

The Post

NO DISTRIBUTION
OR FREE
CHARGE

Your Local Community Magazine

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

Number 284

October 2019

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

Tel: 01550 721225

CYLCH MEITHRIN LLANGADOG

Ar yr 14eg o Fedi fe wnaeth grŵp o blant Cylch Meithrin Llangadog wneud taith gerdded nodeddig i gasglu arian tuag at y cylch. Diolch o galon i bawb wnaeth nodd, hefyd i fusnesau lleol am helpu. Mae'r arian yn cael eu cyfri a bydd y cyfanswm yn cael eu rhannu gyda chi gyd cyn bo hir. Diolch yn fawr iawn.

On Saturday 14th September a group of local children did a sponsored walk around Llyn Llech Owain in order to raise money for the Cylch Meithrin Llangadog. Thank you so much to all people who sponsored us including local businesses who were so kind to help to collect sponsors too. All sponsorship money is being collected and counted so we shall share with you the total very soon.

For future planned events and more information on Cylch Meithrin Llangadog please feel free to contact us at: cylchmeithrinllangadog@gmail.com

Date for your diary: We have the annual Halloween disco planned for Friday October 25th 2019, 6.00pm – 8.00pm at Llangadog Community Hall. All welcome. *Fancy dress essential.*

A little hobbit adventure...



Some of the participants with their certificates at the finish line.

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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

**Next issue distributed:
1st November 2019**

The Post Future Copy Dates

December / January 2020..... 15th November
February 16th January 2020
March..... 17th February

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

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

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

The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225,
info@postdatum.co.uk

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

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

11/19(3)

DOGGY DIVAS

PROFESSIONAL DOG GROOMING SERVICE

LLANWRDA, Y WERN SA19 8HY



FULL DOG GROOMING SERVICE




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



*Ring Sonia for
prices and availability.*

**Tel. 07783 014487
01550 777051**

 **Doggy Divas in Llandeilo**

12/19(6)



Christmas Is Coming!!

The 'Turn On' of the Christmas Lights in Llandoverly will take place on Friday 29th November 2019 – 4.50pm start for turning on of the Christmas Lights at 5.30pm.

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 Llandoverly Choir, Ysgol Rhys Prichard, Ysgol Bro Dinefwr & Llandoverly College. Market Square & Broad Street Road closure will be from 4.00pm until 9.00pm Businesses with their seasonal hospitality will be open until late. The Town Crier Mr Joe Beard will commence the proceedings with presenter Mr Gareth Salt. There will also be Children's Rides.

The School Children's Christmas Poster Competition is in process. Theme: 'Christmas Carols'. Closing date for school posters: 15-11-19. (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.

The large Christmas Tree will be sited in its usual place. There will also be a 'Best Business Christmas Window Display'

COME & ENJOY THE FUN!

There are no plans to have stalls this year, but people are welcome to place their own stall in the Market Square (own equipment and public liability required)

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

Enquiries: Dorothy Burgess 01550 721951/07812 642089 email: dorothy@broadwayhouse.org.uk or Llandoverly Town Council website.

NEW DEFIBRILLATOR ARRIVES



Cllr. Owen Williams, Chair Manordeilo and Salem Community Council receiving the new defibrillator from Mr David Nicholas, Cariad Heart Charity. Also in the picture l. to r. are Mrs Mair Griffiths Chair Manordeilo Reading Room, County Cllr. Joseph Davies and Clerk Mrs Jane Davies. Funds were raised through a donation from the Community Council and local fundraising activities. The new defibrillator will be located in Upper Manordeilo and provide a valuable resource in addition to the existing units located outside both Cwmifor and Salem Village Halls, Capel Isaac, Rhosmaen and the Beechwood Estate Talley Road.



Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

12/18/12

THE POST

ADVERTISING

you CAN afford

IC & SM DAVIES & SONS

*Independent Family
Funeral Directors*

LLANDOVERY

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

LLANDEILO

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

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plan



10/19(6)

GARDEN PURSUIT

**FOR ALL ASPECTS OF GARDEN
& HOME IMPROVEMENTS**

*Projects! Problems!
Alterations! Maintenance!*

**CALL PAUL ON
07708 699119**

All areas covered

WWW.GARDENPURSUIT.CO.UK

06/20(12)

LOCAL HANDYMAN



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

03/20(12)

Tel: 07890 553689

SmallBiz100

SMALL BUSINESS
SATURDAY

7th DECEMBER

**UK'S TOP
'SMALL BIZ 100'
UNVEILED BY
SMALL BUSINESS
SATURDAY**



LONDON, 30 AUGUST: A creatively inspiring boutique from Llandeilo has been selected as one of 100 trail-blazing small businesses in the official count-down to Small Business Saturday, which takes place across the UK on 7 December 2019.

The Little Welsh Dresser is one of this year's 'Small Biz 100', a selection of small businesses drawn from every corner of the UK that reflect the vibrancy of the UK's 5.6 million small businesses. In the 100 days running up to Small Business Saturday, the campaign will spotlight each of the Small Biz 100, as part of its mission to celebrate small business success and encourage the nation to 'shop local' and support British small businesses.

This year's Small Biz 100 features a range of unique independent businesses each contributing to their communities and offering something different, including The Little Welsh Dresser, founded in 2014 by Benedict, has a beautiful and unique selection of Welsh language gifts, and also has an extensive selection of Chalk Paint™ decorative paint by Annie Sloan, which is perfect for upcycling or giving your furniture a new lease of life!

The Little Welsh Dresser joins hundreds of previous Small Biz 100 businesses, which have been announced by the iconic campaign since its UK launch in 2013.

Day one of the Small Biz 100 count-down kicks off with The Butchers Social, from Henley-in-Arden, Warwickshire, with The Little Welsh Dresser being placed in the spotlight on Tuesday 5th November, where it will be celebrating by offering special offers in their shop and website, www.thelittlewelshdresser.com

Founder of The Little Welsh Dresser, Benedict said:

"We're celebrating the shops 5th birthday this year, although we're the 4th generation of our family to run

a shop at these premises, dating back to 1905! This recognition as one of the UK's 'Small Biz 100' is just the icing on the cake! Our shop is in Llandeilo which is a charming old market town full of independent shops, each selling a unique range of products – it's the perfect little town to do your Christmas shopping and support small businesses at the same time!"

Director of Small Business Saturday, Michelle Owens MBE said:

"Each year this campaign has grown in support from government, business and communities alike, and so we can't wait to begin the annual 100-day countdown to Small Business Saturday with the launch of the Small Biz 100 2019.

"Small Business Saturday's increasing popularity means it was harder than ever to choose just 100 of this country's incredible 5.6 million small businesses to showcase, but we believe those we have chosen are true representatives of the diverse, creative and inspiring heroes at the heart of our communities."

In its seventh year, Small Business Saturday is the UK's most successful small business campaign, which last year saw an estimated £812 million spent in small businesses across the UK on the day, according to research commissioned by founder and principal supporter American Express.

This was up from the £748 million spent on Small Business Saturday in 2017, with 59% of people aware of the day saying they spent more than usual.

The #SmallBizSatUK campaign trended in the UK top 5 on Twitter on the day, reaching over 100 million people globally.

The Prime Minister, the Chancellor of the Exchequer and the Mayor of London were among those publicly supporting the campaign, alongside more than 90% of local councils.

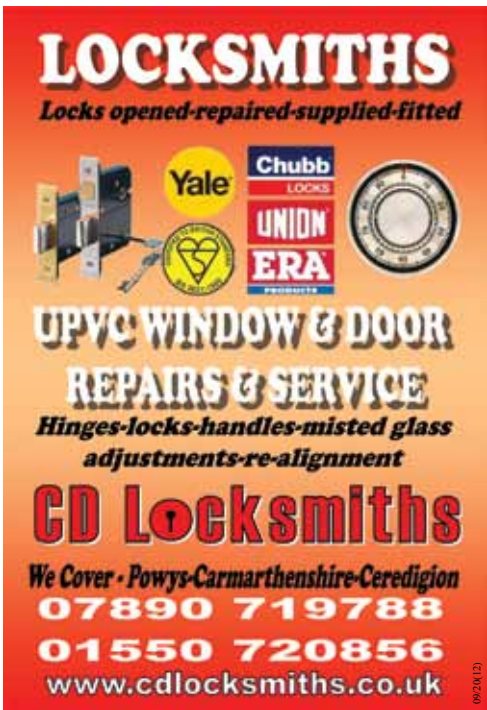
Small Business Saturday also benefits from the backing of leading business organisations including the Federation of Small Businesses, Indeed and Dell. The campaign is also supported by Amazon, printed.com, Square and Xero.

Small Business Saturday 2019 is open to all businesses to participate in and will commence its regional bus tour roadshow across the UK during the autumn, to drum up further support.



WANTED
**Old Weaponary, Flintlocks,
Percussion & Pin Fire Guns
Swords, Daggers, Bayonets etc**
Any items of military interest
CASH PAID FOR SUITABLE ITEMS
All enquiries treated with confidence
Tel: Barry on 01558 668563

10/19/31



LOCKSMITHS
Locks opened-repaired-supplied-fitted

Yale Chubb
UNION ERA
PRODUCTS

**UPVC WINDOW & DOOR
REPAIRS & SERVICE**
*Hinges-locks-handles-misted glass
adjustments-re-alignment*

CD Locksmiths
We Cover - Powys-Carmarthenshire-Ceredigion
07890 719788
01550 720856
www.cdlocksmiths.co.uk

09/20/12



**HOME INSURANCE
THAT'S ON YOUR
DOORSTEP**

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

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

NFU Mutual
INSURANCE | PERSONS | INVESTMENTS

The Agents are authorised representatives of The National Fire Insurance Corporation Limited (NFIC), a public company in England, registered office: 14 Market Square, Llandovery, Carmarthenshire, SA20 0AA. The NFIC is authorised by the Financial Conduct Authority, and regulated by the Financial Conduct Authority, and the Prudential Regulation Authority, in relation to the insurance and other financial services it provides. The NFIC is a member of the Financial Services Compensation Scheme (FSCS).

02/20/12

YOUR RENEWABLE HEATING SPECIALIST

GROUND SOURCE & AIR SOURCE
HEAT PUMP SYSTEMS

SOLAR THERMAL FLAT PLATE /
EVACUATED TUBE SYSTEMS

WOOD GASIFICATION BOILERS

WOOD PELLET BIOMASS BOILERS

SOLID FUEL STOVES & BOILER STOVE SYSTEMS

UNDERFLOOR HEATING SYSTEMS RETRO / NEW FIT

All work MCS Accredited for RHI Payments.

*Most systems can be integrated into
your existing oil system.*

CONSULTATION, SYSTEM DESIGN,
INSTALLATION & COMMISSION



USING OIL?

Regd. Oil Installation & Servicing



WEST WALES HEATING LTD

Tel: 01550 779182 or 07989 970650

Email: info@westwalesheating.co.uk

(04/20/12)

Short & Long Term SECURE STORAGE Facilities Available at Competitive Rates



PLEASE CALL
07967 158917
for a free quotation

Trevor Davies & Sons

Dulais Stores, Llanwrda, Carm. SA19 8AL

Email: winston.davies@btinternet.com

(08/20/12)

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Also on Facebook 

For all Your Decorating Needs

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

• **CARPET, VINYL AND RUGS**

Now stocking HG Cleaning Products

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

10/19(12)

DON'T LET THE FLU GET YOU DOWN; GET YOUR JAB ON THESE DATES



Llanfair surgery is offering a "no appointment necessary" service at the following times and places:

At LLANDOVERY – in the Castle Hotel

Tuesday 8th October and Thursday 24th October 2019
At 9.30am – 12.30pm & 2.00pm – 6.00pm

At LLANGADOG – in the Community Hall

Wednesday 16th October 2019
At 9.30am – 12.30pm

Flu can cause a range of symptoms and effects, from mild to lethal and it spreads easily from person-to-person worldwide. Most healthy people recover from Flu without problems, but certain people are at high risk of serious complications. Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

Because of the changing nature of Flu viruses, the World Health Organisation makes recommendations about the strains to be included in the vaccines for the forthcoming winter. Vaccines are made to fight the bugs that are most common.

This year, several vaccines are in use: the Nurse or Doctor will select whichever is suitable for you – particular vaccines are more effective for people in certain age groups. These are the most effective vaccines currently available.

The vaccines do not contain live bugs and so can't cause Flu.

The vaccination will take up to 14 days to give you protection though will not protect you if you have been exposed to Flu before you have the jab.

Vaccination is offered between September and early November because Flu is more active from the middle of November.

Vaccination is free for patients who fit the criteria

below and are registered with Llanfair surgery, (other surgeries make their own arrangements). We are only supplied with enough vaccinations to give to this group of people.

Anyone aged 65 and over.

Anyone aged 6 months to 64 years old who:

- has disease which affects their lungs, heart, liver or kidneys
- has Diabetes
- has neurological illness
- has a friend or relative who relies on them for their care
- is pregnant
- is a carer
- has a disease, or takes medicines which suppresses their immune system
- and all children aged 2 or 3yrs i.e. born between 01.09.15 and 31.08.17

All children in primary school will be offered the vaccine by the school nursing service.

People who are employed as carers in care homes can be vaccinated in pharmacies free of charge.

Homeopathy, Natural Health Care

Chloe Foss RSHom
07940 700196
www.llandeilohomeopath.co.uk




Problems with your PC?
Baffled by computers?

EASY P.C

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

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

23 Carmarthen Road, Llandeilo

01558 823628 | 07773 012762

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

Now in our
16th year



Cloth Paper Stitch

Vintage Haberdashery, Craft Supplies & Galleria

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

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

Tel 01558 328058
www.clothpaperstitch.co.uk

11/19(12)

HIGHGATE

LLANGADOG

WATER SOLUTIONS

PLUMBING & HEATING ENGINEERS

Commercial and Domestic
Water, Gas, Oil and LPG
& Maintenance

Tel: 01550 777049
Mobile: 07786 071214
Email: jon.ford@highgatewatersolutions.com
Worcester Accredited Engineers

 *Tap Into
Thirty Years
Experience* 

AWARD WINNING GUITARIST TO PERFORM AT THE HERITAGE CENTRE



As part of his countrywide tour to promote his new CD, Adra, Chris Roberts is performing at the Llanwrtyd & District Heritage and Arts Centre in October.

A graduate of Cardiff University and the Royal Birmingham Conservatoire, Chris has won numerous awards and is an innovative and exciting young guitarist whose performances have been praised for their 'beautifully varied timbres, real virtuosity,' and for being 'simply mesmerising'.

Chris is passionate about allowing as many people as possible to access music and for this reason, he founded, and is Artistic Director of, the annual Cardiff Guitar Festival. Now in its fourth year, the charity runs concerts and summer schools, raises funds to take live music into the community and to award course bursaries and free concert tickets to families in financial need.

The concert will feature music spanning many centuries and genres, with melodies of the Welsh bards interspersed with composers of today - folk music meets classical and Europe meets Africa.

Such a varied programme will appeal to a wide audience and promises to provide a concert experience to remember.

Funded by Ty Cerdd, the concert takes place on Saturday 5th October at 7.30pm and tickets are £6 available from the Heritage Centre or Caffi Sosban in Llanwrtyd Wells or by telephoning 01591 610067

10/19(3)



PEST CONTROL

MID & SOUTH WALES LTD

FAST – EFFECTIVE – DISCREET

Friendly, Qualified Pest Control Technicians

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

Tel: 01550 721802
info@pestcontrolmidsouthwalesltd.co.uk

FULLY INSURED
RSPH Level 2 qualified
in Pest Management



HIGHLY EFFICIENT VIGAS LOG GASIFICATION BOILER FINALLY BRINGING WARMTH TO DIVERSIFYING FARM

This farm complex was heated by a wood burner with a back boiler but never got properly warm. The system was not efficient enough and didn't have the needed output to ever make the property feel sufficiently cosy.

With a large private wood supply the owners were reluctant to move away from burning logs.

The Vigas log gasification boiler seemed just the ticket. Due to the gasification system it increases the efficiency of wood to heat to over 90% and almost doubled the output of heat, finally satisfying the heat demand of the building complex.



The boiler is located in a barn adjacent to the property and fuel can be stored next to the system. The property is finally getting warm, consumes less wood than the old system and will be paid for by the Domestic Renewable Heat Incentive (RHI) scheme.



CLEAN, GREEN RENEWABLE HEATING



Birds' Hill

Birdshill Farm | Llandeilo SA19 6SH

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

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

For more information please contact Nick

01558 824726

07850 265073

www.birdshill.wales

02/20(12)

02/20(12)



EVANS BROTHERS

**BUILDING & ROOFING CONTRACTORS
BARN CONVERSIONS & NEW BUILDING**

Pwllagddu, Llanwrda, Carmar SA19 8EL

Tel: (01550) 777609 Mobile: 07967 179204

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

Tel: (01550) 721064 Mobile: 07967 179205

HORMANNS FIREWOOD

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

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size

01550 720285

Email: hormannfan@gmail.com

www.hormannsfirewood.co.uk

Accredited
RHI
Supplier

06/20(12)

DALE VAUGHAN Limited

Ashmere, Manordeilo, Llandeilo.

Natural stonework built, repaired, repointed.

STRUCTURAL REPAIRS TO BARN CONVERSIONS

*All general building work undertaken from
foundations, wall to roof work
EXCAVATION WORK*

Tel. 01558 823067

Mobile 07974 006717

www.Dale-Vaughan.co.uk

06/20(12)



Davies Tree Services

Seasoned Firewood for Sale

Hedge Laying • Chipping

Tree Surgery • Tree Felling

01267 202430 / 07826 716899

08/20(12)

WALKING FOR HEALTH AND WELLBEING

Over the next six months the Ramblers group for the Llandeilo, Llandovery and Ammanford areas, Dinefwr Ramblers, will be providing a series of led walks along the St Illtyd's Way. This scenically very varied inland trail starts at Pembrey Country Park and ends at Margam Country Park. It will offer opportunities for great exercise with a friendly group. The individual walks will range from seven to twelve miles in length and are graded moderate to energetic.

St Illtyd lived in the seventh century and the trail follows a route that he is believed to have travelled while preaching in South Wales. He was held in high veneration and was the founder and abbot of a monastic school at what is now called Llanilltud Fawr or Llantwit Major in the Vale of Glamorgan where his pupils included St Patrick and St David.

