in the last 2 years. Chairperson then introduced our guest speaker for the afternoon, Derek Jones.

Derek introduced himself and informed us that he had given a talk yesterday evening to Babel's Ladies regarding The Rotary.

Derek then gave us an understanding of how the Love Llandovery Facebook page started. The Love Llandovery Facebook page was to run alongside the Chamber of Commerce to enhance the businesses of the town but initially there were not many followers. Derek took over Love Llandovery, who now has nearly 8000 followers and can be viewed up to 12000 times a day. Love Llandovery has followers from all over the world, America, Australia and New Zealand. Anybody can put anything on Love Llandovery, events, choir, RFC, YFC, old photos etc etc. Derek puts everything on Love Llandovery but will not tolerate bad language and it is not a for sale site.

Members then asked Derek questions.

Chairperson thanked Derek for his very interesting talk about Love Llandovery.

Refreshments were served. The meeting then resumed.

Three members made Easter bonnets, Mary Jackson, Linda Evans, and Angela Kenyon. Linda won the prize.

Chairperson read out two poems one called "Who Cares" and "The Lonely Daffodil".

It was then discussed where do we go from here with future meetings. It was decided that we would carry on with monthly meetings and decide on a monthly basis what will be discussed at each meeting e.g. speakers, day trips, afternoon tea, tea at the croquet club etc etc. The meetings will be held on the last Wednesday of each month.

It was decided that old members do not need to pay but for new members it would be £10.

Committee to remain the same, no vice chairperson, hostesses to be organised on a monthly basis, raffle to restart.

Angela to continue to do report for The Post.

Chairperson sent her apologies and Dan will step in her place.

14 members present.

3 apologies.

Chairperson thanked everybody for attending and welcomes new members.

Angela Jackson-Kenyon, Secretary



NEWS FROM THE TOWN HALL

Election time is here again, and we have some vacancies on Llandovery Town Council. When we are complete, we are 14 councillors serving the town's people. We meet at 7 pm on the 3rd Monday of every month except August. In May, we hold our AGM on the Thursday prior to our Monday meeting when our new Mayor takes their position as chairperson of the council.

The post of town councillor is voluntary; however, there is a small annual gratuity towards expenses. As councillors, we are expected to serve on subcommittees, which may mean extra meetings, usually held in the evenings, some months, and attend town events.

We try our best to serve the town's people as best as we can. Unfortunately, we do not have the power to make decisions on everything we would like; however, we have good contacts and can be an essential voice in getting things done. Knowing the right place to go and the right person to speak to is a great help. We have a budget raised from the taxpayers each year to spend for the town's benefit, and much of our work is initiating and facilitating projects to use taxpayer money in the best way possible. We work as a committee under the guidance of our Town Clerk.

If you, like me, treasure the opportunity of living in this wonderful community, come and join us on the council and help do the best we can for the town and all who live here. We would especially welcome new ideas, young outlooks and a challenging project or two.

We may or may not have an election in May, that depends on how many decide to stand, but we will need to fill the vacancies in the coming months. Think hard. Could you spare the time to join us and bring your thoughts and ideas on the growth of Llandovery to the Council?

It is an exciting time to become a Town Councillor as May 2023 sees the Eisteddfod yr Urdd coming to Llandovery for the first time. It is anticipated that over 100,000 visitors will attend the week-long festival. This is a once in a lifetime event and therefore important that the Town Council works closely with local businesses to raise awareness of the opportunities such an influx of visitors will provide and to hopefully ensure their enjoyment and experience in Llandovery leaves them all with such a positive lasting impression that they will want to visit again in the future.



TOGETHER WE RAISED £1,186 FOR UKRAINE

Thank you for your
donations.



Together with The Junior Drivers, the Netball Team and The Rhys Pritchard School and the Coop, we raised £1,186 in aid of Ukraine. We would like to thank everyone who contributed to help raise such a fabulous amount. This has been donated to the Ukraine Humanitarian Appeal and will go a long way in supporting all the people who have been horrifically affected by the devastation of war in Ukraine today.

If you would like to make a contribution you can do so by visiting: www.justgiving.com/fundraising/co-operative-bank-dec-ukraine

HEART OF WALES PRIDE, LLANDOVERY 2022 Saturday 25th June 2022

This will be a family friendly event with activities for children and families in the day, a chance to promote LGBTQ+ owned/run businesses, and an adult only, cabaret entertainment in the evening.

More details to follow #HoWPRIDE22



**LLANDOVERY PRIDE
SAVE THE DATE
25th June 2022**

DOES LLANDOVERY WANT THE SHEEP FESTIVAL BACK?

I rather hope the answer is yes. We try to provide a fun weekend, whilst attracting visitors to spend money locally, boosting many local businesses, to help them to prosper and help keep Llandoverry a vibrant place to live and work.

After two years away because of “that pandemic” we hope to be back this September. But like everybody else we are facing some extra challenges.

It has been tough for business so we are finding it hard to raise the sponsorship we need, so if you know of any business that wants to advertise or sponsor some part or even the whole festival – we have packages from £30 to £3000- then we would love to hear.

We will of course be asking for “Proud Supporter” contributions in due course and we are hugely grateful for all your support!

We are trying to make up a shortfall of several thousand pounds – it costs well over £20k to set up the festival (though it has benefitted the town by at least £1.2m).

The September date is intended to bring business to town at the end of the season when it might otherwise start to tail off. We know for many businesses it is one of the best, if not the best weekend of the year.

We want to compliment the other excellent things that happen in Town during the year, not to compete with, or detract from their success.

Apart from money we also need the shot in the arm that new people can bring, so we need volunteers to help over the weekend, people who might like to be part of making things happen in the weeks before, help with administration. Trust me walking around the festival seeing the number of visitors, people having fun and hearing the happy stories from people in the days and weeks after, knowing that you have played a part in helping your community is one of the most satisfying feelings!

I hope you agree that Llandoverry would like to see the Sheep Festival return and that you want to help it to happen one way or another!

Drop us a line on Facebook (Llandoverry Sheep Festival) if you are willing to try and make this year the best Sheep Festival it can be!

Thank you
Chris and the Sheep Festival Team

HAPPY HOLIDAYS WITH DINEFWR RAMBLERS



Photo is the group on Cader Idris in September 2021, taken by Ros Bellamy.

