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LLANDEILO ARTS TRAIL 2026 LLWYBR CELF LLANDEILO 2026

Tywi Valley Open Studios / Stiwdios Agored Dyffryn Tywi



ALSO
EXHIBITING AT
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LLANDEILO
17th July –
8th August

25 JULY/GORFFENNAF – 2 AUG/AWST
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ALL ABOUT *The Post*

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12/26(12)

LLANDOVERY CREATIVE WORKSHOPS WEEKEND COMES TO TOWN

25th & 26th July 2026

Llandovery is set to celebrate creativity this summer with the inaugural Llandovery Creative Workshops Weekend, taking place on Saturday 25th and Sunday 26th July 2026.

This exciting new event will bring together talented local makers and artists to offer a wide range of hands-on workshops across multiple venues throughout the town. Whether you are a complete beginner or an experienced crafter looking to learn something new, there will be plenty of opportunities to get involved.

Visitors will be able to choose from a variety of creative workshops including weaving, jewellery making, needle felting, pottery, and many more traditional and contemporary crafts. The weekend promises a welcoming and inspiring atmosphere where participants can discover new skills, meet fellow creatives and enjoy the satisfaction of making something by hand.

As well as the workshops themselves, the event offers a wonderful opportunity to explore the historic market town of Llandovery, with its independent shops, cafés, local businesses and beautiful surrounding countryside.

Organisers hope the weekend will showcase the wealth of creative talent found in the area while encouraging visitors and residents alike to try something new and support local makers.

Mark the dates in your diary and keep an eye out for further announcements as the full programme of workshops and booking details are revealed in the coming months.

For updates and more information, visit www.llandovery.wales.

Explore new skills, meet inspiring creatives and enjoy everything our wonderful town has to offer during this special weekend of making and creating.



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CREATIVE WORKSHOPS WEEKEND

25TH & 26TH JULY 2026

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LLANDOVERY SHEEP FESTIVAL RETURNS TO THE HEART OF THE TOWN ON 19TH SEPTEMBER

Excitement is building as plans continue for this year's Llandovery Sheep Festival, which will take place on Friday 19th September.

For 2026, the festival will be returning to the heart of Llandovery, bringing the celebrations into the town centre and creating a vibrant day for residents and visitors alike.

Following the sad loss of long-standing organiser and festival champion Rachel, the festival this year is being organised by the Llandovery Business Group, who are committed to delivering a vibrant and exciting celebration filled with entertainment, community spirit, local businesses and activities that showcase the very best of Llandovery.

This year's festival is being built around the theme that without businesses there is no community, and without community there are no businesses. The event will celebrate the vital role that local businesses play in the life of the town, while recognising that strong businesses can only flourish when supported by a thriving and connected community. Through the festival, the Business Group hopes to bring people together, celebrate local heritage and create opportunities for residents, visitors and businesses to connect and support one another.

The festival will be a one-day event, packed with entertainment, local food and drink, music, community activities and plenty of opportunities to celebrate Llandovery's rich heritage as a historic drovers town. The organising team has lots of exciting plans in development and looks forward to sharing more details over the coming months.

The Business Group is currently inviting traders who would like to be part of this year's festival to get in touch. The festival is also looking for volunteer "Shepherds" to help guide and support visitors on the day. Whether you can spare a couple of hours or more, your help would be greatly appreciated in making the event a success.

Anyone interested in volunteering, trading, or who has any questions about the festival is encouraged to contact the team (FAO Linzi) at:

llandoverybusinessgroup@gmail.com

The Llandovery Business Group would like to thank everyone for their continued support and looks forward to welcoming the community back for what promises to be a fantastic celebration of Llandovery, its people, its businesses and its traditions.



LLANDOVERY TOWN TENNIS CLUB

Here are the plans for the summer:

Adult Social Tennis every Wednesday and Saturday morning from 10.45am, weather permitting.

Ladies' Night – a ladies-only session will start on Thursday 9 July at 7.00pm.

The **We Do Tennis** coach, Becky Tennant, will continue coaching on Sundays – restarting on 19 July for 4 weeks.

3.00pm to 3.45pm – 4 to 7-years-old /
3.45pm to 4.30pm – 8 to 11-years-old
4.30pm to 5.30pm – teenagers /
5.30pm to 6.30pm – adults

You can book at this address: <https://wdt.wales.co.uk/llandovery>

Becky is also available for private lessons. Please contact her on 07837 661750.

Thursday, 25 June – **Doubles Master Class** with Mike Barton.

Saturday, 27 June – **Adult Doubles Tournament** starting at 10:45am.

Sunday, 5 July – **Barclays Open Morning** from 11am to 1pm.

Saturday, 1 August – **Tea on the Towy**. Play from 2pm to 4pm. Eat a delicious tea overlooking the Towy at 4:30pm. £10.

Saturday, 5 September – **Adult Doubles Tournament** starting at 10:45am with a BBQ.

Becky should be continuing the coaching sessions in September.

Saturday, 19 September – **Sheep Festival Open Morning** – 10:45am to 12:45pm – refreshments available.

For more information:



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LLANDEILO ARTS TRAIL



Hidden in converted barns, garden studios and workshops across the Tywi Valley, artists and makers are preparing to open their doors to the public once again. Surrounded by the rolling countryside of Carmarthenshire, the Llandeilo Arts Trail, formerly Tywi Valley Open Studios, returns to celebrate creativity, craftsmanship and community. From 25 July to 2 August 2026, this popular event offers visitors the chance to step inside the working studios of artists and makers living within a fifteen-mile radius of Llandeilo.

Since its launch in 2013, Tywi Valley Open Studios has become an important part of the region's cultural calendar, attracting visitors from across Wales and beyond. Its contribution to the arts was recognised in 2019 with the Carmarthenshire Celebration of Culture Award.

The Llandeilo Arts Trail provides a rare opportunity to experience the creative process up close. This engaging, free event reveals how artists' work evolves, from initial concepts and rough sketches to beautifully finished





pieces. Over nine inspiring days, visitors can explore working studios, watch demonstrations and meet the artists behind the work. Whether your interests lie in painting, ceramics, textiles, printmaking, woodcraft, metalwork or sculpture, there is plenty to discover.

Visitors may find themselves chatting with a painter in a sunlit studio, watching a potter shape clay on the wheel, or discovering a hidden workshop tucked away at the end of a country lane. Some studios will also offer hands-on workshops for adults and children, making the Arts Trail an ideal summer holiday activity for families. Most workshops are free on the day, whilst others require advance booking.

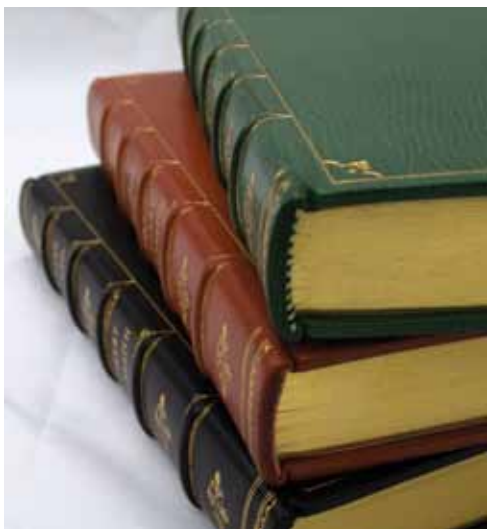
This year's trail features an exciting mix of established favourites and new exhibitors. Painters and mixed-media artists include newcomers Juliet Firstbrook and Debbie

continued on page 8

continued from page 7

Shawe, alongside regulars Subhash and Natalie Singh, Sandra and Peter Jones, Gorica Bulcock, Susan Reah, Andrew Evans and Bron Jones. Visitors can also discover the ceramics of Simon Larn and Vivienne Albiston, the natural dye and printmaking work of Jacqui Symons, the mixed-media work and sculpture of David Harland, the slate carving and printmaking of Gabriel Hummerstone, and the painting and textiles of Cynth Weyman. Woodworkers and makers include Cliff Williams, James McGill, Jonathan Garrard, and bookbinders Dieter and Philippa Rader.

Many participating studios are hidden gems throughout the valley, and each reflects the character of the local landscape, combining imagination, craftsmanship and understated charm.



Further information, including maps, workshop details and artist profiles, can be found at llandeiloartstrail.co.uk. Free brochures are also available from cafés, galleries, shops and tourist information centres in Llandeilo and surrounding areas. Visitors are advised to plan their route in advance and check individual studio opening times. Follow the event on social media for news, highlights and behind-the-scenes updates before and during the trail.

More than an arts event, the Llandeilo Arts Trail is a celebration of creativity, community and the unique character of the Tywi Valley. Whether you come to meet artists, learn a new skill or simply enjoy a day exploring, you are sure to leave inspired.

Juliet Firstbrook, June 2026

SAETHYDDWYR TYWI / TOWY ARCHERS



Saethyddwyr Tywi / Towy Archers are now a functioning club affiliated to GB Archery, and the Welsh Archery Association. We shoot on the Castle Fields in Llandovery on Monday evenings, between 1900 and 2100 (weather permitting). Beginners and juniors are welcome, and as we acquire more equipment we can support more of those who want to try or learn archery.

We shoot target archery, and to date have recurve bows, traditional longbows, barebow and home made bows shooting in the club. We have built a relationship with a neighbouring club and members from each can shoot at the others' meetings, if they are full GB Archery members.

Beginners can try for one session with us for free. Thereafter if they want to continue they can get six sessions of training with an instructor or experienced archer for £25. After that if they want to continue they must join both the club and GB Archery, but hopefully by then they can make an informed choice.

We can provide equipment for beginners, but people are welcome to use their own, if it is safe and suitable. We can also advise on suitable kit to buy, and where to get it. We also can get discounted kit from an archery shop.

If you have any queries visit us on a monday evening, if the weather is reasonable, or email nickjlwinder@gmail.com



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LLANDOVERY GARDEN CLUB DONATION

It has taken a little while to organise, but the Llandovery Garden Club are pleased to announce that the remainder of the club's funds has been donated to the Llandovery Hospital League of Friends for them to use in supporting the needs of the hospital. The presentation of a cheque to the League of Friends was presented on behalf of the Garden Club by the Chairperson, Babs Rees.

It was also a great joy to see the newly restored bench, donated by Penny and Keith Davies. This is in memory of Keith's Grandfather. An attached plaque reads...

"Given with Happy Memories of Llandovery Garden Club 2004 – 2025. This bench was presented in the 1950s for local voluntary work to David Stephen Davies of Glan Bran 1901 – 1990"

A welcome addition to the hospital garden, for patients and visitors alike, to use whilst enjoying the hospital garden.

Happy Memories.



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Photo by permission
of Sarah Dugdale

WWP BARKFEST

Put the date in your diary. The annual West Wales Poundies Barkfest is on Sunday 12th July from 11am to 4 pm. As usual, it will be held on the Cothi Bridge showground (SA32 7NA).

Every year, this fun dog show is an opportunity for new and old owners of adopted dogs to show off their canine charges and support the amazing work WWP does in rescuing and rehoming dogs of all shapes and sizes. As you can imagine, classes are huge, with the usual categories including Doggy's Got Talent, Kids' Best Friend and Judge's Favourite. Not a job I'd like, choosing one out of so many! Judging starts at 12.30pm, £2 per class.

There's plenty more to do, with stalls, refreshments, the usual raffle and Tombola, plus an Agility Demonstration. You can also have a go on the course afterwards.

For further information or to book a stall on the day, contact Nicky Thomas on WhatsApp 07799 782391 or email westwalespoundies@hotmail.com.

We hope to see you on the day!

(0726(3)



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Spotlight on Elidyr



Ty Pickwick



lolo

June Skills Competitions



We welcomed learners from Coleg Sir Gâr and Derwen College to compete in a range of Inclusive Skills Competitions. Learners perfected their pies in catering, constructed plant stands with precision in woodwork, demonstrated excellent first aid skills and showcased their animal care skills.

Certificates and medals were awarded by the Mayor of Llandoverly, Handel Davies and his consort Margaret Davies at the Award ceremony. Well done to all competitors!



lolo - Support Worker

lolo started as a Support Worker when he returned home after three years at university. He knew he wanted to do something more fulfilling but wasn't sure if he had the skills or experience to work in care.

Our main site near Rhandirmwyn includes several houses, an education hub, workshops, gardens, a gym, and even a smallholding. lolo works in a house called Ty Pickwick, which supports seven residents.

"The job is extremely fulfilling, and it's amazing to see the progress individuals make in their independence and confidence over time. Watching someone succeed at something they once struggled with is a constant reminder of why I chose to work here."

Staff always encourage residents to do as much as possible for themselves, offering support where needed. lolo has found working at Elidyr Communities a positive experience.

