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NEW COMMUNITY MURAL IN LLANDEILO!

It's a very exciting time for Llandeilo, as after many months of designing and creating by people from the Llandeilo community, the mural and notice board is finally about to be installed!

WHERE THE IDEA CAME FROM...

The idea germinated way back in 2019 as I chatted with people in front of the notice boards on Rhosmaen Street. So much was happening then in Llandeilo and the notice boards we had were jam packed and overcrowded! From these conversations I discovered that many people wanted more connection and communication with their community and to find out local information via a notice board or word-of-mouth rather than always from facebook or other on-line platforms.

Together we also recognised that many of the existing boards of community communication were located in small shop doorways. Reading the notices is not easy as you are in the way of shoppers accessing the shops. Therefore, we realised that the community of Llandeilo needed one big central board where we could all share information.

Around this time the sixth formers of Ysgol Bro Dinefwr were creating a fantastic mural on the wall of the tennis pavilion by the playground. This received much positive feedback and praise from local residents and so generated enthusiasm for another community mural.



continued on page 3

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ALL ABOUT *The Post*

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The Post Future Copy Dates

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GREGORY JONES

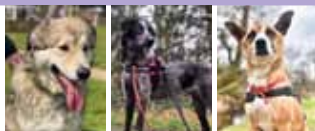
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02/22(3)

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To make a donation towards these dogs, please scan the QR code or visit

www.justgiving.com/crowdfunding/ruff-start

To find out more about Ruff Start Recue CIC or to help us by fostering one of our Hatton dogs, please visit our facebook page

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It was these two elements that combined and inspired this project.

Then, at a consultation event in December 2019, it was decided that the mural and noticeboard would be best located on the side wall of Hugh Evans and Son Butchers, in the walkway connecting the main car park to Rhosmaen Street.

THE CREATION OF THE MURAL

Many local young people and adults of all ages came together to get actively involved in creating the mural. Through the summer months fun and highly participatory Community Workshops were held at The Hangout. These were led by myself, Dani Lee and my team (danilearts.co.uk). During these workshops we designed the mural and then went onto create these designs into mosaic.

We've used some exciting materials in the mosaic to make it a very textural surface. Look out for broken pottery from local ceramicists, sea worn glass, broken plates, beads from necklaces...even river pebbles from the swing bridge beach! Participants to the workshops shaped tiles and other textural pieces using tile nippers... but at times we did resort to smashing the slate with a hammer! Local ceramicist, Jacky John (carmelpottery.com), made

us some beautiful hand-made pieces which add further colour and texture to the design.

The people of Llandeilo have been creating an artwork the community will be proud of!

Look out for the mosaic mural and community notice board being installed in the walkway in November and the subsequent celebratory unveiling event! Date TBC

The project has received funding from The National Lottery Community Fund. A huge thanks to the many local businesses and councils who have kindly supported the project....and especially everyone who, piece by piece, made the mosaic!

For more info on this project and other community art projects please visit danilearts.co.uk



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08/21/21

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To advertise The Turning On of the Christmas Lights in Market Square, Friday 26th November 2021 at 4.50pm for 5.30pm.

Theme this year is: **'CHRISTMAS WITH THE COVID RESTRICTIONS'**

Posters of your design to be collected from the Schools in early November.

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10/21(12)

FESTIVE ACTIVITIES IN LLANDEILO WEEKEND

NOVEMBER 26 – 28



MP Jonathan Davies Hearing about the event from Marlene Davies on the premises of Davies & Co

While the Festival of Senses cannot go ahead as usual in 2021, Mayor Rob Jones and Marlene Davies from Davies & Co Lounge decided not to let the season go by unmarked for Llandeilo.

Llandeilo Town Council will switch on the lights of the Christmas Tree on the Friday 26th November at 7pm and the Llandeilo Round Table will bring Santa on his sleigh around town. Santa will also be available on Saturday for visits in his grotto in the refurbished Shire Hall/ Hengcwt.

Marlene Davies of Davies and Co Lounge took the initiative and announced their store will have craft stalls and entertainment during that weekend. Businesses in town happily jumped at the opportunity to create a community and festival atmosphere the best possible given the circumstances. Most shops in town will open late on Friday and Saturday and open on Sunday. The Christmas Window competition will be judged that weekend and local business owners are plotting more additions to the weekend.

"We're relieved that Llandeilo is proving so resilient," says Festival of Senses chair Christoph Fischer. "In light of overhead costs and unpredictable future Covid regulations we couldn't run a proper festival but it looks there will be plenty going on to make a visit to Llandeilo and its bespoke shops worth your while during the weekend."

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GREENS CALL ON GOVERNMENT TO BRING IN CARBON TAX AT COP26

- Carbon tax a critical lever to help shift the UK towards a clean green economy
- Tax yield will help deliver social dividend by funding cheap and accessible public transport, free home insulation, and a basic income

The Green Party is calling on the UK to announce a carbon tax at COP26, describing it as one of the greatest levers to drive change in society.

Greens propose the tax should start at £100 per tonne of carbon dioxide released, rising to £500 per tonne by 2030.

The tax would apply to all carbon emissions, but the tax yield would provide a 'dividend' which would prevent poorer people being hit with higher costs. It would in part be used to fund a Universal Basic Income for all and help those on lower incomes meet the costs of transitioning to a carbon free future.

The party estimates the UK will be responsible for around 800 million tonnes of CO2 equivalent in 2021. Its proposal for a carbon tax and dividend, starting at £100 per tonne of CO2e, would mean up to £80 billion would be generated, which could then be used to invest in the big changes needed for a rapid transition to a zero carbon economy, and to support UK residents through the transition.

Adrian Ramsay, newly-elected co-leader of the Green Party, said:

"A carbon tax is one of the greatest levers we can apply to help shift us towards a clean green economy and fairer society.

"Just 100 companies have been responsible for three quarters of the world's greenhouse gas emissions since 1988. A carbon tax would target these big polluters, particularly energy and oil companies, and render coal,

oil and gas financially unviable as cheaper renewable energies rise up to take their place.

"But as well as tackling the climate crisis, a carbon tax will offer a social dividend which will help the UK to genuinely become a more equal society. Carbon tax yields will provide funds to invest in cheap and accessible public transport, free home insulation, and a basic income.

"A carbon tax is a win-win for the climate and for social justice. We urge the government to show true leadership and introduce such a tax as a key plank of its COP26 strategy."

A spokesperson for Carmarthenshire Green Party added: "A carbon tax presents us with a once-in-a-generation opportunity to tackle fuel poverty in Carmarthenshire. The number of people struggling to heat their homes and pay their fuel bills is well above the national average. A carbon tax would help reduce reliance on dwindling and expensive fossil fuels, and raise much needed funds to ensure the most vulnerable – especially single pensioner households and those in the private rental sector – stay warm this winter."

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The Post

LLANGADOG COMMUNITY CENTRE

As from 1st October 2021, contact details have been updated for any bookings / or any other information, in regards to the Llangadog Community Centre. The new email address is llangadoghall@yahoo.com and the new mobile contact number for the Booking Secretary is 07484 057494 (between the hours of 9.00am and 5.00pm only) Many thanks

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1021(1)

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04/23(12)

SPRAY PAINT IN PUBLIC PARK LLANDEILO



On the evening of the 4th October a report was made to the police that a group of youngsters had spray painted over a bench and one of the climbing apparatus in Parc Le Conquet, Llandeilo. It appears that the damage extends beyond this initial report and residents and Llandeilo Town Council alike are extremely disappointed at the defacing of facilities which the Town Council has worked hard to fund and provide for the community. The clean up will take some time but the council are continuously endeavouring to improve these facilities for the benefit of everyone.

Llandeilo Town Council are extremely grateful to Woody Lewis from Masters of Glass Ltd who offered to clean up voluntarily for the benefit of our community.

LLANGADOG W.I.

On Saturday, 18th September, we had a fantastic day out at Pembrey Country Park to celebrate The Womens Institute's 95 years as a Federation. There were many stalls organised by the regional groups, selling a variety of merchandise. We were entertained by "The Carmarthen Ukulele Band" and "The Pembrey & Burry Port Town Band", tunes and songs which we could sing along to, it was very enjoyable. A good day was had by all. We had our monthly meeting on Thursday, October 7th, and we were lucky enough to enjoy a demonstration by Nema Edwards on the making and decorating of "Silver Clay Jewellery". Very interesting. Next month we hold our A.G.M. and discuss our Christmas plans. We meet on the first Thursday of every month at the Llangadog Community Hall at 7.00 p.m.

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12/21(6)



The colours of Autumn are reflected in the final art exhibition of the season at the Llanwrtyd and District Heritage and Arts Centre which takes place throughout November.

Two artists return to the Centre following previous very successful exhibitions. Richie Dean has lived in Wales for over 42 years and travelled around the country taking photographs for inspiration. He then creates colourful, atmospheric and imaginative pieces using Watercolour, Acrylic and Digital techniques. The use of these mediums allows him to inject creativity and freedom into his work. More recently he has incorporated this creativity into working with wood, handcrafting sculptures and lovespoons from repurposed wood.

This work is beautifully complemented by ceramics crafted by Wendy Chamberlain who, following her wonderful exhibition in May, returns with a new range of pieces produced specifically for this display. Inspired by nature, especially spirals and ferns her stunning ceramics are both practical and decorative.

Both Richie and Wendy will be in the Centre on occasions throughout the month.

