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Photo by Stuart Ladd

STEP INTO SUMMER SWING: FREE LINDY HOP TASTER WORKSHOP

Ready to add some vintage flair to your summer? Dust off your dancing shoes and discover the joy of Lindy Hop – a lively swing dance with roots in 1920s Harlem. Join the energetic Tumble Lindy Hoppers for a free taster session on Saturday, 9 August, at Rhys Prichard Memorial Hall, Llandovery from 2.00pm to 4.30pm.

WHAT TO EXPECT

- **Open to everyone** – perfect whether you're solo or partnered, seasoned or totally new.

- **Step-by-step guidance** from our friendly, skilled instructors.
- **Classic Lindy routines** set to authentic swing tunes.
- **Social breaks** with refreshments, plus a chance to chat and get to know fellow dancers.
- A spotlight moment to **strut your**



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FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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continued from page 1

moves, inspired by the group's lively VE Day performances in Llandovery's Market Square.

WHY LINDY HOP?

More than a dance – Lindy Hop is social, joyful, and energising. It's a great way to connect with others and improve well-being. You'll learn both partner and solo moves, embrace the community spirit, and maybe even spot a new favourite summer pastime.

HELP US BUILD A DANCE COMMUNITY!

If there's enough interest, we'll launch regular classes – so come along and show us you're ready to soar! Your enthusiasm helps us keep this vintage tradition alive – and fun – for everyone.

BOOK YOUR SPOT

- **Email:** llandovery.lesc@gmail.com
- **Call/Text:** 07795 955004
- **Or pop into:** Llandovery Youth & Community Centre

Don't miss your chance to glide and swing through the afternoon – completely free! Whether you've got the moves or just the heart, this is your invitation to join the dance.

See you on the floor on Saturday 9th August!



Imagine that you have had to flee your country and all that you treasure from your previous life and find yourself and your family in a strange country with a language that you either do not speak well or do not speak at all. You are given rather cramped accommodation in a city but are not allowed to work and earn a living and do not know whether you will be allowed to stay or not. This is the plight of a large number of asylum-seekers in Wales.

On Saturday 6th September, with the support of Lampeter Quakers, a group of us will be entertaining some 34 refugee families and individuals from Swansea with a fun day out in Llangadog. We plan to provide a vegetarian lunch. If the weather is kind the children can play on the Common and we hope to organise some music and games in the hall.

Any helpers would be most welcome. We particularly need one or more people to be in charge of the kitchen (to set out the food, organise the washing up etc.) and others to welcome the visitors and help with the children. Offers of vegetarian food would also be greatly appreciated. If you could offer help in any of these ways please contact Theresa Haine Tel: 01550 777535 (if I am out please leave a message), e-mail: info@moneyformadagascar.org

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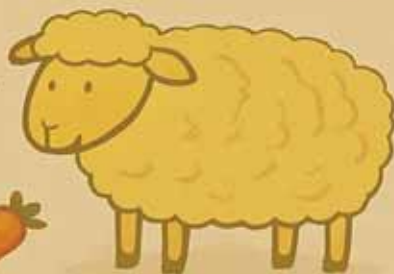
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(06/25/12)

LLANDOVERY SHEEP FESTIVAL VILLAGE SHOW 2025



**Sunday
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Whether you make your own jam, grow your own vegetables, or are a keen crafter or baker, the Village Show is the perfect chance to showcase your skills! There are plenty of categories for both adults and children, so everyone can join in the fun.

Categories include:



 **Bees & Honey**

 **Wool, Knitting & Sheep-related crafts**

 **Painting & Art (Paintbrushes at the ready!)**

 **Cupcakes & Baking delights**

 **Flowers & Floral arrangements**

...and many more!



Visit our website for full details on how to enter and take part in this wonderful community event. Show off your talents, celebrate local creativity, and enjoy a fantastic day at The Castle Hotel!

For more information, email us or DM us on social media.

08/25(1)



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GARD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

Andrew Douglas-Forbes said, "Congratulations to Molly. Your drawing stood out amongst all the entries

World re-knowned artist, Andrew Douglas Forbes, lives in Llandeilo and studied under Patricia Briggs at Swansea College of Art. He subsequently received guidance from Gordon Stuart, known for his portrait of Dylan Thomas and dramatic landscapes where forms emerge from light.



Beyond his artistic talents, Andrew is a scholar of the Royal Academy of Music and a professional tenor who lived in Tuscany for several years to pursue an opera career. Upon returning to Wales, Andrew coincidentally was invited to a ball at Aberglasney when it was still in ruins, which he recalls as 'enchanting'. Since the end of the 1990s, his relationship with the mansion has deepened as the space itself has evolved. Understanding Andrew's unique vision as an antique specialist, artist and operatic tenor is crucial to appreciating his work.

Aberglasney is delighted to announce a new series of art workshops with Andrew Douglas-Forbes at Aberglasney. Full details will be on the Aberglasney website soon: www.aberglasney.org

LLANDOVERY CROQUET CLUB



Following our surprising loss to Llanidloes, our team recorded an impressive victory against a very strong Glamorgan team, which included three current Welsh international players. This now puts in a strong position to win the South Wales club league, provided we win our final match against Mumbles. Later in July six club members will be taking part in the Welsh Invitational event at the Glamorgan club. In September we will be visiting the Aberystwyth club.

Last month we had a visit from "Loose Ends", who are a group of gentlemen from Lampeter. After some brief instruction from club members they were able to enjoy a few games of croquet, as well as some well earned refreshments! A number of local groups have now been able to learn all about croquet.

Club afternoons continue to be well attended on Tuesdays and Thursdays. A number of new members have joined the club recently as croquet seems to be gaining in popularity. It is a sport which anyone can enjoy. Free tuition at the club is available for anyone who would like to give it a try. To find out more about the club, or arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk



LLANWRDA CRICKET CLUB

The 1st XI are still leading Division 5.

Llanwrda were in deep trouble against Llandeilo until Adrian Davies carried his bat for 38, and the tail – Lloyd Boddington, Garan Williams and Sion Nicholas – contributed to a total of 157. Captain Steff Roberts took 3 wickets as Llandeilo were agonisingly short of their target. It was an excellent match played in an excellent spirit.

Dunvant were the stronger team when Llanwrda were well-beaten by 132 runs on 28 June.

Llanwrda were back to their winning ways in July with wins against Bronwydd where Garan Williams and Sion Nicholas shared 7 wickets and Owen Davies top-scored with 21.

There was a stunning 10 wicket victory at Aberdare. Garan Williams took 6 for 22 and Sion Nicholas had the remarkable figures of 8 overs 3 maidens 7 runs 3 wickets. Adrian Davies and Jon Lodge reached the target of 58 with ease.

Please contact Gwynn Davies for information about the juniors on 07956 147464.

Nets for the adults are at Castle Fields on Thursday evenings.

We are always on the lookout for new adult players – 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.

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

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

18/06/25	59	No winner
25/06/25	41	No winner
02/07/25	57	No winner
09/07/25	57	No winner

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It's only £4.33 per month.



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LLANDOVERY AND DISTRICT MODEL RAILWAY CLUB LLANDOVERY SHEEP FESTIVAL 2025



Over the Sheep Festival weekend of the 20th and 21st of September the **Llandoverly and District Model Railway Club** will again be demonstrating a selection of our layouts and techniques by kind permission of the **Castle Garage Showrooms**.

This year we will have a shunting puzzle layout, at which visitors can try shunting trains of wagons into the right places, and a car raceway where “drivers” of all ages can show their skills with radio-controlled model cars. There will also be a 3D printer and a layout printed entirely on such a machine to show what can be achieved with this technology.

We hope to have at least three traditional railway layouts in different scales, including one in the course of construction to show how to get started.

The Model Railway Club usually meets at Llandoverly railway station on Thursday afternoons about 2p.m. but on the first Thursday of each month we hold a zoom meeting in the evening instead, for those who cannot

get to the station during the day. We invite anybody interested to come and chat with us at the show, check out the website at www.llandoverlymrc.org.uk or call the coordinator on 01550 720901.

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Padmasambhava Yoga & Meditation Centre

All at PadmaSamBhava hope you are well and have enjoyed the warm and sunny weather. Although the Summer term is now over, PadmaSamBhava hopes that you're able to continue with some yoga practice at home and feel the benefit of doing so. The Summer's vibrant energy and lighter evenings together with some simple yoga practices can help harness positivity, embrace creative energy and even bring about balance, as needed.

Planning is now underway for the new Beginner's starting in September. This course covers the foundation practices of the PMA series, breath awareness and deep relaxation. The PMA series brings about flexibility and strength, which helps ease both physical and mental tensions. The series provides a firm foundation upon which to begin to explore some classic postures. The Beginner's can also be taken as a stand-alone course and as such offers a good introduction to practices with breath awareness and simple breathing practices. The Centre is currently taking enquiries or reservations for this course. Class size is limited.

