

The Post

STAY LOCAL • STAY SAFE • STAY CONNECTED

NO DISTRIBUTION
FREE
CHARGE

Your Local Community Magazine

Also ONLINE at
www.postdatum.co.uk

Number 338

September 2024

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

Tel: 01550 721225



CÔR MEIBION FOR ST. DAVIDS AND LLANDEILO

Côr Meibion De Cymru – The South Wales Male Choir in Peterskirche, Vienna in 2022

Wales's only regional choir are delighted that His Majesty King Charles III, on the occasion of the first anniversary of His Coronation, has announced that he wished to continue his Patronage of Côr Meibion De Cymru – continuing over 40 years of Royal support ever since the Choir's foundation. The decision has given rise to a number of Celebration Concerts, the first of which takes place in St. Davids Cathedral, Pembrokeshire next Saturday 7th September at 7.30.

For the 33rd time The South Wales Male Choir travels west to its spiritual home and will be joined by two up and coming soloists Sioned Llewellyn and Emyr Lloyd Jones together with organist Merion Wyn Davies. Some tickets are available from the Cathedral Shop or from the choir web-site, plus reservation by phone on 07583 853557.

Then on Saturday 5th October there will be a double, even triple celebration as the Choir's guest artists at St. Teilo Church, Llandeilo includes the towns' own Baritone Owain Rowlands, the winner of the W.Towyn Roberts Scholarship prize at the National Eisteddfod in Pontypridd last month. He will be joined by the talented violinist Rahki Singh, now Manchester based but originally from Llanybyddie. Rahki, who's musical career started at the tender age of 9 went on to win The Texaco Young Musician of Wales title and appeared in the very first Llandeilo Music Festival 24 years ago.



continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th September 2024**

**Next issue distributed:
1st October 2024**

The Post Future Copy Dates

November 16th October
December/January 2025 15th November
February 15th January 2025

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

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

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

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

info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
Closed for 2 days at the end/start of each month for
delivering The Post
We do not close for lunch.

GREGORY JONES

HOME CHOOSE CARPETS

Llandeilo
Tel: 07766 517569

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

11/24(3)

IEUAN JONES
PHOTO RESTORATION SERVICE
CWRTYCADNO

Photo Restoration
Cine Film Transfer
VHS to DVD Transfer
Slide Transfer

Local Fortnightly Collection & Delivery Service

Tel: 01558 650153
Email: ieuan@glynhebog.co.uk
www.cwrtphotorestoring.com

09/24(3)

Roman Solutions CALOR

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

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

04/23(12)



Tickets at £15 from 'Peppercorn' in King Street or by reservation on 07788 816601 or the choir web-site www.southwalesmalechoir.co.uk

Thanks to wonderful co-operation by the Revd Jonathan Parker and his team, the Choir which has had a rehearsal group in Ffairfach since 2001 under MD Elaine Robins are looking forward to celebrating her re-appointment in true style – great choral music plus a glass of wine in the interval!

In addition the Choir will be saluting the sponsorship of Valero Energy whose UK refinery at Pembroke has been a loyal core sponsor following in the path of Texaco and Chevron which began in 1987. Additional programme support for the Llandeilo Concert comes from Castell Howell for which CMDC is very grateful – diolch yn fawr Bryan!

It had been hoped that the newly appointed Chaplain to Cŵr Meibion De Cymru the Rt. Rev'd Dorrien Davies Bishop of St Davids would be in attendance for the concerts, but with a busy schedule he has had to decline, but sends good wishes to all. With their President Dr Haydn James coming to Llandeilo it will be a special night anyway.

LLANEGWAD RAINFALL



JULY

Rain fell on 15 days this month. The wettest day was the 8th with 13mm.

July Total: 70.75 mm – 2.3/4”

D. R. DUKE



POSTDATUM HOLIDAY DATES

The office will be closed:

**Mon 2nd Sep – Fri 6th Sep and
Thurs 19th Sept – Fri 27th Sept**

09/24(1)

Symphonica Tywi



Leader: Owen Morgan Conductor: Michael Cottam

"Shaping Music Alive"

"Symphony in Bits"

MOVEMENTS FROM FOUR OF THE WORLD'S GREATEST SYMPHONIES

THE NEW WORLD – PASTORAL – SYMPHONY NO 2 – SYMPHONY NO 4

Dvorak Beethoven Rachmaninov Tchaikovsky

Plus... "Finlandia" & "Vitava"

Sibelius Smetana



St. TEILO'S CHURCH, LLANDEILO

Saturday, 14th September, 2024 at 7.30 p.m.

TICKETS: £14 – Senior Citizens £12 – Under 14s FREE

TICKETLINE: 07876 727906 or mikecottam@hotmail.com

TOWY WASTE



Septic Tanks & Cesspools emptied

FRIENDLY FAMILY BUSINESS

Registered Waste Carriers

Tel: 01550 720309

Mobile: 07831 461414

06/25(12)

09/24(1)



easytrees

- Tree Removal • Crown Reduction
- Ash Dieback Management • Log Sales
- Pruning/Thinning • Hedge Trimming

City & Guilds/NPTC Certified
Insured, Free Quotations & VAT Free

colin@easytrees.co.uk www.easytrees.co.uk
www.facebook.com/TreeSurgeryWales

T: 07450 470787

HORMANNS FIREWOOD

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

LOGS CUT & SPLIT TO ANY SIZE

Ring for prices and load size Accredited
RHI
Supplier

01550 720285

Email: hormannfan@gmail.com
www.hormannsfirewood.co.uk

(02)281(1)

IC & SM DAVIES & SONS

Independent Family Funeral Directors

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

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

www.daviesfuneraldirectors.co.uk



Golden Charter
Funeral Plans



09/24(6)

LLANDEILO BOWLING CLUB – FUN IN THE SUN



LBC members at president's day.

Llandeilo Bowling Club (LBC) held its annual President's charity day last Saturday (10th August 2024) with funds raised going to the President, Gareth James' chosen charity Macmillan Cancer Support.

As the bowlers came out onto the green for the first of a series of fun competitions of the afternoon, "the spider", the sun came out too. The competition for a bottle of champagne which involved over 40 bowlers bowling simultaneously towards a jack on the centre of the green was won by Pat James.

Jamie Davies, club captain, split members at random into 4 teams and there followed a succession of hilarious games on the green involving skittles, blind folds and bulls eye targets. Much banter and frivolity ensued. Club embossed mugs were won by the winners Phil Latham, Dai Thomas, Amy Dyer and Philip Hancock. The President's team couldn't pull it off and each member of the team went home with a wooden spoon!

After the games a BBQ was held with King Jones cooking suitably attired in a cheeky apron! Members all contributed to the finest of spreads with a sumptuous array of food that was enjoyed by all.

The event concluded with a raffle with so many prizes donated by members that everyone who had bought tickets seemed to go home with a prize.

In summing up the afternoon, Gareth referred to the mural in Parc Le Conquet, at which the bowling green and clubhouse are sited, which reads "Gyda'n gilydd yn gryfach" – "stronger together". LBC's President's day was a reflection of how by pulling together and supporting one another success can be achieved, the result of everyone's combined generosity was £850.50 for Macmillan Cancer Support.



DAVID HAY

07975 770008

SAW WORK AND HEDGE TRIMMING

All jobs considered from garden to estates.

All jobs priced at day rate not per tree.

07/24(6)

BRIWSION BETHLEHEM – BETHLEHEM SNIPPETS

The Community events during July and August were very well supported with the quiz nights amongst the busiest they've been all year. They attracted six teams and five teams respectively, with the July quiz being won, by a fraction, by Team Hurricane Beryl Reid, from both the Puppets and the Musketeers.

So the hosts for August were Andy and Alan from the winning team, and we all enjoyed an extremely entertaining evening, complete with a few challenges along the way. It was a keenly fought contest all the way through, with the eventual winners being Team Pen-Tath-Elites over the Shubberies team by just a few points.

Freezer To Freezer meals have proved popular over the summer, and the profit from these has certainly helped us pay the bills over the quieter months.

Due to the bad weather, we have sadly not been able to hold some of the outdoor events which were planned, but never say never, and if September brings us an Indian Summer, then they may well yet take place.

Events that absolutely WILL be taking place in September however, are the Community Council Meeting on Tuesday the 3rd, followed by the Community Quiz on Monday September 9th at 7.30pm. Julie and Nia from August's winning team will be asking the questions so we hope you'll come along to enjoy a lighthearted and fun evening, aided and abetted by Bar Bethlehem.

Also happening that week, on Wednesday the 11th, will

be another talk by local history buff Martin Price. The presentation he delivered earlier in the year, focusing on the Bethlehem area, proved to be a sell-out, with the little hall as full as it was possible for it to be, so we very much anticipate another popular event from Martin. Tickets will be on sale at the door, priced at £8, but you can reserve a seat in advance by contacting us, so don't miss out!

And this year, our annual fundraiser for Macmillan will take place on Friday 27th. We will be holding a Curry and Quiz night, complete with Grand Raffle, so we are hoping for a great turnout to help a vitally important cause.

The Curry Feast will consist of Chicken Tikka Masala, a chickpea, sweet potato and vegetable Rogan Josh, Bombay Potatoes, Tarka Dal, Basmati Rice, Popadoms and mango chutney, and will cost £12 per person, to include the Quiz entry fee.

The food will be served at 7.00pm, with the quiz, hosted by Andy and Alan, starting at approximately 7.30 – 7.45pm.

Places are limited, so please book as soon as possible. If you would like to contribute a raffle prize, we very much welcome donations.

Bar Bethlehem will be open at 6.30, and will be fully stocked with a great range of beer, lagers, Welsh ciders, gin in tin, Prosecco, wine and plenty of soft drinks, all at sensible prices.

It promises to be an excellent night, and all for a great cause, so we would love to see you there!

All details will be on our Facebook page <http://www.facebook.com/bethlehemcymru>

Contact us for more information on events and hall hire 01550 777254 or niaelement@aol.com

LOCK PROBLEM? NO PROBLEM!

Covering all
of west wales
and beyond!



GT Locksmiths

01558 82 33 55
07816 37 77 10
24HR

- All types of locks supplied, fitted and opened
- UPVC door lock specialists
- Safes & Gun Safes supplied and fitted
- Key cutting specialists



CAR KEYS
CUT &
CODED

New shop now open at:
Parc Bryers
Dryslwyn SA32 8QX
Mon - Fri 9am-4pm
Sat 9am-1pm



GTLOCKSMITHS.CO.UK

(09/24/3)

DES CLARKE & SON Ltd
Registered Plumbing & Heating Engineers

Est. 1952

Serving the local community for 75 years

Heating & Boilers

INSTALLED, SERVICED & MAINTAINED

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

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

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



10/24(12)



12/24(12)

Davies Tree Services

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

01267 202430 / 07826 716899

Problems with your PC?
Baffled by computers?

EASY P.C



...can help, with 100% jargon-free advice
Fast and friendly service
specialising in helping the
novice and the older user

23 Carmarthen Road, Llandeilo

01558 823628 | 07773 012762

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

03/25(13)

Now in our
20th year

GIVE KIDS THE WORLD



Once again, the people of Llangadog & surrounding area are pulling together to help a local family. Owen & Charlotte Wathan, former landlord & landlady of The Black Lion, Llangadog, were dealt a devastating blow last year when their teenage daughter Daisy was diagnosed with a brain tumour. Since then, their lives and those of their children have been turned upside down becoming one long round of hospital appointments & care plans. Daisy has undergone brain surgery, had months of gruelling chemotherapy and received pioneering proton beam therapy which was administered over the course of 7 weeks at a hospital in London. The sassy, fun loving teenager who has bravely faced her illness with courage and maturity beyond her years, is looking forward to life resuming some normality, including returning to school in September to start her GCSE's. She is one determined young lady.

A children's charity for critically ill children, have offered Daisy the opportunity for a once in lifetime trip to Florida, staying at the Give Kids The World Village. The Village offers the gift of time – time away from the challenges a critical illness diagnosis can bring and time to rediscover the joy of simply being together. The community is fundraising for the family to help them get to Florida and to spend that quality time together making special memories. Owen & Charlotte have always supported community events, both taking leading roles in Llangadog's charity pantomime. Now it is the community's chance to support them. To kick-start the fundraising a racenight is being held at Llangadog Rugby Club on 6th September. This promises to be a fun evening for everyone.



PRESSURE WASH WALES. EST 2007



www.pressurewashwales.co.uk

Domestic & Commercial Hot & Cold Pressure Washing



Soft Washing - 'Krend' etc.

Roof Cleaning

Cladding Cleaning

Exterior Paint Removal

Agricultural & Equestrian Building Cleaning



SkyVac COMMERCIAL & RESIDENTIAL GUTTER EMPTYING & CLEANING.

DOFF HERITAGE & ARCHITECTURAL STEAM CLEANING SPECIALIST

REGISTERED & APPROVED ARCHITECTURAL CLEANING CONTRACTOR

Tel: Paul 07852 200662

✉ Email: washwales07@gmail.com

FULL PUBLIC LIABILITY INSURANCE



10/24/3



02/25/12



Proud stockists of:



ROOFING SHEETS

- Stockists of Eternit corrugated fibre cement products.
- Steel, purlin and flat sheet stockholders.
- Suppliers of box profile, corrugated, curved, ventair, tile-effect, anti-condensation roofing sheets and composite panels.
- Steel flashings, fixings and accessories.
- PVC rainwater goods.
- Stockists of Cedral cladding products.

Tel 01550 777497

Fax 01550 777808

Email adclad@gmail.com

Adeilad Cladding, The Stores, Station Road, Llanwrda, Carmarthenshire SA19 8EH



LLANDOVERLY SHEEP FESTIVAL FORUM TO DISCUSS FARMING IN A CHANGING CLIMATE



Farming is a traditional way of life in the Towy Valley but what is the future for farming in a changing climate?

A forum to discuss farming in a changing climate will take place during next month's Llandoverly Sheep Festival. Panelists and guests will discuss the range of issues affecting farming as a result of climate change.

Llandoverly Sheep Festival will take place on 14 and 15 September. The Forum will be in the Castle Hotel from 11am on Sunday, 15 September and everyone is welcome to attend to hear the panellists speak and take part in the debate.

Alan New, a member of the Llandoverly Climate Action Group, is organising the event on behalf of the Llandoverly Sheep Festival. He said, "All around the world people have been experiencing the impact of climate change through unusual, sometimes extreme, weather events. We have seen temperature records broken, huge forest fires, violent storms and flooding. And this is just a taste of what's to come, we are told. We

have always seen examples of extreme weather events and I expect you can all remember some examples that have happened in your lifetimes. But these are now becoming more frequent and more severe. The impact is already affecting food production so communities around the world will have to deal with famine as well as the other catastrophic impacts of fires and flooding.

