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BACK IN THE PHYSICAL WORLD!

After meeting in the 'virtual world of Zoom' for over a year members of Dinefwr Photographic Society are back in person! The society held its first face to face meetings in September and Chairman Dorian Jones welcomed members back to The White Hart Llandeilo before members shared images taken over the summer. This was followed by two practical evenings, one looking at basic processing of digital images using Adobe Lightroom. The second a portrait evening was spent looking at lighting, composition, and the 'look' of the final image.

The society has a full programme of activities organised for the year ahead, some of the highlights include new guest speakers, photo challenges, technical evenings and organised field trips.

The society is friendly and non-competitive and prides itself on helping new members with their photography. We have members of all abilities and meet on alternate Thursdays at The White Hart Llandeilo at 7:00pm. If you are interested in coming along visitors of any ability are always welcome at our meetings and remember the first few meetings are free!

Full details of our programme are on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.



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ALL ABOUT *The Post*

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GREGORY JONES

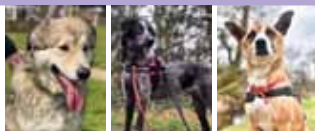
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10/21(G)

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WE NEED HELP!

With yet another dramatic increase in dogs being handed back to us since lockdowns have started to lift, we're struggling to keep up with the kennel fees while we find these dogs new homes.

We urgently need to raise funds to ensure these dogs can stay with our friends at Hatton Boarding Kennels until we can find them their forever home



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

www.justgiving.com/crowdfunding/ruff-start

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

 @ruffstartrescueukcic

LLANDOVERY GARDEN CLUB

16TH OCTOBER

Llandovery Garden Club members to meet in the car park of The National Botanic Garden of Wales at 10.00am. If we are more than 10 people we can enter as a group and pay £11.25p instead of £12.50p. Some of you will no doubt have membership cards so I hope the rest of us will make more than 10. Here's hoping for a fine day, until then enjoy the rest of the summer.

Babs Rees (Chairman)

Dear Mrs Rees

On behalf of the doctors, nursing team and staff at Llanfair Surgery, I wish to take this opportunity to convey our sincere gratitude for the generous donation of £355.55 raised by the members of Llandovery Garden Club at a recent plant stall.

We are deeply humbled to receive the members' donation and again express our heartfelt appreciation.

Your gift will be assigned to the Surgery Development Fund to help the practice maintain its premises and upgrade medical equipment.

The team and I send our very best wishes to all members of the Llandovery Garden Club and hope you stay safe and continue to enjoy your plants and gardens.

Yours sincerely
 Dr John Rees
 GP Partner
 Llanfair Surgery

02/22/09

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11/21(12)

LLANOVERY CROQUET CLUB



September was a busy month for the croquet club with the end of season competitions.

Firstly, two members, Tim Crowdy and John Evans qualified to take part in the Welsh National Championships which were held at the new Glamorgan Croquet Club on 3rd September. Tim started the day well with three straight wins but was unable to maintain his form in the afternoon. John had better luck and managed to win six out of his seven games which was sufficient to win the Championship. This was the fifth time that John has won the Welsh Championship

On 11th September Tim was successful in the Llandovery Croquet Club's annual singles championship, beating John in the final. It was noticeable that the standard of play by all eight of the members who took part was much higher than in previous years, with several close games.

As the bowling green is still in such a good state of repair it is hoped that we can continue to play croquet well into the autumn. If you would like to try croquet or learn more about the club, please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

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THE INVISIBLE HOUSING CRISIS

Look into the windows of rural estate agents today and you may notice a high proportion of properties have "Sold" splashed across them. No sooner a property is placed on the market these days than the agent is inundated with buyers. It is a seller's market and prices are booming. Demand is outstripping supply and even those with plenty of capital cannot find what they want. In the meantime rental properties are being snapped up at inflated rates by people who have sold and cannot find anywhere suitable to buy. The situation has rapidly intensified due to the pandemic and more people working from home.

With broadband, it is now possible to work virtually anywhere but there is a down-side for some people. If it is provided by wireless, also used by all mobile technologies, it seriously affects those who have become sensitised to man-made electromagnetic radiation. The electro-hypersensitives (EHS) have become an invisible underclass and their plight is being ignored or dismissed by doctors, the media, national and local governments, the public, commerce and industry.

Ordinary people of all ages and from all walks of life are being quietly subjected to unbearable suffering, hardship and social exclusion. The disabling effects of wireless over-exposure are often attributed to other causes and glossed over. It is routinely claimed that no evidence of harm exists, despite thousands of credible scientific studies and countless victim testimonies to the contrary. Women appear more affected than men but the prospects and life opportunities all people with EHS could reasonably have looked forward to in the past are now being rapidly erased. Even as pandemic restrictions are loosened, those for whom wireless is poisonous are unable to safely travel, attend places of learning or worship, socialise, work or enjoy their own homes.

Welsh Government policy to facilitate 4G service over 97% of the country via the joint Shared Rural Network (SRN) and the Emergency Services Network (ESN) is expected to result in an additional 234,000 homes which up to now have been located in 'not-spots' being continuously irradiated with pulsed digital microwave

radiation, like everywhere else. 'EMF Refugees' in Britain will literally soon have nowhere safe left to go. Though still outside most people's comprehension or awareness, this invisible trend has now reached epidemic proportions.

Wireless / microwave radiation is a toxic man-made pollutant and may ultimately prove to be poison to every living thing including livestock and wildlife. It is classified by the World Health Organisation's International Agency for Research on Cancer as a Class 2B Possible Carcinogen. Cancer is however not the only way wireless radiation impacts life. It particularly affects brain function causing early onset symptoms such as loss of concentration, loss of memory, sleep deprivation, headaches and dizziness and mood changes. Imagine if up to a third of the people you interact with are routinely struggling to remember or think straight ...

As wireless proliferation continues to intensify, inevitably more people are likely to realise they too are affected and will have to look for somewhere safer to live, further exacerbating the housing crisis that now exists.

www.es-uk.info Helpline: 0845 643 9748

www.wiserwirelesswales.org

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09/21(12)



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04/23(2)



MYDDFAI NEWS

Myddfai Hall Shop and Café are open
Tuesdays to Sundays 11.00am to 4.00pm

What's on: There is a St Luke's Day service on Sunday 17th October. We have a two-day Willow Weaving course on 29th and 30th October, then it's our popular monthly Farmers Market on Sunday 31st October 12.00 – 3.00pm. Yoga is every Wednesday 5.30 – 7.00pm, Sewing class Wednesdays 1.00 – 3.00pm, and Pilates class on Thursdays 9.30 – 10.30am. Our Christmas Fair will be on Saturday 4th December 10.00am – 4.00pm.

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

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, aprons and bags, Myddfai Welsh tweed woollen cushions, caps, scarves, jackets, blankets and gifts; beautiful jewellery, love spoons, herbal essences, scented candles, fused glass clocks and gifts, knitted children's cardigans and not forgetting the wide range of delicious Myddfai jams, marmalades and chutneys and local honey -all would make a great gift. In addition, we have a wide choice of cards, prints and original paintings and new supplier- The Wild Welsh Soap Company with their soaps, balms and oils made from 100% natural ingredients. 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 venue ideal for Weddings for up to 120 people, 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 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 enquiries please contact Emma on cafe@myddfai.org

Check our website www.myddfai.org for What's On. Please like Myddfai Community Hall on Facebook and follow us on Twitter.

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12/21(6)



BOOKSHOP DAY

It's Bookshop Day on Saturday October 9th, and National Poetry Day on Thursday October 7th both days to celebrate our independent bookshops.

Here at Books at the Dragon's Garden, there will be 10% off all books for the day and Fair Trade chocolate tasting.

We've also got some writing competitions for children & adults going on with some lovely prizes, the poetry one is limericks with a twist!

And then there's a short story competition for children and adults, for details visit our Facebook page <https://www.facebook.com/BooksAtTheDragonsGarden>, our website at <https://dragons-garden.com/> give the shop a call on 01550 777915 or pop in, the closing date for entries is Monday 11th October.

Mandy & Rhian

LLANDOVERY u3a FORWARD LOOKING – THE NEXT STEP!

I am sure everyone appreciates the current situation regarding flu jabs and COVID vaccines. We at u3a need to be flexible and prepared to change our arrangements so the next meeting will be at a new venue.

Wednesday 13th October u3a Meeting

The Castle Hotel, Llandovery
10.30am – Refreshments served from 10.00am.
(Free parking is available in the Public Car Park from 10.00am – 2.00pm on Wednesdays)

What is u3a about?

Across the UK, u3a members are learning, staying active and having fun in later life.

It's local, social, friendly, low cost and open to all.
Don't face the winter in isolation come and join us.

Contact: Anne Lynd-Evans
01550 750286
anne@lynd-evans.com

LLANDOVERY FRIENDSHIP SOCIETY

Autumn greetings, the late sunshine of early September was very welcome and hopefully will do us well for the months ahead. Apologies for last month's omission I had a lot of things to do and didn't start on my entries for the Post until too late.

Having had a successful meeting with Floral art in the garden in August I have had a chat with Angela and others and are planning to have a Harvest get together at Llandingat on Wednesday 13th October at 2.30 pm. Hopefully we will be able to have a cuppa and a cake to finish. For many of you it will be your first time to meet our new curate Paul Prichard. He is looking forward to meeting you all. Please remember that as things stand with government rules we all still have to wear facemasks in public spaces such as churches and halls.