Members of Dinefwr Ramblers are looking forward to early summer walking holidays, exploring a bit further afield. A group are soon setting off to Croatia to go walking on the lovely island of Brac and visiting the ancient cities of Dubrovnik and Split. This holiday was postponed from 2020 so it's been eagerly awaited during these past 2 years, specially organised for this group by Ramblers Walking Holidays.

Other members are also travelling in May to walk in the National Parks of the Peak District and the Yorkshire Dales. "There are so many beautiful places in the UK," said Ros Bellamy, Chair of Dinefwr Ramblers. "Walking holidays with experienced guides give us local knowledge and a variety of new horizons. We enjoy relaxing afterwards over a good meal in friendly company." Find out more about the group and their walks at: www.dinefwrramblers.org.uk

MAY 2022 WALKS

Sunday 1st May: Walk from Bwlch – Exploring the less well trodden paths of the Black Mountains. Walking through 'lush countryside' with striking views over Pen-y-Fan, Llangorse lake and the central Beacons. Please contact the walk leader if you wish to participate in this walk. No dogs except for registered assistance dogs. Dist. 7 miles. Moderate Explorer Map: OL12 Meeting

point: Llandeilo Railway Station. Dep. 08.45am on by car. Leader: Richard Ambrose Tel. 01792 361814 Mob. 07946 331745 (Mobile number is only available on day of walk).

Wednesday 4th May: Myddfai – A gentle walk on fields and tracks, starting from the Myddfai visitor centre. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs Dist. 4 miles. Easy Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep. 10.00am Leader: Pam Marsh Tel. 01558 822225 Mob. 07929 003586.

Sunday 8th May: Black Mountain walk – A walk led by Richard Chodecki. Details to be published on website www.dinefwrramblers.org.uk

Wednesday 11th May: Llangain – A very pretty walk through woodlands with spring flowers such as bluebells and wild garlic. We will also take paths across fields, with wide views across the Towy estuary. The walk uses well trodden paths, farm tracks and minor roads. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome. Dist. 4.5 miles. Easy Explorer Map: 117 Starting point: Green Castle Woods car park just off B4312 to Llansteffan. Dep. 10.30am Leader: Anne Nicholas Tel: 01558 822914 Mob: 07722 868240.

Sunday 15th May: No walk scheduled, please check website for update.

Wednesday 18th May: Myddfai via Cwm Clydach – This walk takes walkers up the peaceful Cwm Clydach. There is a fairly gradual climb (some short steeper sections) up to the top of Mynydd Myddfai but once there walkers are hopefully rewarded with stunning 360 degree views. Back down via Sarnau returning to the start on a quiet country lane. Please contact the walk leader if you wish to participate in this walk. Dogs are welcome but must be kept on a short lead at all times. Dist. 4 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: Myddfai visitor centre. Dep. 10.00am (some car sharing required due to limited parking at start of walk). Leader: Jan Jones Tel. 01558 824690 Mob. 07790 578555.

04/22(12)

KB HOME MAINTENANCE

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

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

Sunday 22nd May: Llanwrtyd Wells – After a short stroll along the beautiful Irfon valley to the 14th century St David's Church, we have a couple of steady climbs up into the hills for great views. There is a stream crossing! Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Dist. 7miles. Moderate/Energetic Explorer Map: Exp. 187 Meeting point: Llandeilo Railway Station car park Dep. 9.30am Leader: Ros Bellamy Tel: 01558 823542 Mob: 07976 631083.

Wednesday 25th May: Bosherton – A walk from Bosherton to Stackpole Quay and Barafundle Bay. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads welcome. Dist. 5 miles. Easy/Moderate Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep. 09.30am Walk start: National Trust car park, Bosherton Dep. 11.00am (parking charges may apply). Leader: Janice Evans Tel. 01269 850084 Mob. 07814 275017.

Sunday 15th May: No walk scheduled, please check website for update.

All walks are dependant on Covid restrictions on the day of the walk.

Due to unforeseen circumstances it may be necessary to change or amend a walk. Please check the website for the latest information before setting out.

www.dinefwrramblers.org.uk

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

07/22/23

Problems with your PC?
Baffled by computers?

EASY P.C

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

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

23 Carmarthen Road, Llandeilo
01558 823628 | 07773 012762

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

Now in our
17th year

12/23/13

Davies Tree Services

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

01267 202430 / 07826 716899

10/22/12

RED LION
LLANGADOG

ART, CRAFT
BYGONES & BARGAINS

Entry is free and we
invite you to browse
from an eclectic and
affordable mix of stalls.

FREE
ENTRY

Saturday 28th May
9.00am – 2.00pm

05/22/11



LLUEST

'TAILS' FROM THE TRUST

SPRING UPDATE

Spring has brought us much needed sunshine, warmth and new rescues at Lluest. Here is the story of just one of our new rescues.



Tali's first days at Lluest.

20 year old Tali came in to us last month. He had been living in his owner's garden, as it was the only place they could care for him. His field was too big for him and he'd got laminitis. His life-long owner very sadly passed away and his son was doing his best to care for both his disabled mum and Tali whilst also working. A desperate situation and one where we were able to step in to support Tali and his owners and we will now work to find Tali a new home.

Sadly this is not an unusual situation and we are receiving increasing numbers of calls from people desperate for help following a decline in health or the death of their spouse. We are concerned that the rising costs of living are going to have an impact on some people being able to continue to care for their horses. Our own costs are rising and right now we need your help more than ever. We are completely reliant on donations and legacies to fund our work. By donating just £2 a month via standing order you can help us to continue to

care for all the rescued equines already in our ownership and be there for those that need us in the future. You can set this up using our Account number: 65672392 and Sort code: 08-92-99

As a small charity we are always looking for opportunities to raise awareness of the work we do so we were thrilled when ITV Wales Coast and Country asked to film a piece for their current series. Ruth Dodsworth and the film crew were so lovely to work with and super enthusiastic about our work. If you didn't catch it you can catch up via this link:

www.itv.com/walesprogrammes/coast-and-country



Ruth meeting Reuben our retired Police horse.

We would like to take the opportunity to thank Claytons Animal Feeds and their kind customers for raising an amazing £202 plus a full and heavy collection tin. Also to Rhyddid Riding Club, St Fagans who at the time of writing were just about to run a charity fun day to raise funds for us. We are so grateful for all the generous donations and fundraising activities from members of the public and local businesses. If you have a fundraising idea we would love to hear from you and support you in any way we can.