With Christmas fast approaching these local artists provide a wide range of gifts for the discerning buyer including greetings cards and mounted prints in addition to framed artwork, woodwork and ceramics.

The Centre is open Saturday and Sunday 10am – 4pm throughout the month with precautions in place to protect visitors and staff.



TUTOR CENTRE LLANWRDA IS OPEN!

The Tutor Centre in the old school, Llanwrda has now reopened and we have welcomed our first face-to-face tutees back as well as some of our groups. As many individuals and organisations are seeing, the effects of the Covid shutdown have been slow to heal, but we see confidence growing in all areas of life. We cap the number of students in our Centre at three and ask for a lateral flow test before attending, which we can provide if needed. We have our windows open, masks on and sanitise our hands before entering and leaving the building; so far we have been safe.

Our Centre has been developed to support individuals and schools across Wales that are not only dealing with the challenges caused as a result of the coronavirus pandemic, but everyday situations that may have led a student to look for alternative education, extra tuition or individual A levels or GCSEs because their school could not provide their chosen subject, for example. Our aim is to provide a longer-term contribution to closing the attainment gap by offering classes either in our Centre or online.

We continue to grow, regardless of the pandemic, but our Centre is a place of learning with books, art works, nature structures and a projector for showing important media; it is the ideal friendly and educational environment and we have missed working there. Welcoming back our students and groups has been a real joy and we have all been very grateful to regroup, put the kettle on and learn. If you have an enquiry, please call: 01550 777701 or e-mail: enquiries@net-teach.co.uk

CHRISTMAS POP-UP SHOP in the TUTOR CENTRE LLANWRDA

A heads up for our Christmas fundraiser! From Saturday 4th December to Saturday 11th December we are having a POP-UP CHRISTMAS SHOP in the Centre. We will be open every day and already have some amazing stalls signed up such as Welsh Wool with blankets, purses and scarves, Natural Wines, Creative glass, Christmas cards and Fine Art, cakes and hand-made decorations. Pop in for a browse and a cuppa and/or a burger. If you would like to book a stall with us (and we can man it for you), please ring: 01550 779298.

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11/21(3)

Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well and are enjoying the wonderful autumnal colours and the season's berries and fruits, along with the feeling of satisfaction that the harvesting of the Summer's bounty brings. Autumn brings with it a more restful clarity. The practices of yoga can both enhance this sense of calm as well as create a more dynamic energy when needed.

The Autumn term at Padmasambhava continues mostly with online classes. The term is now halfway through and offers a good selection of classes, suitable for many ages and abilities, from the Monday morning chair yoga, to a mixed daytime class on Tuesdays, and a selection of more experienced evening classes. Although the term has reached its halfway point, please do get in touch with the Centre if you are interested in joining a class.

There have been some surprising and unexpected benefits to practicing online. With no commute to class, students have commented that they are more relaxed at the start of the class and able to enjoy the effects of the class without the commute home. Students have also been surprised to find that with an online class they are not looking at or being looked at by other students and so feel themselves more directly focussed on the teaching instructions and the practices themselves.

The classes continue to be kept small to allow the teachers to focus on each student and interact with the class in an individual way. Each class is planned for the students attending, taking into account any health conditions students may have.

The 'New Beginners' course is scheduled to start soon, so please do get in touch with the Centre to book your place. This class is suitable for every body, no matter your age or fitness level. Help is given, as needed, to become familiar with Zoom. Many students have surprised themselves (and others!) by embracing this technology with the help offered.

The Beginner's course introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood

and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality.

Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. They can help you to improve your health by introducing you to breathing practices (especially good for people with asthmatic conditions), flexibility of the body and joints, beneficial for anyone with arthritis. Yoga Nidra and meditation, both of which are extremely beneficial to people with high blood pressure, angina and heart problems also help to relieve stress through relaxation. On a mental level, all these practices of Yoga can bring about clarity, calmness of mind, and focus.

Please remember the Centre is there for students old and new – so please do call Padmasambhava if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk



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LLANWRDA CRICKET CLUB

In 2022 the club celebrates its thirtieth anniversary. There will be a match against the prestigious Marylebone Cricket Club in June. You'll also see a new electronic scoreboard, a new sight-screen and artificial pitch. It will be a great season to look forward to.

Training for the juniors restarts in April and we will again be running our successful All Stars and Dynamos programmes.

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

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

LLANWRDA C C BONUS BALL WINNERS

08/09/21	52	No winner
15/09/21	50	No winner
22/09/21	09	Liz Cumming
29/09/21	28	David Cumming
06/10/21	34	No winner
13/10/21	30	Stuart Davies

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12/21(0)

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Originally the Home of the Order of Carmelite Nuns, nowadays, the home remains a peaceful and calming residence for a maximum of 38 residents and offers long and short-term residential dementia care, simple and complex dementia nursing care, or respite stays to assist carers who would like to take a break from the day-to-day personal care they give to their loved one.

The home provides quality care with compassion, respect, and empathy and deliver it with warmth and a smile through a team of Welsh speaking staff, from caregivers to housekeepers.

Nutrition is an important feature of their care, and they make dining as enjoyable as possible. Using fresh ingredients, and local produce where available, the team create homemade well-loved classic dishes and tempting cuisines that are balanced, and delicious. Proper hydration is also essential to wellness, so hot and cold drinks are always available to residents.



Their dedicated in-house activities co-ordinator plans both outdoor and indoor activities to suit residents' personal preferences and individual needs. For green-fingered residents, Blaenos House Nursing Home boasts extensive gardens for pottering and planting or just to relax and take in the beautiful scenery.

Blaenos House Nursing Home has 38 bedrooms over two floors with every room overlooking the garden and the surrounding Welsh scenery. All rooms are individually decorated, and we encourage families to personalise the rooms in line with their loved ones preferences.

We would love to show you around our outstanding home and look forward to hearing from you for an informal chat.



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08/22(12)



OPEN DAY

Saturday 27th November 2021
12pm to 4pm

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7 CARMARTHENSHIRE MAKERS WILL COME TOGETHER FOR A WINTER MAKERS MARKET AT WRIGHTS FOOD EMPORIUM, LLANARTHNE

The landscape and rural communities of Carmarthenshire inspire and inform the work of many professional creatives. This group, spanning the disciplines of paper and print, wood, textiles and ceramics will be kindly hosted by the diverse and welcoming Wright's Food Emporium. Stay for lunch, or treat yourself to a coffee and some fresh local produce, preserves and dry goods from the deli. The Emporium has expanded to also host a beautifully curated selection of home wares and treasures.

This will be a wonderful chance to meet and buy from your local makers; artists and illustrators Tom Frost and Teresa Murfin (Frost & Kin), textile artist Rosie Lake, yarn-smith Helen Hickman (Nellie & Eve), bag makers Mike and Nia (Rural Kind), potter Tim Lake and clothier Emily James (Carpenter & Cloth) will all be exhibiting.

There will be beautiful gifts, kits, home additions, clothes and accessories to suit all budgets, so put the date in your diary and look forward to treating yourself and friends to celebrating the fruits of Carmarthenshire this winter!


Sat 20th Nov. 10.00 – 6.00pm and Sun 21st Nov. 10.00 – 4.00pm. Wright's, Llanarthne, SA32 8JU. Food served from 12.00 noon. www.shop.wrightsfood.co.uk



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07/22(12)



LLANEGWAD RAINFALL

Rain fell on 15 days this month most of which fell in the last 5 days 130mm. The wettest day was the 30th with 37mm.

September Total: 181.75mm – 7 1/8"

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06/22(12)

MYDDFAI NEWS

Myddfai Hall Shop and Café are open Wednesdays to Sundays 11.00am to 4.00pm (closed Mondays and Tuesdays) during November.



Our popular monthly Farmers Market on Sunday 28th November 12.00 – 3.00pm. There won't be a Farmers Market in December. Yoga is every Wednesday 5.30 – 7.00pm, Sewing class Wednesdays 1.00 – 3.00pm, and Pilates class on Thursdays 9.30 – 10.30am. Our Christmas Fair will be on Saturday 4th December 10.00am – 4.00pm.

During November we will be serving winter warming dishes in Myddfai café, including a tempting range of freshly made soups and cakes. Keep an eye out on our Facebook page for daily lunch specials. Emma and her team will be on hand to serve you a delicious lunch and give you a warm welcome. We are looking for extra part-time staff in the café – if you have a few hours a week to spare and would like to be part of a friendly team, at a great location, please get in touch.

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, pottery, beautiful stained and fused glass gifts, jewellery, wooden boards and bowls, aprons, bags, locally made soaps, wax wraps, Red Kite candles, Myddfai toiletries, antiques and collectables, honey, jams and chutneys, local apple juice, Welsh CD's and much more including cards for every occasion. 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.

Myddfai Hall is a great place for Weddings, kids' parties, concerts, in fact any kind of event, meeting, class or activity. The underfloor heating makes it a great place for your event this winter or any time of year! Come up and take a look.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449

For Catering or Café enquiries please contact Emma on cafe@myddfai.org

Check our website www.myddfai.org for What's On.

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02/22/13

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08/22/13

LOCAL CAUSES COOP LLANDEILO

Marie Curie, one of the three current local COOP causes, marked the stepping stone of reaching £1300 from the Llandeilo Local Community Fund. Another three weeks to go before new causes are being announced. Maybe they can reach £1500.