"I received a wide range of training and I was fortunate to be surrounded by supportive and experienced staff who helped me learn... if you're looking for a rewarding role where you can make a real difference in people's lives while working as part of a supportive team, this is a fantastic place to work."

Contact Lisa for more information about job opportunities or to arrange a visit.

**Current vacancies: Senior Support Workers
£27,459 - £30,476.**



Date: Saturday July 4 at Llandoverly Rugby Club
Race starts: 11 am, registration from 9.30 am.
Tickets: www.elidyrct.ac.uk/colour-run



Email - lisablofield@elidyrct.ac.uk
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04/27/12

NEWS FROM THE CARBON COMMUNITY

Photo credit: Paul Box

This is the sixth year of the Carbon Community's landmark carbon study at Glandwr Forest near Cynghordy. To celebrate what has been achieved so far we are offering a number of events to let people know what has been happening and to show them around this beautiful setting. We also have some Citizen Science days coming up for people who would like to volunteer at the project.

In 2021 over 100,000 trees were planted in Glandwr Forest – including native broadleaf trees such as oaks, alders, rowan, birch and cherry, and in separate plots Sitka spruce. 6,400 trees are being measured each year to see whether applying microbial enrichment to the surrounding soil or crushed basalt affects how much carbon is stored in the trees and the soil. A number of universities and research institutions are involved in the project and volunteer citizen scientists have spent hours helping to measure the trees every autumn and on maintenance tasks that support the research.

As one volunteer said: "I can vouch for how rewarding it is to work among the trees. There is always something to learn. You meet interesting people of different ages and backgrounds from all over the world. The lunches are great. And – most important – it is deeply satisfying to be working in such a beautiful place knowing that you are doing something in the challenge to halt global warming".

For further details and to book for one of the following events (all are free), go to www.carboncommunity.org. Registration is required.

Carbon Study Talk and Walk. Come for a talk about the research being done at the Carbon Community and a short guided walk. The views are magnificent and at this time of year there are a lot of wildflowers around.

Friday 3rd July, 10.00am – 12.00 noon
Saturday 4th July, 10.30am – 12.30pm, 1.30pm – 3.30pm

Community Science Volunteering Day. Joining this event is a great way to understand the layout of the research project and help with important maintenance activities such as checking the stakes and barcodes on the trees that are being measured.

Sunday 5th July, 10.00am – 4.00pm *Lunch provided*



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I realise I have been quiet the last couple of months, but I promise we have been beavering away in the background and as they say, no news is good news. It's not just good news either. It's exciting news!! Quite literally hot off the press news...

Today we were contacted by Connecting Carmarthenshire: Social Enterprise Development Fund to say we had been successful with a recent funding application. Which means we will finally be able to offer community bike hire from Llandeilo!! Now as I say, we have literally just heard so we'll need a bit of time to organise ourselves but aim to be up and running or cycling in our case, in the next few weeks. It has been a long ride but we got there in the end and we are extremely grateful to them for their support.

In other cycle related news – this month we were thrilled to offer two individuals the opportunity to complete a Cytech Technical One course in bike maintenance. The practical element of this course has only recently become available in Wales through Cycle CPD in Swansea, providing participants with an internationally recognised qualification. In return for this, they will both be volunteering with our project over the summer months, helping to keep our bikes in good condition. A fair swap we feel and perfect timing given our news today.

It has been a month of plans coming together as we also had our first meeting of Friends of Llandeilo Station. Unfortunately, we couldn't organise the weather so were a little limited as to what we could achieve. However, we were extremely pleased that it did not put people off and so eleven of us gathered on the platform armed with trowels, compost and plants. We managed to replant two of the concrete planters and on a dry day, we will organise to paint those as well. TfW will also be supplying some new planters so we can really make the station look colourful. It has been long overdue and we're so happy that, alongside the town council, we could help make this happen. Thanks to the newly recruited volunteers for their hard work on the day and in the weeks to come.

I probably have other news but am too excited by the prospect of bike hire to think of anything else right now. With that in mind, I am off to declutter the storage area of our hub in anticipation. I confess to have filled it with



random bits of 'one day this could be useful' stuff, which is a whole other project in itself!

As always, please follow our Facebook page to keep up to date and contribute your ideas. Alternatively, to learn more or collaborate, please contact Vanessa vanessa@ynnisirgar.org 07393 593699.

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 Bwrllwm project is supported through the Targeted Finance Fund administered by Carmarthenshire Council.



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17 67	Renault Clio 1.5DCI Dynamique, 16" Alloys, Air Con, In Flame Red, 48500m	£6995
15 65	Renault Captur 0.9TCE Petrol, 5 Speed, Dynamique S, 17" Diamond Cut Alloys, A/C, Low Tax £35, Sat Nav, Orange/Cream Roof, 5dr, 89000m	£4995
16 16	Renault Captur 0.9TCE Dynamique, Alloys, A/C, Sat Nav, £35 R/T, Met Blue, 95000m	£4500
14 64	Renault Captur 1.5 DCI Dynamique, Alloys, A/C, Sat Nav, Black, £35 R/Tax, 65000m	£4750

OTHER MAKES & MODELS ON OFFER

20 20	Volkswagen T-Rock 1.5TSI (Evo) DSG Automatic R-Line, Sat Nav, Half Leather Heated Front Seats, Climate Control, Diamond Cut Alloys, In Metallic Black, 51250m	£16995
23 73	Vauxhall Corsa 1.2 Turbo 100BHP Ultimate, Sat Nav, Reversing Camera, 17" Diamond Cut Alloys, Half Leather Trim, Heated Front Seats, Climate Control, Parking Sensors, 6950m	£14500
19 69	Jaguar E/Pace 2.0 D180 AWD R-Dynamic HSE, Full Black Leather Heated Front Seats, 20" Alloy Wheels, Sat Nav, Parking Sensors, Climate Control, Power Tailgate, Met Grey, 44200m	£17750
19 19	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, Climate Control, 19" Alloy Wheels, Privacy Glass, Met Blue, 39450m	£14500
19 68	Kia Sportage 1.6CRDI Gt-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, 19" Alloys, Privacy Glass, Metallic Grey, 48898m	£13995
22 22	Dacia Duster 1.3 TCE 130BHP 6 Speed Comfort 4x2, Alloys, Air Con, 1 Owner, 50000m	£12500
20 70	Vauxhall Corsa 1.2 Turbo 100HP 6 Speed SRI, Navigation Hdd, Parking Sensors, Half Leather Trim, 16" Alloys, Air Con, Privacy Glass, Grey Metallic/Black Roof, 43800m	£9500
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed N-Connecta, Only 6565m, White	£16995
21 71	Dacia Sandero 1.0TCE Essential, Air Con, E/Windows, C/Locking, 5dr, Only 3550m	£10500
18 18	Ford Focus 1.0 E/B 125BHP Zetec 6 Speed, Sat Nav, Parking Sensors, A/C, Alloys, 58500m	£6995
18 18	Dacia Stepway 1.6DCI 90 Ambiance, Air Con, Spare Wheel, In Metallic Blue, 57995m	£5995
16 66	Mini Cooper 1.5 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m	£10500
18 68	Kia Stonic 1.0 T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m	£10500

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2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats, Reversing Sensors, Air Con, Choice of 2 White or Grey, Only 25m	£19995 & £20500 +Vat
19 69	Renault Trafic 28 2.0DCI (120BHP) 6 Speed Business, S/Door, Lined, White, 29250m	£15495 +Vat
20 69	Renault Master 150BHP Speed, Lined, Caribbean Blue, 67400m	£9995 +Vat
19 69	Vauxhall Combo Cargo L1 1.5 Turbo 75, Side Door, Grey, 2 Owners, 73100m	£6750 +Vat
20 19	Citroen Berlingo 1.5 Blue HDI 5 Worker, Side Door, White, 1 Owner, FSH, 88500m	£6500 +Vat
21 21	Mercedes Citan 1.5CDI 109 L2, Side Door, 1 Owner, In White, 56150m	£6995 +Vat

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THE HOLLOW PLACE

Dawn filtered around the edge of the blind and Serrena woke. For a moment all was still. Then the familiar ache returned. Not pain exactly, more a hollow feeling in her chest. A sense that something was missing, though she couldn't name what. A door down the hall slammed. The noise felt painful because it signalled the start of another day of demands.

"I wasn't meant for motherhood," she muttered.

"Mum?! Where is my French book?" Mara demanded through the closed door. Serrena's throat tightened as she felt irritation rise.

"I last saw it on the table, darling," she called out sweetly, trying to mask the nausea in her stomach.

"It's not there! Why do you always have to move my stuff?" Serrena felt heat rise up from her stomach as she yanked open her door.

"Why don't you take care of your stuff instead of expecting other people to do it for you?" Serrena shot a daggered look at Mara. There was a tug in her chest as she saw fear flash over Mara's face. For a moment Serrena felt like reaching out and saying sorry. Instead she pushed it down and curled her hands into fists.

"I always take care of everything. Where is your gratitude and respect? Do you have any idea how hard I work every day?" Seething, Serrena pushed past Mara and headed for the kitchen. Her chest burned with indignation as she forced herself to breathe. Her phone buzzed. Despite knowing she needed to focus on getting the children's lunches ready, she picked it up. Hope and nervousness fluttered in her throat. Maybe it's Kit. It was. Her heart began to gallop as she opened the message.

I'm thinking of you. Hope your day goes well.

For a moment something in her felt a little softer. Kit had thought of her. Despite it all, still gentle. Still caring. Serrena felt a lump rising in her throat. But then how she spoke to Mara spilled through the softness like a needle into a balloon. She put the phone face down on the counter.

With a cup of coffee Serrena sank into the chair in front of her desk. Quiet, the children gone now. The

hollowness in her chest echoed, but she did not want to hear it. She glanced at her laptop feeling so resistant towards the day of aimless effort ahead. A heavy coldness spread through her arms and chest. Her phone buzzed. Kit. Serrena stared at the screen. Part of her wanted to open the message immediately. Longing tightened her chest. Another part imagined angrily throwing the phone across the room and felt a flash of satisfaction. *Never again.*

Many of us recognise moments like these. We long for connection yet find ourselves pushing it away. We react more strongly than we intended. We feel alone, even when people are trying to reach us. Often these patterns make sense when we look at how we learned to relate to ourselves and others.

If you recognise yourself in Serrena's struggle – wanting connection yet finding yourself pushing it away – or if you'd like to understand the patterns that shape your relationships, we – Tamar and Kirstin – invite you to our 6 week relational dynamics group. Running Thursdays from 11 to 12.30 from September 10th to October 15th. Cost £200. Get in touch with Kirstin for more information and booking: 07782 810507.

THANK YOU

The Llandovery Pylon Team would just like to say a huge thank you to the all sponsors, donors and volunteers for their generous time, energy & financial support for the Tractor Run on 24th May. It was a great success involving the whole community & we raised over £3200.00 towards our very important cause. Watch this space for our next Fundraising event in October!

PUMSAINT WI

Our meeting in June was entitled Skeletons in the Cupboard, by John Turrel. It wasn't about ghosts and spirits but about delving into family history. 75% of members present had looked into their family history, some as far back as the 15th century. John gave a very interesting and informative talk, where to look to find information and he also talked about some of his own family history. I think it is a subject many members will follow up on.

Some members will be going to the cotswolds at the end of June to join others in the federation for the walking holiday.

For our July meeting we welcome back Maureen from another WI. She will be demonstrating Textile Jewellery.

New members are always welcome to join our small group.

Sue Jones

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LLANGADOG WI

Our June meeting proved to be a Hat Lovers dream!

Judy from Gwynfe, affectionately known as the "Hat Lady" visited us for a "hands-on" talk and demo.

Judy entered the world of millinery during the Lock Down period and was soon hooked on creating the most wonderful, wearable hats for every occasion.

Having talked us through the various styles, materials and stages of making we all engaged with the making of a decorative lapel /hat pin. A great night enjoyed by all. We extended Get Well wishes to Mary, Bethan and Yvonne.

Marylyn, Jutta, Sarah and Angharad had been busy arranging the WI window at St Cadog's Church Flower festival on the theme The Secret Garden. Thanks to Sally and Catherine for much needed foliage!

In July we begin with a visit from our County Chairman The Rev. Victoria Hackett who will talk to us on the History of Sweets together with some audience participation and reminiscing on Thursday 2nd July at 7.00pm – visitors welcome.

Karen and Sarah are taking part in the walking Treasure Hunt in Llandeilo – Good Luck! also six members are going to the Afternoon tea in Laugharne. The world of WI is never boring!

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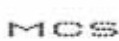
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11/26(12)

LLANDOVERY REPAIR CAFE

The next Llandovery Repair Cafe is on 11 July from 11 am to 2 pm at Pethau Pawb in Stone Street.