Thank you to everyone at Claytons.



Wales & West Boot Sale in full swing.

We were also excited to be the chosen charity for Wales and West Boot Sales and having the opportunity to sell some of the fabulous donations we receive. We had a



Best buddies Misty & Archie.

great time at their most recent sale and raised enough from donated tack, rugs and equipment to cover the cost of our hard feed for the whole of April. We look forward to seeing everyone at their next Evening Indoor Equine Boot Sale on May 4th United Counties Showground, Carmarthen, 6pm onwards

Don't forget that if you're looking for a feel good gift for that special person in your life then a Lluest sponsorship could be just the thing. Sponsor a Lluest rescue like lovely Misty the donkey and receive a mounted photo, certificate and a rosette as a thank you. All of our rescues rely on the continued generosity of our supporters, without whom their rescue would never have been possible. You can find full details about our sponsorship scheme on this website link: <https://www.lluethorseandponytrust.co.uk/sponsorshipscheme/>

Diolch / Thank you



PLUMBING SERVICES
KITCHENS - BATHROOMS
FLOOR / WALL TILING
 For All Your
Plumbing & Maintenance Needs
 From a little drip...
 to a complete bathroom
phplumbingservices@hotmail.co.uk
 Registered Oil Boilers Servicing & Maintenance
Call Phil on 07766 883713

05/23(12)

CASBER
SCAFFOLDING
 All scaffolding work undertaken,
 call for your quote;
Adam Kimber
Tel: 07825 505551
casberscaffolding@hotmail.com

07/22(3)



WELSH LANGUAGE LIBRARY AND WELLBEING HUB AND BOXING CLUB RECEIVE COMMUNITY FUNDING IN LLANDEILO

On Thursday March 3rd the Llandeilo Community Action Hub held a public ceremony to crown the winners in the Llandeilo Participatory Budgeting Pilot Project. The public of Llandeilo had been to the ballot box last week to decide which of seven grass roots community projects put forward would get funded. More than 600 votes were cast online at the Connect Carmarthenshire website and about 250 votes were collected in person.

£ 12,863.40 were available for this innovative process in community funding, money coming from Government, Llandeilo Town Council, the Llandeilo Round Table, Bush House Veterinary Group, Shufflebottom LTD Safer Homes and Communities, Carmarthenshire County Council, Welsh and many private donors. The money was enough to fully fund the two projects with the most

votes and winners were announced and presented with their cheque by Mayor Rob Jones:

A Welsh language library and wellbeing Hub at Ysgol Cymraeg Teilo Sant with a bid for £7,268 received 248 votes and the Boxing Club Llandeilo group with a bid for £4,570 received 220.

“I’m really looking forward to get started on the practical side of the project,” said Maureen Williams, head teacher at Ysgol Cymraeg Teilo Sant. “A purposeful area for present pupils, future pupils and children in the community to enjoy and learn in an environment that shows respect towards children with a warm community feeling”

Carl ‘Woody’ Lewis from Llandeilo Boxing Club was equally enthusiastic: “First of all thank you to everyone who voted, I can’t wait to get Box of Fists boxing club started, Llandeilo has a big antisocial behaviour issue at the moment so I’m hoping the gym will give them a place to let of some steam and learn some discipline. Even if I can help develop a handful of youngsters then the project will be worthwhile.”

“It’s been fantastic to see so many community groups come up with excellent ideas and deserving projects,” says Action Hub Chair Christoph Fischer. “A huge shame we couldn’t get all of them full funding but we are determined to assist those who missed out to find funds. After all, they are local community projects from Llandeilo people directly for our community.”

“It’s been very rewarding process to be involved in this project, helping groups who have a real passion for Llandeilo, and changing Llandeilo for the good,”





adds Action Hub star volunteer Owen James. “The team has been fantastic since the beginning, getting a real variety of groups and organisations involved. To have the opportunity to award £10,000+ is very rare, CAVS picked the right town for the project! Diolch yn fawr I chi, y gwirfoddolwyr, y grwpiau, y cefnogwyr, CAVS ac I Christoph am y gwaith gwych ar y prosiect. Pleser I bod yn rhan ohono. Diolch.”

“Working with Llandeilo community on this pilot project has been such a worthwhile and valued experience,” says Jamie Horton Community Volunteering Development Officer at CAVS. “The very nature of a pilot suggests that there might be hic cups and learning curves, and for me, this has culminated in an incredible announcement event. Every community has it’s own ways of working together and to support these needs we had to be flexible and creative. CAVS has history of partnership working with Llandeilo and I am certain that this positive outcome will lead to more coproduction opportunities. I would also like to thank, and acknowledge, the ‘behind the scenes’ volunteers who helped bring this vision to life. This piece of work has been by the community, for the community, in every aspect. All participants were worthy contenders and will hopefully take up our offer to support with alternative funding streams. Thanks and congratulations to all.”

10/22(12)

Rhianedd's

CLEANING SERVICE

**DOMESTIC OR
COMMERCIAL CLEANING**
£13 per hour
Friendly / Local / Reliable
Within walking distance
of Llandeilo only

Tel: 07554 647069
rhianeddpoisoni@gmail.com

Padmasambhava Yoga & Meditation Centre

Everyone at Padmasambhava hopes you are well and had a happy Easter break and are now enjoying Nature bursting forth with increased energy for Summer’s activities. The Summer term at the Centre starts on Tuesday 26th April.

This term the Centre is offering a 6-week ‘Introductory Yoga Basics’ course starting Wednesday 8th June at 6pm. This class will provide a foundation in gentle yoga movements, breathing techniques and the deep relaxation, Yoga Nidra. Taken together these practices touch upon the heart of yoga and the class is suitable for those new to yoga and students wishing to refresh or restart Yoga. This class will be held face-to-face at the Centre, with numbers limited. The practices of yoga can help to overcome distraction and worries of the moment, bringing focus on a deeper, clearer and brighter energy.

Padmasambhava offers a good selection of mostly online classes suitable for many ages and abilities, from the daytime class on Tuesdays to a selection of evening classes. Chair based yoga has now moved to Wednesday morning, with a new time of 10.00 – 11.00am. Help is given, as needed, to become familiar with classes online.

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 to find out more about yoga and what attending a class involves, they will be pleased to talk to you.