Details of the trail walks and of a wide variety of other and easier Ramblers walks in nearby Carmarthenshire and further afield arranged by Dinefwr Ramblers will be found each month in The Post's Events section as well as on the website www.dinefwrRamblers.org.uk. It is advisable to look at the website beforehand for news of any changes to the walks and for those that are graded energetic or strenuous to call the leaders to check the level of difficulty. For printed copies of the complete Autumn and Winter Walks Programmes, call 01558 822512.

While the first three walks with the Ramblers will be free of charge for non-members, walkers who decide to join the organisation will receive a range of membership benefits -- details are on the website -- and will be supporting it in its work to improve the conditions for walking across Wales and the rest of Britain as well as helping it to promote walking for health and wellbeing. Also, it is worth noting that Dinefwr Ramblers arrange group walking holidays both in Britain and abroad for walkers who are members of the Ramblers.

LLANEGWAD RAINFALL



Rain fell on 22 days this month the wettest day of the year so far occurred on 17th with 43mm. August was also the wettest month so far.

August total: 148mm – 5.7/8"

D. R. DUKE

Complete Roofing Works

Slate-Tile-Chimney-Flat Roofing

01558 823737

Website: completerooftingworks.co.uk



08/20(12)

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Domestic Commercial & Industrial Testing

Portable Appliance Testing, CCTV

Shops, Pubs & Restaurants

Property Landlords & Letting Agents

Care Homes, Leisure Centres,

Libraries, Public Buildings

Fire Alarms & Emergency Lighting

Solar PV Panels

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

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



05/20(12)



ASHMOLE & CO

CHARTERED CERTIFIED ACCOUNTANTS
& REGISTERED AUDITORS

*Local accountants serving local people
Cyfrifwyr lleol i bobl leol*

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

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

10/19(12)



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

10/19(12)

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

1ST CLASS FENCING CONTRACTORS

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

**ALL TYPES OF FENCING
CARRIED OUT.**

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

07/20(12)

RURAL ACCOUNTANTS CELEBRATE STAFF EXAM SUCCESSES



Rural Accountants, Ashmole & Co, are delighted to announce a number of exam successes for their staff, in particular Gemma Williams, in the firm's Carmarthen office, who has completed her studies and passed all her exams to become a qualified member of the ACCA (Association of Chartered Certified Accountants).

Gemma, who lives in Carmarthen, has been working in Ashmole & Co's Carmarthen office for the past five years, since September 2014. She started studying for her ACCA qualification through the University of South Wales and recently through self-study.

Gemma studied Accountancy at Coleg Ceredigion and has worked in accountancy related positions for the last ten years. At Ashmole & Co she specialises in helping sole traders, partnerships and limited companies with their accounts, VAT returns, payroll, Sage and Xero bookkeeping as well as drafting tax returns.

Sharon George, Partner in Ashmole & Co's Carmarthen office said, "We are very proud of Gemma's achievement, she's worked extremely hard to gain her qualifications, especially juggling her studying by herself with working full time. It is important as a profession that we help to train the next generation of accountants. Qualified staff members are the lifeblood for the future success of our firm."

Sharon continued, "As a firm of rural accountants we are also keen to ensure all our staff have been trained to

PRICE of LLANDOVERY

farm, pet & country store

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

Raw Dog Food In Stock

Tel. 01550 720372

Follow us on Facebook



03/20(12)

be able to offer the best help and advice to our farming clients, especially on how to adapt to making digital tax returns. Making Tax Digital is part of the Government's plans to make it easier for individuals and businesses to get their tax right and keep on top of their affairs. Here at Ashmole & Co we have ensured our systems and staff are all A grade when it comes to making this switch."

During the summer a number of staff have achieved exam successes including Vinal Patel and Sam Jones in the firm's Ammanford office who have passed exams on the way to becoming ACCA members. Rhyddan Fox, in the Swansea office, has passed exams to become qualified ACCA members as well as Nicola Luke-Evans and Caryl Bevan in the Haverfordwest office. Zoe Rodgers in Haverfordwest, has passed exams at AAT level with Distinction and Dewi Davies in the Carmarthen office has passed his exams on the way to become qualified ACCA.

Ashmole & Co Chartered and Certified Accountants have been established since 1897 and are one of the largest accountancy and auditing practices in Wales, operating from twelve offices throughout South and West Wales including Haverfordwest, Swansea and Carmarthen. The firm combines high quality audit, accounting, and taxation services with business consultancy, financial services and corporate planning.

LLANDOVERY U3A

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

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

Wednesday 9th October
The Fifties – notable events recalled by members.

Wednesday 23rd October
Recycling
Spencer Thomas, Carmarthenshire County Council.

For further information contact Anne Lynd-Evans
01550 750286.



CASBER

SCAFFOLDING

All scaffolding work undertaken, call for your quote;

Adam Kimber
Tel: 07825 505551
casberscaffolding@hotmail.com

10/19(3)

LLANERCHINDDA FARM FESTIVE CELEBRATIONS



Lunch & Evening Festive Meals Private Parties up to 50 people

**5 Course Festive Menu
£23.50pp**

**4 Course Festive Carvery
£19.50pp**

Licensed Bar

Accommodation Available

**Outdoor Activities
Available Including:**

- Clay Pigeon Shooting •
- 4x4 Driving Experience •

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

**Activity Gift Vouchers
Available**

**Tel: 01550 750274
info@cambrianway.com
www.cambrianway.com
Cynghordy, Llandovery
Carmarthenshire
SA20 0NB**

02/20(12)

RICHARD EVANS

Electrical Contractor

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



National Inspection Council for
Electrical Installation Contracting



**For free competitive Quotations &
Quality Workmanship please contact**

Tel: 01550 721623 / 720485

Mob: 07813 931817

Cefnllan Farm, Llandovery, Carmar

09/20(12)



Canolfan Camphill i

Camphill Centre for

Gofal Preswyl
Gwaith Therapiwteg
Dysgu ar hyd eich oes

Residential Care
Therapeutic Work
Lifelong Learning

GLASALLT FAWR OFFERS A REWARDING WAY OF LIFE FOR ADULTS WITH LEARNING DISABILITIES

We are currently recruiting support workers

The role is interesting, rewarding and provides a lot of variety on a day to day basis, as well as offering the chance to progress within the care industry. Our residents also require minimal personal care.

Previous experience is not necessary but if you can demonstrate good life skills, enthusiasm, a positive committed and caring attitude and a good sense of humour then we would love to hear from you.

Salary is £8.44 per hour

Support worker roles are subject to an enhanced DBS check, this cost will be met by Glasallt Fawr.

For an application pack please contact Jane Williams on: 01550 776200 or email at: Jane.Williams@glasallt-fawr.com

To find out more about Glasallt Fawr visit our website: - www.glasallt-fawr.com

Glasallt Fawr is a unique 90 acre rural residential care setting situated on the outskirts of Llangadog and provides support to young adults with learning disabilities to live an active and fulfilled lifestyle.

We recognise the uniqueness of each resident and support them in a wide variety of activities including crafts and land based skills such as farming and gardening. We encourage independence within their home and provide support with everyday life skills such as cooking and cleaning. In addition to this our residents attend social events, participate in sports and outings in the surrounding community and enjoy an annual holiday.

10/19(1)

Renewable Energy Heating Specialists

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

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

Services: Design • Installation • Service • Repair

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

Call freephone **03330 129 324**

www.enerxcel.co.uk



12/19(3)

Simply Better Built

Agricultural and Industrial Framed Buildings



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



RIDBA
Rural Industrial Development
Building Association

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

T :01269 831831

E :enquiry@shufflebottom.co.uk

W :www.shufflebottom.co.uk



05/20(12)

Castle Lawns

All Lawn Care Work

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

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

Tel: 01550 779004
Mob: 07817 795142

For More
Information

www.castlelawns.com
derekstone4@hotmail.com

10/19/31

EYNON PRICE

Landscaping & Groundworks

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

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

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

*Fully Licensed Waste Carrier
Fully Licensed Waste Transfer Station*

TOP SOIL FOR SALE

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

Tel: 01558 822434
Mob: 07970 906489

Brynhyfryd Farm, Llandeilo, SA19 7HS

www.landscaping-specialist.co.uk

04/20/12

CASH BOOST BRINGS CHARITY PROJECT TO LIFE

Educational charity NET-Reach has been making big strides thanks to a successful grant application to the National Lottery. It has been able to push forward its pilot project to help NEET students (Not in Education, Employment or Training) of 24 years and over to boost their employment prospects.

Not only do we now have up-to-date computer equipment and software, we have been able to install better fire protection, a projector hub, a new kitchen and tidy up and refloor the toilet area.

The Charity provides essential education for students aged from 11-65 who, often through no fault of their own, have been let down by their educational experience in the past. Often this allows them to complete their education with passes in GCSE Maths, English and other subjects. Under the sponsorship of a local businessman, we are also hoping to set up skills taster sessions, possibly leading to adult apprenticeships.

If you think we can help you, or someone you know, just give us a call and a friendly member of our team will talk you through what we can offer.

NET-TEACH LTD

Net-Teach is currently finding that its unique teaching capabilities are opening doors into local schools, private tuition, home education and many other areas. The Tutor Centre can offer full teaching and extra tuition in every subject.

Our experienced teachers provide face-to-face education at the Centre or we can provide live, online teaching, allowing us to source teachers from the whole of the UK and beyond. All our teachers are professionally interviewed, checked and undergo a rigorous training programme. Currently our results are 100% pass with 92% A-C grades, thanks to our experienced and dedicated teachers.

COUNCIL RUN COURSES


The Centre is open for you, your child or other family members to use and we can offer places on a range

Body Beautiful Beauty Salon

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



Nora E. Wall VTCT NVQ3 IIHHT IIST
Rose Cottage, Milo. SA18 3LZ (on A476)

Appointments Tel: 01269 831585 
Opening times: Tues, Weds, Friday 9am to 6pm

02/20/12

of courses offered by the council at heavily subsidised prices. These include:

Welsh for Beginners

Computers – Learn How Social Media Actually Works

Maths GCSE

English GCSE

Numeracy and Literacy Skills

If you are interested in any of the above, just give us a call to register. Everyone is welcome.

The Centre is also used by a number of other groups, including Home Educators, Charity meetings and Art groups. If you are looking for a particular course or somewhere to run a course, please do get in touch.

We will help if we can.

For more information on any of the above, please call Karen Ardouin (01550 777701) or Rod Burdon (01550 779298).

LLANGADOG W.I.

LLANGADOG W.I. After our usual W.I. business in September, we had a very sociable evening chatting with other members that we hadn't seen for a while, about holidays and activities during the summer months. Unfortunately our booked speaker for the evening didn't arrive, but will hopefully be with us in the New Year. Two of our former members, who moved from the area recently, Barbara and Margaret, were both 90 this year and we wish them a "Happy Birthday". We miss them very much. In October our speaker, Lizzie Wilberforce of The Wildlife Trust of South and West Wales, will be talking to us about Welsh Red Squirrels. We meet on the first Thursday of every month at the Llangadog Community Centre at 7.00 p.m. We welcome all who would like to visit and join our friendly group.

"P.S. Margaret celebrated her birthday on August 23rd, but sadly died on September 14th, the day of her party. R.I.P. dear friend."

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



07518 452132 – davenewton68@outlook.com

CARTREF
MOBILE VETERINARY
SERVICES

09/20(12)

NOW OPEN FOR NEW CLIENT REGISTRATIONS

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

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

SARAH HYDE

BSc. ND. DO. MRN. CNHC

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

Healing Moves movement
and meditation programme.

For further information
tel: 07792 634006

06/20(12)

A.R. DAVIES BUILDER AND PLASTERER

New Build • Barn Conversions

Extensions • Renovations

Roofing • Garages

Driveways – Tarmacadam

Blockpaving

Stonework • Brickwork • Patios

Tiling • Carpentry • Kitchens

Bathrooms • Loft Conversions

Solid and Laminate Flooring

FOR HIRE

• 1.5t Minidigger,
Full Cab, 4 Buckets

11/19(12)

Tel/Fax: 01550 720566

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

NEWS FROM THE TOWN HALL



We had a well supported Sponsored Walk to raise money for Urdd Eisteddfod 2019, people walked from Llangadog, Llanwrda, Llansadwrn, Rhandirmwyn, Cilycwm, Cyngordy and Llandovery, we met down Llandovery Rugby Club after, what a brilliant afternoon.

From the 23-09-19 the Town Hall and Arches will be painted and refurbished by CCC, there will be scaffolding in place. The Friday market will be temporarily moved to the frontage of the Castle Hotel.

A Defibrillator Training session will be held on Thursday 10th October at 2-4pm in the Town Hall (Library) everyone welcome.

The next Amnesty day is Saturday 5th October.

The unveiling of Vicar Rhys Prichard's Blue Plaque is at 10.30am Friday 25th October, outside Kings Head, thank you John Morgan for fixing it on for us, it's our second one in Llandovery, very proud.

Fireworks night 3rd November Castle Field from 5pm, display starts at 7pm until approx 7.30pm to all animal owners, please be aware. There will be live music, bar, food, coffee stall, funfair, craft stalls. Tickets £5 for adults £3 for children, available from Louise Wride, Ystrad Post Office, No7 hair salon, The Three Horse Shoes Llandovery

Our Christmas lights will be switched on Friday 29th November from 5.30pm onwards, singing under the square, Father Christmas, mulled wine and mince pies made by Town Council, No 7 Hair Salon's snow machine, thank you John for doing this every year, Holme's children's funfair will be there. If you would like a stall you will need public liability insurance, please contact Louise Wride for full details and requirements.



HUGH WILLIAMS SON & CO
ESTABLISHED SOLICITORS

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

www.hughwilliamslaw.co.uk

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

10/20(12)

 11/19(3)

HOW GOOD IS YOUR WATER?

WATER. THE ESSENTIAL ELEMENT

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

And much more!

HOW MUCH DO YOU SPEND ON BOTTLED WATER?

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

www.swscateringequipment.co.uk

SWS DO NOT TAKE YOUR WATER FOR GRANTED, TELEPHONE **01558 668064**
Smart Water Systems

The Oriental Rug Cleaning Company

PRESTIGE RUG SPA
Where Rugs are Cleaned & Pampered

01269 842497

Ring for your **FREE** quote today

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

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



Watch our video at www.prestigerugspa.co.uk



01269 843491

Ring for your **FREE** quote today

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

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

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



NCCA
NATIONAL CARPET CLEANING ASSOCIATION
MEMBER SINCE 2014

Unit 16 Capel Hendre Industrial Estate, Ammanford SA18 3SJ

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

09/20/12

FUNDING BOOST FOR RED SQUIRREL CONSERVATION



Enthusiastic volunteers joined project staff last month for a 'squirrel-chewed cone' survey at Clywedog Forest near Llanfair Clydogau to celebrate the launch of the new Healthy Reds Project. Healthy Reds is a three year project run by the Wildlife Trust of South and West Wales (WTSWW) that aims to find out more about the fragile population of red squirrels in mid Wales. The Project has been enabled thanks to a £247,100 award from the National Lottery Heritage Fund along with an award of £49,999 from the Welsh Government's Landfill Disposal Tax Community Scheme. Healthy Reds will focus on three forests and take a close look into what red squirrels in mid Wales need to enable them to thrive.

The survey team at Clywedog Forest set up a series of trail cameras based on squirrel feeding signs. A month later the cameras were checked and the results have revealed red squirrels at five of the camera locations. The findings will inform a cage trapping survey in the autumn. Any red squirrels trapped will be weighed and pit tagged by trained staff and volunteers before being returned to the forest. The pit tags will enable the project

team to identify individual red squirrels and work out how many of these iconic native mammals survive in this remote area of mid Wales.

The Healthy Reds project will move on to tracking red squirrel movements using radio-collars. It is hoped that the tracking exercises will reveal which areas of the forest are the most valuable to red squirrels and this knowledge will help to inform habitat improvements. As well as work in Clywedog Forest, the project will also be focusing on red squirrel activity in the Irfon Forest near Abergwesyn and Bryn Arau Duon near Rhandirmwyn.

The WTSWW Red Squirrel Officer Sarah Purdon is delighted with the funding award. Sarah commented:

"The demise of the red squirrel across much of Britain has been a great tragedy, initiated by the introduction of the invasive grey squirrel to this island. In mid Wales, thanks to a sustained local grey squirrel control effort combined with an accident of habitat provided by the vast plantation forests, we have managed to retain red squirrels. The population is sparse and remains fragile; we have scant information about how red squirrels survive in the Tywi and surrounding forests. But now, thanks to National Lottery players and the WCVA administered Landfill Disposal Tax Scheme, we are able to take an in-depth look at how red squirrels use this habitat. With the help of local volunteers WTSWW will be carrying out habitat and red squirrel surveys and tracking red squirrels to find out what part of the forest they use. The information gleaned will help us to target conservation efforts. It's great to know that we are a step closer to improving the stakes for red squirrel in mid Wales."

Richard Bellamy, Director of the National Lottery Heritage Fund, Wales said: "Our natural heritage is a most precious resource and, thanks to National Lottery players, National Lottery Heritage Fund grants have helped to protect an amazing range of landscapes, habitats, and species of plants and animals. The National Lottery Heritage Fund is delighted to support 'Healthy Reds' that will stimulate people's interest in the natural world and Red Squirrels by helping to protect them for future generations."

The project will be working with local people as well as schools, universities and colleges. If you would like to get involved, or to find out more information about the Healthy Reds Project, please contact Sarah on s.purdon@welshwildlife.org / 07972 201202.

PLUMBING SERVICES

KITCHENS - BATHROOMS
FLOOR / WALL TILING

For All Your
Plumbing & Maintenance Needs

From a little drip...
to a complete bathroom

phplumbingservices@hotmail.co.uk

Call Phil on 07766 883713

02/20(12)



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



HIGHLY INSULATED TILE EFFECT ROOF

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

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

Est. 1983

DISTINCTION

WINDOWS LIMITED

A Reliable Family Run Business

**Tel: 01550 777077
or 01792 845203**

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

02/20(12)

Expert & Professional



BEFORE



AFTER

GRAVE CONCERNS GRAVE MAINTENANCE SERVICES

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

Each visit by us includes the following maintenance:

Trimming around headstone and plot.

Washing of memorial pots.

Cleaning/Polishing of headstone.

Removal of weeds/debris (old flowers/plants).