"Here in Wales we won't be immune to these effects either. We have previously seen wildfires, record temperatures and flooding events. We've just come through a wetter and milder winter and spring than normal, and a grey, wet summer. We can already see that our weather is becoming less predictable and more difficult to manage for food production. So what can we do about it, here in Llandoverly?"

Alan has brought together a panel of experts from a wide range of backgrounds, doing really interesting and innovative work to cope with the challenges of our changing climate and make our farming and environmental practices more sustainable and resilient.

Sharing everyone's knowledge and experience freely between farmers, scientists and academics, environmentalists and concerned amateurs, gives us the best chance of figuring out how to farm in a changing climate. That is the theme of the forum. It will be chaired by Ian Rickman, President of the Farmers Union of Wales.

Llandoverly Sheep festival will be a celebration of rural crafts, food and entertainment, held in the town centre. The weekend-long event will also celebrate old drovers' trails, sheep farming and the wool industry.

Rachel Everett, Chairman of the Llandoverly Sheep Festival, said, "Events such as this are important to the agricultural community, not only in terms of bringing people together, but also in terms of showcasing the best of local produce, goods and services. The concept behind this community-led festival is to showcase the best of Llandoverly, to share its cultural identity and historical past through the promotion of the wool industry and the local farming economy. This year's packed programme will certainly not disappoint and will have something for everyone."

The town's Market Square and Castle carpark will be a kaleidoscope of colour during the event in September with almost 100 exhibitors displaying their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandoverly will be packed with entertainment and music.



FLOWERFIELDS
Flower farmer & florist

Growing and supplying seasonal British cut flowers.

Services available: Funeral flowers, weddings, seasonal gift bouquets and subscription flowers.

Contact me to discuss your floral needs.
debbie@flowerfields.co.uk
Tel: 07460 194791



12/24(5)

LLANWRDA DATES FOR YOUR DIARY

Friday 27th & Saturday 28th September 2024

Quilt & Craft Exhibition at the Hall, 11.00 a.m. to 4.00 p.m.

Wednesday 4th December 2024

Lighting of the Community Christmas Tree, 6.30 p.m.
– Bridgend. The Llandoverly Male Voice Choir will lead us in Carol singing.

(09/24/3)



- Rollers
- Dumpers
- Cherry Pickers
- Access Platforms
- Ride on Brush Cutters
- Excavators and Attachments
- Operator Available



Staghire.co.uk

Tel: 07747 446709



12/24(12)



Proclimber

Arb Ltd

**Tree Care, Forestry &
Industry Training Provider**

With over 25 years experience

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

Andrew and Emma: 07795 820707
Email: info@proclimberarb ltd.co.uk
www.proclimberarb ltd.co.uk



10/24(12)



NEW EXCITING LIVE THEATRE FESTIVAL TO TAKE PLACE IN LLANDOVERY THIS SEPTEMBER



A magical day of world class, site-specific theatre, from established and emerging Welsh artists, performed throughout Carmarthenshire’s historic market town of Llandovery.

Llandovery is set to host a diverse array of brand new theatre productions, created by prominent Welsh writers and theatre makers specifically for unexpected locations within the town centre on Saturday, 28 September 2024.

Each production will last 15 minutes and will be held in unique non-theatrical venues throughout Llandovery including a car showroom, a pub beer garden, a fish and chip shop and the castle ruins.

Luke Bailey and Ella Peel have created the concept and are organising the event. Both are actors themselves and live locally in the rural town of Carmarthenshire. Luke Bailey said, “The Festival has been designed to engage seasoned theatre-goers and theatre first timers alike. The unusual venues will play host to performances designed solely for them. There will be five brand-new, one-act, plays commissioned specifically for the Festival.”

Ella Peel added, “Our aim of the Theatre Festival is to showcase the stunning tourist destination of Llandovery, my hometown, to visitors in fresh and inventive ways. We hope the event will also challenge locals to engage with the community, their home, their nation and the arts in powerful new ways.”

All the artists and creatives involved will be selected from the extraordinary Welsh and Wales-based professionals, with at least 30% coming from within 30 miles of Llandovery. They will range from emerging talent to established professionals.

The productions will explore diverse issues that affect the local region in an engaging and relatable way. They will also tackle issues facing the local community today.

During the Festival there will also be free adult masterclasses, children’s workshops, post show discussions, street performers and stalls. There will also be an opportunity of a paid shadow scheme for a resident of the town interested in pursuing a career in the arts to assist one of the directors in their rehearsal period, to gain an insight and experience into a professional theatre production.

The project is funded by UK Government and supported by Carmarthenshire County Council. Full details of where each production will be held will be available on the Festival’s social media pages nearer the event. Follow: Heart of Wales Fringe Festival – Gŵyl Ymylol on facebook or how_fringe_theatre_fest on Instagram.

FREE DELIVERY within 30 miles to existing points FREE INSTALLATION *electric only QUALITY AFTERCARE we are here to help

JONES

TELEVISION & APPLIANCES

INDEPENDENT RETAILER ESTABLISHED IN 1954

YOUR LOCAL ELECTRICAL RETAILER
RENOWNED FOR AFTER SALES SERVICE
 Repairs carried out by our own service engineers to most domestic appliances

- Television sales and rentals – Brands include Panasonic, Sony, Hisense, Samsung and LG
- 5 year guarantee on selected televisions

WE CARRY OUT AERIAL AND SATELLITE INSTALLATIONS

EXTENSIVE SHOWROOM OF:
 Fridge freezers • Washing machines • Dishwashers
 Cookers • Fires and household domestic appliances

www.jones-tv.co.uk
T: 01267 290372 | 01267 290573

VISIT OUR SHOWROOM
 PRESWYLF, NANTGAREDIG, CARMS SA32 7NH Mon-Fri: 9am-5pm
 Sat: 9am-2.30pm

Gŵyl Defaid Llanymyddyfri
Llandovery Sheep Festival

Ras Whilber Gwisg Ffansi Fancy Dress Wheelbarrow Race

Ymunwch â ni am amser gwlanog da!

Join us for a woolly good time!

Ymgofrestru eich tîm ar-lein/

Enter your team online @

www.llandoverysheepfestival.co.uk

Gwobrau ar gyfer

tîm cyflymaf a gwisg orau /Prizes

for fastest team & best costume

Brought to you by / Wedi dod i chi gan:

ALED LEWIS *Ai Fab*

PLUMBING • HEATING • RENEWABLES

Saturday 14th
September 2.30pm
Dydd Sadwrn 14eg
Medi 2.30pm



Patron: HRH King Charles III, formerly The Prince of Wales

08/24(1)

EVERYONE IS WELCOME

COFFEE MORNING AND COMMUNITY SUPPORT IN LLANDEILO

Llandeilo Town Council and Llandeilo Community Action Hub will be holding a second coffee morning and community drop in event on Tuesday 20th August 11am -1pm at The Civic Hall. Everyone is welcome to come along for free tea, coffee and biscuits provided by Llandeilo WI.

There will be support groups and experts at hand, practical advice and information about health, wellbeing, housing, legal issues, carer's support etc. It will also be a great opportunity to find out about community groups and activities in the area.

Caerfyrddin's new MP Ann Davies will hold a surgery there and Llandeilo's County Councillor Edward Thomas and mayor Charlotte Morgan will be on hand to answer questions.

CKs supermarket have generously provided funding and the team from NACRO Cymru are supporting the organisation of the providers in attendance. Some of the confirmed groups are: Nacro Housing Related Support, Carmarthenshire Conflict Resolution Service, Stroke Association, Advocacy West Wales, Cyfle Cymru, Age Cymru Dyfed, Community Development Outreach Team.

Robert Ramsaha-Southall from NACRO says, 'our work is to connect people with support and opportunities available to them.'

'If they can have a cup of tea and a chat at the same time all the better,' added councillor Kate Glanville. 'The first session was a great success. There was a lovely relaxed atmosphere in the hall with lots of people calling in to see what was going on and finding answers or



support. We hope to build on this success with the next session on the 20th.'

There will also be coffee morning and drop-in sessions on Tuesday 17th September and Tuesday 15th October.

If you have a local group that might be of interest or provide support service please contact the council or action hub."

clerk.ltc@gmail.com or
llandeilocommunityhub@gmail.com



Stan Archer & Sons Ltd
Church Bank Storage
Safe & Secure
STORAGE
LONG & SHORT TERM
Unit 1,
Church Bank Industrial Estate
Llandovery SA20 0BA
Stan : 07812 906508
Stanarcher7@outlook.com
Contact us for a free quote

10/24(12)

Thomas Services

Llandeilo

New & Used Car & Van Sales & Repairs

Independent Renault Specialists

First Garage in Carmarthenshire
to be approved by Trading Standards



20 20	Renault Captur 1.3 TCE, 6 Speed, Manual, S/Edition, Half Leather, Sat Nav, Reversing Camera, Parking Sensors, 17" Diamond Cut Alloy Wheels, Gold/Black Roof, 12550m.....	£14750
20 20	Renault Clio 1.0 TCE 100BHP S Edition, Diamond Cut Alloys, Sat Nav, Reversing Sensors, In Blue Celadon, 1 Owner, Half Leather Trim, Privacy Glass, 5dr, 31300m	£13750
19 19	Renault Captur 1.5DCI GT-Line, Leather, Nav, Grey/Black, D/Cut Alloys, 43300m.....	£10495
19 19	Renault Clio 1.0 Iconic, Sat Nav, 17" D/Cut Alloys, Black, Only 8000m.....	£10999
19 19	Renault Clio 1.2 GT Line, Sat Nav, 17" Alloys, Half Leather, Ruby Red, 49200m.....	£9250
18 18	Renault Captur 0.9TCE Dynamique S, 17" Diamond Cut Alloys, Sat Nav, Blue/Silver, 38000m.....	£9495
15 65	Renault Scenic 1.5DCI Dynamique, Sat Nav, £20 Road Tax, Black, Only 34000m	£7500
11 60	Renault Scenic 1.5DCI Privilege, Sat Nav, Half Leather, Met Brown, 83500m	£2995

CONVERTIBLE

19 19	Mini Convertible Classic 1.5 Convertible, In Chili Red, Black Roof, 21778m.....	£15995
07 07	BMW Z4 2.5, 6 Speed, Manual, Convertible, E/Roof, Alloys, Met Grey, 78500m	£4995

OTHER MAKES & MODELS ON OFFER

21 21	Peugeot 208 GT (100BHP), Half Leather, Sat Nav, Diamond Cut Alloys, Red/Black, 31850m.....	£14500
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed, N-Connecta, Only 6565m, White	£18500
19 68	Ford Kuga 2.0TDI Titanium 150PS, 6 Speed, Half Leather, 17"Alloys, Met Grey, 42225m	£13750
21 71	Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m.....	£11750
20 70	Ford Puma 1.0 E/B Mehv 125 ST/Line, 17" Alloys, Nav System, Met Grey, 14950m	Now £17500
19 19	Ford Focus 1.0 Eco Boost (125BHP) ST-Line, 6 Speed, Sat Nav, 17" Grey Alloys, Red, 45960m.....	£13995
16 66	Mini Cooper 1.5, 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£11750
19 68	Dacia Duster 1.6 SCE Comfort, Sat Nav, Air Con, Alloys, Parking Sensors, Grey, 15100m	£10995
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m	£12500
18 68	Kia Picanto 2 1.0, Alloys, Air Con, 2 Owners, Only 19200 Miles, Blue, 5dr.....	£8495
17 67	Fiat 500 1.2 Pop Star, Air Con, Alloys, 2 Owners, 3dr, In Red.....	£7500
16 16	Fiat Panda 1.2 Lounge, Air Con, Alloys, 2 Owners, £35 Road Tax, In Black, 29000m.....	£6750
16 16	Dacia Logan 1.5 DCI Estate Car, Alloys, A/C, Sat Nav, Zero Road Tax, Met Black, 55000m	£5995
15 15	Dacia Stepway 1.5DCI, 5 Speed, E/Windows, C/Locking, £20 Road Tax, 5dr, White, 74450m.....	£4995

* UP TO £500 DISCOUNT ON ANY OF THE ABOVE VEHICLE WITH NO PART EXCHANGE *

COMMERCIALS

2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats,	
& 2023	Reversing Sensors, Air Con, Choice of 2 White or Grey, Only 25m.....	£22995 +Vat & £23250 +Vat
19 69	Renault Trafic 28 2.0DCI (120BHP) 6 Speed, Business Side Door, Lined, White, 29250m.....	£16995 +Vat
19 69	Volkswagen Caddy 2.0TDI (102PS) Highline, Alloys, Air Con, Black, 37365m	£17995 No Vat
18 67	Volkswagen Caddy C20 2.0TDI 102BHP Starline, Ply Lined, 1 Owner, White, 50135m.....	£10500 +Vat
19 19	Renault Kangoo 1.5 DCI M19 Energy Business + S/Door, Ply Lined, White, 56450m.....	£8500 +Vat
17 17	Renault Master 2.3DCI L135 Dropside Pick Up, White, 1 Owner, 86000m.....	£7500 +Vat

* ALSO A FEW PART EXCHANGE VEHICLE IN STOCK TO CLEAR WITH LONG MOT *

TEL: 01558 824499

ALL VEHICLES ON WEB SITE www.thomasservices.co.uk

SERVICING 01558 822859

RAS HWYL MYDDFAI

On an unusually dry evening on Friday 9th August, Ras hwyl Myddfai was held and well supported as usual by runners from near and far including club runners who came to run the challenging 5 and 8 mile courses, while the juniors ran over 2.5 miles

Results

8 MILE

	<i>Male</i>	<i>Female</i>
1	Jake Lynock	Jo Lloyd Davies
2	Rob Davies	Lindy Geyer
3	Richard Phillips	Clara Davies

5 MILE

	<i>Male</i>	<i>Female</i>
1	John Perkins	Tiffany Lewis
2	Simon Williams	Jenny Tanner
3	Ashley Ramsden	Tammy Rees Davies

JUNIORS

	<i>Boys</i>	<i>Girls</i>
1	Dylan Williams	Nyla Davies
2	William Moore	Ginny Moore
3	Iori Williams	Elin Lloyd Davies

The success of the event is down to the support and generosity of local businesses and people. A big thank you to Myddfai Community Council for their generous donation for the trophies made by Onnen Studios. Also to Ystrad Nurseries, Brodyr Tymelyn, Doel and Rowlands, Myddfai Trading company and Julie Jones.

Grateful thanks also for the food and water donations received from the Co-op, Morris Isaac's, la Patisserie, West End café, Hazel Ahmed, Margaret Price, Sandra Beard, Catrin James Marian Lewis and Cegin y Porthmyn.