The Autumn brochure will soon be available with details for all the classes. PadmaSamBhava has a good selection of classes at the Centre in Llandeilo, as well as a weekly class at Ammanford Penybanc Welfare Hall, the Reading Room at Cwrt Henri and Chair Based Yoga at the Llandeilo Bowling Club.

All classes at PadmaSamBhava offer movement (asana), breath practices (pranayama) and relaxation (Yoga Nidra). By releasing the stresses in the body and working with breath awareness, the mind and body are brought to a quieter state. The deep relaxation of Yoga Nidra allows a reset of all systems and becomes a time to deeply rest, focus the mind and sow a seed of positive intent.

The classes taught by the Centre are Integral Yoga, offering a gentle and steady progression, always working with awareness of your body in the physical practices, and bringing together mind, body and breath. Weekly practice of yoga allows the body to gain strength and flexibility week by week while developing focus and poise in the mind.

Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life.

The benefits of yoga resonate beyond the class.

Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk. PadmaSamBhava looks forward to the start of classes in September and seeing you all again. Enjoy the Summer break.

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1025(12)

CYMDEITHAS DDINESIG LLANDEILO A'R CYLCH LLANDEILO AND DISTRICT CIVIC SOCIETY

Our meeting in June was a joint meeting of three groups, Llandeilo and District Civic Society, Friends of Llandefaisant Church and the Carmarthenshire branch of the Welsh Historic Garden Trust. The lecture was delivered by Dr Susan M.B. Davies, who gave a well received illustrated talk on Cecil Rice, Baroness Dynevor, and the development of the naturalistic parkland of Dynevor. The meeting was held to celebrate the relaunch of the Carmarthenshire committee of WHGT following the COVID epidemic, which led to the suspension of meetings. Angela Adams Rice the Honorary President of the Civic Society co-ordinated the meeting and donated both the glassware and refreshments for a post-lecture get together of the three groups.

The next monthly meeting will occur on Tuesday 2nd September 2025, when Terry Norman will present an illustrated talk on the Bridges of Llandeilo. There will be no meeting for August. Terry Norman has created useful websites on local history such as www.ammanfordtown.org.uk and www.llandeilo.org.uk.

The Annual General meeting took place on the 1st July 2025. At that meeting a Chairman's Report was presented and summary of the audited accounts. A new treasurer was elected after the retirement of Judith Holland who had undertaken the role over several years. The Society thanked Judith Holland for her support and help to keep the financial issues in order.

Our meetings take place on the first Tuesday of each month at The Vestry, Capel Newydd, Crescent Road, Llandeilo at 19.30. If you would like to join the Civic Society, please email: llandeiloanddistrictcivsoc@gmail.com. Non-members are welcome to attend. The cost is £3.00 per meeting. Please note – NO MEETING IN AUGUST 2025.

Dafydd Thomas (Chair LDCS)



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10/25/31

WALKS AND WARM WELCOMES: JOIN LLANDOVERY'S FRIENDLY DOG WALKING GROUP!



Are you looking for a relaxed and sociable way to enjoy the great outdoors with your four-legged friend? Our Llandovery Dog Walking Group is the perfect opportunity to stretch your legs, meet fellow local dog lovers, and explore the beautiful green spaces around our town – all in good company.

Next Walk: Saturday, 16th August at 11am. Location: To be confirmed – get in touch to find out more!

What's in store:

- A calm, inclusive walk that's gentle and suitable for all fitness levels
- Plenty of playtime and socialisation for your dog
- A chance to chat and connect with other dog guardians from our community
- Light, friendly tips from Sam (She/Her), an experienced Dog Trainer & Behaviourist with over 30 years' experience, especially with rescue dogs
- A warm, welcoming atmosphere where everyone (and every dog) is valued

Just a small note: this is a social dog walking group rather than a formal training session. While Sam will be on hand to offer guidance, the main aim is simply to enjoy a shared walk and good conversation.

Places are limited to just 10 dogs, so booking is essential – and it's completely free to join. All breeds and experience levels are very welcome. Sam is fully insured and brings calm, expert support to help everyone feel at ease.

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ASTOUNDING WORK IN AUGUST



Our galleries in August display work from returning exhibitors together with a new and exciting artist.

Mary Herbert comes to the Heritage Centre for the first time having exhibited throughout the UK and Europe. Early in her career she developed an interest in figure drawing together with human and equine portraiture. Specialising in pastel painting for much of her career she now also works in oil and whilst she continues to paint animal subjects, her more recent work is inspired by the Ceredigion landscape. Her work is held in private collections worldwide and she has been a frequent contributor to 'The Artist' magazine.

Following their previous successful exhibition in Llanwrtyd Karen Williams and Adrian Munday return to display their beautiful ceramics specifically highlighting the technique of Raku. They originally met whilst attending pottery classes and now run a successful Raku



and Alternative Firing Experience Centre near St Clears in Carmarthenshire. Utilising this technique they produce decorative and practical items that would grace any home.

Once again the Centre is lucky to have such talented artists and masters of their crafts exhibiting and we know that visitors will appreciate the talent on display in the coming weeks.

The Heritage Centre is open Thursday – Sunday 10.00am to 4.00pm (plus Bank Holidays)

MYDDFAI COMMUNITY HALL 200 CLUB

Results for the first monthly draw for the 200 Club held on 23rd May 2025 at Myddfai Community Hall

1st	£20	Paige Chaytor
2nd	£10	Moiria Davies
3rd	£5	Tim Morgan

Results for the June draw held on 27th June 2025 at Myddfai Community Hall

1st	£20	Valerie Fowler
2nd	£10	Janice Davies
3rd	£5	Jessica Chaytor

Many thanks to all for your valuable support!

PERLLAN GYMUNEDOL LLANYMDDYFRI / LLANDOVERY COMMUNITY ORCHARD INCLUDING ITS FRUITFUL COLLABORATION WITH DINEFWR ORCHARDEERS



Originally, this orchard was an initiative of Transition Towy (a now defunct group) on Llandovery college grounds. By 2022, its few surviving trees were struggling because none was looking after them anymore. Members of CALI came to the rescue, and now regularly tend the trees with the permission of Llandovery College.

Thanks to a donation, members of CALI added two crab apple trees last December, in memory of David and John, two dedicated Repair Café volunteers who died last year. The trees were selected after consultation with Dinefwr



Orchardeers, with the aim of the orchard benefiting from good pollinators. Volunteers regularly tend the original and new trees. Tasks include re-adjusting guards to protect them from rapacious rabbits, keeping them free from ever invading bramble and gorse, watering and feeding them. Dinefwr orchardeers' advice, and more recently, woodchips to mulch the trees, is very much appreciated.

CALI (Climate Action Llandovery / Criw Amgylchedd Llanymddyfri) is a group of local people trying to do their bit for the planet and the community. If you are interested in our activities, contact us: llanymddyfriclimataction@gmail.com

We welcome volunteers for the orchard and the Repair Café.

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09/25(3)



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CYMER DY SIAR – CINEMA WITH A TWIST (AND A TWO- STEP): LLANDOVERY COMMUNITY CINEMA HOSTS FILM, FEAST & LINE DANCE



Move over Beyoncé, S4C did it first!

Cymer Dy Siar combines humour, heart, and harmony as it follows three sisters at the end of the 20th century striving to make music and meaning in a tight-knit community. Based on the hit **S4C series Tair Chwaer**, the title translates to 'take your share' referencing the sisters' turn to sing but also an encouragement to take the spotlight in their own lives. Starring Pobol y Cwm icons Donna Edwards and Jonathan Nefydd, **Cymer Dy Siar** is packed with heart and toe-tapping tunes, blending Western vibes with Welsh voices.

Event Schedule:

- Venue: Rhys Prichard Memorial Hall, Llandovery
- Doors Open: 5:30 PM
- Community Meal: 6:00 PM - bring a plate to share, your own drinks and enjoy good conversation.
- Film Screening - **Cymer Dy Siar**: 7:00 PM (Welsh with English subtitles)
- Line Dance session with instructor: 8:30 PM - Late
- Tickets £5: available in person at the LYCC, Market Square Llandovery, online via ticket source: <https://bit.ly/CymerDySiar> or on the door (subject to availability).

This event is part of Llandovery Community Cinema's mission to bring Welsh-language films to wider audiences, creating spaces where language, culture, and community come together.

With **Welsh dialogue and English subtitles**, the film is accessible and welcoming to all, whether you're a fluent speaker or simply curious about Welsh culture.

An evening of cinema like no other, so get your cowboy boots at the ready and join us for a knee slapping, foot-stomping good time!