Other service's also include returfing and reseeded, regravelling and refurbishment of plot's

As an addition we can also supply fresh flowers.

SINGLE CARE, ONE VISIT ANNUALLY.

DOUBLE CARE, TWICE ANNUALLY.

SEASON CARE, FOUR VISITS ANNUALLY.

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

FOR FURTHER ENQUIRY'S TEL: 07376 945829

Email: mandjmaintenance45@gmail.com

Based in Llandoverly, Carmarthenshire

WE ALSO COVER POWYS AND HEREFORDSHIRE



BEFORE



AFTER

1019(12)

CENTAFRAME

PVCU SYSTEMS LTD

Windows



Manufacture
Supply
& Installation

Doors



Conservatories



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

16 Rhosmaen Street
Llandeilo
Carmarthenshire
SA19 6LU

Tel - 01558 823177

Fax - 01558 824051

centaframepvcusystems@live.co.uk

FENSA

Registered Company

REHAU
QUALITY

AUTHORISED
PARTNER



HomePro
Insurance

www.centaframe.com



TOWN AND COUNTRY AT THE HERITAGE CENTRE



Views of the countryside and images of historic buildings are portrayed in the exhibitions at the Llanwrtyd and District Heritage and Arts Centre.

It is the first exhibition at the Centre for Diane Mathais who undertakes private commissions including painting for HRH Prince of Wales. Working in oils and pastels Diane produces atmospheric landscapes of some of the most stunning areas of Wales which often feature the tranquil places that surround us but so often overlooked.

Delia Hardy makes a welcome return to the Centre with her diverse range of vibrant and colourful paintings including many buildings in Llanwrtyd and its environs in addition to insightful and sometimes humorous images of animals.

Both artists can be seen throughout October when the Centre is open Thursday to Sunday 10am to 4pm. Entrance is free but donations welcome.



DES CLARKE & SON
Registered Plumbing & Heating Engineers
Est. 1952
Serving the local community for over 60 years

Heating & Boilers

Installed, Serviced & Maintained

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



For a free quotation
please call Huw or Dawn on

01550 720478

www.desclarkeandson.co.uk

email: info@desclarkeandson.co.uk

Mobile: (Huw) 07811 350633



06/20(12)

Adeilad Cladding Ltd

AD CLAD ROOFING SHEETS

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



12/19(12)

Tel 01550 777497

Fax 01550 777808

Office The Stores Station Rd Llanwrda SA19 8EH

Email adclad@live.co.uk

ONE OF LLANDOVERY'S FORGOTTEN HEROES



Geraint George Davies

The rain was falling relentlessly outside 1, Dingat Terrace, Llandovery, as Eleanor Davies drew the curtains in the house she shared with her railway engine driver husband, Thomas George Davies. It was the last day of November 1944, and the Prime Minister, Winston Churchill, was celebrating his seventieth birthday.

The previous day, the King and Queen had opened a new session of Parliament, and the Air Ministry had revealed that Wing Commander Guy Gibson, who had led the Dam Busters attack, was missing following a bombing raid on Munchen Gladbach. Two days before the outbreak of World War II, Gibson had been sailing in Pembrokeshire when a friend swam out to him with a telegram which ordered him to return to his unit without delay. When he died he was only 26.

Eleanor Davies turned to the sideboard on which a framed picture of her son Geraint had pride of place, and wondered if she would ever see him again. A few days earlier, she had fought back her tears as she wrote a message to him: "Dearest Gerry. Trusting you are well. Keep cheerful. Hope we all will soon be together again. Longing for letters. All well. Fond love, Mother - Dad."

She counted the number of words several times to be absolutely sure that the message did not exceed 25 words. It was the stipulation for any correspondence to British servicemen held in Japanese Prisoner of War camps. Sergeant Geraint George Davies, aged 32, was in Zentsuji Camp, Hiroshima.

He had been a member of the Hong Kong Volunteer Defence Corps which had taken part in bitter fighting before the fall of Hong Kong on Christmas Day 1941. Nearly 300 men were listed as missing or killed, and many others became prisoners of war.

Zentsuji Camp, on the island of Shikoku in southern Japan, was overcrowded and had very poor sanitary conditions. It comprised two large barracks, subdivided into large rooms with raised platforms on each side on

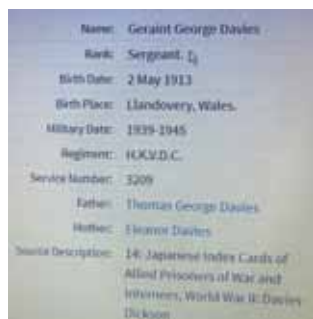
which were laid thin straw mats which served as beds. The outdoor latrines were over large holes, and were emptied by a farmer who used the excreta as fertilizer. The washstands were also outdoors, which meant that prisoners frequently had to break the ice in winter before they could wash. The camp was liberated at the end of 1945.

After the War, Geraint Davies married a welfare officer, Vera Marian Thomas, and a son, Gerald Laurence Davies, was born on 6 July 1948. The family settled in Zanzibar, but they also had a home in Middlesex, to which they returned for short periods in 1949, 1952 and 1956.

In 1961, Geraint Davies was made MBE in the Birthday Honours for services to education. He was then principal of King George VI School in Zanzibar, reportedly the best in the whole of East Africa. Its teachers were mostly British and were seconded from the United Kingdom by the Colonial Government.

Following a difficult entrance examination, only 60 students would be selected to attend this government secondary school. One of the students in the 1960s was Dr Hamoud Marhuby, who wrote a book, *My Zanzibar*, in which he writes: "Mr Davies, the Principal, had the great gift of patiently listening and understanding when one went to him with a problem. When we went to him to complain about the unfair treatment we were experiencing at the hands of some of the teachers, he took our class as his own, and became our Class Master, an unheard-of situation.

"He was the only one allowed to use the cane. His caning was just a tickling. Each one of us, after being caned, came out of Mr Davies's office laughing. He had a sense of humour and loved to tease the students, of whom he was immensely proud." It is more than likely



Geraint Davies (centre) with some of his students

that his reluctance to cause physical suffering to others was a consequence of his experiences as a prisoner of war.

Another student at the time was the playwright Issak Esmail Issak, now resident in Norway and compiler of the first t Norwegian-Swahili dictionary. He told me that students were always awestruck in the majestic presence of Mr Davies.

Mr. Davies had a passion for art and used to visit the school's Art Room to admire the students' paintings. When some of Issak Esmail Issak's paintings were chosen for a major art exhibition in Zanzibar, "Mr. Davies was extremely pleased, his eyes as always beaming with praise, his smile more giving than Mona Lisa's."

Another contemporary student was Dr Samir Kharusi, a retired petroleum engineer and a renowned astrophotographer, now living in Oman. He told me: "We all knew him as Mr Davies, and nothing else. In addition to being the Principal, he also directed the occasional school play and he even taught some English lessons when the regular teacher was absent."

Dr Kharusi has several group photographs of Geraint George Davies, and has kindly given me permission to use them.

Unfortunately, I have been unable to find much information about Geraint Davies. He died at a nursing home in East Sussex on 4 October 1995. His wife died, aged 91, also died in East Sussex, in August 2003.

Their son, Gerald Laurence Davies, lived in Heckfield, Hampshire, and was a Director of the Gurkha Museum Trading Company Limited between 2002 and 2013.

It appears that Geraint Davies is unknown in Llandovery. However, at least one person remembers his father, Thomas George Davies, a railwayman known as 'Fatty Davies'. Born in Forden, Montgomeryshire, he moved to Ruabon in Denbighshire, where he lived with his wife and three sons before moving to Llandovery, where Geraint George was born.

Sadly, the card sent to 'Gerry' Davies in Japan by his parents was recently offered for sale on ebay, which suggests that it is no longer of sentimental value. Be that true or not, I believe that the card's recipient is one of Llandovery's heroes, who deserves to be remembered.

Handel Jones

04/20(6)



BEN DUNFORD

PLUMBING and HEATING

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

Award Winning Workmanship

Email: BDplumbingandheatingsolutions@gmail.com

Tel: 07480 365556



**Find us
on Facebook**



COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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



Mobile: 07718 150571 or

Evenings: 01591 620355

12/19(12)

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



**For all of your
property maintenance
requirements**

01558 824482

07545 963517

FIND US ON FACEBOOK 

enquiries@propertymaintenance247.co.uk

09/20(12)

J. Francis



ELECSA

Llangadog

07454 968822

TRYDANWR /

Domestic • Testing • New builds • Rewiring

ELECTRICIAN

sparkyfrancis@hotmail.com

10/20(12)

AUTUMN MEETING OF THE CARMARTHENSHIRE MEADOWS GROUP

If you are interested in managing grassland for conservation and biodiversity, whether your plot is an area in the garden or a five acre field, you are invited to attend the autumn meeting of the Carmarthenshire Meadows Group which will be held on October 5th from 10.00am to 1.00pm, at Llangain Memorial Hall. The Meadows Group was formed in 2015 and its aims are to conserve and enhance Carmarthenshire's remaining species-rich grassland, and help landowners, both large and small scale, to manage their plot in a way that will benefit wildlife. Since the second world war, the UK has lost 98% of its wildflower rich meadows, and much of the flora, fungi, and fauna characteristic of wildflower meadows has disappeared from the countryside.

The Meadows Group is a means whereby knowledge and experience in grassland management for conservation can be shared and exchanged, via outdoor events and site visits through the summer, indoor meetings in spring and autumn, a website: carmarthenshiremeadows.com, and the group's Facebook page. At the meeting at Llangain we will hear a talk by Barry Stewart on the range of invertebrates you are likely to see when walking through a typical Welsh meadow, a talk by Emma Douglas on the benefits of grassland management by grazing with cattle, and Clare Dinham from the charity Buglife will tell us about the oil beetle survey, and Buglife's B-lines project.

Llangain Memorial Hall (SA33 5AE) is just off the B4312 between Carmarthen and Llansteffan. From Carmarthen, turn left at the crossroads and drive up the hill past Pantydderwen and Coedmor Avenue. The Memorial Hall is opposite Llangain Primary School. Entry to the meeting is £3, or £10 to join the Meadows group for the year. Tea/coffee and biscuits included.

RHYS SPICE AGRICULTURAL & FENCING CONTRACTOR



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

Tel: 01558 824221 - 07810 642330

02/20(12)

LLANDOVERY WI



September found Llandovery WI taking part in creating Marbled paper in the LLYCC with Jude Riley. We all enjoyed the expertise of Jude showing us how to produce some spectacular creations, as seen in the picture. Thank you Jude.

On Monday October 7th at 2.00pm in the LLYCC Gary Rutland will demonstrate the blowing of glass beads.

On Wednesday 23rd October The Brianne Group Meeting will take place in the Llandovery College Library at 7.00pm. Mr Grant Craike will be our guest speaker. His subject will be an illustrated account about Art Décor.

The November AGM and quiz will be at the later date of Tuesday 19th again at 2.00pm in the LLYCC

Our spectacular Christmas meeting will take place at Stradey Castle on Sunday 8th December 2.15 for 2.30pm.

Doel & Rowlands Ltd BUILDERS



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

Wernellyn, Llangadog, Carmarthen

Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk

www.doelandrowlands.com



02/20(12)



CHRIS REEVE CATERING
AT LLANDOVERY RFC

We are now taking bookings
for our Christmas carvery.

**2 COURSES £14,
3 COURSE'S £18.**

Please email for a copy.

**OTHER CHRISTMAS
PARTY MENUS
ALSO AVAILABLE.**

THURSDAY NIGHTS 2 COURSES FOR £10.95.

Choice of 6 mains and 3 puddings.

FRIDAY NIGHT FISH AND CHIPS FOR £6.95.

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

FRIDAY AND SATURDAY STEAK SPECIALS.

8oz Rump £10, 8oz Rib eye £14, 14oz Porterhouse £18.

All served with Chips, onion rings, dressed salad,
stuffed mushroom and peas.

SUNDAY CARVERY £8.95.

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

Vegetarian option available with pre order.

Takeaways also available.

Serving from 12.30pm until 2.00pm.

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

Bookings required
07734 361686
chrisreeve90@yahoo.co.uk

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

Llanwrda and Llansadwrn Countrywomen At our meeting on 2 September Wyn Edwards gave a us an informative and very interesting presentation on his trip to Patagonia in November 2016. Illustrated with photos he described arriving at the landing beach of the original settlers and following the progress along their route to the Andes. The early immigrants from Wales, Ireland and Scotland settling in America found it difficult to retain their own culture so later would be settlers looked for alternative destinations. Argentina wanted settlers and offered land claimed to be fertile, wooded and suitable for cultivation with cattle available for those accepting the offer. Approximately 300 reducing to 165 people left on the Mimosa in 1865 but on arriving at Puerto Madryn settlers were met with an extremely inhospitable land with no shelter, water or animals with scrubland for 40 miles. Having paid their passage they were unable to return to Wales, so moved their possessions inland, until reaching a valley through which the Chubut River flowed. This provided water for irrigation but also devastating floods from snow melting in the Andes. With the help of local Indians, 30 of the settlers travelled inland to the border of Chile to found additional settlements in the Cwm Hyfryd valley which today is owned by the settlers. Wyn was able to show photos of the routes taken and the present day town and schools which continue to maintain the Welsh culture and language. The settlers not only had to struggle to survive but needed to maintain a very precarious balance with the volatile political situation particular during the Falklands war and the aftermath which is still a sensitive issue present day. Our next meeting will be 7th October when the talk will be by Rosamund Hall on Brief History of Entertainment. On Monday 4th November we will meet at the Plough at 12:30 for lunch.

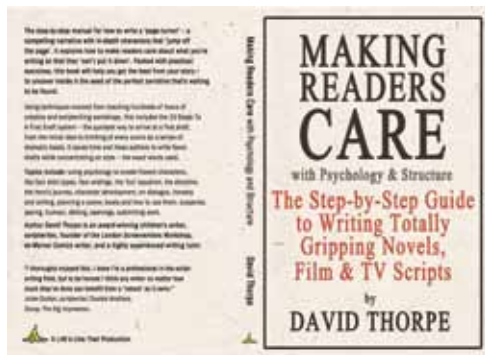
ARE YOU A WRITER?



Some members of the Writers Group. L-R: Graham Watkins, Ciaran O'Connell, Jacqui Hyde, Sara Fox, David Thorpe, Stella Starnes, Mari Thurgate and Joy Daniels.

After author and sailor Sarah Tanburn's inspiring visit last month when she read from her book *Hawks of Dust and Wine*, the Llandovery Writers Group is starting a new term. We are welcoming new writers whether they create short stories, novels, scripts and/or poetry.

Members can choose to undertake set exercises and apply these to their own works in progress, or just bring along work to share, and receive constructive, considerate



The course book, available on Amazon

KB HOME MAINTENANCE

11/19(12)

**PLUMBING &
BATHROOM
INSTALLATIONS
& MAINTENANCE**

**SOLID FUEL
HEATING FLUES
& CHIMNEYS**

**SOLAR HOT WATER
UNVENTED
CYLINDERS
UNDERFLOOR
HEATING**

**ARCHITECTURAL
& BUILDING
CONSERVATION**

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

feedback in a safe environment. Further topics covered include editing your work, how to approach publishers and agents, and marketing. We frequently also critically examine a passage from a published book to see how it works.

The course book, for those who wish to follow it, is *Making Readers Care with Psychology and Structure: The Complete Guide To Writing Totally Gripping Novels, Film & TV Scripts*, written by workshop leader David Thorpe, an experienced teacher of creative writing and well-published local author of novels for young adults, scripts, comics, poetry and non-fiction books and journalism.

The course encourages writers to learn the intricacies of creating un-put-down-able fiction with an emphasis on creating compelling, believable characters that jump off the page.

A year ago the Writers Group published *The Turnings of the Years*, a collection of short stories and verse by members and friends. The book was well received and raised over £500 for the Llandovery Youth and Community Centre, where we meet. The paperback, price £9, is available to buy at the Centre and online.

We meet every Wednesday at 7.00 – 9.00pm in the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB. Cost is £5 per session.


BLAENOS
SCHOOL OF MOTORING
 Alvin Phillips. Car, Tractor, 4x4 and Trailer Training
Tel: 01550 720407; Mob. 07974 812948





CO THI GARDENERS

Throughout the year, Cothi Gardeners arrange speakers to talk to members and their guests about a particular gardening topic, often a specific group of plants. This sends everyone home with renewed enthusiasm and a plan to get digging! In October however the mood will be more relaxed when we'll welcome Neil Barry to tell us about the Plant Hunters and Explorers.

Neil trained at Kew Gardens and is now a freelance horticulture tutor with a keen interest in community gardening. On October 16th he'll be with us to speak about those brave people who set out over land and sea to bring back specimen plants, many of which we're still familiar with. Look at the Latin names for some plants and you'll see an addition commemorating the botanist or traveller credited with discovering it, Joseph Banks and Joseph Hooker being just two.

Join us at 7.30pm on 16th October for an evening of scientific discovery at Coronation Hall, Pumsaint.

November 21st will be our last open meeting of the year when the theme will be 'Hedgehogs', but we'll be back with you in 2020 with many more inspiring speakers.


More information on our website: cothigardeners.com or Facebook.

As always, visitors and guests most welcome, £3 (includes refreshments)

SEFYDLWYD 1797 ESTABLISHED

D.LLOYD & SONS

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




01558 650209/650451
07789 680837
info@dloydandsons.co.uk
www.dloydandsons.co.uk


Glanrhyth Sawmills, Pumsaint, Llanwrda, SA19 8YU

- **TIMBER**
Large stock of regularised timber
- **SHEET MATERIAL**
Plywood, OSB, Trailer Board, Flooring
- **CONCRETE PRODUCTS**
Aggregates, Blocks, Cement, Slabs
- **PLUMBING**
Copper & Plaston fittings, Alkathene
- **DRAINAGE**
Land drain, Twin wall pipes, Rainwater, Soil & Underground systems


- **FENCING MATERIALS**
Posts, Rails, Stock Netting, Barb Wire
- **ROOFING**
Felt, battens, Slates
- **IRONMONGERY**
Screws, Nails, Bolts, Hinges, Gate Fittings
- **INSULATION**
Celotex, Polystyrene, Loft Insulation
- **LADDERS**
Aluminium Ladders, Fibreglass Stepladders


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





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





04/20(6)

SOUTH WALES POTTERS SELLING EXHIBITION

AT CRIC STUDIO, OPPOSITE
ORIEL CRIC, CRICKHOWELL

**SOUTH WALES POTTERS
SELLING EXHIBITION**
Oct 13th - 31st
Mon- Sat 10am - 5pm Sun 10am - 2pm
CRiC STUDIO
Beaufort Street, Crickhowell, Powys. NP8 1BN

Opposite Crickhowell Information Centre and Oriel CRiC
Parking: behind the Crickhowell Information Centre

South Wales Potters, formed in 1964, has now grown to a group of almost 250 members "to share skills, experience, technical knowledge and indefatigable enthusiasm" (Walter Keeler, honorary president).