Our June Repair Cafe was busy as usual with a variety of mainly electrical items being brought in for our attention. We can't fix everything; some items are too difficult to get into, others need spares that are no longer available or it's too specialist an item for us to tackle, but we do our best to identify what's wrong and repair it if we can.

One person brought in a petrol trimmer and we had to tell him that we can't tackle anything with a petrol motor for safety and insurance reasons. But we did offer him the details of a couple of local repairers who we thought could help.

So if you've got something that you think could be repaired, bring it along and we'll see what we can do.



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Next session
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11am to 2pm

Bring your broken item on the day and the team will repair it if they can. No charge - donations welcome

MYDDFAI NEWS

Myddfai Shop and Café opening hours are 11.00am – 4.00pm Wednesdays to Sundays.

What's on in Myddfai: Sunday 28th June is our monthly Farmers Market, 12.00 noon to 3.00pm. Saturday 11th July from 2.30pm there is a Summer Fayre and Treasure Trail in the Church and the hall themed "From Wicked to Oz"; Thursday 16th July we have an all-day Willow weaving course, Sunday 26th July is our monthly Farmers Market 12.00 noon to 3.00pm, come along to support the wide range of local producers and crafters. Our regular activity classes are: Tuesday it's Yoga 10.00am – 11.30am; Wednesday – craft class 1.30 – 3.30pm, Thursdays its Pilates 9.30 – 10.30am, Friday is Art class 1.30 – 3.30pm come along and join in, everyone is welcome. New Conversational Welsh classes for learners will be starting in September once a month on a Friday afternoon with Cheryl, please let us know if you are interested. We are also planning some Flower Arranging classes in the Autumn, again please get in touch if interested.

Myddfai craft shop has a wide range of quality crafted goods including pottery, stained and fused glass, jewellery, wooden chopping boards and bowls, slate items, knitwear, aprons and bags, Welsh tweed clothing and gifts, scented candles, Welsh soaps, engraved glass and the popular Myddfai bathroom range. In addition, we have locally made jams, chutneys and honey, plus a superb range of local artwork and greetings cards and much more. Every purchase made supports a local business and the Myddfai Ty Talcen charity.

Why not come up to take a walk in the stunning countryside and call in the café for a delicious, freshly made lunch or afternoon tea. There is a good selection of lunch dishes as well as cawl or soup and a wide range of delicious cakes and choice of coffees. We also offer afternoon teas with a talk on The Physicians of Myddfai for any groups, please book talks in advance.

Myddfai Hall is a very adaptable and popular venue for any type of event from Weddings and conferences to kids' parties as well as all types of activity classes. It is one of the most stunning and affordable Wedding Venues around, with fantastic views, acoustic ceiling with beams, the main hall can accommodate over 120 guests and has a ceremony Licence too. We only book a maximum of one wedding per weekend, so there is loads of time to set up. The hall is fully equipped with crockery, cutlery and glasses, tablecloths, chair-covers, portable staging, stage lighting and audio equipment.

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

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ABERGLASNEY GARDENS LAUNCH SPRING GIN

Aberglasney launches spring gin distilled with Magnolia and Cherry blossom from the gardens

Aberglasney is excited to announce the launch of its spring gin 'Gwanwyn' produced in collaboration with the Gower Gin Company.

Crafted in small batches with botanicals foraged from Aberglasney Gardens, this delicate gin captures the essence of a Welsh spring. Fragrant cherry blossom creates delicious floral notes with Magnolia flowers adding subtle flavours of ginger and cardamom; fresh lime zest and a little black pepper add a light spiciness and citrus brightness. A smooth, floral gin that celebrates the spectacular spring blossom and Magnolia flowers found at Aberglasney.

Helen Scutt, Aberglasney Gardens' Director came up with the idea to create seasonal gins using ingredients from the gardens. Helen said, "The feedback from

our winter gin was tremendous and it sold out before the end of the season! The spring gin tastes very different as we've used magnolia and cherry blossom for this one which we picked in March. Our artist in residence, Andrew Douglas-Forbes, designed the label for 'Gwanwyn' which delicately illustrates the main ingredients. We hope you enjoy it. Visitors to our giftshop do not need to pay the admission fee into the gardens."

Aberglasney 'Gwanwyn' Gin captures the essence of spring and is available to purchase in the gardens giftshop in both 70cl and 20cl bottles.



Helen Scutt, the garden's Director with Andrew and Laura picking Magnolia leaves for the spring gin.

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LIFE AS A SOUL MIDWIFE (END-OF-LIFE DOULA)

One of the most important parts of my work is refusing to let someone's identity shrink to the size of their circumstances. Illness has a way of narrowing the world. Systems have a way of reducing people to tasks. Even well meaning loved ones can start to see only the fragility, the needs, the decline.

But a person doesn't stop being themselves just because they're nearing the end of life. They don't stop being funny, or stubborn, or creative, or messy, or proud. They don't stop having preferences, or passions, or a lifetime of stories that still matter.

So when I walk into someone's space – whether that's a hospital room, a hospice, or their own home – I make a conscious choice to see the whole human being in front of me. Not just the body that needs care, but the life that has been lived. The relationships that shaped them. The things that made them light up. The things that irritated them. The things they loved fiercely. Just because they are approaching end of life, and are tied more to medical and practical needs, it doesn't mean they are less whole.

And I try to help everyone else in the room see that too.

Sometimes that means gently reminding a nurse that the person in the bed used to be a carpenter who built half the furniture in their village. Sometimes it means helping a family remember that their mum wasn't always this quiet – she was once the loudest singer in the pub. Sometimes it means asking about hobbies, favourite foods, old routines, or the things that made them feel most themselves. And if they can't tell me themselves,

then trying to discover their passions and values myself.

PERSON-CENTRED APPROACH

Recognised the whole person is, in essence, my role as a doula. The way my time is occupied when I'm with a client can vary hugely but the purpose does not. My role is holistic, it's about really seeing someone, for who they are and who they were. It's about helping maintain dignity, autonomy and authenticity even as capacity diminishes. It's about quality of life even as it approaches its end. Making the moments count – comfort, dignity, inclusion, Client-led. Client-centred.

Seeing the whole person also helps families prepare for what's coming. It connects the past to the present. It allows them to honour their loved one's identity even as they navigate the practicalities of care. And later, when it's time to plan a funeral, those memories become the threads we weave into a farewell that feels true.

This work isn't about pretending everything is fine. It's about refusing to let the end of life erase the rest of life. It's about dignity, yes – but also about humanity, humour, tenderness, and truth.

If you want to talk about how I can support you or a member of your family, please feel free to reach out.

LLANDOVERY CROQUET CLUB



Unfortunately we had to postpone a number of fixtures in June due to the bad weather. We are hoping for better weather in July as we have a number of events to look forward to.

On Wednesday 1st July we have a friendly match with Aberystwyth at home, followed by a visit on the following day by the ladies of Clwb Gwawr Llanymddyfri. We have further friendly matches arranged with Llanidloes on 17th July and Cardigan on 24th July. In addition, on Saturday 18th July we travel to Merthyr Mawr for a Welsh Inter Club match with the Glamorgan club. This will be our toughest match of the season as their team contains a number of Welsh internationals.

We continue to play every Tuesday and Thursday afternoon when visitors are welcome to come along and watch or have a try. To find out more about croquet and our club, or to arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk

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04/27(12)



HELP SAVE OUR SWIFTS!

Swifts screaming overhead is one of the soundtracks of summer, but their numbers are in steep decline. For every five swifts you see today, there would have been ten a decade ago.

They're struggling because we're renovating houses in ways that destroy their nesting sites and we're managing land in ways that don't provide the insects they feed on. That's not much of a welcome for birds that fly from Africa to breed in the UK, covering up to 14,000 miles every year! You can help by installing nest boxes and leaving grass to grow longer for a couple of months over the summer.

Meet at Llansadwrn Reading Room at 10.30am on 4 July to help record some of these amazing birds and their nest sites for the Carmarthenshire Swift Survey.



LLANWRDA CRICKET CLUB

The poor weather has ruined the first half of this season. Unfortunately, when Llanwrda have been able to get on the field, they have found points difficult to come by. There have been highlights – especially the batting of Tom Thurtle, who carried his bat for 46 against Swansea and Civil Service, and the ever reliable Adrian Davies. The bowling of Tomi Rees has been a revelation for a young player. Bowling for the first time in a 1st XI match, he came away with 6 overs for 22 runs against Swansea Civil Service. He took his first wickets against Pontyberem and is definitely one for the future.

We are always on the lookout for new adult players for this season – Saturday matches for the 1st XI and a mid-week 2nd XI – Llewod Llanwrda – playing in the Carmarthenshire 100 League. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

Please contact Gwynn Davies for information about the juniors on 07956 14 74 64. All Stars and Dynamos have officially started on a Monday evening, but it's not too late to join us.

The club is forming a Women's team this season with training on a Thursday evening. For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

20/05/26	31	Rhys Davies
27/05/26	35	No winner
03/06/26	44	No winner
10/06/26	16	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.

03/27(12)



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11/26(6)



HAWKSTONE FARMERS' CHOIR TO PERFORM AT THE ROYAL WELSH SHOW 2026

The Royal Welsh Agricultural Society (RWAS) is delighted to announce that the Hawkstone Farmers' Choir will perform in the Main Ring on the opening day of the 2026 Royal Welsh Show, Monday 20 July.

Formed by Jeremy Clarkson, the Hawkstone Farmers' Choir was originally brought together as part of an advertising campaign for his Cotswolds-based brewing business. Since then, the choir has grown into something far greater, using its platform to raise awareness of mental health within the farming community.

The group most recently captured the hearts of the nation by winning the 2026 final of Britain's Got Talent, becoming the first ever choir to take the title.

The choir will perform during the afternoon of Monday 20 July, entertaining a packed Main Ring audience of thousands of showgoers in what promises to be one of the standout moments of the Show week.

Aled Rhys Jones, Chief Executive of the Royal Welsh Agricultural Society, said:

"We are absolutely delighted to welcome the Hawkstone Farmers' Choir to the Royal Welsh Show. Their performance on the Monday in the Main Ring, in front of thousands of visitors, will be a truly special occasion.

"This will be their first official performance in Wales since winning the Britain's Got Talent final, and we are incredibly excited to share that moment with our audience. Many members of the choir are also members of the Royal Welsh and have a strong connection with the Show, which makes their appearance here even more meaningful."

The choir's lead lady soloist, Rosie Jones, a beef and sheep farmer from Mid Wales, said:

"What an honour to be invited to sing at the Royal Welsh Show 2026. This fairytale journey just keeps growing, but the greatest thing to come from it is the community we've built within the choir and beyond.

"In a time of hardship, uncertainty and loneliness, the choir has become a place of connection, support and understanding. If our journey inspires others or helps even one person, then we are incredibly proud of that.

"Thank you for giving us the opportunity to continue spreading our message of hope and positivity across the farming and agricultural community and to everyone who has supported us along the way. We wouldn't be here without you."

The Royal Welsh Show, held annually at Llanelwedd, Builth Wells, is one of Europe's premier agricultural events, celebrating the very best of Welsh farming, food, and rural life.

Full event details and ticket information are available on the RWAS website.

Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope you are well and feeling energized with the longer sunnier days that come at this time of year. Nature helps us to see the positives of life, especially among the flowers and fauna, bird song and other signs of hope. Together with Nature's emerging energy, yoga can help harness positivity and at the same time bring balance and inner steadiness.

Each class at PadmaSamBhava has physical practices (Asana), breath practices (Pranayama) and deep relaxation (Yoga Nidra). The practices together change the flow of energy within the body and guide us to Awareness. Awareness brings with it the opportunity to positively impact one's state of mind, mood, physical energy and sense of wellbeing. The physical moments of yoga practices can enhance the dynamic energy of the Season and the breathing practices bring a balance of both energy and a quieter stillness.

The classes taught by the Centre are Integral Yoga – a gentle and steady progression, allowing the body to gain strength and flexibility week by week while developing focus and poise in the mind.

Although the Summer term classes have started, it may not be too late to join a class. There are a broad range of in-house classes at the Centre, as well as classes at Ammanford's Penybanc Welfare Hall, Cwrt Henri Reading Room and Seated Yoga at the Llandeilo Bowling Club.

This term, Thursday morning's Daytime class (10.00 – 11.30am) at the Centre has a few spaces available and welcomes students who are returning to a regular weekly yoga practice. Thursday's Ammanford class (6.30 – 8.00pm) in the Penybanc Welfare Hall is a wonderful way to join this local community group in both movement and relaxation.

Yoga classes at PadmaSamBhava are special in that they take into account the health, needs and abilities of everyone and aim to help both the mind and the body. The benefits of yoga resonate beyond the class. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life – as well as valuing the sense of connection and community that coming together in a class brings.