Alison Discombe, David Morgan (COOP) and Member Pioneer Christoph Fischer

MERCHED Y WAWR BRO PANTYCELYN

Diolch yn fawr iawn i Eleri Owen Edwards am ddod atom ar fyr rybudd i gyfarfod mis Hydref. Cawsom brynhawn bendigedig yn ei chwmmi. Daethom i'w hadnabod yn well ac i ryfeddu at ei gallu, ei brwdfrydedd a'r uchelgeisiau mae hi a'i gwr Aled wedi eu cyflawni.

Bydd y cyfarfod nesa ar Ddydd Mercher Tachwedd y 10fed am 2 o'r gloch y prynhawn yn y Neuadd Gatholig. Prynawn dangos gwaith crefft fydd hwn. A wneuth aelodau ddod ag enghreifftiau o unrwy waith llaw sydd ganddynt os gwelwch yn dda. Cawn arddangosfa ardderchog!

Audrey 01550 721612
Eluned 01550 720825
Marian 01550 720370

LLANDOVERY u3a FORWARD LOOKING – NOW SPEAKERS!

We are meeting at the Castle Hotel note the slightly later time to start.

Wednesday 10th November

10.30am for coffee 11.00am start.

Dai Gealy – The origins of local place names.

Wednesday 24th November

10.30am for coffee 11.00am start.

The speaker for today will talk about being a security risk!

Wednesday 8th December

Start time to be decided.

AGM. We are looking for nominations and volunteers – if we pool our efforts we can make our group really dynamic and rewarding. How about if everyone volunteered?

Don't face the winter in isolation come and join us.

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LLANDOVERY FRIENDSHIP SOCIETY

Lovely to see many of you at the Harvest service on the 13th. Huge apologies to Merched y Wawr for clashing with your meeting. My fault entirely, I knew we always had a Harvest service early in October but didn't check which week, turns out it is the first week, not the second.

A very big thank you to the Rev Paul Prichard for leading the service and Dr Wynford Thomas for playing the organ. It is a lovely to be able to sing with the organ again. Dear Gwyneth is continuing her slow but steady recovery and is I know itching to get back.

While we enjoyed a chat over a cup of tea/coffee we decided that we will not start back fully until the New Year God and co-vid willing. However we are going to meet up for a Christmas lunch, with a difference in the Rhys Prichard Hall on December 15th 1pm until 3.30pm. The difference being that we are going to ask everyone to bring a plate of food for us to share. Plates, glasses and cutlery will be provided. I will have a chat with the Treasurer and I am sure we will manage, some Christmas crackers, wine and soft drinks.

Look forward to seeing you on the 15th with your sharing plate.

Gina

2 Su Doku for you to complete this month.

D	A	I	H	F	G	C	B	E	9	7	5	3	2	8	6	4	1
E	F	C	B	D	I	G	A	H	8	2	3	1	4	6	9	5	7
G	B	H	C	E	A	I	D	F	4	6	1	7	9	5	2	8	3
F	C	E	A	B	H	D	G	I	6	5	8	9	7	3	4	1	2
I	H	B	E	G	D	A	F	C	7	1	4	6	8	2	3	9	5
A	D	G	F	I	C	H	E	B	2	3	9	5	1	4	8	7	6
B	I	D	G	C	E	F	H	A	3	9	6	4	5	7	1	2	8
C	E	A	D	H	F	B	I	G	1	8	7	2	6	9	5	3	4
H	G	F	I	A	B	E	C	D	5	4	2	8	3	1	7	6	9

A B C D E F G H I 1 2 3 4 5 6 7 8 9

Gina and all the committee.

02/22(6)

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08/22(12)

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CADOG FILM CLUB IS BACK

Cadog Film Club returns this November at the Llangadog Community Hall, with a new format to comply with COVID restrictions. Attendees will be asked to wear masks except when seated. We will not be able to have our usual shared buffet meal but there will be a bar and nibbles. Despite these changes we hope you will be tempted to join us for some interesting and entertaining films:

- **Saturday 6 November: Summerland (2020)
109 minutes**

Writer Alice, living reclusively on the Kent coast in the 1940s, is forced to house a young evacuee. Despite her hostility, a bond grows between the pair, with Alice slowly warming to the new arrival. A warm-hearted film with touches of unexpected magic. Cast includes Gemma Arterton, Penelope Wilton, Tom Courtney.

- **Friday 19 November: Transit (2018) 101 minutes**

Georg is fleeing from Paris to Marseille in search of a passage away from a Europe ravaged by war. He attempts to assume the identity of a dead author and feels an attraction to the enigmatic Marie, the man's estranged wife. There is something of 'Casablanca', something of Hitchcock, something of Kafka about this tense, timeless drama. *(In French and German with English subtitles.)*

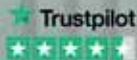
- **Saturday 4 December: Nomadland (2020)
107 minutes**

Nomadland won three Oscars, Best Director, Best Picture, and Best Actress for Frances McDormand. It tells the story of Fern, who leaves her hometown in Nevada after the death of her husband and loss of her job. She hits the road in her campervan, quickly becoming part of a community of fellow travellers on the great American highway. As these modern-day nomads criss-cross the country, they know that no parting is ever final — they will always see each other again 'down the road'.

- **Friday 17 December: And Then We Danced (2019) 113 minutes**

Initial rivalry between two dancers at the National Georgian Ensemble slowly evolves into a more complicated relationship. This uplifting and insightful film was sufficiently controversial in its native Georgia to spark protests. It received a 15 minute standing ovation at the Cannes Film Festival. *(In Georgian with English subtitles.)*

The doors will open at 7pm. Please book in advance, either by emailing cadogfilmclub@aol.com or phoning 01550 777657. Entry is £5.00. It would be helpful to bring the correct money for entry fee and some change for drinks so that we handle money as little as possible.



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12/21(12)



2020 proved to be a challenging year to say the least and like many things all our fundraising plans for the MS Trust were cancelled. Together with husband Emyr, friends Karen and Paul, I had planned a series of fundraising events for 2020, the grand finale seeing Emyr take to the skies again but this time instead of jumping out of a plane he'd be standing on the wings of a WW2 biplane and zooming across the sky at speeds of 120mph. Then COVID hit, throwing us into the unknown, creating a 'new normal'. How could we ask struggling businesses and people to donate? For many it was a difficult time full of uncertainty coupled with the worry of financial hardship and feelings of isolation. Yet the charities need support more than ever. All our usual fundraising avenues were closed. We postponed the wingwalk for a year and focused on online events which we hoped would bring people together as well as supporting the charity.

Online events were problematic in more ways than one, not only did we live in a rural area with slow unreliable Internet speeds but we were of the age that grew up before the Internet. Prior to lockdown we hadn't even heard of Zoom let alone used it. For me this was an alien concept, I remember when the idea of everyone being able to make video calls from their telephone was the stuff of science fiction. After several practice runs with Zoom we hosted a couple of virtual coffee mornings, leaving it up to people how much, if anything, they wished to donate. Being in lockdown it was good to connect with people albeit via a screen. A bonus source of money came when my son won a skipping challenge set by a landscape gardening company offering for the person who could do the most skips in 60 seconds to donate £250 to a charity of their choice.

In between lockdowns we were able to take advantage of a scheme to improve internet speeds in rural areas and this made a massive difference to us. Having dipped our toes into the world of Zoom, we decided to jump right in and host a virtual Quiz Night. Once we'd worked out the practicalities of how a virtual Quiz Night would run, taking into account team members wouldn't necessarily be together in the same location, lots more practice sessions followed, for us and for those who were also unsure about using Zoom. The actual night went well, people forgave us the few minor hiccups and everyone seemed to enjoy themselves, so much so that we hosted another two quiz nights before lockdown came to an end. The quiz nights turned out to be fun and being online we

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12/21(8)

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11/21(13)

were able to connect with family and friends throughout the UK. In keeping with the quiz theme as we cautiously emerged from the last and hopefully final lockdown, we launched an online 100 logo quiz inspired by Captain Tom's 100 challenge. Ironically this raised £100.

It looked like the wingwalk booked to take place in July 2021 would go ahead but we didn't dare get our hopes up, the previous year had taught us how quickly things could change. As the time drew closer we began collecting sponsorship and having already postponed once prayed the weather wouldn't force another postponement. The weather couldn't have been better on the day. On the Friday night before we travelled to Cirencester for Emyr to complete the wingwalk a bet was made in our local pub, as most bets are! If Emyr did the wingwalk in his boxer shorts an extra £110 would be donated. Of course he did it, much to the amusement of the pilot and spectators. We gratefully received some very generous donations.

Another important issue that became more apparent during lockdown is the importance of looking after mental health as well as physical health. Each day during Mental Health Awareness Week I wrote and posted about it on social media. Anxiety and Depression are common in Multiple Sclerosis.



MACMILLAN COFFEE MORNING BABEL HALL

It was wonderful to see so many people in the hall enjoying coffee, cakes and chatter.

An amazing amount was donated. I have sent off £1015 to Macmillan.

Thank you all so much.

I would also like to thank Llandovery Co-op for the gifts of tea and coffee, the Babel Ladies Guild for their generous cheque, the Hall Committee, as well as other cheques and donations from people not able to come.

Very many thanks.

Lucy Cwmsidan.

Once again I'm amazed and humbled by people's support and generosity. Over the last 18 months, despite the pandemic, we managed to raise £4,236 for the MS Trust. The money raised will help them to provide invaluable help and support for people living with Multiple Sclerosis. As well as providing a wealth of information that can be found on their website www.ms-trust.org.uk and a free helpline, 0800 0323839, they also fund seven MS Specialist NHS Nurses. With no government funding they rely on support to provide these services.