For more information, contact: filmlanymddyfri@gmail.com



Get ready for a night of storytelling, shared food, and toe-tapping fun as Llandovery Community Cinema continues its Welsh Language Film Programme, funded by Ffilm Cymru, with a special screening of **Cymer Dy Siar** – a heartfelt and humorous film about a three-sister country and western band navigating life, love, and loyalty in rural Wales.

Taking place on Saturday 16th August at the **Rhys Prichard Memorial Hall**, this unique community event is more than just a cinema night. After being transported by the upbeat music on screen, join us for our very own line dance session with an instructor, straight after the screening.



Rhys Jones

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05/26(12)

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08/25(3)



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymwelwyr

LLANDOVERY MUSEUM
& Visitor Gateway

MUSEUM NOTES



Although a recently published report warned that traditional music in Wales could die within a generation, determined efforts are being made locally to nurture Welsh folk dancing. A few days after the publication of the report by Arts Council Wales, a highly successful Folk Dancing Evening was held at Myddfai Hall.

Thousands of young people are encouraged to take part in folk dancing by competing at Urdd eisteddfodau and there are more than twenty adult folk dancing groups throughout Wales. One of the best known is *Dawnsywyr Talog* from the Carmarthen area.

A century ago, when the Urdd was founded, folk dancing in Wales was at a very low ebb. It had been



A clogger's hollowing knife at Llandovery Museum

frowned upon by the Nonconformist chapels which had mushroomed during the 18th and 19th centuries, and vigorous attempts were made to stamp out such 'sinful' entertainment. It continued only behind closed curtains in a few homes. Various rebels, supported by Lady Llanover, also collected and transcribed dance tunes.

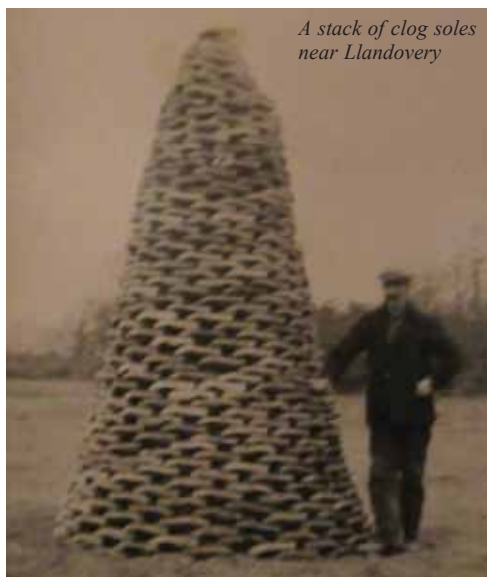
In 1949, the Welsh Folk Dance Society was formed, with the aim of promoting and resurrecting the old dances, and folk dancing developed into a lively part of Welsh culture. The Society now has a large library of published dances and melodies, with new compositions being constantly added.

Folk dancing, which involves the wearing of close-fitting clogs with wooden soles and leather uppers, has developed into intricate forms in Wales. New steps involve extinguishing a candle and jumping over brooms. Such is the demand for clogs that there aren't enough clog makers in Wales to supply all that are needed.

Clogs were widely worn in Wales, especially, in rural areas, until the end of the nineteenth century. In 1896, a local newspaper acknowledged that clog making continued to be one of the recognised skilled trades in Wales – although in a very few years it would probably become extinct.

Clog makers were drawn to Llandovery because the area had an abundant supply of suitable timber. Although alder was mostly used, ash, sycamore and birch were also acceptable. Giant cones of clog soles were a familiar sight in area, with as many as thirty men sometimes working in one camp. After splitting, surplus bark was removed before the wood was very roughly shaped with the aid of a small axe and thrown into calico tents where the clog soles were made.

These were sorted into four sizes, seasoned in the giant



A stack of clog soles near Llandovery



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09/25/12

stacks, and then transported to dealers in Lancashire. There they were hollowed out and leather uppers were attached. In due course, the clogs would be worn by millworkers in Rochdale, Bolton, Preston, and other cotton towns.

Even at the beginning of the twentieth century, a clog maker in West Wales was advertising for 'four good breakers up' and another was seeking 'two sober hands' for cutting the timber into manageable blocks.

Many of the clog block makers were itinerant workers. For example, members of the Barlow family, who eventually settled in Llandovery, originated in Lancashire and worked their way down through Shropshire, Flintshire, Montgomeryshire and Breconshire. At least two members were still making blocks at the time of the 1921 census.

The clog maker required considerable strength and skill to shape the blocks into finished soles. Three knives were used, all of which are displayed at Llandovery Museum. The first completed the shaping of the sole, the second (pictured) hollowed the inner surface of the sole, and the third cut a groove around the sole into which the leather upper was fitted. The hook at the bottom was attached to an eye in the workbench so that greater force could be exerted.

Llandovery Museum and Heritage Centre is open Tuesday to Saturday, 11:00am – 2.00pm.

If you are interested in history, walking, cycling, wildlife, Welsh language and culture, and you would like to greet our visitors to share your enthusiasm, we would love to meet you. Call in to chat with us, contact us on Facebook or by email: enquiries@llandoverymuseum.wales

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Imagine you're an office worker who can no longer tolerate being around other people's wireless devices or travel to work on public transport. Imagine you are a welder who can no longer weld or a machinist who can no longer tolerate the sewing machine, the lathe or the milling machine. Imagine you're a waiter and can no longer tolerate people's phones, wireless transaction terminals and any number of hidden Bluetooth devices. Imagine you can no longer tolerate your car, motorcycle or electric bike. Imagine you're a farmer and can no longer tolerate the agri-chemicals you have come to rely on.

The list goes on and on and more people are affected every day. 'What's that?' You say, 'I've never heard of anything like it. There's nothing in the media. It can't be true. Either millions of people are potentially affected or you must be wrong.' What if there are millions (indeed billions) of people worldwide affected but neither they nor their doctors realise it?

Exposure to man-made electro-magnetic radiation and chemicals has been linked to many of the unexplained 'diseases of civilisation'. How much 'electrosmog' and chemicals can a healthy body endure, and for how long? As for children or those compromised by ill-health or age, that's anybody's guess. 'Surely if these things are that dangerous we should be warned. There should be laws.'

There are effectively no limits to the number of wireless devices you can install in your home or how many times you can be sprayed. NONE! If you desired 100 cordless phones, you can have them. Microwave ovens and alarm sensors? Sure. Wireless routers, Bluetooth devices,

mobile phones, smart devices? Anything you want that uses unlicensed wireless radio frequencies is available to you. As for the laws of Britain, if you live in a flat, terrace, semi-detached or even a detached home your neighbours are effectively at liberty to wirelessly irradiate you and farmers to spray you, your family, your pets and every living thing you hold dear, as much as they like.

If collective exposures at home, at school, university, commuting, at work etc. etc. (in fact everywhere) cause you to exceed your tolerance, you can become EHS* or suffer MCS.

How much is too much and for how long – in your particular case? Who knows? In the meantime, insomnia, sudden inexplicable waking, tinnitus, headaches, migraine, eye pain, nose bleeds, sudden need to urinate, anxiety, weight gain and a host of other linked effects may be driving your life.

Successive Governments have effectively endorsed open season on irradiating and spraying every living thing. If this sounds alarmist to you, it should. If you believe you have the right to peaceably enjoy your home, wake up to the fact that in many cases those rights have been stripped away bit-by-bit, one wireless device and one field at a time. Not the police, not the courts, not The UK Government, not OFCOM, not DEFRA – NO ONE!

Nobody is safeguarding anyone in Britain from wireless and agricultural by-spray, forms of pollution that constitute abuse, persecution, torture and a reckless attitude to health. We are living in a lawless society where fundamental human rights we thought we enjoyed have been subsumed by unfettered use of wireless and agrichemicals. Did you know?

* *Electro Hyper Sensitive, Multiple Chemical Sensitivity*

NEWS FROM CAPEL GOSEN, CYNGHORDY

The Communion Service at Gosen on 18th June 2025, using the communion set from Bethania, Myddfai proved to be a really uplifting event. It was a beautiful evening for this first communion service since the chapel was decommissioned by the Presbyterian Church of Wales in 2010. The chapel doors were open and the distant sound of sheep and birds created a lovely backdrop to the real feeling of the chapel's intended purpose. The Rev'd Andrew Lenny took the service and kindly included sections in English so no-one, in the 25 strong congregation, felt left out. The offering came to £100, and at Rev'd Lenny's request was sent to the NSPCC. The refreshments, administered by Gosen's super-efficient team, gave everyone a chance to chat and relax in the vestry.

The next Gosen event will be the summer Afternoon Teas served in the vestry from 3.00pm – 5.30pm on Friday 15th, Saturday 16th and Sunday 17th August, with the proceeds going to support the work of local churches. Do come and join us!

