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# THE GREAT BIG GREEN WEEK COMES TO LLANDOVERY



Llandovery EV community car BY Cyrene Dominguez, TrydaNi

Full article on page 3

**FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES**

# ALL ABOUT *The Post*

**COPY DATE  
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## *The Post* Future Copy Dates

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September ..... 15th August  
October ..... 16th September

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11/25(12)



Llandovery Farmers Market  
by Raoul Bhambral

Llandovery kicks off the Great Big Green Week on Saturday 7 June from 10am – 2pm on Llandovery's Market Square. The Llanymddyfri EV community car project will be showcased at Llandovery Farmers Market, alongside a wide range of locally produced food and drink. Music and live entertainment will play throughout the day.

Market Manager Raoul Bhambral said,  
"The Great Big Green Week is about bringing you together with your friends and family to do things to benefit climate and nature.

Where better to do that than at your local farmers market? The market and its music are a great day out for friends and family already. Many of our growers and livestock farmers are small scale family-run businesses and they tend to practice more natural, environmentally friendly methods that avoid lots of toxic chemicals – which is great for people and nature.

Ynni Sir Gar's community car-pool project is great for the climate, in reducing multiple-car use and therefore carbon emissions. Come and find out more about this project and how it could benefit you or your community."

The Llanymddyfri EV community car is part of a Wales-wide project called Charge Up Wales, run by the community benefit society called TrydaNi. Its mission is to support local communities to start and run car clubs. This helps to move away from traditional models of car ownership towards a cleaner transport future.

Sioned Haf from Ynni Sir Gar said,  
"We will be on hand to answer community questions about how the project and the booking app works, and how people can join in and book an electric vehicle. We are keen to meet other communities who may be interested in such a scheme."

The Great Big Green Week runs from 7-15 June. It is the UK's biggest celebration of community action to tackle climate change and protect nature. During the week, communities, schools, businesses, churches, mosques and more join together in a wave of support for action to protect the planet. All for a safer, greener, fairer future.

The market will feature an array of fresh veg, mushrooms, a range of meats, cakes, honey, sheep and goats cheese, plants, flowers and dog treats. Street food will be available from small cold snacks like pies and sausage rolls up to burgers and pizzas.

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# LLANDOVERY GARDEN CLUB

Meeting: Monday 28th April 2025

Secretary Sue Caldecote – Minutes of meeting and report

## Introduction

Marguerite (Babs) Rees opened the meeting by thanking the hostesses and

Llinos Morgan, the Treasurer, who all brought in plants to sell for the club.

## Christian Aid Week 11th – 17th May

Enid Protheroe's plant sale for Christian Aid this year will be from the Castle Garage showroom, for the week commencing 12th May. Enid requested plant donations from members and asked that plants are to be dropped off at her house.

## Trip to Llysdymanor

Trip to Llysdymanor will be Thursday 8th May, cost £5.00. Packed lunch to be taken. Meeting at the station car park at 10:15 and leaving at 10:30. Donations for tea and coffee, provided by the hostess, will be for Air Ambulance. Sue to email everyone asap for confirmation of those attending and who is prepared to drive. Babs will also place details on Facebook.

## Trip to Abercamlais

Trip to Abercamlais will be on Thursday 29th May. Please bring a packed lunch. Tour of the house and gardens entrants fee including tea and cake is £11, the garden only is £8. Sue again to email everyone with details and confirmation from those attending. Meeting at the station car park and leaving to go to the gardens at 11am.

## Guest Speaker

Our speaker this month was Mary-Ann Nossent, who is assistant organiser of Carmarthenshire County organisers of NGS (National Garden Scheme)

She was initially inspired by Keith and Moira Brown's garden to tackle her garden sited in a quarry and to open her garden for charity. (which is based somewhere near the Welsh Botanic gardens)

The NGS beginnings came from William Rathbone. He employed a nurse to tend to his terminally ill wife. He was so impressed by the care his wife was given that he paid her nurse to provide care for the local community. He then set up a trust to employ more district nurses with the help of the Florence Nightingale hospital in Liverpool. This led onto the creation, in 1887, of the Queen Victoria Institute for Nurses, now The Queens Nursing Institute. Miss Wagg, a member of this institute, proposed that the trustees "set about opening their own gardens to the public and charge them a shilling a time".

