

The Post

NO DISTRIBUTION
FREE
CHARGE

Your Local Community Magazine

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

Number 285

November 2019

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

Tel: 01550 721225



THE FESTIVAL OF SENSES RETURNS TO LLANDEILO ON 15TH - 17TH NOVEMBER



Photos credit Mike Richards

For the 12th consecutive year Arts, Craft and food stalls from all over Wales will join the town's very own bespoke and award winning shops in a free for all three day extravaganza of entertainment and fun for the entire family.

The bar is set high after last year's record attendance figures, so the committee have pulled out all the stops.

Under this year's motto "The Festival starts here" the Hangout's Park and Ride received a special upgrade: Not only can you wait some place warm for the next bus, you can also browse our large selection of extra arts and craft stalls, and indulge in varied food offerings from this quirky, dog friendly location.

An extra park and ride bus at key times will ease the bottle neck experienced last year during driver's legal breaks and added we've added more parking spaces behind the Hangout.

"We've been keen to make sure everyone can

Continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
15th November 2019**

**Next issue distributed:
2nd December 2019**

The Post Future Copy Dates

February 16th January 2020
March..... 17th February
April 16th March

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

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

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

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

Tel: 01550 721225,

info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon, Tues, Thurs & Fri).
9.30am – 4.00pm (Wed).
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

11/19/63

DOGGY DIVAS

PROFESSIONAL DOG GROOMING SERVICE

LLANWRDA, Y WERN SA19 8HY

FULL DOG GROOMING SERVICE

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



*Ring Sonia for
prices and availability.*

**Tel. 07783 014487
01550 777051**

 Doggy Divas in Llandeilo

12/19/66



enjoy the festival from the first minute they arrive”, says festival organiser Christoph Fischer.

The festival will open on Friday 15th Nov at 11am for early shoppers and have the traditional Friday night opening ceremony with a Lantern parade from CK to King Street, the lightning of the Christmas Tree, Santa’s arrival and a fireworks display. Saturday and Sunday music and entertainment will add to the magical festive atmosphere. The festival area will expand into Carmarthen Street where community stalls will provide activities and information and Teilo Church joins us with a coffee morning and some entertainment throughout the Saturday.

The Festival App has been upgraded to give you live messages and updates and a moving map will show you the nearest bargain. This special festival is perfect for meeting friends, family and buying that special something for Christmas.

LLANDOVERY ROTARY CLUB

Wish to give a little something back to the business community that supports us so well throughout the year. We are always asking, begging or borrowing from you, so now it is our turn to give you something in return! **FREE OF CHARGE**

We are hosting and inviting All Local Businesses large or small, Entrepreneurs and Budding Business Enthusiasts to an evening of Good Food, Professional Advice and Support, PLUS Presentations from Business Wales, Local Authority Officers and Independent Consultants.

It is amazing how much help there is out there, so like some of us reach out and receive. Hopefully you will join us but you will need to book a place/s ahead of the event (no more than 2 attendees per business sorry).

To be held at Llandovery RFC on Tuesday 26th November 2019 starting at 19:00 hrs.

Please RSVP to alexissaunders50@gmail.com to register your attendance by 10th November 2019. Please provide yours and your business name to Alexis to firm up your seat/s. We will then register you for the evening so that you can benefit from all of this.

Please note that if you have not registered to attend then we are unable to permit you to join us and that would be a great shame.

Dress code: Smart casual.

HURRY PLEASE and book your place as seats are restricted and we would hate for you to miss out!

CYLCH MEITHRIN SPONSORED WALK

The grand total raised for the Cylch Meithrin Llangadog sponsored walk is £435.84. Thank you to everyone who has contributed and participated.

Codwyd cyfanswm o 435.84 gan Gylch Meithrin Llangadog. Diolch i bawb wnaeth gyfrannu a chymryd rhan.

08/20(12)



Davies Tree Services

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

01267 202430 / 07826 716899

TOWY WASTE



Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309
Mobile: 07831 461414

E219(12)

IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY

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

LLANDEILO

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

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plans



05/20(6)

CHAFF IN THE WIND

Weather wise this year has been extremely kind to our farmers, they have enjoyed warm weather to get their harvests in safely, after plenty of moisture that ensured ample crops of good quality, ready for next winter. All wild and natural fruits and berries are also hugely plentiful, our forefathers, looked at this as an omen for a hard winter to follow, if so this is not too bad, as nature has already provided food and sustenance to see all creatures safely through, during my rather long lifetime nature has hardly ever let me down, but I believe that we must be mindful of this and continue to respect all natural things.

Modern farming methods, mostly invented to improve our standards of living are already becoming questionable, I say this as this summer I have visited a few local agricultural shows, and I have been quite concerned and indeed alarmed at the state of the soils, and the grassed surfaces of these fields, invariably, they all consist of one specie of grass namely quick growing Rye grass, described by some as hollow grass, growing in tufts, only occupying hardly fifty percent of the total surface, the remaining fifty percent being bare soil covered with a green coating of green algae, this alone indicates to me that the soil underneath is very sour, starved of essential air, half dead and soon will be completely so.

Apparently earlier this year at a farm demonstration held in South Pembrokeshire, a soil expert took a party of farmers out to a large field and actually failed to find a single worm that was active and alive, capable of doing its natural duties which are so essential to healthy soils, all this the result of modern farming! The overuse of Weed killers, the convenient spreading of slurry that is too concentrated and too strong, and also the overuse of nitrogen, spread the last named on to weeds and it will do the job for you, but the question here is what else does all this Nitrogen kill.

Recently our local paper have also reported the facts that Pembrokeshire farmers have lost more animals to TB this last year than ever before, this is heart breaking in itself, but being so old as I am, I remember TB rife in humans, I also know that if we lined up a few elderly nurses, and asked them what is the cause of TB, they would all reply the same, their answers, guaranteed without fail, would be "Poor damp housing and poor

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

06/20(12)

LOCAL HANDYMAN



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

03/20(12)

Tel: 07890 553689

IEUAN JONES PHOTO RESTORATION SERVICE

CWRTYCADNO

Photo
Restoration

Cine Film
Transfer

VHS to DVD
Transfer

Slide
Transfer



Local
Fortnightly
Collection
& Delivery
Service

Tel: 01558 650153

Email: ieuan@glynhebog.co.uk
www.cwrtphotorestoring.com

11/19(6)

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

04/20(12)

CHRISTMAS 2019



Capel, Cefn Llanyrhylid

LLANDOVERY COLLEGE
CHOIR

"CHRISTMAS BY CANDLELIGHT"

at

ST BARNABAS CHURCH, RHANDIRMWYN

President: Dr. Keith Davies, Rhandirmwyn

Sunday 1st December at 7.00pm

Admission by programme: £5 at the door, children under 15: free
Proceeds towards Church Funds

11/20(12)

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Also on Facebook 

For all Your Decorating Needs

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

• **CARPET, VINYL AND RUGS**

Now stocking HG Cleaning Products

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

HAPPY BIRTHDAY CLOTH PAPER STITCH! 1ST YEAR ANNIVERSARY CELEBRATION

Friday 8th of November, 2.00pm – 7.00pm
Free glass of Bucks Fizz, Free Prize Draw



Everyone at Cloth Paper Stitch would like to celebrate our first anniversary by saying thank you to all our customers, and to everyone in the community who has supported our venture.

We'd like to offer a special welcome to old customers and new, and invite you to share in our celebrations with a glass of Bucks Fizz and a chance to enter a free prize draw. There are 3 gift vouchers to win, each worth £25. This is our way of saying thank you for helping to make Cloth Paper Stitch become a success and believing in a local business who wanted to keep haberdashery on the high street, and encourage people to reuse and recycle.

We have absolutely loved getting to know all the creative people in the area, hearing about and supporting their projects be they large or small. And we have enjoyed becoming a fixture in the town and benefiting from the special camaraderie of our fellow traders in Llandeilo.

We'd be delighted if you could join us anytime between 2.00 – 7.00pm, on Friday 8th of November, at Cloth Paper Stitch, 5 Market St, Llandeilo. If you can't make it on the 8th, you can still enter the prize draw, just pop in any time until Saturday 16th when draw will take place at 4.00pm.

FAMILY HISTORY OF THE UPPER TYWI VALLEY THANK YOU

A most grateful thank you to everyone who recently allowed us to scan their primary school photographs for our display of Y Gannwyll, during and after the Sheep Festival at Llandoverly

Short & Long Term
SECURE STORAGE
Facilities Available
at Competitive Rates



PLEASE CALL
07967 158917
for a free quotation

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

08/20(12)



**Vintage Haberdashery,
Craft Supplies & Galleria**

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

Cloth Paper Stitch is open
Tuesday to Saturdays, 10am until 5pm,
at 5 Market St, Llandeilo, SA19 6AH.

Tel 01558 328058
www.clothpaperstitch.co.uk

11/19(12)

11/19(12)

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*



THE LIGHT OF LEARNING

A student's favourite words: her lexicon
Reading a page from long-hand script
Searching for meaning, construction
And depth; she falters, then lifts
Her eyes away from her fear
And scans the expressions of the elders
Analysing their intent.

The message is pleasant, encouragement flows
And she wraps this around her, warm, aglow.
She can achieve, she can reach her goal
With care and attention, the sound of the pen
The keyboard chattering and the knowledge
Imprinting like a memory foam
The reality of what could be.

Marking a chapter in her life, she found
Where the pen had dipped and deposited
The sounds and picture of her future.
Writing by candlelight, she reached for the torch
And then the main light, switched on
She discovered the rays and the warmth
Of life. The pen's small sound was deafening.

THE TUTOR CENTRE,
Llanwrda Village School
Tutoring in all subjects, for all ages
Full GCSEs and A levels offered.
01550 777701

Net-Teach Admin@net-teach.co.uk
Net-Reach Charity Nr@net-reach.co.uk

10/19(3)



PEST CONTROL

MID & SOUTH WALES LTD

FAST – EFFECTIVE – DISCREET

**Friendly, Qualified
Pest Control Technicians**

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

Tel: 01550 721802
info@pcmsw.co.uk www.pcmsw.co.uk

FULLY INSURED
RSPH Level 2 qualified
in Pest Management



LLANGADOG W.I.

At the end of September many of our members attended a fashion show, organised by the Carmarthenshire Federation, where we saw clothes from "Bon Marche". Some of the W.I. members paraded outfits in front of a packed audience. It was a very enjoyable evening. At our October meeting we were given an interesting talk about Red Squirrels by Lizzie Wilberforce of The Wildlife Trust of South and West Wales. It's good to know that these native animals are now back in our local area. The subject of our Christmas celebrations was discussed. More info in December. This month we have our A.G.M. and a pot luck supper to share together. We meet on the 1st Thursday of every month at the Llangadog Community Hall at 7.00 p.m.

MODERN SLIM WOOD PELLET BOILER FOR HOLIDAY LET



This beautiful holiday let cottage in rural Ceredigion struggled to keep their solid fuel Aga alight for their guests and clients. The system needed constant attention, was dirty, dusty and made it complicated to run the holiday let.

To make the best use of the cottage space the owners chose a new wood pellet boiler. The powerful Diva Slim stone fitted perfectly in the existing alcove. It is clean, attractive and automated, making chang-overs easy to prepare and simple for visitors to adjust and run. The system qualifies for quarterly payments from the Renewable Heat Incentive (RHI) which will help to pay for the initial outlay.



CLEAN, GREEN RENEWABLE HEATING



Birds' Hill

Birdshill Farm | Llandeilo SA19 6SH

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

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

For more information please contact Nick

01558 824726

07850 265073

www.birdshill.wales

02/20(12)

VALERIE WOOD-GAIGER – 2019 GRANDPARENT OF THE YEAR

GRAND magazine has just named Valerie Wood-Gaiger MBE, their 2019 Grandparent of the Year.

She is an international ball of fire when it comes to grandparents and children. Valerie, aka Val is 78 years old, single and says she's retired with three children, seven grandchildren and seven great-grandchildren.

She is the founder of Learn with Grandma, a network of 49 Facebook groups around the world, 24 of which are in Africa. All of the groups were started by people for their own country.

Valerie observed that not many elders were using the internet, but the younger people sure were. She also believed that the internet was dividing the generations. Fortunately for us all, she had an idea on how she could use the internet to help bridge the generations, and she got excited! Learn with Grandma's mission is to help empower young and old by uniting the generations; sharing ideas of how to use the internet as a bridge and help break down the digital age gap by sharing skills, love and knowledge across the generations in ways that are achievable, affordable, sustainable and fun!

LLANWRDA AND LLANSADWRN COUNTRY WOMEN

Llanwrda and Llansadwrn Countrywomen Rosamund Hall was our guest speaker for the October meeting her subject being the history of entertainment. With such a wide ranging subject Rosamund limited her presentation to theatre. Starting with the Greeks whose theatre was based on well known myths and legends and performed in honour of the gods. There were no surprise endings and the violence was not depicted on stage. The cast was up to 3 actors who played all parts with the use of various masks. The demise of Greek theatre followed the Roman conquest of the area. With a different culture together with the ever present fear of rebellion from conquered people, the focus became fun with gladiatorial contests, realistic horror and death and the spectacle in the arena becoming more violent as the need to keep audiences sated grew. However with the conversion of the roman emperor to Christianity, the throwing of Christians to the lions was no longer an acceptable entertainment. Little is really known about entertainment in Britain until round 1100AD when the Church began to illustrate bible stories for illiterate congregations. Initially using the guilds to act stories these gradually evolved into 16 plays with performances involving inhabitants from whole towns with payment to players. During the 1500 and 1600's play writing and theatre became more established until the civil war. Puritanical disapproval of frivolous pastimes saw them banned until the restoration of Charles 2nd and with the new king, theatre was re-established. Having spent his exile in Europe, the king's ideas were more sophisticated. New theatres were built, audience behaviour improved, women portrayed female characters for the first time and plays were wittier, fun and less vulgar. Theatre has continued to change over the years reflecting current taste, fashion and investment. However the satire of the 1800s was not appreciated by those targeted resulting in the censorship laws which lasted until 1960's whereby all plays had to be licensed by the Lord Chamberlain. There will be no evening meeting on November 4th but lunch at the Plough at 12:30. Raffle prizes but any bottles of wine to be left unwrapped please. Again no evening meeting on December 2nd but lunch in the Reading Room Llansadwrn 12:30. Please bring a plate of food to share.

02/20(12)



EVANS BROTHERS BUILDING & ROOFING CONTRACTORS BARN CONVERSIONS & NEW BUILDING

Pwllgaddu, Llanwrda, Carmarthen SA19 8EL

Tel: (01550) 777609 Mobile: 07967 179204

Llygad-y-Dyffryn, Llandovery, Carmarthen SA20 0YL

Tel: (01550) 721064 Mobile: 07967 179205

HORMANNS FIREWOOD

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

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size

Accredited

01550 720285

**RHI
Supplier**

Email: hormannfan@gmail.com

www.hormannfirewood.co.uk

02/20(12)



M. MORRIS

**Professional Carpenter
& Roofing Contractor**

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

All types of roofing undertaken; slating and lead fabrication, cut roofs a speciality. All aspects of carpentry.

09/20(12)

35 years in the trade. No job too small.

Email: toeon.cymru.morris@gmail.com

Tel: **01550 779069 (evenings)**

Mobile: **07891 856032**



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



11/20(12)



Ashmole
& Co

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

**We combine high quality audit
accounting & taxation services
with business advise
& corporate planning**

*** Bilingual**

*** Registered Auditors**

*** Chartered & Certified Accountants**

For a free initial consultation with your local Partner.

Ceri Llwyd, please contact us:

Email: llandoverry@ashmole.co.uk

Telephone: 01550 720098

or pop in: 18 High Street, Llandoverry

www.ashmole.co.uk



NEWS FROM CWMDU

SOCIAL ACTIVITIES

Apple and Cider Day – Once again, we were lucky with the weather which gave us a fine window amid the heavy rains, and even some sunshine. Thanks to everyone who came and took part in all the activities and to those who worked hard to make it a successful and enjoyable day. The competition winners are as follows:

Cookery – for The Margaret Jenkins Memorial Cup – 1st John Lawday, 2nd Georgina Heighten. Junior Section: 1st Morgan Pritchard.

Preserves: 1st Ann Thomas, 2nd Sue Burger.

Longest Apple Peel – Adult 1st Joe Pereira, 2nd Fes. Child 1st Rhyan Thomas, 2nd Bethan Thomas.

Homemade Cider – for the Lawday Challenge Trophy – 1st Steve Austin Miles, 2nd Ann Thomas.

Cider Tasting Draw – ‘Autumn Breeze’ – the Bond team.

Future plans for this month so far are: Nov 5, Bonfire Night in the pub garden from 5.30pm to 7.00pm. Baked potatoes, sparklers and marshmallows around the fire pit, and fun and games on Tippit night on Nov 8 with Pauline George. Don't forget the regular meetings each month – Smallholders (1st Wednesday), Cymdeithas Cwmdu (1st Thursday), Folk Night (1st Friday), Classic Club (2nd Wednesday), Quiz Night with Richard Hughes (3rd Friday) and restaurant and bar meals (every Saturday evening).

SHOP

A reminder that there have been a few changes in goods and suppliers recently. Fresh bread is now being supplied from Mary Ellen in Llandeil on Tuesdays. This can be ordered, but we try to keep a limited supply at all times. Local cows' milk in glass 1 pint bottles (to reduce the



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

11/20(12)

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

1ST CLASS FENCING CONTRACTORS

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

**ALL TYPES OF FENCING
CARRIED OUT.**

**Contact Robert Brown on
07815 061814 or 01558 685139**

07/20(12)

PRICE of LLANDOVERY

farm, pet & country store

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

Raw Dog Food In Stock

Tel. 01550 720372

Follow us on Facebook



03/20(12)

use of plastics) is also available if requested, but these must be pre-ordered by 11am on Fridays for collection on Tuesdays. The usual plastic containers of fresh milk are still available. Local honey and home-made jams and chutneys are always available, as are local free range hen and duck eggs. We are keen to expand on the local produce and crafts, so contact us if you can help supply something (small craft items please due to restricted space), especially in the run up to Christmas. We also offer a grocery box service if you wish to support the community shop but find you are unable to due to its limited opening hours. You can place an order by phone and arrange when you can collect it from outside the building in sealed containers which are available from us or supply your own. For more information and to place orders, please telephone Lesley in the shop on 01558 685156.

POST OFFICE

A local resident was recently informed by the Department of Work and Pensions that the contract to pay a state pension through the Post Office was coming to an end and that they want to pay his pension through his bank account. There is concern that this is yet another threat to the Post Office at Cwmdu as it will restrict the amount of business and subsequently count against our viability. Please use the Post Office in Cwmdu as much as possible - don't give them an excuse to close it. Use it or lose it!

Opening times:

Shop and Post Office: Tues – Fri 9.30am till 1.30pm, Sat 9.30am till 12.30pm

Cwmdu Inn: Lunchtime Tues – Fri 11.30am till 1.30pm. Evenings Wed – Sat 7.00pm till 11.00pm Restaurant every Saturday 7.00pm – 9.30pm.

LLANEGWAD RAINFALL



Rain fell on 19 days this month with 50mm on the 29th, being the wettest day this year so far. September also the wettest month.