Please contact the Center to find out more about their classes or to make a booking. They will be pleased to help. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

LAUGHTER AND MELODY AT LLANDYBIE MEMORIAL HALL



On Saturday, May 30th, Côr Persain were delighted to take part in the annual fund-raising concert of St Tybie Church. Held at Llandybïe Memorial Hall, the event was compered by multi-talented singer and entertainer, Alan Thomas, with the choir performing a number of traditional and contemporary pieces in each half of the programme. Mr Thomas, who hails from Llandeilo, kept the audience chuckling and singing along, opening with the enchanting, 'Here Comes the Sun', highly appropriate for the glorious weather we experienced at the end of the month.

Côr Persain performed some traditional Welsh favourites in beguiling harmony before launching into a toe-tapping Bonnie Tyler medley to close the first half. Under the baton of musical director Huw Morgan and accompanied by Dr Catherine Morgan on piano, the choir were able to showcase the variety of their repertoire.

In the second half of the programme, Mr Thomas's songs included a beautiful ballad written by his son Simon, while his skills on the ukulele brought cheers from the audience. Côr Persain then performed a finale which included 'Let the River Run', the multi award winning Carly Simon hit and a selection of glorious melodies from the musical 'Chess', finishing with the soaring 'Anthem', which, with its message of unity and tolerance, provided a fitting culmination to the evening.

The choir would like to thank Llandybïe Parish for inviting us to perform. It was a thoroughly enjoyable and very well organised evening which gave us great pleasure to take part in. We would also like to mention that rehearsals are held every Tuesday evening at Ammanford Miners' Theatre, between 7 and 9 pm. Anyone interested in joining the choir, or just in finding out more about us, is very welcome to attend, chat to choir members and listen to us sing!

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08/24(12)

BARCUD HOUSING ASSISTANT WILL WALK OVER HOT COALS TO RAISE FUNDS FOR CHARITY



Barcud Housing Assistant, Amanda Evans, is a brave 'sole' as she has agreed to do a Firewalk to help raise funds for Wales Air Ambulance. The charity, which is celebrating its 25th anniversary, relies entirely on public donations to keep both the rapid response vehicles and helicopters running.

The firewalk is a sponsored walk with a difference! It might be the shortest and hottest walk, but it takes strength of mind to complete the challenge of walking five metres, barefoot, over hot coals which reach temperatures of up to 800°C!

Amanda has never done a Firewalk before but last year she changed her mindset and since then the word 'no' hasn't been in her vocabulary. She said, "Doing a Firewalk sounds awesome. I decided it would be a giggle to sign up on behalf of Barcud to raise funds for Wales Air Ambulance. Why not? It would be great to have a crowd at the Firewalk in Aberaeron to show support and cheer me on."

Day to day Amanda works at Barcud's office in Glyn Padarn, Aberystwyth. She works as part of a team with housing officers to provide support for tenants.

Barcud is based in mid and west Wales with a 300 strong workforce and 4,500 tenants. This is the group's first year of fundraising for a specific charity and at the annual colleague conference last winter the majority were in favour of supporting a charity, that, like Barcud, helped and supported those living rurally.

Gail Windley, Wales Air Ambulance's Events and Partnership Fundraiser said, "We're delighted to be

launching our firewalks this year on our special 25th anniversary year. Fundraisers will take on the ultimate challenge of walking over hot coals to help save lives across Wales. This is a wonderful challenge aimed at all physical abilities and one that needs some courage.

"Walkers don't need any previous experience to take part in the firewalk, as all the training will be provided on the day. We want to reiterate that this is not an activity to be tried at home and should only be done during a professionally organised event.

"The Charity relies on donations to continue to keep our helicopters in the air and our rapid response vehicles on the road. Fundraising events, like the firewalks, will help to continue this lifesaving service for the people of Wales. It will be an unforgettable day for the participants and their supporters."

Amanda will be doing her Firewalk at Moody Meadows in Aberaeron from 6pm on Friday, 10th July 2026. Any donations to support Amanda, and Barcud reach its fundraising target of £5,000 would be very gratefully received. Click here to support Amanda online: <https://firewalks.walesairambulance.com/amanda-evans>



Life drawing, drawing the human body from direct observation, is a fundamental practice for all artists and helps to improve general drawing skills.

There are untutored life-drawing sessions every other Tuesday, from 9.30 to 12.30, at the Cwmifor community centre. Cost: £10.00 per session. This is a great opportunity for anyone, from absolute beginners to established artists, to develop their drawing skills.

The July sessions are on the 7th and 21st. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.



POWYS NATIONAL GARDEN SCHEME NEWS

For almost 100 years volunteers have been the life blood of the National Garden Scheme. Today over 600 volunteers and 3,300 garden owners give their time and their gardens to the charity helping us raise millions for nursing and health charities each year. At the end of the 2025 garden season they helped generate a record-breaking £3.9 million in donations. Under our Gardens and Health grants scheme, a contribution of £37,828 was made to support the planting of the Rooftop Garden at King's College Hospital, London. This is the first rooftop critical care unit garden in the world. Natural light helps counter the disorientation and delirium commonly experienced in a critical care environment. Could you help? A rewarding way is opening your garden to visitors. It might feel a little daunting at first, but if you're passionate about your outdoor space – and friends tell you how lovely it is – chances are others will feel the same way too. Do you enjoy talking to people and visiting gardens? Become part of our county team, identifying new gardens and supporting our garden owners. Do you have experience in press and publicity? Chat to volunteers on our stand in the Horticulture Village at the Royal Welsh Show.

Did you know many cut flowers in supermarkets don't come from the UK? If you wish to see how others grow flowers, choose from these openings in July:

Saturday 4 and Sunday 5 July, 12.00 – 5.00pm, 1 Church Bank, Welshpool SY21 7DR. Hidden intimate town garden, unusual features where sounds of water fill the air.

Sunday 5 July, 12.00 – 5.00pm, Trefeglwys gardens, Caersws SY17 5PH. Four gardens and displays by the local Swift Conservation Group and Wildlife Trust.

Saturday 11 and Sunday 12 July, 12.00 – 5.00pm Llanwrtyd Wells gardens LD5 4RJ. Five private gardens, plantings at the railway station and community project.

Saturday 11 July, 11.00am – 2.00pm, The Hymns, Walton, Presteigne LD8 2RA. Rainwater recycling, compost management, home propagation and plant rescue.

Saturday 18 July, 10.30am – 3.00pm, Cultivate Community Garden, Llanidloes Road Newtown SY16 4HX. Two acres, range of veg, herbs and fruit. Wildlife area.

Sunday 19 July, 11.00am – 5.00pm, Willowbrook, Knighton Road, Presteigne LD8 2ET. Divided into rooms varied planting, mixed borders, veg, fruit. Topiary, ponds, rill.

Sunday 19 July, 12.00 – 5.00pm, Yscirfechan, Merthyr Cynog, Brecon LD3 9SB. Cut flower farm, one acre, sloped, uneven paths and changes in levels.

Thursday 23 to Sunday 26 July, Welsh Lavender, Maesmynis, Builth Wells. Walk among the lavender, popular swimming pond. Prebooking essential.

Sunday 26 July 11.00am – 4.00pm, Llanfechain SY22 6UQ. Seven gardens – a school community garden, two bungalow gardens, hidden garden with a rill, two small terraced gardens.

AUGUST

Sunday 2 August, 11.30am – 4.30pm, Bryngwyn Hall Bwlch-Y-Cibau, Llanfillin SY22 5LJ. Award winning parkland. Unusual trees, Poison Garden, eight-acre Serpentine lake.

Saturday 8 and Sunday 9, 11.00am – 5.00pm, Aberangell Village Gardens, Machynlleth SY20 9ND. Transport provided between seven different gardens, two new.

Sunday 9 and Sunday 30 August, 12.00 – 5.00pm, Yscirfechan, Merthyr Cynog, Brecon LD3 9SB. Cut flower farm, one acre, sloped, uneven paths and changes in levels.

Sunday 30 August, 1.00 – 5.00pm, Llwyn, Tregynon, Newtown SY16 3PP. Small colourful packed with interest. Pond, paths, hidden places and kitchen garden.

Monday 31 August, 1.00 – 5.00pm, Garthmyl Hall Garthmyl, Montgomery SY15 6RS. One acre walled garden, long herbaceous border, wildflower meadow, pond, grounds.

AUTUMN OPENINGS

5 to 13 September, 11.00am – 2.00pm, The Hymns, Walton, Presteigne LD8 2RA. Rainwater recycling, compost management, home propagation and plant rescue.

10 & 11 October, 9.00am – 5.00pm, Dingle Nurseries and Garden, Welshpool SY21 9JD. Internationally acclaimed RHS partner garden. Partial access to top areas over gravel path for those with mobility issues.

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LLANDOVERY ROTARY CLUB



Hello all!

As ever late May and June has been busy at Rotary.

As always we were primed and rearing to go and help with Marshalling the carnival.

With a fantastic turnout, the day was a huge success. A pre planning and preparation meeting was needed, of all places ... in the Whitehall!

In other news, last meeting we launched our annual duck race, on Sunday 30th August (bank holiday weekend). Various coloured ducks will make the journey from Dolau fields down to the swan bridge. Every one of the 2000 ducks tipped ceremoniously from a telehandler bucket. You are able to buy your ducks from rotary members, The Whitehall, Llandovery Rfc. Other locations will hopefully be available and we will update you via social media. Under the bridge we will set up the hurdles and trap where you will be able to see the winning duck cross the line. Many ducks last year had to be helped on the way by leaf blowers. Every duck was thankfully accounted for!

Go get your winning duck and be in with a chance to win £1000.

An absolutely fantastic afternoon out

Now on to other news!

This month we held our Annual General Meeting and club assemblies, providing an excellent opportunity to reflect on our achievements and set out our ambitions for the year ahead. We were delighted to be joined by our Area Governor, Gwenda Griffiths, from Ardal Aberystwyth who shared her insights and vision for the wider area and offered encouragement as we continue to develop our club and support our community.

The meetings allowed members to review the successes of the past year, discuss upcoming projects and events, and outline priorities for the months ahead. It was encouraging to see such enthusiasm and commitment from members, with a strong focus on growth, service,



fellowship, and making a positive impact within our local communities.

We would like to thank everyone who attended and contributed to the discussions. With clear plans in place and a dedicated membership, we look forward to another productive and successful year.

We have to move on to some very sad news, the passing of two previous rotary wives.

Sadly, on 23rd May 2026, Phyl Jones (previously Carew-Jones) passed away peacefully at the age of 97.

Phyl, of Maes Y Coleg, Llandovery, was well known and highly respected throughout the community for her many years of dedicated service as a Midwife and Staff Nurse at Llandovery Cottage Hospital. Through her caring nature, professionalism, and commitment to





Above all, Shirley will be remembered for her warmth, friendship, and genuine interest in those around her. She was immensely proud of her family and was a much-loved mother, mother-in-law, grandmother, and great-grandmother whose kindness touched many lives.

Shirley's connection to the club spans many decades, and her presence will be greatly missed by all who had the pleasure of knowing her. The thoughts of club members are with her family and friends as they remember a remarkable lady whose support, loyalty, and friendship enriched the life of the club for many years.



others, she touched the lives of countless families across the area.

Phyl was previously married to John Carew-Jones, a founder member of the Llandovery Rotary Club. During the club's formative years, she was a wonderful supporter of Rotary activities, always willing to lend her time, encouragement, and enthusiasm. Alongside John, she played an important role in helping to foster the strong sense of fellowship and community spirit upon which the club was built.

Many of our longer-serving members will remember Phyl with great affection for her warmth, kindness, and unwavering support. Her contribution to both the local community and the early years of the club will not be forgotten.

Our thoughts and condolences are with her family and friends at this sad time. She leaves behind a lasting legacy of service, compassion, and community involvement that will be fondly remembered by all who knew her.

Members of the club were saddened to learn of the passing of Shirley Brown, who passed away peacefully on 30th May 2026 at the age of 91.

Shirley, of Rock Cottages, Llandovery, was the beloved wife and soulmate of the late Tommy Brown, a founder member of the Llandovery Rotary Club. Throughout the years, Shirley was a familiar and valued part of the Rotary family, offering steadfast support to the club and its members.

Her commitment and dedication did not go unnoticed, and in recognition of her outstanding service and support, Shirley was honoured with a Paul Harris Fellowship, one of Rotary's highest awards. The fellowship reflected the respect and gratitude felt by members for the contribution she made behind the scenes and the role she played in supporting the club's activities and charitable work.

Well that's me signing off until next month.