To contact the Centre, you can phone 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

BANNERS

LARGE FORMAT PRINTING

INVOICE PADS

VINYL SIGNS

THE POST ADVERTISING

WALLPAPER

T-SHIRTS

BUSINESS CARDS

STICKERS



TEL: 01550 721225

INFO@POSTDATUM.CO.UK

24 STONE ST., LLANDOVERY

LOOKING FOR YOUR COPY OF THE POST?

Pick up a copy at one of our usual drop points:

PostDatum	Llandovery	Post Office.....	Cwmdru
Erwlon Caravan Park.....	Llandovery	Carmarthen And Pumsaint Farmers.....	Fairfach
Coop	Llandovery	Texaco Service Station.....	Manordeilo
Charity Shop.....	Llandovery	Telegraph Garden & Indoor Plant Centre.....	Llangadog
The Bluebell Inn.....	Llandovery	Davies Pet & Country Store.....	Llangadog
Three Horseshoes Chip Shop.....	Llandovery	Church.....	Llangadog
Kebab Shop	Llandovery	Morgans Newsagents & Post Office	Llangadog
Craft Centre.....	Llandovery	Goose & Cuckoo.....	Llangadog
Kings Head Inn.....	Llandovery	The Red Lion.....	Llangadog
Library	Llandovery	Mace.....	Llangadog
Post Office.....	Llandovery	Baron's Court Caravan Park.....	Llangadog
Red Cross Charity Shop.....	Llandovery	Y Caban	Ambermarlais
Tudors Café	Llandovery	Sextons Arms	Llansadwrn
No7 Hairdressers	Llandovery	Church	Llanwrda
Pound Shop	Llandovery	Post Office.....	Llanwrda
Pamper	Llandovery	The Bridge Inn	Pumsaint
Pet Shop	Llandovery	The Dolaucothi Arms.....	Pumsaint
Décor Centre.....	Llandovery	D. A. Lewis, Agricultural Merchant.....	Pumsaint
Shoe Shop.....	Llandovery	Tourist Information Centre.....	Pumsaint
Mathews Butchers.....	Llandovery	D Loyd And Sons.....	Pumsaint
Ratcliffe's DIY Shop.....	Llandovery	Ystrad Filling Station	Harford
Tourist Visitor Centre	Llandovery	Neuadd Arms	Cilycwm
Castle Hotel.....	Llandovery	Royal Oak Inn.....	Randirmwyn
Carmarthen & Pumsaint Farmers Coop.....	Llandovery	Towy Bridge Inn.....	Randirmwyn
West End Café.....	Llandovery	Chemist.....	Llanwrtyd Wells
Chaplins Hairdressers.....	Llandovery	Drovers Rest.....	Llanwrtyd Wells
Nisa Shop	Llandovery	Stonicroft Inn.....	Llanwrtyd Wells
Antiques Centre	Llandovery	Neuadd Hotel	Llanwrtyd Wells
Morris Isaacs Filling Station.....	Llandovery	Filling Station & Post Office.....	Llanwrtyd Wells
Ystrad Nurseries	Llandovery	Ratcliffe's Yard.....	Llanwrtyd Wells
Royal Mail Sorting Office	Llandeilo	Premier Shop	Llanwrtyd Wells
Fresh Milk Unit.....	Llandeilo	Glanusk Filling Station	Sennybridge
Oil for Wales Filling Station	Llandeilo	Texaco Filling Station.....	Sennybridge
Thomas Services.....	Llandeilo	Glanusk Country Store.....	Sennybridge
Coop	Llandeilo	Village Hall.....	Trecastle
Llandeilo Builders Services Shop	Llandeilo	Village Hall.....	Myddfai
The White Heart	Llandeilo	Pontagothi Hall.....	Pontagothi
Spar Shop.....	Llandeilo	The Cresselly Arms & Shop.....	Pontagothi
Natural Health Centre	Llandeilo	Post Office.....	Dryslwyn
CK's Supermarket.....	Llandeilo	Pen Y Bont Inn	Llanfynydd
Burns Pet Shop.....	Llandeilo	Community Shop	Brechfa
GT Locksmiths	Llandeilo	Black Lion.....	Abergorlech
The Greenhouse Shop.....	Llandeilo	The Angel Pub.....	Llansawel
Crafts Alive.....	Llandeilo	Black Lion.....	Llansawel
Cloth, Paper, Stitch.....	Llandeilo		



or go online to
www.postdatum.co.uk
 and download your latest copy

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

1 May 9.00am Holy Eucharist
15 May 10.00am Holy Eucharist

ST. SADWRN CHURCH, LLANSADWRN

8 May 10.00am Holy Eucharist
22 May 11.00am Morning Prayer

ST. PAUL'S CHURCH, MANORDEILO

8 May 9.30am Morning Prayer
22 May 9.30am Holy Eucharist
22 May 10.00am United Service

CAPEL DEWI SAINT

15 May 2.15pm Holy Eucharist tbc*

Further information will be circulated about this service in due course.

*For more information, please contact Revd Viv Sayer 01550 777200.

LLANDINGAT, LLANDOVERY

1st Sun 9.30am Short Family Service
2nd Sun 9.30am Bread Only Eucharists
3rd Sun 9.30am Morning Prayer
4th Sun 9.30am Bread Only Eucharists
5th Sun, 10.30am Joint Service

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

ST MICHAELS, MYDDFAI

2nd and 4th Sundays at 11.30am
5th Sun 10.30am Joint Service in Llandingat

ST CADOG'S CHURCH, LLANGADOG

1 May 9.30am Holy Communion
8 May 9.30am Morning Prayer
15 May 9.30am Holy Communion
22 May 9.30am Morning Prayer
29 May 10.30am Holy Communion in Gwynfe

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

1 May 11.00am Holy Communion
8 May 11.00am All age worship
15 May 11.00am Morning Prayer
22 May 11.00am Youth led service
29 May 11.00am Cafe church

LLANDEUSANT PARISH CHURCH

8 May 6.00pm Evening Prayer with Revd. Jeff Thomas
22 May 11.15am Holy Eucharist with Revd. Jeff Thomas

ALL SAINTS CHURCH, GWYNFE

1 May 11.15am Holy Eucharist
8 May 11.15am Morning Prayer
15 May 11.15am Holy Eucharist
22 May NO SERVICE
29 May 10.30am Combines service at Llanddeusant Parish Church