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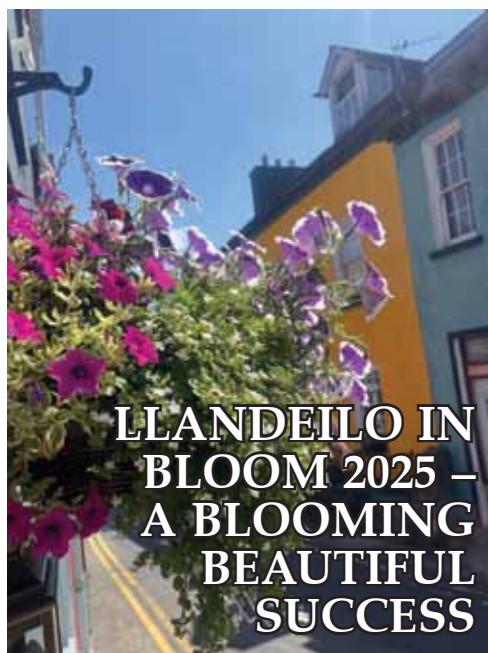
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10/25(6)



Llandeilo Town Council was proud to host the first ever Llandeilo in Bloom competition this year, a joyful new initiative aimed at celebrating the beauty of our town while encouraging community spirit and a love of gardening. The event culminated in Judging Day on 5th July, when the streets and gardens of Llandeilo were bursting with colour and creativity, including many meters of wonderful bunting made by Permaculture Tywi and strung along the streets of the town. Residents and shop keepers were encouraged to wear their brightest, floral clothes. 'Despite the grey weather, the town is full of colours,' said Cllr. Katie Rees of Llandeilo Business Forum. 'There are flowers everywhere, from hanging baskets to summer dresses, it's great to see how everyone is joining in.'

The competition attracted a wide range of stunning entries from across the community, and judging was





carried out by a panel of respected experts, including representatives from The National Botanic Garden of Wales, The National Trust, Lara Davies from The Telegraph Garden Centre in Llangadog, and several other passionate horticulturalists.

“What a blooming beautiful day it was for Llandeilo in Bloom 2025!” said Mayoress Charlotte Morgan, who was the driving force of the event alongside The Llandeilo Business Forum. “We were delighted to see the community come together to create such vibrant displays, and we hope this is just the beginning of many more colourful years to come.”

The winners of this year’s competition are:

Tallest Sunflower – Ayla & Ina Anthony
 Most Colourful Hanging Basket – Kate Glanville
 Best Business Floral Display – Broadleaf Timber
 Best Wildlife Garden – Lorna Shufflebottom
 Best Residential Display – Trevlyn Webb
 Mayor’s Choice Award – Biddy Glanville

Llandeilo in Bloom has been launched as a small but ambitious project. The Council’s long-term vision is to grow this into a cornerstone of the town’s annual calendar, with future plans to enter the RHS Wales in Bloom competition.

“This initiative is about more than flowers,” said the Mayor Charlotte Walker. “It’s about community, pride in our town, and working together to make Llandeilo as welcoming and vibrant as it can be.”

A heartfelt thank you goes out to everyone who entered, judged, volunteered, or simply took the time to admire the displays. Your efforts have truly brought Llandeilo to life.

Look out for information about how to get involved next year, or contact Llandeilo Town Council.



CYNGOR TREF LLANYMDDYFRI / LLANDOVERY TOWN COUNCIL

LLANYMDDYFRI YN EI BLODAU / LLANDOVERY IN BLOOM 2025

COMPETITION RESULTS

Best Street

First: Market Square

Second: Stone Street

Third: Castle Street

Best Garden (up to 100 sq.yds.)

First: Babs Woollen, 20 Dany Crug

Second: Kevan Thornber, 14 Castle Street

Third: Nadine Barrell, 5 Victoria Street

Best Garden (over 100 sq.yds.)

First: Sue & Tim Brown, Awel y Coed, Llanfair Rd.

Second: Shirley & Keith Lord, 5 Dingat Terrace

Third: Bethan Price, 70 Broad Street

Best Dwelling Frontage

First: Michael Blud, Drovers B & B

Second: Lyn Whyman (Legg), 23 Victoria Street

Third: Linda Evans, 13 Gelli Deg

Best Business including Public House

First: The Bear Inn

Second: Whitehall

Third: Hiraeth Gallery

Best Individual Hanging Basket

First: Replay Vintage

Second: Kings Head

Third: Kevan Thorber, 14 Castle Street

Best Car Park Bed (Biodiversity)

First: Llandovery Business Forum

Second: Pethau Pawb

Third: Llandovery Scouts

Best Senior Citizen's Display

First: Hilda Archer, 9 Dingat Close

Second: Linda Evans, 13 Gelli Deg

Third: Mona Hardwick, 8 Dingat Close

Best Children's Display (13 yrs. Old or less)

First: Llandovery Youth & Community Centre

Best Vegetable Display

First: Lynne Jones, 22 High Street

Second: Shirley & Keith Lord, 5 Dingat Terrace

Third: Michael Blud, Drovers B & B

In a close competition, Llandovery Town Council would like to congratulate the prize winners, but also thank all who took part.

Presentation of the prizes will take place at 1.30 p.m. on Saturday the 2nd August in Market Square at the Farmer's Market.

Thank you to the judge and photographer and to all who participated in the competition.

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ROCK OUT IN LLANDOVERY! FREE "SCHOOL OF ROCK" WORKSHOP



School of Rock!

Calling all aspiring rock stars! Whether you're a total beginner or already jamming in your bedroom, the *School of Rock Taster Workshop* is your chance to turn up the volume and discover your musical potential.

When? Saturday 30th August, 2pm – 5pm

Where? Llandovery Youth & Community Centre

Cost? Absolutely FREE!

Who? Ages 12 and upwards. Adults welcome to join.

This high-energy afternoon offers a hands-on introduction to guitar, bass, drums, keyboards, and vocals. You'll take part in fun musical games, jam with others, and rehearse real rock songs – all led by experienced and enthusiastic instructor Matt Champion. No matter your skill level, there's something for everyone!

Best of all? This taster workshop is just the beginning. Regular classes will kick off on **Wednesday 10th September**, running **every two weeks from 4.30pm to 6.30pm**, with a performance goal at the end of the year – and maybe even gigs at local events or festivals!

Expect laughter, teamwork, and a serious dose of musical excitement. Come along, find your rhythm, and join a community of like-minded musicians. Spaces are limited, so don't wait!

Book your place now: llandovery.lesc@gmail.com

Or call/text: **07761 955004**

Or stop by the Llandovery Youth & Community Centre in person

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02/26/6)

LLANDOVERY ROTARY CLUB



Oh, it's absolutely wonderful to be a Rotarian. Out every Tuesday night for a meal and a few pints (beer or pop, you decide?), in great company and doing good for the community and for the local inhabitants. What is there not to like?

Volunteer for a few local events whenever you are able and that's it. Take your pick from the Duck Race, Carnival, Sheep Festival, DroverFest, Fireworks, Charity Walks, Rotary Santa, Motorbike Weekend, vaccination clinics, delivering Christmas Hampers then sell a few Ducks and your duty is done. And then simply dish out some of the cash we have raised to good local causes. Easy. And free interesting monthly speakers, a Mystery Trip, a Handover Dinner, a summer BBQ and a Christmas Dinner too. Yes indeed. It's a hard life being a Rotarian! As my Cornish cousins would say "It's a bloody tough life!"

It isn't of course, it's just what we do and we enjoy being of service to the Community whenever and wherever we can. That is, very simply, the life of a Rotarian in Llandovery. Perfect. Bloody perfect.

Well, what did we get up to last month? Some of the above obviously and a few other things besides.

CLUB ASSEMBLY MEETING.

(Direct from Rosie's minutes).

President Elect – Gareth Davies reported

I'm confident that Llandovery Rotary will continue to thrive and grow in the years ahead, building on the strong foundation of the past few years. Our successful annual and biannual fundraising events will remain a key part of our activities during my term as President, and I hope we can also explore and introduce new initiatives to further support our charitable efforts.

With that in mind, one of my aims for the year is to make meaningful use of the charity funds we've accumulated—ideally supporting one or two significant projects that will have a lasting impact.

At one stage, our club membership nearly reached 30 members. Although we've since seen a decline to 24 members, I'd love to see us work together to reach or even surpass that milestone in the coming year.

Here's to a successful and rewarding year ahead for our fantastic club.