September Total: 178.75mm – 7”

D. R. DUKE



CASBER SCAFFOLDING

All scaffolding work undertaken, call for your quote;

Adam Kimber
Tel: 07825 505551
casberscaffolding@hotmail.com

02/20/13

LLANERCHINDDA FARM FESTIVE CELEBRATIONS



Lunch & Evening Festive Meals Private Parties up to 50 people

5 Course Festive Menu £23.50pp

4 Course Festive Carvery £19.50pp

Licensed Bar Accommodation Available

Outdoor Activities Available Including:
• Clay Pigeon Shooting •
• 4x4 Driving Experience •

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

Activity Gift Vouchers Available

Tel: 01550 750274
info@cambrianway.com
www.cambrianway.com
Cynghorby, Llandoverly
Carmarthenshire
SA20 0NB

02/20/13

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, Llandoverly, Carmar

09/20/13



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



AUTHORISED
PARTNER



HomePro
Insurance

www.centaframe.com

Renewable Energy Heating Specialists

We are a team of **friendly local** renewable energy experts. We provide the following services:

Renewables: Biomass · Solar Thermal · Ground Source · Air Source Heat Pumps

Services: Design · Installation · Service · Repair

Call our freephone number for a no obligation quote to benefit from the government RHI scheme

Call freephone **03330 129 324**

www.enerxcel.co.uk



12/19G3

Simply Better Built

Agricultural and Industrial Framed Buildings



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



RIDBA
Rural & Industrial Design & Building Association

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

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



SHUFFLEBOTTOM

05/20/12

A.R. DAVIES

BUILDER AND PLASTERER

**New Build • Barn Conversions
Extensions • Renovations
Roofing • Garages
Driveways - Tarmacadam
Blockpaving
Stonework • Brickwork • Patios
Tiling • Carpentry • Kitchens
Bathrooms • Loft Conversions
Solid and Laminate Flooring**

FOR HIRE

• 1.5t Minidigger,
Full Cab, 4 Buckets

11/19/21

Tel/Fax: 01550 720566

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

EYNON PRICE

Landscaping & Groundworks

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

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

Est. 30 Years

**PLEASE CALL FOR A FREE QUOTATION
Every job is 100% satisfaction guaranteed**

**Fully Licensed Waste Carrier
Fully Licensed Waste Transfer Station**

TOP SOIL FOR SALE

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

Tel: 01558 822434

Mob: 07970 906489

Brynhyfryd Farm, Llandeilo, SA19 7HS

www.landscaping-specialist.co.uk

04/20/21

LLANDEILO BOWLING CLUB AGM/ANNUAL DINNER



Llandeilo Bowling Club recently held their AGM/annual dinner at the White Hart Inn Llandeilo.

At a well attended AGM which preceded the dinner, the Captain of the men's team, Roy Kinnell, the Veterans' Captain, David Lewis, and the Ladies' Captain, Ena Williams each presented their reports for the year.

Particular pride was expressed at the Llandeilo ladies team having won the 2019 Carmarthenshire Ladies Bowling Association (CLBA) Dinefwr and District League having been runners up last year.

Following the presentation of detailed secretarial and financial reports for the year confirming that the club was going from strength to strength the election of officers for 2019/2020 took place.

A proposal was also presented and unanimously approved at the AGM that Brian Bennett, the Club Secretary, be appointed a life member of the club in recognition of his outstanding contribution and service to the club particularly during the process of asset transfer with responsibility for the club now having been assumed by its members.

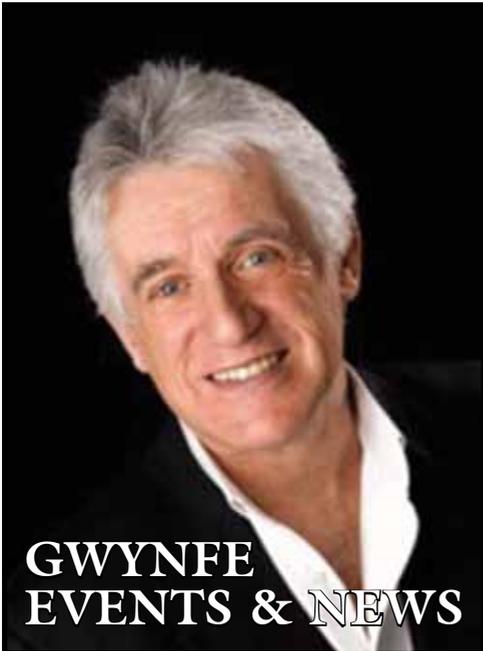
There followed a sumptuous meal provided by the White Hart Inn attended by members and a number of the Club's valued sponsors during which the presentation of awards and numerous trophies were presented by the Mayor, Owen James and his consort, Mrs Jordan James.

Inscribed slate plaques were presented to three of the Club's retiring officers – Roy Kinnell, Club Night Organiser, Jean Stancer, Treasurer and Malcolm Davies, Vulnerable Persons officer. Each having given successive years of unstinting service and commitment to the Club.

The accolade of Club Champion was won by King Jones, a recurring name throughout the evening in the winning of various cups and trophies. The Club Night Winner for the second year in succession was Doug Davies. Congratulations to all the other winners and runners up too numerous to mention.

A thoroughly enjoyable and lively evening concluded with musical entertainment by Ric Mason.

It is hoped that existing and prospective members will winter well and will be on the bowling green in Llandeilo when the next season commences in April!



GWYNFE EVENTS & NEWS

The big event at Gwynfe Community Hall in November is the triumphant return, after too many years absence, of world-renowned singer Peter Karrie. We have received many requests by those who were charmed by Peter's previous performances to arrange for his return and we are delighted to welcome him back on Friday, 29th November at 7.30pm. Tickets are £7 or £6 for concessions and it may be advisable to book in advance either by e-mail at gwynfe_community_hall@yahoo.co.uk or by phone on 01550 740462. Doors will open at 7.00pm when, for just £1, hot sausage rolls and mince pies will be available – and of course the bar will be open too. This is an Arts Council of Wales sponsored event.

The Monday Club will be dispensing tea, coffee and cake to accompany the chat on the first Monday of each month, which, on this occasion, is 4th November. 1.30pm start and a £1 collection as usual. If you want a lift, please let us know on 01550 740512.

Gwynfe quiz alert! The Christmas Quiz will take place on Friday 13th (!) December. Usual format – details to follow in next edition of The Post.

Spooky goings on at the hall! I Ain't Afraid Of No Ghost turned out to be an enjoyable and nostalgic evening in October. The plot had many twists and turns and by the end of the play the intrigues had all been resolved (...or had they...?). Another successful production sponsored by the Arts Council of Wales and brought to Gwynfe by Little Earthquake theatre company.

CARTREF MOBILE VETERINARY SERVICES

09/20(12)

NOW OPEN FOR NEW CLIENT REGISTRATIONS

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

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

SARAH HYDE

BSc. ND. DO. MRN. CNHC

Naturopathy and
Cranio-Sacral Balancing at
Llandeilo Well Being Centre.

Healing Moves movement
and meditation programme.

For further information
tel: 07792 634006



06/20(12)

Body Beautiful Beauty Salon

*Glam up for party
time or up date your
look with a make
over package*



- Make up application £25
- Make up and hands: a nail file and Vinylux polish £35
- Make up and a Shellac Gel Polish to nails £45

*Discount of 10% off facials
when you book any of these packages.*

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

02/20(12)

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

llandeilo@hughwilliamslaw.co.uk

01550 721 500

Alma House, 1 High St,

LLANDEILO

SA20 0PU

llandoverly@hughwilliamslaw.co.uk

10/20(12)

PWYLLGOR DARLLENFA

LLANSADWRN READING ROOM COMMITTEE

LLANSADWRN PREPARES FOR MORE PARTY TIME!

Summer already is a distant memory with the Big Lunch and Tug of War courtesy of Medals gifted by 'Distinction Windows', fund raising Bazaar and Prize Draw plus the Annual Show all now done. The Reading Room Committee was able to boost funds by over a Grand £1,000 thanks to the generosity of ticket purchasers and prize donors. Thanks go to The Scarlets, 'Goose and Cuckoo', 'Plough Inn', Zen Den, Co-op, Simply Massage, Eves Toy Shop, 'Cottage Inn', Cŵr Meibion De Cymru and Members of Committee for the prizes with a special mention to the very local 'Gardd Llansadwrn' for fresh produce and 'Sinema Sadwrn' which continues to go from strength to strength with monthly big screen Friday cinema.

There is now a thriving Art Class on Monday's at 10am to which Grand Masters and novices are equally welcome – entry is free but naturally a small donation is welcomed. Other groups are meeting regularly, such as the 'Spinners and Weavers' on Tuesday afternoons and Yoga classes are starting up again soon as well and there are plans for a local history Club.

Next on the cards is Christmas! – Hooray! - centered around The Sextons Arms and the Reading Room with the Red Kite Xmas table top quiz on Wednesday 11th December and Lights On the Tree with Santa's arrival in the village on Thursday evening. Friday 13th is not going to be unlucky as it is time for 'Carols & Cawl' once again at the Sextons courtesy of the ever generous landlord Cliff Cowell.

This is just a foretaste of what is planned with more details to follow next month in 'The Post'

HOW GOOD IS YOUR WATER?

WATER. THE ESSENTIAL ELEMENT

- 💧 WATER SOFTENERS
- 💧 WHOLE HOUSE WATER FILTERS
- 💧 DE CHLORINATING FILTERS
- 💧 DRINKING WATER FILTERS

And much more!

HOW MUCH DO YOU SPEND ON BOTTLED WATER?

In Britain we spend millions each year on bottled water and yet you have an easy alternative with a filter system that will give you crystal clear drinking water right at your tap doing away with bottled water and the problems we have with plastic waste.

www.swscateringequipment.co.uk



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

01558 668064

11/19(3)

PLUMBING SERVICES

KITCHENS - BATHROOMS
FLOOR / WALL TILING

For All Your
Plumbing & Maintenance Needs



From a little drip...
to a complete bathroom

phplumbingservices@hotmail.co.uk

Call Phil on 07766 883713

02/20(12)

The Oriental Rug Cleaning Company

PRESTIGE
RUG SPA
Where Rugs are Cleaned & Preserved

01269 842497

Ring for your **FREE** quote today

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

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



Watch our video at www.prestigerugspa.co.uk



01269 843491

Ring for your **FREE** quote today

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

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

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



NCCA
NATIONAL CARPET CLEANING ASSOCIATION
MEMBER SINCE 2014

Unit 16 Capel Hendre Industrial Estate, Ammanford SA18 3SJ

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

09/20/12

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

We now have a freshly painted and spruced up hall ready for a busy winter here in Bethlehem!

The decorators did a great job in completing the work ahead of schedule, so we took the opportunity to undertake a few other maintenance tasks before the hall reopened.

The end of September was fundraising time in Bethlehem.

Firstly, the hall hosted a Curry & Quiz night in aid of Wales Air Ambulance. The quizzers enjoyed a meal of curry, rice and all the trimmings, along with an Andy and Alan fun quiz, with homemade cakes at half time.

The eventual winners were the Mills Family and Friends team from Cwmifor, who took home the prize of a hamper of Welsh foods.

In all, a total of £250 was raised on the night, so very many thanks to everyone who supported the event, as well as Andy and Alan for the entertaining quiz, and to John for contributing the delicious Bombay Potatoes.

The following day, the annual Macmillan coffee morning took place at the hall.

Linda and the team provided an array of delicious cakes, bakes and savouries, and happily the event was once again very well supported by the community, raising a total of £325, an increase on last year's sum, so a big thank you to everyone who came along, as well as to those who baked, contributed raffle prizes, and who helped out on the day.

The Sunday café ended for the season on October 6th, and what a final Sunday it was! It was a massively

successful day, with every chair taken for the whole of the lunchtime period. Wyn and Louise worked tirelessly to make sure everyone was served as quickly as possible.

In all, since May, the café has contributed £2590 to hall funds, way surpassing last summer's total, and over a shorter period of time.

So to everyone who called in for lunch over the summer, popped in for coffee and cake, came for takeout, or simply dropped in for a glass of wine and a chat, please know that we are very grateful, and touched by your commitment to the little hall.

It goes without saying that we couldn't have kept the venture going for 23 weeks without the help of volunteers, so diolch yn fawr iawn to you all!

The October quiz took place as usual, despite the paint still being wet!

Questionmasters Andy and Alan were unable to attend due to illness, but the other half of the team, Anne and Margaret, aided and abetted by glamorous assistant Gill, did a great job in asking the questions. The eventual winners were the Two Plus One team.

The next quiz takes place on Monday November 11th. It costs just £1 to play, bring a bottle (and a sense of humour), and enjoy a very local, fun night out.

The November supper will be held on Friday November 15th, with food served at 7.30pm.

Supper nights are open to everyone who wants to come along, to enjoy an evening of hearty, home cooked food, a few drinks (we have a well stocked bar but if there's a specific drink you'd like us to sell then please contact us. Not Bollinger I'm afraid, the Hall budget doesn't quite run to that!), and a chance to either get to know people, or to catch up with friends and neighbours.

Places are very limited as we cannot cater for more than 14 people, so get in touch if you'd like to come along.

For details of events, or to enquire about booking the hall, contact Nia on 01550 777254, email niaclement@aol.com or follow us on Facebook for all the latest news www.facebook.com/bethlehemcymru

CRUGYBAR

Bu bore llwyddianus er budd Macmillan yn Neuadd Crugybar. Codwyd £473.55. Diolch i bawb a wnaeth gyfrannu.

KB HOME MAINTENANCE

11/19(12)

PLUMBING &
BATHROOM
INSTALLATIONS
& MAINTENANCE

SOLID FUEL
HEATING FLUES
& CHIMNEYS

SOLAR HOT WATER
UNVENTED
CYLINDERS
UNDERFLOOR
HEATING

ARCHITECTURAL
& BUILDING
CONSERVATION

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

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



HIGHLY INSULATED TILE EFFECT ROOF

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

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

Est. 1983

DISTINCTION

WINDOWS LIMITED

A Reliable Family Run Business

**Tel: 01550 777077
or 01792 845203**

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

02/20(12)

SEFYDLWYD 1797 ESTABLISHED

D.LLOYD & SONS

MASNACHWYR COED A NWWYDDAU ADEILADU
• TIMBER & BUILDER'S MERCHANTS •

Local Delivery Service Available

01558 650209/650451

07789 680837

info@dilloydandsons.co.uk

www.dilloydandsons.co.uk

Glanwyth Sawmills, Pumsaint, Llanwrda, SA19 8YU

• TIMBER

Large stock of regularised timber

• SHEET MATERIAL

Plywood, OSB, Trailer Board, Flooring

• CONCRETE PRODUCTS

Aggregates, Blocks, Cement, Slabs

• PLUMBING

Copper & Plaston fittings, Alkathene

• DRAINAGE

Land drain, Twin wall pipes, Rainwater, Soil & Underground systems

• FENCING MATERIALS

Posts, Rails, Stock Netting, Barb Wire

• ROOFING

Felt, battens, Slates

• IRONMONGERY

Screws, Nails, Bolts, Hinges, Gate Fittings

• INSULATION

Celotex, Polystyrene, Loft Insulation

• LADDERS

Aluminium Ladders, Fibreglass Stepladders

Now stockists of
Brites wood Pellets
suitable for burning
in pellet stoves
and boilers

brites



Stockists of Group 1 Anthracite, Housecoal and a range of coal suitable for multi-fuel appliances



FLO

GAS

04/20(6)

LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

Writing from my starry window-sill!

Kind Friends!

In all my years as a theatre cat, I confess to one serious failure! I resist and cannot work Facebook, Chitchat etc. I have been given a variety of these outlets and my opinion is that cats need someone to do the social media for them – we are the creators not the executioners of our work.

I can work an email on our computer – what cat can't control a mouse! But my theatre friends are all on smart-phones – yes, they may read my email but they tend to respond by facebook and today I discovered a message that has been lurking there since 2018 – from a friend I really love, and now how to contact – he probably thinks I'm dead!

I also think that because of the smallness of the smart phone, reading an email is difficult, and once the gist of the message is gleaned – it is deleted – so the farewell, the final summing up – the late remembered anecdote is never actually reached or read!

'I feel at times rather isolated!' Following my recent report on the Theatre and its needs (a fire alarm system being one) I finished with this somewhat plaintive cry. Five wonderful friends responded by return, writing to me – four of them are writers – Oh I do love writers! And one came to visit me the next week. Fantastic! Incidentally, two live in France – no wonder Jacky voted 'remain'.

So I advise her – First: sort out the gallery – get it mended and you will feel better. I will ask friends to look at our web page, and see the books we have there – it's no good having a dream I say, if the stuff you write is never read and Simon Barnes' wonderful spoof James Bond novel **DARKLY FLOWS THE TAFF** is a hoot! It is quite a slim volume – easy to handle by all cats of discretion who love a good read! – it is set in Wales, some of it quite near our home town!

LLYFRGELL LLANWRTYD ORIAU AGOR LLANWRTYD WELLS LIBRARY OPENING HOURS

Dydd Llun/Monday Ar Gau/Closed

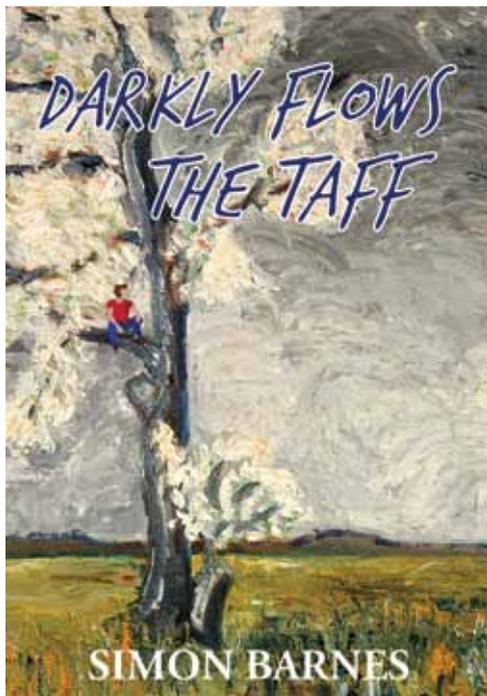
Dydd Mawrth/Tuesday 10.00am to 1.00pm,
3.00pm – 6.00 pm

Dydd Mercher/Wednesday Ar Gau/Closed

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

Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm



Now Jacky tells me we are also on 'linked in'! Together we gaze and gaze at the computer – trying to discover what it is about – and then decide – escape is best! We are not looking for work, we are looking for a piano – *a piano, yes a piano, not any old piano, but one that makes you dance...* Sorry – got a bit carried away remembering our production with Llandovery College pupils of **Salad Days!** You see, we had the piano tuner in recently and he diagnosed wood worm in the base section of the theatre piano!!! So another add to our list of needs!

Do explore Llandovery Theatre web site – go on Home page and scroll down – there you will find four books lined up – you can click on any one of them, read details and there is a link to buy via Amazon, if you wish. Let us know what you think – we welcome comment and views – you can always send it to us by email! Royalties on the book sales go to the theatre, so that can't be bad!

Oh dear! Jacky says – we need a fire alarm system before a piano – it is drop dead urgent! I tell her, I prefer a piano – you can't play *'kitten on the keys'* on a fire alarm system!!

Horatio Nelson
www.llandoverytheatre.com
sandjbarnes@realemail.co.uk

EGLWYS CAPEL DEWI, LLANSADWRN

Ffe fydd cyngerdd yn yr Eglwys ar Ddydd Sul
Rhagfyr yr 8fed am 7.30yh

Padmasambhava Yoga & Meditation Centre

The Autumn term is halfway through with the many students enjoying a variety of classes which are suitable for people of all ages and abilities; however, there are some spaces available in some classes – please ring to find out about these. There are both daytime and evening classes being taught at the Centre – and classes taught at the Ebenezer Chapel Ammanford, Cwrt Henri Reading room and Maes Elfryn Hall in Llandeilo. It is possible to join the outside classes on a drop-in basis.

On Saturday 9th November the first class in the four-part Yoga course with Vanessa and Poornam will be held at the National Botanic Garden of Wales. 'The Golden Thread: Sadhana and the Rhythms of Nature' develops over the course of one year and strengthens practice through the seasons. More information is available by calling the Centre on 01558 823842.

On Saturday 30th November Christley is holding a Saturday Morning Restorative Yoga Class – Relax & Renew from 10.30am – 12.00 noon. This mostly floor-based class starts with gentle stretching before moving into the restorative poses. In Restorative Yoga props such as bolsters, blankets cushions are used to safely support the body in various yoga poses. Restorative Yoga is useful when you need to eliminate stress or fatigue as it allows both experienced practitioners and those new to yoga to experience deep rest, both physically and mentally. Booking is essential as the class is limited to 7 people. This is a perfect preparation for Christmas!