Once again the loyal band of locals including Emlyn, Mair, Eileen, Gwyneth, Lisa, Eirlys and Heather helped in preparing and serving refreshments after the Ras.

Every year we are indebted to the Marshalls including, Tim Morgan, Mary and Alan Bastable, Geraint Hafod, Daniel, and Rhodri A special thanks to Andrea, Meinir and Molly for registration, timekeeping and sorting out the results, and to Carwyn for being the back runner to ensure the safe return of all runners. The course was well marked and signposted once again by Handel, and we were lucky enough to have Mark Revitt in attendance to take some memorable photos of the event.

This year the proceeds will be donated between Prostate Cymru and LATCH which are also the 2 charities that will be supported this year by the chairman of Carmarthenshire County Council Handel Davies.

Diolch i chi gyd am eich cymorth a'ch cefnogaeth I wneud y Ras mor hwylus, a gobeithio gweld chi flwyddyn nesaf

SCIENCE CAFE LLANGADOG

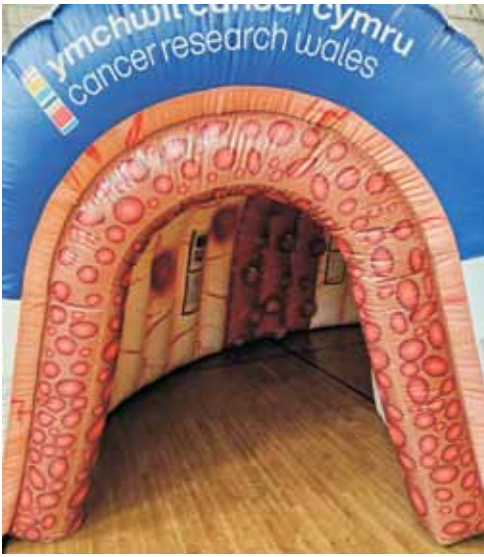


CRW brought their Science Cafe to Llangadog Hall, complete with a giant inflatable bowel! The cafe, with its interactive exhibits and talks, showcased the world class research that is happening right here in Wales. Those who attended found it excellent and very interesting, providing much food for thought.

After people had had a chance to explore the exhibits and grab a coffee & cake, Dr Peter Henley opened with an introduction to CRW. He explained a common misconception, CRW are independent and not part of CRUK. The money they receive stays in Wales going towards research into improving cancer diagnosis & treatments in Wales.

It's not just about finding out the how's & why's of cancer but also devising simple, less invasive early diagnosis methods and better treatments, then implementing these so they are available to everyone. One in two of us will be diagnosed with cancer and Wales's cancer survival rates are amongst the lowest in Europe, something CRW are working to change. For the last few years CRW has worked with CanSense on the Raman blood test, a test for the early detection of bowel cancer. Teams of scientists at Swansea University have developed a simple blood test that can accurately detect the presence of a bowel cancer fingerprint, made up of biological material from bowel cancer that has seeped into the blood. This could prove





to be a real game changer. The Raman blood test is non-invasive, provides rapid results, is low cost and doesn't rely on symptoms which can help GPs distinguish between bowel cancer and other common conditions. As such, the number of unnecessary colonoscopies will be reduced, saving the NHS money and patients from the discomfort of the procedure and patients on waiting lists can be seen more quickly. Hopefully it will be available in the NHS soon. Work is now being done to develop the Raman blood test for breast, lung, and pancreatic cancers. As well as funding research CRW has provided opportunities for future PHD scientists.

Dr Catia Neto then spoke of her work using 'mini brains' to better understand brain tumours and their microenvironments, looking for more effective treatments. Scientists are using pioneering stem cell technology to grow organoids or 'mini-brains' in a laboratory allowing for detailed studies of brain tumours and their surrounding environments. This is possible by reprogramming cells from samples donated by people with and without cancer. The aim of the research is to accelerate the development of new and more efficient treatments to fight brain cancers. One question that came up from someone attending the cafe was, 'do these mini brains have feelings and thoughts?' Brain organoids are



not as complex as a fully functioning brain, and it is believed they do not possess any form of consciousness.

Dr Jason Webber spoke about his research on small packages released by cells, called extracellular vesicles (or exosomes), and their role in prostate cancer. Cells talk with their neighbours by sending extracellular vesicles out into the surrounding space. These vesicles help the cancer to grow and then spread to other sites around the body. They do this by escaping from the prostate and entering the patients' blood stream. The vesicles can then exit the blood stream at sites such as bones, lungs and the liver. Once they arrive, the vesicles can act as a Trojan horse. They trick normal cells into making a friendly environment for prostate cancer cells to invade. This results in the disease spreading. A blood test is being developed to detect aggressive prostate cancer early on and possibly replace the need for an invasive biopsy that carries risks of its own. But would people trust a blood test over a biopsy for diagnosis and if not, what would be needed to gain trust?

This was a small portion of the work CRW is funding. The whole event was very inspiring, and it was good to know about the relevant research being carried out in Wales. There really is some exciting work being done, all leading to cancer no longer being a life-threatening disease. Everyone plays an important part in this journey, from the fundraisers, the people who donate, the researchers, the volunteers, the charities like CRW – everyone. To find out more visit <https://www.cancerresearch.wales/>

A.R. DAVIES BUILDERS LTD

06/25/12

Barn Conversions

Extensions

Renovations

Roofing

Garages

Driveways

Stonework

Brickwork

Patios Tiling

Carpentry Kitchens Bathrooms

Solid and Laminate Flooring

Mobile: 07850 715711

Email: ardaviesbuilders@btinternet.com

LLANDOVERY SHEEP FESTIVAL IS BAA-CK THIS SEPTEMBER FOR EWE ALL TO ENJOY!



Llandoverly Sheep Festival will return this September with fantastic new features for ewe to enjoy.

The festival will be a celebration of rural crafts, food and entertainment, held in Llandoverly town centre. The weekend-long event, on 14 & 15 September, will also celebrate sheep farming and the wool industry.

Rachel Everett, the Chairman of the Festival, said, “The Llandoverly Sheep Festival has gone from strength to strength since its inception in 2010. It is an event that’s been wholeheartedly embraced by the people of Llandoverly and its success is very much a reflection of that. Events such as this are important to the agricultural community, not only in terms of bringing people together, but also in terms of showcasing the best of local produce, goods and services.

“We have a lot of new features for this year’s event including a Twmpath to kick off the weekend in style on the Friday evening. We are also encouraging everyone locally to enter our village show competition. We will also have vintage tractor show a fun wheelbarrow race and lots more.



“The concept behind this community led festival is to showcase the best of Llandoverly, to share its cultural identity and historical past through the promotion of the wool industry and the local farming economy. This year’s packed programme will certainly not disappoint and will have something for everyone.”

The town’s Market Square and Castle carpark will be a kaleidoscope of colour during the event in September with almost 100 exhibitors displaying their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandoverly will be packed with entertainment and music. There will also be a climate change forum and a programme of storytelling for younger visitors to enjoy.”

Rachel wants to bring people together to make this year’s Festival as inclusive as possible. If you would be interested in helping, please get in touch. Email: info@llandoverlysheepfestival.co.uk

BRYNDOLAU RETREAT GARDEN

September is the last summer month to enjoy some time away from household chores and worries in our colourful Retreat Garden. Open every Friday (11.00am – 5.00pm) between June and September.

The dates in September are:

Friday 7th, Friday 14th, Friday 21st, Friday 28th

You are welcome to follow our mown meadow paths, explore the wildlife pond, orchard and retreat hut or simply sit in the garden and enjoy the distant views.

Climb Magic Hill and sit on the top to delight in the 360° view over the Beacons, Tywi Valley and Carmarthenshire. Tea and biscuits are available on request. Bring a friend.

Sorry, unsuitable for children. Dogs on a lead please.

No entry fee. Donations this year to Llangadog Church.

01558 824514. www.kitesnestcottage.co.uk. SA19 7AT.



COSY TOES FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

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

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



Mobile: 07718 150571 or
Evenings: 01591 620355



07/24(12)

CENTAFRAME

WINDOWS AND DOORS

LOCAL | RELIABLE | QUALITY



**FAMILY RUN
BUSINESS**

EST. 2004



WWW.CENTAFRAME.COM



NO OBLIGATION | NO PRESSURE | NO GIMMICKS



**UPVC & ALUMINIUM
DOUBLE GLAZING IN THE HEART OF
CARMARTHENSHIRE & THE TOWY VALLEY**

CASEMENT WINDOWS | SASH WINDOWS | FLUSH FIT WINDOWS
COMPOSITE DOORS | FRENCH DOORS | PATIO DOORS | BI-FOLDING DOORS
CONSERVATORIES | ORANGERIES | PORCHES | WARM ROOFS
FASCIAS | SOFFITS | RAINWATER GOODS

16 RHOSMAEN ST, LLANDEILO, CARMARTHENSHIRE, SA19 6LU
 **01558 823177** |  **ADMIN@CENTAFRAME.COM**





LLUEST

‘TAILS’ FROM THE TRUST.....

SEPTEMBER FUN DAY AND DOG SHOW

If you missed our Open Day in June you can catch us again on Sunday 8th September for another Fun Day & Dog Show starting at 10.45am. This is an important fundraising event for our small charity and we will be asking visitors for a donation of £5 per car. Once on site you will be able to meet our beautiful rescued horses, ponies and donkeys, check out our equine displays, grab a bargain in our tack shop, find the perfect gift with local stall holders and relax with a cuppa and cake in our ever popular vintage tea tent. Children’s activities include face painting and glittery tattoos by The Make Up Lady and Duck Racing.

Our Dog Show requests an entry fee of £2 per class and judging is scheduled to start at 12 noon. The following Pedigree Dog Classes will be judged by Mr Wyn Howells. Any variety:- Puppy (6-12 months); Sporting (Gundog, Hound Terrier); Non sporting (Toy, Utility, Working, Pastoral); Open (any pedigree breeds); Veteran (7 yrs and over).



The following Novelty Dog Classes will be judged by Beth Davies. Most handsome dog; Prettiest bitch; Children (6-16 years) and their Canines; Saddest eyes; Pair of exhibits who look alike; Golden oldies (7 yrs and over); waggiest tail; Best condition; Scruffiest exhibit; Tidiest exhibit; Best trick; Exhibit the judge would like to take home.

INTRODUCING CAPTAIN JACK SPARROW OUR MOST RECENT RESCUE



Meet our newbie foal Captain Jack Sparrow. Jack was just days old when rescued at the beginning of July having been found by caring locals struggling to survive and possibly dumped in a deep reed ditch on the outskirts of Cardiff. With the help of the fabulous South Wales Fire and Rescue Service Jack was pulled to safety and thanks to quick action we were able to obtain a Section 18 order under the Animal Welfare Act 2006 to provide him with the treatment he urgently needed. Once back at Lluest base our welfare team worked round the clock to monitor his health and give him hourly feeds. It took a while for Jack’s health to stabilise and we were so lucky to be loaned a beautiful foster mare called Ari. Ari’s prior experience of rearing orphaned foals ensured that Jack received the comfort and care needed for one so young and vulnerable. We would like to thank all those wonderful people who have donated to Jack’s care. Without your ongoing support we simply could not survive and provide a lifeline to foals like Jack and to all the deserving equines that come into our care. We’d love to thank you in person at our Open Day if you are able to come.

For more information about our work and how to support us please see our website and Facebook pages: www.lluesthorseandponytrust.co.uk www.facebook.com/lluest

Email: info@lluesthorseandponytrust.co.uk or call us on: 01550 740661.

LLANGADOG W.I.

It was a warm sunny afternoon for our annual summer garden party in Sarah's lovely house. We had gazebos to keep us cool

and bunting all around. There were 18 of us, two female guests, 3 male guests including John,

Glenda's husband, who supplied us with music, also Henry & Archie twin grandsons of one of our members. The food was made by the ladies and there was a wonderful selection of everything. The pavola, scones, cream & jam went down very well with tea in China cups & saucers. We had a raffle, each member donating a prize, and £40 was raised for our group funds. A wonderful afternoon was had by all. Next month we have a normal meeting with a speaker, Lucy Hofton, who will tell us interesting things about ' Stained Glass'. We meet on the first Thursday of every month in Llangadog Community Hall at 7pm. Visitors are always welcome.

Pethau Pawb
Llynydddyrri

Ymunwch â Pethau Pawb - mae'n rhad ac am ddim i gytuno, dim ond talu am yr hyn rydych chi'n ei festygu!

Scanwch y codd / scan the code

Nuw wech! / or go to:
<https://pethaupawb.ymysig.org/>

Join Pethau Pawb - its free to register, just pay for what you borrow!

GLANSEVIN
Glansevin Mansion, Llangadog, Carmarthenshire, Wales, UK SA19 3WR

Glansevin Mansion offers you a unique and comfortable setting in the beautiful Welsh countryside, with privacy & seclusion, that you can truly make your own. Simple or luxurious; bustling or relaxed; for a large gathering or a small group, Glansevin is dedicated to your needs.

Whether it's a weekend getaway, a mid week break, a special occasion, a wedding or ceremony, a corporate event or a retreat, Glansevin cannot wait to welcome you & offer a slice of Wales at it's very best.

enquiries@glansevin.com
www.glansevinmansion.com

0254(19)

Y CASTELL

Monday – Saturday: 12pm – close
Bar Menu: 12pm – 5pm
Dinner: 6pm – 9pm

Sunday: 12pm – close
Sunday Lunch: 12pm – 3pm

Telephone: 01550 777377

Facebook: Y Castell Llangadog
Instagram: y_castell_llangadog

Address: Queens Square,
Llangadog SA19 9BW

We are open 7 days a week for lunch, dinner and drinks

1024(3)

SADWRN STITCHERS IN LLANSAWRN READING ROOM ON WEDNESDAY EVENINGS

Sadwrn Stitchers have had a very successful first year here in Llansawrn.

We taught a left-hander to knit & improved tension for others. Taught to knit and purl, increase, decrease and cast on and off. Our crochet group developed from absolute novices to confident and competent creators, making fabulous items ranging from Lip Balm Holders to 3D toys, to a cardigan. Included in the range of skills for both knitters and crocheters was learning to read & understand patterns.

The sewing group learned the basics of threading and understanding sewing machines, enabling them to problem solve. They made a range of small items including Bunting, Bean-bags, Doorstop, Cushion Cover – with and without zip!), small zipped bag, great for cosmetics etc.

Good fun was had by all, and many are continuing in September – some as learners and some as crafters on their own projects.

We will have room to take on new crochet learners, from absolute beginners, through to improvers, and trouble shooting your own projects.

We would like to run an adult only group for 'Learning the basics of Patchwork'. Any others interested in learning to sew please contact to discuss availability.