Best wishes
Tim

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The 2026 Festival invites audiences to embark on an immersive musical journey exploring the profound connections between some of the world's most extraordinary composers. This year's festival presents a carefully curated programme that celebrates the timeless beauty, creativity, and expressive power of music across centuries.

Festival audiences will experience the elegant artistry of Henry Purcell, the poetic lyricism of Frédéric Chopin, the profound Romanticism of Johannes Brahms, and the luminous sound worlds of Claude Debussy. Through performances that illuminate the artistic dialogue



between these iconic composers, the festival offers fresh perspectives on their enduring influence and relevance.

In addition to these featured masters, the week-long programme showcases an outstanding selection of works by some of music history's most celebrated voices. Audiences can look forward to masterpieces by Vivaldi, Mozart, Tchaikovsky, Stravinsky, Schumann, Bernstein, Eric Whitacre, and many others, reflecting a rich and diverse musical landscape that spans periods, styles, and traditions.

"Through this carefully curated programme, the festival aims to bring together these iconic voices in music history, highlighting both their individual brilliance and the enduring artistic dialogue that connects them," said Festival Director Julia Jones. "Audiences will be invited to engage with music that continues to inspire, move, and resonate across generations."

To bring these wonderful works to life, we are delighted to welcome some of the finest international musicians of our time.

The exquisite **Heath String Quartet**, award winning **Lumas Winds Quintet**, Royal Harpist **Mared Emyr**, BBC Young Musician 2016 **Lucy Driver**.

Virtuosi pianists, **Luke Jones**, imaginative emotional with a prodigious technique (Tue. 14th – Chopin Recital) **Lucy Parham** (Thurs. 16th – Life and Loves of Debussy – describe by BBC music magazine as 'a must-see event') Lucy performs with real sensitivity and elan. While **Sir Simon Russell Beale**, narrator, is regarded as "the greatest stage actor of his generation" Our third pianist of the week (Wed. 15th. Violin/Viola/Piano Recital) is none other than **Simon Crawford-Phillips**, pianist/ arranger/conductor





with his duo partner, **Lawrence Power**, known as one of the finest violists of today. 'Two of the most internationally acclaimed musicians around.'

Don't miss our opening concert on 11th July when the singers and instrumentalists of the **Armonico Consort**, with newly written script, narrated by **Oz Clarke** perform Purcell's King Arthur. Step into an enchanting evening where music brings ancient myths and legends to life.

Sat. 18th Join us as we celebrate 'Cŵrddydd at 25yrs' one of Wales's foremost award-winning choir. Known internationally for their exhilarating standard and vast depth of sound.

This will be a perfect end to a week of outstanding performances.

Let's not forget our Free Lunchtime Recitals:

Wyn Turner – Organ, **Eleri Jones** – Harp, **Lesley Prosser** – Piano
Clara Grening (Soprano) **Caradog Williams** (Piano)
Gareth Jones – Organ

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THREE DISTINCT VOICES, ONE INSPIRING LLANWRTYD EXHIBITION

July brings an exciting celebration of creativity to Llanwrtyd Heritage & Arts Centre, with a special exhibition showcasing the work of three talented mid Wales-based artists: printmaker Paul Rickard, painter Renata Borkowska and mixed-media artist Elaine Jones.

Although each artist works in a very different style and medium, all three share a deep connection to the landscapes, histories and stories of Wales, creating an exhibition that promises both variety and inspiration.

Llanwrtyd Wells printmaker **Paul Rickard** presents a fascinating collection of original handmade linocuts, artist's books and examples of traditional bookbinding. A highlight of his contribution is *GLO-COAL*, a powerful body of work that has recently returned from a successful three-month exhibition at Galeri, Caernarfon. Drawing on

Wales's coal-mining heritage, the exhibition explores the industry's profound social, economic and environmental legacy. Some of the monochrome prints even incorporate pigments made from Welsh coal, creating a striking connection between subject and medium.

For **Renata Borkowska**, art is both a creative practice and a source of personal strength. Having moved from London to Wales, she found fresh inspiration in the country's dramatic coastline, woodlands and changing light. Working primarily in oils, Renata captures the beauty and tranquillity of the natural world with sensitivity and depth. Her paintings invite viewers to pause, reflect and share in the sense of peace and wonder that she experiences through her work.

Completing the trio is **Elaine Jones**, whose studio occupies a converted railway carriage in the hills between Cynghordy and Llandoverly. Inspired by the Carmarthenshire countryside, Elaine creates atmospheric landscapes, seascapes, floral studies, wildlife paintings and intuitive abstracts across a wide range of media. Her vibrant and diverse work reflects both her love of nature and her passion for encouraging creativity and wellbeing in others.

Together, the works of these three artists will offer visitors a rich and varied exhibition, ranging from thoughtful explorations of Welsh industrial history to evocative landscapes and expressive contemporary artworks. Whether you are a regular gallery visitor or simply curious to discover local artistic talent, this promises to be one of the highlights of the summer season.

Entry to the gallery is free of charge and the Llanwrtyd Heritage & Arts Centre is open Thursdays to Sundays, 10.00am – 4.00pm.



TWO SPECIAL 80TH BIRTHDAYS. TWO SPECIAL PEOPLE. WILLIAMS PANTYCELYN MEMORIAL CHAPEL



Val Jones – Many of you will know and love Llandovery's very own Val Jones! Val has lived in Llandovery since the 1970s on both Llanfair Rd and now Stone St. She has worked in a variety of well-known town institutions like the famous Smiths of Llandovery greengrocers, Llandovery College, Llanfair Grange (when it was a hotel) and also latterly The Old Printing Office. Val still works in The Old Printing Office, part time! She is married to the equally lovely Mr Peter Jones, originally from Llanwrda, and Val has a daughter, Sally, who is a nurse.

Val has had a long association, covering many ministers and decades with Williams Pantycelyn Memorial Chapel as a member, Sunday School teacher and for the last several years, Chapel Treasurer. Val is a stalwart of the faith and does so much careful work behind the scenes, that often goes unnoticed.

Val is involved in lots of Llandovery activities and clubs such as visiting friends, weekly Scrabble and of course the famous Tuesday night quiz (although she admits her team rarely win!!!).

Val was a youthful and energetic 80 years old on Tuesday, 9th June 2026. We celebrated with plenty of cake, flowers and chocolates in Memorial Chapel! Thank you Val for all your friendship, hard work and perseverance. Very many happy returns to you from all your friends and family in the chapel. Happy birthday!

Petru Musteata – Williams Pantycelyn Memorial Chapel has many members from the Llandovery area but others from further afield. But one of our members is from much further than others!

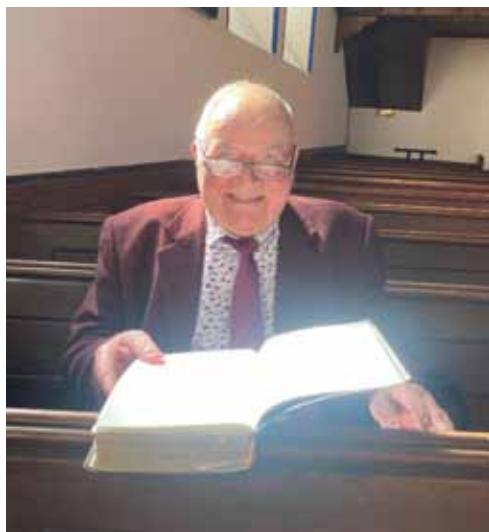
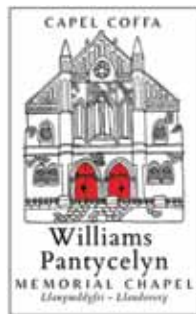
Petru Musteata is our dear friend and brother who is originally from Romania. The family are known and loved in our town of Llandovery and they have all been a blessing here over many years, contributing to the spirit and welcome of Llandovery. Petru has been committed to the church here in Memorial ever since the family came to Llandovery.

Petru's first language is Romanian and he has more English and Welsh than I have Romanian! Sometimes it can take a while to communicate, but this is where 'Google translate' has come in to help us!

It's been our practice in Memorial Chapel to translate the text on the overhead screen into Romanian, and any notes given out. In this way Petru has been fully involved in the life of the church here.

Petru is always full of joy. He has been an example to us all in that he always has a song in his heart, is always smiling and has that ability to rejoice at all times and in all circumstances. Petru always has a prayer or an encouragement to share, mostly in Romanian, but this too has been a huge joy to us.

Petru was 80 years old on May, 29th 2026 and he is soon moving on to a new adventure! The family are moving to the sunny island of Lanzarote, off the Moroccan coast, to settle there together and run a restaurant! We will miss you Petru and your beautiful family! Happy birthday and bon voyage, călătorie plăcută to you, Petru!!



LLANDEILO IN BLOOM 2026 – GROWING A COLOURFUL FUTURE TOGETHER



Llandeilo has long been known as a colourful and welcoming town, and over the past year Llandeilo in Bloom has helped that reputation flourish once again. What began as a small, community-led initiative has quickly grown into something that residents, businesses and visitors alike can feel proud of.

In its first year, Llandeilo in Bloom introduced friendly local competitions and entered the RHS It's Your Neighbourhood scheme as a "tester" project. We are delighted to share that the town was awarded a Level 3 award by the Royal Horticultural Society and Wales in Bloom – a fantastic achievement that reflects the enthusiasm, care and collaboration shown across the community.

Judges assessed three key areas: community participation, environmental responsibility and horticultural achievement. Their feedback highlighted not just the flowers and planting, but the way people

came together – neighbours, volunteers, businesses and local organisations – to enhance shared spaces and create a stronger sense of pride in Llandeilo.

Last year's competitions brought colour and creativity to every corner of the town, from sunflowers stretching skyward to vibrant hanging baskets, wildlife-friendly gardens and beautifully planted business displays. Generous support from local sponsors and partners made this possible, along with the dedication of those who planted, watered and cared for displays throughout a very warm summer. A special highlight was the introduction of the Mayor's Choice Award, with a unique trophy created by Onnen Studios, ensuring a lasting legacy for years to come.

As we look ahead to the coming season, the message is simple: let's build on this success together. Whether you have a large garden, a small window box, a business frontage or simply time to help water a planter, there is a place for everyone in Llandeilo in Bloom. Taking part is about more than flowers – it is about wellbeing, connection, and creating an environment that lifts spirits and welcomes visitors.

Plans are already underway for this year, with hopes of even greater participation and continued progress within the RHS scheme. With spring approaching, now is the perfect time to start planning, planting and sharing ideas.

A colourful town in bloom is a happy town – and together, Llandeilo can continue to grow, thrive and shine.



LOCAL TALENTED TRAINEES POWER THE SUCCESS OF AMMANFORD ACCOUNTANCY FIRM



Local talented trainees are the lifeblood of rural accountancy firm, Ashmole & Co, which has offices throughout south and west Wales. Mia Harries, from Gorslas, recently started with the Ammanford team as a Trainee Accountant after completing her A Levels.

Ashmole & Co is committed to supporting its local communities by employing local talent, from trainee accountants to customer services, every member of the team is sourced from within the region.

Mia joined Ashmole & Co after gaining her A Levels at Ysgol Gyfun Gymraeg Maes Y Gwendraeth. She is now studying for her final exam of AAT level 2 with Coleg Sir Gar as part of the traineeship with Ashmole & Co.

As a Trainee Accountant, day to day, Mia completes various tasks relating to preparing accounts, VAT and tax returns for clients including local businesses, sole traders, partnerships and limited companies.

Laura Craddock, Partner in the Ammanford Ashmole & Co office, said, "It is important as a profession that we help nurture the next generation of professional accountants. Trainee staff members are the lifeblood for the future success of our firm. We are a local business and our commitment to sourcing local talent stems from our belief that the success of our business is closely tied to the well-being of the community around us. By hiring locally, we can help build a more robust and resilient economy."

During her spare time Mia enjoys playing netball and walking. When she isn't studying for her AAT exams, she enjoys camping and spending time with her family and friends.

Mia said, "I'm grateful to Ashmole & Co for giving me this opportunity as a trainee. I was fortunate to be able to gain work experience for one day a week with the firm while I was doing my A Levels and that influenced my decision to pursue this career. It is very rewarding to be able to learn new things at college and implement them while in the office."

Ashmole & Co are one of the largest chartered certified accountants in south Wales. The rapidly expanding and modern firm often has job opportunities for enthusiastic individuals both qualified and non-qualified within the organisation. If you feel you have the qualities to be part of the team at Ashmole & Co, please email, with your CV attached, to AshmoleHR@ashmole.co.uk. Alternatively, apply for a specific vacancy listed on the website: www.ashmole.co.uk

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REES INSPIRES THE DROVERS TO RGC TROPHY WIN

EBBW VALE 10 – LLANDOVERY 27



Llandovery claimed their first SRC Trophy with a stunning performance, turning over hot favourites Ebbw Vale on their own Eugene Cross Park fortress writes Huw S Thomas.