Here are the Friendship Club wordsearch answers hope you enjoyed.

S O R N R N O S R E P R I A H C V
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2 Su Doku for you to complete this month.

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

I'll be picking your brains for new ideas for quizzes for the post as I'm running out of ideas. As always keep safe and keep smiling, hope to see you in Llandingat 2.30 on the 13th October.

Gina and all the committee.



LLANDOVERY FLORAL ART SOCIETY

As we continue to enjoy the good weather I hope your gardens are looking good as always. My pots are thriving and hopefully I will be able to keep some safe over the winter for next year. I have some fleece, thanks to mum, ready and waiting for when the cold returns.

Apologies for not "Posting" in September, one minute it was early in the month, and I had lots to do, then suddenly it was probably too late and as I am never too sure if anyone is interesting in reading my "bits" I decided I would give it a miss. However I'm back, sorry!, but you don't have to read !!

Are thoughts and prayers have been with Gill Evans since she sadly lost her brother this summer.

It was lovely to see so many of you, including Gill, on the 18th August. How nice it was to chat with friends we haven't seen for over a year. A big thank you to all those who brought a cake or gift. A very big thank you to my long suffering husband, Dan, who erected gazebos and arranged tables and chairs before hand and took them all down again after. His reward lots of cake.

Over our tea and cake we were able to discuss future get togethers. As September was very busy for me and others we decided to arrange something for Wednesday 20th October. We were not sure of the venue, however Heather has since spoken to CCC re opening of Dolau Bran and that is not happening yet. I had mentioned the Catholic Hall as one possible venue, I made enquires and have booked it for 3-5pm. We thought we would go for an afternoon again at present.

Pat Llewellyn had a brilliant idea. She suggested and all agreed, that we have a stall selling potted plants from your wonderful gardens. All the proceeds will go into our club funds. I would also like to suggest that on the 20th we have a raffle and as we are not collecting subs for this year ask everyone to pay the visitors entrance of £2/3 [can't remember which] All money made will help boost our depleted funds and give us a good start to what we hope will be a good year ahead.

Heather continues to work on the programme for next year and we will have a revised draft to show you on the 20th.

Answers to August's music. quiz

- 4;
- Francis Salt Key;
- Wolfgang Amadeus Mozart;
- Flute;
- Rolling Stones;
- Lady Gaga;
- Paul McCartney;
- Madonna;
- Meat Loaf;
- Led Zeppelin;
- Axl Rose;
- Johnny Cash;
- Nashville Tennessee;
- The Jardinières;
- Elton John and Kiki Dee;
- What's love got to do with it?

12/21(12)



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LLUEST

‘TAILS’ FROM THE TRUST ... THE PERFECT GIFT

This month we'd simply like to share and celebrate the work of Rhian Mai our super talented member of staff who acts as our official photographer when not working to rescue, rehabilitate and rehome our wonderful equines.

We're excited to report that Rhian's work will feature in our full colour 2022 Calendar featuring a lovely Lluest rescue pony every month. Rhian recently had the pleasure of meeting rugby legend Sir Gareth Edwards and his wife Maureen to give them some tips on photography for their upcoming BBC series. Rhian reported back that 'they were wonderful people and it was a joy spending the day with them'.

For those of you who want to do some early Christmas shopping then Calendars will be available soon along with our new Christmas card design. Please check our website for full details: www.lluesthorseandponytrust.co.uk

If you'd like to see the full range of Rhian Mai's work or commission her to photograph your own beloved animals then please check out her website: www.rhianmaiphotography.co.uk

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08/22(12)



for the current and future rescues in our care. It also helps spread the word about our critical rescue and rehoming work.

And finally just a little sad update on our beloved mule, Millie. In our last Post article we reported back on the challenges of preparing Millie for essential dental work. Unfortunately Millie was very up and down following her dental op and eventually in consultation with our vets we had to make the heartbreaking decision to let her go. Staff were devastated and particularly Rhian who took special responsibility for Millie having spent time building up a unique and trusted relationship. To end.... here's our favourite pic of Millie and Rhian.



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YOUR LOCAL TUTOR CENTRE

After carefully assessing the risks we have decided once again to open the doors of our Tutor Centre at Llanwrda School to anybody looking for extra tuition, full GCSEs or A levels, short courses or all home-education needs. We will be offering classes either in the tutor centre or online, direct to your home or school. We will be putting a strict Covid-care package in place and asking students and teachers to take antigen tests before they enter the Centre as well as the usual face mask and hand sanitizers. We will also have windows open to create an airflow in the room.

In addition to our usual classes, we are offering weekly courses in writing, film-making and computer training, so if you are interested in any of these, please do not hesitate to book your place. Our beginners' Welsh classes will be starting again, but we are not as yet sure when. Watch this space.

We may not have been active in the Centre for over a year now, but we have all been working hard from our homes delivering classes online and cross-marking coursework and exams. We would like to take this opportunity to congratulate all our students not only in making it through a very difficult time, but for the well-deserved results they all received this summer; everyone a pass! We are very proud of them. Please contact us on: 01550 777701 or admin@net-teach.co.uk

NET-REACH CHARITY

Our charity, Net-Reach, has again been very busy teaching English to settled refugees in Wales and offering education to school refusers, students who suffer from anxiety, bullying or the like. If you think we can help you in any way, please do get in touch. Education is part or fully funded depending on your circumstances.

We are also looking for two more trustees. If you are interested in helping people with their education and have some time to spare, please contact us on: 01550 779298

We are also looking for two more trustees. If you are interested in helping people with their education and have some time to spare, please contact us on: 01550 779298.

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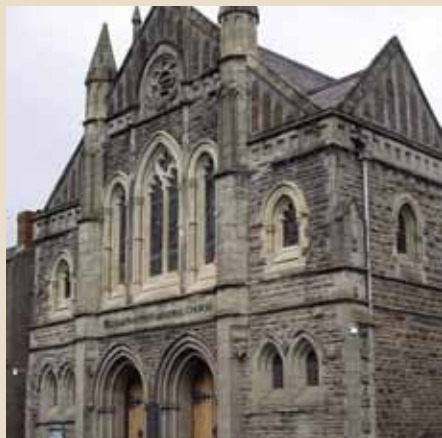
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CARMARTHENSHIRE HISTORY LECTURE EIGHTEENTH CENTURY HYMN WRITERS OF THE LLANDOVERY AREA



On Saturday 16 October at 2.00 pm there will be a free public lecture in Llandovery entitled "The Seven Mile Circuit: Eighteenth Century Hymn Writers of the Llandovery Area". It will be held at the William Williams Memorial Chapel and will be about the circle of prolific hymn writers centred on Llandovery in the eighteenth century.

To attend the lecture it will be necessary to have been fully vaccinated and not to be displaying any symptoms. And to maintain social distancing all seats must be reserved by calling 01550 760220 or emailing sarafox2400@gmail.com by 9 October. Masks will also need to be worn.

The speaker will be Professor Emeritus E Wyn James, formerly Head of the Department of Welsh at Cardiff University and Co-Director of the Cardiff Centre for Welsh American Studies. Professor James has published widely on many aspects of Welsh literature and notably on Welsh hymn writers and their works.

The event has been jointly organised by Llandovery Museum and the Carmarthenshire Antiquarian Society, the county's history and archaeology society. Members of the Society receive its complete programme of events together with its publication *The Carmarthenshire Antiquary*, a long-respected source of information about the county's history and archaeology. Visit the website www.carmants.org.uk for more information about the Society and how to become a member

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CHURCHYARD WILDFLOWER MEADOW EXHIBITION

FEATURING THE WORK OF
CAROLE SPACKMAN,
POTTER & COLIN HORSMAN,
PHOTOGRAPHER



Carole & Colin will be showing their pottery and photographs at Llanwrtyd & District Heritage Centre for the month of October. Living in Llanddeusant for forty years, the Churchyard Meadowland has provided Colin & Carole with a wealth of plants and animals to photograph or use as subjects for sculptures and decoration of pottery. Each year a different combination of wild grasses, flowers and fungi appear to fuel their creativity.

Colin's work on show is a set of close detailed photographs taken inside this stone walled wild flower meadow over the four seasons. Photography studies include groups and details of Orange Hawkweed, Dandelion and Bluebell during the Spring, followed by Yellow Vetchling, Purple Knapweed, Yellow Rattle and Pink and White Clover during Summer culminating in the Autumn self-seeding period of the various wild species across whole area of the churchyard before onset of frost and snow of Winter.

The detailed close up photography is supported by broad landscape studies of surrounding fields and mountains as viewed from the churchyard throughout the year, including sweeping views of Black Mountain and closer studies of the fields, hedges, trees and sky of this unique and special landscape set in Western half of the Brecon Beacons National Park.

Colin Horsman qualified in photography and journalism at West Surrey College of Art, then worked as photographer and writer for a number of International and National magazines and publishers including The Countryside Commission, culminating in hard back and

guide book publications. Colin continues to pursue his profession as photographer and writer.

Throughout her 50 years of potting, Carole has made pots for her customers to use and enjoy. She will be showing her Meadow Flowers range together with a new Twilight range that are for use in the kitchen or at the table. She incorporates locally gathered grass and wood ash into her unique glaze recipes, then decorates them with other colours that blend in the high firing process to create an impressionist effect of this wild flower meadowland. Her more subtle stone glaze with added coloured slips echo the locally quarried stone used in surrounding ancient buildings.