The following year 609 gardens opened raising over £8,000 (£450k in today's prices) from 164,000 visitors.

Initially supporting nursing charities, QNI then supported Macmillan, Marie Curie, Parkinsons and many more, and now gardens, including Maggie's, Horatio gardens, community gardens etc.

The vast majority of money raised (83%) goes to the charities, since the inception in 1927, £70 million pounds has been raised.

All agreed this had been a very interesting and thought-provoking talk, from an amazing and enthusiastic person.

Thank you Mary-Ann.



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# FUNDRAISER FOR CHILDREN IN GAZA

Poetry and Live Music for a summer's day at Wrights Emporium on June 18th 4.00 – 9.00pm



West Wales Friends of Palestine (WWFOP) and Wrights are raising money for a tent school set up in the ruins of Gaza in Palestine. WWFOP has for ten years befriended and supported community organisations on the West Bank. However, since October 2023 we have held a weekly peace vigil in the town centre of Carmarthen (from 2-3 pm) to remind people what is happening in Gaza and call for a permanent ceasefire. During one of these vigils we got to know a doctor who lives in Carmarthenshire (his wife's home) but grew up in Gaza. His family is still there, displaced and living in tents. He told his family about us, and his nephew, who is a trained aid worker, and some teachers, asked if we would help set up a tent school in the area where they were living.

We set up the school in December last year; appropriately it is called the Sumud School. Sumud is an Arabic word, which has a very special meaning for Palestinians. It means steadfast persistence and resilience- something Palestinians have developed a lot of in the last seventy five years.

Despite all the recent bloodshed and suffering the school continues. It provides some education, counselling



(because most children are now traumatised) and a little food. It gives them some normality in their horribly disturbed lives. We know from testimony and the photos we receive that it is making a huge difference to these children. It is very difficult to predict what the future will hold. Nevertheless we believe it is important to do what we can for these children NOW and into the future. The continuation of bombings and drone attack has made it too dangerous for the tent school to remain open, but we hope the situation will change so that it will reopen when it's safe. All funds raised will be held until they can again be used to support the education and improved wellbeing of the children of Gaza.

Please come and enjoy a summer afternoon and evening of poetry and live music, and support the children of Gaza. Full details inside.

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12/25(12)



## CYMDEITHAS DDINESIG LLANDEILO A'R CYLCH

### LLANDEILO AND DISTRICT CIVIC SOCIETY

Our next meeting will be a joint meeting of three groups, Llandeilo and District Civic Society, Friends of Llandeifisant Church and the Carmarthenshire branch of the Welsh Historic Garden Trust. The lecture will be delivered by Dr Susan M.B. Davies, who will give an illustrated talk on Cecil Rice, Baroness Dynevor, and the development of the naturalistic parkland of Dynevor. The meeting is being held to celebrate the relaunch of the Carmarthenshire committee of WHGT following the COVID epidemic, which led to the suspension of meetings. It will be held at the usual venue on 3rd of June 2025.

On April 1st we enjoyed a recorded film interview of the late Thirza and Hilda Swindells. Many of the audience were familiar with these two sisters who had been closely involved with St Teilo's Church and had for many years arranged flowers for the services. Andrew Douglas Forbes introduced the film as he had conducted the interview only a few years before the two sisters died within a few months of each other. The recording can now act as an archive of their experiences living in Llandeilo.

The meeting on the 6th May was led by Roy Davies a previous tutor for the Open University and someone who has a great interest in the history of Llandeilo and Ammanford, delivered a talk about Carey Morris. The Llandeilo painter achieved considerable success painting the people of Llandeilo and Carmarthenshire, and later becoming a well renowned UK artist. He starting his schooling at The National School locally and then studied at the Forbes School of Painting between 1902 and 1907 and later studying at the Slade School of Art.