President Elect: Tim Cannock

President Nominee: Rosie McCartney

Secretary: Rosie McCartney

Treasurer: Mickey Gough

Community and Vocational Chair: Rachel Everett

Fellowship Chair: TBC (Acting Gareth Davies)

International: Kevan Thorner

Youth Chair: Dai Dyer

Membership & Development: Anthony Wathan

Communication & Speakers: Derek Jones

UPCOMING EVENTS

Community Volunteer Activities:

- Play Parks Survey

- Wishing Well in town centre
- 'Bras For Africa'
- Ysgol Rhys Prichard Fun Run (Jul 25)
- Mewlla Rally (Aug 25)
- Sheep Festival (Sep 25)
- Vaccination Clinics (Oct 25)?
- Fireworks (Nov 25)
- Christmas Lights (Dec 25)

Fundraising Events:

- Duck Race (Aug 25)
- Santa Run (Dec 25)
- Droverfest (Jun 26)

As we currently do not have a Chair for this committee, I will be stepping in to fulfil the role until a new appointment is made.

We'll continue to enjoy a busy calendar of social events, as we have over the past few years. Here are some key dates for your diaries:

Annual Events:

- Handover Dinner – 4th July 2025
- President's BBQ – Date TBC, Summer 2025
- Christmas Meal – Date TBC (to follow Parcel)
- Winter Dinner – Date TBC, January 2026

In addition, the committee is planning to bring back one of our legendary Mystery Nights. We're also looking forward to the Tug of War (weather permitting!), another Quiz Night with Rod, and of course, our informal gatherings after bank holidays at local restaurants will continue.

We're also aiming to organise two or three Scatter Nights throughout the year.

The Club's approach to international fundraising remains unchanged. The Club primarily raises funds for local causes and its fundraising for international causes is through our individual Foundation contributions. In cases of exceptional need the club makes grants for specific issues; this year, the club has contributed:

- £800 to ShelterBox
- Continue to engage in/ support Youth events
- Aim to improve member participation in Youth events.
- Have got somebody for RYLA.
- We are still a very strong club and I don't see the need to have open days or anything similar to try and gain members. As a club we do a huge amount throughout the year, with several activities, we are always self-promoting and in the public eye. The write up in The Post always helps people to know what we are doing (well done Derek).
- We haven't had anyone come as a guest lately, but I am sure it won't be long. Let's keep up the good work!
- Continue in the same vein as the last few years.
- Try to get a speaker every 4 weeks in the winter and every 6 weeks in the summer. Governor Gwenda Griffiths summed up by saying she was very happy with the way the club is run and how it operates. She also thanked Dai who is continuing to do a lot of great work with the Youth.

Assistant Governor Gwenda Griffiths wished Gareth all the best in his year of office and asked Llandovery, "please keep up the wonderful work you are doing in the community".



Assistant Governor Gwenda Griffiths visited and gave us official approval and the thumbs up.

We received a request from Alex Williams for financial support towards a learning opportunity to attend NASA, the Space Agency, in the United States. This we believe was a one off and fantastic opportunity for this young person and we decided to send a donation towards the cost. The very best of luck to you Alex. See you when you come back down to earth!

We welcomed the new Mayor of Llandoverly Huw Thomas to a meeting and it was a pleasure to have him in attendance. Thank you Huw for joining us in your new capacity and we wish you well in your year of Office.

The school's competition was held at the rugby club once again with Dai Dyer in charge of proceedings. The staff of the schools put in a huge effort in order to make this day a success and we thank them for their cooperation. The standard was extremely high and seems to improve every year. Thanks to the Mayor Huw Thomas presenting for the prizes and to Hugh and Helen Davies for their support throughout the day.

Ysgol Rhys Prichard requested help to marshall at their fun run around Dolauhirion and 10 of us turned up and dutifully went about traffic calming and directing the runners, and some walkers!

We held our Handover Dinner at the Castle Hotel where Gareth Davies took over the presidency and Kevan Thornber looked extremely relieved to be handing it over. Such is the burden of high office. Well done on a very successful year Kevan.

Out of the blue Huw Clarke and Alan Morgan volunteered as joint Chairs for the fellowship committee. Before they even finished talking they were accepted, proposed, seconded and passed unanimously. Well done guys.



Volunteering is what we do. We were requested to marshall at the Ysgol Rhys Prichard fun run.



The wonderfully attended Schools Competition.



Gareth takes over the Presidency from Kevan.



Tim takes over as Vice President and Rosie as Junior Vice President. We are in good hands.

Lawrie suggested that we make a map of all the defibrillators in the town which could potentially save lives within the local community. All agreed this was a good idea and Lawrie will now organise.

I apologise for the shortened version this month but I have had to write this on my i-phone in the rain whilst sitting on a bench in Cornwall waiting for the sun to come out. It didn't. The rain got worse. Much worse. And thanks to Gary for forwarding copies of the minutes which I think I have copied correctly. If not, too late and I'll try to do better next month. If you get any of this I'll be amazed.

And now it's gone dark and I can't see a thing!.

Derek Jones.

HONOURING A LOCAL MYTHOLOGICAL HERO



A retired Ammanford shop keeper faces a long journey by dozens of local buses to make a pilgrimage to the South of France honouring a local mythological hero.

James Whitworth, aged 67, who ran the record store Gwlad Deg in Quay Street until 2013, has just left his Golden Grove to embark on the 700-mile trip to Mortagne sur Gironde dressed in medieval garb.

The adventure is his tribute to the sponsored cycle ride in 2023 by Cross Hands fundraiser Kevin Bowen, who is campaigning for a memorial to Owain Lawgoch, the fourteenth century “Heir to the Last True Prince of Wales” being installed somewhere suitable in the country.

James, a volunteer with the Amman Valley Railway Society, said: “I thought Kevin’s bicycle marathon to Mortagne was a brilliant way to promote sustainable transport.

“I’ve walked and cycled all around the UK and West Europe to complete several spiritual pilgrimages like Santiago de Compostela and Odense but health issues mean I only take my bike on local trips now.

“Being a greenie – no car, no mobile phone, being offline – I refuse to go on motorways so I’ll be travelling slowly, town by town, following Kevin’s route. I’m hoping to get an ongoing diary published in real time to encourage others to embark on their own Owain pilgrimage by listing information about cheap accommodation and visitor attractions as I go.

James said he is looking forward to seeing the memorial in Mortagne to Lawgoch, installed in 2003, commemorating his military career fighting the English, as a mercenary in France where he became known as Yvain de Galles.

James however is fascinated by the mythological aspect of Lawgoch.

“Strange stories about him apparently originating in the Cross Hands and Carmel areas abound in books about Welsh legends.

“His name is associated with the Gorslas lake Llyn Llech Owain, from where Kevin began his incredible ride. Some stories say he sleeps in a cave near Pentregwenlais’s unique turlough – rather like the Arthurian sleeping warriors tale – ready to come to the aid of the Welsh people.

“A few stories even dub him a hated outlaw who was chased along with a retinue of followers into a cave near Carmel, blocked in and starved to death.

“No-one knows why Lawgoch came to have this local connection – historians say he was assassinated in Mortagne by a Scotsman or Englishman and never returned to Wales at all.

“Personally, I’d love to prove the historians wrong!”

James is also drawing attention to the growing expansion of Cross Hands, possibly into a new town, and the need to extend the Llandeilo Conservation Area to the Golden Grove and Carmel areas in order to protect such an historical area from development.

The district north of Cross Hands (a town still with no Welsh name) might also be called Cwm Lawgoch.



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07/26(12)

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Y CASTELL



NEW OPENING TIMES

Monday: Pub 5.00pm – 11.00pm

Burger Night 5.00pm – 8.30pm

Tuesday: Pub 5.00pm – 11.00pm

Steak Night 5.00pm – 8.30pm

Wednesday: Pub 12.00pm – 11.00pm

Lunch 12.00pm – 3.00pm Dinner 5.00pm – 9.00pm

Thursday – Saturday: Pub 9.00am – 11.00pm

Brunch: 9.00am – 11.30am

Lunch: 12.00pm – 3.00pm Dinner: 5.00pm – 9.00pm

Sunday: 12.00pm – 11.00pm

Sunday Roast: 12.00pm – 3.30pm

(closing times may vary, we are in a small village and on a quiet night the bar may shut early, thanks for understanding)

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Email: enquiries@yccastell.wales

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Instagram: [y_castell_llangadog](https://www.instagram.com/y_castell_llangadog)

www.yccastell.wales

Address: Queens Square, Llangadog SA19 9BW

DEAL NIGHTS

Monday – Burger Night

Tuesday – Steak Night

Includes Free drink



**OUR ROOMS ARE
NOW
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08/25(3)



SAY NO TO PYLONS THROUGH THE HEART OF WALES PLEASE SUPPORT OUR FIGHT

The Pylon threat has not gone away...