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

CHAIR-BASED YOGA AT MAES ELFRYN HALL

This class is held mostly fortnightly on Friday afternoons 3.30 – 4.30pm and is perfect for Elders and those with restricted movement, limited mobility and unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated. Seated yoga helps increase flexibility and balance, helps improve body and limb movement and increases strength. Time is spent during each class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. Drop-ins are possible, to find out more please call the Centre 01558 823842.

DES CLARKE & SON

Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for over 60 years

Heating & Boilers

Installed, Serviced & Maintained

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



For a free quotation please call Huw or Dawn on

01550 720478

www.desclarkeandson.co.uk

email: info@desclarkeandson.co.uk

Mobile: (Huw) 07811 350633



06/20(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



12/19(12)

Tel 01550 777497

Fax 01550 777808

Office The Stores Station Rd Llanwrda SA19 8EH

Email adclad@live.co.uk

LLANDOVERY ROTARY CLUB



Hello loyal readers of this magnificent 'Post' magazine. We at the Rotary Club had a rather relaxed attitude last month but as usual a lot, a huge amount, is going on behind the scenes. Some members have ventured to other parts, some for work, some for business, some for pleasure and some we have no idea! Here is what we have been up to last month.

Our new member Peter is fitting in extremely well and is quickly adjusting to life as a Rotarian. We feel we are quite a welcoming lot and anyone is welcome to come along as a guest if they wish to see how we Rotarians go about our business. If you like it, join us, if you don't, just don't come again. Simple! Let us blow one myth clean out of the water straight away. You will not be asked to contribute any money. We meet every Tuesday at the King's Head in Llandovery at 7.30pm. We have a meal then we discuss any business we have in hand, then we go home. At least some do. Some stay and have another coffee, some have another pint, some stay and have more than one pint! Some stay for a while, others stay for a while longer! It's up to you. The only cost to you is for the 4 meals per month that you have, no more. Four meals at £10 each which you pay for whether you are present or not. So, £40 per month for which you get 4 meals anyway. That's it. You also get the enormous satisfaction of working together and fund raising if and when you are available. You also get to vote on how we spend our money and how much funding we give to local individuals, clubs or organisations who have written in to request our support. Four meals a month, four Tuesdays out and great company to boot. Lovely. You are welcome to come and join us.

Mr Rod Harper from Queen Street has been extremely generous to us once again. He has donated a case of wine to the Rotary Club for our weekly raffle. Who do you think won the first one? Ha. New member Peter of course. Beginners luck. Thank you once again Rod for your very kind generosity. Good wine too!

By very strange circumstances a few of us were talking after a meeting. 'I can't come next week' said one, 'I'm going down to Devon'. 'What?' said another. 'So am I'. 'How odd' said another. 'I'm going down to Cornwall next week'. 'Well, strike me down' said a fourth member. 'So am I'. Four of our members were going their own way 200 miles from home to be within 60 miles of each



Dan Emery enjoys a delicious King's Head sweet.

other in Devon and Cornwall all in the same week, all for different reasons. Dan was in Bodmin, Gary was in St Austell, Mickey was in Exeter and Derek was in Torquay. One was there on business, one was with his wife on holiday, one was there on a romantic break and the other one won't say why he was there! We won't ask any more. Recent member Guy is also down in Tavistock, Devon to make a Royal Flush of five! Strange or what?

At the request of the Mayor we will be stewarding the Llandovery Fireworks Display this year at the Castle Fields on Sunday 3rd November from 5 to 9.30pm. Fireworks start at 7pm. Mayor Louise is to be hugely congratulated on her wonderful work for the town this year. A 'Hands On' Mayor you are indeed Louise. You are doing a fine job. Keep up the great work Louise.

We have a big event organised at the Rugby Club on Tuesday 26th November. It is for ALL local businesses small and large, as well as very small and very large. Business Wales will be on hand to offer professional advice and support to ANYONE in business. Local Authority Officers and Independent Consultants will give presentations to any and all budding business enthusiasts or entrepreneurs who attend. There is a huge amount of help and assistance out there. Many grants are still available. There will be free food, thanks to our generous sponsors, and free advice to ANYONE in business today. All you need to do is register at alexissaunders50@gmail.com before 10th November and then turn up at the Rugby Club on the night, casual dress. Our own business local entrepreneur Barry Clement has arranged this event in conjunction with Business Wales so you know the event will be a big success. Farmers, builders, crafters, anyone and everyone is welcome. Don't miss this, numbers are limited and all you have to do is register before 10th November. The Rotary Club has organised this for your benefit and it's all free. Yes everything is FREE OF CHARGE.

One of our members recently met a member from years



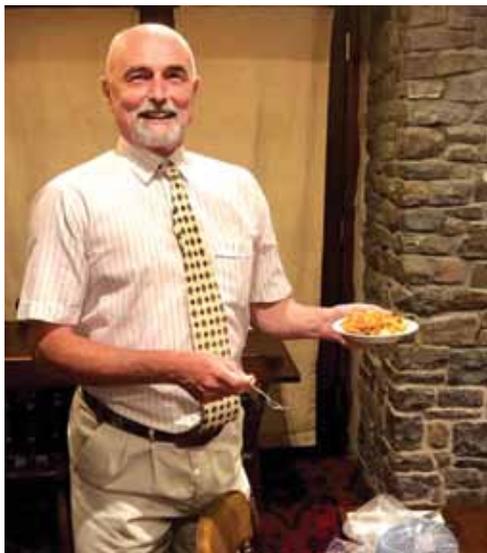
Peter Williams has joined the Rotary Club and Mickey and Alan officially welcome him.

gone by. David Fulcher wishes to be remembered to anyone in Llandovery that remembers him. Thanks David.

We had a second Tuesday 'In the Community' last month and we headed off to the Neuadd in Cilycwm. John and Sandra have been great supporters of us and off we went. Now the Neuadd is well known as a lively hostelry and we were not disappointed. We always receive a lovely welcome there and again we had a superb meal then retired to the bar for an evening of 'fellowship' (that word again!). Time seemed to fly along until the Towy Taxis limos arrived to deliver us home at a very reasonable hour. A good night out was had by all.

Our 'Out In The Community' project saw us going to West End Cafe for a lovely beef dinner. Some took their own drink to accompany the meal. Some took quite a few drinks! Thanks to Mark and all the staff for their service and hospitality making it a wonderful convivial evening spent with fine fellowship. Fellowship is Rotaryspeak for great company! We all decided on an early night but one member was in for a surprise. No, not that kind of surprise! On arriving home he was told 'What's this time you're coming home?' Our man thinking he was getting Brownie points for coming home early was told 'Go back out and come back at the normal time!' His wife was enjoying the peace watching Strictly Come Dancing. There's thanks for you!

At the time of writing Wales are still in the World Cup and going very well. Llandovery Rotary Club wishes to congratulate local farmer and former Drover Wyn Jones, Clynmawr, on his magnificent contribution to the Welsh team. Wyn has excelled in his craft as a vigorous and



Dave proudly shows of his foul smelling 'fermented vegetables'.

technically superb loose head prop and we could not be prouder. Longyfarchiadau mawr Wyn. Ardderchog.

Talking of travelling, our world travelled member Dave thought he would like to liven things up one evening, literally, when we all sat down for supper at the King's Head. There we were anticipating a lovely wholesome supper when suddenly we were all aware of this VERY strong smell permeating throughout the dining room. Actually it was stronger than that. It was a full on rancid stink of the highest order enough to make you wretch. All of us thought there was something very wrong here except one of us, Dave, who was standing in the centre of the room laughing his socks off. 'What the hell are YOU laughing at?' someone said almost choking as he spoke. Dave was standing in the middle of the room holding a plate with the cling film removed causing this putrid, foul, sewage smelling stink right around the room. 'I want you all to try this' he said hopefully. 'Not a bloody chance' or words to that effect came the multiple replies. 'What is it?' someone asked. I cannot, and do not ever want to remember what it was called but 'It's fermented vegetables' said Dave somehow without spewing up. 'It's lovely' he said very unconvincingly. Well, whatever they were, those fermented vegetables had fermented far too much and for far too long. Only a few were brave enough, or stupid enough, to try it. Those who did said it didn't taste as bad as it smelled! Well, that wasn't surprising but Dave was told to keep his foul smelling foreign food out of our dining room in future and in no uncertain terms too! Oddly though Dave loved it and ate the b****y lot himself.

We have had an extremely enjoyable month. Two meetings at our usual establishment the King's Head, two more 'Out In The Community' and a very big night in the Rugby Club with Business Wales coming up. All that with wonderful 'fellowship'. And that is what Rotary Membership is all about. Do come and join us.

Derek Jones.



Da iawn 'Sosej'. Rydyn ni mor falch ohonot ti.



WASPI CAMPAIGN 2018, CARMARTHENSHIRE NORTH WOMEN AGAINST STATE PENSION INJUSTICE

What are WASPI fighting for?

The WASPI campaign is fighting for justice for all woman, born in the 1950s, affected by the changes to the State Pension Age (SPA).

Thousands of woman born on or after 6th April 1951 have had significant changes made to their State Pension age without them knowing.

Despite paying full National Insurance Contributions all their working lives, woman have been told at the last minute that the pensions they had expected at the age of 60, would be delayed by up to 6 years.

What is WASPI 2018's aim?

Continue spreading the WASPI word about the injustice perpetrated on 1950s women. 3.8 million woman in the UK have lost up to 6 years of their State Pension with little or no notice, despite having paid National Insurance Contributions.

If you are one of the woman affected by the State Pension Age Increase and wish your voice to be heard, come and join your local group WASPI CAMPAIGN 2018, CARMARTHENSHIRE NORTH at our next meeting: MONDAY 4th NOVEMBER 6.00pm YOUTH & COMMUNITY CENTRE 19 MARKET SQUARE, LLANDOVERY. SA20 0AB.

DALE VAUGHAN *Limited*

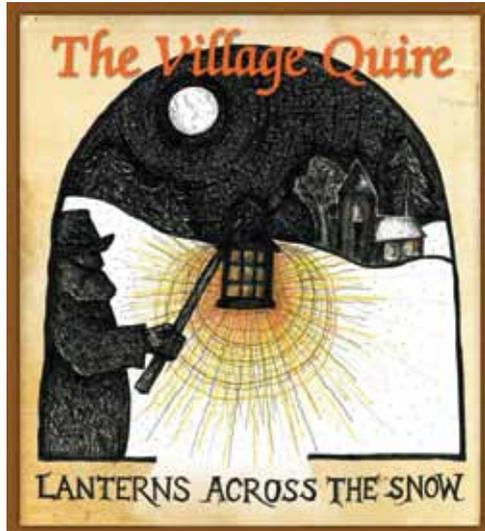
Ashmere, Manordeilo, Llandeilo.

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

06/20(12)

LANTERNS ACROSS THE SNOW CHRISTMAS CONCERT WITH THE VILLAGE QUIRE



This year The Village Quire bring you Lanterns Across The Snow ... a show based upon Susan Hill's delightful short story of the same title about childhood, Christmas and memory. Gorgeous harmonies and gentle storytelling sure to warm the cockles of the heart on any chilly December night ... but especially in the warm and cosy interior of the lovely Glasbury Methodist Church, Cwmbach on Saturday 21st December at 7.30pm. Tickets £10 (£5 u18s) to include seasonal refreshments from 01497 847676. www.villagequire.org.uk / quintet@villagequire.org.uk

GELLI AUR PAINTERS OPEN DAY

Gelli Aur Painters are a group of artists and friends based at St Michael's Church Hall, Gelli Aur, Golden Grove, near Llandeilo, Carmarthenshire. On Saturday November 9th they are holding an Open Day starting at 10.30 until 3.30 when everyone is invited to come, share and enjoy a day of art in a fun and friendly way. There will be an opportunity to have a go at painting a picture, to view and buy original paintings and cards, and a lucky dip raffle, where everyone wins an original painting in a mount. A fun quiz on Welsh artists will also be one of the activities during the day.

Entry for all is free and refreshments through the day will be available. Parking is easy. 01550 777622.

WILL YOUR FENCE WEATHER THE NEXT STORM?

COLOURFENCE WILL STAND STRONG THIS WINTER AND THE NEXT 25 - GUARANTEED

With Autumn upon us – it's the perfect time to start preparing your garden for the Winter weather. At the point the fence blows down or rots and falls it becomes a real headache and an urgent problem to fix in order to keep your garden secure.

Many customers install **ColourFence** for the peace of mind that storms won't leave them the bill, and hassle involved in getting urgent repairs done. **ColourFence** stands up to the British weather, **resisting rusting and rotting in the rain, cracking, warping or shrinking in the sun and fallen panels when the wind blows.**

ColourFence is available in 4 different colours that can be mixed and matched to create stylish designs that would take hours of painting and there's no need to paint your new fence for the

entire length of the **25-year guarantee.*** Don't wait for your fence to blow down this winter, our revolutionary metal garden fencing is the cost effective, low maintenance alternative to traditional fencing, call now for a free, no-obligation site survey and quote today.



BEFORE



AFTER



"Brilliant product and excellent staff. My whole garden is now beautifully furnished with this metal garden fencing! No more painting for me and no more worries about windy weather. So pleased!" Anne Brown, Cornwall

GREEN BLUE BROWN CREAM

Mix & match 4 colours

11/20(12)

* Terms and conditions apply, hose down several times per year.

Don't wait for your fence to fall this Winter, call now for a FREE no-obligation quote on

01558 508 316
colourfence.co.uk



AN EVENING WITH THE AUTHOR

Jeremy Marshall was CEO of Hoare & Co. the United Kingdom's oldest, family owned private bank, when he was diagnosed with a rare form of cancer in 2013.

He was 49 years old, happily married with three children.

After undergoing surgery and a course of radiotherapy, Jeremy was declared cancer-free. But three years later he was diagnosed with cancer again, this time in a different form and was told it was incurable.

In his new book *'Beyond the Big C'* Jeremy bravely chronicles his extraordinary relationship with cancer.

Jeremy is a friend of the y GRŴP Rural Chaplaincy and the Church that meets in the Tŷ'r Bugail coffee house each Sunday on Market Square so when they approached him about doing an author evening for his new book in Llandoverly Jeremy and his wife Jeanette quickly and kindly agreed to make the trip to Wales.

The essence of Jeremy's story is that despite the sickness and disease present in both his world and ours, a life lived in light of Christ's death and resurrection 2,000 years ago still means there is positive hope for the future ... no matter what.

The Tŷ'r Bugail event on November 30th. will feature good coffee and cake, a short summary of his book and after that Jeremy will be taking questions on the process he has gone through and the events of his experience with his cancer.

Anyone happy to meet honestly and sensitively around the issues raised by Jeremy and Jeanette's experiences and their openness about living with a terminal diagnosis is warmly welcome at this event.

Free copies of the book are being made available from the Chaplaincy from the publication date of 01/11/19.

Contact: 07748 644958 HoWChaplain@gmail.com

'CHRISTMAS BY CANDLELIGHT' AT ST. BARNABAS CHURCH, RHANDIRMWYN

Welcome to the start of celebrations for Christmas in the upper Towy Valley on Sunday, 1st December at 7.00pm when Llandoverly College Choir will sing by 'Candlelight'. This has become a much enjoyed traditional event which is now under the leadership of the Director of Music, Mrs Rhiannon Lewis. The president for the evening is Dr. Keith Davies, a popular & well known figure in Rhandirmwyn.

The PCC at St. Barnabas Church would like to take this opportunity to thank Llandoverly College Choir, Mrs Lewis & the rest of the staff, for their continued support over the last 19 years.

Admission: £5 at the door, children under 15 free. Proceeds towards St. Barnabas Church.

Christmas Fayre with a Difference

The Llanwrda Quilters and Crafters invite you to their first Christmas Fayre on Wednesday 20th November in the Old School Hall, Llanwrda from 6pm to 9pm.

On going to print, there are ten stalls already booked, selling seasonal wares for the festive weeks to come.

As always, the Llanwrda Bloomers will serve you homemade refreshments, whilst children can see if they can beat the "Lucky Dip", or play under supervision in the Children's Area of the Library.

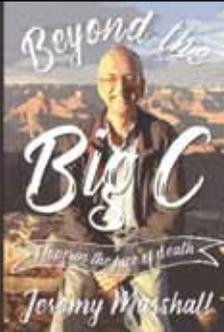
A well lit parking area has ample room for cars, so make a date in your diary to come and enjoy a Craft Fayre like no other we have had before!!

Contact "The Crafters" on: 01550 777800 (Chris) or 01550 777344 (Anne).

All proceeds to the Cornwallis Charity Fund.



AN EVENING WITH THE AUTHOR
Ty'r Bugail Coffee House
Market Square, Llandoverly
SA20 0AA
November 30th 2019
from 6.30 p.m.



11/19(1)



Do you enjoy helping others and making a significant difference to someone's life? If so, then our Support Worker careers could be for you.

Coleg Elidyr, located in the beautiful setting of Rhandirmwyn in Carmarthenshire, is a successful and well-established residential specialist further education college for young adults with learning difficulties and disabilities, with a proven track record of delivering success.

We offer a friendly, welcoming and award-winning place to work and are looking for caring, passionate, enthusiastic people with a can-do attitude to become part of our highly motivated team. It doesn't matter about your experience, what matters are your personal values. We will provide you with the full training you need.

We currently have the following vacancies, supporting person-centred planning and progression through a 24-hour curriculum and total communication environment ensuring individuals' education and training needs are met and life chances enhanced (note: we welcome applications at all times for these positions).

SUPPORT WORKERS

Hours: 40 per week, various shifts
Salary: £18,011.20 - £19,989.64 per annum*
(We will also consider a job share)

SUPPORT WORKER (WAKEFUL NIGHTS)

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

Applications will be dealt with as they are received

(* note: proposed additional pay rise of 3% from December 2019 subject to financial confirmation)

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

www.colegelidyr.ac.uk

12/19(2)



LLANDOVERY RUGBY CLUB

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

Office email: droversrfc@gmail.com

Office Phone: 01550 721110

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

We have all been very pleased to see our own Wyn Jones doing so well in Japan: fingers crossed for Finals day!

Back home, after a fine, strongly contested win against RGC in September and an exciting 'to-and-fro' game against Ebbw which slipped away from us in the final ten minutes when we were a man down we are all looking forward to an exciting and closely contested season in the new format Indigo Premiership. The Bridgend and Aberavon games are still to play as this goes to press.

The Cross-Border fixtures against the six Scottish Fosroc Super 6 clubs have now been announced – details are on our website. This gives us an extended season with the last game being a home fixture against Watsonians on May 30th with, no doubt, some very tired legs on all sides by then.

There is only one Indigo Premiership game at Church Bank to watch this month (Saturday 2nd November v Newport – but check for changes in timing if Wales get through to the Final in Yokohama on the same day). But there is plenty to look forward to in December when we have 3 home games, including the traditional fixture v the Quins.

Although the Athletic XV have no fixtures planned for November (we will let you know if this changes) our Youth XV do have a home game on the 9th our Youth Llangennech so come along and support them.

After last month's international flavour, with tales of Aussie sunshine and success for former Drovers, it's back to the wind and rain of home this month. Despite the lack of sunshine our Juniors all continue to do very well at all age levels against – as usual – some tough opposition. Our special congratulations go this month to the following young Drovers who have been selected to represent District Schools' Rugby.



Isaac, Ceredigion district

Isaac Davies (a member of our Under 10s) attends Ysgol Carreg Hirfaen in Lampeter and has been selected to play for Ceredigion Schools in the under 11s. And from our Under 11s, Ryan Lewis, Bea Morgan, Harri Morgan, Gwen Williams and Will Coles (al pupils at Ysgol Rhys Prichard or Ysgol Gynradd Llangadog) have been selected to play for Mynydd Mawr and Dinefwr under 11s. They started the season playing Swansea valley away at Ystradgynlais RFC and have also played Carmarthen and are looking forward to meeting Pembroke, Aberavon, Llchwyr and Llanelli in the coming weeks.