"The pandemic has been incredibly tough on people with MS, with MS health professionals being redeployed, people with multiple sclerosis relied on our services more than ever. With most events being cancelled, we lost a vital source of income. The support of fundraisers like Gemma, Emyr, Karen and Paul cannot be downplayed. Their support kept us open so that we could keep supporting people with MS, and we are truly grateful."

– Phoebe Tether, Community Fundraiser at the MS Trust

G. Williams

NEWS FROM THE TOWN HALL

We look forward to seeing you at the Fireworks down at the Mart on Saturday 6th November. The fireworks are scheduled for 6pm to 6.30. However there will be stalls and fun fair open from 2pm and an evening bar and music until 11pm so plenty for all the family young and old.

Adults £5 Children under 16 £3.

Friday 26th November, from 4.50pm will see us turning on the Christmas lights in the Town Square. There will be stalls fun fair, and entertainment as usual. Santa has promised to make an appearance.

The regular Table top sale continues through the Winter only change will be a move to the Castle Hotel if it is raining.

We look forward to seeing you all on the 6th and the 26th.



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SKILLSHARE WORKSHOPS

For men in Llangadog,
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Llangadog Community Hall

Men 2 Men is a West Wales network for all men
aged 18 plus and is a grassroots approach to us
men developing friendships, skill sharing and
generally supporting each other in these difficult
times.

You are invited to come along and join in 3
hands on workshops in Llangadog Community
Hall that will give you a flavour of whats available
locally for men.

Free workshop includes lunch (Soup, fresh rolls
& cheese)

Monday 8th November, 11.00am to 3.00pm
LLL Mens Sheds (What & How)

Monday 15th November, 11.00am to 3.00pm
Skill Sharing (Woodwork)

Monday 22nd November, 11.00am to 3.00pm
Community Project Together

www.men2men.org.uk

www.welshlegend.co.uk/shed

For further information & to book a place phone
Luke on 07908 860061.

Email: luke@communitychoice.org.uk

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491491 or email: Cylchmeithrinllangadog@gmail.com



LLANDOVERY SHEEP FESTIVAL OPEN MEETING

7pm on Tuesday 2nd November
at The Castle Hotel

After two years of having to cancel the Llandovery Sheep Festival, due to the ongoing Covid situation, the committee are very pleased to say that it's full steam ahead to return the festival to its rightful place in the Llandovery events calendar, on Saturday 17th and Sunday 18th September 2022, but we need your help.

Running the festival takes months of planning, and we desperately need new people to join us and help in whatever way you can. Maybe you have new ideas that we can incorporate into the festival, or you might be good at running and organising a team of volunteers? Do you have time over the festival weekend to help with car parking, directing stall holders to their trading position, could you organise an activity for children to take part in, are you good at getting the community involved, or could you (with help) put on a festival fund raiser, or maybe you are good at taking minutes at our meetings? The list is endless, but without your help and new ideas, the festival will struggle to continue.

The Sheep Festival has been a free to enter event for many years now, and attracts visitors from far and wide, boosting income for local businesses from campsites, local shops, the hospitality sector etc, as well as providing local people with a full weekend of free entertainment.

We are keen to involve the local community, and we are always pleased to have support from several groups like the Llandovery Male Voice Choir, local schools, YFC and many more, but we are sure that we could still do more to include the community in the planning and running of the festival. Maybe your local group would like to take on an element/plan an attraction/display, to run over the festival weekend. E.g., We are grateful to the YFC for running the sheep dog trials in past years.

We are sure there are many local people with hidden talents or the time to help us.

Llandovery Sheep Festival Needs YOU!

Come along and join our flock at the Castle Hotel on Tuesday 2nd November @ 7.00pm.

Free Tea/coffee and biscuits.




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‘THE WORST JOURNEY IN THE WORLD’: WINSTON CHURCHILL



Pic 1: A young Keith Thomas

In 1941 the UK and its Allies began to carry desperately-needed supplies to a new ally – Russia, then called the Soviet Union. Smarting from the deceit and invasion of their former ally, Nazi Germany, the Soviets had requested help to keep their defences viable. This required a show of support for Russia on the Eastern Front.

Everything, from tanks and railway engines to boots, had to be carried to the only two Russian ports that were still accessible, namely Murmansk and Arkhangelsk. The voyage, via the northern tip of Norway, entailed braving the Arctic. The winter weather and hours of darkness made this an appalling and dangerous journey. Loss rates for ships were



Pic 2: HMS Mahratta



Pic 3: ML 598 in Malta

higher than in any other theatre of naval war. Among those who faced the perils was William Adolphus Keith Thomas, better remembered in Llandoverly as ‘Keith the Postman’.

Keith was 18 in August 1942 when he volunteered ‘until the end of the period of the present emergency’. (Pic 1) In Spring 1943, after training, he joined HMS Mahratta, a naval destroyer that was engaged in escort duties to keep open the vital routes between British ports and the Mediterranean. U-boat activity was taking a heavy toll in the Atlantic and survival could be a matter of luck. For a young sailor the danger must have been obvious. Keith kept newspaper cuttings about one rescue for the rest of his life.

They tell of the rescue of the crew of a Coastal Command Halifax patrol aircraft from their life raft; they had been 11 days adrift after being shot down by a U-boat. There had been no time to send a distress call, and they had been extremely lucky to have been spotted by the destroyer

HMS Mahratta (Pic 2) was soon to sail into even greater danger. It was tasked to escort the convoys heading north to carry supplies to Russia. The threat was ever-present throughout the winter of 1943/44. The extreme weather as they navigated through the narrow channel in the ice was compounded by constant enemy attack; on one occasion the battleship Tirpitz was on their tail.

On 11 February 1944, Keith had a stroke of luck that probably saved his life. He had a routine transfer from HMS Mahratta to duties elsewhere. His former ship was deployed as part of the escort to the largest convoy to follow the Murmansk route. On 29 February it was struck by two torpedoes from a U-boat and sank so quickly that only 16 of the crew of 236 survived. A list of shipmates lost, and a hand-written list of the few survivors, is among the paperwork that Keith left to his family.

He spent the final part of the war in Malta as a crew member of the motor launch ML 598, (Pic 3) assisting in mine clearance in the shipping lanes around the Grand Harbour. These small boats were considered light enough



Pic 4: Keith in 1986

to pass over the very large mines tethered to the sea bed, an assumption that didn't lessen the dangers of the task.

Leaving full-time service in 1946, he remained a reservist until the 1970s. The receipt of an RNR Long Service and Good Conduct medal in 1973 seemed to be the end of his war.

In 1986 the Soviet government issued a commemorative medal to mark the 40th anniversary of the end of the war. Sent from the Russian Embassy in London, (Pic 4) it was awarded to Allied servicemen who had served on the convoys: '...those who took part in our efforts which led to the defeat of a common enemy....' Keith proudly added it to his medal tally. (Pic 5)

Keith died in 2004. We thank his family for their help in this commemoration.



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

Welcome to the start of celebrations for Christmas in the upper Towy Valley on Sunday, 5th December at 7.00pm when Llandovery College Choir will sing by 'Candlelight'. This has become a much enjoyed traditional event which is under the leadership of the Director of Music, Mrs Kimberley Griffiths. The president for the evening is Mr Dominic Findlay, Warden of Llandovery College.

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

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

CHRISTMAS 2021




Capel. Orlig Llangoeddyfai

**LLANDOVERY COLLEGE
CHOIR**

"CHRISTMAS BY CANDLELIGHT"

at
ST BARNABAS CHURCH, RHANDIRMWYN

*President: Mr Dominic Findlay,
Warden, Llandovery College*

Sunday 5th December at 7.00pm

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

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If found must be reported to the warden
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LLANDOVERY ROTARY CLUB



The clinics at the Rugby Club show no sign of ending. Having already marshalled six Covid Jab clinics this time it was flu jabs. Another three this month and we were pleased to help out our wonderful Doctors, Nurses and administrative staff from the superb Llanfair Surgery again. With the Rugby Club committee marshalling the car parking this is indeed a fine example of a community pulling together. The clinics are always advertised on the Love Llandovery facebook page.

Rod Harper of Queen Street visited France recently and being the very generous man that he is bought and donated 6 bottles of wine to us on his return. "It's for the wonderful work that you do in this community" said Rod. This is not the first time Rod has done this and these bottles will be raffled weekly with the profits going in to our charity fund. Thank you very much Rod. That is very generous of you.

If you have not visited the 'Elles Belles Occasions' facebook page then I strongly urge you to do so for a couple of very good reasons. One, there are wonderful personalised gifts for birthday or Christmas which are unique and very well made, and two, Ellie of Elles Bells donates large amounts of her take to charities such as The Royal British Legion, Llandovery Rotary Club, the Air Ambulance or other very worthwhile causes. Over the last two years Ellie has donated many hundreds of pounds to us and we invited Ellie and Pete to one of our meetings recently. Ellie gave an informal but very eloquent talk on the fantastic charitable work that they do in and for the community. They are a huge asset to Cynghordy, to Llandovery and to the charities they support so much. How the we need more people like Ellie and Pete.