And for their brilliant little captain and scrum half, Lee Rees, it was a fairy tale ending in his last ever appearance for the Carmarthenshire club.

Rees was once again in the heart of the action in his 402nd game, running and passing with a sprightliness that belied his 35 years, finishing off his career in great style with the final try in his final game.

The game was a contrast in style, Llandovery swinging the ball about in their own inimitable way, Ebbw Vale relying on their pack to manufacture chances.

The win was then a triumph for invention and adventure, over power and possession rugby, the winners playing an expansive game that proved all too quick for the Steelmen.

The Llandovery band wagon keeps rolling on, claiming silverware for the third consecutive season under their canny coach Euros Evans and his astute Ammanford assistant Gareth Potter.

After doing the tremendous Premiership treble of top of the regular season, play off and Cup winners in 2023-2024 and winning last year's SRC Cup, they kept up their excellence this season.

They finished fourth in the regular table, just lost the SRC Cup final to Newport 28-25 and ended the season in style to be only the second winners of the newly introduced Trophy following in the footsteps of 2025 champions Newport.

For Euros Evans, supported in the stand by his close family, it was a proud moment, his usually straight face breaking into a very rare smile of fulfilment.

"We have enjoyed many moments but that performance must rank as my favourite"

"Few thought we could upset the Steelmen on their own patch but the boys put together a performance of such commitment, quality and entertainment that it made for one of the great days in the club's history"

"What was so great to see was how the young members of the side coped so well on the big stage to supplement the work of the long serving players."

In truth, Lampeter product and lock Harry Holden, centre Kian Abraham and back rowers Dan Gemine and Evan Sheldon confirmed their potential but the stars of the game were the tried and tested – centre Rhodri Jones, prop Jamie Hughes, lock Joe Powell and the booby dazzling Rees

Not that this win was anything other than a huge team effort with vital contributions from the trio of Scarlets.

Tight head prop Gabe Hawley, hooker Harry Thomas and full back Jac Davies played with an authority that is deserving of a professional contract.

Davies, in particular, was by far and away the classiest player on the field, his elusive counter-attacking ringing continual alarm bells in the Ebbw ranks.

The margin of victory would have been greater if the Drovers had not squandered enough chances to have put the game to bed by half time.

Fly half Ian Hughes carelessly put his foot on the dead ball line in the act of scoring and easy penalties were not accepted in pursuit of tries.

The Drovers were somehow behind 10-3 after a penalty from fly half Evan Lloyd and converted try from hooker Corey Lewis from a typical close range line out drive.

Hughes had kicked a penalty even though Powell was off for a high tackle before a good old fashioned punch up ended with both Llandovery flanker Tom Curry and Ebbw lock Curtis Gregory sin binned.

When scrum half Jon Evans was yellow carded for a professional foul, Llandovery struck against the 13 men.

Rhodri Jones cut a wonderful angle before shrugging off tackles to twist over for arguably his finest ever try, Hughes converting to tie the score 10-10 at the break.

The crowd of over 2,000 expected to see Ebbw use the strong second half wind to their advantage to build up close range attacks by their heavy forwards.



All photos by kind permission of Stuart Ladd.



The Drovers, however, got cleaner possession at the line out through the remarkable Powell and after Abraham had made a searing break, the game exploded into life.

Flying wing Harry Doel finished off a patient build up by the forwards before the nimble footed Davies cut through to send Doel haring away for his two minute double.

With a Hughes conversion, Llandovery were clear 22-10 before the Ebbw forwards tried to force their way over from close range on several occasions.

They were met by fierce and brave defence, replacement flanker Tiaan Sparrow stealing one turnover under his posts.

The red-capped Doel was near to a hat trick, Hughes missed a penalty before Rees encapsulated his long standing brilliance by hacking the ball upfield to be the first to the rolling ball.

When wing Mitch Rankine dropped the ball with the line at his mercy, the home goose was cooked.



Rees saved a try with an ankle top on hooker Lewis but when desperate Ebbw lock Dylan Bartlett was red carded for a brutal clear-out, Llandovery were home and dry.

Ebbw captain Dom Franchi candidly admitted "the better side won and we need to get nearer the Llandovery way of playing"

Ebbw Vale

Tries: C Lewis

Con: E Lloyd

Pen: E Lloyd

Llandovery

Tries: H Doel (2), R Jones, L Rees

Con: I Hughes (2)

Pen: I Hughes

Ebbw Vale: D Edwards; M Rankine, E Phillips, D Franchi (capt), D Thomas; E Lloyd, J Evans; L Garrett, C Lewis, A Williams, D Bartlett, C Gregory, A Bateman-Lloyd, O Conquer, S Parry

Replacements: J Talamai, A Court, M Bosanko, D Burrows, L Young, G Tough, C Davies, R Gardner

Llandovery: J Davies; H Doel, K Abraham, R Jones, Aaron Warren; I Hughes, L Rees (capt); J Hughes, C Lewis, G Hawley, H Holden, J Powell, D Gemine, E Sheldon, T Curry

Replacements: H Thomas, S O'Connor, B Watkins, K Jones, T Sparrow, J Maynard, Adam Warren, L Setaro





AMGUEDDFA LLANYMDDYFRI
a Phorth Ymawlyr

LLANDOVERY MUSEUM
& Visitor Gateway



HMHS Llandovery Castle

MUSEUM NOTES

THE GLOBAL LEGACY OF LLANDOVERY

Llandovery may be a small market town in the heart of Carmarthenshire, but its name has travelled far beyond the Towy Valley. From the Caribbean to the North Atlantic, and from sugar plantations to hospital ships, Llandovery has left an unexpected mark on world history.

One of the most surprising connections is found nearly 4,500 miles away in Jamaica. During the eighteenth and nineteenth centuries, British settlers often named plantations after places they knew at home. Among them was the Llandovery Sugar Estate in Saint Ann Parish, which became an important part of Jamaica's agricultural economy for almost 300 years.

The earliest recorded ownership dates from 1770, when Samuel Whitehorn transferred the estate to James Rigby Whitehorn. Like many Caribbean plantations of the period, its wealth depended on the labour of enslaved Africans who cultivated sugar cane and worked in the production of sugar and rum. In 1952, Llandovery was merged with the neighbouring Richmond Estate to form the Richmond-Llandovery Estate. As Jamaica's sugar industry declined, processing eventually ceased in 1970,

bringing an end to a significant chapter in the area's history.

The estate's origins may go back even further. Records held by the National Library of Jamaica suggest that the land was once owned by Sir Henry Morgan, the Welsh privateer who later became Lieutenant Governor of Jamaica. Born in Monmouthshire, Morgan acquired extensive estates across the island and frequently gave them Welsh names. Llandovery was one of several Jamaican places whose names reflected his Welsh roots.

The estate also gave its name to nearby Llandovery Falls, now better known as Konoko Falls. Situated close to Ocho Rios, the waterfall became one of Jamaica's best-known natural attractions. Its fame grew when a photograph taken by James Johnston was chosen for Jamaica's first one-penny postage stamp, making the falls familiar to people throughout the island and beyond.

The name Llandovery also crossed the oceans aboard one of the British Empire's great passenger liners. In 1913, the Union-Castle Line launched the Llandovery Castle, named after the medieval castle that still overlooks the town. The vessel served routes to Africa and was part of a fleet whose ships carried the names of historic British landmarks around the world.

With the outbreak of the First World War, the ship was requisitioned and converted into a hospital ship. Renamed HMHS (His Majesty's Hospital Ship) Llandovery Castle, she was painted with Red Cross markings and equipped to carry hundreds of wounded soldiers. Serving the Canadian Army Medical Corps, she became an important link between Europe and North America during the war.



Sir Henry Morgan



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Tragedy struck on 27 June 1918 when the ship was torpedoed by a German submarine off the coast of Ireland. The sinking claimed 234 lives, including fourteen Canadian nursing sisters. Reports that survivors in lifeboats had subsequently been attacked caused international outrage. The loss of HMHS Llandovery Castle became one of the most notorious maritime incidents of the war and remains the deadliest Canadian naval disaster of the conflict.

These remarkable connections demonstrate how the name of our small Welsh town came to be known across the world. Through colonial settlement, the sugar trade, maritime commerce and wartime service, Llandovery's name spread from rural Wales to the Caribbean and the Atlantic Ocean. Whether attached to a Jamaican estate, a famous waterfall, a passenger liner or a hospital ship, each connection forms part of a wider story of Welsh influence far beyond Wales itself. Today, the ruins of Llandovery Castle remain a familiar landmark, quietly reminding us that even the smallest towns can leave a lasting mark on global history.

Llandovery Museum and Visitor Gateway is open Tuesday-Saturday between 11.00am and 2.00pm. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.

Contact us at: enquiries@llandoverymuseum.wales.org or drop in to speak to us.



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WRITE-ON REV!

Dear Friends,

We are delighted to welcome the Revd Judy Wright as the newest member of the ministry team serving the churches and communities of Bro Dyfri. Judy and her husband Kevin have recently made their home in Llandovery, and we are excited to have them with us. Judy was ordained Deacon in Salisbury Cathedral in 2025, having previously served as a Licensed Lay Minister and later as a Curate in Wiltshire. Judy is passionate about helping people discover more about Jesus and grow in their faith. Over the years she has been involved in all sorts of ministry, including pastoral care, work with children and families, healing ministry, worship leadership, and community outreach. Together, Judy and Kevin have also helped establish a variety of community projects, from flower festivals and Christmas Tree Festivals to Men's and Women's Sheds, creating opportunities for friendship, support and learning new skills. Their heart has always been to build connections and bring people together. Judy joins us at an exciting time as the Bro Dyfri ministry team continues to grow. Across our churches we are working to be places of welcome, friendship and hope for everyone. Whether you come every week, haven't been to church for years, or are simply curious, you will find a warm welcome waiting for you. We look forward to getting to know Judy and sharing this next chapter together.

Father Neil, The Vicarage, Llandovery.

JUST GOOD FRIENDS

Rehearsals are hotting up as the dates for Just Good Friends' performance of *The Producers* draw nearer. No sweat. The company has been presenting an annual performance since 2003, with their first offering of *Little Shop of Horrors*.

The ensemble has grown since then, with one change of director from the wonderful Sian Morris, who founded the group with her daughters Emma and Kate, to Ollie Goulstone, who has stepped up to the plate admirably.

Every performance by Just Good Friends over the years has people in fits of laughter and enjoyment. This year's offering promises more of the same. The venue is St Peter's Civic Hall, Carmarthen. The dates are Wednesday 29th July, Thursday 30th July and Friday 31st July. Performances start at 7.30 pm. Tickets £14 adults, £12 OAPs/U16s: telephone 0333 666 3366 or www.ticketsource.co.uk/just-good-friends

POSTDATUM

Producers of

The Post

Church Services

E-English W-Welsh B-Bilingual

ST CWRDAF'S, LLANWRDA (a Bro Dyfri Church)

5 Jul 9.30am Bilingual Ewcharist

19 Jul 9.30am Bilingual Ewcharist

Further information please contact

neilhook@cinw.org.uk | 07706 496541

ST SADWRN'S, LLANSADWRN (a Bro Dyfri Church)

5 Jul 11.15am Bilingual Ewcharist

19 Jul 10.00am Morning Prayer

Further information please contact

neilhook@cinw.org.uk | 07706 496541

ST PAUL'S, MANORDEILO (a Bro Dyfri Church)

12 Jul 9.30am Morning Prayer

26 Jul 9.30am Bilingual Ewcharist

Further information please contact

neilhook@cinw.org.uk | 07706 496541

ST CYNWYL'S, CAIO (a Bro Dyfri Church)

5 Jul 9.30am Eucharist

19 Jul 9.30am Eucharist

Further information please contact

neilhook@cinw.org.uk | 07706 496541

ST SAWYL'S, LLANSAWEL (a Bro Dyfri Church)

5 Jul 11.15am Morning Prayer

12 Jul 11.15am Bilingual Ewcharist

19 Jul 11.15am Morning Prayer

26 Jul 3.00pm Messy Church

Further information please contact

neilhook@cinw.org.uk | 07706 496541

ST MICHAEL'S, MYDDFAI (a Bro Dyfri Church)

5 Jul 11.15am Morning Prayer

12 Jul 11.15am Bilingual Ewcharist

19 Jul 6.00pm Evening Prayer

26 Jul 11.15am Bilingual Ewcharist

Further information please contact

neilhook@cinw.org.uk | 07706 496541
judywright@cinw.org.uk | 07584 562313

ST DINGAT'S, LLANDOVERY (a Bro Dyfri Church)