Ben Southam, Berian Williams, Ceri Williams, Cian Thomas, Daniel Mason, Dominic Hammett, Dominic





**MASTER SADDLER AND
MASTER SADDLE FITTER**

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



08/20(12)



Under 15's District

Jones, Gabriel Mackenzie, Henri Jones, Joshua Morse all of our U15s have also been selected to represent Mynydd Mawr & Dinefwr U15s in the Morgan Griffiths Plate this season. To date they have played two games, losing 5-0 away against Pembrokeshire and drawing 15-15 at home against Rhymney Valley – and next up they face Vale of Glamorgan and Iswlyn away, followed by Swansea Valley at home.

And on top of that raft of selections we were also delighted to learn that Thomas Raybould has been selected for the Mynydd Mawr & Dinefwr development squad.

Llongyfarchiadau pawb! – and our special thanks to all those who have coached and helped all these young players over the years to such a high standard.

The next few weeks are also busy for our Juniors, we have our Under 9s as mascots for the Bridgend game and under 10s for the Newport game.

Some of our juniors will be taking part in the match day activities in Parc y Scarlets. Our under 11s are first, when they play at half time during the Scarlets V London Irish match on November 16th. Others follow in December and the New Year.

With Christmas fast approaching, we have booked the Junior Drivers Christmas Party. This will take place on Sunday 15th December in the club house. More details to follow.

Chris and his team in the Clubhouse look forward to seeing you in the bar from Thursday evenings right through to Sunday lunch time for the Sunday Carvery. But you'll need to book – places fill up quickly and



Under 11's district

Christmas is just around the corner now if you are thinking of organising a party!

To book a table (or a room for your party or social event) just get in touch with Chris on 07734 361866, email him (Chrisreeve90@yahoo.co.uk) or get in touch via his Facebook page. He will be happy to help out with all your entertainment needs.

We hope you are all looking forward to watching some fine rugby again at Church Bank this season – ymlaen y Porthmyn!

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

RHYS SPICE

AGRICULTURAL & FENCING CONTRACTOR






All types of Fencing, Hedgelaying & Groundworks
Salem, Llandeilo.

Tel: 01558 824221 – 07810 642330

02/20(12)

11/19(6)

ALED LEWIS

Ai Fab

PLUMBING • HEATING • RENEWABLES

T 01558 824692
M 07779 146667

E aledlewisaifab@gmail.com

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

GENERAL PLUMBING

Sprinkler Systems

All types of heating systems

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

Landlord certificates - Bathrooms

Phone or email for a competitive quote





FUSED GLASS



So many people have asked me what glass fusing is I felt it necessary to write something to explain it. When I mention to people I fuse glass, it is often followed by 'so you blow it into shapes' or 'is that like stained glass windows'. Its neither!

Fusing glass is simply taking two or more pieces of glass and melting them together in a kiln. This process must be done very slowly and in a number of stages so as not to shock the glass, my firings often take 12 hours. Once you have 'fused' your piece of glass, you can decide if you want to 'slump' the glass into a dish or bowl shape or 'drape' it into a tea light holder or vase for instance. If you do decide to slump or drape, its another

trip to the kiln for your glass and up to another 12 hours of firing before its ready. One thing you certainly need in bucket loads is patience!

Glass is such a versatile material, there any so many applications it can be used for and so many different types of glass and accessories to use, such as stringers, noodles, frits, enamels, transparent, opalescent, iridescent and dichroic to name a few, you just need the right equipment and a bit of enthusiasm. I love to make custom made items for people and in the past have made window hangers, animal shaped hangings, cupcake magnets, flowery waves, bubble glass pendants, sausage dog lanterns, pendants with pets remains enclosed in them, trinket dishes, unicorns and horses that stand up and even the odd beagle!

I started fusing glass with The Creative Glass Guild in Bristol in November 2018 and quickly became hooked. Within a week of finishing my course I had ordered my kiln and first glass supplies and was eager to have a go by myself. Glass is a fun and addictive medium to work with!

The best thing about fusing glass is that anyone can have a go and end up creating something really special. I now run fun fusing workshops in my studio in Babel, Llandoverly for those who wish to come along and have a go. I get great pleasure in seeing how pleased and amazed people are when they come to collect their pieces after they have been fired in the kiln and its always nice to see people return to me again for another workshop to create unique gifts for their friends and family.

For more information on my workshops or for a custom made design, please contact me by email: tracey@bedwdesigns.com or phone 07527 409866.



Dave Newton 02/20/31

FENCING & LANDSCAPING

Free Quotes – All Work Guaranteed – Fully Insured



07518 452132 – davenewton68@outlook.com

James Penny
Joinery and Building Services
30 years experience



- Doors, locks and windows fitted and repaired
- Internal and external Joinery
- Kitchens and Flatpack fitted
- Building repairs, alterations and extensions
 - Dry stone walling
- Building maintenance and roofing

For a free quote and friendly advice ring James
on 07380 796815

02/20/31

TOWY VALLEY CAMERA CLUB

The Towy Valley Camera Club will continue it's 2019/20 Season on Monday November 11th 2019. The club will now be holding it's meetings on a monthly basis at the Cwmifor Reading Room, and extends a warm welcome to anyone wishing to come along and join.

Programme for 2019/20

- Monday November 11th: Competition 1 – Open with Judge Colin Price
- Monday December 9th: Social Evening
- Monday January 13th: Tales From The Dark Side with Peter Young
- Monday January 27th: The Brian Jennings Trophy
- Monday February 10th: Competition 2 – Monochrome with Judge Joph Starzewski
- Monday March 9th: Three Way Battle with Carmarthen and Pontyberem
- Monday April 6th: Social Evening with Kidwelly CC
- Monday May 11th: Competition 3 – Open with Judge Gary Shinner
- Saturday May 16th: Only Mono at Port Talbot
- Saturday June 6th: The Barrian Cup at Barry
- Monday June 8th: A Year In Their Lives with Roy Carr
- Monday July 13th: Competition 4 – Looking down with Judge Paul Blanchflower
- Monday August 10th: AGM
- Monday September 14th: 2020/21 Season commences

For further information, please visit our website at – <https://www.towyvalleycameraclub.org.uk>



BLAENOS 11/20(12)

SCHOOL OF MOTORING

Alvin Phillips. Car, Tractor, 4x4 and Trailer Training

Tel: 01550 720407; Mob. 07874 812948



Roofing • Fascias
Guttering
Extensions
Painting/decorating
Plastering • Tiling
Carpentry
Kitchens/bathrooms
Flooring • Driveways
Patios
Landscaping
Groundworks



**For all of your
property maintenance
requirements**

01558 824482
07545 963517

FIND US ON FACEBOOK 

enquiries@propertymaintenance247.co.uk

09/20(12)

04/20(6)



BEN DUNFORD

PLUMBING *and* HEATING

Bathrooms • Central Heating
Free Quotes • Emergency Call Outs
System Upgrades • Competitive Rates
Friendly Service • Hot and Cold Water

Award Winning Workmanship

Email: BDplumbingandheatingsolutions@gmail.com

Tel: 07480 365556



**Find us
on Facebook**



COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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

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

12/19(12)

J. Francis



ELECSA **Llangadog**

07454 968822

TRYDANWR /

Domestic • Testing • New builds • Rewiring

ELECTRICIAN

sparkyfrancis@hotmail.com

10/20(12)



Towy Music

For your guitar and bass.
Strings, accessories,
parts and spares.

Visit us at:
www.towymusic.com

02/20(3)

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

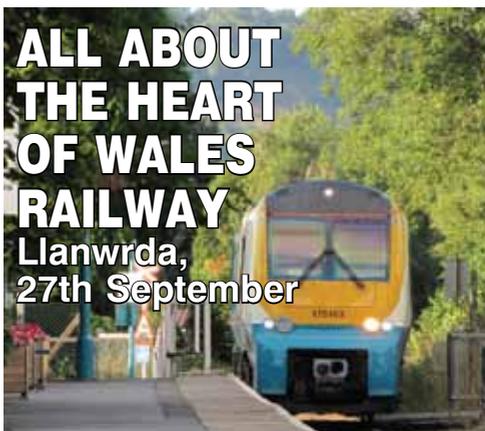


Wernellyn, Llangadog, Carmarthen
Tel: 01550 777787
Email: stuart@doelandrowlands.co.uk
www.doelandrowlands.com

02/20(3)

ALL ABOUT THE HEART OF WALES RAILWAY

Llanwrda,
27th September



A full house was guaranteed in the old Cornwallis School Hall in Llanwrda when Tony Birdwood gave an illustrated talk on the history of the Central Wales Railway line which runs from Swansea to Shrewsbury. We know it better as the Heart of Wales Railway, but few of us knew how our train service came about.

In the early and mid nineteenth century a few local lines were built and soon larger companies saw the potential constructing railways to Llandrindod Wells in 1859, and, by 1868, to Llandovery, including the massive engineering problems of the Sugar Loaf tunnel and Cyngordy Viaduct.

Earlier in the century, the Llanelli Railway and Dock company had built a line into the Towy Valley as far as Llandeilo. This was added to by the Vale of Towy Railway, completing the link to Llandovery in the 1858.

Many linking lines were built up until the end of the century to Brynamman, Gwaun Cae Gurwen and Carmarthen, as well as the Mid Wales line which crossed the Central Wales Railway at Builth Road – most of which were closed in the mid twentieth century; the final nail in the coffin being the Beeching Report in 1962/3. The Central Wales Railway was indeed a fortunate survivor!!

Without doubt, we have the Heart of Wales Line Travellers' Association, formed in 1981, to thank for the train service we have today.

Concessionary travel, funded by the Welsh Government, is available to those with bus passes issued by the local authorities – this gives free travel on the line between 1st October and 31st March; but, do remember to update your old style bus pass by contacting your council, or going online to the Transport for Wales website.

Our station, at Llanwrda, is well lit and ably looked after by Hywel Jones and Mrs Barbara Davies. Remember, if you are travelling by train and alighting at a request stop to let the guard/conductor know – he/she is instructed to announce each stop; and will, if required, assist you onto the platform with any luggage etc: a very special service in this day and age!!

New (to the line) air conditioned, two car, faster and quieter trains are due on the line during the next couple of years (see the photograph) – a sign that the Heart of Wales Railway is healthy and safe, as long as we support it!!



2 COURSE CHRISTMAS CARVERY AVAILABLE

December Thursday 5th,
Friday 6th and 13th
and Saturday 14th

£15

Tables of 4 plus available.
EARLY BOOKINGS REQUIRED

CHRIS REEVE CATERING
AT LLANDOVERY RFC

THURSDAY NIGHTS.

Beginners line dancing 7.00pm (function room)
Bingo 7.30pm (lounge).

FRIDAY NIGHT FISH AND CHIPS FOR £6.95.

Eat in or take away. Upgrade and get a pudding for £3.

FULL MENU AND LIGHT BITES

Served Thursday to Saturday 6.00 – 9.30pm.

SUNDAY CARVERY £8.95.

Choice of 3 meats or why not have all 3. Served with a
great selection of vegetables, potatoes and gravy.

Vegetarian option available with pre order.

Takeaways also available.

Serving from 12.30pm until 2.00pm.

*All other catering jobs undertaken
at competitive prices. Weddings,
funerals, christenings, parties,
fundraisers and much more.*

Bookings required
07734 361686
chrisreeve90@yahoo.co.uk



LLUEST

TAILS FROM THE TRUST

FOAL UPDATE

Our foals are growing fast and it is weaning time. We are usually in no hurry to wean them but, in the case of grey mare Sarabi, we have gently weaned Zazu earlier than the others. Welsh pony Sarabi, you may remember, had a large hole in her gum which was the cause of a massive swelling on the side of her face. Our vets treated her under anaesthetic, packing the hole to stop food getting lodged in it and it subsequently becoming more infected. Towards the end of the summer Sarabi started to lose a bit of weight so we decided to wean her foal to help her along a bit. Her baby Zazu is particularly grown up and the weaning process has gone smoothly. He had been introduced to Gwen, our orphan foal several weeks ago when Gwen was strong enough to mix with other horses and they are now the best of friends. The colt foals were also castrated the beginning of autumn so they will be able to mix with mares in the future.



Zazu and Gwen getting acquainted.

HOPE HAS A NEW HOME

Our superstar pony Hope has gone to her new home where she will be assisting in therapy sessions and, more importantly, will be pampered. Hope was dressed as a unicorn at our Open Day in September. She's quiet and friendly horse who is a joy to be around.

Hope was found abandoned on playing fields as a tiny foal with another pony called Faith. They have both now found wonderful family homes.



Hope's in her new home.



Hope on unicorn duty at Open Day in September.

WE NEED YOUR SUPPORT

We provide a 'safe haven' for horses and ponies in need and our work can mean the difference between life and death for some. We rely completely on donations to carry on our work. Giving regular money in the form of a direct debit is the best way to help. As little as £4 per month makes a big difference to our rescues. Would you miss £1 a week? The need for charities like Lluest is as important now as it was when the Trust was founded in 1985. You can start giving straight away by going to our website www.lluesthorseandponytrust.co.uk and clicking on any donate button or call or email us at info@lluesthorseandponytrust.co.uk and we will send you a direct debit form. Thank you.

If you can offer a loving home to one of our rescue ponies please call us on 01550 740 661.



New Road Garage
Llandoverly
GOING THAT EXTRA MILE™

11/20(12)

MOT Testing Servicing & Repairs



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



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

We are the area agents for all the motoring organisations

Other services include

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

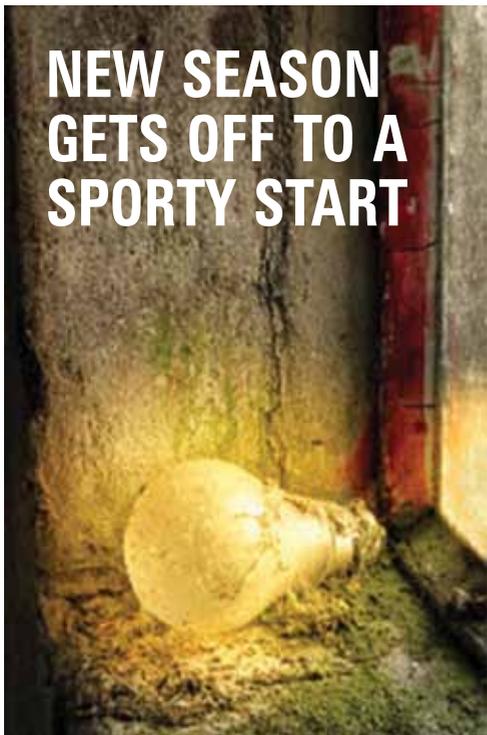


Call now on 01550 720836 24hr

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



NEW SEASON GETS OFF TO A SPORTY START



After a short summer break following it's summer exhibition Dinefwr Photographic Society's members were treated to an evening of sports photography with Alan Squires. Alan is a Fellow of the Disabled Photographers Society, its highest distinction, and has a wealth of experience in sports photography. Members were shown photographs from Rallying, Cycling, Athletics and Wold Cup Para-athletics to name but a few. Allan shared some hair-raising stories of near misses with rally cars and mountain bikes and had the photos to prove them!

The summer exhibition was held in the former Mari Thomas shop in King Street by kind permission of

MERCHED Y WAWR BRO PANTYCELYN

Ar Ddydd Mercher, Tachwedd 13 eg 1019, bydd y gangen yn cwrdd nesa ac yn Neuadd Dolau Bran, Llanymddyfri fel arfer. Ond noder taw am 2 o'r gloch y prynhawn bydd y cyfarfod am fod y dyddiau yn byrhau. Y wraig wadd bydd Elinor Farn a'i thestun 'Pethau Molchi Organic'. Edrychwn ymlaen i groesawu Elinor i'n cangen a rwy yn siwr bydd ganddi bethau diddorol i ddangos i ni – syniad da am anrhegion Nadolig. Croeso cynnes i aelodau hen a newydd a cysylltwch a Ann ar 01550 720248 neu Enid ar 01550 720873 am ragor o wybodaeth.

Gareth Davies. With over 50 prints on display there was something for every taste and to add to the interest visitors were invited to vote for their favourite photograph. With over 200 votes cast Llandeilo's Peter Davies photograph of Buttermere in the Lake District proved to be the publics choice.

With a new season just starting if you have an interest in photography, at whatever level, now is a good time to come along and meet like-minded people and maybe learn a bit more about photography or share your knowledge and experience. The society is a friendly group who share a common interest and aims to help people expand their knowledge of photography to a level they are comfortable with.

If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.



LLANDOVERY U3A

Come and join us at the Rugby Club, Church Bank. We meet at 10am for a coffee and a chat the Speaker of the day starts at 10.30am.

Our meetings are informal with opportunities for members contributions and we organise occasional outings and visits to the theatre.

Wednesday 6th November

'The Fifties'

Music from the Fifties chosen by members!

Wednesday 20th November

How the Homefront coped with rationing during WW2 and afterwards.

Grant Craik

For further information contact Anne Lynd-Evans 01550 750286.

LLANDEILO AND DISTRICT GARDENING CLUB

Llandeilo and District Gardening club held their Annual General Meeting in October. The club conducted the normal business of the meeting, confirming officials to the committee. Our thanks go to all those who have come forward to help out and to all of our members who help in all the unofficial but important ways at our meetings. There followed the presentation of the cups and prizes from the Llandeilo show. The RHS Banksian medal for Overall Winner in Horticultural Classes and Edward Parry Perpetual Rose bowl for Vegetables and Fruit went to Stephen Smith. The Garfield Evans Cup for Overall Winner in All Classes, the FS Edwards Silver Challenge Cup for Pot Plants and Gwenllian Cup for Floral Art went to Elena Thomas. Rhiannon Smith won the Stanley Field Perpetual Rose Bowl for Cut Flowers, Angela Adams-Rice the Millie Jones Memorial Bowl for Photography and Pam Simpson the Potato Challenge Goblet. Congratulations to them all!

The evening concluded with a selection of photographs of the club's various events through the year and remind us all of the fantastic weather we had on our trips,

including to Hergest Croft Garden and The Bishop's Park Tywi Gateway project.

The next meeting of the club is on Thursday 7th November 2019 when Rob Evans from Pheasant Acre plants will talk about autumn planting bulbs.



Llandeilo and District Gardening Club winners! From left, Stephen Smith, Elena Thomas, Rhiannon Smith, Angela Adams-Rice, Pam Simpson.

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

Contemporary garden rooms, cabins & lodges

19 New Road, Llandeilo, SA19 6DD 01558 822009 www.mwd.wales

02.20(3)

MWD
architects
makers

A CELEBRATION OF THE TREE

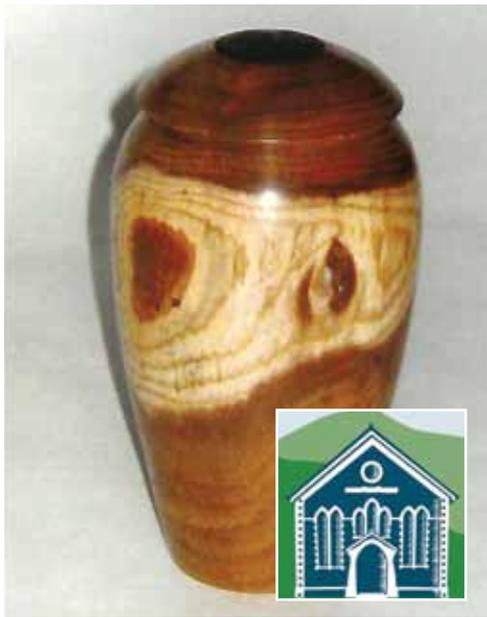


The marvels of trees in all their forms are captured in the exhibitions that are taking place in November at the Heritage and Arts Centre in Llanwrtyd.