Green GEN Cymru (a Bp Energy company) intends to submit a planning application in the coming months for a 60 mile long, 30 metre high pylon route through the heart of Wales.

WHAT'S AT RISK?

Natural Beauty – Permanently scarring our unique and culturally important landscapes.

Local Communities – Negatively impacting towns, villages, farms and homes causing visual pollution, disruption and falling property values resulting in anxiety and mental health issues.

Farming & Wildlife – Destruction of sensitive agricultural land, ancient woodlands and wildlife areas. Landowners continue to be threatened, some have already been taken to court for objecting to Green GEN's proposed pylon route.

Tourism & Economy – Industrialisation will have a major negative impact on our rural economy, reducing income and opportunities for employment in the key tourism and agriculture sectors.



There is a **BETTER** way –
Undergrounding the Cables by
Cable Ploughing.
This method is quicker,

dramatically less disruptive and has a far lower carbon footprint causing minimal harm to the local ecology. A lifetime cost analysis shows that cable ploughing is competitive or even more economical over time due to lower maintenance costs, fewer environmental disruptions and reduced community opposition.

PLEASE support our campaign and fundraising efforts –

- Visit: www.nopylons.wales
- Contact your councillor/local MP/MS – demand underground alternatives!
- Payment details for Llandovery Community Pylon Action Group if you wish to support the campaign: 'Tywi Pylons Ltd', Sort Code: 30-99-50, Account Number: 82797960 (Lloyds bank)
Cheques payable to 'Tywi Pylons Ltd' posted to 60 Broad Street, Llandovery, SA20 0AY.

We will NOT be defeated – The fight goes on...

Llandovery Pylon Community Action Group
Email: llandoverypsg@gmail.com

CHESS CLUB

I am starting to set up a chess club in the Ammanford, Llandeilo area.

If you are interested please contact me on 07747 818827.

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06/26(12)



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02/26(12)



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10/25(3)



CHRISTIAN AID WEEK 2025

Sunday 11th May – Saturday 17th May

Christian Aid is celebrating its 80th Anniversary this year, having been founded in 1945 at the end of the Second World War, to fight poverty and injustice.

This commitment to help those in greatest need continues today as we respond to the challenges we're still facing as a global family.

Here in Llandovery, we have supported Christian Aid for the past 32 years and pledge to continue to do so in future years, as we welcome many younger members who have joined our Committee.

A service started the week on Sunday 11th May at 11.00am in Memorial Chapel, conducted by Patrick Thomas who urged us to pray for, and support those suffering hardship in other lands. Many of the congregation offered their help in our Pop-Up Shop.

Monday 12th May – Friday 16th May

A Pop-Up Shop was arranged for the week thanks to the generosity of Ena Jones, Castle Garage who proffered their showroom for our use this year and hopefully in the future. This proved an ideal site to sell our plants and cakes, and was very successful and we are very grateful to Ena and her staff for their support.

Many members from our churches and chapels donated plants and cakes and their time, to serve in the shop we are truly grateful to each and every one of them. A team effort!

Plants still available at the end of the week continued to be sold for several weeks and the monies forwarded to Lyn Lewis, our Treasurer.

Monies raised:

Pop-Up Shop

Plants & Cakes £1938.35

Donations £1,001.50

This brings a total of £2,939.85 which has been sent to Christian Aid.

A big thank you to everyone who contributed so generously, but also to every customer in our community who bought from us, you have truly given a helping hand to people in the greatest need, giving them hope for a brighter future.

See you all next year.

Diolch yn fawr iawn i bawb.

Llandovery & District Christian Aid Committee.

CAPEL GOSEN CYNGHORDY



AFTERNOON TEA

(Sandwiches, Tea Loaf, Cake and Tea/Coffee)

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**FRIDAY 15th, SATURDAY 16th, SUNDAY 17th
AUGUST 2025**



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07/25(12)

DAI JONES LLANILAR MEMORIAL PRIZE LAUNCHED AT ROYAL WELSH SHOW

A special Memorial Prize was launched at the Royal Welsh Show on Tuesday 22nd July 2025 by S4C and the Royal Welsh Agricultural Society dedicated to the memory of the well-known farmer and presenter, Dai Jones Llanilar.

A talented singer, renowned farmer and presenter of agricultural and entertainment programmes on radio and TV in Wales for over fifty years, Dai Jones was a popular and much-loved personality. He passed away in 2022 at the age of 78.

The Dai Jones Llanilar Memorial Prize will give one young person the opportunity to work with multimedia production companies Telesgop (Ffermio) and Slam (Cefn Gwlad/Y Sioe) to develop an original idea into a fully formed item, which will then broadcast on S4C's platforms.

According to Geraint Evans, Chief Executive at S4C, the Prize will nurture future talent:

"At S4C, we were keen to establish a Prize in memory of Dai, and to mark his invaluable contribution to the world of agriculture and the world of broadcasting in Wales. He really was one of the most talented broadcasters on Welsh television.

"We hope that the Prize, dedicated to Dai's legacy will open the door to the world of broadcasting for young people, and will nurture future talent while ensuring that we continue to bring fresh and relevant content from the agricultural world in Wales to S4C."

Professor Wynne Jones, Chair of the Board of the Royal Welsh Agricultural Society, said.

"The Society is eager to have a special award for young people who are enthusiastic about rural issues and the importance of rural Wales. Dai's family are very supportive and are proud to see the media and the Royal Welsh Show working together to create this special



opportunity for the next generation of presenters and workers in the field. This award will ensure that Dai's legacy continues for years to come."

To compete for the Prize, individuals under the age of 30 must submit an idea relating to the countryside or agriculture to Telesgop before the 1st October. Individuals will also be asked to write a few words about themselves and why they think they should be awarded the prize.

A shortlist of applicants will then be invited to present their ideas to a panel of representatives from the Royal Welsh Agricultural Society, the Young Farmers, the Ffermio and Cefn Gwlad programme teams and S4C.

The winner will be announced at this year's Winter Fair in Llanelwedd – 24th and 25th November.

For a chance to win the prize, submit an application no longer than one A4 page outlining your idea for an item related to the countryside and agriculture. Email your submission to: gwawr.lewis@telesgop.cymru by 11:59pm on 1 October 2025.

For more information about the Dai Jones Llanilar Memorial Prize, including how to apply, visit: Terms and Conditions: An opportunity to collaborate and develop skills with the S4C Ffermio team | Ffermio | S4C .

TOWY & COTHI HUNT 250 CLUB

held at the White Hall on 8th July 2025

£15 Tracy Jones, Llanerchgoch, Halfway

£15 Tony Lincoln, Old Vicarage

£10 Sheila Lewis, Brynawel, Cwmanne

£10 Tommy Shdeki, Dulais House, Llanwrda

£5 Barry Wiggins, Cilycwm Road

House prize: Ann Jones, Divlyn

Next draw to be held at Llandovery RFC,

14th August 2025.

WHAT'S ON IN CAPEL DEWI

at The Old School (SA32 8AD)

9th August: Local Producers Market
9.30am – 1.00pm

29th August: Pop up Pub – 6.30pm

12th, 26th August: Simon J Pizza van
6.00pm – 8.00pm

Contact capeldewicommunity@gmail.com for further details

MYDDFAI NEWS

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



Sunday 27th July is our monthly Farmers Market. We have a Summer Fayre on Sat 9th August from 2.30pm, Free Entry, with something for everyone, games, stalls & a Fairy Tale trail. We have 2 days of willow classes on Thursday 21st & Friday 22nd August, our August Farmers Market is on Sunday August 31st from 12 noon to 3.00pm – it is on the last Sunday of every month (except December), please come along to support the many local producers. Myddfai annual Show is on Saturday 6th September.

With over 80 different contributors in the shop, we have

a wide range of unique quality crafts, gifts, jewellery, woodcraft, pottery, candles & soaps, artwork, plus much more as well as a great range of cards and books. We have something for everyone, with new items arriving all of the time. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

On these summer days why not take a trip out to Myddfai to relax in a peaceful country setting enjoying a freshly cooked lunch, a glass of wine or a Welsh beer or fruit juice, or tea or coffee. Treat yourself to a slice of one of our delicious home-made cakes or one of our very popular afternoon teas. If you are part of a group that enjoys an outing then give us a call, we can arrange talks on the Physicians of Myddfai and Herbal Medicine for groups combined with a delicious afternoon tea.

Myddfai Hall is a fantastic well-equipped venue for any event especially Weddings, kid's parties, conferences and activity classes. It is fully equipped and can seat up to 120 at tables with more space in the marquee if required.

Why not come along to one of our activity classes, Tuesday it's Yoga 10.00 – 11.30am; Wednesday – craft class 1.30 – 3.30pm, Thursdays its Pilates 9.30 – 10.30am, Friday it's art with Lynn 1.30 – 3.30pm come along and join in, everyone is welcome.