Well, we have a new member. Oooohhhhhh yes we do. And a very fine one he is too. John Kelly has joined us and has been inducted at a recent meeting. John has worked all over the world but loves Llandovery and when he agreed to do a Question and Answer for this



Our new member and very welcome he is too, John Kelly.

month I did not expect the full and extremely eloquent (that's two this month!) reply I received and below says far more about him than I ever could.

Here goes

• Where were you born John?

I was born in the tiny village of New Luce, near Stranraer, in Scotland in 1958. The village is situated on the banks of the River Luce and up until the time I left I thought that all rivers run black as the Luce originated in the peat bogs of the hills of Galloway. I left New Luce at the tender age of three and moved with my family to Llandovery which, despite working all over the world, has remained home for the last sixty years.

• What are your hobbies?

From a very young age I was always to be found playing football and remember vividly at the age of eight watching England win the world cup in 1966. This event made me even more of a football fan and I even turned out on occasion for the Llandovery football team playing alongside the legends that were Billy Foster, Nigel Reb Evans, Dai Sqwar, Roy Clent, Roy Thomas and many more besides. (Apologies to those I have missed)

• What are your ambitions?

I think it is fair to say that I have achieved many of my ambitions as I progressed through my career which saw me move from a lorry drivers mate up to Construction Manager for the UK arm of our company. My ambitions currently are built around my family who continue to make me proud of them every day, from the eldest daughter to the youngest Grandchild and even Great Grandchild – you know who you are. My next big life ambition is to get to retirement and try and get some hard earned money back from the government for as long as I can.

• What is the best holiday you have had?

For quite a few years now my wife and I have holidayed in Cyprus in Protaras and while the first holiday remains the best one ever, we love going back and we have never been disappointed. Protaras has beautiful beaches which are no more than fifty metres from the garden bars of all the hotels (result), and the main street is packed with bars and restaurants where you can eat in a different one every night for a fortnight.

• You can choose three guests (dead or alive) to have dinner with. Who would you invite?

I think my three dinner guest would be as follows:
George Best – George was one of my football heroes when I was growing up and I still watch him on old YouTube videos. He was an amazing ball player and when you see some of the conditions and pitches he had to play on I often wonder what he would have been like on the bowling green pitches we have now.

Neil Armstrong – at the age of eleven I was caught up in all the hype of the Apollo programme and remember watching on an old black and white TV the moon landing in 1969. I think it's fair to say that I never looked at the moon in the same way and even now on a clear night I can imagine Neil stepping out of the lander onto the surface of the moon. Even although Neil and the Apollo programme was American it made me feel proud to be a part of the era that saw such a major achievement for the world.



The wonderful Ellie who is kind, talented and very very generous to us and other local charities.

Nelson Mandela – here was a man that saw so much in his life and although I was never fortunate enough to travel to South Africa I was made very aware of apartheid whilst working on the continent. I witnessed first hand the poverty in Africa and the corruption and lawlessness that greed and misplaced power can bring. I would love to hear Nelson’s story and how he rose up after his release to become President of the country he fought so hard to be accepted in.

• What are your hopes for Llandoverly Rotary Club?

As a brand new member I think I still have much to learn about the Rotary but I would like to think that as I near retirement I will be able to offer more time to the good works that we are involved in. We are a fairly small but friendly club and I would love to see Llandoverly Rotary Club grow ever bigger and better.

• What car, money no object, would you like to own?

If I had been asked this question 20 years ago I would have gone for the obvious Ferrari, Lamborghini, Aston Martin type of car but at my (more mature) time of life my aspirations are somewhat less flamboyant and I think for more practical reasons I would lean towards a top of the range Range Rover Sport SVR Carbon Edition. This would offer me the speed which would now probably scare the life out of me (176mph), as well as the comfort and high seating position that my dodgy back requires. However at around £100k a pop I may need at least five numbers on the lottery to get one.



Our President Alan, Ellie and Pete.

• What is the best advice you could give to a child?

I think the advice I would give to a child – and have done so, it to not be in a rush to get to adulthood. Enjoy your childhood for as long as you can. How many times have I heard my own children and grandchildren say “when I grow up I want to do this” or “when I’m older I’m going to do this”? Trust me – when you are older you will do all these things and with our blessing, but children need to enjoy childhood because once you reach adulthood, and the real world rears in front of you, there is no going back.

• What is the best country you have visited?

The best country I have visited is without doubt Thailand – the Land of Smiles. I was fortunate enough to be seconded to the Far East division of my company to assist in the transfer of power from the Hydro Electric Dams in the Peoples Democratic Republic of Laos (PDR) across the Mekong River into Thailand. There were three river crossings in all mostly in the North East and far from the tourist type places. I met and lived with the local communities and was often a guest of honour at many of the homes I visited.

I was initially seconded for three months but ended up staying in the Land of Smiles for more than two years and even twenty years on I am still in contact with some of the many friends I made there.

• What is the worst country you have visited?

I think the worst country I have ever visited is Saudi Arabia – or at least the Saudi of forty years ago. It was on my second or third visit to the country and the BBC had just aired a documentary called The Death of a Princess and tensions were running pretty high. It was the first time I had been to a country and not felt in the least welcomed. Usually, because we were building their infrastructure and therefore improving their lives, we were always welcomed by the locals but on this occasion we were very much under scrutiny. We had to carry our passports with us daily in order to show work visas and once we were beaten with sticks for being in a shop at prayer time. We were often visited by state police at odd hours of the day and night to see if we had alcohol on the premises. I can honestly say I was very glad to finish that particular project and move on. I have never worked or visited the country since then.

That is excellent. Thanks John.

We now move into November with its darker nights when the gardens lose their colour, the grass cutting stops and the bird feeders go out. Good for some, less to do for others. Some like it hot, some not.

Our Santa Sleigh runs this year are still in some doubt as door to door calling may not be the acceptable thing to do in times of a pandemic. We will be at the turning on of the Christmas lights in Llandoverly. We will visit the villages and we will be in town. It may well be in a different format, and of course subject to government and local guidelines. We really want Santa to visit the community. We really want the children to see Santa. We will do whatever we can, you know we will.

We will keep you fully updated on Love Llandoverly and in next month’s wonderful POST magazine. There’s a long way to go yet. Stay safe everyone.

Derek Jones.

CHRISTMAS IS COMING!!

The 'Turn On' of the Christmas Lights in Llandovery will take place on Friday 26th November 2021 - 4.50 p.m. start for turning on of the Christmas Lights at 5.30 p.m.

The Mayor and the Town Council invite you all to this festive event.

There will be mince pies and mulled punch, celebrate the arrival of the Rotary Father Christmas and enjoy performances 'under the arches' by Llandovery Choir, Ysgol Rhys Prichard, Ysgol Bro Dinefwr & Llandovery College. Christmas Stalls (from 2.00 p.m. until 8.00 p.m.) and Children's Rides. Market Square & Broad Street Road closure will be from 4.00 p.m. until 9.00 p.m. Businesses with their seasonal hospitality will be open until late. There will be free car parking in the main car park courtesy of Carmarthenshire County Council. The Town Crier Mr Joe Beard will commence the proceedings with presenter Mr Gareth Salt.

There will also be a guest to turn the lights on with the Mayor; a fun fair & Christmas stalls. The large Christmas Tree will be sited in its usual place.

The School Children's Christmas Poster Competition is in process. Theme: 'Christmas with the Covid Restrictions'. Posters of your design to be collected from the Schools in early November 2021. (please put the full names and ages on the back of the poster). Prizes will be given by the Mayor at school prior to Christmas.

There will also be a 'Best Business Christmas Display'. Certificates will be given by the Mayor at the winning businesses prior to Christmas.

COME & ENJOY THE FUN!

(The event has been organised by Llandovery Town Council for the benefit of the residents & community of the town).

(Stalls: Dorothy Burgess 01550 721951/07812 642089 email: dorothy@broadwayhouse.org.uk or Louise Wride 07972 746987 louisewride@live.co.uk see the facebook page www.facebook.com/llandoverymarket or Llandovery Town Council website. (Public Liability Insurance required)

IT'S FUN TO SING WITH 'TYWI HARMONY'

Everyone welcome, no experience needed, no music to read.

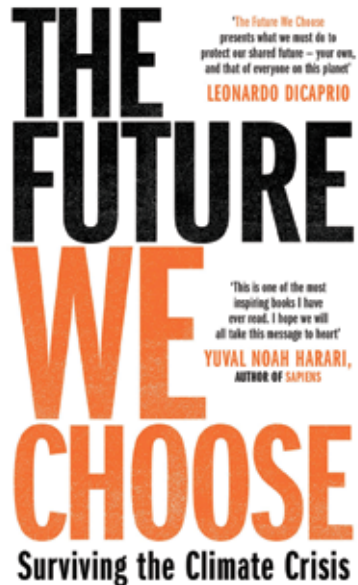
Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group.

Thursdays, 7.00pm, at Llangathen Temperance Hall (next to Aberglasney Gardens)

Thursday Nov 4th; Thursday Nov 11th; Thursday Nov 18th; Thursday Nov 25th

Do phone if it is your first time. Enquiries – Vivienne on 01269 592096 or David on 01269 597303.

Christiana Figueres Tom Rivett-Carnac



BOOKWORM

The United Nations Climate Change Conference COP 26 takes place in Glasgow from 31st October to the 12th of November, countries of the world will gather together in a bid to create changes that will limit the damage to our planet.

We stock lots of books that address the problems of climate change & what we can do, here's just two.

"**The Future We Choose**" Christiana Figueres, if you don't read anything else read this one, a book that has hope for the future of the planet & how we can each make a difference in the climate crisis.