Our crafters bring along their own projects and sit and natter over a cup of tea or coffee with a biscuit – and we always have room for more crafters!! (p.s. learners are allowed tea, coffee and a biscuit too!)

Learners 11 – 16	£4.00	7.00 – 9.00 pm
Learners 17+	£5.00	7.00 – 9.00 pm
Crafters:	£3.00	7.00 – 9.00 pm

All enquiries, or to book a place in the Learning Group, please contact Patricia Rowlands on 07890 684 075.

LLANDOVERY CROQUET CLUB



On Wednesday 14th August we had a first visit from twelve members of the newly formed Aberystwyth Croquet Club. As they usually play on the outfield of Aberystwyth Cricket Club it was quite a change for them to be able to play on our bowling green. We mixed up the pairings so that they could enjoy playing with our more experienced players. They all enjoyed the day, particularly the cakes which were served with afternoon tea! I'm sure they will have learnt a lot from the day, and we look forward to visiting their club early next season.

In September we look forward to matches against Llanidloes at home on Saturday 14th, which coincides with the Sheep festival, and Mumbles away. Our final event of the season will be our club open singles championship, on Saturday 21st September, when the current holder Tim Crowdy will be defending his title.

If you wish to try croquet, or to find out more about the club please contact the secretary, John, on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk. Or check out our website <https://croquet-websites.org.uk/llandovery/>

KEVIN FOSTER



**Building
&
Renovations**

Tel: 07727 682 295

www.building-renovations.co.uk

05/25/12



**CASBER
SCAFFOLDING**

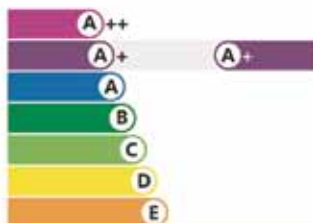
All scaffolding work undertaken,
call for your quote;

Adam Kimber

Tel: 07825 505551

casberscaffolding@hotmail.com

09/24/11



NOT ALL DOUBLE GLAZING IS THE SAME

With energy prices again on the rise, now is the time to fit the most energy efficient windows and doors available on today's market. Our windows are British made, thermally efficient and cost effective. With an A+14 energy rating as standard. Casement windows, Flush Sash, Tilt and Turn, Sash horn and vertical sliding windows, all available in a wide range of colours.

NOT ALL COMPOSITE DOORS ARE THE SAME

Our Composite doors are British made, energy saving A rated doors. Unlike nearly every composite door on the market, they contain no wood, purely GRP and a high-density polyurethane core. Available in 70mm thickness, double seal, double security. Can also be triple glazed. Colour options are unlimited!



Phone: 01554 779036
email: sales@classic.uk.com

Showroom: Unit 5 Llanelli Gate, Dafen, Llanelli, Carmarthenshire SA14 8LQ
www.classicpvc.co.uk



DINEFWR RAMBLERS ARE DELIGHTED TO WELCOME MEMBERS OF LLANDEILO WALKING WELL



Llandeilo Walking Well group offers shorter, easier walks on alternate Fridays, meeting at Llandeilo station at 10am for car sharing. A dedicated team of walk leaders take turns to plan and check walks, aiming for a leisurely, sociable outing and often ending at a cafe. Dogs are usually welcome too.

As the national walking charity, the Ramblers aims to promote and support walking for everyone. For people new to walking, it can be daunting to head off into the hills, but joining a group gives confidence and often starts lasting friendships.

Llandeilo Walking Well will add a new set of walks to our range, whether for people who have lost some fitness or those just starting out. This month there will be Walking Well walks on 6 and 20 September.

If you are interested in trying a Walking Well walk, contact Bidy D. on 07890 795293.

Find more information on Dinefwr Ramblers and all their walks on their website: www.dinefwrramblers.org.uk. A

friendly group that welcomes new walkers, join them as a guest on any walk by contacting the walkleader.

Friday 6th September: Walking Well Gorslas – A short, easy stroll in the popular Llyn Llech Owain Country Park, with the lake, woodland and wide views. There are good paths around the lake and no hills or stiles. 2 miles easy. Departing 10:00am Llandeilo rail station and on by car. Walkleader Ros B. 07976 631083.

Sunday 8th September: Garn Goch and Avon Sawdde – A magnificent walk offering varied scenery with outstanding views of the Towy Valley with an exploration of one of the most impressive Iron Age Hill Forts in Wales. On route we will follow the course of the Avon Sawdde with its deep cut gorge and swirling waters. 9.5 miles moderate. Departing 10:00am Llandeilo rail station and on by car. Walkleader Anne N. 07722 868240.

Wednesday 18th September: Pantyffynnon and Mynydd Y Gwair – On a mix of paths, tracks and country lanes, we pick our way up the side of Betws Mountain. Glimpses of the valley below give way to open moorland and the dominating Mynydd y Gwair wind farm array. With teasing glimpses into the adjoining valley of Cwm Dulais, we turn our back on the turbines and head downhill across gently descending pastures, enjoying the broad vista of the Loughor Valley below. 6.6 miles moderate. Meet 10:30am Pantyffynnon rail station. Walkleader Les L. 07887 566946.

Friday 20th September: Walking Well – Check our website for updates.

Sunday 22nd September: Llanwrtyd Wells – as High as a Kite – A lovely walk along the riverside to the ancient church of Dinas, then a steady climb over Garn Ddwad for fantastic views. We drop down through forestry, ford a stream and follow it for a while. Then another climb brings us round the eastern side of the hill and back down to the pretty and historic settlement. There's a real feel of remote mid-Wales here, though it's not a long drive to get there. Llanwrtyd Wells has a super Heritage Centre showcasing its history as a popular spa town, and there are good pubs and cafes too. 7 miles moderate. Departing 9:30am Llandeilo rail station and on by car. Walkleader Ros B. 07976 631083.



HUGHES DECORATORS LTD
Established Family Business with over 90 years combined experience. City & Guilds approved with qualified tradesmen

Interior and exterior painting and decorating
FREE ESTIMATES
All building maintenance work undertaken including coving, doors, laminate flooring.
Also hand painted furniture and kitchen units.
CITB registered and fully insured.

Email: r.hughes236@btinternet.com
Mob: 07885 875012
www.hughesdecoratorsltd.co.uk

09/24/3



MALCOLM SIMPSON
INDEPENDENT FINANCIAL ADVISER
20 years + experience in the industry

Pensions and Retirement Planning • Investments
Mortgages • Health and Wellbeing Insurance
Inheritance tax Planning

Locally Based 01550 721797
M 07384 645606
E malcolm.simpson@arcuswealth.co.uk
W <https://arcuswealth.co.uk/team-members/malcolm-simpson/>

10/24/3

carreg LAW

SOLICITORS

A friendly, energetic and unpretentious solicitor practice of the highest quality serving mid and west Wales.

- Conveyancing
- Commercial & agricultural property
- Wills
- Lasting Powers of Attorney
- Probate & administration of estates
- Family & matrimonial
- Plus a Notary Public based at our offices



0225(12)

From Builth Wells to Lampeter...
From Brecon to Carmarthen...

...all clients are welcome

- A modern practice built on the latest technology
- Home visit service available
- Out of hours appointments possible

Os hoffech drafod mater yn Gymraeg, byddwn yn hapus i wneud. Gofynnwch am Carys neu Gwen os gwelwch yn dda.

Llandeilo office

2 King Street SA19 6AA
01558 678 009

Llandovery office

14 Kings Road SA20 0AW
01550 585 008

hello@carreglaw.co.uk

www.carreglaw.co.uk



TREE TECH ARB & FORESTRY SERVICES LTD

We have a passion for all aspects of tree care and woodland management, whether it's a Beech that needs pruning or a woodland that needs thinning. We have the experience and expertise to undertake every aspect of the job whatever size or scale it will be completed to your requirements and satisfaction.

Adam: 07968 476306

Kim: 07557 884987

Email: Admin@TreeTechLtd.co.uk

www.Tree-Tech.uk

SERVICES WE OFFER

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

0924(6)



ARTISTS CLOSE TO HOME



Following the Art Competition held in July which featured work from artists from all over Wales the Heritage and Arts Centre are, for the second month, displaying work from very local artists.

The Irfon Valley Artists, return for a sixth exhibition during the month of September and the exhibition will feature new and returning exhibitors displaying a range of work inspired by the stunning countryside and flora and fauna that are found in the area.

The galleries will be filled with creativity and colour from a variety of mediums including painting, textiles, stained glass, litho prints, sculpture, digital art, photography and ceramics.

Artists exhibiting include ceramicist Wendy Chamberlain, who has had many successful solo exhibitions at the Centre, and uses a variety of hand building techniques to produce her wonderful pieces, displaying alongside new artist Lynda Fletcher who produces vibrant, abstract work.

Dave Wettner will be showing not only his beautiful paintings of landscapes and nature subjects in oil using palette knives, but also his stunning stained glass work, whilst Jon Hather is also inspired by nature and the



Welsh countryside for his collection of landscapes of both sea and country.

Cherrauld Butterfield-Elsey paints landscapes in oils capturing wildlife and vistas on canvas, whilst work from Paul Rickard depicts a range of topics using litho print process. Wonderful photography which captures evocative scenes and moments taken by Andrew Dally will be on display together with work from Simon Lilly whose pieces evoke the mood and spirit of the subject matter and are often influenced by early medieval Welsh literature.

This exhibition represents an extensive diversity of artistic talent in the area and will appeal to a wide audience.

The Heritage Centre is open from Thursday to Sunday – 10.00am to 4.00pm.



YOUR LOCAL TUTOR CENTRE

We will be opening the doors of our Tutor Centre at Llanwrda School on September 2nd to anybody looking for extra tuition, full GCSEs or A levels or short courses. We will be offering classes either in the Tutor Centre or online, direct to your home or school.

In addition to our usual classes, we are offering weekly courses in writing, film-making, languages and computer training, so if you are interested in any of these, please do not hesitate in booking your place as they are usually very popular. Our Welsh classes for beginners will also be starting again later in the month.

We would like to take this opportunity to congratulate all our students for their fantastic results this summer. We are very proud of them. Please contact us on: 01550 777701 or admin@net-teach.co.uk for more information.

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 volunteers. 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.

We specialise in industrial electrical applications and control systems. We work with a wide variety of clients from small independent factories to large global manufacturers, delivering a service tailored to their specific business requirements.

Our range of services includes:

- Automation and Control System Design
- Control Panel Design & Manufacturing
- Installation & Commissioning
- Remote & On-site Technical Support
- PLC Programming & Software Support



01558 615014 info@cwbe-ee.co.uk www.cwbe-ee.co.uk

06/25(12)

AGRICULTURAL, COMMERCIAL, DOMESTIC & INDUSTRIAL ELECTRICAL CONTRACTORS

Home Re-Wiring

Electric Vehicle Charging Points

Domestic, Commercial & Industrial Testing

Portable Appliance Testing

CCTV Shops, Pubs & Restaurants

Testing for Property Landlords
& Letting Agents

Fire Alarms & Emergency Lighting

**MCS APPROVED SOLAR PV PANEL &
BATTERY INSTALLERS**

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

Mob: 07774 142327

Tel: 01550 721198

Email: martin.rees@martinrees.co.uk

Web: www.martinrees.co.uk



DIAL A BATHROOM

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

COMPLETE BATHROOM SOLUTIONS FOR ANY BUDGET

Outstanding results on every budget, guaranteed

To discuss your requirements and for a free no obligation quote
PHONE: 01558 685352 or 07780 630407

Email: dialabathroom@hotmail.co.uk

WWW.DIALABATHROOM.CO.UK

08/25(12)

K&M FENCING AND LANDSCAPES

- Supply and Erect Garden Fences.
- Garden Landscaping.
- Oak Pergolas supplied and erected.
- Tree work undertaken.
- Seating areas.
- Fish pond design & installation.

Tel: 07855 455148



KM.fencing@yahoo.com

CHECK OUT OUR FACEBOOK PAGE FOR EXAMPLES OF OUR WORK



08/25(12)

LLANDOVERY GARDEN CLUB

On 26th September Llandoverly Garden Club will welcome RICHARD BRAMLEY who will talk to us about 'AUTUMN INTO WINTER' We will meet at the Catholic Hall at 7.00pm and look forward to seeing each other again after 4 coach trips and a local Garden Trail. For any further details please Tel: 01550 720771.

LLANDOVERY GARDENING CLUB REPORT

by Denise Nicholson



A quiet drive through conventional gateposts? Hardly:

Closer inspection shows them to be carved of timber. Panels are inscribed as mileposts: Doncaster 350 miles; Japan 4000 miles, which reflect the origins of the owners. Pausing between these posts one reads the enigmatic inscription THE RUINS OF TIME BUILD MANSIONS IN ETERNITY.



Treffgarne timber gateposts. Doncaster 350 miles, Japan 5000miles

There is also a totem pole, a stack of four animals carved out of the trunk of a former beech tree and erected as a focal point west of the house. Another, multi-trunked dead beech has been carved in situ in the likeness of a four headed dragon.

Our garden visit in August was to Treffgarne Hall in Pembrokeshire. The turnout was good, the weather was cool and overcast but we were given a very warm reception by the owners, Martin and Jackie Battie. Martin treated us to a brief description of the history of the house, and a tour of the walled garden.

The couple bought the property in 2003. At that time the four-acre garden surrounding the house was mainly put to lawn.

They were a little daunted by having such a large area, which was essentially a blank canvas, so the couple enlisted the help of designers Julian and Isabel Bannerman to advise on the hard landscaping.

The old walled kitchen garden has been utterly transformed and now boasts an immaculate slate paving, parallel rills and huge oak pergolas. It has been stunningly planted with borderline hardy exotics including many from South Africa, New Zealand and Australia, many of which were in flower at the time of our visit. The rest of the garden is less exotic but remains beautiful with many themed borders and large sculptures.

All in all, an interesting and colourful garden.



BEULAH EAR CARE EAR WAX REMOVAL

*Clinic in Llandoverly, or I can visit you
in your own home to remove ear wax.*

Recently retired from the NHS. Over 20 years experience as a specialist ear care nurse. Trained in microsuction and removal of ear wax with instruments. Diploma in Ear Care from Rotherham Primary Ear Care Centre.

*Fully insured with an enhanced DBS,
NMC registered, a member of the Royal College of Nurses.*

**Please contact me, Chris Jacobs for further information.
email: beulahearcare@outlook.com Mob: 07895 757384**

10/24/0



Osian Williams

Cyfrlydd Ariannol | Financial Accountant

Accounts and Tax Returns
VAT and Making Tax Digital • Payroll • Book-keeping
Tax Planning and Advice • Capital Gains Tax

01550 777311 • 07908 810392
info@osianwilliams.cymru

Cefn Parc, Taliaris, Llandilo, SA19 7DH

07/24/13

Join Our Amazing & Caring Team!