Renowned local artist, Simon Lilly returns to the Centre with an exhibition entitled 'green rock, black root' in the upper gallery. This new collection of works, many highlighting the beauty of trees, looks at the timelessness and mystery in the Welsh landscape with dark and richly detailed images that invite the viewer to explore the shapes and colours that emerge or sink into the patterns.

In the lower gallery you can see how the life of the tree is transformed by woodturner David Leeton into pieces that enhance the beauty of the wood. Based in Newbridge on Wye, a carpenter by trade, David was diagnosed with Parkinsons some thirteen years ago and has found that woodturning helps keep his condition in check. The sale of his items raises funds for the local Parkinson group.

These two wonderful exhibitions can be seen every Saturday and Sunday (10.00am to 4.00pm) throughout November and up until 7th December. Entrance Free – Donations Welcome.



Best Business Christmas Display Competition 2019



A Certificate will be awarded to the First, Second & Third Winners of the 'Best Business Christmas Display 2019'. The Business Christmas Display Competition 2019 will include exterior or interior Christmas displays. The Mayor will present the Certificate to the winning businesses prior to Christmas. The names of the winners will be published in the Post magazine in the February 2020 edition.

Thank you to all those involved in making Llandovery 'sparkle' at Christmastime!
Diolch yn Fawr.

GLASALLT FAWR EXHIBITION AT STATION CAFE, LLANDOVERY

We in the Station were very interested to read in last month's edition of The Post of the tremendous work that the supporting Staff in Glasallt Fawr, Llangadog, are doing. We took it upon ourselves to contact the Staff there, and to invite them to bring a group of young adults with Learning Difficulties to come and spend a morning with us in the Station Cafe.

David Stirrup, one of their long time Teachers, took up this Invitation immediately, and so on Monday morning 21st October the Station Cafe was alive with a group of young people under David's control. They brought with them a superb Exhibition of hand-work – rag-rugs, mats, door-stops, cushions and scarves – with the result that the Station Cafe became a riot of colour of different items, all of which had been made by the young people themselves. It was a glorious Exhibition, a huge testimony to the work that the Teachers at Glasallt create for their youngsters.

The Exhibition will be in place until the end of November, and it is well worth a visit.

Thomas Services, Llandeilo MOTOR MECHANIC WANTED

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

Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs



Independent Renault Specialists



18 18	Renault Captur 1.5 DCI 110 BHP 6 Speed Signature X, Black Leather, Sat Nav, Reversing Camera, Reversing Sensors, 17" Diamond Cut Alloys, Met Grey / Black, 18000m.....	£13500
17 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, Diamond Cut 17" Alloys, Sat Nav, Metallic Ocean Blue/Black Roof, 3500m.....	£12995
18 18	Renault Clio 0.9 TCE 90 BHP Dynamique S, New Model, 17" Diamond Cut Alloys, Half Leather, Center Arm Rest, Sat Nav, Air Con, Metallic Mars Red, 2500m.....	£11995
15 65	Renault Captur 1.5 DCI Dynamique S, Auto, Zero R/Tax, Blue/Cream, 14000m.....	£10500
14 14	Renault Captur 1.5 DCI Dynamique, Sat Nav, Oyster/Black, 44000m.....	£7995
14 14	Renault Grand Scenic 1.5 DCI 7 Seater 110 BHP 6 Speed Dynamique, Tom Tom, Sat Nav, Alloys, Air Con, £30 Road Tax, Metallic Blue, 43000m, FSH.....	£7995
11 11	Renault Clio 1.2 16V Bizu, E/W, C/L, 3dr, Metallic Black, 67000m.....	£2995

CONVERTIBLES

16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m.....	£12995
10 10	Mini One 1.6 6 Speed Convertible, Cream Black Electric Roof, 43000m.....	£5500
00 X	Porsche Boxter 2.7 Convertible, Grey Leather, Alloys, Metallic Blue, 75000m.....	£5500

OTHER MAKES & MODELS ON OFFER

17 66	BMW 335D 313 BHP X Drive M Sport 8 Speed, Auto, Business Media, 5dr, Silver, 24500m.....	£21995
16 67	Kia Pro Ceed 1.0 120 BHP 6 Speed GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£12500
15 65	Mini Cooper 2.0 S Diesel, Half Leather, Blue/Black Roof, £20 Road Tax, 43500m.....	£12500
16 16	Mini Cooper 1.5 Petrol 6 Speed, Melting Silver/Black & Alloys, £20 R/Tax, 39500m.....	£9995
16 16	Peugeot 2008 1.6 HDI 100 BHP Allure, Half Leather, Alloys, Metallic Red, 0 Tax, 25500m.....	£9995
16 16	Vauxall Astra 1.6 CDTI Design Estate, New Model, Parking Sensors, 0 Tax, Silver, 42000m.....	£9500
11 11	Mercedes C220 2.1 TD CDI Blue /Sport, Auto, Black Leather, AMG, Alloys, Black, 71000m.....	£9500
15 65	Peugeot 108 1.0 LTR Active, Zero Road Tax, Met Purple, 5 Door, Only 6550m.....	£6800
15 15	Ford Focus 1.0 ECO, Sat Nav, Reversing Sensors, Alloys, Metallic Blue, £20 R/Tax, 28500m.....	£8995
14 64	Ford Focus 1.6 TDCI 115 Zetec, £20 Road Tax, Alloys, 5dr, In White, 58000m.....	£6995
13 63	Ford Kuga 2.0 TDCI (163) 4X4 Titanium, Reversing Camera, Half Leather, Black, 10200m.....	£7995
12 62	Ford Fiesta 1.5 TDCI 95 BHP Turbo Diesel Zetec, Alloys, Air Con, Silver, 5 Door, 40000m.....	£5995
12 12	Nissan Juke 1.5 DCI Tekna, Black Leather, Sat Nav, Reversing Camera, Black, 55000m.....	£6350
11 61	Nissan Juke 1.5 DCI Sport 17" Alloys, White/Red, Rear Spoiler & Mirror Covers, 73000m.....	£6750
14 14	Fiat 500 1.2 Colour Therapy, Blue/White Mirrors, 3 Door, £30 Road Tax, 27000m.....	£5850
12 12	Chevrolet 1.2 Spark LT, E/Windows, C/Locking, Alloy Wheels, £30 Road Tax, Red, 49000m.....	£2995

COMMERCIALS

16 16	Mitsubishi L200 2.4 Di-D 178 Warrior, Leather, Sat Nav, Red, 35000m.....	£13500 +Vat
16 66	Vauxhall Vivaro 1.6 CDTI Sportive, Met Blue, Ply Lined, 41000m.....	£10250 +Vat
14 64	Vauxhall Vivaro 2.9T 1.6 CDTI 115 LWB Crew Bus, 6 Seater, Glazed Side Door, P/Lined, White, 61000m.....	£9995 No Vat
15 65	Renault Kangoo 1.5 DCI ML19, Side Door, White, Only 37000m.....	£5750 +Vat

SPECIALISING IN RENAULT SERVICING & REPAIRS WITH QUALIFIED RENAULT TECHNICIANS WITH OVER 40 YEARS EXPERIENCE.
All other makes & models repaired, also tyres, batteries & exhausts.
Free courtesy cars available on request

LOW RATE FINANCE AVAILABLE ON ALL VEHICLES
Sales 01558 824499 – Servicing 01558 822859
www.thomasservices.co.uk



LLANWRDA CRICKET CLUB



From left to right – Carwyn Jones with his wicket-keeping trophy; Club Captain Adrian Davies with the league trophy and Nigel Clarke with his bowling award.

At their Annual Dinner and Presentation evening, the Club was in a celebratory mood after achieving a third promotion in three years. Over 70 members enjoyed a sumptuous buffet at Llandovery Rugby Club with their guests, Mrs and Mrs Steve Davies. Steve is one of the top Welsh umpires.

The following awards were presented:

U15 Team

- Most wickets – Josh Thomas
- Most runs – Connor Handford
- Golden moment – Josh Thomas for a flying one-handed catch vs Morrington
- Golden moment runner-up – Lloyd Thomas for hitting a 6 to win a match
- Most Victims – Henri Jones

U10 Team

- Golden Moment – Bryn Pritchard, for a pull shot at Ammanford
- Fielder of the Year – Osian Jones
- Batsman of the Year – Aled Evans
- Bowler of the Year – Lowri Davies & Crychan Protheroe
- Most Promising Junior – Daniel Smith

1st XI

- Bowler of the Year – Nigel Clarke
- Batsman of the Year – Adrian Davies
- Fielder of the Year – Carwyn Jones
- Players' Player of the Year – Adrian Davies

Nigel Clarke took most wickets – 31 – in the South Wales Cricket Association Division 4. Carwyn Jones was the most successful wicket-keeper in Division 4 with 23 dismissals.

Training for juniors, and also the new Women and Girls' team, is on Friday evenings and restarts in the New Year. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 147464 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

Annual Raffle Winners

- 1st A286 Meal for Two at Valans Restaurant – Handel Walters
- 2nd B14 Selections of Wines donated by The Sexton Arms – Kate at Bridger and Co.
- 3rd A107 £40 donated by Red Dragon Cleaning and Restoration - Daniel Smith
- 4th A85 £25 Meal Voucher donated by Valans Restaurant – Aled Evans
- 5th B20 £15 donated by Dr Dolittle Pet Products – Gavin Griffiths at Bridger and Co.
- 6th B149 £15 donated by Sion Nicholas Fencing Contractor – Rhys Davies
- 7th B36 £10 donated by Llanwrda Post Office – Elaine Robins
- 8th C171 Bottle of Wine donated by Carwyn Jones – Aur, Ina & Crychan Protheroe

LLANWRDA C C BONUS BALL WINNERS

11/09/19	30	Stuart Davies
18/09/19	50	No winner
25/09/19	47	Gwynn Davies
02/10/19	49	No winner
09/10/19	12	No winner

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

CÔR MEIBION DINEFWR 200 Club Results for September

- 1st – Richard Hughes Talley
- 2nd – Llywela Thomas Pontprennau
- 3rd – Jean Davies Rhosmaen, Llandeilo



LLANFAIR GRANGE CARE HOME, LLANDOVERY IS LOOKING FOR:

CARE ASSISTANTS AND PERMANENT 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

02/20/03

12/19/03

**10% OFF
TREES WITH
THIS ADVERT**
Proof of advert required.
One discount per
customer.

Salem Christmas Tree Farm

**50%
REDUCTION
ON
SELECTED
ITEMS**

Enjoy a family day out and either select a freshly felled tree, cut your own or have us cut the tree of your choice from our plantation. Rooted trees also available, you can either dig your own tree or we will dig it for you. We have plenty of carefully grown bushy trees (3ft - 15ft) to choose from which are very competitively priced at £5.25 per foot for Norway Spruce or £6.25 per foot for Nordman Fir.

- Exciting range of new and unusual decorations
- Select your own Tree, Rooted or Cut
- Trees can be Netted for Easy Transportation
- Extended car parking area and shop facilities
- Decorations from Christmas Markets in Germany
- Visit Santa - £5.00 per child (inclusive of small gift)
- Photo with Santa in Sleigh
- Mulled wine, tea, coffee, mince pies & sausage rolls available

OPENING DAY
SATURDAY 16TH NOVEMBER
at 9.30am to dusk and every day until closure
on Christmas Eve at 12.00 noon. If people want to
come later after work etc please ring
and we will accommodate.
also on opening day
Christmas Craft Demonstrations

Where to find us! Leave Llandeilo on the A40 heading towards Llandovery, take the first left turn towards Talley on the B4302. After about 1 mile, look out for the 'Salem' sign as you pass through the village of New Inn. Turn left up the hill and turn right at the 'T' junction, carry on for about 300 yards over the brow of the hill and take the first turning on the right. Pass a row of bungalows on your right and follow the lane (which has been improved) to its end.

Bryn-Maen, Salem, Llandeilo, Carmarthenshire.
Tel: 01558 823569 or 01558 822083
Email: trees@salem-christmastrees.co.uk www.salem-christmastrees.co.uk



Santa will be here every
weekend from 2pm until 4pm
£5.00 per child

FRIENDS OF LLANDOVERY STATION



Hugh Evans, Head of Transport for Wales; Joan Snaith and Mike Blud, FoLS; Lisa Denison. Heart of Wales Development Company.

The National Awards for the Best Kept Station were recently held in London, and Transport for Wales very kindly invited representatives from Friends of Llandovery Station to the event.

There were 240 entrants, and Llandovery came 4th which was a tremendous achievement. The Friends would like to thank all those who have contributed, even in the smallest way, to this success, but especially the volunteers who run the station café, those who look after the station gardens and the hanging baskets etc which brighten the outlook of the station.



Lisa Denison, DevCo; Huw Edwards; Joan Snaith & Mike Blud, Friends of Llandovery Station

MYDDFAI NEWS

Myddfai Shop and Café opening hours change this month to Wednesday – Sunday 11.00am – 4.00pm

This November we have Willow weaving classes on 3rd, 8th & 9th November; our Annual Grand Concert is on Sunday 17th November with Côr Gondre'r Aran and Llio Evans. Tickets are £10 available from Emlyn on 720484. Myddfai Farmers and craft Market is on Sunday 1st December 12.00 – 4.00pm and the annual Myddfai Christmas Fair is on Saturday 7th December 10.00am – 4.00pm.

We will be running a new series of Stained-Glass Classes from January – June 2020, why not give someone a great Christmas gift of a series of 5 stained glass classes – contact Les for more details.

Come to Myddfai gift Shop for that special unique Christmas present. We have a range of gifts to suit everyone. Welsh Tweed Rugs, hats, scarves, bags, pottery, beautiful stained and fused glass gifts, jewellery, wooden boards and bowls, wax wraps, Red Kite candles, sheep tea cosies, bird boxes, Welsh dolls, Myddfai toiletries, Welsh CD's and cards for every occasion Welsh Herbal essences and much more. There is also wide range of local artwork Every purchase made supports a local business that supplies the shop as well as the Myddfai TyTalcen Charity.

Every Friday in November pop into see us at Myddfai cafe for a Free filter coffee or Welsh brew tea with every Walkers breakfast served, Lots of tasty hot soups everyday during the winter months. If you don't fancy cooking why not place your order for a lovely supper to takeaway or even a tasty sponge cake, Carol and her team are always happy to help.

Myddfai Hall is ideal for Weddings, conferences and concerts to exercise and activity classes. It is fully equipped with staging, stage lighting and audio equipment. We can arrange talks on the Physicians of Myddfai, Herbal remedies or Myths and Legends for clubs or groups with refreshments, daytime or evening bookings taken.

Why not come along to one of our regular classes- Monday is Tai Chi with Sue from 7.00pm – 8.15pm, Flower arranging is Tuesday afternoon 2.00 – 4.00pm; Yoga with Sonia is on Tuesdays 7.00 – 8.30pm; Craft Class is Wednesdays 10.00am – 1.00pm; Amanda's art class is Wednesday afternoon – twice a month, (13th & 27th November), Pilates with Sonia is on Thursdays 10.00 – 11.00am;

For further information or bookings please contact Les at les@myddfai.org Mobile 07879 119223 or hall no. 01550 720449. Check our website www.myddfai.org for a regularly updated What's On list.

Please check out our Facebook page for more photos.



A Victorian Christmas at the Centre

The Llanwrtyd and District Heritage and Arts Centre has a special display highlighting how our celebrations today were shaped and developed by the Victorians.

Information and images depict how families from the various social classes celebrated the event and detail how the tradition of giving gifts evolved and how the expectations of children have changed over the decades.

The re-creation of a Victorian sitting room at Christmas adds to the atmosphere, with decorations from the era faithfully reproduced.

The exhibition, which runs from the 1st November culminates in the Centre's annual Christmas 'Drop-in' on Saturday 7th December (10am to 4pm). This event, which runs concurrently with the Christmas Tree Competition in nearby St James' Church together providing an excellent Christmas outing to the town, continues the theme with Victorian activities for the children, sherry, mince pies and stollen for the adults, Christmas Fayre from the era available for sale and the volunteers dressed in Victorian costume.

It is hoped that visitors, should they wish, will come in costume to add to the atmosphere of the event.

The Centre is open Saturday and Sundays 10am – 4pm throughout November and up until 7th December. Entry Free – Donations Welcome

Complete Roofing Works
Slate-Tile-Chimney-Flat Roofing
01558 823737
Website: completerooftingworks.co.uk 08/20/12

Problems with your PC?
Baffled by computers?
EASY P.C
...can help, with 100% jargon-free advice
Fast and friendly service
specialising in helping the
novice and the older user
23 Carmarthen Road, Llandeilo
01558 823628 | 07773 012762

Repairs
Upgrades
Tuition
Wireless set-up
Data back-up
Virus removal
Laptop and
desktop sales
**Now in our
16th year**

10/20/12

COTHI GARDENERS

Perhaps you're reading this curled up beside the fire with a warm drink and a biscuit. Then spare a thought for our wild friends out in the garden. Come along to Cothi Gardeners on November 20th to listen to our final speaker of the year, Di O'Keefe.

Di runs West Wales Hedgehog Rescue and she will explain how to keep your garden hedgehog-friendly and what to do should you discover a sick or injured hedgehog. At this time of year the hedgehog population is getting ready to hibernate, so they need a place to shelter and enough food to sustain them over the winter. When they wake in the spring they'll help around the garden by eating many pests. Hedgehog numbers in the UK are thought to have declined by 30% in the last ten years so let's all do our bit to protect this endearing creature. Hedgehogstreet.org has more interesting facts or you can follow West Wales Hedgehog Rescue via their Facebook page.

Guests and visitors welcome, £3, to include refreshments. The talk begins at 7.30pm.

Thinking about a Christmas gift for a gardening friend? Annual membership to Cothi Gardeners is £15 and for that you'll hear a great variety of expert speakers and be invited along on visits to local nurseries and gardens.

We look forward to welcoming members and guests new and old in 2020. www.cothigardeners.com

We're on Facebook too, or simply phone Yvonne on 01558 650870. Cothi Gardeners' Club: Coronation Hall, Pumsaint, SA19 8UW.

I'M FREE

I'm free. I'm white and Western, male.

Not an Eastern European sex slave

With no passport, can't escape.

No, not me. I'm free.

*Not working in a sweatshop, just one
pound a day,*

Not picking fruit and vegetables

Early in the morning, in the rain

Just to feed the family.

No, you see, I'm free.

I'm not a victim of a loan shark,

*Fighting with a debt whose end will never
be.*

Not in prison for a foolish, childish crime.

Well, that's nought to do with me,

No sir, 'cos that's not me, I'm free.

Sweet Jesus, all mankind you see

In chains. You are the One you claim to be,

*'If the Son should set you free, you will
indeed be free.'*

Ken Loates

ChallengeAid

fit for a purpose

Our newest School of Hope at St Benedict's in Mathare, Nairobi has opened its doors!

We held an opening ceremony last month which was attended by over 100 hundred local young people that would like to attend the after-school study club. They enjoyed looking around the facilities, investigating what books and resources we have on offer and hearing from our ChallengeAid team and Volunteer Supervisors.

We need to send a massive thank you to all of the donors that supported us via GlobalGiving and the accelerator campaign that we participated in, earlier in the year. We have almost met our target and have just £684 left to go. If you'd like to donate to the fund, then please visit:

<https://www.globalgiving.org/projects/st-benedicts-school-of-hope-mathare-kenya/>



Sophia Kamweru, ChallengeAid Africa with some of the young people at the opening of St Benedict's SoH.

CHALLENGEAID OPEN'S ITS 44TH SCHOOL OF HOPE

This is a headline we'd like to see very soon but in order to do so we need YOUR help! In an increasingly global world, why not join with your neighbours to support your global neighbours, after all it isn't just our immediate neighbours we should be concerned about. Why not organise a community event, such as a sponsored 'water walk', a walk of 6kms which represents the average distance an African woman walks daily to collect water? Or join up with 10 Good Friends to hold an event or a physical challenge to support the young people in East Africa. How about a sponsored knit, a swim, a Sunday stroll or something more ambitious.....?!