"The Future We Choose" is a passionate call to arms from the former UN Executive Secretary for Climate Change, Christiana Figueres.

The second is "**Earthshot**" The Earthshot concept is simple, urgency + optimism = action.

We have just ten years to turn the tide on the environmental crisis, it's not too late but collective action is needed now, this uplifting book looks at how this could be achieved.

We have lots more titles in stock, pop into the shop or view here <https://dragons-garden.com/product-category/books/enviroment-politics/> & here <https://uk.bookshop.org/lists/the-state-we-rein-20bb0d99-c6a6-429f-835a-e949d32896f9>

Mandy



We have vacancies now and due to expansion we need new team members in November 2021. A career in care can bring incredible job satisfaction, fun, and a strong sense of purpose. We offer full training, the opportunity to learn new skills such as sign language and competitive overtime rates.

Roles Available:

Support Workers

£19,070 to £21,165 (pay review pending)
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If you're caring, passionate and practical and ready to support our learners and residents to live and learn more independently, we may have a role for you.

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www.elidyrct.ac.uk/vacancies

FROM LITTLE ACORNS, MIGHTY OAKS DO GROW!

In 2005, Chairman Paul Brewer invited founder Iestyn Thomas to meet him in his Berkeley Square offices. Neither would have any idea of the significance of this occasion and what the next 16 years would bring. They had both worked in the City and were friends through playing rugby at the Harlequins. ChallengeAid had started life before the two met up, under a slightly different guise as an appeal on behalf of UNICEF in West Wales. Following that meeting between the two it was then formed as a Charity in its own right and with the continued generous support of Brewer who insisted on essentially covering the administrative costs. The aim had been to give aspirational young students living in the slum settlements of Kenya and Tanzania access to resources in a safe conducive learning environment, lifting children out of poverty one child at a time. The concept is simple and through these Schools of Hope (SoH) ChallengeAid also provides a support programme offering life-skills, chess, debating, sports and a variety of music and drama opportunities. Education however is undoubtedly the prime focus, and together with exam successes, gives these children unprecedented opportunities by offering both an alternative and complementary form of education. ChallengeAid currently has 45 Schools of Hope and works with over 4000 children on a day-by-day basis.

Recent results from the Kenya Ministry of Education show that 25% of form 4 students (year 13 UK) in our Schools of Hope have gone on to university, with a further 35% taking vocational training courses. Almost all others are in some form of employment which in itself is rare in the context of the slums. Additionally, over 700 primary school leavers were prepared by SoH teams and sat for the Kenyan Primary Certificate - almost all progressing to secondary school. The usual transition rate in Kenya is about 60%, and even less for those living in slum settlements. These results are outstanding considering the additional challenges of Covid and the closure of Government and Informal schools for the best part of 6 months because of lockdown.

WOMEN'S EMPOWERMENT

Along with exam success, one of ChallengeAid's main focuses has been the furthering of women's empowerment. ChallengeAid runs a complimentary



Chess lessons taking place at Mathare SoH



A group of adult learners learning to read and write



Students receive sanitary pads after their menstrual hygiene session

sanitary pad program for all teenage girls attending a SoH and has been encouraging girls and young women to question the cultural expectation of marriage and children at an extremely early age. Since 2018 only 1.4% of teenage girls have left our SoHs due to unintended and unwanted pregnancy, compared with the 40% norm that exists in the slums. Any girl who becomes pregnant while attending a SoH is not obliged to leave, in contrast to Government schools where such girls face stigma and ridicule, and are seen as bad examples to other girls. A separate programme for women's adult literacy is currently running in the Masai country for young girls & women forced to leave school to marry and start a family. Many have also suffered from female genital mutilation (FGM). This programme is currently empowering over 600 women (in addition to the schoolchildren) to acquire reading, writing and basic numeracy skills to enable them to enjoy greater independence.

DISABILITY

Before the pandemic ChallengeAid had been running a SoH for 60 young children all suffering from Cystic Fibrosis who were receiving physiotherapy and medical



A physiotherapist training a parent about mobility exercises

assistance at least twice a week. During the pandemic physiotherapists conducted homecare visits because of Government restrictions and by so doing were advertising the work previously done entirely at the disability centre. The consequence of this is that we now have a population of 200 children attending the centre for disability which is now working in shifts. The children are also provided with food and their mothers receive vocational training to enable them to earn extra income.

ONLINE TEACHING

Despite many of the challenges that Covid has brought, academic standards have been enhanced by a group of dedicated volunteer teachers from the UK delivering daily online lessons to many SoHs that have sufficient connectivity with WiFi and electricity – a rare luxury in the slums. Lessons are delivered according to the Kenyan syllabus and give access to half a dozen SoHs to receive the very best teaching in Physics, Chemistry, Maths, Biology and English on a daily basis.



A group of students in an online maths class



A group of students pose with their food packages earned through the smiley coin platform

SMILEY COIN

In a revolutionary pilot scheme, ChallengeAid alongside our partner “Education in a suitcase”, is trialling a cryptocurrency Smiley Coin. Students have access to tablets in their SoH and complete online maths questions. By doing so they earn themselves “Smileys”, which at the end of each week can be converted and used to purchase food, or even, if they save up their Smileys, eventually their own e-tablet. This program is the brainchild of Professor Gunnar Steffansson from Reykjavik University in partnership with the Icelandic Government. Although currently only a pilot study the initial results are extremely promising with an increasing number of students being able to sustain their families with basic commodities through their online learning.

THE PARTNERSHIP WITH WELSH CHARITIES

Through a partnership with WCVA (Wales Council for Voluntary Action), ChallengeAid has embarked on a sanitation and water improvement project - family shacks, which are no more than 10’x10’, seldom have running water or sanitation. This project has focussed on upgrading the toilet blocks and creating water points in the SoHs, which are at the hearts of their communities. Water points and individual toilet blocks are now more accessible for many children in better lit areas, and attendees of the SoH no longer have to pay to use a latrine. These essential works started in 2020, continue through to 2022 and showcases the breadth and depth of the organisation’s commitment to improving life in the slums.



Kosovo SoH toilets before renovation

Kosovo SoH toilets after renovation

LONGEVITY AND CHALLENGEAID

Sustainability and longevity is the long sought after “Holy Grail” for most charities, as it allows projects to persevere rather than fade away in the face of severe challenges due to a lack of funding or a redirection of interest. Total sustainability is almost impossible to achieve, but ChallengeAid has gone a long way to facilitating this by encouraging a modest industry of soap, disinfectant and shampoo-making within each SoH. These small industries create funds, promote self-sufficiency and develop responsibility for the SoH. Volunteer supervisors are recruited from the form 4 leavers who are more than keen to ‘give back’, knowing the value that a SoH holds for its students. These volunteers are at the heart of what ChallengeAid is able to provide, with sports coaching, the extensive life skills programme, and of course supervised library provision each night. Additionally, each community SoH has a leadership group who form a SoH Committee charged with the organisation of day-to-day running of the SoH in partnership with ChallengeAid. They are well aware that the SoH belongs to their community and the need to take responsibility for it. The initial investment funding is tapered so that one day they may well have to take total financial responsibility. Currently a SoH costs £5,000 over two years to create with an ongoing cost thereafter of £1,000 per year. With approximately 100 pupils per SoH that is just under .03p per child per day!

COLLABORATION

ChallengeAid works with a number of partners, as collaboration is a core focus for the organisation. Each partner has its own specialist area, which allows ChallengeAid to benefit from their expertise, and integrate that knowledge to create a value-for-money programme enhancing the outcomes within each School of Hope. Such partners as the Federation of Slum Dwellers of Kenya, the Association of Informal Schools (there are no Government schools inside the slums), and ERKO from Slovakia who fund the Adult literacy programme, are valued stakeholders. ChallengeAid is also currently in negotiation with two Universities in the UK to deliver more online A level lessons, and to create an extensive library of lessons in the Informal Schools that can be referred to at any time by any pupil as and when required. This relationship will also allow students to spend time in Kenya and Tanzania doing some volunteering work in our Schools of Hope and combining that experience before taking on one of the unique global challenges of climbing Kilimanjaro. In addition, a mentoring programme for 22 students partnered with young professionals in Nairobi who are able to give them the benefit of their experience and advice on life after leaving school. ChallengeAid constantly aims to broaden the horizons of its students, lowering the boundary walls of the slums and raising their expectations and aspirations. Certainly the most important partner is ChallengeAid Africa. Knowing its way around the slum settlements, it is an independent NGO and registered charity in its own right and is run by a team of Kenyans integrally plugged into the daily needs and challenges on the ground.

THE PAST – THE FUTURE

Historically, ChallengeAid has been phenomenally successful at raising funds through donations, sponsored exercise and challenges. For many years schools and schoolchildren across the UK helped contribute to the success of the organisation by pushing themselves mentally and physically in their own environment whilst improving the lives of thousands of underprivileged children in the slum settlements of East Africa. Since those early days the organisation has evolved, and many adults now participate, fundraising by undertaking some remarkable physical challenges. Activities have ranged from walks, marathons, cycling, mountain climbs, and even the first round-the-world ride on horseback, (www.thelonghorsride.com), to golf days and dining events with celebrities. One of the distinct pledges of ChallengeAid is that none of the monies raised by sponsored exercise challenges is used for administrative purposes.