Our meetings take place on the first Tuesday of each month at The Vestry, Capel Newydd,

Crescent Road, Llandeilo at 19.30. **The usual entry fee for new attendees will be waived for the above meeting with the other groups** to prevent entry to the lecture being delayed and of course, paid up members of all three groups are welcome.

Ideally signing up as a member in advance is simple to achieve by visiting our website at [llandeilodistrict.org.uk](http://llandeilodistrict.org.uk) and pressing the Contact button at the top of the page.

Dafydd Thomas (Chair LDCS)

## LLANEGWAD RAINFALL

APRIL

Rainfell on 11 days this month the wettest day was 15th with 31 mm.

April Total: 84mm – 3.1/4"



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## BRYNDOLAU RETREAT GARDEN OPEN FOR A CREAM TEA!

### JUNE 14TH

On the second Saturday in June 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 11am to 5pm.

Further dates this summer are:

Saturday, July 12th

Saturday, August 9th

Saturday, September 13th

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.

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## WHAT'S ON IN CAPEL DEWI

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11th June – Coffee Morning, 10.30am

Speaker from the Climate Shop in Carmarthen

14th June – Local Producers Market and Strawberry Tea, 9.30am – 1.00pm

25th June – Book Club, 7.00pm

27th June – Pop up Pub & Quiz.

Doors 6.30pm, quiz 7.30pm

3rd, 17th June – Simon J Pizza van,  
6.00pm – 8.00pm

Yoga Friday morning from 10.00am

Dog Training Monday morning 10.00am

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## Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you are well and that you have enjoyed the warmth and sunshine. These days do truly bring joy to the mind and pleasure for the eyes, along with feelings of hope and happiness as our dear World copes with the many current problems.

Amidst the movement of the Summer, perhaps, too, there's space to enjoy a moment's stillness. The physical movements 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. Although the Summer term classes at Padmasambhava have started, it might not be too late to join a class. It is worth contacting the Centre to see if there are any spaces – they will be pleased to help.

Monday's Gentle Yoga (11.45 to 1.15pm) offers a chance for students wishing to return to Yoga and become familiar again with different practices. Gentle Yoga is also helpful for students with some health limitations, who may need to take extra care. The Beginner's (ongoing) on a Wednesday evening may have one or two spaces and it is still not too late to join this class. Thursday's Ammanford class 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 physical movements bring flexibility to the body and the breathing practices are useful tools to bring calmness to the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps with reducing stress, calming the mind and relaxing the body.

A good selection of classes are held 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. The classes taught by the Centre are Integral Yoga – 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.

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. Perhaps with the warmer days, you might feel able to do your daily yoga practice outside in your gardens surrounded by the sounds and smells that are there.

Term dates and classes can be found online, in the Brochure or on Posters around town. 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](mailto:mail@padma.org.uk) More information at [www.padma.org.uk](http://www.padma.org.uk)

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08/25(3)

## FATHER'S DAY QUIZ –

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# WELSH LGBTQ+ VOICES SHINE IN PRIDE MONTH FILM SHOWCASE



## Llandovery Cinema presents an evening of Welsh language and bilingual short films celebrating LGBTQ+ stories

To mark Pride Month this June, Llandovery Cinema invites you to a special evening of short films spotlighting LGBTQ+ voices from across Wales. The event will take place on Saturday 21st June, 7pm at the Rhys Prichard Memorial Hall and features a curated selection of Welsh language and bilingual films that explore identity, community, and queer experiences through powerful storytelling.

This vibrant and diverse programme showcases the creativity of Welsh filmmakers and uplifts underrepresented voices within our national cinema.



From intimate personal journeys to bold experimental work, the selection reflects the richness of queer life and culture in Wales today.

The evening will begin with a friendly and informal shared lunch meal, starting from 6pm (doors open at 5:30pm). Guests are encouraged to join the potluck and bring a dish to share, savory or sweet. Enjoy some food and conversation with this wonderful chance to connect and share recipes and build community spirit before settling down for the film.