Following successful CRiC Studio shows over the last two years, South Wales Potters are holding another October Selling Exhibition at CRiC Studio, with a diverse range of pottery, from figurative sculptures to wall-hung work as well as domestic functional pieces for house and garden. Every day visitors will be able to meet one of the exhibiting potters who will be demonstrating or talking about their particular skill and ideas.

Inspired by the wild flower meadow paintings of the late Meg Stevens, Carole Spackman from Llandeusanant is showing her hand thrown 'Meadow Flowers' tableware

with an impressionist decoration using colours of wild flowers from the fields around her studio. Carole's glazes incorporate grass and wood ash from Llandeusanant & Myddfai. Native hares, owls and birds also feature in her garden sculptures.

The landscape and wildlife also influence other exhibiting potters. Jane Blair's passion for wildlife with its varied patterns, shapes and textures feed her imagination and are brought to life in her unique hand built ceramics decorated with sketches made while out walking. Landscapes, seascapes & the elements are the starting points for Molly Abbott, who makes dynamic use of colour, texture & pattern to produce vessels and architectural pieces.

Weathering and erosion of the earth's surface, evoking geological forces inform Jane Rees-Parfitt's ceramics, in which mineral deposits and clay from South Wales have been captured and fused. Using ancient pinching and coiling techniques, Jane produces work which is as unpredictable as nature itself.

Phil Hughes' main inspiration for his very controlled high fired controlled porcelain vessels comes from the effects of erosion on the mountainous landscape.

Mary Cousins makes tableware in high fired porcelain and stoneware, choosing an opal glaze for porcelain and soft colours for her smaller stoneware. Mary's 'Countryware' tankard mugs are very popular holding a good cup of tea's worth, while her stoneware tiny café jugs hold just the right amount for milk for two people. Both Mary & Jason Braham from Llandindrod Wells believe that good food and a cup of tea deserve hand thrown ceramics, whether it's a bowl of soup, a comforting cuppa or a little espresso. Jason is aware that today the British palate is open to food of many different cultures, which is increasingly reflected in his pots. These pots, either finished using simple ash glazes or salt fired, are generous, inviting touch, yet still retaining the freshness of the moment they were thrown on his potter's wheel.

The exhibition runs from October 13th - 31st
Open daily, from 10am - 5pm Monday - Saturday,
10am - 2pm Sunday.

CRiC Studio, Beaufort Street, Crickhowell,
Powys NP8 1BN

Further details can be obtained from Carole Spackman.
carolepottery@hotmail.co.uk

Thomas Services, Llandeilo MOTOR MECHANIC WANTED

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

HOLISTIC BIRTH
Your way to safe, easier more comfortable birthing.
DOULA SERVICES AND HYPNOBIRTHING
Jemma Junker call or text for enquiries or to book your class 07314 128750
email: doulaservicesjemmajunker@yahoo.com
Facebook: Holistic birth Llandeilo
10/19/6

Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs



Independent Renault Specialists



18 18	Renault Captur 1.5DCI 110BHP 6 Speed Signiture X, Black Leather, Sat Nav, Reversing Camera, Reversing Sensors, 17" Diamond Cut Alloys, Met Grey / Black, 18000m.....	£13500
17 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, Diamond Cut 17" Alloys, Sat Nav, Metallic Ocean Blue/Black Roof, 3500m.....	£12995
18 18	Renault Clio 0.9 TCE 90 BHP Dynamique S, New Model, 17" Diamond Cut Alloys, Half Leather, Center Arm Rest, Sat Nav, Air Con, Metallic Mars Red, 2500m.....	£11995
15 65	Renault Captur 1.5DCI Dynamique S, Auto, Zero R/Tax, Blue/Cream, 14000M.....	£10500
14 14	Renault Captur 1.5DCI Dynamique, Sat Nav, Oyster/Black, 44000m.....	£7995
14 14	Renault Grand Scenic 1.5 DCI 7 Seater 110 BHP 6 Speed Dynamique, Tom Tom, Sat Nav, Alloys, Air Con, £30 Road Tax, Metallic Blue, 43000m, FSH.....	£7995
11 11	Renault Clio 1.2 16V Bizu, E/W, C/L, 3dr, Metallic Black, 67000m.....	£2995
02 52	Renault Scenic 1.6 16V Fidji, Automatic, Alloys, Silver, 65000m.....	£1350

CONVERTIBLES - SUMMER SPECIALS

16 16	Mini Cooper 1.5 Petrol 136 BHP, New Model, £30 R/T, Cream/Blk Roof, 19000m.....	£13250
10 10	Mini One 1.6 6 Speed Convertible, Cream/Black, Electric Roof, 43000m.....	£5995
00 X	Porsche Boxter 2.7 Convertible, Grey Leather, Alloys, Metallic Blue, 75000m.....	£5750

OTHER MAKES & MODELS ON OFFER

16 67	Kia Pro Ceed 1.0 120 BHP 6 Speed GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£12995
16 16	Peugeot 2008 1.6HDI 100BHP Allure, Half Leather, Alloys, Metallic Red, 0 Tax, 25500m.....	£9995
16 16	Vauxall Astra 1.6CDTI Design Estate, New Model, Parking Sensors, 0 Tax, Silver, 42000m.....	£9500
11 11	Mercedes C220 2.1 TD CDI Blue /Fsport Auto, Black Leather, AMG Alloys, Black, 71000m.....	£9750
15 65	Peugeot 108 1.0LTR Active, Zero Road Tax, Met Purple, 5dr, Only 6550m.....	£6800
15 15	Ford Focus 1.0 Eco, Sat Nav, Reversing Sensors, Alloys, Metallic Blue, £20 R/Tax, 28500m.....	£8995
13 63	Ford Kuga 2.0TDCI (163) 4X4 Titanium, Reversing Camera, Half Leather, Black, 10200m.....	£7995
12 62	Ford Fiesta 1.5TDCI 95 BHP Turbo Diesel Zetec, Alloys, Air Con, Silver, 5dr, 40000m.....	£6350
11 61	Nissan Juke 1.5 DCI Sport, 17" Alloys, White/Red, Rear Spoiler & Mirror Covers, 73000m.....	£6995
14 14	Fiat 500 1.2 Colour Therapy, Blue/White Mirrors, 3 Door, £30 Road Tax, 27000m.....	£5995
12 12	Chevrolet 1.2 Spark LT, E/Windows, C/Locking, Alloy Wheels, £30 Road Tax, Red, 49000m.....	£3250
08 08	Volkswagen Polo 1.2 Match, Alloy Wheels, Metallic Blue, 3dr, 65000m.....	£2495

COMMERCIALS

16 16	Mitsubishi L200 2.4 Di-D 178 Warrior, Leather, Sat Nav, Red, 35000m.....	£13995 +Vat
16 66	Vauxhall Vivaro 1.6 CDTI Sportive, Met Blue, Ply Lined, 41000m.....	£10250 +Vat
14 64	Vauxhall Vivaro 2.9T 1.6 CDTI 115 LWB Crew Bus 6 Seater, Glazed Side Door, P/Lined, White, 61000m.....	£9995 No Vat
15 65	Renault Kangoo 1.5 DCI ML19, Side Door, White, Only 37000m.....	£5750 +Vat

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

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

Free courtesy cars available on request

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



Now that the summer has come to an end, we are gearing up for a busy Autumn and pre-Christmas at the Old School.

During September, the Tuesday afternoon and Thursday evening Yoga sessions resumed classes at the hall, the café continued to be busy every Sunday, and the hall was the venue for two important charity events - a Curry & Quiz night in aid of Wales Air Ambulance, and the annual Macmillan coffee morning.

More news of these in the next edition of The Post.

Once again, the monthly quiz was great fun, with the Gents & Ladies team proving the eventual winners in a close run contest. We also welcomed a new team, the Lost Causes, who entered into the spirit of things, and seemed to especially enjoy the music round of Cheesy 70's Pop Hits, which prompted some reminiscing by one or two quizzers, including tales of them throwing certain items of clothing at the stage in a David Essex concert!

The next quiz will be on Monday October 14th, arrive from 7 for a 7.30pm start, bring a bottle, and enjoy a fun evening for just £1 per person.

As previously mentioned in The Post, the Old School will be closed for redecoration during October. The quiz will go ahead as usual, but other events and activities will be cancelled or rescheduled during the dates of Monday 7th - Monday 21st.

Because of this, the Sunday café will close for the season a little earlier than last year, with the final one happening on Sunday 6th. It has been an amazingly

successful summer, with well over £2000 being raised to help us maintain and improve this very special hall for the benefit of the local community.

We would like to sincerely thank everyone who called in on Sundays to enjoy the food, as well as all the volunteers who kept the venture going week after week.

We will be back next summer!

The popular monthly Old School Suppers resume for the winter in October.

The first one will take place on Friday 25th, a little later in the month than usual due to the hall closure, but it will be a great opportunity to celebrate the hall's fresh new look.

As always, places are very limited so if you'd like to come along, contact us as soon as possible. Everyone is welcome. It's a lovely way to spend a winter's evening, with diners sitting at a long table, getting to know other people in the community.

There's a choice of main courses, meat or vegetarian, and puddings, followed by coffee and truffles. We also run a good bar, so an enjoyable evening is guaranteed!

For details of events and hall hire, please contact Nia on 01550 777254, email niaclement@aol.com, and follow us on Facebook www.facebook.com/bethlehemcymru





CARMARTHENSHIRE
Character Village Inn

Open Plan Bar • Restaurant (75)
3 Letting Bedrooms plus Owners
Accommodation • Gardens & Car Park
£12,500 Leasehold or
£185,000 Freehold
Ref 86184/38405

SIDNEY PHILLIPS
Licensed Property Specialists
01981 250333
jthomas@sidneyphillips.co.uk

LLYFRGELL LLANWRTYD ORIAU AGOR

LLANWRTYD WELLS LIBRARY OPENING HOURS

Dydd Llun/Monday Ar Gau/Closed

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

Dydd Mercher/Wednesday Ar Gau/Closed

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

Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm



New Road Garage

Llandoverly
GOING THAT EXTRA MILE

10/19(12)



MOT Testing Servicing & Repairs



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



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

We are the area agents for all the motoring organisations

Other services include

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

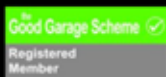


Call now on 01550 720836 24hr

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



MOTOR INDUSTRY
CODE OF PRACTICE
Service and Repair



**BOILER
SERVICING
FROM ONLY
£40!**

**NO JOB
TOO SMALL!**

We are able to help you with:

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

CONTACT US NOW!

By Phone:

01550 720878

By Email:

info@elementessentials.co.uk

Visit our Website:

www.elementessentials.co.uk

Or pop into our office:

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



**Local
Plumbing
and
Heating
Engineers**

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

Accredited



FREE



BOILER / HEATING SYSTEM GRANTS ARE BACK ...

To Qualify you must have:

- 1 A 5-Year old +, Broken or Faulty Boiler**
- 2 Inefficient Boiler**
- 3 Be on one of these benefits;**

- ✓ Child Tax Credit (Income below £16,105 a year)
- ✓ Council Tax Reduction (exemption and discount do not qualify on their own)
- ✓ Housing Benefit
- ✓ Income-based Jobseeker's Allowance
- ✓ Income-related Employment and Support Allowance
- ✓ Income Support
- ✓ Pension Credit
- ✓ Universal Credit



Are you a landlord with tenants claiming any benefits?

Does anyone at your home claim benefits?



CALL 01550 720878

Email: INFO@ELEMENTESSENTIALSLTD.CO.UK



LLANDOVERY ROTARY CLUB



Summer has gone and Autumn is here. Shorter days, longer nights, no more lawns to cut, higher heating bills, wear more clothes to keep warm etc etc. These are all adjustments we have to make as the seasons change and we are all getting older. I learned a long time ago not to complain as we get older. The alternative is something none of us want to contemplate. I have lost far too many friends who never got the chance. Life goes on and we all have to make these adjustments. For us in Rotary our new President is settling in superbly to the job in hand. We are preparing our Autumn and Winter calendar and have much to look forward to. Our AGM, speaker nights, a wine tasting evening, our District Governor visit and the big one - The Santa Sleigh. Oh yes, plenty of adjustments and a busy, busy schedule. This is exactly how we like it.

Following a request from Llandovery AFC for funding to purchase new training footballs we decided unanimously to support their application. It is wonderful to know that we have a really good football club again and we went down to the College one evening on their training night and presented the cheque to them there. We wish you all the very best for this season.

We started off with a humdinger of a President's BBQ and the President took the very brave decision to hold it at his home! There are a number before him who have rued the day they invited a very hungry, and very thirsty band of Rotarians to their home on a Saturday night. Some took the annual request to "Bring your own food and drink" a bit too literally. A group of four arrived carrying bags, bottles, boxes and cans that would have made a pack horse groan under the load. Mickey and Ellen were superb hosts who had a specially imported 'stash' behind the sofa. 'Pimms,' Mickey called it. But when you took a good swig and your ears popped and you felt a nose bleed coming on I had sincere doubts. We enjoyed a wonderful evening in the superb grounds with great camaraderie and fellowship. Thank you Mickey and Elen, we thoroughly enjoyed your generous hospitality even if there were a few sidesteps walking back down Llanfair Hill! You just can't beat a good BBQ.

We have now sourced 196 'Message in a Bottle' tubes which we shall distribute in due course. This will allow Paramedics or Doctors to identify any medicines, allergies or any medical requirement if they visit your

home. These tubes will be kept in the fridge which will be marked allowing the Doctor to access the information if you are unable to give it. More information next month. This project was prompted by Margaret Davies. We very much welcome initiatives from the general public. Thanks Mags. Nice one.

We received a request for funding from the wonderful Llandovery Museum and Visitor Gateway and we value this great addition to Llandovery very highly. We voted unanimously to support their request. It is such a pity that we could not have given them their cheque issued by 'Banc yr Eifion Du', the old 'Black Ox Bank' which was later to become Lloyds Bank. Keep up the great work for this magnificent asset to the town.

Our friend Doug had us all concerned for a while as he was admitted to Glangwili Hospital for a week for tests. He is back with us now and looking much more himself. Go carefully Doug.

Our dear friend Ganesh from Merthyr Rotary Club celebrated his 90th birthday last month and a party was arranged for him. This truly remarkable man did so much to help us set up Llandovery Rotary Club over 35 years ago and has been a great friend to us ever since. So much so that we made him an Honorary Member which was the least we could do. Quite where Ganesh gets his energy from no one knows as he still visits India regularly taking on a schedule that none of us who are much much younger would ever contemplate. A delegation of our members went to his party to help him celebrate and it was wonderful that Shirley Brown made the huge effort to make it as Ganesh and Shirley and the late Tommy were lifelong friends. When Ganesh arrived in this country his very first job was to go immediately to the Aberfan disaster site and he was the first medic there on that terrible day. A truly agonising and harrowing



Some ate more than others at the President's BBQ!



President Mickey heads over the cheque to Llandovery AFC, the Football Club. Good luck lads.



Our dear friend Subrahmanyam Ganesh with Shirley Brown on his 90th birthday.

introduction but Ganesh is an incredible, amazing human being who has done so much to help others none more than the Jaipur Limb Centre back in his homeland. We sent our sincere love and best wishes to Ganesh. A marvellous, marvellous man. Happy birthday Ganesh.

It was sad to say farewell to Rotarian Rev Ian Aveson and his wife Judith. Ian has retired and moved to Abergavenny. At his last meeting with us, Ian, who has joined in totally with our fundraising and social events very kindly bought us all a drink and invited us to visit him if we are ever near Abergavenny. Ian leaves with our very best wishes. Call in to see us anytime Ian, it will always be great to see you. Ian was my vicar and I will miss him hugely.

On Tuesday November 26th we are holding a Company Business Wales open meeting. Business Wales offer businesses free and impartial advice. It will be an informal event and anyone can attend. More details next month.

We received a request for funding from the Cilcwm Play Area & Action Committee as they are building a playing area for the children of the village. A great facility and we were proud to support with a healthy cheque. Keep up the great work.

As there was a Bank Holiday last month then there was no official Rotary meeting on the following Tuesday. As it is factored in to our body clock a number of us still go out for a meal and as it is an unofficial meeting all talk of Rotary is banned. To avoid any arguments or fights we have also banned talk on politics, religion and sex. Attendances have dropped off recently and we couldn't work out why! We approached the members who no longer attend and they simply said that they didn't mind



Rotary Club members enjoying themselves at The Indian Lounge. Lovely.

the ban on Rotary, politics or religion That's all they said! We might have to rethink this one!

We have two new members. Yippeeeee. Peter Williams and Neil Morse came as guests one meeting and signed up at the next. We are chuffed to bits to have these fine local 'younger' men as members. You are very welcome gentlemen and trust you will each enjoy a very rewarding life as a Rotarian. We are a dual gender club and are actively looking for new members.

Some weeks ago we were visited by guests from Bruges and a very lively lot they were too. Top man Dirk invited us as a club to visit them in Belgium. We are well up for it and were hoping to go before Christmas but the logistics and our busy calendar prevent us from making that possible but in the new year we'll be crossing the English Channel for a taste of the 'Venice of the North'. Should be a nice leisurely trip!

On a recent away visit we went to 'The Indian Lounge' in High Street for our Tuesday meeting. Not being a regular to Indian restaurants I ordered a basic Balti and was well pleased with that. But it was an eye opener to hear the regulars reeling off their orders without drawing breath. "I'll have onion bhaji, vegetable samosa and lamb jalfrezi with mixed vegetable bhaji, basmati pilau rice, nan, mint sauce, onion salad and a popadom" said one, "Oh and a side of peswari nan". Well I wondered, 1, What on earth would that look like? and 2, How on earth was he going to eat all that? Well it duly arrived and it looked delicious but it was enough to feed for 5 people for 3 days. Our colleague didn't blink. He took a very deep breath, didn't look up once and spooned the lot down in about six minutes flat. "Ahhhhhhhhh, not bad for a snack" he declared, then slumped back in his chair and we didn't hear another sound from him all evening. Well, apart from a few prolonged belches and some sounds resembling very loud thunder from his rear end that is!