Carole will also be exhibiting her frost-proof sculptures suitable for inside or outside. With these sculptures, which feature the local animal and bird life, she aims to capture fleeting moments of characteristic actions of these creatures.

Carole has exhibited in galleries such as the Glynn Vivian, Newport, Monmouth & Brecon museums. Her Welsh crayfish pate jar design has been sold in Selfridges, Fortnum & Mason and other leading London stores.

You can follow Carole's work on her Instagram & Facebook pages, Carole Spackman Ceramics and on her website – www.carolepackmanceramics.co.uk

Carole & Colin will be showing their work at Llanwrtyd & District Heritage Centre for the month of October. This is easily found after a 16 minute drive from Llandovery on the A483 Builth road. The centre is open Thurs – Sun 10.00am – 4.00pm.

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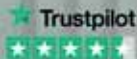
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Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well and have enjoyed the Summer. The Autumn season is soon to bring us wonderful colours, berries and fruits, along with the calm and more restful clarity prevalent at this time of year. The practices of yoga can both enhance these qualities as well as bring us more dynamic energy when needed.

With the uncertainty of these times, the Centre is for now continuing mostly with online classes. Whilst everybody does miss meeting in person and enjoying a class together, there have been some surprising and unexpected benefits to practicing online. With no commute to class, students have commented that they are more relaxed at the start of the class and able to enjoy the effects of the class without the commute home. Students have also been surprised to find that with an online class they are not looking at or being looked at by other students and so feel themselves more directly focussed on the teaching instructions and the practices themselves. While on the one hand the sense of community is diminished, these are some of the unforeseen benefits of Zoom classes.

The Autumn term has now started and offers a good selection of classes, suitable for many ages and abilities, from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Even though the term has started, please do get in touch with the Centre if you are interested in joining a class.

There is a 'New Beginners' course planned for October, so do get in touch with the Centre if you are interested. This class is suitable for every body, no matter your age or fitness level. Help is given, as needed, to become familiar with Zoom. Many students have surprised themselves (and others!) by embracing this technology with the help offered.

The Beginner's course introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality.

Yoga in Ammanford with Maria has started again in

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person at the Ebenezer's Hall. This series is for a limited number of students, to allow for social distancing. This class needs to be pre-booked through the Centre (due to Covid restrictions there is no 'drop-in'). Students are asked to bring their own mats and to follow the Covid guidelines.

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

Teachers are made aware of any health problems that students may have; instructions for all postures take this into consideration and help is given on how to maintain this healthy you. The number of students in each class is kept to a comfortable number. Please remember the Centre is there for students old and new – so please do call Padmasambhava if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

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I have thoroughly enjoyed meeting you all and helping with your van requirements.

These have been varied and interesting, ranging from numerous trips to the tip & many house moves, to collecting a pet rabbit and 2 degus (like guinea pigs) from Latvia – a six day journey there and back.

I will miss being out and about on your behalf, and will now be working more at home developing our small camping & pod site in Llangammarch.

Be blessed, Jerry and his helpers.'

LLANDEILO FOOD HUB DONATIONS DRIVE THROUGH

With effect from FRIDAY 17/09/2021 the Donations Drive Through for the Llandeilo Food Hub has moved from Llandeilo RFC CaeWilliam.

Donations can now be dropped off TUE – SAT between 10.00am and 3.00pm – longer hours and directly in town – at Maryellens139.

Depending on the amount of boxes / bags of your donation and the time needed to unload them, dropping off food can be done from the parking spaces outside Llandeilo Church, from the Civic Corner on King Street or via a short stop outside the entrance on Abbey Terrace.

A warm thank you to the Llandeilo Rugby Club for giving us the space during lockdown. We wish them well now that the building is operational again and Rugby games have resumed.

NEWS FROM THE TOWN HALL

We are pleased to be back for our first meeting following our August “break”, we are continuing to meet in the Rhys Pritchard hall under co-vi-d restrictions.

An invite to tour the new school building was gratefully accepted by a number of councillors. We were split into two small groups and strictly adhered to co-vi-d protocol as we were taken around by the headteacher. As a former teacher at Pantycelyn it was particularly exciting for me to see what they have done to the building. I had forgotten how big the laboratories were. I am sure pupils and staff are very pleased. We were. The head and staff are looking forward to the time they can show it off to parents and the rest of the community.

Plans are afoot for another spectacular fireworks evening on Saturday 6th November 6.00pm at the Castle Fields. Stalls, fun fare, etc will be open from 5.00pm

Christmas is just around the corner again. We are hoping for a more normal one again this year, as are all of you we're sure. So plans are in hand for our Christmas lights evening Friday 26th November. Pupils will be invited to make their posters, a letter has been sent to Santa to ask him to keep the date free so fingers crossed all will be allowed to happen.

We are very pleased with how well the table top sales have gone. Sorry I got it wrong with my talk of improved stalls my mistake. Think ideas are in place for continuing through Winter.

We extend our warmest congratulations to Wyn Jones on his inclusion in the Lions team and his performance in the final game. We are sure his recent spectacular wedding to Jean was the cherry on top his very successful year. Best wishes to both for a very happy future together.

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HERITAGE AND ARTS CENTRE WELCOMES BACK OLLIE WEST



Following his previous sell-out concert at the Llanwrtyd & District Heritage and Arts Centre we are delighted that Ollie has chosen the Centre to give an exclusive solo performance on Saturday 30th October.

Ollie West is a pianist, singer-songwriter and frontman of the 14 piece orchestral pop ensemble "Ollie West & The Wildflowers". The band first came to Llanwrtyd Wells in 2019 on their tour to promote their album "Time Stood Still" that had been released earlier that year. With exciting new material being prepared for release and rehearsals with the Wildflowers back underway, he now looks forward to his first solo performance of his original music in over two years.

Ollie will be supported at this concert by Lakshmi, another Manchester based singer-songwriter and full time member of the Wildflowers, who, following the release of her self titled EP in May 2020, has been featured on BBC 6 music and has been recognised as the BBC Hereford and Worcester Introducing artist of the week. She will be performing music from her EP and some newer material.

The incredible talent of Ollie, complemented by that of Lakshmi, will provide a wonderful evening of entertainment that will appeal to all ages.

The doors open at 7pm for a 7.30pm start and tickets, which must be purchased in advance due to restrictions, cost £8 and are available from the Heritage Centre, Caffi Sosban in Llanwrtyd Wells, or by emailing ldhac2016@gmail.com.

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LLANWRDA CRICKET CLUB

DYFFRYN (A) – 14 AUGUST

In the last away game of the season, Llanwrda 1st XI failed to return to winning ways despite a great effort in the field. On a damp ground, Llanwrda were sent into bat first, with Osian Nicholas (16) and James Morgan (47) being the only significant scores with the bat, Llanwrda finishing with 114 all out.

This was never likely to be enough on a drying ground, however Berian Williams excelled again with the ball taking 3 wickets (3-26). Dyffryn reached the required total in the end with 8 overs remaining.

TATA STEEL (H) – 28 AUGUST

After their penultimate match was rained off, Llanwrda's season didn't quite end the way we would have liked, as a spirited Tata Steel side managed to save themselves from relegation with a victory. There were decent contributions with the bat from Joe Morgan (29) and Nigel Clarke (17), but Tata Steel chased down the target with 8 wickets to spare.

And that is that, the 2021 season is complete. A season where the 'bring your own teas' continued and the pitch side banter resumed, as well as the occasional piece of brilliance out on the field too! Llanwrda finished the season comfortably in mid-table, and so we will be returning to play in the same division for the first time since our induction into the league in 2017! Thank you to everybody for your continued support, and we hope to see you all again in 2022!

Diolech enfawr i bawb am eich cefnogaeth parhaol, gobeithio bydd y tymor nesaf yn un fwy llwyddiannus eto!

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

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

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

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

LLANWRDA C C BONUS BALL WINNERS

11/08/21	40	No winner
18/08/21	54	No winner
25/08/21	38	Carwyn Jones
01/09/21	57	No winner
08/09/21	52	No winner

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TRECASTLE COMMUNITY CENTRE

Here are the October dates for Trecastle Community Centre.

Sat 2nd Oct. Macmillan Coffee day. 10am-6pm. This is one not to be missed. A great selection of fabulous homemade cakes and bakes on offer. Great raffle prizes plus we have a massive selection of new wool for sale on the day. All proceeds going to Macmillan. Contact Lynn on 07772 121882.

Sun 17th Oct. Farmers/Craft Market. Lots of handmade crafts available plus produce and fabulous homemade cakes. Contact Nicky on 01874 638889/07815 330697.

Fri 22nd Oct. The first book club. 7pm. Cheese and biscuits supplied, bring your own wine. Contact Sue on 01874 636748.

Sun 23rd Oct. Community Pop up Cafe. 11am - 4pm. Fabulous homemade cakes and things to buy, worth popping in to. Contact Sue on 01874 636748.

Fri 29th Oct. Halloween bingo, fancy dress and pumpkin carving. Fancy dress and Pumpkin judging at 7pm. Bingo will start at 7.30 Fun for all. Contact Trisha on 07789 037176.

1st Nov to 7th Nov. Scarecrow competition. A week to decorate the village with Your scarecrow creations, finishing with a tour of the village to award prizes on Sunday 7th Nov. More details to follow. Contact Trisha on 07789 037176.

Mother and Toddler meet on a Monday afternoon, Contact Hazel on 07790 249760.