1124(2)

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

Volunteer Day

Interested in applying, but not sure if it's right for you? Working at Elidyr Communities Trust really is like nothing you'll have experienced before... come and see for yourself. We'll give you the guided tour, you'll have lunch with the residents, before rolling your sleeves up and getting stuck into a session of arts & crafts, or woodwork, or cooking or mucking-in with the animals, or whatever takes your fancy!

jobs.elidyrct.ac.uk

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

Elidyr Communities Trust
Rhandirmwyn, Llandoverly. SA20 0NL
Phone: 01550 760400
Email: info@elidyrct.ac.uk
Registered Charity No. 502742.

We have exciting job opportunities within our residential care team. If you're looking for a new challenge, please get in touch.

Support Workers

(£1,000 Joining Bonus*) Conditions Apply

40 hours per week, various shifts
£23,795 - £26,408 per annum

Learning Support Workers

35.5 hours per week
Monday to Friday - term time only
£21,324 - £23,666 pro rata per annum

Higher Level Learning Support Assistants

37.5 hours per week
Monday to Friday - term time only
£22,453 - £24,919 per annum

Cook

25 hours per week (Mon-Fri)
£20,850 - £23,140 pro rata per annum

 **Elidyr**
Communities Trust



LLANWRDA CRICKET CLUB

The highlight of the matches in August was an excellent win against Maesteg CC. Llanwrda's four bowlers took wickets regularly as they reduced Maesteg to 115 all out. Garan Williams took 1 for 17, Sion Nicholas 2 for 34, Adrian Davies 3 for 29 and Steff Roberts 4 for 31. Bating wasn't easy but Tom Thurtle's 23 and Garan Williams' 20 not out saw Llanwrda 1st XI home.

On 20 September we host a special guest for our Annual Awards Dinner – Nick Knight former England cricketer, Sky commentator and the batter who faced the fastest ball ever bowled. If you would like to attend, please call 07956 14 74 64.

Training for the Juniors restarts in April and again we will be running All Stars and Dynamos. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

We are always on the look out for new adult players – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

17/07/2024	39	No winner
24/07/2024	46	No winner
31/07/2024	37	No winner
07/08/2024	58	No winner

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

THANK YOU

David & I want to put into print our many, many "Thank You's" to everyone who helped us on 6th July when we opened our Garden. We cannot say enough to show our gratitude for all the kindness and generosity shown us over several weeks before and of course, on the day itself. After a wet morning a wonderful surprise as the sun shone on the dot 2.00pm and continued until we finished at 6.00pm. The following day would have been a wash out!

Here is the conformation from Air Ambulance of £852.00 we raised on that day.

Thank you so much everybody.

David & Marguerite (Babs).



Our Ref: 178221

Mrs Marguerite Rees
Gas Cottage
Dawson's Lane
Llanidloes
SA20 9DF

Dear Mrs Rees,

On behalf of our pilots, medical team and staff at Wales Air Ambulance, I would like to thank you for your donation of £852.00 on 24/07/2024 raised at your Open Garden event.

With your support we can continue to save lives locally 24 hours a day, lives like the David who suffered a cardiac arrest whilst at home late at night.

Two shocks were delivered to David's heart to bring it back into rhythm however he was becoming agitated and was not breathing effectively. The charity's overnight critical care team were able to take over David's breathing by giving him a general anaesthetic and putting him on a ventilator.

This procedure is delicate, complex and time-critical. It is only possible outside of a hospital environment through the Wales Air Ambulance and the consultants that we have onboard.

David said "I am forever grateful to the ambulance service and the Wales Air Ambulance for the work they did and to get me to the hospital as quickly as they did. I really appreciate everything they've done for me, if it wasn't for them, I wouldn't be here."

Thank you again for supporting Wales Air Ambulance Charity. Your donations are the only way we can provide this service and continue "Saving Wales, Saving Lives".

Sign up to our newsletter to find out about our recent missions in your area and the difference your support is making across Wales. To sign up visit www.walesairambulance.co.uk

Yours sincerely,

Capt. James Griffiths
Regional Managing Pilot



HAYES HEATING AND HOMES

Gas, oil – installations, servicing, breakdown
Heatpumps – installation, servicing, breakdown
Solar P.V. • Solar thermal
Landlord safety certificates
Hot water cylinders • General plumbing
Bathrooms
Septic tanks and deep drainage

09251121

haysheatingandhomes@outlook.com
Tel: 07405 230194



Rhys Jones
CHIMNEY SWEEPING

04/25/12)

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

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



Chwaraeon a Hamdden
Sport and Leisure

YMUNWCH HEDDIW!

Canolfan Hamdden Llanymddyfri

o / from
£32.40

y mis /
a month

JOIN TODAY!

Llandovery Leisure Centre

- Mwynhewch fynediad diderfyn i'r gampfa a dosbarthiadau ffitrwydd
- Mynediad diderfyn i'r pwll nofio
- Mynediad i Sauna, Jacuzzi a mwy!
- Enjoy unlimited access to the gym and fitness classes
- Unlimited access to the swimming pool
- Access to Sauna, Jacuzzi and more!



Sganiwch manylion aelodaethau
Scan for membership details

01267 224733



06/25(12)

Padmasambhava Yoga & Meditation Centre

Everyone at the Centre hopes that you are well and have enjoyed the Summer, a break from the usual routines and have been able to meet and relax with family and friends, whatever the weather – and that you are looking forward to starting Yoga again in September.

The Autumn term at Padmasambhava begins on Tuesday 10th September for some classes and Monday 16th September for others. The term brings a good range of classes, including the well-loved daytime and evening classes, Meditation, and a new Beginners. Please check the website for details of particular class times and start dates. Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life.

The new 8-week Beginners' course starting on Wednesday 9th October (6.15 – 7.45pm) 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 provides 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. This systematic course is designed for both beginners and those returning to yoga. Each week builds upon the previous practices.

Gentle yoga invites students to 'come as they are' and work within any physical limitations and learn at one's own pace. There is also Seated Yoga for those students unable to get up and down off the floor. Daytime Yoga is moving to the earlier time of 10.00 – 11.30am and especially welcoming students returning to yoga. Each class includes a blend of classic postures, breathing techniques, and deep relaxation of Yoga Nidra. Classes at Cwrt Henri and Ammanford are mixed ability classes within the community.

The Meditation class introduces techniques to help bring about greater awareness, peace of mind and relaxation through body stillness and getting to know your own mind.

The benefits of yoga resonate beyond the class and physical practices, bringing a calmer mind and body into daily life. Yoga introduces a greater awareness of the breath and its importance to our good health. Bringing awareness into breathing opens the pathway to using the breath to bring about relaxation and balance and enhance energy – all adding to a sense of wellbeing and better health. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind.

Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life.

The brochure for the Autumn term is now available on the website. Please call the Centre on 01558 823842 for more information - they will be pleased to advise and help or email mail@padma.org.uk to register interest for the September term and to find out more about yoga and their classes

DRAGONFLIES AND POND LIFE



On Sunday 8 September the East Carmarthenshire group of the Wildlife Trust of South and West Wales will be visiting Dinefwr Park at Llandeilo to see the mill pond's dragonflies and other pond life.

All are welcome to join the event. The life cycle of dragonflies will be explained along with what is being done to help conserve Dinefwr's pond life.

Meet at 2.00 pm at the Dinefwr car park where parking will be free on production of Wildlife Trust or National Trust membership cards.

For further details of the group's events phone 01269 844679. And for information about the Wildlife Trust's conservation work across south and west Wales and how to become a member visit the website www.welshwildlife.org.

LLANWRDA SCHOOL SA19 8HD
CAR BOOT SALE
(Some indoor tables also available)

and
GIANT BOOK SALE

ALL BOOKS MUST GO!!

ALL BOOK SALES BY DONATION
CARRIER BAGS AVAILABLE

Sunday 29th September

9.00 – 1.00pm

£6.00 per pitch

For bookings and information ring:
07790 207866

Tea + Coffee available

All proceeds to charity

LLANDOVERY DECOR CENTRE

14 – 16 Stone Street, Llandovery

Tel: 01550 721026

Email: decorcentre@aol.com

Find us on
Facebook &
Google Maps



For all Your Decorating Needs

- Paint Mixing and Scanning (any colour mixed with mold additive)
- Tools, Ironmongery and Key Cutting
- Kitchenware
- Camping and Car Accessories
- Carpet, Vinyl and Rugs

We have had a refurbishment with lots of new stock including clearance lines. Pop in for a bargain!

Now stocking HG Cleaning Products

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

SECURE STORAGE

Facilities Available at Competitive Rates
Short & Long Term



PLEASE CALL
for a free quotation

Trevor Davies & Sons
Tel: 07967 158917

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



It has been an extremely busy month here at Bwrlwm. We have settled into our new home at Pethau Pawb and it is proving to be a great place for people to drop in and chat. It is also a great place to test willpower with the proximity to ice-cream and cakes!

The Bwrlwm project isn't going to be the only thing expanding at this rate.

Our main aim remains to explore renewable energy and the ways we can maximise this amazing resource locally. With that in mind, next month we will be organising a site visit to our community owned wind turbine in Salem. If you have never been inside a wind turbine before, now is your chance! The visit will also include a chat about the benefits of Local Energy clubs and other related initiatives that could be of benefit to homeowners. The best bit? We will be providing lunch, freshly made and supplied locally, to help replace the energy you will have used climbing the steps to the turbine! We will be releasing the details via social media soon but please get in touch in the interim if you are interested in joining us, as places will be limited.

After the success of Tŷ Hadau, our seed house project supported by WWF Cymru, we can now turn focus to not one, but two new projects! Bwrlwm and the Llandovery Repair Café will be supporting a series of Swap, Sell &

Repair events to be held at The Rhys Prichard Memorial Hall in Llandovery, the first two of which will coincide with the monthly Farmer's Market. It will allow people the chance to swap pre-loved items with each other, sell them or bring items for the wonderful Repair Café volunteers to wave their magic wands over. Well, magic screwdrivers at the very least. Supported by funding from Carmarthenshire County Council, they will run as tabletop events so get in touch to book a space.

The cherry on the top has been additional funding from the Pobl Trust which will enable us to buy sewing machines to be used by the Repair Café and loaned out through Pethau Pawb. Inspired by the ice-cream and cakes, we thought we would add sprinkles and throw in some repair workshops as well. Sewing and Basic Bike Maintenance, two very different subjects but both very useful to know, especially if you have fallen off your bike and ripped your shorts! Details available next month.

We feel very lucky indeed that we have been given these opportunities to further benefit the community and we are always looking for more project ideas, so please let us know if you have any. Bwrlwm – creating energy and now projects locally!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699. Don't forget to follow us on social media too!

Ynni Sir Gâr are a Community Benefit Society, who's aims are to work with communities to reduce energy costs, promote energy efficiency, tackle fuel poverty, generate clean renewable energy, install locally owned and managed electric vehicle charge points and keep profits and jobs local. The Bwrlwm project has been supported through the Levelling Up Fund administered by Carmarthenshire Council.

Crown Store
Llandeilo

56 New Road, Llandeilo,
Carmarthenshire, SA19 6DF

Your Local Convenience Store Offering:

- GROCERIES • LOTTERY •
- OFF LICENCE •
- PAPERS •
- PHOTOCOPIES •

NEWSPAPER HOME DELIVERY SERVICE 7 DAYS A WEEK

OPEN 7.00AM – 10.30PM
7 Days a Week

Tel: 01558 823592

07/25(12)



THE POST
ADVERTISING
you CAN afford

£5 Y
BWRDD

£5 A
TABLE



CYFNEWID, GWERTHU & THRWSIO SWAP, SELL & REPAIR!

Ymunwch ag Ynni Sir Gâr a Chaffi Trwsio Llanymddyfri i gyfnewid neu werthu eitemau ail-law, gyda thrwsyr wrth law i weithio eu hud ar eitemau sydd angen ychydig o gariad!

Join Ynni Sir Gâr and Llandovery Repair Cafe to swap or sell pre-loved items, with repairers on hand to work their magic on items that need a little TLC!

MEDI 7fed

September 7th

eitemau plant
children's items

HYDREF 5ed

October 5th

dillad & thecstilau
clothing & textiles

TACHWEDD 16eg

November 16th

pob peth Nadolig
all things Christmas



Neuadd Goffa Rhys Prichard 11yb, -2yp. I archebu cysylltwch â:
The Rhys Prichard Memorial Hall 11a.m. - 2p.m. To book contact:

07393 593699

vanessa@ynnisirgar.org





MEN'S SHED RACES TO THE SHEEP FESTIVAL: SCALEXTRIC FUN AND FRIENDSHIP

By Robert Visintainer



Mike Timewell and shed signs made by Phil.

I've known Mike, affectionately dubbed the "Welsh Legend" (a well-earned title thanks to him snagging that email address and URL), for about five years now. He's been an incredible force for good, both within his local community and volunteering with Men's Sheds Cymru. But let me tell you, 2020 was rough for him – losing his wife in January was just the beginning. Then came the pandemic, locking us all away from each other. Alone and unsure of how to move forward, Mike found himself at a crossroads.

That's when he remembered reading an article about Men's Sheds. Determined to stay positive and give back to his community, Mike set out to find a local shed to join. But when his search on the 'interweb' came up empty, he contacted us and decided to start his own shed - right in the middle of a pandemic. And that's how the Llangadog, Llandeilo, and Llandovery (or Triple L, as we call it) Men's Shed was born.

I've visited the Triple L shed many times, and the welcome is always warm. The members are constantly busy with all sorts of projects. About a year ago, Mike casually mentioned they were going to get some Scalextric sets donated and build a super-track - one that could be easily assembled and disassembled on joinable and portable tables. Naturally, I was intrigued.

Every time I spoke with Mike after that, I'd ask, "How's the Scalextric coming along? Any chance we'll see it at ShedFest24?" Well, for those of you who attended, you know they didn't quite make it. But hey, there's always next year!



Nick, Phil and Don looking for a short-circuit!

In our July chat, Mike mentioned they were finally going to test out the tables and track ahead of the Llandovery Sheep Festival. He invited me to come along to the trial run at Llangadog Community Hall on the 12th of August.

The trial was the first time all the tables and tracks had been assembled and connected. It took some head-scratching and a lot of teamwork, but they got it all set up. And when the test began, competitive racing ensued! The atmosphere was electric (Scalextric!) full of the kind of banter, laughter, and light-hearted cursing that makes a Men's Shed so special. And, of course, we all paused for a shared lunch of fish and chips - a quiet five minutes that was soon replaced by the sounds of Scalextric cars whizzing around the track.