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 for What's On.

Please like Myddfai Community Hall on Facebook.



03/26(12)



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Bryndolau Retreat Garden Open for a cream tea!

Saturday, 9th August

On the second Saturday in August you are welcome to take some time to sit in our colourful retreat garden away from household chores and worries with an option of a cream tea during your visit. We shall be open from 11.00am to 5.00pm.

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

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

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

No entry fee. Optional cream tea £7.50 p.p.

Donations this year to Llangadog Church.

01558 824514.

www.kitesnestcottage.co.uk.

SA19 7AT.

People are often unreasonable, illogical, and self-centred; Forgive them anyway.

If you are kind, People may accuse you of selfish, ulterior motives; Be kind anyway.

If you are successful, you will win some false friends and some true enemies; Succeed anyway.

If you are honest and frank, people may cheat you; Be honest and frank anyway.

What you spend years building, someone could destroy overnight; Build anyway.

If you find serenity and happiness, there may be jealousy; Be happy anyway.

The good you do today, people will often forget tomorrow; Do good anyway.

Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God; It was never between you and them anyway.

Mother Theresa

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09/25(3)



DIWEDDARIADAU GAN PETHAU PAWB – EICH LLYFRGELL O BETHAU

Mae gennym newyddion da – rydym wedi cael cyllid gan gronfa Cymunedau Cynaliadwy Llywodraeth y DU i'n cadw ar waith tan ddiwedd mis Ionawr 2026!

Fel rhan o'r cyllid, rydym hefyd wedi gallu cyflogi aelod staff rhan-amser fel ein Curadur a pherson trwsio cyffredinol, ac rydym wrth ein bodd yn croesawu Rhys i'r tîm. Mae Rhys yn lleol i Llanymddyfri a bydd yn ein helpu i gynnal y stoc a sicrhau bod popeth yn ddiogel i'w fenthyg.

Rydym hefyd yn edrych ymlaen at gynnal cyrsiau sy'n canolbwyntio ar ailgylchu ac aildefnyddio eitemau, gan arbed arian i chi ac eitemau rhag mynd i safleoedd tirlenwi. Mae ein sesiynau sydd ar ddod yn cynnwys gwneud gemwaith, hogi offer a phaentio sialc ar gadair olwyn y gallwch ei chymryd adref. Dilynwch ni ar Facebook am restr lawn o ddyddiadau, neu galwch heibio i'r siop.

Rydym ar agor o ddydd Mercher i ddydd Sadwrn o 10am i 5pm, neu gallwch anfon e-bost atom yn helen@ynnisirgar.org, a pheidiwch ag anghofio dod yn aelodau o'r Llyfrgell am ddim, yna gallwch fenthyg beth bynnag sydd ei angen arnoch yn lle prynu!

UPDATES FROM PETHAU PAWB – YOUR LIBRARY OF THINGS

We have some good news – we have been awarded funding from the UK Government Sustainable communities fund to keep us up and running until the end of January 2026!

As part of the funding, we have also been able to employ a part time staff member as our Curator and general all-round fix it person, and we are delighted to welcome Rhys to the team. Rhys is a Llandovery local and will help us to maintain the stock and make sure everything is safe to loan.

We are also looking forward to running courses focusing on upcycling and repurposing items, saving both money for you and items from going to landfill. Our upcoming sessions include Jewellery making, tool sharpening and chalk painting a wheel backed chair that you can take home. Just follow us on Facebook for a full list of dates, or pop into the shop.

We are open Wednesday to Saturday from 10am to 5pm, or you can email us at helen@ynnisirgar.org, and don't forget to become members of the Library for free, then you can borrow whatever you need instead of buying!

READERS' SALES & WANTS

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

FOR SALE

- **Spirit Mixing Desk** by Soundcraft Powerstation 600. Very good condition, £100 ono. Tel. 07779 115073.
- **Honda Africa Twin 750cc**, T reg with 12 months MOT, full set of panniers, many extras including 12 volt compressor, £5300. Contact Rob 07719 149362.
- **Pine farmhouse kitchen/dining table** with drawer, 7ft x 2ft 10", £225. Tel: 07460 888646.
- **Dovre wood burner**, 7 to 9kw, good condition, attractive fire, needs one fire brick hence realistic price, £450. Tel: 07833 488817.
- **Good quality pine bunkbeds**, 6'3" x 3', needs new mattresses, £30. Tel: 07866 489639 (Llangadog).
- **Carrera Cross City E-Bike**, unused, cost £1200, reasonable offers. Text 07565 998330.
- **Mens bicycle – Stealth Falcon**, Shimano 515 sis, £40. Tel: 07774 004295.
- **Swallow orbital sander**, £10. Tel: 07774 004295.
- **Aero travel inflatable double air bed**, £25. Tel: 07774 004295.

WANTED

- **Wood or metal framework** from apex small barn (secondhand), can dismantle and transport myself. Tel: 07917 164044.
- **S. H. air compressor**, single phase 240v, about 15 to 25cfm, belt drive, can collect. Tel: 07917 164044.
- **Shed abandoned motor bike**, max 125cc for learner also interested in BSA, Triumph etc, non runner needing restoration, can collect and pay cash. Tel: 07917 164044.
- **Preloved Books wanted**. We would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom. Any subject gratefully received, as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing. The House and Tea Room are now open every day. There is always someone available on any day to help you offload if required. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer: 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).

THE SASKIA LAROO BAND

The Saskia Laroo Band from the Netherlands have travelled worldwide entertaining audiences with their mix of Jazz, World Music, Funk and Hip Hop. Saskia is a Trumpeter, Saxophonist, Composer and Band Leader. They are performing at Brecon Jazz Festival, but more importantly they are giving a concert on Saturday 9th August at the Civic Hall in Llandeilo 7.30pm. There will be a cash bar. Look out for posters. Tickets on the door cash only for £10. Event part sponsored by the Night Out Scheme.

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

3 Aug 9.30am Holy Communion
17 Aug 9.30am Holy Communion
31 Aug 10.00am Combined Communion,
St Sadwrn's

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

ST. SADWRN CHURCH, LLANSADWRN

3 Aug 11.00am Morning Prayers
17 Aug 11.00am Holy Communion
31 Aug 10.00am Combined Communion

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

ST. PAUL'S CHURCH, MANORDEILO

10 Aug 9.30am Holy Communion
24 Aug 9.30am Morning Prayers
31 Aug 10.00am Combined Communion,
St Sadwrn's

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

ST. MICHAEL'S CHURCH, CILYCWWM

10 Aug 11.15am Morning Prayers
24 Aug 11.15am Holy Communion
31 Aug 10.00am Combined Communion,
St Sadwrn's

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

ST CYNWYL'S CHURCH, CAIO

3 Aug 9.30am Holy Communion
17 Aug 9.30am Holy Communion

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

ST SAWYL, LLANSAWEL

3 Aug 11.00am Holy Communion
10 Aug 11.00am Boreuol Weddi
17 Aug 11.00am Holy Communion
24 Aug 3.00pm Messy Church/
Llanast y Llan

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

3 Aug 11.00am Holy Communion
10 Aug 11.00am Morning Prayer
17 Aug 11.00am HOLY Communion
24 Aug 11.00am Morning Prayer
31 Aug 11.00am Morning Prayer

For further information please contact Ann Thomas, Churchwarden 07788 789195.

ST MICHAELS, MYDDFAI

3 Aug 11.30am Morning Prayer
10 Aug 11.30am Communion
17 Aug 6.00pm Evening Prayer
24 Aug to be confirmed
31 Aug tbc

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

LLANDINGAT, LLANDOVERY

3 Aug 9.30am Family Service
10 Aug 9.30am Communion
17 Aug 9.30am Morning Prayer
24 Aug 9.30am to be confirmed
31 Aug to be confirmed

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

ST SIMON AND ST JUDE, LLANDEUSANT

10 Aug 6.00pm Bless the animals.
Bring your favourite pet
or creature to be
blessed.

24 Aug 11.15am Holy Eucharist
31 Aug 10.30am Joint Holy Communion
(place TBC)

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

3ydd o Awst, 11yb Boreol Weddi
17fed o Awst, 11yb Cymun
31ain o Awst, i'w gadarnhau

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

ST. MARY'S CHURCH, CYNGHORDY

10 Aug 2.30pm Evening Prayer
24 Aug tbc

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

ST CADOG'S CHURCH, LLANGADOG

3 Aug 9.30am Holy Communion
10 Aug 9.30am Morning Prayer
17 Aug 9.30am Holy Communion
24 Aug 9.30am Morning Prayer
31 Aug 10.30am Holy Communion TBC

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

HOLY TRINITY CHURCH

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

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

ST. BARNABAS, RHANDIRMWYN

10 Aug 9.30am Communion
17 Aug 2.30pm Evening Prayer
@ Ystradffin
24 Aug 9.30am Communion

For further information, please call 01550 938534 (Office hours).