Over the past sixteen years ChallengeAid has steadily evolved and developed a reputation as a small but effective charity that punches far above its weight. Several factors contribute to ChallengeAid rapidly leaving the “small” tag behind: the numbers of children it is dealing with on a daily basis, the all-encompassing methods it employs, and the impressive educational results that it is achieving. This all leads to life-changing expectations for children who previously had little or no hope of escaping poverty, but who now can see a world outside the boundaries of the slums. It is beyond dispute that it is cost-effective. Some people would say that ChallengeAid lacks immediacy and proximity, in other words, what the charity does, is not an immediate knee-jerk emotional reaction to a sudden global disaster, nor does it rush to help a neighbour or relative suddenly stricken with a disease or ailment. ChallengeAid has proved however to be a long-term sustainable solution to poverty and inequality.

At this moment in time, after bigger charities have appeared to be pouring millions of pounds into top-down bottomless pits around the globe and now with swingeing Aid cuts by the Government ‘smaller’ charities such as ChallengeAid will start to come into their own working bottom-up with money going directly to the communities that they are involved with. Charities which are streamlined and can deliver value for money solutions at low cost to local people on the ground will become seen as the direction we need to be taking. The young students in Kenya and Tanzania, backed by supporters, donors, and challengers in the UK, would most certainly agree that the sapling that sprouted from that acorn back in 2005 has already grown into a sturdy oak.

If anything in this article makes an impression, then please pass it on and spread the word or get involved as a supporter, donor or even create your own challenge possibly with a group of like-minded friends.

For more information please visit www.challengeaid.org.

Iestyn Thomas, Founder and CEO: 07734150187
iestynthomas@hotmail.co.uk
info@challengeaid.org



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TABLE TOP SALE & MARKET

1st Friday of every month!
Market Square, Llandoverly

Next: FRIDAY 5th November 2021
10.00 A.M. - 2.00 P.M.

Stall contact: 07812 642089 / 07972 746987
(Dorothy/Louise)

Stall/Pitch: no charge at present

Please state whether you require a table, or whether you wish to bring your own table, chair & gazebo. Table Top Sellers: no Public Liability Insurance required. Market stall traders: must have their own Public Liability Insurance. It will be the sellers responsibility to comply with the Covid prevention requirements laid down by the Welsh Government. (Please note that the Town Council Insurance does not cover for any acts of negligence, loss and damage to their goods)

At the October TTS & Market it was lovely to see Billy the '5 A Day' Veg Man. He was warmly welcomed back and good to see him. Hopefully he will be at all the future markets.

During the winter months, if the weather is inclement, it is possible that the TTS & Market will relocate to the Castle Hotel Function Room. Any updates will be on the Love Llandoverly website.



Christmas is coming! Christmas is coming!

Come & enjoy the Table Top Sale, Crafts & Market and enjoy the atmosphere! You may want to put the following dates in your diary:

Friday 5th November 2021 10.00 a.m. until 2.00 p.m.
TTS, Craft & Market

Saturday 6th November 2021 2.00 p.m. until 8.00 p.m.
Firework Display Event. Stalls in the Mart. and Childrens Rides, Hot Rolls & Drinks from 2.00 p.m. until 8.00 p.m. in the grounds of the Mart.

Friday 26th November 2021 2.00 p.m. until 8.00 p.m.
'Turn On' of the Christmas Lights in Llandoverly

Friday 03rd December 2021 10.00 a.m. until 2.00 p.m.
TTS, Craft & Market

Please note: These are socially distanced events and anyone with Covid symptoms should stay at home.



Swanton Care & Community and GRS are looking for Support Workers in your local area who care about making every moment matter, regardless of their qualifications or experience.

You will be supporting people who have learning disabilities, mental health issues and complex needs in our Residential Services, Community Support and Supported Living services.

Search for opportunities by location at www.swantoncare.com
Select 'JOIN THE TEAM'

What we can offer:

- ★ The real living wage at £9.50 p/h and enhanced overtime rates
- ★ Guaranteed hours and a range of shift patterns to fit with other commitments you may already have
- ★ We'll provide the training you need to thrive and a chance to build on the skills you have

For an informal chat call us on 01269 850159 or email Leanne.Burder@swantoncare.com

Looking for a career where you can make a difference?

“Swanton is a great place to work, I love my team and enjoy the variety that my job brings.”
- Staff Survey Response



Locations: Ammanford, Cross Hands, Kidwelly, Llandybïe, Llandeilo, Swansea.

“We owe a huge debt of gratitude for all they do for us as a family.”
- Family Member

12/21(3)

READERS' SALES & WANTS

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

FOR SALE

- **Wooden headboard and bed frame**, £20. Tel: 07872 509031 or 07770 777992.
- **Classical Old records**, £100. Tel: 07872 509031 or 07770 777992.
- **Various books**, £20 ono. Tel: 07872 509031 or 07770 777992.
- **x4 boxes of crockery**, £10 ono. Tel: 07872 509031 or 07770 777992.
- **Table with glass inlay** and four chairs, £40 ono. Tel: 07872 509031 or 07770 777992.
- **Pano-Walker**, £20. Tel: 01550 720130.
- **x2 Tool boxes**, £10 ono each. Tel: 07872 509031 or 07770 777992.
- **Double bed**, with headboard, no mattress, £5 ono. Tel: 07872 509031 or 07770 777992.
- **Cabinet**, £30 ono. Tel: 07872 509031 or 07770 777992.
- **Jolie Pram** with accessories, VGC, £20. Tel: 07872 509031 or 07770 777992.
- **Tumble Dryer**, spares or repairs, £50 ono. Tel: 07872 509031 or 07770 777992.
- **Free: x30 recycled water bottles** ideal as veg and plant clothes, surplus to requirements. Tel: 01550 777432.
- **Large Stella stainless steel wok**, £25. Tel: 01550 777432.
- **Stainless Steel Sink**, right hand bowl with mixer taps, £25. Tel: 01267 202230.
- **Bath shower screen**, toughened glass, £25. Tel: 01267 202230.
- **PAXTON 900 litre above ground water storage tank**. Llanwrda area. Buyer to collect. Offers invited. (01558) 650611.
- **ELECTRIC HEDGETRIMMER** – Qualcast Hedgemaster 370. Excellent condition. £20 ono. All proceeds to charity. Tel. 01558 650541.
- **Seeking a good home** for two very tame pet rats. Large cage included. Tel: 01550 777149.

LLANDEILO COUNTRY MARKET

Llandeilo Country Market has managed to weather the storm of the Pandemic and has been back in the vestry, Capel Newydd for some months now. We are looking forward to Christmas and have decided to hold a special Christmas market on Saturday the 4th December. We will have most of our craft producers there selling all sorts of interesting things, all home made and there will be Christmas puddings, mince pies and cakes for sale as well as other baked goods, preserves and honey. There will also be lovely fresh Christmas wreaths. We will be open from 10.00am to 4.00pm and of course we will be holding our usual, regular Market on Friday 3rd, 8.30am to 12.30pm. The kitchen will be providing tea, coffee, cake, bacon rolls and soup. We are able to take card payments now. If you would like to put an order in to us you can contact me, Lynne, on 01558 668744.

- **ELECTRIC CULTIVATOR** – Andrew James electric cultivator. Good condition. £40 ono. All proceeds to charity. Tel. 01558 650541.
- **Two Golf Club Bags**, good condition. Free! Tel: 01550 740228.
- **Giant Hybrid Electric Bike**, as new, cost new over £2000, selling for £750 ono. Tel: 07805 093803.
- **Electric Folding Bike**, 37 volts, excellent condition, £295 ono. Tel: 07805 093803.
- **Kettler Ladies Bike** with loads of extras, as new, £120 ono. Tel: 07805 093803.
- **Bush Chest Freezer**, 142 litre capacity, H85cm x W63cm x D55cm, adjustable thermostat, wire basket, vgc. £20. Tel: 01550 740228.
- **Rabbit for sale**: 12-15 weeks old, black, female, very fluffy and cute. £10. Tel: 01550 777149.
- **CHRISTMAS TREE**. Extremely realistic Christmas Tree. 7 feet high in 3 sections with individual branches which can be manipulated to any desired shape. Cost over £70. £45. Bethlehem 01550 777749.
- **Erbauer Circular Saw** 2000w for sale, late builders, good condition £50. Tel: 01570 422971.
- **Draper Expert x2 Hammer Drills**, late builders, good condition £30 each. Tel: 01570 422971.
- **Bosch Planer**, good condition, £25. Tel: 01570 422971.
- **TV table**, 3 shelf black glass and chrome, £20, VGC. Tel: 07540 565693.
- **Folding treadmill**. Confidence Fitness, Power Plus, 500 watts, as new, £125. Phone Tom (Llandeilo) on 07795 895826.
- **BOSCH ART 23 Combi trim Electric Telescopic Grass Trimmer**, 400 W High Performance Motor, Excellent Condition, £25. Tel. 07552 017068.
- **Full size portable sturdy massage bed** with carry case, VGC, towels, oils and extras, £45, buyer collects. Tel: 01550 938326.
- **Fish tank**, 32" x 12" x 16", fully equipped, hood, light, pump, heater etc, many extras, £30, solid wood stand optional extra, £20 ono, buyer collects. Tel: 01550 938326.
- **Delta food mixer** with attachments, stand, bowl etc, £15, buyer collects. Tel: 01550 938326.
- **Brevell 4 slice toasted sandwich maker**, £5, buyer collects. Tel: 01550 938326.
- **Morphy Richards 7 servings slow cooker**, hardly used, £10, buyer collects. Tel: 01550 938326.
- **Honda Easy Sreod** with two beams 8 and 14 feet, excellent condition, £1000. Tel: 01558 685900.
- **Honda powered Pro Tilt Trowel**, £700. Tel: 01558 685900.
- **Robin powered Trench Rammer**, engine needs attention, offers. Tel: 01558 685900.
- **Small electric concrete mixer** with stand, £50. Tel: 01558 685900.
- **Four quarter ton Avery platform scales** with weights, £80 lot. Tel: 01558 685900.
- **Well equipped workshop** to part share with suitable tenant, preferably agriculturally related. Equipment includes; turning, milling, welding, car ramp, 3 phase and single phase electricity, quiet farm location. Tel: 01558 685900.