It was a lovely evening finished off in the Blue Bell before the walk home. Perfect.

And here endeth the report for this month. Next month? Well that will be a completely different story. Don't miss it!

Derek Jones.

MYDDFAI NEWS

Myddfai Shop and Café are open Tuesdays
– Sundays, 10.30am – 5.00pm

October in Myddfai starts with another Willow Weaving course on Tuesday 1st. Then we have a Table Top & Car Boot Sale on Sat 12th October from 10.00am – 1.00pm. Our next series of weekly Flower Arranging classes begin on Tuesday 15th 2.00 – 4.00pm for 8 weeks; There is a St Luke's Day service on Sunday 20th at Myddfai Church followed by free tea in the hall; It's our popular monthly Farmers Market on Sunday 27th October 12.00 – 4.00pm. We also have Tai Chi classes every Monday 7.00 – 8.15pm, Yoga every Tuesday 7.00 – 8.30pm, Craft class every Wednesday 10.00am – 1.00pm, and art classes twice a month on Wednesday afternoons; Pilates is every Thursday 10.00 – 11.00am.

The winter is slowly drawing in October we will be serving delicious winter warming dishes in Myddfai café, along with a tempting range of freshly made soups. Keep an eye out on our Facebook page for daily specials served in our cosy warm cafe, Carol and her team will be on hand daily to serve you a delicious lunch and give you a warm welcome.

Forget shopping on-line. Come to Myddfai Gift Shop and see for yourself the high quality, locally made items that we have in our shop. You could have Christmas wrapped up in one visit. Our range extends from Myddfai toiletries, pottery, wooden boards and bowls, Welsh tweed woollen cushions, caps and blankets, beautiful jewellery, love spoons, pens and knitted toys. Myddfai jams and chutneys and local honey – all would make a great gift. In addition, we have a wide choice of cards, prints and original pictures. We have several new ranges of products from herbal essences, sheep tea cosies, gorgeous candles, a wide range of stunning fused glass gifts, Welsh tea towels and much more. Come along and take a look and support local. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

Myddfai Hall is a very adaptable space ideal for Weddings, parties, conferences, children's parties or any kind of activity class. It has underfloor heating and state of the art equipment and is available to hire at very affordable rates.

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

For Catering or Café please contact Carol Dugdale on carolannedugdale@hotmail.co.uk

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

Please like Myddfai Community Hall on Facebook and follow us on Twitter.

YSGOL BRO DINEFWR PTA ROLLER DISCO



Get your skates on the Ysgol Bro Dinefwr Roller Disco is back! Last term there were two hugely successful Roller Discos held at Tregib Sports Hall complete with a fabulous DJ and disco lights.

This term the roller disco dates are Saturday 5th October, Saturday 2nd November and Saturday 30th November 6.00pm – 8.00pm at Tregib Sports Hall. There will be a Halloween dressing up theme on November 2nd and a Christmas theme on November 30th – Prizes will be given for the best outfits and costumes!

All ages welcome but children younger than year 7 must be accompanied by an adult, and adults over the age of 101 must wear extra padding!

Consent forms must also be signed by an adult for every child under 18. Consent forms available on the school reception desk, via school email or on the door. Entry £3.

Roller skates can be hired for an additional £3.

Hot dogs and refreshments are available from The Roller Disco Cafe. See you there!

THE POST

ADVERTISING

you CAN afford



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

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

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

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

SUPPORT WORKERS

Hours: 40 per week, various shifts

Salary: £18,011.20 – £19,989.64 per annum*

(20 hours per week also available, salary pro-rata)

Applications will be dealt with as they are received

CLEANER

Hours: 25 hours per week, Days/time – negotiable

Salary: £15,080.00 – £16,736.46 pro rata per annum*

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

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

www.colegelidyr.ac.uk

10/19(1)



LLANDOVERY RUGBY CLUB

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

Office email: droversrfc@gmail.com

Office Phone: 01550 721110

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

After last season's magnificent performance (as the highest placed side still playing on a natural grass surface) we have every reason to be optimistic for 2019-20. After some suitably challenging friendlies to get things going in August there was a fine game against fellow Indigo Premiership rivals Aberavon early in September with a number of youngsters (and one or two more experienced players) holding the full Aberavon Squad to a highly creditable 29 - 29 draw game.

The season got off to an encouraging start in our Cup fixture against Ystalyfera with a 42-0 win against a strong Championship team and by the time you read this you will know how we got on against RGC. It was disappointing to see our first Indigo Group Premiership game of the season against The "Quins" postponed until February 22nd because of the clash with a Scarlets A Celtic Cup fixture.

Although the First XV only have one home game in October (against Bridgend on the 19th we hope to see you at Church Bank to watch the Athletic in two West Conference League games, the first on the 5th v Crymch and then on the 26th v Newcastle Emlyn).

As many of you know the Club has been playing Junior rugby for 25 years (one of the few clubs in the Premiership to have such a significant community side for young players). It has been an especially pleasing feature of the senior games has been to see some of our former Junior and Youth players step up to senior level to play in the Athletic or First XV - well done to them and to their coaches and the loyal band who have made this possible and who have worked so hard over the years to get them playing at such a consistently high standard and, above all, enjoying the sport and friendships as they do so. One former Junior Drovers is of course currently out in the land of the Rising Sun representing Wales in the 2019 World Cup! Pob lwc Wyn a pob lwc Cymru!

The Juniors continue to go from strength to strength. If

you are 6 years of age and want to have a go, pop down to see us on a Tuesday evening from 6pm. Everyone is welcome, more the merrier!

We thought we would start the season with a report from Isaac and Isla.

Our first rugby season in Australia

Isaac and Isla Thomas, for those of you that don't know them, emigrated to Australia last December with their mum and dad Dafydd and Katie.

Both were Junior Drovers' and are the grandchildren of Dai and Helen Thomas, who started to the Junior Drovers 26 years ago this season. Well done Dai and Helen.

Isaac and Isla both play for Dee Why Lion's Rugby Club. Isaac is in the under 12 level and Isla in the under 9's.

Isaac started off playing 4 games for the under 11's as he would have done in Wales. However with different age systems in Australia, Isaac was too old for the under 11's and had to progress to the under 12's, which he was very apprehensive to do at the time. He went along to training and has never looked back. During the season he has held his place in the team at outside centre, scoring tries and kicking goals. With a strong side in the league system, they came second and had a place in the final play off, which they narrowly lost 24 - 21 to a strong Sea Forth Raiders side. Isaac gained coaches' player of the season at the presentation evening. He now progresses to the under 13's next season, where they will go on tour to the Cook Islands in April.

Isla's team is called the Dee Why Pinks and they play in Terry Hills. This was very different for Isla, playing in an all girl's side, with tackling and playing at 8 in the morning! Isla has progressed immensely this season, having enjoyed playing in all the games. She has gained confidence with ball in hand, scoring tries and some strong tackling in helping the team come away with some wins. At this level there is a trophy for the best player of the day, which they get to keep for a week. Isla has won this 3 times. Well done Isla!

The team was mascots for the Australian ladies side in Sydney, which was televised and has they also met Matt Burke the Australian 15, who played in the 90's and early 2000. Matt is also coach for the Newport Pinks under 9's side.

The finale of the day is their sausage sizzler on the Barbie!!





**MASTER SADDLER AND
MASTER SADDLE FITTER**

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



08/20(12)

STOP PRESS: We have had some good news from Australia where Isaac recently received his coaches' 'Player of the Season' award for his club! Well done Isaac, llongyfarchiadau.

Back home in September the U10s played their first game of the season away against Builth. Although we lost, in a tough physical game with lots of tackling, they played a great game with lots to promise for the future. Da iawn bechyn! The U8s also had a fine game against Builth but were unlucky to lose by 18 tries to 16 tries.

The under 13s and 12s played a combined game at home against Llangennech and despite this being the first time that they had all played together it was a great all round team effort to secure a 45 - 10 win.

On the social side, Chris and his team have been working hard in the bar and all look forward to seeing you at the Club. As well as the normal bar welcome Chris serves food in the Red Room (or in the main room, if you have a big party) from Thursday evenings through to Sunday lunch time. You'll need to book as places fill up quickly so to book a table, or perhaps a room for your party or social event just get in touch with Chris on 07734 361686, email him (Chrisreeve90@yahoo.co.uk) or via his Facebook page. He will be happy to help out with all your entertainment needs - especially as Christmas is fast approaching (and he has already taken the first bookings!).

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

11/19(6)

ALED LEWIS *Ai Fab*

PLUMBING • HEATING • RENEWABLES

T 01558 824692 M 07779 146667

E aledlewisaifab@gmail.com

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

GENERAL PLUMBING

Sprinkler Systems

All types of heating systems

Domestic & Commercial LPG,

Gas & Oil Servicing -

Installation & Maintenance

Landlord certificates - Bathrooms

Phone or email for a competitive quote



Recent television programmes such as David Attenborough's Blue Planet 2 and Hugh Fearnley-Whittingstall's War on Plastic have highlighted the tremendous negative impact plastic wastage is having on the world's Oceans. Pictures such as floating islands of British plastic waste in Malaysia and Sea Turtles' tangled in plastic bags show how dangerous and long-lasting single use plastic waste is to the natural world.

Here at Weigh of Life we are aiming to reduce that impact by providing shoppers with the chance to refill their containers or buy in reusable paper bags products which if you visited supermarkets would be purchased in single use plastic bags and containers. We stock a range of dry beans, lentils and fruit, Nuts, Cereals, Pasta including Gluten-Free and Rice as well as Coaltown Coffee Beans. You can also purchase a range of eco-friendly household products such as toothpaste in glass jars, bamboo toothbrushes, coconut hair brushes, and drums to refill your cleaning products from.

Find us on Kings Road, Llandovery next to The Bear



OPENING HOURS

MONDAY 10:00 – 17:00

TUESDAY 10:00 – 17:00

WEDNESDAY 10:00 – 17:00

THURSDAY 10:00 – 17:00

FRIDAY 10:00 – 17:00

SATURDAY 10:00 – 17:00

SUNDAY CLOSED

10/19(3)

LLANDOVERY MOTORBIKE WEEKEND 2019

— THE BEST YET!!

On the 6th and 7th of July this year Llandovery hosted the fourth Llandovery Motorbike Weekend. Once again, the event took place in the Mart by kind permission of Clee, Tomkinson and Francis, without whose support this event could not take place on the scale it does. More than 3000 people, many of whom were staying locally for the weekend, attended and the Rotary Club of Llandovery ensured the smooth flow of an immense amount of traffic and pedestrians in and out of the carpark with the minimum of delay. We are thrilled to report that the event raised £1200 which was split between Blood Bikes Wales and the Wales Air Ambulance. This amount was achieved via the sale of raffle tickets and as a result of the extremely kind donation received from Biker Pics who donated a percentage of their profit to the charities.

The event is developing into a more family orientated weekend, although still with an underlying focus on Road Safety. Within the arena this year we witnessed motorbike handling skills being run by Blood Bikes Wales and RoSPA with members of the public being invited to enhance their own skills. For the first time this year and with the support from Pegasus Ambulance Services, Dyfed Powys Police and West Wales Fire and Rescue a road traffic collision scenario was played out. This involved a collision between a motorbike and car and demonstrated



the sequence of events and actions which would take place and involved all the Emergency Services. This culminated in the cutting away of the roof of the car by the Llandovery Fire and Rescue Crews supported by the Ambulance team in order to extract the driver. This demonstration attracted a large audience and the commentary provided by each of the Services involved reminded us why from time to time we have to wait for roads to be reopened even after the initial scene has been dealt with.

The organisers would like to thank all the volunteers who pitched in to assist with the organisation and delivery of this annual event. Hope to see you all next year?



STOP PRESS! CANCER-CHARITY CONCERT HAS NEW SOLOIST!

Gordon Kilby has had to work immediately to find a star replacement for soprano Helen Massey, who has had to pull out of his Puccini and Sullivan concert on Saturday, 19 October in Swansea.

He is delighted to welcome the rising opera star from South Korea (Royal Opera House and Welsh National Opera) who has received rave reviews.



Haegge Lee

Reviews: As Frasquita in *Carmen* at the Royal Opera House: '... vibrant singing from Haegge Lee' *The Times*; as Sandman in *Hansel und Gretel* at the Royal Opera House: '... exquisitely sung by Haegge Lee' *Music OMH*. 'Soprano Haegge Lee briefly stopped the show with her vocal fireworks in Verdi's *Rigoletto*'. The Prickle

Cantorion Llandeilo Singers, the local choir of 60 members, has formed a West Wales Choral Collective by combining with other choirs in Swansea and Carmarthen and surrounding areas, for a massive concert with leading soloists and a forty-piece West Wales Concert Orchestra.

This is a concert not to be missed: Sullivan's rousing *Festival Te Deum*, Puccini's lyrical and youthful *Messa di Gloria* and, as an extra treat at the end, Puccini's *Nessun Dorma*.

As the concert is supported by leading local businesses and Llandeilo Rotary Club, it will donate 80% of its ticket sales to the two leading Welsh cancer charities, Tenovus Cancer Care and Cancer Research Wales. These two charities are leading the way with breakthrough work in cancer care and treatment.

Haegge Lee's exquisite singing will join that of Welsh tenor Robyn Lyn Evans (sponsored by Castell Howell) and bass-baritone Robert Glyndwr Garland (sponsored by Welsh Cottage Cakes), both of whom have already delighted our audiences.

Note this in your diary! The concert is on Saturday, 19 October, 2019, at St Mary's Collegiate Church, St Mary's Square, Swansea SA1 3LP, at 7.30 p.m. Tickets are £15, or £18 to include a coach from Llandeilo - only an extra £3 for the return trip to Swansea. Just ask for an £18 ticket when you book if you want to join the coach.

The coach leaves from Llandeilo main carpark at 6.00 p.m., calling at The Square in Llandybie and the corner of New Road (just past ABC church) in Ammanford. Tickets are selling fast, so don't miss out! Call at Peppercorn in King Street, Llandeilo, or phone 07851 786569, or buy from choir members. Tickets may also be available at the door.

PRESIDENT'S DAY - LLANDEILO BOWLING CLUB

A fab fun day was held at Llandeilo Bowling Club on Saturday 31ST August the proceeds from which are to be donated to the President, Gil Mount's chosen charity for the day, Air Ambulance Wales.

Friendly competition ensued throughout the sunny afternoon between new and experienced bowlers which was kicked off with a "spider" competition. There was plenty of merriment and banter both on and off the green which looked in great shape considering the outdoor bowling season is nearing its end.

The smell of the BBQ with master chefs Brian Bennet and King Jones at work proved too much of a draw by late afternoon and the green was abandoned for sumptuous burgers/sausages and desserts prepared by members in the Club Pavilion.

Following a raffle and auction, proceeds of £325 were raised by members for Air Ambulance Wales.



M. MORRIS

**Professional Carpenter
& Roofing Contractor**

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

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

Email: toeon.cymru.morris@gmail.com

Tel: 01550 779069 (evenings)

Mobile: 07891 856032

LLANDOVERY'S ICONIC STATUE



The statue of Llywelyn ap Gruffydd Fychan first appeared on the skyline in 2001. But the campaign to create a figure now recognised far and wide as a symbol of the town was not easily won.

As we approach the 20th anniversary of its installation on the Castle mound, several members of the original team, who devoted more than 4 years to their conviction that the artwork was viable, reassembled in the Whitehall Hotel. They shared memories and discussed a suitable way to celebrate the anniversary and the achievements of those who initiated the project.

It is hoped to compile an archive and exhibition in Llandovery Museum that will preserve the story of what became a community effort, and to perpetuate the symbolism and story of Llywelyn himself.

If you have any personal records of the installation and unveiling of the statue, they could be part of the archive; it would be very interesting to see and hear your memories of the day. If you would like to help us preserve and display this history, come along to the museum.

Jane Carter

IEUAN JONES

PHOTO RESTORATION SERVICE

CWRTYCADNO

Photo Restoration

Cine Film Transfer

VHS to DVD Transfer

Slide Transfer



Local Fortnightly Collection & Delivery Service

Tel: 01558 650153

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

11/19CS



From left to right: Phyl Jones, Enid Gealy, David Petersen, Gina Jones, Stevie Watson, Meic Davies, Dai Gealy

THE TOWY HOMEBREW CLUB

The Towy Homebrew Club had a successful inaugural meeting on 28 August. Eight keen amateur brewers were present, with apologies from a few others who couldn't make it.

The Club has decided to concentrate on improving / learning to brew beer and hedgerow wines – we won't be tackling cider, as there is an established cider club on our doorstep at Dinefwr (contact details available on request).

The Club will meet once a month, usually on a Thursday at 7pm. The next meeting will be on 24 October at the Cennen Arms in Trap – all welcome.

We are hoping to run an all-day "learn to brew all grain beer from scratch" session on 19 October in Yr Hen Ysgol Trap October – contributions to cover costs will be required, but you will get homebrew you've bottled to try. If you are interested, please get in contact as there are limited spaces.

We would welcome new members – please contact Tim Greenish on homebrew@wontigonk.com or 07796 871237, including your mobile phone number so you can be added to a closed WhatsApp group used to keep members informed.

LLANWRDA CRICKET CLUB



LLANWRDA ARE CHAMPIONS OF DIVISION 4 (well, joint champions anyway!) but it all came down to the last match of the season.

Derby days rarely disappoint, and the game against Llandeilo on Saturday 31st August was no different! Llandeilo batted first, and a quick flurry of wickets by Steff Roberts (3-11), left Llandeilo in a bit of a pickle at 14-4. But, the middle order held on and the target was set at 118 for us to finish the season as champions!

We found ourselves in a bit of trouble at 59-7, but there was one shining light that kept Llanwrda in with a sniff. That light was leader, legend, Adrian Davies. With Carwyn Jones batting well, the total was surpassed with only 4 balls remaining, Carwyn on 14* and Adrian on 76*!

With Gowerton also winning their game, incredibly, both teams have ended on exactly the same points, wins, losses (and even bonus points!!), meaning both Llanwrda and Gowerton II are to be crowned as joint champions! Congratulations to Gowerton Cricket Club on a great season, look forward for our next contest in Division 3.