Encounter youth group meet every other Monday night contact Ashley on 07814 530972.

Yoga on Tuesday morning. Contact Trisha on 07789 037176.

Brownies meet on a Tuesday night, Contact Liz on 01874 636797.

YFC meet on a Wednesday night, Contact Ellie on 07929378087.

Knitting group meet on a Wednesday night, Contact Janice on 01874 636743.

Yoga on a Thursday night, contact Trisha on 07789 037176.

Recorder group meet every 3rd Saturday, email: jackiehourahine@aol.com for details.

ROGER PARRY & PARTNERS WARN WELSH FARMERS NOT TO GET CAUGHT OUT WHEN CONSTRUCTING SLURRY OR SILAGE STORES

Roger Parry & Partners are warning Welsh farmers to be aware of Natural Resources Wales' requirement to notify them when constructing or reconstructing a silage or slurry store.

The requirement to notify Natural Resources Wales (NRW) 14 days before construction starts is for any new, substantially improved or reconstructed store used for the storage of silage or slurry. The notification is also a Cross Compliance requirement under Statutory Management Requirement (SMR) 1 – Water Protection.

Gail Jenkins, Consultant with Roger Parry & Partners based in Carmarthenshire, said, "We regularly work with farmers to successfully gain planning permission for new stores for the storage of silage or slurry on the farm. Many farmers are unaware, however, of this requirement to notify NRW 14 days before the construction work starts. Those that don't notify NRW risk prosecution or an unlimited fine."

According to Natural Resources Wales the farmer is responsible for making sure the rules are met. The rules apply to the land owner if they control, manage or look after a farm or an installation on a property, for example as a: farmer or land manager; tenant farmer – unless you can prove someone else, for example the landowner, is jointly or wholly responsible.

There are a lot of rules to take into consideration before construction work starts on a store for silage or slurry. Considerations must be made relating to the location of the store, what exactly is being stored, and whether planning permission is required. There are specific rules you must adhere to for the storage of slurry, particularly for earth-banked stores. NRW state farmers must first find out what permissions they need from which authorities.

If a breach of the regulations is confirmed, action will be taken according to the Natural Resources Wales Enforcement and Prosecution policy and procedures. Possible action depends on the seriousness of the breach and impact on the environment. They include: advice on remedying a minor breach; warning letter noting the breach, which may be taken into account in the event of a future breach; legal notice; formal caution or prosecution. If prosecuted and convicted in either the Magistrates or the Crown Court, you may face an unlimited fine.

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AUGUST 23RD SAW THE OFFICIAL OPENING OF PARC BRYERS IN DRYSLWYN



Photo credit Cliff Price

When the Bryer family throttled down the new car sales side of their business there were worries about the property becoming derelict and an eye sore for the village of Dryslwyn.

Fortunately the business family decided to develop the empty space and have attracted several young and local businesses to thrive and grow at what is now called Parc Bryers:

Hair Salon Cath Redfern, Ballroom Dance Studio Ultimate Ballroom, Renewable Heating Company Birds' Hill and Welsh Greeting Card Company The Classic Card Company Wales Ltd.

From October Ray Thomas and Ben Decort will join the development as Parc Bryers MOT and Service Centre, taking over the space of the Mazda Service Center

The new business park benefits from its convenient location just off the A40 with bus routes, the free parking right outside the businesses and from the award winning SiopNEWydd Dryslwyn, less formally known as the Post Office Shop Dryslwyn Community Shop.

"The new development at Parc Bryers helped Birds'



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02/21(2)

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Hill Rural Renewables www.birdshill.wales/ to expand and included a new showroom of all of our green heating technologies to our also larger office space here at the Parc,” says business owner Nick Cater. “Our staff appreciate that we stayed local to our previous premises as they come from Nantgaredig, Dryslwyn, Cwrt Henry, Pen y Banc and Llandeilo.”

After twenty years in the hair styling business Cath Redfern is delighted to finally open her own hair salon. “I’m ever so grateful for the customers who followed me and made my salon busy and a success. It’s been a huge leap but it worked out for the best.”

Greeting card wholesaler and supplier The Classic Card Company Wales Ltd opened their doors on March 1st with cards in both, Welsh and English. Place your orders or book an appointment to visit via their facebook page <https://www.facebook.com/classiccardco/>

Ultimate Ballroom is a Ballroom and Latin American dance school, run by Pam Hopkins, a fully qualified professional dance teacher with the Imperial Society of Teachers of Dancing and a member of the British Dance Council and Dance Promoters Association. Pam started dancing when she was 7. She achieved all levels of medals including the prestigious ISTD awards and competed in medallist and open competitions as both Junior and Adult. <https://www.ultimateballroom.co.uk/> We offer a wide variety of lessons for Adults and Children, to either start you on your dancing journey or to develop your skills further.

Right alongside Parc Bryers is the super-friendly volunteer-run Community Shop providing full Post Office services and a wide range of groceries since the Post office closures in 2008. As a symbol of community resilience SiopNEWydd Dryslwyn <https://www.siopnewydd.com/home/home> is an appropriate neighbour to Parc Bryers. Winner of the first ever Carmarthenshire Queen’s Award for Voluntary Service in 2021, the shop is developing its ambitious scheme to build a brand-new premises in the field beside Parc Bryers so it can offer even more support to the success and sustainability of the local economy.

The opening wouldn’t have been so visual without the labour of love signature balloon archway from bespoke Welsh gift shop Igam Ogam in Llandeilo and the signage from just-print.

“I warmly welcome this small business development within the Dryslwyn rural community,” says Mansel Charles, Llanegwad Ward County Councillor. “Such an area greatly needs such enterprises to sustain the local economy and employment. The Bryer family have been an integral part of the business at this site for over a century being the inspiration behind the Dryslwyn Shop and Garage. Now they have seen the need and the demand for a business centre and I wish them and the Parc Bryers development every success.”

County Councillor, AS/MS and Plaid Cymru spokesman for Rural Development Cefin Campbell said: “It’s so great to have small units like this to create jobs and interest in the smaller rural communities, rather than expect such developments to be confined to larger urban towns. To me this is a model for other rural communities in Wales to use disused buildings and with some creativity turn them into viable business units.”

Council Leader Emlyn Doyle said: “When Simon told me about the plans for Parc Bryers I said: ‘That is exactly what we intend to do’. When we set up the last CCC administration we created a Rural Portfolio looking across rural Carmarthenshire for projects to achieve regeneration and sustainability. This eventually led to our investment via the Ten Towns Initiative. To see the private sector doing the same thing is great to see and has our full support. Hopefully it will be reproduced across the county and create jobs all over Wales.”



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Ian and Adelle moved from a modern property on the gas grid into an 1820s stone cottage and barn conversion with a multi-fuel Rayburn. Despite easy access to wood fuel on their property, the idea of all the dirt and high maintenance did not appeal to them and they looked for alternative solutions. They already had decided to get solar panels for their electricity and were referred to Birds' Hill to find a clean low-carbon solution for their heating requirements.

They chose a the LG 14kW twin Air Source Heat Pump which heats both, the barn conversion and the cottage. A simple accessory kit connects to the solar thermal panels.

The result is a convenient and easy to use system (with remote control), clean and low maintenance.

The system also qualifies for the Renewable Heating Incentive (RHI) payments, allowing them a return on their investment via quarterly payments from the UK government over seven years.



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LLANDOVERY HOSPITAL LEAGUE OF FRIENDS



We are delighted to be able to hold face to face meeting again. It has been difficult over the pandemic, but emails and phone calls have kept us in contact. Through Sister Dawn and the staff at the hospital we have managed to keep a breath of the smaller items needed to make life easier for patients, staff and visitors.

We are delighted to hear they are backup to 15 patients. There is a full complement of staff and with increased staff training offering them very positive opportunities, all excellent news.

A very big thank you as always for the wonderful support we continue to have from the community. Donations in memory of loved ones, donations in appreciation of care received, donations from those who appreciate the hospital and are keen to give the support. Such as the very generous donation of £2,000 we have just received from the Netball and football club, who organized a sponsored walk. They have also made donations to Cylch Meithrin Llangadog, Cylch Meithrin Rhys Pritchard, Ysgol Llangadog and Ysgol Rhys Pritchard. A very big thank you from all of us.

We have not got any major projects in hand at the moment. However this is more to do with our hope that we will soon be seeing some increase in local services and hopefully even a move towards the promised Hub. We promise to keep you in the know as and when we have anything to pass on. As always we will be probably asking you for your support, which is always so generously given.

Gina [Treasurer]

MERCHED Y WAWR BRO PANTYCELYN

Brâf oedd cael croesawu aelodau yn ôl unwaith eto ar ddechrau tymor newydd. Diolch yn fawr iawn i Jane Morgan am ei chwmmi ac am ein harwain tuag at y cyfarfodydd nesa. Edrychwn ymlaen yn hyderus at flwyddyn lwyddianus eleni. Cynhelir y cyfarfod nesa yn y Neuadd Gatholig Dydd Mercher Hydref 13eg am 2 o'r gloch. Bydd Catrin Blodau'r Beudy yn ein diddanu.

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CASH FOR CARERS

CHARITY ANNOUNCES £500 JOINING BONUS TO ATTRACT STAFF



Elidyr Communities Trust is a Carmarthenshire charity working with young people with disabilities and complex learning needs. This week they have launched a fantastic new scheme offering a £500 joining bonus for support workers who start between now and October 2021.