This group of 10 Good Friends have been powerwalking 10kms every month and have raised almost £2000 in aid of ChallengeAid, they are well on their way to having walked 100kms!

Upcoming open challenges and events

Cardiff dinner hosted by Phil Steele Wednesday 27th November 2019

Great Wall of China Walk Thursday 30th April – Monday 4th May

Burhill Charity Golf Day Thursday 28th May 2020

Celtic Challenge Cycle Ride Thursday 19th – Saturday 21st June 2020

Welsh Three Peaks Team Challenge Saturday 11th July 2020

Lake District 24 Peaks in 24 Hours Friday 17th – Sunday 19th July 2020

If you'd like to join us in any of these challenges or have your own idea for a Challenge, then keep up to date on our website (<https://www.challengeaid.org/>) or do get in touch if you have any questions – info@challengeaid.org 01550 721122 or op in to see us at 1 Kings Road, Llandovery.

LLANWRDA VILLAGE SHOW 27TH JULY 2019

The annual Llanwrda Village Show was once again well supported by the community, and all sections were of the highest standard.

Mr and Mrs Bryan Land were presidents for the day, and their kind words were very much appreciated.

The Committee would like to thank the Presidents, the exhibitors, the judges and all those who attended this community event.

We look forward to continued support in 2020. Diolch o galon!!

Llanwrda Sewing group invite you to the Christmas Fayre to be held at the Old School dining hall on Wednesday 20th November at 6.00pm.

LLANDOVERY FOLK DANCING CELEBRATES 25 DANCING YEARS!



Pictured cutting the cake from left to right are Penny Davies, Kim Turtle and Jean Hughes with Chair, Chris Yemm, on the right of picture watching on.

Llandoverly Folk Dancing recently celebrated its 25th anniversary with a very special Twmpath at the Llanwrda Community Hall. Featuring well known, and highly popular folk band, Allan yn y Fan, the enthusiastic dancers who came along to join in the celebrations enjoyed a feast of dancing as well as a special cake made to mark the occasion. Paying tribute to all those who have organised and supported Llandoverly Folk Dancing's monthly dances over the years, Chairperson Chris Yemm highlighted the fact that during this time over 270 dances had taken place with only one ever having been cancelled due to bad weather ! He also paid a special tribute to Llandoverly Folk Dancing's Secretary, Kim Turtle, who launched the organisation 25 years ago and who continues to organise the bands and callers on a monthly basis. He also thanked Treasurer, Jean Hughes, for continuing to keep the club's finances in good order, Penny and Keith Davies for providing the monthly refreshments and also the Arts Council of Wales Night Out Funding programme, without whom the regular live music events wouldn't be possible.

A BIG THANK YOU

On behalf of Rev. Ann, members and friends of St Mary's Church, Cynghordy, I wish to thank all our supporters by buying raffle tickets, donations and supporting our stall at the Sheep Festival.

We raised the grand total of £1400.80p, money which will be used to upgrade our much loved church.

Best wishes
Maureen



Ashmole & Co Swansea are delighted to sponsor the Llanelli Warriors for the next season to help provide rugby and rugby related experiences for adults with learning difficulties.

The Llanelli Warriors were formed in 1995 to provide rugby related experiences for those with learning difficulties, whatever their ability, and to include them as much as possible in the game. The team has won the Welsh Cup and has produced Capped Welsh players in the Welsh Under 16s and under 20s squads.

Dave Morgan, Ashmole & Co Partner in the Swansea office said, "It is a pleasure to be able to sponsor the Llanelli Warriors' new shirts for the 2019/20 season. I regularly go along to watch matches as we support a member of my wife's family who is part of the team. As I'm from Llanelli I'm always keen to show my support locally."

Llanelli Warriors don't receive any external funding and do not have any set allegiance to any other club. They rely upon the generosity of sponsors to continue the good work of the club.

Jamie Evans, Coach with the Llanelli Warriors, said, "We're grateful to Ashmole & Co for providing sponsorship towards our new season tops. The new season is almost upon us and we have a very exciting fixture list. Please come along and cheer the team on."

For further information about the Llanelli Warriors and how you can get involved please visit the website: <https://www.pitchero.com/clubs/llanelliwarriorsrhc>

Ashmole & Co Chartered and Certified Accountants are one of the largest accountancy and auditing practices in Wales, operating from twelve offices throughout South and West Wales including Swansea, Carmarthen and Haverfordwest. The firm combines high quality audit, accounting, and taxation services with business consultancy, financial services and corporate planning. Hence Ashmole & Co ensures that every client has the dedicated, professional support required to maximise their potential.

The Swansea Ashmole & Co office is based on Upper Forest Way on the Llansamlet the Enterprise Park. Telephone: 01792 585757 or Email: swansea@ashmole.co.uk

NEWS FROM LLANDOVERY STATION MIKE BLUD

We have all been very busy at the Station recently: the holiday months of July and August are always full of activity for us, and we must confess that we are always grateful to see Autumn coming in! The Station Cafe, as always, has been very busy, and now our Staff can perhaps take things a little easier for a while, before we prepare ourselves for the Christmas rush!

Mike Blud is certainly one of our hard-working Staff, and as always he has spent a lot of time this year in the Station Garden, keeping the grass down and carefully tending to his vegetables in the raised beds. Indeed, perhaps this year he has surpassed himself, for with the fine weather we have had over the Summer, not only have the gardens have looked their best for many years but also Mike was able to supply the Volunteer Staff at the Station with a variety of produce from the raised vegetable beds – potatoes, beans and carrots, to name but a few!

However, perhaps this year's most attractive aspect of Mike's work at the Station has been the creation of a superb display of bright red begonias, and it is due to him that in the high months of Summer the Station Building was a riot of these glorious flowers. It was impossible for any traveller to miss this display, and many and sincere were the very positive comments which we were to receive on Mike's behalf in the Station Cafe! For his pains, Mike was duly rewarded with a well-deserved trophy at the Llandovery in Bloom Competition.



LLANDOVERY LIBRARY KNITTING & NATTER CLUB

Join us for our Knitting and Natter Club in a relaxed atmosphere at Llandovery Library which is held fortnightly on a Wednesday from 2.00 – 4.00 p.m. Beginners and experienced knitters welcome together with anyone wanting to crochet. The November dates will be 13th and 27th.

GLASALLT FAWR

We were also pleased in the Summer months to receive at the Station a group of young people from Glasallt Fawr. Once again they came under the leadership of their Teacher, David Stirrup, and there is no doubt that this excursion into the wider world is of great value to the Glasallt students. They really enjoy their morning at the Station, and the chance that it gives them to come into the wider world and to meet other people is of great value to them: the ability to meet other people at the Station is something that the youngsters value highly, and it is certainly clear to us at the Station that they benefit highly from this experience.

LLANDOVERY WALKERS ARE WELCOME

We had the pleasure of welcoming to the Station Cafe on a few mornings last month a group of Walkers from the National Walkers are Welcome Movement. This is a national movement, and we are pleased to say that there now is a Group of these Walkers established in the Llandovery area, and that it is becoming more well-known and they have a very interesting pattern of Walks which they follow, and for those of you who would like to know more of this Movement, you may contact Robin Barlow, of Myddfai, or Glyn Evans, of Maes y Coleg, for further information. Indeed, to perhaps help you in your searches, we could direct you to a number of Booklets with regard to Walking in the Llandovery Area, and which are available in the Station Cafe. These are:

Great Walks around Llandovery.

The Heart of Wales Line Trail.

Rails through the Heart of Wales.

LLANDOVERY RAILWAY STATION SHORT-LISTED FOR A NATIONAL AWARD

Llandovery Station has been short-listed for the Station of the Year Award at the 2019 National Rail Awards. Taking place later this month, the Awards celebrate all aspects of the Rail Industry, ranging from new safety innovations to Stations, Trains, and Customer Service. Indeed, it would seem that Llandovery Station has been placed in the top four of 240 other Stations!



Now in its 20th Year, the National Rail Awards are among the most important in the Rail Industry in Britain. Nominations have now been confirmed, with Llandovery, on the Heart of Wales Line, up for the Best Small Station Award. Though unstaffed, the Station is adopted through the Transport for Wales Adoption Scheme by the Friends of Llandovery Station, which is a group of local Volunteers who run the Station Cafe and also look after the Station Garden and its Floral Displays.

Mary Hargreaves and Joan Snaith are two of the Station's longest-standing Volunteers, and say: "It is very nice to be nominated, and we are really pleased with what has been achieved so far. We have been running the Cafe with a small core group of Volunteers, and it's been great to be able to get people in for Work Experience too".

Originally built in 1858, Llandovery Station once employed 57 people, and used to boast a Shunter's Yard where a spare steam locomotive was kept to help pull trains over the steep gradient of the Sugar Loaf to Llanwrtyd, before returning to Llandovery Yard. However, the Station Building closed in 1992, but fortunately it was brought back to life by DevCo, the Heart of Wales Line Development Company, and it reopened as a Cafe in 2011, with Prince Charles and the Duchess of Cornwall as the first Guests of Honour.

The Royal Couple, who have a Residence nearby in Myddfai, returned to the Station last year as part of the Heart of Wales Line's 150th Anniversary.

Mr. Tom Owens, the Transport for Wales' representative, who manages Llandovery Station, says: "It's a real gem on our Network, and a huge credit to the amazing work of our Volunteers".

LLANDOVERY LUNCHEON CLUB

Members and volunteers are recovering from the excitement of the royal visit. We all thought her highness was very friendly as she spoke to every member at each table, we also celebrated Mrs Irene Walters 100th birthday. This month we also celebrated Mr Barry Soars birthday. Barry brought delicious Black Forest Gateau. Thank you Barry.

The town council organise a garden competition. One of our members, Mrs Betty Stohr of 47 Dolau Bran, for many years, has entered and won and has won again this year. Congratulations Betty for your continuing enthusiasm and hard work in your garden and also for your continuing support to the Luncheon Club.



The club is going from strength to strength and is an achievement to have been going for forty years. Mrs Olwen Lewis BEM and Mrs Eva Messenger would be very proud as they were the ladies who organised the club. Mrs Nesta Evans and Mrs Margaret Davies were also involved with the Red Cross and they both are still volunteering at the club. Thank you both and also to all the volunteers. We are now looking forward to Xmas celebrations. Anyone wishing to join us are very welcome. Contact Mary on 01550 720056. We meet twice a week on Tuesdays and Thursdays.

We also thank the RVS and Llandovery Rotary Club and all the members for their continuing support.

MUSIC COMING TO LLANGADOG

We are about to start a local singing group based in Llangadog Hall, starting soon on Sunday evening. No experience necessary, just to enjoy singing various types of music e.g. Music Hall, Musicals, Popular, Country and any other suggestions very welcomed.

We welcome all male and female voices so don't be shy, singing in a group sounds amazing as some of you probably know so if you're interested or have any queries please contact me on 07583 996827 by phone or text or email me to naomi-read1@gmail.com

THANK YOU

A very successful coffee morning was held in the Goose and Cuckoo on Friday 27th September 2019.

The event raised a fantastic sum of £1720.30p for Macmillan Cancer. Thanks to all who contributed to this worthy cause..

Last but by no means least, a special thanks to all the helpers, Llangadog Primary School children, Charlie and staff at the Goose and Cuckoo.

Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Cwrdaf Church, Llanwrda

- 3 Nov 8.30am Holy Eucharist
10 Nov 10.30am Remembrance Service at Llanwadwrn Church followed by civic service at Llanwrda Cenotaph
17 Nov 8.30am Morning Prayer
22 Nov 7.00pm St Cwrdaf's Church Community Concert in Llanwrda Village Hall

St. Sadwrn Church, Llansadwrn

- 3 Nov 11.00am Holy Eucharist
10 Nov 10.30am Remembrance Service at Llansadwrn Church followed by civic service at Llanwrda Cenotaph
17 Nov 11.00am Holy Eucharist
24 Nov 11.00am Rainbow Church

Capel Dewi Sant

- 3 Nov 2.15pm Holy Eucharist
10 Nov 10.30am Remembrance Service at Llansadwrn Church followed by civic service at Llanwrda Cenotaph
24 Nov 2.15pm Evening Prayer

St. Paul's, Manordeilo

- 3 Nov 9.45am Holy Eucharist
10 Nov 10.30am Remembrance Service at Llansadwrn Church followed by civic service at Llanwrda Cenotaph
17 Nov 9.45am Holy Eucharist
24 Nov 9.45am Holy Eucharist

For further information, please contact Vicar Revd Viv Sayer 01550 777200 revd.viv.sayer@gmail.com.

ST. CADOG'S, LLANGADOG

- 3 Nov 9.30am Holy Communion
10 Nov 10.30am Remembrance Service
17 Nov 9.30am Holy Communion
24 Nov 9.30am Morning Prayer

On 12th October there will be a supper & Henry Stokes 60s & 70s music with a bit of Country. For tickets contact 01550 777657.

For further information please contact Revd Jeff Thomas 01550 777758.

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305
Mass, SUNDAY 11.00a.m.
(for mid-week masses, please phone for details)

ST SIMON & ST JUDE, LLANDEUSANT

- 10 Nov 10.30am Remembrance
Morning Prayer
Eucharist with
Revd Jeff Thomas
24 Nov 2.00pm

ST DAVID, ABERGORLECH

Services on the 1st and 3rd Sundays of the month at 9.30am

For further information, please contact Rev Delyth Wilson, 01558 685764.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandinag

- 3 Nov 10.00am Family Service
10 Nov 9.30am
17 Nov 9.30am
24 Nov 9.30am

Llanfair

- 3 Nov 11.00am Eucharist
17 Nov 11.00am Eucharist

St Michael's, Myddfai

- 3 Nov 11.30am Morning Prayer
10 Nov 11.30am Eucharist
17 Nov 11.30am Morning Prayer
24 Nov 11.30am Eucharist

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

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

Evening Prayer and Compline alternate

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

St John's Maestelo

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

Holy Trinity Taliers

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

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.
Phone: 01550 777149

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

ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

For further information, please contact Rev Delyth Wilson, 01558 685764.

ALL SAINTS GWYNFE

- 3 Nov 11.15am Eucharist
10 Nov No Services
9.30am Remembrance Sunday in Llangadog
17 Nov 11.15am Morning Prayer
24 Nov No Services

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Mark Barrett on 01639 699943 / 07450 917447 or barrettm814@gmail.com

- Sun 10.30am Praise and Communion
5.00pm Gospel Service, including Explorer's Club
Thurs 7.00pm Prayer and Bible Study
Fri 10.30am Tea and Tots (Term Time)

THE CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172

- Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

- 3 Nov 2.30pm Holy Communion
10 Nov 2.30pm Holy Communion
17 Nov 2.30pm Evening Prayer
24 Nov 2.30pm Holy Communion

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

St. Barnabas Church, Rhandirmwyn

- 3 Nov 9.30am Holy Communion
10 Nov 9.30am Holy Communion
17 Nov 9.30am Morning Prayer
24 Nov 9.30am Holy Communion

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

St. Michael's, Cilycwm

- 3 Nov 6.30pm Gymanfa Fodern
10 Nov 11.15am Holy Communion
17 Nov 11.15am Morning Prayer
24 Nov 11.15am Holy Communion

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

BAPTIST CHAPEL

Queen Street, Llandovery (at the end of Orchard Street.)
10.30am Welsh Service.

TY'R BUGAIL

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

ST CYNWIL, CYNWYL GAEO

Services on the 2nd and 4th Sundays of the month at 9.30am

For further information, please contact Rev Delyth Wilson, 01558 685764.

ST SAWYL, LLANSAWEL

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

For further information, please contact Rev Delyth Wilson, 01558 685764.

UNITED BENEFICE OF CATHEINIOG

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

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

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

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

All Are Welcome. God bless.

Enquiries: 01597 824732/01982 553959.

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday (bilingual)
Holy Trinity, Pontargothi 9.45.a.m. every Sunday (English)

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

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

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

QUAKER MEETINGS

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

Peterwell Terrace, Lampeter SA48 7BX.

WILLIAM WILLIAMS CHAPEL

High Street, Llandoverly
Sun 10.00am Bible Study
11.00am Worship

Ladies Service
2nd Tuesday of each month, 2.30pm.

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

OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD
Served from Lampeter
Vigil mass of Sunday, Saturday 5.00pm
Parish Priest, Fr Keith Evans
Tel. 01570 421003, Mob: 07896 762786
Email: davidkeithevans@hotmail.co.uk

ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, NR GWERNOGLE, SA32 7RP.

Services on the first Sunday at 2.30pm followed by tea, and the 3rd Sunday at 9.00am. Services bilingual.

Pilgrim Service on the 2nd Wednesday of the month, at 6.00pm to October, then 5.00pm from November to March.

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

RIVERS COMMUNITY CHURCH

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

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

SERVICES DURING THE INTERREGNUM

As many of you will be aware The Reverend Ian Aveson has retired and the parish churches of Llandingat, Llanfair and Myddfai have entered an interregnum. This means that for the time being we will be relying on others to run our services.

Unfortunately, there is a general shortage of ordained ministers throughout the Church in Wales, and the Diocese of St David's is already stretched quite thin for ordained ministers, so it will not be possible to cover all the services we have been used to. We are however blessed and very lucky to have the support of The Very Revd John Rogers, The Revd Tim Nelson and Father Doxsey, but we cannot impose on them too much, and with this in mind, some changes are being made to our services for the time being, for which we have the Archdeacon's approval.

Following discussion with our regular evening worshippers at Llandingat we have decided to cancel evening services for the present. The Tuesday morning service at Llandingat will be at 11am. There will be no monthly 8.00am Eucharist service. Llandingat will not have a Eucharist every Sunday, however on those Sundays, there will be a Eucharist service at either Llanfair or Myddfai.

The churches will continue to function as best we can and any enquires should be made to the church wardens or the Rev Tim Nelson. The Archdeacon of Carmarthenshire, The Venerable Dorrien Davies, will be in overall charge and helping us.

Times of services:

Llandingat

1st Sunday of the month, Family Service, 10.00am.
2nd, 3rd, and 4th, Sundays, 9.30am.
Tuesday morning Eucharist 11.00am

Llanfair

1st and 3rd Sundays, Eucharist, 11.00am.

Myddfai

11.30am: Morning Prayer 1st and 3rd Sundays.
11.30am: Eucharist 2nd and 4th Sundays.

Some special services to note: 10th November – Remembrance Service, 10.45am at the War Memorial.
24th November – Time to remember service, 3.00pm – an opportunity to quietly and reverently remember loved ones that we have lost. 1st December Christingle 10.00am [Family Service]

We ask for your prayers, patience and support during the coming months.