LLANFAIR CHURCH

1st and 3rd Sundays at 11.00am
5th Sun 10.30am Joint Service in Llandingat

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

1 May 9.30yb Offeren
1 May 11.00am Holy Eucharist
4 May 10.30am Holy Eucharist
8 May 11.00am CIVIC SERVICE
11 May 10.30am Holy Eucharist
15 May 9.30yb Boreol Weddi
15 May 11.00am Holy Eucharist
18 May 10.30am Holy Eucharist
22 May 11.00am Holy Eucharist
25 May 10.30am Holy Eucharist
26 May 7.00pm Holy Eucharist
29 May 11.00am Holy Eucharist

ST JOHN'S MAESTEILO

1 May 9.45am Morning Prayer St John's
15 May 9.30am Holy Eucharist St John's

HOLY TRINITY TALIARIS

8 May 9.30am Holy Eucharist Holy
22 May 9.30am Morning Worship Holy

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST EGWAD, LLANFYNYDD

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

Face masks to be worn still.

ST. BARNABAS, RHANDIRMWYN

8 May 9.00am Holy Communion
22 May 9.00am Holy Communion

ST. MICHAEL'S CHURCH, CILYCWYM

1 May 11.15am Holy Communion
22 May 9.00am Holy Communion
29 May 10.30am United Service (Morning Prayer)

ST. MARY'S CHURCH, CYNGHORDY

22 May 2.30pm Holy Communion

*This service pattern is correct at the time of publication.

For information about St Michael's, Cilycwm, please contact Revd Viv Sayer 01550 777200.

For St Barnabas, Rhandirmwyn, please contact Revd Tim Nelson 01558 685415.

For information about St Mary's, Cyngorddy, please contact Revd Paul Pritchard 01550 938534.

EBENEZER APOSTOLIC CHURCH

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

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

ST. MICHAEL'S CHURCH, LLANFIHANGEL

11 May 6.00pm Pilgrim Service at Llanfihangel Rhos y Corn – at St Michael's Church, Llanfihangel, SA32 7RP – a service of prayer and mediation.
Info Revd Roger Nock on 01267 202347.

30 May 2.00pm "Lle Llonydd - A Quiet Space of Reflection and Contemplative Prayer - Saturday, April 30. These take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm from February to October.

Contact Andrew Tait on 07846 310848 or Beryl Edwards 07428 833278 for more information and also nearer the day in order to ensure the Quiet Space event is not affected by unforeseen circumstances. Remember to dress warmly! Location SA32 7RP - What3Words - gain.agent.acids. Covid precautions apply - bring your own refreshments/mugs.

Every true Christian will intelligently serve their god and King. They will stand out the way and let their master have full sway. The battle has been won, the battle is not ours. Oh weary sinful soul look to the cross and let your soul be lost, in your masters love on the cross for you. Stare till you cannot forbear, the love, oh what love your master has for you as well, not only you and I but all humanity. Oh that cross where he bore such pain, agony and separation from his father's love. Why? Because of Sin. Lord help us to let go every form of sin, which cost you such anguish of soul. When we see such love let us not take it for granted, but fall on our face like the Patriarchs and Prophets of old, and cry for help as Gabriel did when in conflict with the powers of darkness. Help us oh Lord to flee from sin the to thee our Saviour and King.

God bless folks
Love Mrs C Williams,
Llansadwrn

ONE OF ASHMOLE & CO'S LONGEST SERVING PARTNERS SET TO RETIRE



Rob Vaughan, one of Ashmole & Co's longest serving partners, is putting his calculator away for the final time at the end of this month when he is set to retire.

Rob joined the accountancy firm as a qualified accountant in 1995. Born and bred in Haverfordwest he worked in the town centre office for four years before moving to become a Partner in the Swansea office in 1999. After moving

to Swansea, he also worked for a day a week in the Ammanford office for a few years.

A lot of changes have taken place during Rob's time with Ashmole & Co. When he started there were just three main offices in Carmarthen, Ammanford and Haverfordwest. The nature of the work has also drastically changed with advances in technology over the years.

Rob said, "The years have flown by. I'm pleased to say that some of my clients have been with me since I started all those years ago and I've worked with some fantastic businesses including ones that have now been passed down through generations of the family. It has been a privilege to work with and help so many local companies and individuals."

Rob has worked with Evan Pritchard Contractors Ltd since his early days in Haverfordwest as well as Knight and Brenchley Tool Hire in Swansea, to name just two on his long list of clients.

Although sad to say goodbye to Rob, the Swansea office has taken advantage of this opportunity to promote two new Partners who will be looking to expand the team further and take on additional staff in the future. When Rob became Partner of the Swansea office there were six staff and as he leaves there are 13 members of the team.

Sam Keith and Christine Daultrey will join Dave Morgan as the resident Partners in the firm's Swansea office from 1 April 2022.

Sam qualified with a first-class honours degree in Accountancy and Finance from Cardiff University in 2007 and became a qualified accountant (senior member of the team) in 2010 after passing her ACCA professional examinations. She lives in Port Talbot and is married with two children. During her spare time she helps coach rugby with Aberavon Green Starts and she also trains and teaches karate, something she has been doing since she was 9 years old.

Christine worked for a printing company based in Llansamlet before joining Ashmole & Co.

She qualified with an accountancy practice in Bridgend where she worked for four years. She then moved to Hammond & Davies accountants before it was acquired by Ashmole & Co. Christine has worked with Ashmole & Co since April 2016. She lives in Cwmtwrch. Christine represents Ashmole & Co at the networking group BNI (Liberty Chapter) and in her spare time enjoys walking her dogs with her partner Phill.

Rob is looking forward to pursuing other interests after he retires. He's hoping to travel more and will have time to train his new rescue dog as well as enjoy running and cycling. Rob was part of the Ashmole & Co team that ran Cardiff Half Marathon to raise funds for Wales Air Ambulance. You can donate to the team's justgiving page here: [Vinal Patel is fundraising for Wales Air Ambulance Charitable Trust \(justgiving.com\)](https://www.justgiving.com/Wales-Air-Ambulance-Charitable-Trust)

Ashmole & Co Chartered, Certified Accountants is celebrating its 125th anniversary as they have been established since 1897 and are one of the largest accountancy and auditing practices in Wales, operating from 13 offices throughout south and west Wales.