I had the chance to catch up with Nick, one of the members of the Triple L Shed, and we chatted about how this Scalextric project came to be. Turns out, the idea was sparked at last year's Sheep Festival. After putting out a request on Facebook, they ended up with about four donated sets, with some members chipping in a bit of money to get a couple of higher-quality ones.



Steve having a laugh doing some 'electrics'.



Steve, originally from Dudley, moved to Llandoverly about 6 Years ago.

Mike found the table designs online, and the rest, as they say, is history.

The tables are ingenious, with screw-on legs for easy transport and adjustable height to ensure a level track—crucial for a smooth racing experience. The 12th of August was their first full test, and now they're all set for the official launch at the Sheep Festival next month. And speaking of the Sheep Festival, if you're wondering what that's all about, Nick summed it up perfectly: "It's an excuse for a bit of fun in Llandoverly, really!"

I also had a chat with Steve, another member of the Triple L Shed. Steve, a former carpenter and all-around handyman, was recommended to go the shed by his GP about a year ago. He shared how much he enjoys the camaraderie and banter that comes with being part of



the shed. For Steve, it's a return to the good old days of working in joinery shops and on building sites, but with the added bonus of a welcoming, supportive community.

Apart from the Scalextric project, they've been working on all sorts of things, from repairing an ornate bird table to restoring an old phone box in Llandoverly. It's clear that these guys aren't just building tracks and benches—they're building friendships, skills, and a sense of belonging.


So, if you find yourself near Llangadog, Llandeilo, or Llandoverly, I highly recommend stopping by the Triple L Men's Shed. Whether it's to race some Scalextric cars, share a laugh, or just enjoy a cup of tea with some great people, you'll find a community that's as warm and welcoming as they come. And who knows? Maybe next year, we'll see that super-track at ShedFest after all.




Llandoverly Sheep Festival – 14th and 15th September 2024 – a weekend celebration of rural crafts, food, entertainment and of course, sheep farming.

Doel & Rowlands Ltd

BUILDERS



- New Build • Barn Conversions
- Extensions & Renovations
- Loft Conversions • Roofing
- Excavation & Site Clearance
- Stonework • Plastering
- Alterations & Improvement Work
- Over 35 Years Experience



SOVEREIGN
CONTRACTOR

Wernellyn, Llangadog, Carmarthen

Tel: 01550 777787

Email: stuart@doelandrowlands.co.uk

www.doelandrowlands.com

0725(LD)

LLANDOVERY SCOUT AND GUIDE HUT GRAND PRIZE DRAW 2024

Tickets will be available to buy from the TBC September and will be drawn on the 7th December in Co-op

The Llandovery Scout and Guide Hut plays a vital role in providing a safe and welcoming space for young Scouts and Guides in our local community and surrounding areas. The money raised from the Grand Prize Draw will directly contribute towards the running costs, maintenance, and improvements of the hall. This ensures that we can continue to offer valuable programs and activities for our young people.

Prizes so far include

Elaine Jones Art	A4 water colour
Gigi Cakes	6 Cup Cakes
Hiraeth Gallery	£30 Voucher
JT's Fish Bar	£25 Voucher
JR Pet Products	Goodie bag of various dog treats and chews
La Patisserie	Christmas hamper
Owls Nest Café	£10 Voucher
Ratcliffe's	£25 Voucher
The Cawdor	Cream Tea for Two
The Kings Head Inn	£50 Voucher
The Whitehall	2 bottles of prosecco
Towy Taxi	£100 Cash Prize
Tudors Café	Meal for 4
West End Café	£50 Voucher
The Royal Oak Inn	£30 Voucher

We thank you in advance for your support it will help us create a positive impact on the lives of young Beavers Rainbows, Cubs, Brownies, Scouts and Explorers in Llandovery. Together, we can make a difference in our community.

Club	Age	Evening	Contact
Rainbows	5 – 7	Tuesday	Caroline 07891 466741
Brownies	7 – 11	Tuesday	Caroline 07891 466741
Beavers	6 – 8½	Wednesday	Julie 07754 537203
Cubs	8½ – 10 ½	Thursday	Julie 07754 537203
Scouts	10½ – 14	Friday	Gareth 07769 042463
Explorers	14 – 18	Wednesday	Kevin 07913 247260

If any local business would be interested in supporting us by selling raffle tickets or would like to sponsor the cost of the raffle tickets, please email us at Llandoveryhut@gmail.com or contact one of the above leaders.



LLANDEILO & DISTRICT GARDENING CLUB

There was no meeting of Llandeilo & District Gardening Club in August allowing members to enjoy their own and other gardens in the area, weather permitting!

The club will be back from September with a full programme of topics for the Autumn and Winter,

We begin on Thursday September 5th, 2024, with a talk by El James From National Botanic Garden of Wales telling tales from the herbarium. El is working with a team to digitise the sometimes fragile and often rare pressed and preserved plant specimens. She will be telling us about the challenges and highlights of this important project.

Llandeilo & District Gardening Club are always looking for new members, remember we are “& District”, so you don't have to live in the centre of Llandeilo to belong! As well as monthly talks on a wide variety of subjects we also hold social events and outings. Come and visit us in September for a taster before our AGM in October.

For more information visit our website llandeilogardeningclub.co.uk or contact Stella Taylor stella@rhydgoch.co.uk 01558 668339 or Hugh Simpson hugh.simpson1@talktalk.net 01558 822405

The meetings are held at The Vestry, Capel Newydd, Crescent Road, Llandeilo SA19 6HN at 7.30 pm.

TOWY & COTHI HUNT 250 CLUB

held at the Rugby Club on August 8th 2024

£15	Penny Lincoln	123
£15	Liz Tunney	205
£10	Griff Davies	97
£10	Davies	164
£5	Elaine Jones	15

House prize: Justin Davies 173

Next 250 Club at the White Hall on 10th September.

POSTDATUM
Producers of
The Post

MYDDFAI NEWS

*Myddfai Shop and Café opening hours
Wednesday – Sunday 11.00am – 4.00pm*



Don't forget Myddfai Farmers Market is on the last Sunday of each month 12.00 noon to 3.00pm the September one is on 29th, we have a wide selection of food and craft stalls attending, please come along and support a local business. On Saturday September 7th it's Myddfai show Entries in by 11.30am, doors open to public at 2.00pm. Sunday 8th we have a Wedding Fayre at Myddfai Hall from 11.00am – 3.00pm, come along to see a wide range of wedding & party suppliers. 26th & 27th September we have a two-day Willow Weaving Workshop, get in touch if you would like to take part. Friday 27th is our monthly pop-up pub evening. The regular classes in the hall are Yoga with Ginny on Tuesday mornings 10.00 – 11.30am, Craft class Wednesdays 1.30 – 3.30pm, Yoga Wednesday evenings with Sonia 5.30 – 7.00pm. Pilates every Thursday morning from 9.30 – 10.30am.

Myddfai shop has some wonderful gifts – There is a vast range of quality hand-made items from Welsh Love-spoons, fused glass clocks and gifts, a wide range of jewellery, hand crafted wooden chopping boards & bowls, aprons, bags, pottery, Myddfai Tweed caps, cushions & gifts, locally made hats for all occasions, assorted Welsh soaps & candles, knitted items and a wide range of Myddfai toiletries. We have a great selection of local paintings and prints, interesting books, greetings cards in English and Welsh, Myddfai made Jams and chutneys, local Honey plus much more. Every purchase made supports a local business and the Ty Talcen charity.

We can arrange talks on the Physicians of Myddfai, for groups if booked in advance. Why not combine a talk with lunch or afternoon tea from our great little café. The café always has a tasty range of lunches and snacks, and lots of delicious freshly made soups, cakes and bakes.

Why not choose Myddfai Hall for your wedding? With our wedding licence we can do the whole package. The hall makes a great venue for any party, concert, conference, exercise or activity class. It is fully equipped with staging, lighting and sound system and a catering standard kitchen, with crockery, cutlery and glasses for over 130 place settings.

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

Llandoverly u3a

Autumn is our time to look forward to a new programme of topics – we have some ideas but always welcome volunteers and suggestions!

Last summer we were introduced to “Play Reading” the first tentative session proved to be a great success and we intend to finish reading “An inspector calls” this autumn and possibly discuss future works.

Programme Autumn 2024

Wednesday 4th September

Come and catch up with friends and how did we cope with the weather and share ideas for future meetings.

Wednesday 18th September

Play reading to finish “An inspector calls”

Wednesday 2nd October

Roger Boyle A look at the architecture of Montague Burton stores.

Wednesday 16th October

Music members selections.

Wednesday 30th October

Ideas for encouraging pollinators into our gardens

Wednesday 13th November

Joy Thompson Travelling in the Himalayas

Wednesday 27th November

“Did you see?” Share a favourite TV programme

Wednesday 11th December

AGM followed by seasonal readings and music

We meet in Llandoverly Rugby Club at 10.30 am for coffee and chat – the speaker for the day starts at 11.00am.

Visitors are most welcome do come and meet us. Easy access and parking.

For further information contact: Anne Lynd-Evans 01550 750286.

Castle Lawns

All Lawn Care Work

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

Tel: 01550 779004
Mob: 07817 795142
derekstone4@hotmail.com

For More Information

10/24/01

CHARITY SUPPORTING VETERANS IN WALES WELCOMES BISHOP OF SWANSEA AND BRECON AS NEW PATRON

Charity Alabaré which supports Welsh veterans is delighted to announce that The Right Reverend John Lomas, Bishop of Swansea and Brecon has joined them as a Patron.

Alabaré runs homes and a range of support activities across Wales, dedicated to helping veterans who have become homeless since leaving the Armed Forces, enabling them to regain their wellbeing and build successful, independent lives of their choosing. Bishop John joins the charity as a Patron, helping to raise vital awareness of the charity's work, and its life-changing impact on many veterans each year.

Originally from Ashton-under-Lyne, Bishop John Lomas joined the Royal Navy after leaving school to train as an aircraft engineering mechanic in the Fleet Air Arm. He worked on aircraft carriers around the world and served in the Falkland War. After leaving the Navy he spent two years in the Middle East working on Tornado jets.

Bishop John began training for ministry at St Michael's Theological College in Llandaff, Cardiff, and was ordained in 1994. His first curacy was at Rhyl where he served for five years from 1994 to 1999. He was also Padre to the 3rd Battalion of the Royal Welch Fusiliers. He then returned to the Royal Navy as a Chaplain to the 3rd Destroyer Squadron serving on HMS's Edinburgh, Glasgow and Liverpool.

John returned to Wales as Vicar of Holywell in 2001, where he spent the next 10 years before being made a Canon Cursal of St Asaph Cathedral in 2008 and serving as Area Dean of Holywell from 2008 to 2011. He became Archdeacon of St Asaph in 2014 and subsequently was appointed Archdeacon of Wrexham in 2018. He was appointed Bishop of Swansea and Brecon in November 2021.

Bishop John has a particular affinity for Alabaré through their work with Armed Forces veterans in Wales. The charity is the largest provider of supported accommodation for veterans in Wales and provides a range of activities and services to improve the wellbeing and regain the health of those living in their homes and in the local community.

Bishop John says:

"Having spent 14 years in the Royal Navy, and therefore being a veteran myself, I am very much aware of the acute difficulties facing some who leave our armed forces for civilian life.

"Meeting with some of the veterans at the Swansea home has given me an insight into the vital service Alabaré can and does provide for veterans who need a helping hand when difficulties arise. The threat of homelessness and isolation is a real one, and so to be approached by Alabaré with a view to becoming involved is an honour.

"As Bishop for the Diocese of Swansea and Brecon I see this as another example of the sterling work being done across Wales and beyond. I am pleased to play a small part in this life changing work."

Malcolm Cassells, Chairman of Alabaré says:

"I am delighted to welcome Bishop John as a Patron of Alabaré. We provide support to some of the most disadvantaged people in society, and we try to do so with compassion and care to enable them to lead a fulfilling life. We are committed to growing our services for veterans in Wales, and ensuring the very best support is available for those who find themselves homeless or vulnerable. I know this resonates with many of the priorities that Bishop John has in Wales and so we look forward to working together to benefit Welsh veterans now and in the years to come."

To find out more about Alabaré's work go to alabare.co.uk

BRECHFA AUTUMN FAIR



This year we are celebrating 25 years of our annual Autumn Craft Fair in Brechfa.

It was established in 1999 by Rachael Entwistle-Davies, who studied Photography at Carmarthen, with the help of Lynne Denman.

I used to help Rachael, her family and other locals to set up the marquee and hall, which was always decorated beautifully and naturally for the day.

Incus Iron's first stall selling hand-forged ironwork was at this event in 1999.

Sadly, Rachael was taken from us far too early, in 2018, before even reaching her 50th Birthday, so myself, Ruth Tait of Salad Dressing and Justine Burgess of West Wales Wales Willows took over the reigns to keep this wonderful, friendly local craft fair going, in honour of Rachael's memory.

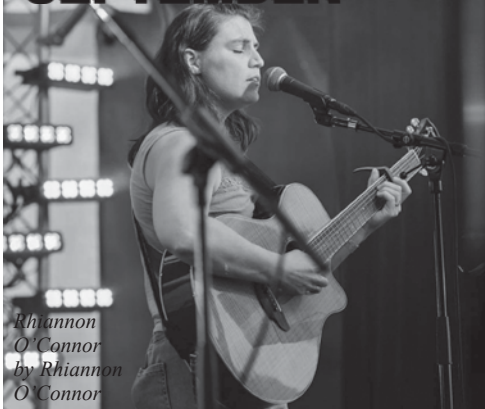
For the 25th Celebration, Rachael's family have agreed to show Rachael's work once more. There will also be craft demonstrations, have a go pottery and Crafts from Keepers as well as arts and crafts, mostly created in the Cothi Valley, hearty soup, bacon butties in the morning, cakes and hot drinks. Entry is free but there will be a raffle with craft prizes to raise funds for local community groups.

**Saturday, 12th October, 2024,
Brechfa Church Hall and Park, 10.30 – 4.00pm.**

Thank you to the Windfarm Trust for grants to the hall, park and public toilets which enable us to carry on with our event.

Lisa Harding, Incus Iron, Brechfa Autumn Fair

CELTIC THEME FOR LLANDOVERY FARMERS MARKET IN SEPTEMBER



*Rhiannon
O'Connor
by Rhiannon
O'Connor*

Llandovery Farmers Market will enjoy a Celtic theme at the next market from 10.00 – 2.00pm on Saturday 7 September in Market Square. Welsh singer and songwriter Rhiannon O'Connor will be followed by Irish music duo Henry Marten's Ghost as a melodic background for the market of locally produced or processed foods.