The evening will end with a live Q&A chaired by Heart of Wales LGBTQ+, a Llandovery based community group, talking about the themes explored and rural pride with LGBTQ+ artists.

Join us as we celebrate Pride through film – with stories rooted in our language, landscapes, and lived experiences.

**Date:** Saturday 21st June  
**Time:** 7.00pm  
**Meal Share:** 6.00pm (doors open at 5:30pm)  
**Venue:** Rhys Prichard Memorial Hall, 4 Waterloo Street, Llandovery SA20 0DS  
**Tickets £5:** can be purchased at LYCC on Market Square Llandovery, online at Ticket Source [www.bit.ly/llandoverycinema-pride](http://www.bit.ly/llandoverycinema-pride) or on the door (subject to availability)

Everyone is welcome. Come along and be part of this celebration of Welsh language, film, and LGBTQ+ pride.

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Are you curious about volunteering but not sure where to start? Come along to *Discover Volunteering: Unlock Your Potential & Make a Difference* on Saturday 28th June at the Llandovery Youth and Community Centre (LYCC), Gerwyn House, 19 Market Square. Running from 10:30am to 12 noon, this free and friendly session offers a relaxed introduction to the world of volunteering.

Through group discussions and activities, you'll explore what volunteering really means, identify your own skills – even if you've been out of the workforce for a while – and learn about local opportunities that could suit your interests and lifestyle. From public-facing roles to behind-the-scenes support, there's something for everyone.

The event finishes with a free lunch from 12 noon to 12:45pm, giving you a chance to chat informally with others and ask any questions. Whether you're ready to dive in or just want to explore the idea, you're warmly invited to take part.

To reserve a place, email [llandovery.lesc@gmail.com](mailto:llandovery.lesc@gmail.com), text/call 07761 955004, or drop into the LYCC.

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# LOCAL WOMAN HONoured FOR HER COMMITMENT TO THE BREASTFEEDING MOTHERS OF LLANDEILO



Llandeilo woman's 18 year voluntary commitment to supporting new mothers in the Llandeilo area has been recognised at an award ceremony. On the 5th April, at an event attended by women and their families who had been part of the Llandeilo Breastfeeding group over the last 20 years, Mayor Charlotte Morgan and her Lady Mayoress Charlotte Walker presented Louise Chodecka with an award for her service.

Louise has now taken a step back from the group which she took over the running of in 2006 as a young mother, taking inspiration from midwives and the women she met at the group. She recognised the need for a supportive community for mothers and their young babies, to support them to breastfeed and help them form connections and networks at a time when they are at their most vulnerable.

Although breastfeeding rates in Wales are on the rise, they are still some of the lowest in the world, with 65% of women beginning to breastfeed reducing to 55% still

feeding at 10 days, 41% at 6 weeks and 29% at 6 months (Welsh Government, 2024).

Although the benefits of breastfeeding are well recognised including the nutrition and immunity provided, as well as the psychological benefits of emotional bonding and connection in the early days of life (Modak et al., 2023), many women experience a host of barriers including stigma, economic and commercial pressure, pressure from employers and a lack of support and advice to help them overcome initial challenges (Pérez-Escamilla et al., 2023).

One of the main recommendations from researchers is ongoing technical advice and emotional and peer support (Nally, 2024; Beggs et al., 2021), and many women who have attended the breastfeeding group in Llandeilo will attest to the fact that they carried on feeding longer than expected because of the support of the group.

With busy labour wards and midwives unable to spend the necessary time with new mums to encourage and support them, and a lack of experience of breastfeeding now in some cases going back several generations, grass roots support such as that provided by Louise Chodecka at the Llandeilo group is an invaluable resource.

Holly Griffiths, who has taken over as primary group contact said "I am incredibly appreciative that I was able to access the group many years ago when I had my first babies, and I feel privileged to be in a position to be able to run the group now, knowing I can call on the support and experience of Louise when needed"

If you would like more information about the Llandeilo Breastfeeding Social Group please contact Holly Griffiths on 07377 943441.