READERS' SALES & WANTS

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

FOR SALE

- **Bicycle Work Stand**, height adjustment, 105 – 190cm, still in box, £25. Tel: 07805 093803.
- **Raleigh Buggy Three Wheeler Scooter** with steering for adults, excellent condition, £25. Tel: 07805 093803.
- **Black & Decker Electric Hedge Trimmer**, 60cm blade, excellent working order, £30. Tel: 07805 093803.
- **Frank Thomas Vemar motorcycle helmet**, size L60, £40. Tel: 01558 823722.
- **BMW System 3 motorcycle helmet**, size M, £80. Tel: 01558 823722.
- **World of Trains magazines**, 135 issues with 9 folders, Offers. Tel: 01558 823722.
- **Folding Table with storage**, when open 56" x 34", closed 12", on wheels, excellent condition, £40. Tel: 07805 093803.
- **Metal window**, 6ft 6ins x 3 ft, £40. Tel: 07944 373473.
- **Tyre & wheel rim for Fiesta**, £20, 175/65R14. Tel: 07944 373473.
- **Double Divan** with drawers, £40. Tel: 07944 373473.
- **Old two seater**, brown leather sofa, £40. Tel: 07944 373473.
- **Grey Ferguson TEF20**, 1952 model & Massey Ferguson 35X 1963 tractors, both in excellent condition, both with registration documents Price £POA, no Vat. Contact 01558 685423.
- **Pews for sale** from old chapel, priced at only £10 per foot, ideal for carpenters/joiners. Sizes range from 4ft up, call nigel on 07999 323864, deliver can be arranged.
- **Caravan inflatable porch awning**, 220 by 225 with skirt pegs and pump, excellent condition, £120. Tel: 01591 610008.
- **Free to good home**: Four wheeled walker with brakes and seat. Very little used. I am in Gwynfe. Contact Gordon on 01550 740 349 Not after 5pm.
- **Continental tractor tyre** 340/85R/24. Good tread, £50. Tel: 01570 422971.
- **Makita Router**, £10. Tel: 01570 422971.
- **Makita Jig Saw**, new blade needed, £10. Tel: 01570 422971.
- **Rhino roofrack**, bar system, used for a month, till bought bigger one, £70. Tel: 01570 422971.
- **4ft tailboard** with working electrics, £20. Tel: 01570 422971.
- **Palace Chemicals 5 litre water seal**, suitable for brick / stone surfaces, £10. Tel: 01570 422971.
- **Mahogany UPVC board**, cap 240mm length 9 ft in plastic covering, £12. Tel: 01570 422971.
- **White UPVC board**, 180mm in plastic covering, 5 metres, £20. Tel: 01570 422971.

- **A4 box of clear crafting rubber stamps**, a few wooden ones and two never used, approx 30 stamps, £20 the lot. Tel: 07722 763467.
- **1920s Bowser hand cranked petrol pump**, unrestored, £500. Tel 07563 473213.
- **Universal Camper Van furniture unit**, 76"x17" approx, two doors and one draw requires a little work to complete, £100. Tel 07563 473213.
- **2 Britax children's car seats**. Good condition, £10 each. Tel: 07929 003586.
- **Child's cot bed with mattress**, £15. Tel: 07929 003586.
- **Watercolour artists easel**, £30. Phone 01558 822125.
- **Two free standing Metal Clothes Rails**, 4' long x 4' high and one 6' long x 5' high, VGC, £10 each. Tel: 07816 478594.
- **Bentley Ace Tone Double Keyboard Electric Organ** with 8 pedals, VGC, £45. Tel: 07816 478594.
- **Zedbed**, folding metal frame single bed with mattress, VGC, £5. Tel: 07816 478594.
- **Michelin Triple Cycle Rack**, boot mounted. Fits most Hatchbacks and Estates. Instructions. Never used, £45. Tel: 07925 131974.
- **Complete home wine making kit**, including demijons, bottles, wine books etc, £53. Tel: 01558 668201.
- **Tri-1 three wheel tricycle** by Pashley, 7 gears, £280 ono. Tel: 01550 779209 (mornings).
- **Sack trolley**, heavy duty, £25. Tel: 01550 779209 (mornings).
- **Rollator 4 wheel shopping trolley**, VGC, £40. Tel: 01550 779209 (mornings).
- **Weld on brackets for Trima loader**, £20. Tel: 01550 779209 (mornings).
- **Extension ladders**, 11 rungs, like new, £70. Tel: 01550 779209 (mornings).
- **Misc household items and furniture**. For details ring 07872 509031 or 07770 777992.
- **Bicycle work stand**, height adjustment 105 – 190cm, still in box, £25. Tel: 07805 093803.
- **Raleigh buggy three wheeler scooter** with steering for adults, excellent condition, £25. Tel: 07805 093803.
- **Black & Decker electric hedge trimmer**, 60cm blade, excellent working order, £30. Tel: 07805 093803.

WANTED

- **Seeking a rural property for long-term let** in a quiet location by a quiet, mature couple. Up to three bedrooms, (two preferred). Ideally with a garden and use of a garage or large shed/outbuilding. Would also consider a self-contained large annexe at the home of a quiet, mature person/couple in a similar location. Please contact Christopher on 07510 961084 and leave a message via answerphone or text.
- **Wanted, vintage hardback science fiction novels** for bookcase displays. Willing to purchase single items or large quantities but must be in good condition and include dust jacket. Please send me a message with what you have on 07488386380

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01550 721967 / 07711 050509. 09/22(12)

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk Tel: 01550 720098. 10/22(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 07/22(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 03/23(12)

MARK WAGHORN DESIGN – Award winning ARB architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales 05/23(12)



BEAUTY SALON

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

BOOKS

BOOKS AT THE DRAGON'S GARDEN, we sell new books and specialize in nature writing, current affairs, art, food, travel, gardening, hot off the press new fiction & a selection of classics in both English & Welsh. We have an inspiring children's section and a fabulous collection of beautiful cards, wrapping paper & Fair Trade gifts. We also sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds, Niwaki garden tools & fresh vegetables. Opening hours are 11.00am – 5.00pm Monday, Thursday, Friday & Saturday & 2.00pm – 5.00pm on Wednesday. For more information call on 01550 777915 and visit our website at www.dragons-garden.com. 10/22(12)