The charity is near Llandovery, surrounded by countryside and is a safe haven for around 50 young adults, who are being taught how to live and learn more independently. Like many in the care sector recruiting care staff has become a huge challenge.

Dai Sibbons, CEO & Principal at the charity explained the thinking behind the bonus: "It's never easy recruiting care staff for a growing organisation in a rural location ... and it's particularly difficult at the moment. We decided that a financial bonus was the most practical way to show that we know care work can be hard and should be rewarded."

A survey, conducted by United Kingdom Homecare Association (UKHCA) on 140 providers at the end of

July¹ concluded that the recruitment and retention of care staff is now harder than ever.

Dai added: "The perception of care work can be negative and undoubtedly the publicity around the pressure on care staff during the pandemic hasn't helped that. But Elidyr Communities Trust is not like other care settings. We've a huge vibrant campus, with a mixture of modern houses, ancient buildings, gardens, animals, craft workshops, a shop and a gym. Working with our young people is hard work but it's never boring!"

The £500 joining bonus will be a big financial incentive but there are other benefits to working with the charity. You don't need any particular experience, just a caring, practical approach – full training is given. You'll learn lots of new skills, such as sign language and it's an excellent stepping stone to other careers in care. The charity will even feed you during your shift – all meals are included!

Dai concludes: "We've all re-evaluated our lives during Covid – thought a bit harder about what really matters. Working in a supermarket might be easier but this job is so much more. It's lifechanging for so many people. The work can be testing, both physically and mentally, but the individual young people make it worthwhile. We like the challenge. We enjoy helping. It's more than a job."

For more information about working with Elidyr Communities Trust or to attend an open day call 01550 760453 or visit: <https://elidyrct.ac.uk/vacancies/support-worker-jobs>

¹ <https://www.homecareinsight.co.uk/home-care-worker-recruitment-and-retention-harder-than-ever-before-ukhca-finds/>

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0721(3)



Elidyr

Communities Trust

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

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Support Workers

£19,070 to £21,165

If you're caring, passionate and practical and ready to support our learners and residents to live and learn more independently, we may have a role for you.

Elidyr Communities Trust is a successful and award winning residential specialist provision for young adults with learning difficulties and disabilities, with a proven track record of delivering success.

To find out more, contact Lisa on
01550 760453 / lisablofield@elidyrct.ac.uk

www.elidyrct.ac.uk/vacancies



Christmas is coming!!

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

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

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

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

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

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

COME & ENJOY THE FUN!

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

(Stalls: Dorothy Burgess 01550 721951/07812642089 email: dorothy@broadwayhouse.org.uk or Louise Wride 07972746987 louisewride@live.co.uk see the facebook page www.facebook.com/llandoverymarket or Llandovery Town Council website. (Public Liability Insurance required)

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LLANDEILO FESTIVAL OF SENSES AGM

The Festival of Senses calls for public participation at the next AGM to be held on September 16th at 6pm in Yr Hen Vic, Llandeilo.

"After the 2022 festival I will be stepping down," announces festival chair Christoph Fischer. "By then I will have been at the helm for 5 years. Festivals thrive from change and new ideas and by 2022 it will be time for someone else to make their mark on the event. I will be available to stay on as committee member if the new chair so wishes and will always support the event I so love. People who want the event to continue should consider coming forward and learn the ropes."

There will be no Festival of Senses in 2021. Insurance issues and the general uncertainty about the ever-changing Covid regulations didn't give the committee enough time to organise the event properly.

"However, we are holding as many fundraising events for Llandeilo as possible," says committee member Clare Thomas. "That way we can make sure 2022 will truly be bigger and better than the festivals before."

TOWY VALLEY CAMERA CLUB

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

Programme for October to December 2021

- **Monday 11th October** – Travels In USA and China with Andrew Hersom.
- **Monday 25th October** – Fine Art Photography with Susan Ashford.
- **Monday 8th November** – Members Favourite Five Images from 2021.
- **Monday 22nd November** – Principles Of Photography.
- **Monday 13th December** – Competition 6 with Judge Gary Shinner.

If you are a newcomer to photography, the club has a wealth of expertise amongst it's mem-bers, who would be happy to assist you with tips and techniques to help you improve your photographic skills. The club has much to offer both the experienced photographer, and new-comers, with a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

www.towyvalleycameraclub.org.uk

RSPCA TRUSTEE – VOLUNTEER POSITION

Branch Trustee (Carmarthenshire)

This is an exciting opportunity to be a hands-on trustee at branch level, helping to promote kindness and prevent animal cruelty, reach out to more supporters, and influence how we do things. With your support and expertise, we will achieve so much!

OVERVIEW OF THE BRANCH TRUSTEE OPPORTUNITY

We are looking for an enthusiastic and passionate person who could devote the time to volunteer with us as one of our Trustees. As a Trustee of the Branch, you will have the chance to influence how we care for and prevent cruelty to animals and drive the implementation of key initiatives. You will serve on the governing body of the charity and be instrumental in the running of the Branch and setting out both the short and long term aims.

As a minimum, trustees would normally be expected to attend a monthly committee meeting lasting some 2 to 3 hours. However, the commitment may vary depending on whether the trustee takes on additional duties.

PRIMARY RESPONSIBILITIES OF THE BRANCH TRUSTEE

- Appreciate and support the aims and policies of the RSPCA.
- Work in conjunction with fellow trustees and branch officers and jointly act in making decisions for the best interest of the branch and the RSPCA.
- Work with national RSPCA staff to ensure that the branch meets all minimum animal welfare standards (MAWS).
- In conjunction with your fellow trustees and Branch Support Specialist write, adopt, monitor, and review a development plan setting out the short and long term aims of your branch.
- Actively participate in branch committee meetings and to attend the branch annual general meeting and regional conference.
- Be aware of the outcome of regional board meetings and support local initiatives.
- Actively promote and advertise the society in an ongoing programme to recruit new branch trustees and volunteers and welcome new members.
- In conjunction with your fellow trustees, ensure the proper management and control of all activities and decisions relating to any premises held or staff employed by the branch if applicable.

WHAT WE ARE LOOKING FOR IN A VOLUNTEER:

We are looking for people from all social and cultural backgrounds, with experience and skills in any of the following areas:

- Experience of managing finances/acting as a treasurer;
- Marketing communication including social media, PR, website;
- Fundraising including corporate fundraising, trust fund and grant applications;
- Local community and supporter relationships;
- Hands-on experience in growing charities; and/or
- Are or have been part of the groups and communities we would like to attract.

Alongside the relevant experience, we are looking for someone who is committed to the RSPCA's charitable objectives and shares our passion for animal welfare. You would be creative, innovative, bring a fresh perspective, and can put ideas into action.

CONTACT

We hope you are interested in volunteering for our branch! For more information and to apply for an application form, please contact Donna Rogers on 07834 495979 or donna.rogers@rspca.org.uk



Looking for a career where you can make a difference?



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- Staff Survey Response



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

CYNGOR TREF LLANYMDDYFRI / LLANDOVERY TOWN COUNCIL LLANYMDDYFRI YN EI BLODAU / FLOWERS IN BLOOM COMPETITION

Yr Arddangosiad Blodau Gorau gan Fusnes 2021 /
The Best Business Floral Display 2021
The winning businesses are:

AUR / GOLD:

THE BEAR INN / TAFARN YR ARTH

Arian / Silver:

Erwlon Caravan Park / Parc Carafanau Erwlon

Efydd / Bronze:

The Drovers B & B /

Gwely a Brewcawst Y Porthmyn



The Mayor, C.Cllr. Handel Davies, awarded the certificates and vouchers to the winning businesses on Tuesday 23rd August 2021 in the presence of Cllrs. Pat Smith & Cllr. Dorothy Burgess (Chair & Deputy Chair of the Flowers In Bloom Committee).

The flowers throughout the town this year have been exceptional and stunning, lifting community spirits during this difficult time. The judges were very impressed by the wonderful, stunning and colourful displays.

Llandovery Town Council would like to thank the Telegraph Inn for their donation of the vouchers; the judges for their time (who had difficult decisions to make); but most of all a Thank You to all of you, who, by your efforts, talent and creativity, have made our town so attractive by their floral colourful displays.

Thank you / Diolch



The Festival of Senses put on a busy FUN(d)raising family activity event at the Llandeilo Rugby Club Bank Holiday Sunday. "This is the second time we held this type of event on the Bank Holiday," says Festival chair Christoph Fischer, "and it's definitely going to be a fixture in the social calendar of town."

Core of the event was a popular Tag Rugby competition that had seven teams compete from 11m until 4pm. (First place "AFNP" (team in green), 2nd place "The Morgan Mob" (team in pink))

While the matches went on visitors picnicked on the grass, browsed the stores and listened to music from Alan Thomas, David Cope and Dewi Jones.

Children's entertainment included Welsh singer and dancer Siani Sonc and then physical exercises such as tug of war, sack hopping, egg races, cricket games and kids circuit by the Class House, Personal Trainer Michael J Davies-Eyre and the Farmer's Youth.

The Round Table put on a BBQ, Flows Ffairfach provided ice cream and cakes and the Rugby Club ran the bar.

"We decided to take a hit on the fundraising side of things and make the event free," explains committee member John Meredith Williams. "We're always primarily about community and making sure that people are having a good time."

"It's important that there are events for families on a Bank Holiday," agrees Mayoress and volunteer for the festival Branwen Llewellyn-Jones. "And everyone arrived and left happy."