READERS' SALES & WANTS

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

FOR SALE

- **Harveys 3 seater contemporary red leather sofa**, chrome feet, only 14 months old, model Islington, £395 ono. Tel: 01550 721005 or 07855 176981.
- **Stainless Exhaust**. For Citroen Berlingo/Espace. Unused, in wrapper. Offers. Tel: 01550 721197.
- **Bike Magazines**. Classic Bike. March 2015 to 2017 (some 2019). Immaculate, over 25 issues. Were £4.10 to £4.20 each (over £100 worth). Read once. Many still in wrappers. Offers. Tel: 01550 721197.
- **Marble slab ideal for pastry making**, 42" x 24" approx., £40. Tel: 01874 658262.
- **4 Lecruset dishes**, original orange, £100. Tel: 01874 658262.
- **Kirby vacuum cleaner complete with tools**, service by Kirby engineers, £190. Tel: 01874 658262.
- **Ducal Victoria Coffee table** with glass top and shelf, underneath measuring 3ft square (as new), £45. Tel: 07761 107055.
- **Saucepan stand**, chrome finish, (as new), £5. Tel: 07761 107055.
- **2 x twin brass wall lights**, £4. Tel: 07761 107055.
- **Corden Bleu Cookery Course**, consisting 72 parts in 4 box files, £7. Tel: 07761 107055.
- **Samsung Flat Screen TV** with wall bracket in good working order, £15. Tel: 07761 107055.
- **Oak Parquet flooring blocks**, approx. 7 square yds, £45. Tel: 07761 107055.
- **Dual Ball and Jaw hitch** (heavy duty) suitable for 4x4, £18. Tel: 07761 107055.
- **Bench pipe vice**, £7. Tel: 07761 107055.
- **4 Sliding door hangers**, suitable for out building, £8. Tel: 07761 107055.
- **Brass centre light** with hanging chain, 2 shades, very nice £20. Tel: 07761 107055.
- **3 Brass type ceiling light fittings** with three lights each, £20 each or the 3 for £50. Tel: 01267 232814.
- **Desk**, pine, consisting of two plinths, with a 2m x 80cm board to go across them, £25 ono. Tel: 01550 721156.
- **Hewlett Packard workstation** xw8200 PC with Windows XP Professional with product key, £100 ono. Tel: 01550 721156.
- **Vax steam mop**. New condition little used. Free to be collected from Gwynfe. Contact Gordon on 01550 740349.
- **Europa Standard Shetland Driving Harness**. Bought 2002 for £120, harness never used and in pristine condition, will accept £75 OVNO. Tel: 01558 824250.
- **Stihl Strimmer FS 280k**, good working order, £40 OVNO. Tel: 01558 824250.
- **FITBIT Charge 2**. Black, in new condition, £55. Tel: Bethlehem 01550 777749
- **GUINEA PIG/RABBIT CAGE**. Large indoor guinea pig/rabbit cage, 100cms x 50cms x 40cms. In excellent condition, £25. Tel: Bethlehem 01550 777749.
- **MAC QUADRA 630 computer**, £25. Tel: Bethlehem 01550 777749.
- **Beautifully knitted aran coat**, length approx 40 inches, large size, £45. Tel: 01550 777796.
- **Old pine kneehole desk with green inlay**, 3 drawers each side and 1 in kneehole with 2 pullouts either side, £275. Tel: 01874 658262.
- **Shower cubicle**, 700mm chrome corner opening, brand new. Free to be collected from Gwynfe. Contact Gordon Goddard 01550 740349.
- **Kayak Dancer Perception**, £45. Tel: 01550 777796.
- **Casio keyboard**, good condition, £20. Tel: 01550 777796.
- **Raleigh woman's road bike**, medium frame 10 gears, £45. Tel: 01550 777796.
- **Duvet cover and four pillow cases**. All cotton. 230 wide. Used but laundered. Free to be collected from Gwynfe. Contact Gordon 01550 740349.
- **Two Nordica winter tyres** 185 x 60 R14, nearly new (still got the little sticky out tags!), One 185 x 60 R14, nearly new, Two 185 x 60 R14, very slightly used, Two 185 x 60 R14 on wheels, very slightly used, OFFERS. Tel: 01558 650501 or 07811 101522.
- **Women's bike** in good condition. Magna Coral Dual suspension 3 gears, 18 speeds, Index Shifting 25" wheels. £50 ono. Mob: 07790 578555/01558 824690.
- **Boss Turo grey suit**, jkt 42" trs waist 37", leg 31", worn once, £40. Tel: 07971 516544.
- **Boss Turo suit**, dark taupe, jkt 44", trs waist 39", leg 31", worn once, £40. Tel: 07971 516544.
- **Marks and Spencers almond grey lightweight suit**, jkt 46", trs waist 40", leg 31". Worn once, £40. Tel: 07971 516544.
- **Hodges Black dinner suit**, jkt 42", trs waist 37", leg 31". worn once, £50. Tel: 07971 516544.
- **Yorkers executive suit**, black pinstripe, jkt 42", trs waist 37", leg 31", £40. Tel: 07971 516544.
- **Brook Tavener blazer**, chest 48", £40. Tel: 07971 516544.
- **Invalid scooter**, Rascal Taxi, little used, as new, £180. Tel: 01550 721345.
- **Oval bathroom mirror** with all fittings and a glass shelf, in excellent condition, £25 ono. Tel: 01550 721241.
- **Beko electric cooker** with double oven and ceramic hob, £50. Tel: 01558 650501.
- **Zanussi washing machine**, large capacity, 500 – 1500 spin speeds, £50. Tel: 01558 650501.
- **Henry micro vacuum**, as new condition, comes with many attachments inc. air turbo brush, cost new £139, sell for £75 ono. Tel: 01550 721241.
- **Pews from chapel**, collect from Penybanc and Rhydycymerau chapels, SA19, prices from £10 per foot. Call 07999 323864 for details.
- **Single occasional use bed**, metal and pine slatted frame with mattress, £20. Tel: 07770 659626.
- **Two dark wood bookcases**, w83cm x h102cm x d37cm, excellent condition, £15 each or £25 for both. Tel: 01550 720016.
- **Light oak dining table** (extendable) with 6 chairs, £100 with matching sideboard, £30 or £120 for both. Tel: 01550 720016.
- **Baileys 3 button belted sheepskin coat**, size 12, excellent condition, £35. Tel: 01550 720016.
- **3/4 sheepskin coat**, size 16/18, excellent condition, £35. Tel: 01550 720016.
- **Leather/suede coat** with leather collar and detailed pockets by Glenhusky of Scotland, excellent condition, £30. Tel: 01550 720016.
- **Dark green short belted leather jacket**, size 10/12, excellent condition, £30. Tel: 01550 720016.
- **Dark brown Mohair coat**, size 16, excellent condition, £25. Tel: 01550 720016.

- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Sharp Fax/Phone**, model UX-S10. £15 ono. Tel: 01267 202230.
- **Electric Sewing Machine**, £25 ono. Tel: 01267 202230.

WANTED

- **Any used postage stamps or old £1 coins:** To help raise funds for Llest Horse and Pony Trust please send them to Llest, Beili Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you.
- **Urgent Help and Home Needed** – detached house and helper/carer for a local Vegan artist poet (responsible tenant with M.E, MCS & EMS), who is facing homelessness and In turn offers: monthly rent and/or shared skills, help and companionship in exchange for self-contained rural/semi-rural accommodation and barter or hourly pay for help and care provided to her. Also self-contained rural respite place of care accommodation considered. Artist and poet with many interests. Tel: 01550 721197 (please leave message on landline or on : 07379 283819).
- **For Classic 500 EFI:** Hitchcocks' Gold Star style silencer, unused; Covoc/Aramid blue jeans W36 L32; Parts manual; Silver paint – a few teaspoonfuls. Telephone Simon: 01550 721197.
- **Citroen/Peugot Van.** Berlingo/Partner/Dispatch Van. Approx X Reg. Te: 01550 721197.
- **Second-hand Books.** All categories of books wanted for our new second-hand bookshop in Newton House, Dinefwr Park. All good quality books gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.



We have a new website – check it out at www.llangadogcommunitycentre.co.uk

You will see it lists all the groups and classes that are already happening at the community centre.

We're working towards making a visit to our community centre a much more pleasurable experience by upgrading the facilities and equipment, and providing more equipment like a baby changing unit, coffee machine, water cooler etc. Our income from hiring out the rooms doesn't cover all we'd like to do, so we are applying for grants and organising fund raising events like the recent table top sale. We have over a hundred signatures supporting us, and invite you to take a look at what's going on in our community centre, and join in. Hopefully as time goes on, and we are successful in raising more funds, you will see the facilities and equipment improving, and you will make new friends and learn new skills.

Our main hall is available for wedding receptions and parties. As you can see from the photo the hall is spacious and airy and can seat over 200 guests.

If you would like any more information about any of the activities at the Hall, or would like to discuss hiring a room, please do phone Caron on 07545 489760 or email her at caronclark45@yahoo.co.uk

LLANGADOG COMMUNITY CENTRE – 300 CLUB MONTHLY DRAW JULY 2019

- | | |
|----------------------|-----------------------|
| 1. Sian Evans – £20 | 3. Gill Henry – £10 |
| 2. Mavis Price – £15 | 4. Rhyddian Rees – £5 |

AUGUST 2019

- | | |
|----------------|------------------|
| 1. Pat & Beryl | 3. P. Robinson |
| 2. Mari Jones | 4. Millie Davies |

SEPTEMBER 2019

- | | |
|------------------|----------------------|
| 1. Eifion Hughes | 3. Cheryl Pugh-Jones |
| 2. A. E. Davies | 4. Hugh Griffiths |

This was drawn on Tuesday 24th September at Llangadog Community Centre Committee Meeting, 1.00pm.

THANK YOU

I would like to say a very warm thank you, to all who gave so very kindly and generously to Race for Life done by Ellie in loving memory of her Co-op Colleague, Kelly Walters who died age 38 years old of cancer on April 28th 2019.

£429.39 was collected from Llansadwrn, Llanwrda and Carmarthen.

Mrs C Williams, Llansadwrn.

CRAFTS @ ST PETER'S, PETERCHURCH November 16th 2019

Crafts @ St Peter's Church at Peterchurch will be on November 16th 2019 from 10.00am to 2.00pm. Soup and sandwiches will be available at Lunch time. Tea, Coffee and the usual yummy cakes will be available throughout the day. This year there will be 8 tables in all plus a table in aid of the Church. You will be most welcome.

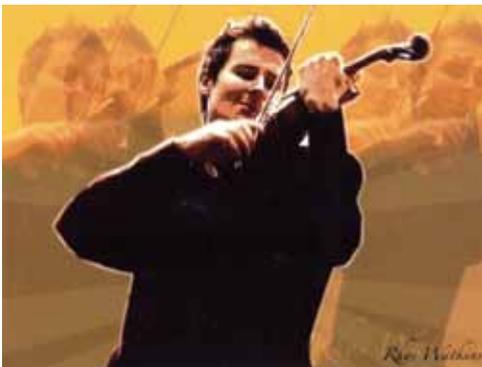
SYMPHONICA TYWI IN LLANDEILO



There is a rare chance to hear two very talented and well-known musicians who will perform, both separately and together, in a concert given by Symphonica Tywi in Llandeilo Parish Church on Saturday, 16th November at 7.30 p.m.

Rowena Calvert is an international cello recitalist of great passion and extraordinary musical expertise, with a career already studded with plaudits and appreciation from audiences throughout the world. The Elgar Cello Concerto ranks amongst the finest of the world's great concertos and her performance of this marvellous work with the orchestra should not to be missed.

Neither should be missed the performance by her husband Rhys Watkins, again with the orchestra, in Vaughan Williams's lyrical depiction of The Lark Ascending. Rhys returns once again to the Towy Valley and its long connection with his family and where he has led Symphonica Tywi for many years. Rhys has been a first violinist with the London Symphony Orchestra for



a long time and is a founder member of the celebrated Nidum Ensemble and The Hertford Concert Series, where he, together with wife Rowena and other talented string players, provide superb performances in Hertford, near London where Rhys and Rowie now live with their young daughter, Wren.

Finally, Rhys will also once again lead Symphonica Tywi in a performance of Elgar's wonderful tribute to his wife and friends, The Enigma Variations. Saturday's concert is the penultimate performance in orchestra's celebratory twenty-fifth year, which ends with the annual Christmas concert in Llangadog Church on 14th December.

Tickets for the Llandeilo concert which comes at the end of Llandeilo's exciting Festival of Senses, are great value at only £14, with £12 concessionary tickets and, as always, Children under 14 being admitted free. Tickets can be purchased from "Peppercorn" in King Street, Llandeilo or by contacting Mike Cottam to reserve a ticket on 07876 727906 or 07886 130208 or Email at mikecottam@hotmail.com

LLANGADOG COMMUNITY HALL GROUPS/CLASSES

WEEKLY

Monday

8.30am – 12.30pm	Cylch Meithrin
6.00pm – 7.00pm	DDMIX
7.00pm – 9.30pm	Beekeepers (Starting Feb)

Tuesday

8.30am – 12.30pm	Cylch Meithrin
4.45pm – 6.00pm	Tai Chi
7.00pm – 9.00pm	Table Tennis
7.00pm – 9.00pm	Bowls

Wednesday

8.30am – 12.30pm	Cylch Meithrin
7.00pm – 9.00pm	Badminton

Thursday

8.30am – 12.30pm	Cylch Meithrin
2.00pm – 4.00pm	Thursday Club – Chat and Crafts
6.00pm – 7.30pm	Brownies

Friday

9.30am – 12.30pm	Ti A Fi
------------------	---------

Mon – Sun

As and when	Snooker
-------------	---------

FORTNIGHTLY

Wednesday: 2.00pm – 4.00pm	Social Club
Saturday: 7.00pm – 10.30pm	Film Club
Friday: 7.00pm – 10.30pm	Film Club Buffs' Night
Friday: 7.00pm – 9.30pm	Whist Drive

MONTHLY

Last Wednesday

7.30pm – 9.00pm	Llangadog Gardening Club
-----------------	--------------------------

Second Tuesday

2.00pm – 4.00pm	Llangadog OAP
-----------------	---------------

First Thursday

7.00pm – 9.00pm	Llangadog WI
-----------------	--------------

Events

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

1 NOVEMBER:

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

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

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Côr Meibion De Cymru - The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 - 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovey Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovey Youth and Community Centre, Gerwyn House, Market Square, Llandovey, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 - 7.00pm: Yoga. Contact Stan 07534 974413.

Llandeilo Country Market - EVERY FRIDAY - 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Carer's Get-together. First Friday of every month at the Castle Hotel, Llandovey. Meet anytime between 1pm and 3pm. Informal, friendly get-together for carer's to have a cuppa and a chat. All welcome. See you on the 1st November. Tel: Simon 01550 721197.

Cwmdu Folk Night. A night of free music in the Cwmdu Inn from 8.00pm. Come and join in the open session or just listen - you will be very welcome. For more information, phone the shop/pub on 01558 685156.

REFUSING TO FIGHT - THE LEGACY OF DISSSENT ON THE BLACK MOUNTAIN. An illustrated talk by Alice Pyper at 7.00 pm at Carmarthen Library which will reveal the now forgotten extensive public works carried out on the Black Mountain by conscientious objectors during wartime. The talk has been arranged by the Carmarthenshire Antiquarian Society, the county's history society. Non-members will be very welcome. Members of the Carmarthenshire Antiquarian Society receive its complete annual programme of talks and visits to historic sites together with the Carmarthenshire Antiquary, the Society's long-respected publication which is a great source of information about the county's history and archaeology. For further information about the Society and how to become a member, visit the website www.carmants.org.uk

2 NOVEMBER:

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

Llanwrtyd Wells Farmers and Craft Market at Victoria Hall, Llanwrtyd Wells from 10.00am - 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs, jams, fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email flyinggoosequilting@gmail.com.

Cadog Film Club: Stan & Ollie Laurel and Hardy, the famous comedy duo, attempt to re-ignite their film careers by embarking on a gruelling theatre tour of post-war Britain. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

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

3 NOVEMBER:

Llandovey firework display will be held on the Castle field, live music at the Pavilion starts at 5pm, fireworks start at 7pm, bar, food, funfair, candy floss, hook a duck and stalls, it's going to be great having it back in town!

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

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

The Ramblers - St. Illtyd's Way 2: Furnace to Pontardulais. Linear. Please contact the walk leader if you wish to participate in this walk. Dist. 9 miles. Moderate Explorer map: 178 Meeting point: Tesco Ammanford. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Wendy Leslie Mob. 07969 213560.

4 NOVEMBER:

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

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

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm - 8.15pm. Tel 01550 720449 www.myddfai.org

WASPI CAMPAIGN 2018, CARMARTHENSHIRE NORTH, meeting at 6.00pm in the Youth & Community Centre, 19 Market Square, Llandovey, SA20 0AB.

5 NOVEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am - Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

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

Cwmdu Inn Bonfire Night in the pub garden from 5.30pm to 7pm. Baked potatoes, sparklers and marshmallows around the fire pit. For further information, phone shop/pub on 01558 685156.

6 NOVEMBER:

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

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

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm - 10.00pm. Contact: Seniors - Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 - 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am - 10.45am; Cwmdu Vestry, 5.00pm - 6.15pm and 6.30pm - 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

The Ramblers - Talsarn: An afternoon ramble in scenic countryside South East of Llangadog including the beautifully situated village of Llanddeusant. Dist. 4.5 miles. Easy/Moderate Explorer map: OL12 Meeting point: Llangadog Railway Station. Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

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

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

Cwmdu Vestry. Tai Chi Qigong. Sessions of the Shibashi form of 18 moves will be held in the Vestry at 5pm and 6.15pm with Sue Wakefield. Please contact her on 07780 544470 if you are interested in coming.

Ysgol Bro Dinefwr PTA AGM at the Ginhau Llandeilo, 7.00pm. Everyone is welcome. It's a great opportunity to get involved in the PTA in ways both big and small!

7 NOVEMBER:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

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

Cymdeithas Cwmdu. The meeting is held every first Thursday of the month in the Cwmdu Inn from 7.30pm. If you are interested in the social activities of the village, come along for updates on previous events, and ideas for new ones. Find out how we work together to ensure the continuation of this community enterprise. For more information, contact the shop/pub on 01558 685156.

Still life session with simple lighting - practical evening looking at lighting your still life project. If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following: Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

IT'S FUN TO SING WITH 'TYWI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efrfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time. Enquiries - Vivienne on 01550 790662 or David on 01269 597303.

8 NOVEMBER:

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

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Côr Meibion De Cymru - The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 - 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 - 7.00pm: Yoga. Contact Sian 07534 974413.

Llandeilo Country Market - EVERY FRIDAY - 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Cwmdu Inn. Tippit Night. Fun and games with Pauline George at 7.30pm. Everyone welcome. For more information, ring the shop/pub on 01558 685156.

9 NOVEMBER:

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

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

Fused Glass Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am – 1.00pm, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

Gelli Aur Painters Open Day at St Michael's Church Hall Golden Grove, Gelli Aur SA32 8LU 10.30-3.30 Free Entry. A day for art lovers to come together in a fun and friendly way. Have a go at painting your own picture, try out the lucky dip raffle where everyone wins an original mounted painting and enjoy a quiz about Welsh artists. Paintings and cards will be on sale. Easy parking. Refreshments available all day. Free entry. 01550 777622.

10 NOVEMBER:

The Ramblers – Remembrance Day Walk: A walk up to the site of a Second World War aircraft crash. Dist. 4 or 8 miles. Moderate or energetic. Explorer map: 187 Meeting point: Llangadog Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Richard Chodecki Tel. 01558 822879 Mob. 07875 165703.

Dinefwr Poets is an informal collection of poets and poetry lovers who meet twice a month on a Sunday, to read out their poetry in Llandovery. The Sunday meetings are on the 2nd and 4th of each month at Llandovery Railway Station Cafe. Time: 2.30pm to 4.30pm (i.e. after hours when the cafe has closed). Refreshments and cake is available beforehand in this very nice venue. All are welcome to join us. Cost: suggested donation of £1.00 each. Tel: Mick: 01550 777656.

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

11 NOVEMBER:

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

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

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

12 NOVEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

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

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 – 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Trip to Tredegar House organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

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

13 NOVEMBER:

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

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

Pilgrim Service at Llanfihangel Rhos y Corn – at 5m at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – the second Wednesday of the month – a unique service of prayer and meditation - Info Revd Roger Nock on 01267 202347

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerywn House, 19 Market Square, SA20 0AB, 7.00 – 9.00pm. £5 per session.