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 03/23(12)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 11/22(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 06/22(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 04/23(12)

CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. Registered with The Guild of Master Chimney Sweeps. Fully insured to sweep and clean flues and chimneys. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 08/22(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. 12/22(12)

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. References available. Covering Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. 07/22(12)

COMPLEMENTARY THERAPY

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

COPYING AND PRINTING SERVICES

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

COUNSELLING

WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 02/23(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. 12/22(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. 07/22(6)

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. 03/23(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. 08/22(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), siting and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 05/22(12)

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 03/23(12)

TALLEY GARDENING SERVICES – Lawn cutting, Strimming, Hedge cutting, Garden maintenance. Also perennial plants and shrubs for sale prices from a £1.00. Tel: 01558 685959 or 07936 750290. 08/22(6)

LLOYD GARDEN SERVICES – Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandovery. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 04/23(6)

HANDYMAN

LITTLE JOB HANDYMAN SERVICE. Friendly, Professional and Reliable Handyman service for the smaller jobs that you need doing whether inside or outside the Home. Anything from Dripping Taps to Drooping Conifers. Free Appraisals and Quotations. Covering Builth Wells, Llanwrtyd Wells, Llandovery and surrounding villages. Call or Message me on 07548 305844 or Email me at littlejob2000@gmail.com 09/22(6)

HEADSTONES AND HOUSE NAME PLAQUES

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

HEATING OR RENEWABLE HEATING

BIRDS' HILL RURAL RENEWABLES, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales 04/22(12)

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

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

KEYCUTTING SERVICES

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

LOCKSMITHS

S. L. LOCKSMITHS (EST. 2011) – Domestic and commercial locksmith, Upvc repairs, security upgrades, key safes fitted, locked out, broken keys, locks serviced, we also service safes and gun cabinets, DBS checked, no vat, no call out charge. Tel: 07496 90 90 94 or email slocksmiths.wales@gmail.com. 10/22(6)

MASSAGE AND MOVEMENT

FEELING TIRED, WORN OUT, RUN DOWN? STIFF, ACHING MUSCLES? HEADACHES? Massage can help with all of this, boosting your immune system, relaxing your muscles, improving mobility and increasing serotonin, which improves your mood. Fully qualified and insured, I will provide a massage that is 100% tailored to your needs, combining my knowledge of the body with your lived experience. In addition, my expertise as a yoga teacher and somatic movement coach allows me to offer movements and techniques you can practice between massage sessions to help yourself, if you so wish. Call 07534 974413 to book an appointment. My name is Sian Wintle and I'm based in Llandoverly. 06/22(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 10/22(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 04/23(12)

PAINTER AND DECORATOR. I am a trustworthy and friendly person with many years experience. I'm already an established local business owner of 16 years. A free, no obligation quote available and free advice on colour schemes and design once the job has been allocated. I pride myself on attention to detail and the quality of my work and provide a top quality job at all times. Please call 07783014487 for more details. During covid, quotes are available without a house visit. I just need a video or photos etc. 07/22(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 05/22(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, all areas considered. Contact 07872 509031. 10/22(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. 09/22(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. 06/22(12)

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

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 02/23(12)

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: info@allaspectspropertyservices.co.uk or visit www.allaspectspropertyservices.co.uk 07/22(12)

REIKI THERAPY

I AM A QUALIFIED REIKI THERAPIST/MASTER. I am passionate about Reiki and believe it's one of the most effective therapies for encouraging our own body to heal itself and release stress from our lives. Stress Affects our bodies in a negative way and can be responsible for so many illnesses including headaches, sleepless nights, back pain, anxiety, digestion problems, and many more. If you haven't already tried Reiki therapy before, Why not give it a try? It may be exactly what you need. For more details please ring Sonia on (07783) 014487. 07/22(6)

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. 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: Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk 06/22(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 Llandovery 01550 721500. 12/22(12)

TUITION

MATHEMATICS TUITION IN LLANDEILO. Do you need help to catch up in preparation for GCSE and A Level Mathematics examinations next year? I am a retired mathematics teacher with an excellent record of student success, so contact me for one-one tuition Lynne Roberts PhD, PGCE on 01558 824431 or email: lynnelatimer@btinternet.com. 08/22(6)

TUITION – LLANDOVERY. I am an enthusiastic and caring teacher with 35 years experience in primary schools (main stream and special needs) as well as 1:1 and small group tuition. My specialist training includes reading recovery, an intensive programme for teaching reading, writing and phonics. I have a passion for making learning fun and rewarding so that children can be confident learners and achieve their potential. Contact Rachael Brace on 01550 721836 or email: rachaelbrace@aol.com. 05/22(6)

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 03/23(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. 08/22(12)

YOGA IN LLANDOVERY. Thursday mornings, YOGA at the Catholic Hall. 10.00a.m – 11.30. Yoga with mindfulness, gentle, energising and restorative, promoting strength and flexibility in both mind and body, improving immune function and increasing a sense of wellbeing. Breath awareness practice which encourage healthy respiration and renewed vigour. Suitable for all levels of experience. Excellent beginners class. Places are limited due to Covid measures so please phone if you are new to the class: 01558 650534 Stephanie/Nirbhaya. No class October 21st. 06/22(12)

ZUMBA CLASSES

ZUMBA FITNESS – The ultimate latin inspired dancercise class exercising the body and mind! Llanarthne Hall, Mon 6.15pm. Pontargoithi Hall, Thurs 6pm and Fitness Training on Wed 6pm. For more info 07909 903773. melissamerran.zumba.com 08/22(6)