5 Jul 8.00am 1662 Eucharist

9.30am All Age Worship

12 Jul 9.30am Bilingual Ewcharist

19 Jul 9.30am Morning Prayer

26 Jul 9.30am Bilingual Ewcharist

Further information please contact

neilhook@cinw.org.uk | 07706 496541
judywright@cinw.org.uk | 07584 562313

ST SIMON & JUDE, LLANDDEUSANT (a Bro Dyfri Church)

12 Jul 18.00pm Evening Prayer

26 Jul 11.15am Bilingual Ewcharist

Further information please contact

jeffthomas@cinw.org.uk | 01550 777758

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

5 Gorffennaf 11.15am Y Boreol Weddi

19 Gorffennaf 11.15am Ewcharist

neilhook@cinw.org.uk | 07706 496541

ST MARY'S, CYNGHORDY (a Bro Dyfri Church)

12 Jul 9.30am Eucharist

26 Jul 11.15am Eucharist

Further information please contact

timnelson@cinw.org.uk | 07368 496917

ST CADOG'S, LLANGADOG (a Bro Dyfri Church)

5 Jul 9.30am Bilingual Ewcharist

12 Jul 9.30am Bilingual Matins

19 Jul 9.30am Bilingual Ewcharist

26 Jul 9.30am Bilingual Matins

Further information please contact

jeffthomas@cinw.org.uk | 01550 777758

ST BARNABAS'S, RHANDIRMWYN (a Bro Dyfri Church)

5 Jul 9.30am Eucharist

12 Jul 9.30am Eucharist

19 Jul 9.30am Eucharist

26 Jul 9.30am Morning Prayer

Further information please contact

timnelson@cinw.org.uk | 07368 496917

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

5 Jul 11.15am Bilingual Ewcharist

12 Jul 11.15am Morning Prayer

19 Jul 11.15am Bilingual Ewcharist

Further information please contact

jeffthomas@cinw.org.uk | 01550 777758

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

5 Jul 11.00 Holy Communion

12 Jul 11.00 Holy Communion

19 Jul 11.00 Holy Communion

26 Jul 11.00 Holy Communion

A warm welcome is extended to all from any denomination and visitors who are able to join us.

Ann Thomas, Churchwarden 07788 789195
mathomas056@gmail.com

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

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.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)

Services every Sunday

10.30 Worship and Communion Service.

(Also Sunday School for under 15s)

5.00pm Evening Service.

Tea and biscuits following.

Contact: E. Gilbert. 01558 685763.

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

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

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Morning Prayer

2nd Sun 9.00am Morning Prayer

3rd Sun 9.00am Morning Prayer

4th Sun 9.00am Eucharist

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

HOLY TRINITY CHURCH, TALIARIS

12 Jul 9.30am Holy Communion

26 Jul 9.30am Morning Service

Normal services:

2nd Sunday – Holy Communion

4th Sunday – Morning Service

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY CHURCH, PONTARGOTHI

1st Sun 10.00am Morning Prayer

2nd Sun 10.00am Morning Prayer

3rd Sun 10.00am Morning Prayer

4th Sun 10.00am Eucharist

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

5 Jul	2.00pm	Afternoon Prayer followed by a Cuppa in the Hall, Pilgrim Prayers.
8 Jul	5.00pm	Bring and Share Lunch then Communion Service and baptism at 2pm with Canon Sian followed by a Cuppa in the Hall.
19 Jul	1.00pm	
25 Jul	2.00pm	Quiet Space – a time of reflection and contemplative prayer.
2 Aug	2.00pm	Afternoon Prayer followed by a Cuppa in the Hall.

Like many churches out in the countryside, we are facing possible closure in early 2027 – if you want to know more, want to help and/or would like to receive the Supporters Newsletter then email Churchwarden Andrew Tait on LLRYC@amtas.co.uk.

To find us: What3Words: gain.agent.acid

Check out our Facebook page for changes/updates: "St Michael's Church Llanfihangel Rhos y Corn".

LLANEGWAD CHURCH

2nd Sun 10.30am Morning Prayer

3rd Sun 10.30am Morning Prayer

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) Mass now 4.00pm

For other details see notice board

Fr Donatus Chukwuedo

Tel. 01269 267382

Email: ammanford@menevia.org

ST. JOHN'S CHURCH, FELINGWM

4th Sun 2.00pm Eucharist

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service

3rd Sun 9.30am Bilingual Service

See church noticeboard for special services

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

Tuesday drop-in prayer and reflection from 11.00am – 12.00pm

Pastor: Patrick Thomas

E mail: williamsmemorial@outlook.com

Mobile: 07774 533804

www.williamspantycelyn.co.uk



WHAT'S HAPPENING IN JULY 2026 @WILLIAMS PANTYCELYN MEMORIAL CHAPEL, LLANDOVERY?

Wednesday, 1st – 'Cefnogi' Support Centre
Sunday, 5th – Sunday 11.00am – Mr Jim Platt
Tuesday, 7th – Prayer Meeting 11.00am
Wednesday, 8th – 'Cefnogi' Support Centre
Sunday, 12th – Sunday 11.00am – Mr David Pike
Tuesday, 14th – Prayer Meeting 11.00am
Wednesday, 15th – 'Cefnogi' Support Centre
Sunday, 19th – Sunday 11.00am
Tuesday, 21st – Prayer Meeting 11.00am
Wednesday, 22nd – 'Cefnogi' Support Centre
Sunday, 26th – Sunday 11.00am
Sunday, 26th – Patrick preaching in Horeb, Crai
Monday, 27th – Blaenos Care Home Worship
Tuesday, 28th – Prayer Meeting 11.00am
Wednesday, 29th – 'Cefnogi' Support Centre

REGULAR EVENTS IN JULY 2026 IN THE BRO DYFRI LMA CHURCHES

EVERY MONDAY: Vestry Venture – Friendship & Free Refreshments

A relaxed social club for all ages at St Sadwrn's, Llansadwrn, 3.00 – 5.00pm (term time). Enjoy tea, chat, games and toys for children and the young at heart. Free, informal and open to everyone. Croeso i bawb / All welcome.

EVERY TUESDAY: Bright Sparks – Pre-School Fun & Friendship

A friendly pre-school group with play, crafts, songs and stories at St Dingat's, Llandovery, 9.30 – 11.00am (term time). Safe, welcoming and open to all families, with refreshments provided. DBS-checked volunteers. Completely free. Croeso i bawb.

EVERY TUESDAY: Bro Dyfri LMA Bell Ringers

Practice at St Dingat's, Llandovery, 6.00 – 7.30pm. Beginners and experienced ringers welcome. Full training provided, no experience needed. A fun way to support church and community life. Contact Clare Alexander (cia400@hotmail.co.uk) or Dan Jones (jonesdaniel10@sky.com).

MOST WEDNESDAYS: Time 4 A Cuppa

Join us on Wednesday 08 July in Llandingat, Wednesday 15 July in Llangadog, and Wednesday 22 July in Llansadwrn this month from 10.30am – 12.00 noon. The church doors are open, the kettle is on, and everyone is welcome to drop in for a cup of tea or coffee, a biscuit, and friendly conversation. There is no programme and no pressure ... Croeso i bawb / All welcome!

EVERY THURSDAY: Families Together – Free Activities for Families

At Ysgol Rhys Prichard, 9.30 – 11.00am. For families with at least one child aged 0–11, led by Sam from our Diocesan Plant Dewi Team. Activities, play and friendship in a welcoming setting. Completely free and open to all.

WHEN THE NEWS SHOCKS US, HOW SHOULD CHRISTIANS RESPOND?



Every day we are confronted with headlines that disturb us. War, violence, corruption, injustice, and suffering fill our screens and demand our attention.

As followers of Christ, it is right that these things trouble us. The Holy Spirit lives within us, and anything that stands in opposition to God's holiness, goodness, and love should grieve our hearts.

But what should we do next?

Should we consume every report, analyse every detail, and spend our days discussing how terrible everything has become? Should we allow fear, anger, and anxiety to dominate our thoughts?

Jesus said:

"In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

Again and again, Scripture tells us, *"Do not let your hearts be troubled."*

The enemy would love us to become consumed by bad news. He wants us focused on the problem rather than on the God who is greater than every problem. Left unchecked, negative thoughts multiply, leading us into fear, despair, and hopelessness.

Yet most of the events that trouble us are beyond our direct control. We cannot personally solve international conflicts, reverse tragedies, or change the hearts of world leaders.

But we can pray.

Prayer is not a last resort for powerless people. It is the first response of those who know the Almighty God.

When we pray, we bring our concerns before the Creator of heaven and earth - the One who has the power to save, heal, restore, and transform. We shift our focus from the crisis to Christ.

The devil wants us to believe that prayer accomplishes little. Scripture teaches the opposite. *"The one who is in you is greater than the one who is in the world"* (1 John 4:4).

We are not called to despair. We are called to faith.

We are not called to panic. We are called to pray.

We are not called to be overwhelmed by darkness. We are called to stand in the gap for those who suffer and bring their needs before the throne of grace.

There is power in the name of Jesus.

There is power in prayer.

So the next time the headlines leave you troubled, do not remain trapped in anxiety or outrage. Lift your eyes higher.

Turn your concern into prayer.

Turn your fear into faith.

Turn your attention from the problem to the God who still reigns over all things.

The world may be shaken, but our God remains faithful, and His promises remain true.

If you would like to explore these questions further or simply share a conversation, you are invited to connect with us at St Barnabas Church, Rhandirmwyn, Llandinog Church, or Williams Pantycelyn Memorial Church in Llandovery, where a warm welcome awaits you. Alternatively, please look at the list of churches towards the back of this booklet to find a church near you.

TOWY & COTHI HUNT 250 CLUB

held at The White Hall on the
9th September 2026

- £15 Tony Lincoln, Old Vicarage, Rhandirmwyn
- £15 Ann Jones, Divlyn, Cilycwm
- £10 Arwyn Lewis, Ardwyn, Broad St
- £10 Mark James, Cilposte, Silo
- £5 Kevin Jones, Llanerchgoch, Halfway

House prize: Lynne Davies, Maesneuadd

Next 250 Club meeting on the 9th July 2026 at
Llandovery Rugby Club

READERS' SALES & WANTS

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

FOR SALE

- **2 Trek Navigator touring Bikes.** Both have front fork suspension and both have soft sprung seats with full mud guards, one is a 16.5 inch frame and one is 14.5 inch frame, they have 21 speed gears and bontrager soft comfort tyres. They have had very little use since new and are in excellent condition, £400 for the pair or could split. Sennybridge area on 07791 851764.
- **The following items are going cheap.** Make an offer. 240 volt Bosch strimmer. Gardenwater oscilating sprinkler. Fern router (new). Paint sprayer. 9ins chimney cowl (new). Border edging tool. Garden shears. Folding canvas stool. Mattock. 2 Rugs 5ft 3ins x3ft wool. Profesional Valve lifter. Set of rubber car mats. Curtain rail (new). Lots of Records. Plus many more items. Tel 07761 107055.
- **Wooden garden chairs/recliners x4.** Upholstery green floral. Very little use and stored indoors, £70. Tel: 01550 779214 or 07837 868490.
- **Two single futons,** as new, with mattresses, green, with fire retardant labels, £70 each ono. Tel: 07951872013 (Llangadog).
- **AL-KO Solo 5001-R1N,** Scythe Mower. 139cc Lancin, High Performance Petrol Engine, used once, in very good condition but no longer required, £750. Location, near Erwood. Contact 07833 370410.
- **Singer sewing machine** with case, £30. Tel: 01558 824130.
- **The Handy 2200W electric horizontal 6 ton log splitter** with guard, £120. Tel: 01550 777832.
- **Weihrauch HW100 sport gun** 5.5mm/2.2cal with Hawke scope in excellent condition with gas cylinder and carrying bag, £550. Tel: 01550 777832.
- **Two modern wooden office desks,** excellent condition – single pedestal 3 drawer 4'6" w x 2'6" d x 28" h. Double pedestal 4 drawers L.Hand, 3 drawers R.Hand 5' long 2'4" deep 30" high, offers. Tel: 01558 650186 Caio, (Llanwrda area).
- **Hayter Harrier Lawn Mower** with roller, £150 ono. Tel: 07977 121201.
- **Younger Furniture bed frame** with headboard and end frame, 4'6, good condition, teak colour. Tel: 07977 121201.
- **Teak/Cherry colour coffee table** with shelf, 3ft x 3ft, good condition, offers. Tel: 07977 121201.
- **New Royal Sovereign 100% wool carpet,** 9ft x 13ft, colour oatcake "creamy colour", £100 ono. Tel: 07977 121201.
- **Yamaha EZ63 keyboard** with stand, as new, £150. Tel: 07896 316132.