"Our next fundraising event will be a 5-a-side Football Tournament on October 10th in Tregib Sports Facilities," announces Fischer. "Details can be obtained via email to FOS_Stalls@mail.com"



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18 18	Renault Clio 0.9 TCE Dynamique S, Half Leather, Alloys, Nav, Met Red, 24050m	£10995
16 66	Renault Clio 1.2 TCE 6 Speed, Sat Nav, Reversing Camera, Half Leather, 17" Diamond Cut Alloys, Met Blue, £30 Road Tax, 27000m	£9500
15 15	Renault Megane 1.6 DCI GT Line Coupe, Sat Nav, Reversing Camera, 17" Alloys, Half Leather, Front & Rear Body Dephasers, 3dr, In Malta Blue, £30 R/Tax, 49500m.....	£7995
14 64	Renault Megane 1.6 DCI 6 Speed Dynamique, Tom Tom, Coupe, Leather Seats, Sat Nav, Alloys, Panoramic Roof, Metallic Black, 3dr, 81000m, Full Service History.....	£4995
13 63	Renault Captur 0.9 TCE Dynamique, Sat Nav, Diamond Cut Wheels, Cream	£4995
12 12	Renault Clio 1.2 16V Dynamique, Tom Tom, 2 Owners, FSH, 5dr, Silver, 76000m	£3750
10 60	Renault Clio 1.2 16V Dynamique, Alloys, Air Con, Met Black, 5dr, 90000m	£2750
06 56	Renault Clio 1.2 16V iMusic, Alloys, Tinted Glass, New MOT, 3dr, Black, 98000m	£1295

AUTOMATIC

18 67	Renault Kadjar 1.5 DCI Dynamique, Automatic, Half Leather, Silver, 36000m	£13995
14 64	Nissan Micra 1.2 16V Acenta CVT, Automatic, Alloys, Sat Nav, Air Con, Hand Controls (Can Be Removed), 2 Owners, Only 7600m, 5dr, In Black	£7500
01 51	*Part Ex To Clear* Renault Scenic 1.6, Auto, Half Leather, Alloys, 85000m, Red	£850

OTHER MAKES & MODELS ON OFFER

17 67	BMW 118i M Sport (136BHP) 6 Speed, Full Leather, 18" Alloys, Estoril Blue, 32000m	£14500
17 17	Mercedes Benz A200 2.1 TD Sport, Black Leather, Sat Nav, Alloys, Silver, 38250m	£13995
17 67	Ford Focus 1.0T 140BHP 6 Speed ST Line Eco Boost, Sat Nav, Alloys, Impact Blue, 27000m.....	£11495
17 67	Ford Fiesta, New Model 1.0 E/B 100BHP Zetec, A/Con, Alloys, 5 Door, Silver, 27250m	£9995
16 67	Kia Pro Ceed 1.0 120 BHP 6 Speed, GT Line, Sat Nav, D/Cut, Alloys 1 Owner, 3dr, Red, 10400m.....	£11995
16 16	Ford Fiesta 1.0 140 BHP Zetec S, Black, Edi, Sat Nav, Black Alloys, Black / Red Roof, 58500m.....	£8250
12 62	Skoda Fabia 1.6 TDI Monte Carlo Ltd Ed, Black Alloys, White / Black Roof, £20 Tax, 63500m	£4999
11 61	Nissan Juke 1.5 DCI 110 BHP 6 Speed Sport, Rear Spoiler, Red Mirror Caps, White, 73500m	£5995

COMMERCIALS

18 68	Mitsubishi L200 4.4 Di-D Warrior 4x4, Leather, Reversing Camera, Alloy Wheels, Rear Load Liner, Electric Windows, Central Locking, 1 Owner, In Black, 26000m	£19995 + VAT
18 18	Mercedes Benz Vito 111 BHP 1.6CDI 2.8T LWB, Twin Side Doors, Ply Lined, Tow Bar, Roof Bars, 32000m, 1 Owner, In White.....	£14995 + VAT
18 18	Vauxhall Vivaro 1.6 CDTI (125 BHP) 6 Speed, Ply Lined, 1 Owner, In Black, 45000m	£14750 + VAT
19 68	Vaxhall Combo 1.6 CDTI 100 BHP LWB, Twin Side Doors, 1 Owner, White, 36000m.....	£12995 + VAT
13 13	Renault Kango 1.5 DCI LWB, Sat Nav, Twin Side Doors, 2 Owners, Silver, 104000m.....	£5500 No VAT

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ASHMOLE & CO PARTNER IS TOP 20 FUNDRAISER AHEAD OF RUNNING NEXT MONTH'S LONDON MARATHON



Running way beyond her fundraising target for the London Marathon is Ammanford's Ashmole & Co Partner, Laura Craddock. She has raised almost £18,000 (£8,000 more than her original target). Laura is running the London Marathon on Sunday, 3 October, to help raise money for the Teenage Cancer Trust and local fundraising.

Laura was originally meant to run the London Marathon in April 2020. She had done her longest training run of 20 miles just days before the Prime Minister announced we were heading into a national lockdown and the Marathon had to be cancelled.

Laura's younger brother, Leighton, was diagnosed with Non-Hodgkins Lymphoma in 2010 at the age of 23. He underwent 15 months of gruelling treatment including a stem cell transplant, which he received on the Teenage Cancer Trust ward in Cardiff Hospital. Nine years on and he has made a full recovery.

Laura and Leighton have been named in the top 20 fundraisers for next month's marathon. Laura said, "The 'run-up' to this marathon has taken a long time thanks to Covid-19 but I'm pleased that the event will be going ahead next month and we're both fit and ready for it.

Thank you to everyone who has helped and supported us get beyond our target of £10,000. To be the number 16 fundraiser in the top 20 for the event is an achievement in itself.

"My family will always be indebted to the Teenage Cancer Trust for the life saving treatment my brother received. I would have been the last person you would say that could run the London marathon a few years ago and now I've trained for two!"

If you are able to make a donation to help Laura you can donate directly at the Ammanford Ashmole & Co office or donate via the Just Giving page: <https://www.justgiving.com/fundraising/Laura-Craddock1>

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

TABLE TOP SALE & MARKET

1st Friday of every month!

MARKET SQUARE, LLANDOVERY

Next: FRIDAY 1st October 2021
10 A.M. UNTIL 2.00 P.M.

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

Stall/Pitch: no charge at present

Please state whether you require a table, or whether you wish to bring your own table, chair & gazebo.

Table Top Sellers: no Public Liability Insurance required.

Market stall traders: must have their own Public Liability Insurance.

It will be the sellers responsibility to comply with the Covid prevention requirements laid down by the Welsh Government. (Please note that the Town Council Insurance does not cover for any acts of negligence, loss and damage to their goods).

LLANSADWRN & LLANWRDA COUNTRY WOMEN

A meeting was held at The White Hart, lunch time. 7 attended.

The October meeting will be at Llangadog Garden Centre Telegraph, 5th October 10.30am.

Please note November Christmas Lunch at the Plough Hotel, 22nd November, 12.30pm – 1.00pm.

If you would like to come please give your names by 3rd November to Hefina 01558 650356 or Jane 01550 777302.

LLANEGWAD RAINFALL



Rain fell on 12 days this month the wettest day was the 21st with 16 mm. which was the last day it rained this month

August Total: 89.5mm – 3.1/2"

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LLANDOVERY ROTARY CLUB



Here is what happened in Llandovery Rotary Club last month.

NOTHING.

ABSOLUTELY NOTHING.

There. That's it. There is no news.

If I was you I wouldn't bother reading any more. I would stop reading NOW.

Why are you still reading? I told you to stop. I have got no news for you. STOP READING.

Ah well. If you are still with me now I might as well carry on!

Although things are beginning to get back to normal again, there is still an awfully long way to go yet. Yes, we are meeting every Tuesday and thoroughly enjoying the fellowship of each other's company over a meal and a drink but it still feels very hollow. We joined Rotary to help the community and to fund raise and distribute funds to those in need of financial help. Until we can get out fully and get back to what we do best then we will remain unfulfilled. We are desperate to get out and fundraise once again.

Chris Phelps has agreed to organise a Mystery Trip for us. Lovely. We have had some real corkers in the past so no pressure Chris. I asked him where we were going and he said "Errrrrrrrrrrr!" Well, it is a Mystery Trip!

The Rotarian facing the Question and Answer session this month is Anthony:

Here goes

Where were you born Anthony? Halfway, moved to Llandovery when I was 18 buying my first house. Currently living in Towy Avenue enjoying with my excellent neighbours.

How old are you? Too old.

Sex? Oh yes, as often as possible!



Anthony Wathan's turn for the Q & A.

Occupation? Owner of a Taxi Company for 13 years and recently a Removals Company called Disaster Care Logistics Wales. I'd like to say a sincere thank you to my wonderfully loyal staff of both companies during this very difficult period. Also my family for the wonderful support they continue to show me.

What are your hobbies? Love spending time with my 4 children including walking, going to Amroth, the cinema and enjoying meals out together. Also collecting coins and watching snooker on the telly.

What is your favourite meal? Steak and chips.

What were your first jobs? I was a farm labourer, a firefighter, I worked at Sennybridge Camp then three years on a pipeline.

Where is your favourite place for a holiday? New York. Also thoroughly enjoyed Morocco and Istanbul when I went to Ozzy's wonderful wedding.