CARMARTHEN & DISTRICT STAMP AND POSTCARD CLUB: C Williams on Postal Service at 132b Priory Street SA31 1LR, 7.00pm. Contact: C Williams 01267 236680.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Bingo organised by Capel Dewi Community Association, 7.00pm. Free Refreshments, all welcome at The Old School, Capel Dewi SA32 8AD

The Ramblers – Gallt-y-bere: Near Rhandirmywn. Country lanes and woodland trails. Dist. 5 miles. Moderate Explorer map: 187 Meeting point: Llandovery Railway Station. Dep. 11.00am and on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

Pilgrim Service at Llanfihangel Rhos y Corn – at 5.00pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – the second Wednesday of the month – a unique service of prayer and meditation - Info Revd Roger Nock on 01267 202347.

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

Wildlife Trust South & West Wales, East Carmarthenshire Group: Ants – Everything you need to know! Kevin Henry of Dinefwr Park will talk about his love of ants in Capel Newydd Vestry, Crescent Road, Llandeilo (next to the Civic Hall) at 7.30pm. For further information about the Meeting or the Trust, please contact Valerie Amall, Honorary Secretary – 01267 253485.

14 NOVEMBER:

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

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

MINDFULNESS YOGA, morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 10.00 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

Talley Craft Club. The Craft and Sewing Group meeting on the second Thursday of every month in St. Michael's Church Hall from 9.30am – 12noon. All welcome.

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

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

15 NOVEMBER:

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

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandoverly Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandoverly Youth and Community Centre, Gerwyn House, Market Square, Llandoverly, SA20 0AB. Tel: 01550 721499.

Live band: Rattlin' Bog Llanwrda Hall SA19 8HD 7.30pm – late NIGHT OUT FUNDED it would be appreciated if you would bring food to share for midway break. For info. 01550 720483 www.facebook.com/llandoverlyfolkandancing www.llandoverlyfolkandancing.co.uk

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

Cadog Film Club: Can You Ever Forgive Me? When writer Lee Israel falls on hard times she applies her skills to create a literary deception that boosts her failing career. Doors open 7.00 pm; film starts 7.30 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Cwmdu Quiz Night - on the 3rd Friday of every month with Richard Hughes setting the questions at 7.30pm in the Cwmdu Inn. Free entry but a donation to Cymdeithas Cwmdu would be appreciated. Come with a team or join one on the night.

15 NOVEMBER – 16 NOVEMBER:

Llandeilo Country Market. This weekend is Llandeilo Festival of Senses and we will be open all day Friday and Saturday in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). We will have a wide selection of locally made craft items suitable for birthday and Christmas gifts as well as our usual selection of home baked cakes, savouries and preserves. Orders can be taken for Christmas cakes and puddings for collection in time for Christmas. Taste the difference, choose homemade, local produce. Light snacks, tea, coffee and cakes also available. Free entry. Find and Like us on Facebook.

15 NOVEMBER – 24 NOVEMBER:

Mid-Wales Beer Festival in Llanwrtyd Wells. Over 100 real ales on offer at local hosteleries, live music at weekends. For details, ring the Neuadd Arms Hotel: 01591 610236; Stonecroft Inn: 01591 610332; Belle Vue Hotel: 01591 610237.

16 NOVEMBER:

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

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

Real Ale Wobble, Llanwrtyd Wells, a fun mountain-bike ride suitable for all abilities with real ale and other refreshments at the checkpoints. Choice of routes, 15 - 25 miles, technical sections/chicken-runs. Pre-booking online advisable, book on-the-day for a £5 surcharge. See www.green-events.co.uk or telephone 01591 610666/610236. Registration (essential) on Fri pm/Sat am. Riders start out at 10pm. See Facebook 'The Real Ale Wobble' for updates.

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

Crafts @ St Peter's Church at Peterchurch from 10.00am to 2.00pm. Soup and sandwiches will be available at Lunch time. Tea, Coffee and the usual yummy cakes will be available throughout the day. This year there will be 8 tables in all plus a table in aid of the Church. You will be most welcome.

17 NOVEMBER:

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

Pontargothi Memorial Hall: 2.00 – 4.00pm Nantgaredig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

GRAND CONCERT, 7.00 p.m. at Myddfai Community Hall. Artists: COR GODRE'R ARAN, LLIO EVANS. Compere: Venerable Dorian Davies, Archdeacon, Carmarthen. President: Sandra Major. TICKET – £10.00. Contact: Emlyn on 01550 720484.

The Ramblers – Fan Gyhirych/Fan Nedd: A circular walk taking in Fan Gyhirych and Fan Nedd, returning to the West of Fan Fraith. 2550ft of climbing in all. Dist. 11.5 miles. Strenuous Explorer map: OL12 Meeting point: Llandoverly Railway Station. Dep.9.00am and on by car. Leader: Jack Hardie Mob. 07464 412770.

18 NOVEMBER:

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

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

19 NOVEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangdog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am - Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

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

20 NOVEMBER:

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

Badminton at Llangdog Community Centre every Wednesday. Seniors 7.30pm - 10.00pm. Contact: Seniors - Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 - 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am - 10.45am; Cwmdu Vestry, 5.00pm - 6.15pm and 6.30pm - 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Bingo organised by RABI, 7.30pm. Raffle & Refreshments, all welcome at Café Mart, Carmarthen

Speaker on Gardening organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

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

Cothi Gardeners welcome Di O'Keefe from West Wales Hedgehog Rescue. 7.30pm at Coronation Hall, Pumsaint, SA19 8UW. Guests and visitors £3, which includes refreshments.

Christmas Fayre with a Difference: The Llanwrda Quilters and Crafters invite you to their first Christmas Fayre in the Old School Hall, Llanwrda from 6.00pm to 9.00pm. On going to print, there are ten stalls already booked, selling seasonal wares for the festive weeks to come. As always, the Llanwrda Bloomers will serve you homemade refreshments, whilst children can see if they can beat the "Lucky Dip", or play under supervision in the Children's Area of the Library. A well lit parking area has ample room for cars, so make a date in your diary to come and enjoy a Craft Fayre like no other we have had before!! Contact "The Crafters" on: 01550 777800 (Chris) or 01550 777344 (Anne). All proceeds to the Cornwallis Charity Fund.

The Ramblers - Llandybie Circular: Scenic walk visiting the grounds of Glynrhif mansion. One moderate ascent from the village. Dist. 5

miles. Moderate Explorer map: 178 Meeting point: Llandybie Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

21 NOVEMBER:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Golden Oldies played on the chapel's organs by Nigel Davies at Capel Gosen Cynghordy, 11.30am, followed by lunch in the Vestry c.12.15pm. No charge, but donations gratefully received.

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

Guest speaker - Gary Jones on wildlife. If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following: Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

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

22 NOVEMBER:

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

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru - The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 - 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 - 7.00pm: Yoga. Contact Sian 07534 974413.

Llandeilo Country Market - EVERY FRIDAY - 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Fused Glass Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am - 1.00pm, to be booked

via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

23 NOVEMBER:

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

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

Brecon and District Mind's 2019 Autumn Fair at Brecon Guildhall, 10.00am – 2.00pm. There will be second-hand books, crafts, pottery, bric-a-brac, plants, tea, coffee, soup and home-made cakes.

23 NOVEMBER – 24 NOVEMBER:

Real Ale Ramble, Llanwrtyd Wells, a fun 2-day walking challenge with real ale and other refreshments at the checkpoints. Choice of routes, 20 or 12 miles, enter online or on the day for a small surcharge. Set out from the Neuadd Arms Hotel from 9am following registration. For more details or to book see www.green-events.co.uk or telephone 01591 610666/610236. Guided walks of 8 or 5 miles also available, leave at 10.30am.

24 NOVEMBER:

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

Pontargothi Memorial Hall: 2.00 – 4.00pm Nantgareidig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

Dinefwr Poets is an informal collection of poets and poetry lovers who meet twice a month on a Sunday, to read out their poetry in Llandovery. The Sunday meetings are on the 2nd and 4th of each month at Llandovery Railway Station Cafe. Time: 2.30pm to 4.30pm (i.e. after hours when the cafe has closed). Refreshments and cake is available beforehand in this very nice venue. All are welcome to join us. Cost: suggested donation of £1.00 each. Tel: Mick: 01550 777656.

Cwmdu. There will be a service in Providence Chapel, at 2.00pm.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

Dinefwr Poetry Group meets in Llandovery Station Cafe every 2nd and 4th Sunday of the month, 2.30pm to 4.30pm. A small friendly group, we meet to read and discuss our own and others' poetry. New members always welcome. Ring 01550 777656 for further details.

The Ramblers – Port Eynon - Thurba Head: Figure of eight walk from Port Eynon going inland, then down to the coast path at Paviland Cave and on to Thurba Head, before turning inland and rejoining the coast path at Paviland Cave and back to Port Eynon on the coast path. May be parking fee. Dist. 12.5 miles. Strenuous Explorer map: 164 Meeting point: Tesco Ammanford. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 361814.

25 NOVEMBER:

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

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

26 NOVEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at

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

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 01267 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 – 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

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

27 NOVEMBER:

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

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo at the Angel Pub Function Rooms: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info, and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 OAB, 7.00 – 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

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

AGM & Election of Officers, Social afternoon and Sing-A-Long organised by Llandovery Friendship Club, 1.45pm at Vicar Prichard Hall, High Street, Llandovery. Tel: 01550 720056 for further info.

A talk by Fiona & Phillip from Welsh Holly, 7.30pm organised by Llangadog & District Gardening Association in YMCA Hall, Llangadog. Tel: 01550 779122 for further info.

The Ramblers – Lliw Reservoirs: Walking around lower reservoir and visiting upper reservoir. Cafe and toilets at start. Dist. 5.5 miles. Easy/Moderate Explorer map: 165 Meeting point: Tesco Ammanford. Dep. 10.00am and on by car, organised by Dinefwr Ramblers. Leader: Pam & Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

28 NOVEMBER:

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Quiz Night at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lluest Horse and Pony Trust. Bring a team or join one when you arrive where good food, drink and great company will be on tap all evening.

Llandovery Garden Club — We look forward to our Speaker for the evening Robert Wallis who will be talking about Early Bulbs. This is also our Christmas Party night as we have no meeting in December. The Committee will be grateful if members can each bring a plate of buffet food. The Garden Club will provide drinks as well as tea & coffee if necessary — Also the raffle prizes. Let's hope all Members will be there.

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

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

29 NOVEMBER:

Switching on of Llandovery Christmas lights starting from 4.50pm, lots of singing, Father Christmas, stalls and childrens rides. Our Councillors will be serving mulled wine and mince pies!

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

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru — The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 — 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 — 7.00pm: Yoga. Contact Sian 07534 974413.

Llandeilo Country Market — EVERY FRIDAY — 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) — free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

Sinema Sadwrn have a modern Western this month: Scott Cooper's film sees Christian Bale, Rosamund Pike, and Wes Studi battling through the American West in the 1890s. Certificate 15, running time 2 hours, 15 minutes. Film showing at Llansadwrn Reading Room. Doors at 7.00pm, programme starts at 7.15pm. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each.

Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

29 NOVEMBER – 30 NOVEMBER:

16th Annual Craft in aid of Breast Cancer Wales will be held at the Coronation Hall, Pumsaint, 10.00 - 4.00pm both days. Lots of different stalls, all local made crafts. There will be a lucky dip, book stall, guess the name of the teddy and a raffle draw which will be on Saturday approximately 3pm. Cakes are provided by Pumsaint W.I.. Please come and support this worthy cause. FREE ENTRY.

30 NOVEMBER:

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

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

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

1 DECEMBER:

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

Welcome at 7.00pm to St Barnabas Church, Rhandirmywn, when Llandovery College Choir will sing at the 'Christmas by Candlelight' concert. Admission: £5 at door, children under 15 free. In aid of St. Barnabas Church.

Llanwrtyd Wells, Christmas Craft Fayre in the Bromsgrove Hall 2pm - 4pm. Table-bookings @£10 (£5 deposit in advance) via Lynda Avery, email lyp08@gmail.com Profits to Llanwrtyd's Christmas lights & tree, also local groups and school.

Myddfai Farmers produce & Craft Market, 12.00 noon to 4.00pm Come along for a great range of quality local produce. The Café & gift shop will be open too. www.myddfai.org. Tel 01550 720449.

The Ramblers — St. Illtyd's Way 3: Pontardulais to Mynydd Betws. Linear. Please contact the walk leader if you wish to participate in this walk. Dist. 7 miles. Moderate/Energetic Explorer map: 178 Meeting point: Tesco Ammanford. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Carwyn Howells Mob. 07896 714334.

2 DECEMBER:

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

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

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm — 8.15pm. Tel 01550 720449 www.myddfai.org

3 DECEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdru. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

4 DECEMBER:

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

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

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo at the Angel Pub Function Rooms: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 – 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

The Ramblers – Gelli Aur: Woods and valleys around this popular area. Chance of refreshments after in the café on the Golden Grove estate. Dist. 4 miles. Moderate Explorer map: 186 Meeting point: Llandeilo Railway Station. Dep.1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Pam Marsh Tel. 01558 822225 Mob. 07929 003586.

5 DECEMBER:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Practical evening – composition techniques. A look at some practical technique's to help you improve your compositions and hopefully produce more interesting images. If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

6 DECEMBER:

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

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

Trecastle Community Centre, Beetle Drive and 100 Club Draw, 7.30pm. Fun evening for all the family, raffle, refreshments, mulled wine. See our Facebook pages for details. All welcome.

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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

Carer's Get-together. First Friday of every month at the Castle Hotel, Llandovery. Meet anytime between 1pm and 3pm. Informal, friendly get-together for carer's to have a cuppa and a chat. All welcome. See you on 6th December . Tel: Simon 01550 721197.

Fused Glass Xmas Decorations Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am – 1.00pm, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

THE POST
ADVERTISING
you CAN afford

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 07/20(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 05/20(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 11/19(12)

MARTIN F. M. WATTS. ARCHITECTURAL ASSOCIATES LTD./ CYSWLLT PENSARNIOL CYF. Plans prepared for extensions, renovations, new dwellings, barn conversions etc. Reasonable fees. Established 1989. Maesyreos, Llanwrda SA19 8HD. T. 01550 777591. M. 07854 148915. email: mfmw44@gmail.com www.mfmwattsarchitectural.co.uk 05/20(6)

BOOKS, RECORDS, CDs

A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmmaman Road, Garmant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. 03/20(6)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 07/20(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 04/20(6)

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

CHIMNEY SWEEP

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

CLEANING SERVICES

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 11/19(6)

CLOCK REPAIRS

C. BACON, Llandeilo, 9.00am – 4.30pm. Antique clock repairs and restoration. Clocks collected & delivered. Member of the British Watch & Clock Makers Guild. Tel. 01558 685665. 12/19(6)

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 19 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/ REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 03/20(12)

COPYING AND PRINTING SERVICES

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



COUNSELLING

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

CURTAINS & COVERS

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

DIGGER HIRE

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

DOG TRAINING

BMC ACADEMY DOG TRAINING: Llansawel Village Hall. SA19. Kennel Club dog training classes. Puppy Class, Bronze to Gold Good Citizen classes & Assessments, Heelwork to Music and Rally Obedience. Monday morning & evening, Wednesday morning & afternoon. Workshops with Guest Trainers throughout the Year. Work towards competition standards or just come and have fun! Contact Kathleen Stubbings on 01558 685858, 07522 984094 or email: dogdancingtd@gmail.com 05/20(12)

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 05/20(6)

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

FAMILY HISTORY

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

FUNDRAISING

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

FUNERAL CELEBRANT

MEANINGFUL NON-RELIGIOUS FUNERALS AND MEMORIALS JUST FOR YOU. Written and conducted by Ingrid Birchell Hughes, Accredited Celebrant with Humanists UK. As you face this difficult time, I can help create the ceremony that offers you the chance to say a heartfelt goodbye to your loved one, so you can celebrate what made them special, and of course give voice to the loss you may be feeling. You (or your Funeral Arranger) are welcome to contact me on: 07771 866875, email: ingrid.birchell-hughes@humanistceremonies.org.uk or visit my website: humanist.org.uk/ingridbirchellhughes 03/20(6)

GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 03/20(12)

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 11/19(6)

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

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

HOUSE CLEARANCES

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

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 03/20(12)

LAUNDRY SERVICES

LLANDOVERY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 12/19(6)

MAN WITH A VAN

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

MASSAGE

DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE. Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 10/19(6)

MONUMENTAL MASON

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

PAINTER & DECORATOR

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

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

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 12/19(12)

PEST CONTROL

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

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 03/20(6)

PAWS PET SITTING SERVICES. All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. 11/19(6)

PICTURE FRAMING

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

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 04/20(12)

PROPERTY MAINTENANCE

DOMESTIC MAINTENANCE. Garden clearing and maintenance. General painting and fixing. Contact Dan: 07588 169401 References available. 04/20(6)

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

PSYCHOTHERAPY

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

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooftingworks.co.uk *04/20(6)*

SOLICITORS

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

TUITION

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

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

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

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk *10/19(12)*

YOGA

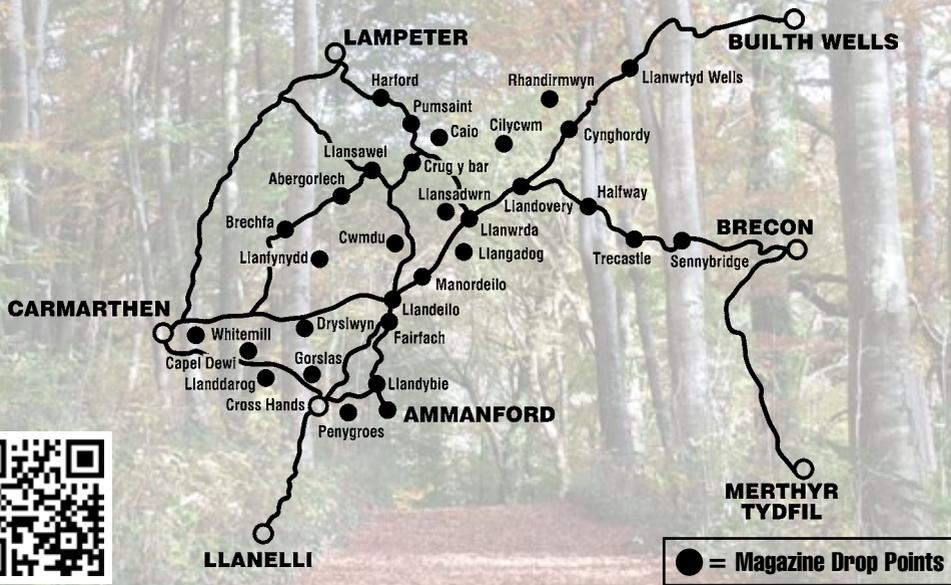
HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and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

THE
POST
advertising
you
CAN afford

The Post

Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

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

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

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

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

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

Myddfai: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

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

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

Llandovery - Llandeilo - Carmarthen (280/281)

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 19/05/19 - 14/12/19)

	Mon to Fri	Sat.	Sun.
Swansea D	—	06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17
Gowerton D	—	06.15 09.45 — 18.32	04.42 09.26 13.23 18.28
Llanelli D	05.20xx	06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40
Ffairfach D	05.54x	06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x
Llandeilo D	05.59	07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19
Llangadog D	06.08	07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28
Llanwrda D	06.12	07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32
Llandovery A	06.22	07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38
Cynghordy D	—	07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x
Llanwrtyd D	—	08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08
Llandrindod D	06.18	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42
Shrewsbury A	07.57	10.14 13.32 18.28 22.54	08.23 13.09 17.11 22.08
Shrewsbury D	04.46	05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57
Llandrindod A	06.11	06.44 11.39 15.36 19.56	06.46 10.31 15.28 19.25
Llanwrtyd D	—	08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08
Cynghordy D	—	08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.24x 20.28x
Llandovery D	06.42	08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34
Llanwrda D	06.48x	08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x
Llangadog D	06.52x	08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x
Llandeilo D	07.03	08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55
Fairfach D	07.06	08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58
Llanelli D	07.45	09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38
Swansea A	08.08	10.01 14.25 18.14 22.22	09.22 13.01 18.09 22.06

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request

xx = Starts from Carmarthen

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.