And that's that – 3 promotions in 3 years! Dim rhy gwael am bentre bach.

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

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 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.

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

LLANWRDA C C BONUS BALL WINNERS

14/08/19	23	Bethan Price
21/08/19	30	Stuart Davies
28/08/19	43	No winner
04/09/19	39	No winner
11/09/19	30	Stuart Davies

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

POSTDATUM
Producers of
The Post

Microchipped
Spayed

**STILL
MISSING
SPOT**



ID 137849

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



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

**Please ring
07760 491131
or 07746 856502**

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



LLUEST

TAILS FROM THE TRUST

LLUEST OPEN DAY

Blessed with dry weather, this year's Open Day was a great success. The day started with beautifully behaved Lluest ponies Abbie and Luna in the main arena. Clinical Behaviourist Jenni Nellist then gave a demonstration about desensitizing and preparing a needle shy pony for a veterinary visit. After lunch the ever popular Dog Show was held under Kennel Club regulations with pedigree and novelty classes judged by Del Richards.

In the Top Paddock were children's activities, including drawing classes held by Claire Timbrell from DaffiRose Art, Hope the Unicorn, face painting and Hook-a-Duck. Pet Photography Co. was also on hand in a pop-up studio taking photos of our canine friends.

Laden tables in the Vintage Tea Tent kept everyone fed and watered and Lluest rescue ponies were in the Main Barn for people to meet.

Our thanks to the many visitors who attended and to our fantastic volunteers who gave up their time, and without whom Open Day could not have gone ahead.



Lluest ponies Abbie and Luna taking the Open Day atmosphere in their stride.



Clinical Behaviourist Jenni Nellist working with Lluest mare Topaz.

THE LLUEST TACK SHOP



Thanks to our brilliant volunteers, many hours have been spent overhauling our on-site, second-hand Tack Shop. It is packed full of horsey gear and riding clothing. We have a huge selection of rugs, plus a rug washing and reproofing service. Call the office for rug washing prices, opening times and get yourself and your horse kitted out for the winter. Tel: 01550 740 661.

WE NEED YOUR SUPPORT

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

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



Puppy Iggle's perfect pose in the pop-up pet photography studio.



A worthy winner sporting his first-place rosette in the dog show.

'ALLOWING TIME', A CARE AFTER DEATH SERVICE/'RHODD AMSER', GWASANAETH GOFAL YN DILYN MARWOLAETH.



'Allowing Time' is run by Antoinette de Kleijn. Antoinette is from the Netherlands originally and has lived in Mid Wales since 1997.

She has worked as a nurse for over 35 years both in the Netherlands and in Mid Wales. During this time she cared for many people in their final days and supported them and their loved ones during this difficult time and in the days and months following.

When faced with a personal bereavement in 2014 she wanted time to say goodbye. And for Antoinette the most natural place to take that time was at home. She had not realised that keeping someone at home after their death is not as common in Wales now as it is in the Netherlands.

The wish to keep somebody at home after their death or bring them home until the funeral can be a problem. Houses are warmer thanks to the arrival of central heating and the number of days until a funeral can be held has been increasing.

Her own experience was the start of 'Allowing Time'. Antoinette: "To me it is important that it is possible for everybody to take as much time to say goodbye as they feel they need. And to be able to do this in their own way, in their own home, if that is what they want."

She looked into the experience of undertakers and the technology used in the Netherlands. Finding out that keeping somebody at home after their death can be done with the use of safe, reliable technology made her decide to set up this service herself.

'Allowing Time' is a service which allows you to take time to say goodbye in your own familiar surroundings. 'Allowing Time' is available through your local undertaker or as an independent service.

Mae 'Rhodd amser' yn gwasanaeth sydd yn rhoi cyfle i chi i gymryd amser i ffarwelio yn eich cartref cyfarwydd. Mae 'Rhodd Amser' ar gael gan eich Trefnydd Angladdau lleol neu fel gwasanaeth annibynnol.

When embalming is not appropriate, such as when a green burial is preferred, 'Allowing Time' offers a reliable solution in most circumstances.

Using the latest, trusted technology the body can be kept safely in familiar surroundings, allowing you time to say goodbye in your own way.

FIONA CASTLE TO SPEAK AT ANNUAL CHURCH SERVICE FOR CANCER IN LAMPETER

Pause for Hope is delighted to be holding its 3rd annual bilingual service in Lampeter later this year (Sunday 20th October at 2:30pm in St Peter's Church Lampeter) with guest speaker Fiona Castle OBE, wife of the late entertainer Roy Castle.

Pause for Hope is a national charity that enables prayer services throughout the UK for all those affected by cancer, from patients and carers to medics and health professionals, all are welcome of any faith, or none. The idea to bring the service to Wales was from Lampeter resident Steven Holmes after his wife Jane was diagnosed with terminal lung cancer at the age of only 43 as well as a subsequent meeting with Prof Ray Donnelly (Founder and President of the Roy Castle Lung Cancer Foundation and Founder and Trustee of Pause for Hope). Steven said "After a cancer diagnosis of someone close, everything changes and you are thrown into an unknown world of tests, results and medical terminology while trying to come to terms with the future and the meaning of a terminal diagnosis. One of the stand out positives was from the support of the community in terms of coming together to help us both through difficult times. It was a truly amazing response with lots of events and ideas for charity fundraising, messages of support from friends as well as strangers, prayer groups from far afield and a generally proactive, practical and positive response from everyone. Jane's incredibly positive attitude also helped and has inspired everyone who has met her."

Steven continues "After speaking to others in similar situations, I learnt how important 'Faith' is to many, in helping staying positive and providing community in different forms. It was with this in mind that I wanted to bring a church service together, for all beliefs or none, that would be open to those affected by cancer,

whether it be a survivor, friend or family, carer or medical professional. The Pause for Hope services which were set-up in 1999 by Prof Donnelly seemed the ideal model and so the seed was sown. Since the first service of its kind in Wales in 2017, we have had an absolutely great response and involvement from a lot of the local churches, local school, charities as well as individuals. We have kept the services upbeat and positive, which works really well when including the local school children and underlines the idea that cancer affects all of us in some way. This year we are delighted to have the involvement of Fiona Castle OBE, wife of the late Roy Castle, the entertainer who died 25 years ago of lung cancer. She has supported the charity which bears his name (Roy Castle Lung Cancer Foundation) from the beginning as well as being very open about her faith and the strength it gave through the very public journey of Roy's diagnosis and death."

"This year's Pause for Hope service looks to continue the successes and support of previous years and hope that it can touch the lives of many, going through difficult times, by giving hope and community in the form of the Pause for Hope service."

The service will take place in St Peter's Church, Lampeter on Sunday 20th October at 2:30pm. For more information, please contact Steven on 07821 524060 or stevenholmes0@gmail.com and for more information on Pause for Hope please visit our website www.pauseforhope.org.uk or email pauseforhope@gmail.com

CARER'S GET-TOGETHER

Are you a carer who would like to meet to have a chat and a cuppa with other care-givers? A little bit of time just for you, with others who understand.

The informal get-together is open to all carers – you are welcome to Pop in to the Castle Hotel in Llandovery (by the Museum & Visitor Centre) anytime between 1.00pm and 3.00pm on the first Friday of every month.


The next meeting is on Friday, 4th of October. We look forward to seeing you. For further details telephone Simon on 01550 721197.

DINEFWR POETS – NEW MEETING DATES

Dinefwr Poets is an informal collection of poets and poetry lovers who meet twice a month on a Sunday, to read out their poetry in Llandovery. The Sunday meeting dates are changing to the 2nd and 4th of each month, from October onwards. Next meetings: October 13th and 27th.

Venue: Llandovery Railway Station Cafe. Time: 2.30pm to 4.30pm (i.e. after hours when the cafe has closed). Refreshments and cake is available beforehand in this very nice venue.

All are welcome to join us. Cost: suggested donation of £1.00 each. Tel: Mick: 01550 777656.



AMGUEDDFA LLANYMDDYFRI
a Portholunoddy
→
LLANDOVERY MUSEUM
& Visitor Gateway

'The Vaughans and Cawdor Families of Golden Grove' will be the subject of a Talk by Sir David T.R Lewis M.A, Hon D.C.L, to be held in the Library of Llandovery College on Wednesday, October 9th at 7.00pm.

Tickets £5.00 available in the Museum or at the door and will include refreshments. All welcome.

LLANDEILO AND DISTRICT GARDENING CLUB



Members of Llandeilo and District Gardening Club at the Open Morning plant table.

August is always a busy month for Llandeilo and District Gardening Club and 2019 was no exception. The Open Morning was held on August 3rd in Llandeilo Civic Hall where members put on a dazzling display of home grown delights. These included plenty of plants, produce, preserves, flowers, baked goods, and crafts. Members provided all this bounty and brought along their friends and neighbours who grabbed a bargain or two. This event is an important one in the club calendar provided much needed funds for the club.

Also in August the club enjoyed some friendly competition at the Gardening Club section of the Horticultural tent at the Llandeilo show. The weather on Friday evening was grim, with mud underfoot and rain in the air but for once Saturday turned out fine and bright enabling entries to be carried in relative safety to the tent for final polishing and presentations. There were exhibits of vegetables and fruit, flowers, pot plants, floral art and photographs. All were colourful and delightful drawing many comments from visitors later in the day. Congratulations to all the worthy winners and importantly to all those who took part. The blue ribbon for vegetables and fruit went to Stephen Smith for a faultless display of raspberries and the blue ribbon for pot plants and cut flowers to Elena Thomas for her spectacular fuchsia.

Cups will be presented at the AGM of the club to be held on 3rd October 2019 at The Vestry, Capel Newydd, Crescent Road, Llandeilo at 7.30pm

Llandeilo and District Gardening club meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella at rhydogoch.co.uk.

ROD N SALLY'S FUN PUB QUIZ – THANK YOU! DIOLCH!

Thank you to each and everyone of you that made our Fun Pub Quiz a great success over the summer. We have had a blast and made some new friends along the way.

We have the absolute pleasure to tell you we raised a fantastic sum of.... (drumroll)



£1260 which has been donated to both



Wales Air Ambulance and Llandoverly Museum & Visitor Gateway.

We would also like to thank Anne and her team at The Whitehall for letting us take over and the wonderful spread supplied for our final quiz and presentation evening on the 28th August!

Here's to next year..... Maybe?

FRIENDS OF BRECON AND DISTRICT MIND

SOCIAL PRESCRIBING:

Rhiannon Davies and Dawne Shepherd discuss the benefits and effectiveness of a Mind Cymru project in south Powys

**Wednesday 18 September 2019,
The Muse, Glamorgan Street, Brecon,
7.00pm, £5 (Friends/Members £2)**

The Friends of Brecon and District Mind have invited Rhiannon Davies and Dawne Shepherd, link workers from Brecon and District Mind, to talk about its Social Prescribing Project. The centre was chosen by Mind Cymru as one of four local Minds to take part in an independently-evaluated research project. Started in spring 2019 and running for two years, this considers the benefits and effectiveness of Social Prescribing in supporting individuals with mild to moderate depression, anxiety and stress to take control of their own health and wellbeing. It is funded by the Welsh Assembly Government.

Recognising that people's health is determined by a range of factors, Social Prescribing seeks to address people's needs holistically taking into account key ways to wellbeing – connecting, being active, taking notice, keeping learning, being creative and giving. The scheme offers support through voluntary and community sector organisations. Examples include welfare and legal advice,

housing adaptation, family connectedness, community-based wellbeing activities such as walking, arts and crafts, gardening, cookery and healthy eating advice, volunteering opportunities, group learning, non-clinical interventions including mindfulness and stress control and local Mind services and peer support groups.

Aimed at primary care patients from the age of eighteen, they may, typically, be frequently visiting their medical practice, experiencing risk factors for poor mental health such as isolation and unemployment, have a long-term condition, have experienced a life-changing event or have a problem linked to social, emotional and practical needs. Social Prescribing is a way of enabling primary care professionals to refer patients to a range of local non-clinical services through a link worker.

There are two part-time link workers based for one day a week in Brecon, Crickhowell, Hay and Talgarth medical practices. They explore the needs of individuals and possible solutions and empower them to make choices about treatment. Working together they create a plan, set goals and access services and activities.

The Friends support the work of Brecon and District Mind and raise awareness of mental health issues in and around Brecon, Crickhowell, Talgarth and Hay-on-Wye. It is open to everyone and holds talks, walks, social activities and fund-raising events.

Brecon and District Mind, Tŷ Croeso, St David's House,
48 Free Street, Brecon, Powys, LD3 7BP / 01874 611529
/ info@breconmind.org.uk / www.breconmind.org.uk

NEWS FROM CAPEL GOSEN, CYNGHORDY

The Violin, Piano and Organ concert given by Ulrich von Hecker and Carl Grainger on August 17th was thoroughly enjoyable and raised £300 for Alzheimer's UK. Thank-you to everyone who supported this event.

The next event will be Harvest Hymns on Wednesday 2nd October at 6.30pm led by the Rev'd Dr Wynford Thomas. A short chapel service will be followed by a two course supper served in the vestry. On this occasion there will be a minimum charge of £5, with all the proceeds going to support the work of local churches. Numbers are limited, so please book before 27th September.

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



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

Padmasambhava Yoga & Meditation Centre

The Centre welcomed everyone back after the long summer holidays. Although the Autumn term has started with its good selection of classes suitable for people of all ages, abilities and experience, it's not too late to join a class.

Besides the many evening classes, there are a number of daytime ones – the Over 50's, the Open Class and Gentle Yoga. The Wednesday Open Class (1 – 2.30pm) still has a few spaces for those who have done some yoga before. The class at the Ebenezer Chapel in Ammanford (6.30 – 8pm) welcomes both those new to yoga and those with some experience. Drop-ins are possible.

New this term is a Wednesday Men's Yoga Class starting in Cowbridge. Classes take place at the United Free Church and are suitable for both beginner's and experienced alike. Drop-ins are possible. Please contact Norman on 07884 162076 to book.

On Saturday 9th November the first class in the four-part Yoga course with Poornam and Vanessa is held at the National Botanic Garden of Wales. 'The Golden Thread: Sadhana and the Rhythms of Nature' develops over one year and strengthens practice (Sadhana) through the Seasons. Please contact the Centre for more information and a brochure. The course is limited to 12 so booking is essential.

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

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

Chair Based Yoga at Maes Elfryn Hall

This class is held (mostly) fortnightly on Friday afternoons 3.30 – 4.30 and is perfect for Elders and those with restricted movement, limited mobility or unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated. Seated yoga helps increase flexibility and balance, helps improve body

and limb movement and increase strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. This term's class dates are: Sept 20th & 27th; October 11th & 25th; and Nov 15th & 29th. Drop-ins are possible. To find out more ring the Centre on 01558 823842

GWYNFE EVENTS & NEWS

There are two events in Gwynfe Community Hall on Monday, 7th October. Firstly, at 1:30 come along for the monthly meeting of the Monday Club, our social group for the 50+ age group. Join us for a chat, a cup of tea or coffee and a slice of cake. £1 collection for those who attend. If you need or would like transport to/from the hall, please contact Heather on 01550-740512. Then, later in the day, at 8 pm turn up for the AGM of Gwynfe Show. Everybody is welcome at this open meeting discussing all aspects of the show and complimentary cheese and wine will be on offer.

On Wednesday, 16th October the next Arts Council of Wales-sponsored act will perform at Gwynfe Community Hall. The show, *I Ain't Afraid of No Ghost*, comes highly recommended and is a funny and nostalgic trip back to the 80's. It is a show about a family home being haunted by a playful poltergeist and is suitable for adults and older children. Tickets are £7 full price and £6 concessions and can be reserved in advance via gwynfe_community_hall@yahoo.co.uk, or by calling Colin or John on 01550-740462. Doors open at 7 pm, when food will be served, and the performance will start at 7:30. A paying bar will be available all evening with alcohol and soft drinks.

Finally, Saturday 19th October is the date for a Scavenger Hunt from 4pm and a Hog Roast from 6pm both being organised by the Show Committee. Everybody is welcome at these community events and entry to both parts of the day will be free. For further information please contact Sarah on 01550 740612.

Well rung out! Thanks are due to Jane from Treherbert who treated us to a master class in hand-bell ringing on 2nd September at the Monday Club. Her skills as a former teacher were very apparent as she patiently coached us in this ancient art. By the end of the session we were confidently ringing out a couple of tunes. Thanks also to Alun and Mary who came up with the idea.

On 12th September many of the hall's Tai Chi class members gathered at the National Botanical Garden of Wales to take part in a Tai Chi demonstration at the Age Cymru 50+ Forum. Sue, our teacher, guided us through the 18-move form in harmony with three other tutors and their class members. The audience expressed themselves delighted with our efforts and considering we had not rehearsed together the choreography was quite impressive! Thanks to all who took part and particularly to Sue Wakefield, our teacher, and Heather Johnson who arranged the transport courtesy of Carmarthenshire County Council.

Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Cwrdaf Church, Llanwrda

6 Oct 8.30am Holy Eucharist
13 Oct 10.00am Holy Eucharist
20 Oct 8.30am Morning Prayer

St. Sadwrn Church, Llansadwrn

6 Oct 11.00am Holy Eucharist
20 Oct 11.00am Holy Eucharist
27 Oct 11.00am Rainbow Church

Capel Dewi Sant

6 Oct 2.15pm Holy Eucharist
13 Oct 2.15pm Holy Eucharist
27 Oct 2.15pm Evening Prayer

St. Paul's, Manordeilo

6 Oct 9.45am Holy Eucharist
13 Oct 9.45am Morning Prayer
20 Oct 9.45am Holy Eucharist
27 Oct 9.45am Holy Eucharist

Harvest Services are as follows.

26 Sept 7.00pm Manordeilo:
Guest preacher Canon Suzy Bale
3 Oct 7.00pm Llanwrda:
Guest preacher Revd Delyth Richards
10 Oct 7.00pm Capel Dewi Sant:
Guest preacher Canon Dewi Roberts
17 Oct 7.00pm

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

ST. CADOG'S, LLANGADOG

6 Oct 6.00pm Harvest Thanksgiving Service
13 Oct 9.30am Morning Prayer and Baptism
20 Oct 9.30am Holy Communion
27 Oct 9.30am Morning Prayer

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

For further information please contact Revd Jeff Thomas 01550 777758.

ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

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

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

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

ST SIMON & ST JUDE, LLANDEUSANT

8 Oct 6.00pm Harvest Eucharist with speaker Revd Jeff Thomas, followed by light refreshments.
27 Oct 2.00pm Eucharist with Revd Jeff Thomas

ST DAVID, ABERGORLECH

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

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

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Llanfair

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

St Michael's, Myddfai

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

Evening Prayer and Compline alternate months:

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

St John's Maestelo

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

Holy Trinity Talieris

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

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.

Phone: 01550 777149

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

ALL SAINTS GWYNFE

6 Oct 11.15am Eucharist
13 Oct 11.15am Morning Prayer
20 Oct 11.15am Morning Prayer
Baptism
27 Oct No Services

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

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

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

THE CHRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

6 Oct 2.30pm Holy Communion
13 Oct 2.30pm Harvest Festival
20 Oct 2.30pm Evening Prayer
27 Oct 2.30pm Holy Communion

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

St. Barnabas Church, Rhandirmwyn

6 Oct 9.30am Holy Communion
13 Oct 9.30am Holy Communion
20 Oct 9.30am Morning Prayer
27 Oct 9.30am Holy Communion

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

St. Michael's, Cilycwm

6 Oct 11.15am Holy Communion
13 Oct 11.15am Holy Communion
20 Oct 11.15am Morning Prayer
27 Oct 11.15am Holy Communion

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

BAPTIST CHAPEL

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

TY'R BUGAIL

on Sundays

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

ST CYNWIL, CYNWYL GAEO

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

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

ST SAWYL, LLANSAWEL

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

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

UNITED BENEFICE OF CATHEINIOG

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

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

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

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

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

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday
(bilingual)

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

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

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

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

QUAKER MEETINGS

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

Peterwell Terrace, Lampeter SA48 7BX.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study
11.00am Worship

Ladies Service

2nd Tuesday of each month, 2.30pm.

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

OUR LADY'S R.C., LLANDOVERY

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

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

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

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

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

RIVERS COMMUNITY CHURCH

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

For further information contact

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

MERCHED Y WAWR BRO PANTYCELYN

Cynhelir cyfarfod mis Hydref y
gangen ar nos Fercher y nawfed
o'r mis yn Neuadd Dolau Brân
am saith or gloch. Gwraig wâdd
y noson yw Mary Thorley o
Gaerfyrddin a'i thestun "Hanes
Cudd Menywod Gaerfyrddin".
Edrychwn ymlaen yn fawr iw
chroesawu i'n cangen ac iw
chlywed yn siarad am destun
mor ddiddorol. Croeso cynnes
i bawb, yn enwedig i unrhyw
un sydd am ymuno a'r cangen
am y tro cyntaf. Am ragor o
fanylion cysylltwch a Enid
Gealy ar 01550 720873 neu
Ann Williams ar 01550 720248.

PAUSE FOR HOPE

A church service for all those affected
by Cancer. All welcome from all faiths or
none. Sunday 20th October, 2.30pm at
St Peter's Church Lampeter.

THE POST
ADVERTISING
you CAN afford

READERS' SALES & WANTS

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

FOR SALE

- **04 Citroen Berlingo Van**, spares or repairs, £150. Tel: 01558 650745.
- **Armoured Cable**, 16mm² x 4 core x 50m, £100. Tel: 01558 650745.
- **Kenwood Food Processor** with attachments, hardly used, £25. Tel: 07527 277060.
- **Nutool NWL900 Wood Lathe** plus various chisels with Axminster chuck. Tel: 01591 610507.
- **Pews from chapel**, 7 feet long, plus other sizes, collect from Rhydcymerau and Penybanc chapel, SA19 or can deliver. Tel: 07999 323864 for more details/price.
- **WARDROBE** (7ft high x 6 ft wide), TWO BEDSIDE TABLES WITH DRAWERS, AND CHEST OF DRAWERS. Good condition. Brown wood. Buyer to collect, wardrobe needs to be dismantled, £50. Tel: 01558 685542.
- **Pottery items for sale**, various moulds, clay, tools, wheel and unused kiln etc, £100, offers considered. Tel: 01558 824250.
- **Husqvarna 135 Chain Saw**, 14" bar, 2 year's old, hardly used. Paid £158.33, will accept £79. Tel: 01558 685374.
- **Chain saw protective trousers**, brand new, paid £66.67, will accept £33. Tel: 01558 685374.
- **Husqvarna 4 thread over locker**. Superb condition, hardly used, with instruction manual and accessories, £75 ovno. Contact 01550 777875.
- **Almost new patio gas heater**, £50. Call 01591 610083.
- **Petrol Lawnmower free for taking**. Call 01591 610083.
- **Greenhouse Glass**. 20 sheets 24"x 24" plus various other sizes. All at half price. Tel: 01550 777749 Bethlehem
- **Tumble Dryer**. Crusader – reverse action, as new. £30. Tel: 01550 777749 Bethlehem.
- **Sony Video Cassette Recorder**. SLV.SE740. Complete with handbook and remote control. Seldom used and in excellent condition, £25. Tel: 01550 777749 Bethlehem.
- **Various electric motors**. Some unused. Tel: 01558 668744.
- **W.B.C. lifts in various conditions**. Tel: 01558 668744.
- **Loom, 36" upright**, £1000. Tel: 01558 668744.
- **Lamb creep feeder**, £90. Tel: 01558 668744.
- **Lockable record card holders**. Large £10, Small £5. Brand new. Tel: 01558 668744.
- **Black and Decker electric jigsaw**, unused, £5. Tel: 01558 668744.
- **Pewter tray and two mugs**, £20. Tel: 01558 668744.
- **Foldable Camping Stove**, double hob and grill/toaster, butane gas operated, approx. 60 x 33 x 10 cm, excellent condition, hardly used, £25. Tel: 01550 777993.
- **6' x 3' garden panels**, in good condition, £3 per panel. Tel: 07915 672120.
- **Boss Turo grey suit**, jkt 42" trs waist 37", leg 31", worn once, £40. Tel: 07971 516544.
- **Boss Turo suit**, dark taupe, jkt 44", trs waist 39", leg 31", worn once, £40. Tel: 07971 516544.
- **Marks and Spencers almond grey lightweight suit**, jkt 46", trs waist 40", leg 31". Worn once, £40. Tel: 07971 516544.
- **Hodges black dinner suit**, jkt 42", trs waist 37", leg 31". worn once, £50. Tel: 07971 516544.

- **Yorkers executive suit**, black pinstripe, jkt 42", trs waist 37", leg 31", £40. Tel: 07971 516544.
- **Brook Tavener blazer**, chest 48", £40. Tel: 07971 516544.
- **Vegan Companion and responsible tenant** with M.E, MCS & EMS offers shared skills, companionship or help in exchange for self-contained accommodation. Artist and poet with many interests. Tel: 01550 721197 (please leave message). Tel: 01550 721197.
- **Bike Magazines**. Classic Bike. March 2015 to 2017 (some 2019). Immaculate, over 25 issues. Were £4.10 to £4.20 each (over £100 worth). Read once. Many still in wrappers. Offers. Tel: 01550 721197.
- **Coopers electric telescopic hedge trimmer**, £30. Tel: 01550 777059.
- **B&Q electric bench grinder**, £15. Tel: 01550 777059.
- **Army issue suitcase**, any reasonable offer. Tel: 01550 777059.
- **Old brass single bed** with springs and Mattress, £30. Tel: 01550 779070.
- **4 dining chairs**, £20. Tel: 01550 779070.
- **Creda Hallmark Cooker** H150E, made in UK, good working order, £20. Tel: 07527 918712 (Llangadog).
- **14' Touring Caravan** for spares/dismantling or restoration, needs new tyres. Tel: 01558 824196.
- **Hand built split cane fly rod**, made by "Olivers of knebworth", 2pc, 10' 6", in original bag, mint condition, £75 ovno. Tel: 01269 822582.
- **Sport Sea Kayak**, 10ft with paddles and fishing rod holder, £230 ono. Tel: 01558 650539.
- **Ryobi 'Expandit' accessories**, strimmer, hedge trimmer & tiller, £40 ono. Tel: 01558 650539.
- **Ozark 3515 left hand electric "resonator" guitar**, very little use, in new condition, £315 ono with Ozark guitar bag. Tel: 01558 650539.

WANTED

- **Home Needed**. Eco-friendly (with organic grounds if possible) detached house needed. Rural preferred. Excellent refs. Responsible tenant. Craftsperson into nature etc. Short or long let. Urgently required. Tel: 07379 283819 (leave tel. no. only - I'll ring back).
- **Countryside House to Rent**. Detached, basic self-contained accommodation. Rural or semi-rural with garden. Outbuilding if possible. No wifi or tetra mast coverage. Rent or barter. Able to also consider: large house with annexe, Nature/animal sanctuary/Healing Centre etc. Current let 20 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Homehelp/Carer**. Various positions available; including advocate, carer, homehelp, P.A. and driver. Hourly pay or barter. Also rural respite care and accommodation sought. Quiet, friendly vegan client. Leave message on 01550 721197.
- **Citroen Berlingo Van/Car, Peugeot Partner/Dispatch Van**. Low miles in excellent condition wanted. Tel: 01550 721197.
- **Stainless Exhaust**. For Citroen Berlingo/Espace. Unused, in wrapper. Offers. Tel: 01550 721197.

POSTDATUM
Producers of
The Post

Events

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

1 OCTOBER:

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

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

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

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

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

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

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

2 OCTOBER:

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

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

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

Yoga at The Allotment – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Tywi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact

Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

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

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

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

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

The Ramblers – Crewl Pool Trail: Woodlands, open pasture and riverbank habitats on this recently re-opened walk along the River Tywi near Bethlehem Dist. 3.5 miles. Easy Explorer map: OL12 Meeting point: Llandeilo Railway Station. Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Pam Marsh Tel. 01558 822225 Mob. 07929 003586.

3 OCTOBER:

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

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

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

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

Cymdeithas Cwmdu. The meeting is held every first Thursday of the month in the Cwmdu Inn from 8.00pm. If you are interested in the social activities of the village, come along for updates on previous events, and ideas for new ones. Find out how we work together to ensure the continuation of this community enterprise. Contact the shop/pub on 01558 685156.

Vinyasa Flow Yoga at Bethlehem Hall at 5.45pm. 1 Hour, £6 per class. Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat, and a blanket is very helpful a prop and for savasana. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

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

4 OCTOBER:

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

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

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

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

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

Llandeilo Country Market - EVERY FRIDAY - 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) - free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Vinyasa Flow Yoga at Llandeusan Hall at 6.30pm. 1 Hour, £6 per class. Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

5 OCTOBER:

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

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

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

Pontargothi Memorial Hall: Murder Mystery evening, with buffet and bar, 7.00 for 7.30pm. Tickets £10 from Bev 01267 290170/07849 664414 or pontargothi@hotnail.co.uk

Cwmdu Inn. As a link to our Apple and Cider Day tomorrow, there will be cider tasting in the pub this evening. The apple chopper and press will also be available for use if you are unable to bring your apples tomorrow. There will also be the usual Saturday meals in the community run restaurant. Please contact shop/pub on 01558 685156 to confirm arrangements.

Farmers' & Crafts Market, Victoria Hall, Llanwrtyd Wells 10am - 1pm. Local produce, handmade craft items, unique gifts, cards etc. Free entry, refreshments. Book your stall via Sue Middleton tel 01591 610584.

Cadog Film Club Rocketman The story of Elton John's transformation from shy piano prodigy Reginald Dwight to flamboyant international superstar. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

Cwmdu Inn. As a link to our Apple and Cider Day tomorrow, there will be Craft Cider and Perry tasting in the pub this afternoon and evening from 1pm. The apple chopper and press will also be available for use if you are unable to bring your apples tomorrow - please book beforehand. There will also be the usual Saturday meals in the community run restaurant - with an apple theme. Please contact shop/pub on 01558 685156 for the menu and to book.

5 OCTOBER - 6 OCTOBER:

National Botanic Garden of Wales Antiques fair and Vintage Market, Admission £5 to include the Garden and the fair, 10.00am - 4.30pm. Dogs now welcome over the Antiques weekend.

A weekend of watercolour painting class in the Great Glass Dome of the Botanical Garden of Wales, with practising artist Gene Caminade. You will learn the basic skills for watercolour painting. For more information and bookings, check out the Botanical Garden of Wales website or tel. 01558 685150.

6 OCTOBER:

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

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

Cilycwm church are holding a Gymanfa Fodern in the church in the evening with Ann Davies, Bremenda, Llanarthne conducting the singing.

Learn/improve french and Italian: Year long courses starting w/c 6th october 2019. French beginners Mondays 4.20 - 6.05pm, Improvers 6.15 - 8.00pm in Llansawel Village Hall. Italian beginners Wednesdays 4.15 - 6.00pm, Improvers 6.15 - 8.00pm in Pumsaint Coronation Hall. Informal classes with a qualified & experienced tutor. £10 Per lesson all materials included. For more information contact Gillian Bowler gillypickering@aol.com or tel: 01550 760067.

Harvest Celebration at Llanfihangel Rhos y Corn - at 6pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP - followed by Harvest Tea in the Hall - Info Revd Roger Nock on 01267 202347.

Wildlife Trust South & West Wales - Fungal Foray in Sandbanks, Llanllwch, Carmarthen by kind invitation of Di & Emily Ivens. Meet in Park and Ride near Showground on A40 at 2pm. This is a joint event with Llanelli Naturalists. For further information about the event or the Group, please contact Valerie Arnall, Honorary Secretary - 01267 253485.

Cwmdu Apple and Cider Day. The annual event to celebrate the apple, its production and products, traditions, myths and associated activities, starting at 1.00pm in the Cwmdu Inn garden. Apple identification and advice from Paul Davis of Dolauhriog, Capel Isaac. Apple crushing and pressing. Apple based cookery competition and best home-made cider competition - entries in by 2pm please. Real Welsh Cider and Perry from artisan producers will be available from

the bar in the garden. Games and competitions for the children. Llandeilo Town Band, Carreg Las Morris dancers and the Cwmdu Folk Musicians will add to the entertainment. For more information, contact the shop/pub on 01558 685156.

The Ramblers – St. Illtyd's Way 1: Pembrey to Furnace. This is the first of a series of seven walks which will end at Margam Park. Linear. Please contact walk leader if you wish to participate in this walk. Dist. 12 miles. Moderate Explorer map: 178 Meeting point: Tesco Ammanford Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Carwyn Howells Mob. 07896 714334.

7 OCTOBER:

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

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

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

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

Llanwrda and Llansadwrn Countrywomen, 7.30pm in Llansadwrn Reading Room. Talk by Rosamund Hall on Brief History of Entertainment.

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

8 OCTOBER:

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

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

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

Gwili Railway Trip organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

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

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

9 OCTOBER:

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

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

Yoga at The Allotment – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

Pilgrim Service at Llanfihangel Rhos y Corn – at 6pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – now the second Wednesday of the month – a unique service of prayer and meditation - Info Revd Roger Nock on 01267 202347.

Harvest Service at Llandingat Church (Bring a plate of food to share) organised by Llandovery Friendship Club.

Cwmdu Vestry. Tai Chi Qigong. Sessions of the Shibashi form of 18 moves will be held in the Vestry (or the pub garden if weather is fine) 5pm and 6.15pm with Sue Wakefield. Please contact her on 07780 544470 if you are interested in coming.

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

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

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

'The Vaughans and Cawdor Families of Golden Grove' will be the subject of a Talk by Sir David T.R Lewis M.A, Hon D.C.L, to be held in the Library of Llandovery College, 7.00pm. Tickets £5.00 available in the Museum or at the door and will include refreshments. All welcome.

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

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

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

The Ramblers – Cwmdu 1: Walk starting from the National Trust pub in Cwmdu through fields, woodland and quiet lanes. Dist. 5 miles. Moderate Explorer map: 178 Meeting point: Llandeilo Railway Station. Dep.11.00am and on by car, organised by Dinefwr Ramblers. Leader: Biddy Donaldson Tel. 01558 822601 Mob. 07890 795293.

10 OCTOBER:

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

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

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

IT'S FUN TO SING WITH 'TWYI HARMONY' Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. (All info on web site correct except dates). Do phone

if it is your first time. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

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

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

11 OCTOBER:

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

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

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

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

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

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

Jamie Smith's Mabon at Victoria Hall, Llanwrtyd Wells at 7.30pm, Admission £10.00 Tickets at the door or Tel: 01591 610487. Twenty years, four continents and about a thousand shows since their first performance, the internationally acclaimed band bring highly accomplished musicians to our doorstep. Stand by for infectious, life-affirming music; toe-tappingly good – an irresistible blend of world music presented with good humour, energy, joy and passion.

Vinyasa Flow Yoga at Llandeusan Hall at 6.30pm. 1 Hour, £6 per class. Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

Beulah Music Festival begins with a sing-along in the Reading Room at 7.30pm. For more information see beulah.org.uk or email info@beulah.org.uk.

12 OCTOBER:

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

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

Brechfa Harvest Supper – at 7.30pm in Brechfa Church Hall. Tickets on sale in Brechfa Community Shop. Info Revd Roger Nock on 01267 202347.

Table Top & Car Boot Sale at Myddfai Community Hall 10.00am – 1.00pm. Come along to pick up a bargain, or book a table & cash in those surplus items. The Myddfai Café & Gift shop will be open too. Tel 01550 720449 www.myddfai.org

St Cadog's Church Llangadog, will hold a Supper and Music evening in the Community Centre. Music will be provided by Henry

Stokes and will be from the 60s & 70s with a bit of Country & Western as well. There will be a bar and raffle. Tickets are £12 and can be booked by calling 01550777657. It should be a great night.

Beulah Music Festival: Mervyn Bourdillon Memorial Concert at 7.30pm in Eglwys Oen Duw featuring choral music from Dolau Mixtures and Festival Gift recipient, James Bessant Davies. For more information see beulah.org.uk or email info@beulah.org.uk.

13 OCTOBER:

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

Brechfa Harvest Thanksgiving Service at 2.30pm at St Teilo Church, Brechfa – guest preacher Archdeacon Dorrien Davies. Info Revd Roger Nock on 01267 202347.