Who would you most like to have around for dinner one night? Only one person. My late Dad, John Wathan.

Have you had any strange passengers in your taxi? I had the police come to the house once. They had stopped a Vicar for No Insurance. He wanted to go to Scotland. I took him to Portsmouth! It's a long story!

Worst customer? Someone spewed in the back of the taxi!

Have you carried any celebrities? Oh yes. Many. But professionally I'm the soul of discretion!

What would you like your children to do in later life? Whatever makes them happy.

What car would you have money no object? When I finally retire I want No car or mobile phone anywhere near me. I receive up to 80 calls a day between both businesses.

What will you do in retirement? The one thing I will really miss is getting up at 5-30am every morning! I'd love to be by the coast in Amroth but most likely I'll stay where I am as I love my house. I'll probably be looking after my grandchildren. (Or they'll be looking after you Anthony!).

What are your hopes for Llandovery Rotary Club? We are a very strong club and hope it continues getting stronger.

Tell me a strange fact about yourself? I have a Brown Belt with 2 Stripes in Karate!



We had 4 young guests one week. We are recruiting very young these days!



Our newest member Dai 'Shontz' getting into the swing of it.

I've been through a difficult period over the last six years but I've turned the corner and am really enjoying life now.

Thank you Anthony.

We have been informed by Llanfair Surgery of the dates for the upcoming Flu Jab Clinics and asked if we are available to Marshall them. OF COURSE WE ARE. We will make ourselves available whenever the Surgery ask. The dates are as follows:

Wednesday 6th October 9pm – 12.30pm and 2pm – 6pm.

Wednesday 13th October 9pm – 12.30pm and 2pm – 6pm.

Wednesday 20th October 9pm – 12.30pm and 2pm – 6pm.

It seems the booster COVID jabs Clinics will come at later dates now and we will be there for those too. It's what we do.

By the time you read this we will have another new member. More information and photos next month.

I sincerely hope there will be more news next month as well. It is getting more and more difficult to fill any pages as the lack of action and news is drying up completely.

Ah well, to those of you who are still reading this you will have noticed the shortage of newsprint for which I apologise.

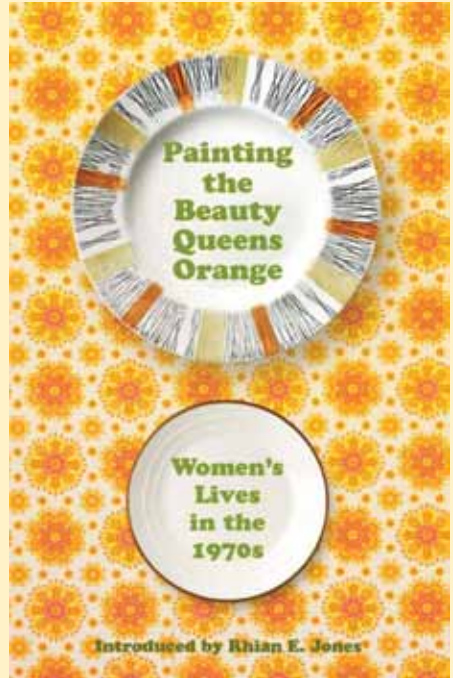
Derek Jones.



Two lovely boys! Wyn 'Chippo' Morgan with his brother, our President, Alan Morgan. Ahhhhhhhhh.

WOMEN'S LIVES IN THE 1970S

Did you live through the decade that fashion forgot? Was your kitchen wallpaper orange? Then this is the book for you!



Bethlehem author Sue Williams, a member of Llandovery Writers' Group, is one of a number of writers featured in a new anthology published by Honno Press. The collection, entitled 'Painting the Beauty Queens Orange', contains thirty autobiographical pieces covering all aspects of Welsh life – rural and urban – in the seventies, from Welsh language activism to beauty contests, from religion to sex, drugs and rock n roll, from politics to family and babies. And of course the famous drought of 1976.

Sue's own piece centres on sport. She says, 'When Honno Press put out a call for submissions to a 1970s anthology, I remembered how, in 1972, I'd been banned from rugby by the authorities despite never having played a single game. I thought this would make an interesting story, and, luckily Honno agreed with me.'

The collection is published on October 14th and available in Waterstones bookshops and online, or from Honno direct, as well as Amazon.

**Thomas Services,
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time. Must have full driving licence.
Salary based on experience. CV to
richardthomas12@btconnect.com**

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**LLANDINGAT
CHURCH**

Our weekly Sunday services have been going well. 1st Sunday is a shortened Family service, the second and fourth Sundays are a bread only Eucharist Service and the 3rd Sunday is Morning prayer. All services start at 9.30. We continue to wear masks, safe distance, and use hand sanitizer. We have been joined at a number of services by people whose churches are not yet open and others who are newly moved into the area which has been excellent and we look forward to seeing them again. Everyone is welcome at any service, my only ask is that you be prepared to sit where we can find you a space. We want everyone to feel safe.

Rev Paul and his wife Ann opened their house and garden for tea and cake one Sunday afternoon. It was well attended and give them the opportunity to get to know people better. It has been hard for such a friendly pair to move mid pandemic and not get the opportunity to meet people in the normal way.

Rev Paul has also started a series of seminars on the 39 articles from the book of common prayer. Tuesday evening Llandingat at 7.00pm. It has started well and Paul says feel free to join them he will help you to catch up.

Rev Paul was delighted to take his first wedding on the 11th September when Teleri Walters married her Scottish fiancé Craig Morrison. Congratulations both.

Please remember that Llanfair Church is now open again on the 1st and 3rd Sundays at 11.00am.

Myddfai Church has services on the 2nd and 4th Sunday at 11.30am.

We have 5 Sundays in October so there will be a joint service in Llandingat at 10.30am.

Gina [Church warden]

LLANGADOG W.I.

Finally, after 18 months, our W.I. Group is ready to properly get going again. We had an indoor meeting, in the newly decorated Llangadog Hall, in September. There was a good attendance, including 3 visitors. It was so nice for all of us to be together again, chatting about anything and everything. Previously, in July, some of us had a day out at Folly Farm, and what a good time we had!! Also, in August, a few ladies went to Llandrindod Wells during their Victorian Week. We were able to see many people dressed in the style of the period, including Pearly Kings and Queens. We are hoping to get out and about more in the next few months. Anyone interested in joining our friendly group will be made most welcome. We meet on the first Thursday of every month at 7.00 p.m. in the Llangadog Community Hall.

READERS' SALES & WANTS

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

FOR SALE

- **Electric Folding Bike**, 37 volts, excellent condition, £395 ono. Tel: 07805 093803.
- **Kettle Ladies Bike** with loads of extras, as new, £150 ono. Tel: 07805 093803.
- **Giant Hybrid Electric Bike**, as new, cost new over £2000, selling for £850 ono. Tel: 07805 093803.
- **Exercise Bike**, £20 ono. Tel: 07805 093803.
- **New Lift Recline Cosy Chair**, £400 ono. Tel: 01550 777874.
- **Stainless Steel Sink**, right hand bowl with mixer taps, £25. Tel: 01267 202230.
- **Bath shower screen**, toughened glass, £25. Tel: 01267 202230.
- **Cement Mixer**, Clarke Contractor, Model No. CCM125C, Mix Capacity 125ltr, £40. Tel: 01550 740228
- **Golf Trolley**, can be folded when not in use, £10. Tel: 01550 740228.
- **Free to a good home**: two pet rats who were sadly unable to accompany their parent to university, but would love to be adopted. Large cage included. Please phone 01550 777149.
- **Portable Television**. Bosch 21". Includes remote control and cable to connect to aerial, £40. Tel: 07854 148 915.
- **Bosch ICO cordless screwdriver**. Includes charger. No bits. Good condition, £20. Tel: 07854 148 915.
- **HUSQVARNA 357XP Petrol CHAINSAW**, 18 inch Bar, £225 ono. Tel: 01550 777452.
- **SKETCHERS Mens Brown Walking Boot**, Size 11, unworn £35 ono. Tel: 01550 777452.
- **BRONZE AIGLE PAROURS 2 Iso Unisex Full Wellington Boot** Size 11 Worn once, £75 ono. Tel: 01550 777452.
- **Pews from old chapel for sale** based in 'Rhydycymerau' all sizes available to make way for new build project, can arrange delivery. Prices from £50= (£10 per foot). Tel: 07999 323864.
- **Captains chair/swivel/office chair**. Chesterfield style. Oxblood red leather. Good condition, £125.00. Tel: 01550 777978.
- **Ladies Gant boots**. Knee-length. Dark red leather. Size EU41. One inch heel. Never worn. Beautiful quality, £85.00. Tel: 01550 777978.
- **Bench pie vice**, £7. Tel: 07761 107055.
- **Coil of plain galvanised wire**, £10. Tel: 07761 107055.
- **Jaw and ball hitch in one**, £15 ono. Tel: 07761 107055.
- **Outside wall light fitting**, £3. Tel: 07761 107055.
- **Quantity of Hilti nails and Caps**, £4. Tel: 07761 107055.
- **Wooden wine rack** for 10 bottles, £5. Tel: 07761 107055.
- **Shepherds crook** (by Richey), £12. Tel: 07761 107055.
- **Old Galvanised bucket** in excellent condition, £8. Tel: 07761 107055.
- **Green cast iron Cook book stand**, £5. Tel: 07761 107055.
- **Bath shower screen**, new and unused HT1400 x 840 wide, cost new £80, will accept £40. Tel: 07761 107055.
- **Approx 25 wooden drill bits Brace**, £12. Tel: 07761 107055.
- **Benq 27" monitor**. Excellent condition. Very clear picture. Tel: 07854 148915.
- **Ford Escort Mark 2 service manual**, offers. Tel: 07761 107055.