WANTED

- **Seeking a detached rural property** for long-term let from May 2022, with a reasonable monthly rent, in a secluded, quiet area with no near neighbours, in Carmarthenshire/Ceredigion/Powys. Wales/England border also considered. Garden, garage/outbuilding appreciated. Quiet, mature couple with reference available. Tel. 07510 961084 – please leave message/contact details via answerphone.
- **Odd Job Man** for indoor/outdoor work. Llanwrda area. (01558) 650611.
- **Glazier to remove cracked panes** of 124 year-old 3mm thick glass (largest 81 x 62cms) and replace them with similar glass, which I have, in a Llandeilo Victorian house sash. Tel Brian on 01558 822739.

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

7 Nov 10.00am Holy Eucharist

ST. SADWRN CHURCH, LLANSADWRN

14 Nov 10.15am Remembrance Service in church (to be followed by wreath laying at Cenotaph)

ST. PAUL'S CHURCH, MANORDEILO

21 Nov 9.30am Holy Eucharist

CAPEL DEWI SANT

28 Nov 2.15pm Holy Eucharist (to be confirmed)

For further information, please contact Revd Viv Sayer (01550 777200), who has resumed her duties after a long period of illness.

LLANDINGAT, LLANDOVERY

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

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

LLANFAIR CHURCH

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

ST MICHAELS, MYDDFAI

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.
During the present Covid Virus crisis booking is essential for Sunday Mass

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.

Booking not essential

Wednesday 10.00 a.m.

Tel. 01570 421003 Mob: 07495 802711

Email: davidkeithevens@hotmail.co.uk for details.

LLANGADOG ST CADOG'S CHURCH

7 Nov 9.30am Holy Communion
14 Nov 10.30am Remembrance Service
21 Nov 9.30am Holy Communion
28 Nov 9.30am Morning Prayer

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

LLANDEUSANT PARISH CHURCH

14 Nov 10.30am Remembrance Service
28 Nov 11.15pm Holy Eucharist with Revd. Jeff Thomas

ALL SAINTS CHURCH, GWYNFE

1st Sun 11.15am Holy Eucharist
2nd Sun 11.15am Morning Prayer
3rd Sun 11.15am Holy Eucharist
4th Sun 11.15am No Service

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

HOLY TRINITY CHURCH, TALIARIS

2nd and 4th Sunday of month at 9.45am
All welcome – child friendly

Email: h_lloyd_davies@hotmail.com

CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)

Revd Ann McKnight 01550 721109

TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)
patmanlew@gmail.com
patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)
timnelson@btconnect.com

Revd Rik Mayes 01558 685186
revrmayes@hotmail.co.uk

LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

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

Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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

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04/22(12)

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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 11/21(12)

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

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

FINANCIAL ADVICE

PLAN YOUR FINANCIAL FUTURE. Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. Local Office 01550 721797. For additional information visit <https://www.linkedin.com/in/malcolmsimpson/> 02/22(6)

THE POST

ADVERTISING

you CAN afford

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. *08/22(12)*

GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 *05/22(12)*

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. *02/22(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 *02/22(12)*

HEATING OR RENEWABLE HEATING

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

HOUSE CLEARANCES

HOUSE CLEARANCES. Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. All areas covered. Tel: 07872 509031 / 07770 777992. *10/21(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. My Jewellery workshop is now at Rose Cottage, Milo, SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *05/22(12)*

JOINERY

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

LIPREADING CLASSES

IF YOU HAVE HEARING LOSS AND WANT TO WORK ON YOUR COMMUNICATION SKILLS THESE CLASSES COULD BE FOR YOU. Would you like to join a group of up to 10 people with the aim of helping you learn or improve your lipreading skills and communication tactics. The two-hour classes will run weekly. They start in Llandovery at the beginning of September. Free taster sessions can be arranged prior to this, either online or face to face. Classes online are available one to one or in a group. For more information, please ring or text Anne on 07939 567846 or email : aolipreading@btinternet.com *11/21(6)*

MASSAGE AND MOVEMENT

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

PAINTER & DECORATOR

HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk *10/22(12)*

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk *03/22(12)*

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. *05/22(6)*

PAWS FOR THOUGHT PET CARE SERVICES. All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates. Contact 07872 509031. *11/21(6)*

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. *09/22(12)*

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 06/22(12)

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

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 12/21(12)

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

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 11/21(12)

TUITION

MATHEMATICS TUITION IN LLANDEILO. Do you need help to catch up in preparation for GCSE and A Level Mathematics examinations next year? I am a retired mathematics teacher with an excellent record of student success, so contact me for one-one tuition Lynne Roberts PhD, PGCE on 01558 824431 or email: lynnlatimer@btinternet.com. 02/22(6)

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

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 02/22(12)

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 02/22(12)

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. 08/22(12)

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

ZUMBA CLASSES

ZUMBA FITNESS – The ultimate latin inspired dancercise class exercising the body and mind! Pontargothi Hall, Thurs 6pm and Fitness Training on Wed 6pm. For more info 07909 903773. melissamerran.zumba.com 02/22(6)

**BOOST
Your
Business**

With prices as low as £99.32*
for the year, its a great way
to boost your sales.

See inside back cover for all our rates
or ring 01550 721225 for details.

* Local Directory line advert (10 lines max)
for 12 months including VAT.

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.

- = Magazine Drop Points
- = Ref. Points Only



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@cararthenshire.gov.uk

Mon 09:00 – 17:00
 Tues 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)
 Wed 09:00 – 17:30 (Staff available 13:30 – 17:30)
 Thurs 09:00 – 17:00
 Fri 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)
 Sat 09:00 – 13:00 (Staff available 09:00 – 13:00)

LLANDOVERY LIBRARY

Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm
 Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.
 Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449
 Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am – 2.00pm.

TOURIST INFORMATION CENTRES

Llandovery: 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.

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.
 PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'ndoverly(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10	
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18	
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—	
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—	
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—	
Cwmifor	—	—	11.21	—	14.36	—	—	—	
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
Carmarthen	281	280	281	280	281	280	281	280	
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50	
Cwmifor	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29	
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—	
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—	
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42	
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55	
L'ndoverly(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05	

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

TAXI SERVICES

Bridge Taxis, L'ndeilio. Tel: 01558 822093; Mobile: 07742 283325.
 JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.
 Llangadog Taxis, Llangadog. Tel: 01550 777924.
 Rays Taxi, Llandovery. Tel: 07775 210900.
 Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421
 11 Glamorgan Street, Brecon. LD3 7DW:
 Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

Train Times (Timetable 13/09/21 – 11/12/21)

		Mon to Fri		Sat.		Sun.	
Swansea	D	—	14.35	18.30	—	13.12	18.16
Gowerton	D	—	—	18.41	—	13.23	18.28
Llandeilo	D	06.25	09.51	14.53	18.53	04.53	09.37
Ffairfach	D	07.00x	10.26x	15.28x	19.28x	05.26x	10.12x
Llandeilo	A	07.05	10.30	15.33	19.32	05.31	10.17
Llangadog	D	07.18	10.41	15.44	19.43	05.41	10.27
Llanwrda	D	07.21	10.45	15.47	19.47	05.44	10.30
Llandovery	A	07.29	10.52	15.55	19.54	05.52	10.38
Cynghordy	D	07.38x	11.01x	16.03x	20.03x	06.00x	10.46x
Llanwrtyd	A	07.54	11.17	16.19	20.20	06.16	11.01
Llandrindod	A	08.43	11.48	16.57	21.06	06.46	11.42
Shrewsbury	A	10.14	13.37	18.29	22.43	08.25	13.11
Shrewsbury	D	05.56	10.09	14.05	18.24	05.16	09.04
Llandrindod	A	07.34	11.40	15.37	19.57	06.48	10.34
Llanwrtyd	A	08.05	12.26	16.12	20.28	07.26	11.04
Cynghordy	D	08.23x	12.40x	16.37x	20.45x	07.40x	11.21x
Llandovery	A	08.34	12.52	16.49	20.56	07.51	11.33
Llanwrda	D	08.41x	12.58x	16.55x	21.03x	07.58x	11.39x
Llangadog	D	08.45x	13.02x	16.59x	21.07x	08.02x	11.43x
Llandeilo	A	08.55	13.13	17.10	21.18	08.13	11.54
Ffairfach	D	09.00	13.17	17.14	21.22	08.17	11.58
Llandeilo	D	09.38x	13.57	17.54	21.59	08.56	12.38
Swansea	A	—	14.17	18.15	—	—	12.57

www.tfwrail.wales

Tel: 0800 4640000

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

SUMMARY OF SERVICE ONLY

a = Arrival time

x = Service stops on request