Rhiannon O'Connor makes a repeat appearance at the market from 10.00am with her blend of traditional Welsh folk songs and her own original work. She draws

inspiration from folk legends of the area, being a mother-of-three and her experiences of farming in rural Wales.

Henry Marten's Ghost are Gill O'Shea and Padraig Lalor and will produce a jaunty background of traditional Irish songs, ballads, reels and jigs from 12 midday.

The market runs from 10.00 – 2.00pm and has a wide range of foods and drinks produced within around 25 miles of Llandovery. Customers can expect beef products from The Welsh Farm, charcuterie from The Baker's Pig, fresh veg and leafy greens from Black Mountain Itals, sheeps' cheese From Fynnon Wen, jams, marmalades, pickles and chutneys from JAR'd, Tasty Local Cakes, Garreg Fechan Honey, fresh and dried flowers from Simany's Flowers and pollinator-friendly plants from Ragged Robin Plant Nursery.

Drinks will come from Brecon Beacons Cider and Papa Moonshine brings spirits and liquors.

The final farmers market of 2024 will be on Saturday 5 October, Market Square Llandovery.

WHAT'S ON AT THE CAPEL DEWI COMMUNITY ASSOCIATION THE OLD SCHOOL CAPEL DEWI SA32 8AD

7th September: Summer Social from 6.30pm featuring the Carmarthen Ukuleles including a raffle and a bar. Entry £5 on the door

11th September: MacMillan Coffee Morning 10.30am, Cakes, Coffee and a catch up, all in aid of Macmillan

14th September: Community Market featuring local producers 9.30am – 1.00pm Yoga restarting Friday morning from 10.00am

Short mat bowling starting from 12th September every Thursday night 7.00pm.

Pizza van every other Tuesday 6.00pm – 8.00pm (6th, 20th, 3rd October).

*Henry Marten's Ghost
by Henry Marten's Ghost*



EYNON PRICE

Landscaping & Groundworks

Tel: 01558 822434
Mob: 07970 906489

Brynhyfryd Farm, Llandeilo, SA19 7HS

www.landscaping-specialist.co.uk

LLANDOVERY ROTARY CLUB



And it's into September we go. The schools welcome new pupils for the first time and every existing pupil steps up a form, that is until it's time to step out into the big wide world whether it be higher education or into the working world. Whatever stage you are at we wish you all well as you take the next step forward in life.

Did I say SEPTEMBER? Blimey, it's nearly Christmas! Sorry. There are still around 80 shopping days still to go so, plenty of time! Don't panic! DON'T PANIC.

As we are also entering the new Rugby and Football season we wish all the local teams, seniors and juniors well in the new season especially as many games will be played on the fantastic new 3G Pitch For All (Rugby and Football) down at the Rugby Club. Good luck to you all.

We were deeply saddened to hear of the passing of Val Harry, wife of the late Eric Harry. Eric was a founder member of Llandovery Rotary Club and Val lived healthily (and immaculately) to the grand age of 98. RIP Val.

On the subject of founding this club we are approaching our 40th anniversary on 2nd November as we were founded on this date in 1984. We are going to have a celebration dinner around that date and we shall fill you in next month. We will be dipping in to our own pockets to pay for the dinner itself!

During our 40 years in existence we have only ever had two father and sons who have been members until now. But, but, but, now we have three. AND, but, but, but, now we have a father and son as members AT THE SAME TIME. This is due to the fact that Sam Clement, son of Barry, has joined as a new member of the club. When Sam was inducted he was introduced by his father Barry, well, nobody knows him better! Welcome Sam. You don't have to listen to your old man here!

Duck Race. As the Duck Race goes on at least a week after this goes to print the report will be in next months Post. Thank you so much to everyone who has willingly contributed to this event. Quack quack.



David and Ollie Griffith-Salter with President Kevan.

Dai and Dan volunteered at the National Eisteddfod in Pontypridd and assisted Maggie Hughes in handing out leaflets on the Rotary stand. Maggie does so much for Rotary in South Wales and is a wonderful supporter of our club. Well done indeed.

Jessica Bellingham informed us of her volunteering trip to Sri Lanka in the Indian Ocean and requested funding to be able to go. We always encourage young people to take every available opportunity that is open to them and we were glad to contribute. Good luck Jessica.

Meet The Member.

Lawrie Turner.

I was born 1963 in Baldock, Hertfordshire and then moved to Haynes, Bedfordshire in 1970. You could say I was a child of the 60's & 70's, great times but thinking back some of the fashions were a bit suspect, especially the platform shoes I had.

Leaving school in 1980 I joined the family business as a motor mechanic and in 1984 I became a Junior Partner. On 9/11 2001, the same day as the terrible attacks in America, I refinanced on my own behalf to become Senior Partner and owner of Henlow Car Centre. I still own and run this business although on a semi-retired basis. I married my wife, Annabel in 2008 and we are proud parents to our four children, ages ranging from 16-26. Two of which live with us here in Llandovery. We relocated here 2.5 years ago to help Annabel's parents who live in Caio.

I have two main passions in my life, one being motorcycling. Last year, two good friends and I decided to ride from Lands End to John O'Groats in one day. We did it in 17.5hrs, 9.5hrs of this were in torrential rain. The other is Shotokan Karate which I have practiced since 1984. In 2022, I was awarded my 5th Dan. Within these years it has been a great pleasure to have my own club, teaching both adults and children, some of these with special needs.

In the past I have been involved in raising money, firstly for Dreamflight, which enabled terminally ill children to have their "dream holiday". Then secondly the East Anglian Children's Hospices which helped children with end-of-lifecare. I organised a charity cycle



This months Meet The Member Lawrie Turner.

ride from Sheringham in Norfolk to Shefford (my home town). My youngest son was born severely premature at 24 weeks weighing 1lb 9oz and I participated in auctions for fund raising for the Special Care baby unit in which he was cared for.

Now being semi-retired and joining Rotary earlier this year I hope to continue with fundraising and doing useful work benefitting the local community of Llandoverly. I look forward to helping where I can.

Thank you Lawrie.

Tim took charge of arranging marshalling of a rally held by Port Talbot Motor Club. Members turned out as requested and we as a club were rewarded with a donation of £200. You are very welcome to come again PTMC! Well done marshals.

We were joined at one meeting by Ollie Griffith-Salter and his father David. We were delighted to award Ollie with a nomination certificate for the Young Citizen Awards. We nominated Ollie for the incredible work he has done in advocating for wheelchair users in Wales and campaigning for change. Ollie's hard work has facilitated wheelchair access and better disabled toileting facilities at Eisteddfod events throughout the country. Well done Ollie for all your hard work to improve facilities for the disabled and thank you David for all your help with our stewarding. Brilliant.

We were all delighted to congratulate Dan and Gina on achieving 50 years of wedded bliss (Dan's words). A Golden Wedding Anniversary is indeed something to be celebrated. We voted on who deserves the medal in this marriage and we voted unanimously the award should go to Gina! Many congratulations to both of you on this magnificent achievement.

An incident arose one evening in the Castle Hotel causing a very rare event indeed to come about, probably unseen in history. A spillage required immediate attention and to avoid a catastrophe one of our members without any regard for his own personal safety immediately leapt into action to rescue the situation. It required this hitherto unseen phenomenon. Dai Dyer holding a mop! Not just holding but actually mopping too! Bloody unbelievable.

This has indeed been noted by the hierarchy of the club and further recognition will undoubtedly be forthcoming. Service above Self in the extreme!



President Kevan inducts new member Sam Clement.

The spillage was actually beer, but even worse, it was Dai's beer. Hence the urgency.

Well, yet another month gone. As stated the Duck Race will be reported on next month meanwhile and once again we give our sincere thanks to the Llandoverly Co-op for allowing us to sell our ducks there. The Co-op are always so supportive of us fair play. Also our District Governor Malcolm Hallowell with Carol and Gwenda will have visited us and we will be looking forward to our 40th Anniversary Dinner which is coming up. Ohhh it's a tough life! But at least, as a Rotarian it's a very good life. Come and join us..

Derek Jones.



Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

1 Sep	9.30am	Holy Communion
15 Sep	9.30am	Holy Communion
29 Sep	11.00am	Llansadwrn – Combined Eucharist
	5.00pm	Revive @ Five; Williams Pantycelyn Meml. Chapel
6 Oct	9.30am	Holy Communion

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. SADWRN CHURCH, LLANSADWRN

1 Sep	11.00am	Morning Prayer
15 Sep	11.00am	Holy Communion
29 Sep	11.00am	Combined Eucharist
	5.00pm	Revive @ Five; Williams Pantycelyn Meml. Chapel
6 Oct	11.00am	Morning Prayer

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. PAUL'S CHURCH, MANORDEILO

8 Sep	9.30am	Morning Prayer
22 Sep	9.30am	Holy Communion
29 Sep	11.00am	Llansadwrn Combined Eucharist
	5.00pm	Revive @ Five; Williams Pantycelyn Meml. Chapel

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. MICHAEL'S CHURCH, CILYCWYM

8 Sep	11.15am	Morning Prayer
22 Sep	11.15am	Holy Communion
29 Sep	11.00am	Llansadwrn Combined Eucharist
	5.00pm	Revive @ Five; Williams Pantycelyn Meml. Chapel

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

1 Sep	11.00am	Holy Communion
8 Sep	11.00am	Family Worship
15 Sept	11.00am	Morning Prayer
22 Sept	11.00am	Holy Communion
29 Sept	11.00am	Joint Service, TBC
6 Oct	11.00am	Holy Communion

For further information, please call 01550 728319 (Office Hours).

ST SIMON AND ST JUDE, LLANDEUSANT

8 Sep	6.00pm	Evening Prayer
22 Sep	11.15am	Holy Eucharist

LLANDINGAT, LLANDOVERY

1 Sep	9.30am	Informal Service, "Robert Jermain Thomas"
8 Sep	9.30am	Communion, "The Lord who heals"
15 Sep	9.30am	Morning Prayer, "God helps me!"
22 Sep	9.30am	Communion, "Like a lamb"
29 Sep	11.00am	Joint Communion @ Llanfair

For further information, please contact Revd Paul Pritchard 01550 938534.

EGLWYS LLANFAIR AR Y BRYN, LLANYMDYFRI

1af o Fedi 11yb	Boreol Weddi
15fed o Fedi 11yb	Cymun
29fed o Fedi 11yb	Cymun ar y cyd (bilingual joint service)
1af o Hydref (Nos Mawth/Tues) 7yh/pm	– Cyngerd/Concert Lleuwen Steffan, Emyrn coll y werin – lost Welsh folk hymns
<i>Yn cyfuno recordiau cor Cymraeg gydag offerynau electronig ac acwstig.</i>	
<i>Combining Welsh choral recordings with electronic and acoustic instruments.</i>	
(Mynediad am ddim, croesewir rhoddion. Free entry, donations welcome)	

For further information, please contact Revd Paul Pritchard 01550 938534.

ST MICHAELS, MYDDFAI

1 Sep	11.30am	Morning Prayer
8 Sep	11.30am	Communion
15 Sep	6.00pm	Evening Prayer
22 Sep	11.30am	Communion
29 Sep	11.00am	Joint Communion @ Llanfair

For further information, please contact Revd Paul Pritchard 01550 938534.

ST. MARY'S CHURCH, CYNGHORDY

8 Sep	2.30pm	Informal Service
22 Sep	2.30pm	Communion
29 Sep	11.00am	Joint Communion @ Llanfair

For further information, please contact Revd Paul Pritchard 01550 938534.

ST CYNWYL'S CHURCH, CAIO

1 Sep	9.30am	Holy Communion
15 Sep	9.30am	Holy Communion
6 Oct	9.30am	Holy Communion

Rev Rik Mayes 01558 685118.

ST CADOG'S CHURCH, LLANGADOG

1 Sep	9.30am	Holy Communion
8 Sep	9.30am	Morning Prayer
15 Sep	9.30am	Holy Communion
22 Sep	9.30am	Morning Prayer
29 Sep	6.00pm	Joint Service in Gwynfe

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

ST. BARNABAS, RHANDIRMWYN

1 Sep	No Service	
8 Sep	9.30am	Morning Prayer
15 Sep	2.30pm	Combined Harvest Holy Communion in Ystradffin
22 Sep	9.30am	Holy Communion
29 Sep	No Service	

For further information, please see Church Notice Board or call 01550 728319 (Office Hours).

ST. PAULINUS CHURCH, YSTRADFFIN

15 Sep	2.30pm	St Paulinus & St Barnabas combined Harvest Holy Communion
20 Oct	2.30pm	Holy Communion (TBC)

For further information, please call 01550 728319 (Office Hours).

ALL SAINTS CHURCH, GWYNFE

1 Sep	11.15am	Holy Communion
8 Sep	11.15am	Morning Prayer
15 Sep	11.15am	Holy Communion
22 Sep	No Service	
29 Sep	6.00pm	Harvest Service

We will be collecting non-perishable food to give to the food bank. All donations gratefully received. Thank you.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

1st Sun	11.00am	Holy Communion
2nd Sun	8.00am	Holy Communion
	11.00am	Morning Prayer
	6.00pm	Evening Prayer
3rd Sun	9.30am	Boreol Weddi
	11.00am	Holy Communion
4th Sun	9.30am	Cymun Bendigaid
	11.00am	Holy Communion
	6.00pm	Compline

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

1 Sep 9.30am Holy Communion
15 Sep 9.30am Morning Prayer

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

8 Sep No service
22 Sep 3.00pm Harvest Service

Email: h_lloyd_davies@hotmail.com

LLANEGWAD CHURCH

2nd Sun 11.00am Eucharist
3rd Sun 11.00am Eucharist
4th Sun 11.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) now 4.00pm

For other details see notice board
Fr Donatus Chukwuedo
Tel. 01269 267382
Email: ammanford@menevia.org

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services e.g. Christmas and Easter.

EENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdu)
Services every Sunday
10.30am Worship and Communion Service (Also Sunday School for under 15s)
5.00pm Evening Service
Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.
All are welcome.

ST TEILO'S CHURCH, BRECHFA, SA32 7RA

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Info – contact Rev Roger Nock
01267 202347.

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP
DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

HOLY TRINITY CHURCH

1st Sun 10.00am Eucharist
2nd Sun 10.00am Eucharist
3rd Sun 10.00am Eucharist
4th Sun 10.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

Services on 5th Sunday are at 10.30am and rotate around the churches.

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

12.15pm to 1.00pm in the Christadelphian Hall near Lidl's.

Contact: Brian Woodall –
brwoodall1940@gmail.com

RIVERS COMMUNITY CHURCH

Meet every Sunday at 5.00 p.m. in the Civic Hall, Llandeilo.