BANNERS
LARGE FORMAT PRINTING
INVOICE PADS
VINYL SIGNS
THE POST ADVERTISING
WALLPAPER
T-SHIRTS
BUSINESS CARDS
STICKERS



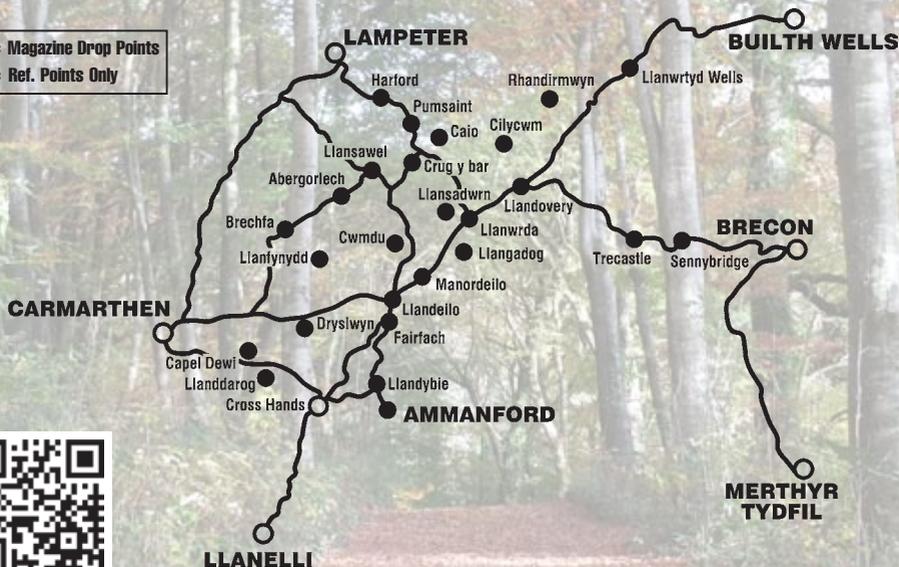
TEL: 01550 721225
INFO@POSTDATUM.CO.UK
24 STONE ST., LLANDOVERY

The Post

Llandovery & Surrounding Distribution Area

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

- = Magazine Drop Points
- = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£216.58+VAT	£162.43+VAT per issue	£145.13+VAT per issue	£108.29+VAT per issue
Black & White	£206.00+VAT	£154.50+VAT per issue	£138.00+VAT per issue	£103.00+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£133.92+VAT	£100.46+VAT per issue	£89.75+VAT per issue	£66.96+VAT per issue
Black & White	£127.83+VAT	£95.88+VAT per issue	£85.67+VAT per issue	£63.96+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£93.00+VAT	£58.13+VAT per issue	£51.92+VAT per issue	£38.75+VAT per issue
Black & White	£73.63+VAT	£55.25+VAT per issue	£49.33+VAT per issue	£36.83+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£43.54+VAT	£32.63+VAT per issue	£29.17+VAT per issue	£21.79+VAT per issue
Black & White	£41.39+VAT	£31.04+VAT per issue	£27.75+VAT per issue	£20.71+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£27.71+VAT	£20.79+VAT per issue	£18.58+VAT per issue	£13.88+VAT per issue
Black & White	£26.29+VAT	£19.71+VAT per issue	£17.63+VAT per issue	£14.33+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 = £57.75+VAT 12 months = £91.67+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 10.00am – 1.00pm; 2.00pm – 6.00pm
 Thurs 10.00am – 1.00pm; 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: Llandovery Museum and Visitor Gateway. Open seasonally April – October. Tuesday to Saturday 11.00 – 2.00. Email: enquiries@llandoverymuseum.wales

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

LOCAL POLICE

Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'ldoverly(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10	
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18	
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—	
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—	
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—	
Cwmifor	—	—	11.21	—	14.36	—	—	—	
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
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	6.35	7.58	9.57	10.58	13.02	14.58	17.02	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'ldoverly(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05	

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

Train Times (Timetable 12/12/21 – 14/05/22)

		Mon to Fri	Sat.	Sun.
Swansea	D	— 09.28 14.35 18.30	— 09.12 13.12 18.16	11.10 15.35
Gowerton	D	— 09.40 14.12 18.41	— 09.24 13.23 18.28	11.21 15.46
Llanelli	D	06.25 09.51 14.53 18.53	04.53 09.37 13.36 18.42	11.33 15.58
Fairfach	D	07.00x 10.26x 15.28x 19.28x	05.26x 10.12x 14.11x 19.15x	12.08x 16.32x
Llandeilo	A	07.05 10.30 15.33 19.32	05.31 10.17 14.15 19.19	12.12 16.37
Llangadog	D	07.18 10.41 15.44 19.43	05.41 10.27 14.26 19.30	12.23 16.48
Llanwrda	D	07.21 10.45 15.47 19.47	05.44 10.30 14.30 19.33	12.25 16.51
Llandovery	A	07.29 10.52 15.55 19.54	05.52 10.38 14.37 19.41	12.34 16.59
Cyngwilyd	D	07.38x 11.01x 16.03x 20.03x	06.00x 10.46x 14.46x 19.49x	12.43x 17.08x
Llanwrtyd	A	07.54 11.17 16.19 20.20	06.16 11.01 15.02 20.05	12.59 17.24
Llandrindod	A	08.43 11.48 16.57 21.06	06.46 11.42 15.34 20.39	13.31 17.56
Shrewsbury	A	10.14 13.37 18.29 22.43	08.25 13.11 17.12 22.08	15.13 19.35
Shrewsbury	D	05.56 10.09 14.05 18.24	05.16 09.04 13.58 17.57	12.04 16.20
Llandrindod	A	07.34 11.40 15.37 19.57	06.48 10.34 15.29 19.28	13.35 17.50
Llanwrtyd	A	08.05 12.26 16.12 20.28	07.26 11.04 16.12 20.00	14.09 18.35
Cyngwilyd	D	08.23x 12.40x 16.37x 20.45x	07.40x 11.21x 16.26x 20.23x	14.24x 18.49x
Llandovery	A	08.34 12.52 16.49 20.56	07.51 11.33 16.38 20.35	14.35 19.00
Llanwrda	D	08.41x 12.58x 16.55x 21.03x	07.58x 11.39x 16.44x 20.41x	14.42x 19.07x
Llangadog	D	08.45x 13.02x 16.59x 21.07x	08.02x 11.43x 16.48x 20.45x	14.46x 19.11x
Llandeilo	A	08.55 13.13 17.10 21.18	08.13 11.54 16.59 20.56	14.56 19.22
Fairfach	D	09.00 13.17 17.14 21.22	08.17 11.58 17.03 21.00	15.00 19.26
Llanelli	D	09.41 13.57 17.54 21.59	08.56 12.38 17.43 21.40	15.40 20.05
Swansea	A	10.02 14.17 18.15 —	09.49 12.57 18.07 23.59	16.02 20.26

www.tfwrail.wales Tel: 0800 464000 or visit www.heart-of-wales.co.uk

Off-Peak Day tickets will not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri.

Please check restrictions before travel. (Times in RED indicate connecting services)