- **Ladies Pendleton classic bicycle,** 7 speed gears, front basket, rear carrying rack, as new, £150 ono. Tel: Nic on 07960 363788 or email: nbeechsquirrel@gmail.com
- **Pink flower print duvet set,** new, £15 (packaged). Tel: 07790 384670.
- **Duvet set with leaf pattern,** white/grey, double size, new, £15 (packaged). Tel: 07790 384670.
- **Large framed picture,** VW Campers, new, £10. Tel: 07790 384670.
- **Painting of Pantycelyn Farm (William Williams)** by Lon Owen, Local Artist, £15. Tel: 07790 384670.
- **Large canvas print of Autumn Scene with couple,** was £45 now £15. Tel: 07790 384670.
- **Blue Peter signed picture,** framed, £25. Tel: 07790 384670.
- **The Beatles Anthology book,** was £35 now £20, VGC. Tel: 07790 384670.

MISSING



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contact Maureen
07956 325239

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. 03/27(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. 08/26(12)

LHP ACCOUNTANTS is a well-respected accounting firm located in the heart of Llandovery. Known for its commitment to providing comprehensive accounting services, tax advice and audit services. LHP Accountants is more than just a service provider; they are a partner in your financial success. Whether you're a small business owner, a growing company, or an individual looking for financial guidance, LHP Accountants is equipped to support your journey. Get in touch for your first free consultation with our friendly experts. Address: 31 High Street, Llandovery | Phone: 01550 910910 | Email: llandovery@lhp.co.uk | www.lhp.co.uk 02/27(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 11/26(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – Extensions, new build, replacement dwellings, loft conversions, schedules, specifications, tendering and overseeing of work. Planning and Building Regulation applications, All grant work working locally for 35 years. Contact Nick Brown, Criafolen, Llansadwrn, Llanwrda, Carmarthenshire SA19 8LE on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 07/27(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. 06/26(12)

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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. 04/27(12)

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COMPLEMENTARY THERAPIES

REFLEXOLOGIST: CAROL DEBORAH LORD IHHHT ICHT FHT. Fully qualified & insured member of the Federation of Holistic Therapists for 25 years. Reflexology – An hour long relaxing treatment on the feet which re-balances the systems of the body and releases toxins that can cause ill health. Treatment creates a feeling of calmness and well-being. Also a soothing treat for the feet including a warm foot soak and moisturising foot massage, reviving fatigued and aching feet. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753, Mon – Fri, 9am – 5pm. 09/26(12)

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POSTDATUM. Typesetting & Design • Booklets • Leaflets Business Cards • Invoice Pads • Letterheads • Raffle Tickets Function Cards • Gift Cards • Calendars • 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. Open: Mon – Thurs, 9.30am – 5.30pm. Email: info@postdatum.co.uk, Tel: 01550 721225, www.postdatum.co.uk

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COUNSELLING

CATHRIN WILDWOOD – As a qualified therapist with 20 years of experience, I am committed to offering a counselling and psychotherapy service locally, which is dedicated to providing a safe, sensitive and supportive listening space where your feelings and concerns can be explored and shared. Together we can make sense of what is happening for you, as I support you through a time that may be difficult right now, or help you find where you want to be in life. Come and feel more alive, free and at home with yourself. I work with young people and adults, offering face-to-face sessions in Cilgwm or online via Zoom. www.cathrinwildwood.co.uk cathrin@cathrinwildwood.co.uk 07870 888141. 09/26(6)

RELATIONSHIP COUNSELLING – Having completed a Higher Diploma in Counselling at Coleg Sir Gar, I was trained in couple counselling by Relate and worked for them for 16 years in Carmarthen and Brecon. Since 2023, I have been registered with the British Association of Counselling and Psychotherapy (search on www.bacp.co.uk for my full profile), working as a sole practitioner seeing both couples and individuals in Llandeilo and on Zoom. Claire Mansel Lewis 07773 474048 clairemansellewis@icloud.com 10/26(6)

KIRSTIN HEIDLER – I offer counselling for individuals and couples, providing a warm, thoughtful space to explore relationship challenges, life transitions, difficult emotions and questions of meaning. Alongside my counselling training, I bring 12 years of experience offering communication training and supporting relationships and conflict resolution. My approach helps people move beyond analysis and connect more deeply with what is happening beneath the surface, where lasting change can begin. Sessions online or by home visit within 25 minutes of Llandovery. 07782 810507. <https://kirstinheidler.co.uk> 12/26(6)

ELECTRICIANS

V.W. REES (Llandeilo). For all aspects of domestic electrical wiring and upgrades, including fault finding and repair. All work Guaranteed. No Job too small. For a prompt, reliable service. Tel. 07790 568072. 05/26(6)

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RASHBROOK FINANCIAL PLANNING. Based locally in Llansadwrn. Financial Advice for individuals, families and business owners. I provide expert guidance on pensions, investments, retirement planning, wealth management and protection, helping you make confident financial decisions for the future. 07795 693789 george.rashbrook@sjpg.co.uk 12/26(12)

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 12/26(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 09/26(12)

THE HAPPY GARDENER. No job too small, friendly and reliable service. Call Scott 07376 383147. 11/26(6)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, headstones cleaned, graves and curbs rebuilt, inscriptions regilded and repainted, based in Llandovery. Tel: 07805 694016 Email: gabriel@hummerstone.wales www.hummerstone.wales 08/26(12)

JOINERY

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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. 09/26(12)

OPTOMETRIST

At **INSIGHT EYECARE**, we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: insighteyecare@llandovery.org. Find us on 8 Stone Street, Llandovery, SA20 0JR. Optometrist: Sara Tidey. 12/26(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 03/27(12)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include 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. 09/26/12

HOME HELP AND PETCARE: Offering reliable friendly service, cooking cleaning, light gardening, dog walking, pet sitting, equine and livestock care. Insured. Contact Becky 07901 552978 email: beckyandmoff@gmail.com 06/26/12

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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. 10/26/12

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PROPERTY MAINTENANCE

At **ALL ASPECTS PROPERTY SERVICES**, we bring over **35 years of experience** in renovation and maintenance. Based near Llandovery, we cover all **major trades – carpentry, electrics, plumbing, plastering, bathrooms**, and more – all at competitive prices. We travel to you and guarantee **high-quality service**. Call now: 07943 782246, Email: info@allaspectspertyservices.co.uk or visit us: allaspectspropertytervices.co.uk Quote **WINTER10** for a **10% discount** through November, December and January. 12/26/12

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 10/26/12

SPORTS FACILITIES

LLANDOVERY SQUASH CLUB: New members of all abilities are very welcome at Llandovery Squash Club, situated opposite Llandovery 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 will automatically have their membership extended to March 31st of the following year. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm - 9.00pm all existing & prospective members are encouraged to attend. We have 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 05/27/12

TUITION

MATHS & SCIENCE TUITION Primary level to GCSE. Qualified teacher with years of experience with a wide range of abilities and needs. Transform your child's confidence and outlook. "My son is really buzzing after the lessons." Year 10 parent. "From U in mocks to A at GCSE! Thank you!" Year 11 parent. "My daughter's maths skills have leapt forward!" Year 4 parent. Fully insured and enhanced DBS certificate. Phillip Creasey 07449 922639 07/26/12

WINDOWS & EXTERIOR CLEANING

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RClean-Wales SPECIALISTS IN EXTERIOR CLEANING Est 2006. We provide: Domestic and Commercial – Window Cleaning – Gutter Cleaning and unblocking – Softwashing of k-rend, brick, concrete walls, Pressure washing of drives, patios, decking. Covering postcode areas SA18, SA19, SA20, SA31, SA32, SA33. And surrounding areas. www.RClean-Wales.co.uk Call or text us on 07773 900777 Email info@rcleanwales.co.uk Facebook @rcleanwales 03/27/12

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The Post

Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points
○ = Ref. Points Only



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£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)				
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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.
Myddfa: 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.

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

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.
Tuesday – Saturday, 11.00am – 2.00pm
Email: enquiries@llandoverymuseum.wales
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

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/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 17/05/26 – 13/09/26) Not all stops shown

Train Times (Timetable 11/05/20 - 13/05/20) Not all stops shown										X = request stop		A = until 9 August		B = from 16 August			
Mon. to Fri.										Sat.		Sun.					
Swansea	D		05.13	07.29	10.39	14.49	17.47	04.50	07.30	10.38	14.50	17.48	B	A			
Gowerton	D		05.25	07.41	10.51	15.01	17.59	05.02	07.42	10.51	15.02	18.00	09.05	11.17	11.22	15.31	
Llanelli	D	05.12	05.35	07.52	11.02	15.11	18.09	05.12	07.52	11.05	15.12	18.09	09.15	11.27	11.32	15.42	
Fairfach	D	05.49x	06.11x	08.29x	11.39x	15.49x	18.47x	05.49x	08.29x	11.42x	15.50x	18.47x	09.51x	12.04x	12.09x	16.18x	
Llandeilo	D	05.55	06.17	08.47	11.45	15.54	18.52	05.55	08.46	11.48	15.55	18.52	09.57	12.10	12.15	16.24	
Llangadog	D	06.05	06.26	08.57	11.55	16.04	19.02	06.05	08.56	11.58	16.05	19.02	10.07	12.20	12.25	16.34	
Llanwrda	D	06.08	06.30	09.00	11.58	16.07	19.06	06.09	09.00	12.02	16.09	19.06	10.11	12.23	12.29	16.38	
Llandovery	D	06.17	06.37A	09.09	12.07	16.16	19.15	06.18	09.09	12.11	16.18	19.15	10.20	12.35	12.36	16.47	
Cynghordy	D	06.24x		09.17x	12.15x	16.25x	19.23x	06.25x	09.16x	12.18x	16.26x	19.23x	10.27x	12.42x	12.45x	16.54x	
Llanwrtyd	D	06.42		09.35	12.33	16.42	19.39	06.42	09.34	12.35	16.43	19.39	10.44	13.00	13.03	17.11	
Llandrindod	D	06.05	07.32		10.12	13.12	17.38	20.25	07.32	10.12	13.08	17.38	20.25	11.28	13.45	13.45	17.59
Shrewsbury	A	07.38	09.03		11.42	14.42	19.10	21.55	09.01	11.42	14.38	19.09	22.00	13.03	15.16	15.15	19.36
Shrewsbury	D		05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	09.43	12.08	16.20		
Llandrindod	D	04.30	07.29	10.24	13.24	17.33	20.27	07.29	10.22	13.22	17.32	20.27	11.31	13.53	18.03		
Llanwrtyd	D		07.59	10.54	13.58	18.04	20.58	07.59	10.53	13.56	18.03	20.57	12.01	14.24	18.34		
Cynghordy	D		08.11x	11.05x	14.10x	18.17x	21.11x	08.12x	11.05x	14.08x	18.16x	21.09x	12.13x	14.37x	18.47x		
Llandovery	D	06.41	08.23	11.18	14.26	18.29	21.23	08.24	11.18	14.24	18.28	21.21	12.31	14.49	19.00		
Llanwrda	D	06.47x	08.29x	11.23x	14.31x	18.35x	21.29x	08.30x	11.23x	14.29x	18.34x	21.27x	12.37x	14.55x	19.05x		
Llangadog	D	06.51x	08.34x	11.28x	14.36x	18.40x	21.34x	08.35x	11.28x	14.34x	18.39x	21.32x	12.42x	15.00x	19.09x		
Llandeilo	D	07.02	08.45	11.54	14.48	18.55	21.45	08.46	11.50	14.48	18.53	21.43x	12.53	15.11	19.22		
Fairfach	D	07.05	08.48	11.57	14.51	18.58	21.48	08.49	11.53	14.51	18.56	21.46	12.56	15.14	19.25		
Llanelli	D	07.44	09.30	12.42	15.32	19.44	22.35	09.40	12.34	15.31	19.36	22.32	13.35	15.54	20.06		
Gowerton	A	07.52	09.38	12.50	15.42	19.52	22.43	09.48	12.42	15.41	19.44	22.40	13.43	16.02	20.14		
Swansea	A	08.11	09.51	13.03	16.00	20.05	22.58	10.02	12.55	16.00	19.59	22.50	13.56	16.15	20.30		

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

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	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	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	Ffairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Brecon – Llandovery (X80) Brecon to Llandovery (Mon – Sat), * = Sats & Mon – Fri in sch hols

Brecon Interchange 5 (at):	7.03*	9.38	11.33	13.06	15.38*	17.08
Llandovery Car Park:	7.45*	10.20	12.15	13.48	16.20*	17.50
Llandovery Car Park:	7.49*	10.47	12.20	13.54	16.22*	17.52
Brecon Interchange 5 (at):	8.33*	11.31	13.04	14.38	16.22*	18.36

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

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	16.20	17.50	—
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat

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.