Beggs et al. BMC Public Health (2021) 21:2169

<https://doi.org/10.1186/s12889-021-12216-3>

Modak et al. (2023)' The Psychological Benefits of Breastfeeding: Fostering Maternal Well-Being and Child Development' Cureus, 15(10): e46730. DOI 10.7759/cureus.46730

Nally, C. (2024) Breastfeeding mums need more support. Available at:

<https://www.bbc.co.uk/news/articles/ce9zzj8y4050>  
Pérez-Escamilla et al. (2023) 'Breastfeeding: crucially important, but increasingly challenged in a market-driven world', The Lancet, Vol 401 February 11, Welsh Government (2024) Breastfeeding data: 2023. Available at: <https://www.gov.wales/breastfeeding-data-2023-html#:~:text=Similarly%2C%2065%25%20of%20babies%20were,were%20breastfed%20at%2010%20days.>



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# MYDDFAI NEWS

*Myddfai Community Hall & Visitor Centre's shop and café open Wednesdays to Sundays 11.00am – 4.00pm.*



Events and classes in June –We have a summer solstice Twmpath on Friday 20th June – everyone welcome. Sat 21st June it's a peg Loom weave & walk day with Lisa; Sunday 22nd it's Willow Weaving with Justine. Our monthly Pop-up Pub is on Friday 27th June; on Saturday 28th June it is the annual Physicians of Myddfai conference, please book in advance. Sunday 29th is our monthly Farmers Market 12noon to 3pm, with a wide range of quality local produce and crafts on sale.

Regular classes include: Yoga on Tuesday mornings 10.00am – 11.30am; Craft class on Wednesdays 1.30pm – 3.30pm; Pilates is on Thursday mornings 9.30am – 10.30am.

Myddfai shop has a great range of quality local craft and artwork, from pottery, jewellery, bags, aprons and fused glass, in addition we have a wide selection of greetings cards, Myddfai jams, chutneys and local honey as well as a great selection of candles, Myddfai range of toiletries, wooden bowls and boards and much more. We have a range of quality locally grown plants on sale outside. We also have a range of quality Myddfai Welsh Tweed items – hats, scarves, bags and much more, come along and take a look.

Myddfai café is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials, great choice of soups and a wide selection of freshly made cakes on offer. Why not combine a visit with a walk in the beautiful surrounding countryside. If you would like to bring a group & have a talk on the Physicians of Myddfai or herbal medicine & combine your visit with afternoon tea – please book in advance.

Myddfai Community Hall & Visitor Centre is an award-winning venue and is ideal for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party or event please get in touch.

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org) 07879 119223 or Hall No. 01550 720449. Our website is [www.myddfai.org](http://www.myddfai.org)

Please check our Facebook page for up to date news and events.

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LLANDOVERY MUSEUM  
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## MUSEUM NOTES



*Man-trap, outlawed in 1827*

Nearly all the items on view at Llandovery Museum are beautiful and harmless, but there is one notable exception. High above the exhibition area, and safely attached to the rafters, is a large man-trap.

These iron mechanical devices were mostly used on estates for catching poachers and other trespassers. Hidden in the undergrowth, the powerful jaws would spring shut around a person's leg – with devastating results. Although they were made illegal in 1827, they could still be used in houses during the night as a defence against burglars!

As late as 1916, however, it was reported that a curate on a botanical ramble was badly injured when he was caught in a man-trap.

As a Welsh newspaper commented, "It must be borne in mind that it is the laws that have changed, and not the game preservers. Some of these 'sportsmen' would be ready enough even in this enlightened age to trap a human being rather than that the feather of a pheasant be even ruffled."

There is no evidence that man-traps were used at Llwynywermod in Myddfai to protect the estate's



*Grey heron*

heronry. For no apparent reason, the herons split into two groups in the middle of the nineteenth century, before flying away. Most of the birds – numbering about one hundred – went to Neuadd-fawr, Cil-y-cwm, but a large number died during the harsh winter of 1880/1.