Beulah Music Festival: Service at Eglwys oen Duw at 9.30am. Also children's music workshop day at Garth Village Hall from 11.15am. Performance by the children of Romany Wood, a musical by David Gaukroger, in the hall at 4pm. For more information see beulah.org.uk or email info@beulah.org.uk

The Ramblers – Llanerchaeron: An Aeron Valley walk in the area of the N.T.'s beautiful Llanerchaeron property ascending to a fine view of the house and valley. Free N.T. car park. Dist. 7 miles. Moderate Explorer map: 198 Meeting point: Llandeilo Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

13 OCTOBER – 31 OCTOBER:

South Wales Potters Selling Exhibition: Open daily, from 10am – 5pm Monday – Saturday, 10am – 2pm Sunday at CRIC Studio, Beaufort Street, Crickhowell, Powys NP8 1BN.

14 OCTOBER:

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

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

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

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

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

15 OCTOBER:

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

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

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

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

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

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

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

16 OCTOBER:

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

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

Yoga at The Allotment – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September. Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

AGM & Harvest Supper organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

Neil Barry will present "The Plant Hunters and Explorers" at Cothi Gardeners, Coronation Hall, Pumsaint at 7.30pm. Guests very welcome, £3, which includes refreshments.

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

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

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

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

The Ramblers – Garnant - Brynamman: Along the riverside cycle path to Brynamman. Into Ynys Dawela Nature Reserve. Leaving at the top of the Reserve to cross fields with extensive views and returning via the riverside path. Dist. 4 miles. Easy Explorer map: OL12 Meeting point: Palais car park, Station Road, Garnant. Dep. 11am, organised by Dinefwr Ramblers. Leader: Angela Pennell Tel. 01269 823517 Mob. 07938 992779.

17 OCTOBER:

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

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

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear

boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

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

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

18 OCTOBER:

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

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

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

Mic Spenceley at Rhys Pritchard Hall, Brecon Road, Llandovery SA20 0DD, £5 incl. refreshments. 7.30pm – 10.30pm For info. 01550 720483 www.facebook.com/llandoveryfolkandancing www.llandoveryfolkandancing.co.uk

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

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

Cadog Film Club: The Guilty A police officer enters a race against time when he answers an emergency call from a kidnapped woman but soon finds he is dealing with a far bigger crime. (Danish with English subtitles). Doors open 7.00 pm; film starts 7.30 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Cwmdu Quiz Night with Richard Hughes setting the questions at 7.30pm in the Cwmdu Inn. Free entry but a donation to Cyndelithas Cwmdu would be appreciated. Come with a team or join one on the night. Please note that this monthly quiz will now be on the third Friday of every month.

Vinyasa Flow Yoga at Llanddeusant Hall at 6.30pm. 1 Hour, £6 per class. Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

19 OCTOBER:

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

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

QUIET SPACE at Eglwys Llanfihangel Rhos y Corn Church at 2pm - A Time for Stillness, Peace and Reflection. Refreshments. Contact Andrew on 07846 310 848. Postcode SA32 7RP, map reference SN53S., Everyone welcome.

Cwmdu Inn. The apple crusher and press will be available for use again if you have any later varieties of apples or were not able to make use of the equipment on Apple Day. Bookings only please, through the shop/pub on 01558 685156, by Friday October 18th.

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

PUCCINI AND SULLIVAN CONCERT FOR CANCER CHARITIES Cantorion Llandeilo are joining with other choirs to perform Puccini's *Messa di Gloria* and Sullivan's *Festival Te Deum* at St Mary's Collegiate Church, Swansea SA1 3LP, at 7.30 p.m. A 40-piece orchestra and 101 singers. 80% of tickets sales will be donated to Tenovus Cancer Care and Cancer Research Wales. Tickets are £15, or £18 to include a coach from Llandeilo - only an extra £3 for the return trip to Swansea. Just ask for an £18 ticket when you book if you want to join the coach. The coach leaves from Llandeilo main carpark at 6.00 p.m., calling at The Square in Llandybie and the corner of New Road (just past ABC church) in Ammanford. Tickets are selling fast, so don't miss out! Call at Peppercorn in King Street, Llandeilo, or phone 07851 786569, or buy from choir members. Tickets may also be available at the door.

Llandeilo Rotary club is once again supporting the biennial World Hospice day 2019 by performing a 'Voices for Hospice' concert in Llandeilo's St Teilo church on Saturday 19 October 2019. Combined local groups consisting of Cor Meibion Dinefwr, Tenovus Cancer Care 'Sing with us' choir and Llandeilo Town band will be supported by soloists jazz/blues singer Sara Pilkinton and harpist Cerys Angharad Jones from Lampeter. The concert will be compered by Mark Llewelyn Evans and President is Derrick Whiting esq from New Quay. Tickets are £10 from 01558 328201 or at the door – all proceeds will be donated to Ty Cymorth hospice care appeal, Carmarthen.

19 OCTOBER – 20 OCTOBER:

A weekend of Acrylic Painting class in the great Glass Dome of the Botanic Garden of Wales, with practising artist Gene Caminade. You will learn the basic skills of acrylic painting. For more information please go to the Botanic Garden Wales website or tel. 01558 667150.

20 OCTOBER:

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

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

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

Ron Skilton Memorial Half-Marathon, Llanwrtyd Wells. Leave the town square at 11am, spectators free. Challenging figure-of-eight route, 13 mountainous miles mainly off-road, well-marked and marshalled. Open to individuals and 2-person relay teams. Funds raised go to the Motor Neurone Disease Association Wales. For information, online advance booking etc.see www.green-events.co.uk or telephone 01591 610666/610236.

Pause for Hope: A church service for all those affected by Cancer. All welcome from all faiths or none, 2.30pm at St Peter's Church, Lampeter.

The Ramblers – Edge of Elan: Quiet lanes from Rhayader to join the Wye Valley Walk through Gilfach Nature Reserve. Ancient tracks passing Maen-serth standing stone and return to Rhayader. Dist. 9.5 miles. Energetic Explorer map: 200 Meeting point: Llandovery Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

21 OCTOBER:

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

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

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

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

22 OCTOBER:

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

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

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

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

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

One Man Show: The epic story of Rorkes Drift with world renowned storyteller Rob Caskie at Dering Lines, Brecon LD3 7RA, 7.00pm. Tickets £15 from info@aberllech.co.uk or Mary Davies 01874 638242. For restoration of St Teilos Church, Llandeilo'rŷan.

23 OCTOBER:

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

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

Yoga at The Allotment – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyri Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

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

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

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

The Ramblers – Rhandirmwyn: A walk in the Rhandirmwyn area with some outstanding views. Dist. 5 miles. Moderate. Explorer map: 187 Meeting point: Llandoverly Railway Station. Dep: 10.30am and on by car, organised by Dinefwr Ramblers. Leader: Jan Jones Tel. 01558 824690 Mob. 07790 578555.

24 OCTOBER:

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

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

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

Llandoverly Garden Club will welcome Sheena Crossley as our Speaker for the evening. The subject will be a slide show on "Garden History" (Roman to Modern). We will meet, as usual, in the Dolau Bran Community Hall, Llandoverly, SA20 0DF at 7.00pm - Members always welcome newcomers and friends at £2.00 for the evening including a raffle and refreshments. For further information contact 01550 720771.

Vinyasa Flow Yoga Classes at Bethlehem Hall at 5.45pm. 1 Hour, £6 per class (assuming Hall redecoration has been completed: please check!). Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

Llandeilo Rotary club is supporting World Polio day by holding a 'Purple for Polio' evening at the Plough Rhosmaen. The Plough will be lit up purple, which is the colour associated with polio inoculation, and there will be a presentation on the work of Rotary in the eradication of polio, with various refreshment options. Entry is free. For further information please contact 01558 328201 or the Plough on 01558 823431.

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

25 OCTOBER:

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

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

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

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

Llandeilo Country Market – EVERY FRIDAY – 8.30am to 12.30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Sinema Sadwrn are inviting our audience on a cinematic journey of discovery as part of the 2019 Year of Discovery, led by Visit Wales. This special screening will be a chance to see the new Welsh folk tale, Gwen, which is set against the brooding Gwynedd landscape, along with the comedy-horror short film, Neckface. Gwen is the feature film debut from William McGregor, the award-winning director of TV series such as Poldark and Misfits. Gwen has had great reviews at festival screenings, and the leading actress Eleanor Worthington-Cox won the Toronto International Film Festival Rising Star award for her work on the film. The cast includes BAFTA-nominated actress Maxine Peake, star of Funny Cow and Peterloo, Richard Harrington, best known for his leading role as DCI Mathias in the crime drama Hinterland, and Kobna Holdbrook-Smith, whose recent credits include Mary Poppins Returns. Set in the stark beauty of 19th Century Snowdonia, the gothic drama tells the story of a young girl desperately trying to hold her home together. Struggling with her mother's mysterious illness, her father's absence and a ruthless mining company encroaching on their land, a growing darkness begins to take grip of her home and the suspicious local community turns on Gwen and her family. Unsettling and atmospheric, Gwen has been described by critics as a 'chilling mystery-horror', so we're hoping it will make for perfect viewing a few days before Halloween. We'll also be screening the comedy-horror short film Neckface, directed by award-winning comedy writer Sian Harries, who is originally from Carmarthen, and starring Isy Suttie and Rhodri Evan. Sinema Sadwrn's screening of Gwen is supported by Film Hub Wales as part of the BFI Film Audience Network (FAN). Certificate 15; running time 1 hr 24 minutes. Join us at Llandsadwrn Reading Room: doors at 7p, programme starts at 7.15 and refreshments available. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

Vinyasa Flow Yoga at Llandeusan Hall at 6.30pm. 1 Hour, £6 per class. Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

26 OCTOBER:

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

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

Cwmdu Inn. An Indian meal to celebrate the start of Diwali, the Hindu festival of lights, in the community run restaurant. For details of the menu and to book (recommended), please contact the shop/pub on 01558 685156.

27 OCTOBER:

Myddfai Farmers Market at Myddfai Community Hall 12.00 noon to 4.00pm. Come along for a wide range of local foods, produce and crafts- Support Local. Café and gift shop open too. Tel 01550 720449, www.myddfai.org

The Ramblers – Halfway & Crychan: A circular walk starting in the Halfway Forest, walking across the adjoining valley into the Crychan Forest and returning via the hamlet of Cefnarthren. Dist. 9 miles. Energetic Explorer map: 187 Meeting point: Llandovery Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

28 OCTOBER:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768. **Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

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

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

29 OCTOBER:

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

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

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

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

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

30 OCTOBER:

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

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

Yoga at The Allotment – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

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

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

Trip by car to West Wales Willows, organised by Llangadog Gardening Club. Enquiries to Helen 01550 779074.

Cwmdu Vestry. Tai Chi Qigong. Sessions of the Shibashi form of 18 moves will be held in the Vestry (or the pub garden if weather

is fine) 5pm and 6.15pm with Sue Wakefield. Please contact her on 07780 544470 if you are interested in coming.

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

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

Area Day at Brecon Theatre organised by Llandovery Floral Art Society.

Trip to hereford Christmas Shopping organised by Llandovery Friendship Club. Tel: 01550 760017 for info.

RED JOAN (Espionage Drama). Joan Stanley is a widow living out a quiet retirement in the Suburbs when, shockingly, the British Secret Service places her under arrest. The charge: providing classified scientific information, including details on the building of the atomic bomb to the Soviet government for decades. As the interrogation gets underway, Joan relives the dramatic events that shaped her life and beliefs. STARS: Judy Dench and Sophie Cookson. Doors Open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 0DS. For further details contact Terry on 01550 720258.

The Ramblers – Llandybie to Ammanford: A pleasant walk along paths for most of the way. Reasonably flat ground with one gradient. Dist. 5 miles. Moderate Explorer map: 178 Meeting point: Llandybie Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 08782 428423.

31 OCTOBER:

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

Cwmdu Inn. Halloween Cocktail Party at 7pm. Come in Fancy Dress for a free cocktail. Adults' pumpkin carving competition. For further information, please contact the shop/pub on 01558 685156.

Vinyasa Flow Yoga Classes at Bethlehem Hall at 5.45pm 1 Hour, £6 per class (assuming Hall redecoration has been completed: please check!) .Vinyasa flow is an energising, mindful practice which builds strength, flexibility and focus. Sun Salutation experience is very helpful. Please bring a mat and, if possible, a blanket. Call Sian Heard on 07880 686888 or email sianheard@hotmail.com if you would like more information.

THE POST
ADVERTISING
you CAN afford

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 05/20(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 11/19(12)

BOOKS, RECORDS, CDs

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

BOUNCY CASTLE HIRE

PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS. Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 10/19(6)

CARPET FITTER & SUPPLIER

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

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

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

CHIMNEY SWEEP

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

CLEANING SERVICES

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. 09/20(12)

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

CLOCK REPAIRS

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

COMPLEMENTARY THERAPY

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



COPYING AND PRINTING SERVICES

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

COUNSELLING

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

CURTAINS & COVERS

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

DOG TRAINING

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

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 10/19(6)

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

FAMILY HISTORY

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

FUNDRAISING

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

FUNERAL CELEBRANT

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

GARDENING — SERVICES

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

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 11/19(6)

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

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

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

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 03/20/12)

LAUNDRY SERVICES

LLANDOVERY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandovery. 12/19/6)

MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, jerry@thetump.co.uk 10/19/6)

MASSAGE

DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE. Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 10/19/6)

MONUMENTAL MASON

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

PAINTER & DECORATOR

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

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

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 12/19/12)

PEST CONTROL

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

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 03/20/6)

PAWS PET SITTING SERVICES. All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. 11/19/6)

PICTURE FRAMING

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

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 04/20/12)

PROPERTY MAINTENANCE

DOMESTIC MAINTENANCE. Garden clearing and maintenance. General painting and fixing. Contact Dan: 07588 169401 References available. 04/20/12)

PSYCHOTHERAPY

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

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooftingworks.co.uk. 04/20/16)

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. 10/20/12)

TUITION

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

PHYSICS/FFISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. 10/19/16)

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

NEED A TUTOR? WE CAN HELP. TUTOR CENTRE now open in the Village School, Llanwrda. We cover all subjects, all levels and all ages. Please call us for an informal conversation to discuss your requirements: 01550 777701. 09/19/16)

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 10/19/12)

YOGA

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

BOOST Your Business

**4700 copies of
THE POST**

distributed each month

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

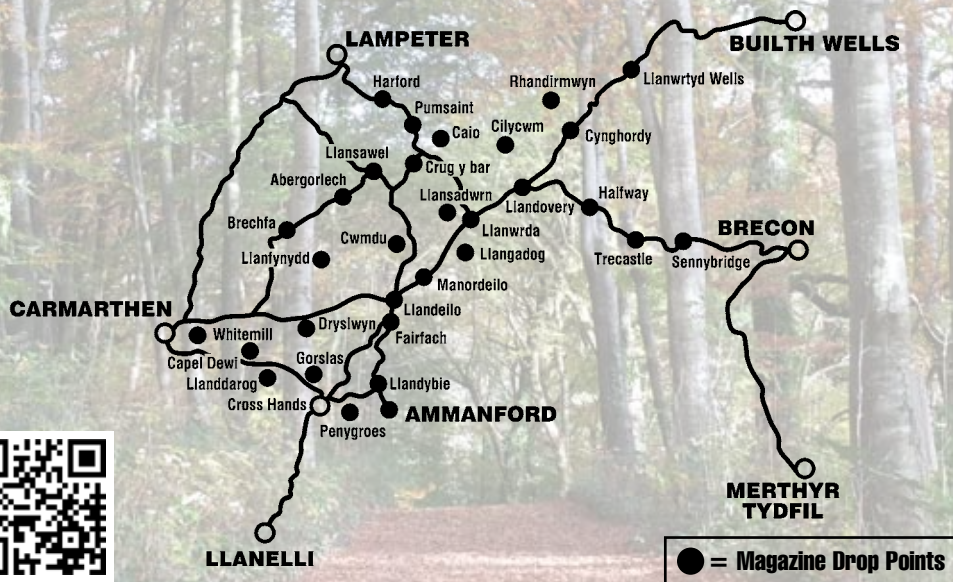
**See inside back cover for all our rates
or ring 01550 721225 for details.**

* 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, Cwmdru, Cynghordy, Dryslwyn, Fairfach, Gorslas, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadwrn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pencader, Penygroes, Pumsaint, Rhandirmwyn, Rhydcymerau, Sennybridge, Trecastle, White Mill.



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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

Noticeboard

CARMARTHENSHIRE SAITZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

Wed 09:00 - 17:30 (Staff available 13:30 - 17:30)

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

Myddfa: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

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

TOURIST INFORMATION CENTRES

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

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

7 days. Enquiries to 01874 622485.

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

LOCAL POLICE

Tel. 0845 320200. **Crime Stoppers:** Tel. 0800 555111.

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

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

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

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

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

	Wed		Wed
Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (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
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 19/05/19 - 14/12/19)

		Mon to Fri	Sat.	Sun.
Swansea	D —	06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29
Gowerton	D —	06.15 08.45 — 18.32	04.42 09.26 13.23 18.28	11.20 15.39
Llanelli	D 05.20x	06.25 08.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49
Ffairfach	D 05.54x	06.58x 10.28x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x	11.08x 16.27x
Llandeilo	D 05.59	07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	11.23 16.32
Llangadog	D 06.08	07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	11.22 16.42
Llanwrda	D 06.12	07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32	11.26 16.45
Llandovery	A 06.22	07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38	11.32 16.52
Cynhyrdy	D —	07.37x 11.04x 16.03x 19.51x	05.58x 10.45x 14.44x 19.49x	11.43x 17.03x
Llanwrtyd	D —	08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08	11.00 17.20
Llandrindod	D —	08.18 08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	11.43 18.01
Shrewsbury	A —	07.57 10.14 13.32 18.28 22.54	08.23 13.09 17.11 22.08	15.12 19.38
Shrewsbury	D 04.46	05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod	A 06.11	07.34 11.39 15.36 19.56	06.46 10.31 15.28 19.26	13.35 17.49
Llanwrtyd	D —	08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34
Cynhyrdy	D —	08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.24x 20.22x	14.25x 18.48x
Llandovery	D —	06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	13.47 19.00
Llanwrda	D —	06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x
Llangadog	D —	06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo	D —	07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach	D —	07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli	D —	07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.04
Swansea	A —	08.08 10.01 14.25 18.14 22.22	09.22 13.01 18.09 22.06	16.03 20.25

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request

xx = Starts from Carmarthen

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