- **Set of small sockets**, screwdrivers, alla keys and more, £6. Tel: 07761 107055.
- **Fourteen Kilner jars** in varying sizes, with clips and rubber seals, free to anyone who could use them. If interested please phone Theresa Haine on 01550 777535 to arrange collection.
- **Desk height office draw in wood**. 3 draws and 1 draw for pens etc. Excellent condition. 600mm deep, 430 wide and 700 high & castors. Tel: 07854 148915.
- **Laptop computer**, bought 8 years ago. Toshiba "Satellite Pro C50- A-1E4". Tel: 07854 148915.
- **Camera**. Sony Bridge Camera. Cyber-shot. 20.1 mega pixels. 35 x optical zoom lens. Tel: 07854 148915.
- **Bentley Ace Tone Double Keyboard Electric Organ** with 8 pedals, VGC, £125 ono, buyer collects. Tel: 07816 478594.
- **Two bedside, one drawer, bedside cabinets**, teak wood veneer finish, £15 for the pair. Tel: 07816 478594.
- **Zedbed** – folding metal frame single bed with mattress, VGC. Tel: 07816 478594.

WANTED

- **Barn or similar storage** for agricultural machinery within 5 mile radius of Llandeilo/Llanfynydd. Tel: 07794 668996.
- **Looking to purchase music Cd collections big or small amounts**. Not looking for 90s pop or classical music. If you think you have a collection I could be interested in please get in touch on 07488386380. Thank you.
- **Second hand books**. We are always very grateful to receive any unwanted books to sell in our newly sited Second Hand Bookroom (no magazines please). All donations go towards work within Dinefwr Park. You are welcome to deliver at any time the House is open. Any queries: call Holly Dwyer 01558 825917.

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For more information and bookings, you can contact me: genecaminade@hotmail.com

Church Services

E-English W-Welsh B-Bilingual

LLANDINGAT, LLANDOVERY

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

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

LLANFAIR CHURCH

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

ST MICHAELS, MYDDFAI

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

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.
During the present Covid Virus crisis
booking is essential for Sunday Mass
Weekday Masses – see notices or
Telephone – 01558 824305 Mob: 07507
071337 for details.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from
Lampeter)
Saturday (vigil of Sunday) 5.00 p.m.
Booking not essential
Wednesday 10.00 a.m.

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

LLANGADOG ST CADOG'S CHURCH

3 Oct 9.30am Holy Communion
10 Oct 9.30am Morning Prayer
17 Oct 9.30am Holy Communion
22 Oct 6.00pm Harvest Thanksgiving
24 Oct 9.30am Morning Prayer
31 Oct 10.30am Holy Communion in
Gwynfe Church

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

LLANDEUSANT PARISH CHURCH

10 Oct 6.30pm Harvest Thanksgiving
with guest speaker,
Revd. Vanessa Hope-Bell
24 Oct 11.15pm Holy Eucharist with
Revd. Jeff Thomas

ALL SAINTS CHURCH, GWYNFE

1st Sun 11.15am Holy Eucharist
2nd Sun 11.15am Morning Prayer
3rd Sun 11.15am Holy Eucharist
4th Sun 11.15am No Service
5th Sun 11.15am Holy Eucharist

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

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For further information or to contact Pastor
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Revd Ann McKnight 01550 721109

TALLEY GROUP

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

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

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

LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

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

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

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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

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REIKI THERAPY: The word Reiki comes from two Japanese words put together, "Rei" - Higher Power or Wisdom of God and "Ki" - life force energy. Put the two together and you get "spiritually guided life force energy". It is a practice of laying the hands in a series of positions on or slightly above the body. Reiki treats the whole person – physical, emotional, and spiritual - by allowing positive energy to flow through the hands of the practitioner which imparts many benefits including relaxation and a sense of peace, security, and tranquillity. It has also been scientifically shown to decrease pain levels, relax both the body and the mind, aid sleep and even help with physical healing. My therapy room is an escape, a sanctuary, and a place of safety, calm, and self-discovery. Come and visit me to enjoy a wonderfully relaxing healing experience. Call Annya on 01558 650539 or email shantispirtwalker@gmail.com 02/22(6)

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

COUNSELLING

WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 12/21(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. 11/21(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. 12/21(6)

FAMILY HISTORY

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

FINANCIAL ADVICE

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

FUNDRAISING

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

GARDENING — SERVICES

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

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. *02/22(6)*

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk *02/22(12)*

HEATING OR RENEWABLE HEATING

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

HOUSE CLEARANCES

HOUSE CLEARANCES. Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. All areas covered. Tel: 07872 509031 / 07770 777992. *10/21(6)*

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

JOINERY

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

LIPREADING CLASSES

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

MASSAGE AND MOVEMENT

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

PAINTER & DECORATOR

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

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

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. *10/21(6)*

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

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. *08/21(12)*

PLUMBERS

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

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

PROPERTY MAINTENANCE

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

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782446, Email: info@allaspectspropertyservices.co.uk or visit www.allaspectspropertyservices.co.uk 07/22(12)

SOLICITORS

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

TUITION

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

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 02/22(12)

WILL WRITING SERVICES

MB WILLWRITING. Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at info@mbwills.co.uk 01269 542742 www.mbwills.co.uk 09/21(12)

WINDOW CLEANING

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

YOGA

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

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

ZUMBA CLASSES

ZUMBA FITNESS – The ultimate latin inspired dancercise class exercising the body and mind! Llanarthne Village Hall, Tues 6.15pm. Llandeilo Civic Hall, Sat 10am. Pontargoith Hall, Thurs 6pm and Fitness Training on Wed 6pm. For more info 07909 903773.melissamerran.zumba.com 02/22(6)

**BOOST
Your
Business**

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

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

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

The Post

Llandovery & Surrounding Distribution Area

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

- = Magazine Drop Points
- = Ref. Points Only



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted. REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

LOCAL DIRECTORY (discounts not available): 6 months = £52.50+VAT 12 months = £82.77+VAT

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@cararthenshire.gov.uk

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

LLANDOVERY LIBRARY

Tel. 01550 721626

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

COUNTRY MARKETS

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

TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am – 4.00pm, Mon – Sat. High season, extended hours 10.00am – 1.00pm and 1.30pm – 5.00pm, 7 days. Enquiries to 01874 622485.
 Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

LOCAL POLICE

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

Traveline: 0871 200 22 33

BUS TIMES

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

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda	
Llandeilo, New Road	9.35
Crug-y-bar, Community Cen.	10.13
Llandovery Car Park	10.41

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

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

	281	280	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'ndoverly(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10			
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18			
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—			
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—			
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—			
Cwmifor	—	—	11.21	—	14.36	—	—	—			
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31			
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02			
Carmarthen	6.05	7.20	8.15	10.20	11.20	12.20	14.20	16.20	17.50		
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29			
Cwmifor	—	—	10.05	—	13.10	—	17.10	—			
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—			
Llangadog (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'ndoverly(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05			

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

TAXI SERVICES

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

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

Train Times (Timetable 16/05/21 – 12/09/21)

		Mon to Fri		Sat.		Sun.	
Swansea	D	—	14.35	18.30	—	13.12	18.16
Gowerton	D	—	—	18.41	—	13.23	18.28
Llanelli	D	06.25	09.51	14.53	18.53	04.53	09.37
Ffairfach	D	07.00x	10.26x	15.28x	19.28x	05.26x	10.12x
Llandeilo	A	07.05	10.30	15.33	19.32	05.31	10.17
Llangadog	D	07.18	10.41	15.44	19.43	05.42	10.28
Llanwrda	D	07.21	10.45	15.47	19.47	05.45	10.31
Llandovery	A	07.29	10.52	15.55	19.54	05.53	10.39
Cynghordy	D	07.38x	11.01x	16.04x	20.03x	06.01x	10.48x
Llanwrtyd	A	07.54	11.18	16.20	20.20	06.17	11.03
Llandrindod	A	08.43	11.51	16.57	21.05	06.47	11.42
Shrewsbury	A	10.14	13.37	18.29	22.43	08.25	13.11
Shrewsbury	D	05.56	10.09	14.05	18.24	05.16	09.04
Llandrindod	A	07.35	11.40	15.37	19.57	06.50	10.35
Llanwrtyd	A	08.05	12.26	16.12	20.28	07.26	11.06
Cynghordy	D	08.23x	12.40x	16.37x	20.45x	07.40x	11.21x
Llandovery	A	08.34	12.52	16.49	20.56	07.51	11.33
Llanwrda	D	08.41x	12.58x	16.55x	21.03x	07.58x	11.39x
Llangadog	D	08.45x	13.02x	16.59x	21.07x	08.02x	11.43x
Llandeilo	A	08.55	13.13	17.10	21.18	08.13	11.54
Ffairfach	D	09.00	13.17	17.14	21.22	08.17	11.58
Llanelli	D	09.38a	13.57	17.54	21.59	08.56	12.38
Swansea	A	—	14.17	18.15	—	—	12.57

www.tfwrail.wales

Tel: 0800 4640000

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

SUMMARY OF SERVICE ONLY

a = Arrival time

x = Service stops on request