Tel: Pastor Rhys 07511 551541
rivers.church@outlook.com

Rod & Sally's Fun Quiz is back....
From March 26th thru to September
TRIVIA NIGHT
Tuesday's at 8pm **weekly rollover!**
Teams of five // £2 per person
The Castle Hotel Llandovery
All proceeds to local charity

READERS' SALES & WANTS

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

FOR SALE

- **Dell Inspiron lap top.** Partially working. Open to offers. Tel: 01550 777149 / 07572 168275.
- **Work zone 1250W Router £20;** Workzone Router Table £25; Workzone Router bit set £12. All had minimal use and in excellent condition. Tel: 07966 099407.
- **Garden line garden spreader £10;** Florabest hand scarifier FHV32A1 £10. Both in good condition Aeriator (hand) as new £10. Tel: 07966 099407.
- **House clearance** – all items in VGC: Pine dresser, pine kitchen table/4 (or 6) chairs, pine coffee table, 2 solid wood rocking chairs, 1 pine bar stool, 1 pine round breakfast table/1 chair; 1 Ercol corner cabinet, 1 Ercol serving trolley, 1 Ercol long coffee table/2 nest tables, 1 stereo unit/speakers; 1 pine wardrobe, 1 pine chest of drawers, 1 pine bedside cabinet, 2 brass metal single beds w/ wood slats, petrol mower. Please call 07547 125135 for more information.
- **Rocking chair,** excellent condition, £25. Tel: 07805 093803.
- **Storage seat** with hinged top, excellent condition, £20. Tel: 07805 093803.
- **Maxicosi Easy Fix childs car seat,** excellent condition, £20. Tel: 07805 093803.
- **Baby cot** plus foot stool, £10. Tel: 07805 093803.
- **Hotpoint Iced Diamond Slim Line undercounter Fridge,** £50. Tel: 07770 659626.
- **Undercounter Ice King,** 4 drawer freezer, £100. Tel: 07770 659626.
- **Haier No Frost Tall fridge freezer,** £200. Tel: 07770 659626.
- **New 2 X 6 panel Unglazed Contemporary White Internal Doors,** H 198cm W 76cm T 3.5 cm, £50 for both or will sell separately. Tel: 07966 099407.
- **Garage/House clearance.** A lot of items sold but quite a lot left. Kenwood Centrifuge juicer. Montis Steam Mop. Nice centre light fittings. New curtain rail. hair dryer. Welsh and English records. Folding picnic stool. Black and Decker workmate. Wood mulcher. tool boxes. Garden tools. Oval stained glass windows (old). Small Karcher pressure washer and more. Offers. Tel: 07761 107055.
- **New Clarke 2.2KVA 4 Stroke Generator,** Honda engine, still in box, cost new £514, now £425 ono. Tel: Llandello 07976 203562.
- **Dacia Duster 1500cc,** 2 wheel drive, 5 door hatchback, 2013 63 plate, good clean condition, 88000miles with MOT, £4500. Tel: 07513 614833.
- **x3 Terracotta chimney pots,** 13" diameter with caps, £60 the lot. Tel: 01269 594660.

- **Eldis Hurricane 2 berth caravan** "Golden Oldie", dry but front window needs attention otherwise good condition, £400. Tel: 07858 150056.
- **World War II dugout blanket,** good condition, free to collector or museum. Tel: 01550 777432 (very long ring).
- **Calor Gas 7kg bottle,** full plus regulator and 2 burner camping hob, £50. Tel: 07770 659626.
- **Collection of collectable fifty pence pieces,** 70 – 80 various types, offers. Tel: 07398 530710.
- **Fishing tackle sale,** everything must go, bargain lots. To view ring Dale on 01558 821447.

WANTED

- **Under-gardener/horticulturist** to join team caring for large private garden; in Manordeilo. 12 hrs/week. £14/hr. Tel: 07768 616241.
- **CDs and Books wanted.** Whenever you are busy making space/clearing your house, we would be more than pleased to receive your unwanted pre-loved books/cds for our Secondhand Bookroom within Newton House. Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. The house is open every day during the summer months and there will always be someone to help you offload if required. Enjoy a cuppa from our new outdoor tearoom. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer. Tel: 01558 825910. (www.nationaltrust.org.uk/visit/wales/dinefwr).

HANDMADE CARDS

£2 each

at **Postdatum**
24 Stone Street, Llandovery

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk
Tel: 01550 720098. 12/24(12)

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru
Tel: 07908 810392/01550 777311. 07/25(12)

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055
e: dmills@dmarchitect.co.uk www.dmarchitect.co.uk 09/24(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llanddeusant, Llangadog, Carmar SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com
www.brownpartnership.com 05/25(12)

BEAUTY SALON

NORA ELAINE WALL IHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon. (Established since 1997 providing Beauty, Electrolysis & Holistic Therapies). I offer you a bespoke appointment-based service of treatments in my dedicated Salon. Using the finest of ingredients in my Facial Care, Manicures & Pedicure, Shellac Gel, Eye brow & Eyelash tinting, facial waxing and Sterex Electrolysis (facial hair removal). Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ. (on A476 between Ffairfach and Carmel). Open: 9am to 6pm on Tuesday, Wednesday, Thursday and Fridays. Tel 01269 831585 to book. 08/25(12)

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC fascias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 05/25(12)

TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 08/25(12)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 02/25(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 03/25(6)

CATTERY & KENNELS

BLACK MOUNTAIN CATTERY & KENNELS, Derwydd Rd, Ammanford SA18 3LJ – A home from home for your furry family. To book please call either Sharon 07914 075851 or Rachel 07714 693038. 06/25(12)

CLEANING SERVICES

A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 03/25(12)

J & J CLEANING & GARDENING SERVICES. All jobs considered, competitive rates, holiday lets/office and private. Also end of tenancy cleaning undertaken. Lawn cutting and all outdoor work considered. Also pressure washing and carpet cleaning. References available. Covering Carmar and Brecon areas. Contact 07872 509031 / 07770 777992. 03/25(12)

COMPLEMENTARY THERAPIES

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 24 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/ REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 08/25(12)



COPYING AND PRINTING SERVICES

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

COUNSELLING

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

04/25(12)

ELECTRICIANS

V.W. REES (Llandeilo) All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. NO job too small. All work guaranteed. Tel: 07790 568072.

09/24(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.

10/24(12)

GARDENING – SERVICES

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

08/25(12)

ALL SMALL ENGINES. Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carmar SA19 7BG. Tel: 01550 777350.

11/24(12)

A & C HOME SERVICES. Grass Cutting, Hedge Trimming, Strimming, Pressure Washing etc. All general garden maintenance undertaken from One Offs to Regular work. Call 07855 064152 to discuss your requirements.

03/25(12)

GARDENER, CARPENTER AND HANDYMAN. Lawn mowing and garden maintenance. Home maintenance and alterations. I offer a friendly and professional service and have good local references. I am based near Llandeilo with 25 years experience in horticulture and arboriculture. Call Nick on 07970 987434 or Email at: gydacoed@gmail.com

12/24(6)

HAIRDRESSERS

MOBILE HAIRDRESSER. Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702.

06/25(12)

HANDYMAN

CARMARTHENSHIRE ODD JOBBERS: We carry out house visits every Friday, Saturday and Sunday. Get yourself booked in and we will get the job done. Gardening, tree surgery, house clearance, plastering, painting and decorating, carpentry, minor electrical and plumbing work, window cleaning, house removals, kitchen installations, jet washing, paving slabs and much much more. We are open 7 days a week so call us anytime, we are here to help. Please contact us on 07393 396599 or email: carmsoddjobbers@gmail.com

06/25(12)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, based in Llandovey. Tel: 07805 694016 Email: gabriel@hummerstone.wales www.hummerstone.wales

07/25(12)

JEWELLERY REPAIRS & ENGRAVING SERVICES

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

08/25(12)

**THE POST
ADVERTISING
you CAN afford**

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 08/25(12)

KEYCUTTING SERVICES

G.T. LOCKSMITHS LLANDEILO. Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business;** Cylinder, mortice, safes, cabinet, padlock. **Agricultural:** Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure:** roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Car & Van keys/remotes cut & coded & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377710. 06/25(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 12/24(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 06/25(12)

INTERIOR DECORATING SERVICE. First class professional finish. Past work can be seen in Llandovery. For a free quotation, please ring Sue on 07954 198824 and leave a message or email: susanlizbrown68@gmail.com. A quality job – nothing less! 12/24(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 02/25(6)

PAWS FOR THOUGHT PET CARE SERVICES. All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates, all areas considered. Contact 07872 509031. 12/24(6)

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. 09/25(12)

PROPERTY MAINTENANCE

ALL ASPECTS PROPERTY SERVICES: We are a small company with over 35 years experience in property maintenance. We are based near Llandovery and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit www.allaspectspropertieservices.co.uk 10/24(12)

GUTTER CLEANING SERVICE AND ROOF MOSS REMOVAL SERVICE. Professional Service cleaning gutters and roof moss. Call: 07393 396599. 06/25(12)

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: localroofer.wales@gmail.com 12/24(6)

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 03/25(12)

**BOOST
Your
Business**

With prices as low as £99.95*
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 excluding VAT. (VAT charged at 20%)

SPORTS FACILITIES

LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandoverly Squash Club, situated opposite Llandoverly College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, LLandoverly. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverysquash or visit our website: <https://llanadoverysquashclub.co.uk> *03/25(12)*

LLANDOVERY CROQUET CLUB. We are a small friendly club who play on the bowling green at Castle Fields. We welcome new members or anyone who would like to have a go at this fascinating game. We have club afternoons every Tuesday and Thursday from April until October. If you would like to try croquet and have a free trial, or simply want to watch the game being played, then contact our secretary John on 07435 786762 or come along any Tuesday or Thursday afternoon. Our membership fees are £50 per annum plus £2 for each club afternoon, which includes refreshments. *09/24(6)*

WINDOWS & EXTERIOR CLEANING

DAZZLERS - EXTERNAL CLEANING SPECIALISTS: Windows, Conservatories, Gutters, Patios, Pathways – covering Llandoverly and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: [dazzlers the window cleaners](https://facebook.com/dazzlers) *05/25(12)*

THE POST

advertising

you
CAN afford

The Post

Llandovery & Surrounding Distribution Area

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

- = Magazine Drop Points
- = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
Black & White	£140.60+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£102.30+VAT	£76.75+VAT per issue	£68.54+VAT per issue	£51.15+VAT per issue
Black & White	£97.20+VAT	£72.90+VAT per issue	£65.15+VAT per issue	£48.60+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+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 = £63.55+VAT 12 months = £99.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

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

LLANDEILO LIBRARY

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

Mon Closed
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Wed 1.30pm – 5.30pm
Thurs Closed
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)
Sat 9.00am – 1.00pm
Sun Closed

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

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: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Train Times (Timetable 02/06/24 – 14/12/24)

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	05.47	09.09	11.38	14.18	18.20	21.15	05.47	09.08	11.45	14.26	18.18	21.15	11.10	15.37	
Gowerton	D	05.59	09.21	11.50	14.30	18.33	21.27	06.00	09.19	11.58	14.38	18.31	21.27	11.22	15.49	
Llandeilo	D	05.13	06.09	09.31	12.03	14.44	18.44	21.36	06.10	09.31	12.08	14.49	18.42	21.36	11.33	16.00
Ffairfach	D	05.49x	06.45x	10.07x	12.46x	15.24x	19.20x	22.12x	06.46x	10.07x	12.46x	15.25x	19.19x	22.12x	12.08x	16.34x
Llangadog	D	05.54	06.50	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.30	19.24	22.17	12.14	16.40
Llanwrda	D	06.03	06.59	10.21	13.00	15.39	19.35	22.27	07.01	10.21	13.00	15.39	19.34	22.27	12.23	16.50
Llandovery	D	06.07	07.03	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.43	19.37	22.30	12.27	16.53
Cynghorby	D	06.15A	07.12	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.52	19.46	22.37A	12.36	17.02
Llanwrtyd	D	07.20x	10.42x	13.21x	16.00x	19.56x	22.48x	07.22x	10.42x	13.21x	16.00x	19.55x	22.48x	12.43x	17.10x	
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.19	23.10	07.42	11.03	13.42	16.17	20.15	23.01	17.27	20.15	
Llandrindod	D	05.50	08.13	11.36	14.15	17.01	20.52	23.10	08.15	11.36	14.15	17.02	20.48	13.44	17.59	
Shrewsbury	A	07.37	09.46	13.08	15.45	18.32	22.22	20.09	09.45	13.10	15.45	18.36	22.26	15.14	19.37	
Shrewsbury	D	05.22	08.57	11.22	15.17	18.08	21.27	05.30	08.56	11.26	15.25	18.08	21.04	12.04	16.20	
Llandrindod	D	07.06	10.29	12.56	17.06	19.45	23.00A	07.08	10.28	12.59	17.06	19.40	22.55	13.53	18.05	
Llanwrtyd	D	07.41	11.03	13.41	17.37	20.17	23.17	07.42	11.03	13.41	17.37	20.15	23.14	14.24	18.36	
Cynghorby	D	07.54x	11.16x	13.55x	17.50x	20.30x	23.30x	07.55x	11.16x	13.55x	17.50x	20.28x	23.28x	14.37x	18.49x	
Llandovery	D	06.26	08.06	11.28	14.07	18.02	20.42	22.43	08.07	11.28	14.07	18.02	20.40	22.43	14.49	19.02
Llanwrda	D	06.32x	08.12x	11.34x	14.13x	18.08x	20.48x	22.49x	08.15x	11.34x	14.13x	18.08x	20.46x	22.48x	14.55x	19.07x
Llangadog	D	06.36x	08.16x	11.38x	14.17x	18.12x	20.52x	22.53x	08.17x	11.38x	14.17x	18.12x	20.50x	22.52x	14.58x	19.11x
Llandeilo	D	06.50	08.28	11.50	14.28	18.24	21.04	23.04	08.29	11.50	14.28	18.24	21.02	23.04	15.11	19.23
Ffairfach	D	06.53	08.30	11.52	14.31	18.26	21.06	23.07	08.31	11.52	14.31	18.26	21.04	23.06	15.13	19.26
Llandeilo	D	07.44	09.10	12.40	15.12	19.07	21.44	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.51	20.05
Swansea	A	08.08	09.33	13.04	15.37	19.32	22.07	00.16	09.34	13.01	15.37	19.09	22.12	16.15	20.26	

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

Off-Peak Day tickets may not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri. Please check restrictions before travel.

Traveline:
0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar	10.13	Crug-y-bar	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.15	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.30	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	—	9.14	—	12.44	—	16.48	—
Llangadog (Common)	7.24	—	—	11.09	—	—	18.12	—
Cwmifor	—	—	—	11.21	—	—	14.36	—
Llandeilo, New Road	7.37	9.29	—	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
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	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-y-Fro)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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.