ST PAULINUS, YSTRAD FFIN, RHANDIRMWYN

4 miles north of Rhandirmwyn by RSPB &
Ogof Twm Sion Catti Caves
17 Aug 2.30pm Evening Prayer

ALL SAINTS CHURCH, GWYNFEE

3 Aug 11.15am Holy Communion
10 Aug 11.15am Morning Prayer
17 Aug 11.15am Holy Communion
24 Aug No Service
31 Aug Combined service at
10.30am T.B.C.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

EBENEZER APOSTOLIC CHURCH

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

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

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

YR EGLWYS UNIONGRED, LLANBEDD – 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 Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall – brwoodall1940@gmail.com

ST JOHN'S MAESTEILO

3 Aug 9.30am Holy Communion
17 Aug 2.00pm No morning service.
Pets' Blessing service at 2.00pm

Margaret James: 07771 621538.

HOLY TRINITY TALARIIS

2nd Sun 9.30am Holy Communion
4th Sun 9.30am Morning Prayer

Email: h_loyd_davies@hotmail.com

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANOVDY

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

Pastor: Patrick Thomas

E mail: williamsmemorial@outlook.com

Mobile: 07774 533804

www.williamspantycelyn.co.uk

ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

- 3 Aug 2.30pm Service (Evening Prayer) followed by tea/coffee time.
13 Aug 5.30pm Pilgrim Service – prayer and meditation.
17 Aug 12.30pm Bring and Share Lunch – all welcome.
17 Aug 2.30pm Service (Communion) followed by tea/coffee time and a Thank You to Rev Rhobert Pattinson on his retirement.
23 Aug 2.00pm Quiet Space – reflection and contemplation.

Info Churchwardens Andrew Tait on 07846 310848 and Beryl Edwards 07428 833278. Location: What3Words - gain.agent.acids.

ANNOUNCEMENT:

On the 15th of June, the Bishop of St David the Rt Rev Dorrien Davies announced that the Rev Paul Pritchard, will be licenced as Pioneer Evangelist in Llanelli. The Rev Neil Hook currently in Haverford West will be licenced as Ministry Area Dean for Bro Dyfri, based in Llandovery.

Paul has been leading local churches in and around Llandovery for 5 years, first coming during the 2020 lockdown. Initially leading Llandingat, Llanfair ar y Bryn and St Michael in Myddfai, he began leading in Cyghordy when Rev Ann McKnight retired, in Cilycwm and Llanwrda when Rev Viv Sayer retired until Rev Marc Rowlands arrived, and at Rhandirmwyn when Rev Tim Nelson was moved to Carmarthen. Llandingat in particular has seen growth of new and younger people at the church thanks to Bright Sparks ministry and the informal Family Service, with more contemporary worship and powerpoint projection. There has also been lay-led ministry developed with the Family Service and Morning Prayer each month. Paul and family will be relocating very soon to Llanelli to pioneer a new ministry, working with the local clergy and churches to develop an informal evangelistic ministry around Llanelli to engage people outside of the church. It will be sad to leave so many friends and wonderful connections in Llandovery, but an exciting challenge to do something new in Llanelli. Having been converted in the notorious Moss Side in Manchester from being atheists with drug and alcohol dependence, and having previously pioneered a ministry in a tough neighbourhood in Stockport, this new chapter will draw on their experiences both in urban ministry and here in west Wales.

SUMMER FAYRE

Saturday 9th August

St Michael's Church Myddfai is pleased to announce its Annual Summer Fayre on Saturday 9th August and welcomes you to the Land of Fairytales!

This Summer Fayre is in the Community Hall and will be bigger, brighter with more stalls than ever. There is a fun trail in the Church that takes you on an enchanting experience through many of your favourite fairy tales for you to guess, with a prize for the winner

The entry is FREE but bring lots of change!

Come dressed as your favourite Fairy Tale character and join in the fun (dressing up is not compulsory). There are lots of prizes to be won and it's an all weather event as everything is under cover

Proceeds to St Michael's Church, Myddfai

Enquiries to Janice Davies 01550 938326

ALL SAINTS CHURCH, GWYNFE

Our Harvest Festival Service will be held on Sunday 21st September at 6.00pm. There will be a cold buffet supper after the service in the Community Hall. Tickets are £5 for supper and a selection of puddings with tea or coffee. Tickets can be purchased from church members.

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. 02/26(12)

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

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DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk www.dmarchitect.co.uk 10/25(12)

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BEAUTY SALON

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

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BUILDER AND HOUSE MAINTENANCE. Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 06/26(12)

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

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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 04/26(12)

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

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10/25(6)

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

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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. 11/25(12)

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TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 08/25(12)

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GARDEN MAINTENANCE AND OTHER ODD JOBS. Garden clearance, digging, grass cutting, strimming, hedge trimming, pressure washing and other odd jobs. Llandovery, Llandeilo and surrounding areas. Contact 07460 274145. 08/25(6)

HEADSTONES AND HOUSE NAME PLAQUES

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

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NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 08/25(12)

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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 2023 will automatically have their membership extended to March 31st 2024. 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 that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: facebook.com/llanadoverysquash or visit our website: <https://llanadoverysquashclub.co.uk> 04/26(12)

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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@carmarthenshire.gov.uk

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

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.
Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449
Brecon: Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

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

Train Times (Timetable 18/05/25 – 13/12/25) Not all stops shown

		Mon. to Fri.				Sat.				Sun.			
Swansea	D		05.16	08.56	12.51	17.47	04.51	08.59	12.51	17.48	11.10	15.18	
Gowerton	D		05.28	09.08	13.03	17.59	05.03	09.11	13.03	18.00	11.22	15.31	
Llanelli	D	05.12	05.38	09.18	13.15	18.09	05.13	09.21	13.16	18.10	11.33	15.42	
Ffairfach	D	05.48x	06.14x	09.54x	13.51x	18.46x	05.48x	09.57x	13.54x	18.46x	12.08x	16.16x	
Llandeilo	D	05.54	06.20	10.00	13.57	18.51	05.54	10.03	14.00	18.51	12.14	16.22	
Llangadog	D	06.03	06.29	10.09	14.06	19.00	06.04	10.12	14.10	19.01	12.23	16.32	
Llanwrda	D	06.07	06.33	10.13	14.10	19.04	06.07	10.16	14.13	19.04	12.27	16.35	
Llandovery	D	06.16	06.40A	10.22	14.19	19.13	06.16	10.25	14.22	19.13	12.36	16.44	
Cynghordy	D	06.23		10.29x	14.26x	19.21x	06.24x	10.32x	14.30x	19.22x	12.43x	16.52x	
Llanwrtyd	D	06.41		10.47	14.44	19.38	06.42	10.50	14.48	19.39	13.01	17.09	
Llandrindod	D	05.53	07.32	11.40	15.33	20.24	07.32	11.44	15.34	20.24	13.44	17.59	
Shrewsbury	A	07.38	09.03	13.12	17.04	21.55	09.02	13.15	17.06	21.59	15.14	19.38	
Shrewsbury	D	04.18	05.27	10.02	13.54	18.35	05.28	10.06	13.55	18.35	12.08	16.20	
Llandrindod	D	05.44A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27	13.55	18.05	
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58	14.26	18.36	
Cynghordy	D		08.14x	12.19x	16.18x	21.11x	08.14x	12.25x	16.21x	21.11x	14.39x	18.49x	
Llandovery	D	06.44	08.26	12.32	16.31	21.23	08.26	12.38	16.34	21.23	14.51	19.02	
Llanwrda	D	06.50x	08.32x	12.37x	16.36x	21.29x	08.32x	12.43x	16.39x	21.29x	14.57x	19.07x	
Llangadog	D	06.54x	08.36x	12.41x	16.40x	21.33x	08.36x	12.47x	16.43x	21.33x	15.01x	19.11x	
Llandeilo	D	07.05	08.48	12.54	16.53	21.45	08.48	13.00	16.56	21.45	15.13	19.23	
Ffairfach	D	07.08	08.50	12.56	16.55	21.47	08.50	13.02	16.58	21.47	15.15	19.26	
Llanelli	D	07.47	09.30	13.38	17.35	22.35	09.34	13.41	17.38	22.32	15.53	20.05	
Gowerton	D	07.54	09.37	13.45	17.43	22.43	09.43	13.48	17.46	22.39	16.01	20.13	
Swansea	A	08.11	09.51	14.01	18.01	22.58	09.56	14.02	18.01	22.55	16.15	20.28	

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
Ffair-fach	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	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	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	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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