Details of the Llwynywermod heronry are found in an interesting little volume, *The Birds of Breconshire*, by E. Cambridge Phillips, a Brecon lawyer who contributed extensively to nature magazines. He also had connections with the Llandovery area. On July 31, 1866, in the parish church of Llanfair-ar-y-bryn, he married Isabella Jane, eldest daughter of Henry Gwynne Vaughan, Glanbrân, Cynghordy.

Among his many interests was the raising of poultry. He won top prizes at the Bath & West show, and in 1876 he judged poultry at the Livestock Show in Llandovery. Seven years later, we find him, alongside Prince Lucien Bonaparte, as one of the main patrons of the Cymmrodorion Society.

When reading *Birds of Breconshire*, first published in 1882, it is striking how our attitude towards birds has changed since the days of E. Cambridge Phillips. He and his fellow naturalists would regularly shoot birds in order to examine them in more detail – or even eat them.

He says that yellow bunting, if properly roasted between two vine leaves, taste as good as "Ortolan, so eagerly sought after by gourmets on the Continent." He also boasts that he and two others shot no fewer than 136 wood pigeons in one night. The landed gentry would be most interested in birds and hunting, but there were also many vicars among the select company. E. Cambridge Phillips saw nothing wrong with his sons or friends shooting or trapping rare birds, but woe to any cat who dared catch any bird!

Llandovery Museum is open Monday – Saturday between 11am and 2pm. Museum curator Jane Carter has been impressed recently not only with visitor numbers but with the interest shown by visitors in the items on display.

"We rely completely on volunteers to keep the Museum open, and it's good to see that their efforts are being appreciated," said Jane. "Naturally, we would welcome more volunteers, especially during holiday periods. If any Post readers are interested, I would love to hear from them. Call in to chat with us, contact us on Facebook or by email: [enquiries@llandoverymuseum.wales](mailto:enquiries@llandoverymuseum.wales)

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## READING THE WILD / DARLLEN Y GWYLLT LITERATURE FESTIVAL



Thank you to everyone who supported the Lit Fest, it exceeded all expectations.

We'll be back next year for two days, with lots of new authors as well some who came this year!

Save the date, it will be held on the 9th & 10th of May 2026.

Our next big event at the bookshop is Independent Bookshop Week which runs from 14th – 21st June, we'll have some interesting writers visiting the shop & lots of offers.

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# LLANDOVERY ROTARY CLUB



How many times do you hear "Old age doesn't come alone!"

Old age. It is the worst thing in the world ..... except for the alternative!

I have lost many, many dear friends over the years but it is when you lose your parents too that you really reassess your life.

That is when you really look back and realise the dedication, the care and the love that they gave to you ..... at no cost whatsoever. And if you still have your parents then look after them for as long as you can because when they go, you will have loads of regrets that you didn't ask them so many things. And you'll miss them more and more as time goes on. Almost everyone says the same. Anyway, that's my advice for this month. But now ..... here goes .....

We've had a number of requests for funding this month and also some for our services to provide assistance in the community. We love it.

We were asked to provide funding for Llanwrda Cricket Club Junior team who are in need of protective equipment for their players. Another donation is on its way.

We were asked by Lia Stokes to assist with funding to be able to go on a student exchange programme to Vietnam in June. This is a wonderful opportunity for a local young person and we are delighted to support you Lia. We thoroughly hope you enjoy this tremendous experience.

We were asked to assist Epynt Motor Club with the manning of a spectator stage at Crychan Forest on their Get Connected Mewla Rally in August. There were sufficient volunteers to be able to confirm our assistance at the event.

Lisa James at Trecastle YFC requested some help towards funding boots for their boys and girls tug of war team who will be travelling in Europe this year. Yes, we are glad to help. A donation has been forwarded to help Take The Strain.

*This months Meet The Member.*

## **Tim Ridge-England.**

Tim, with his wife Bobby, arrived in Llandoverly to work at Erwlon Caravan & Camping Park in October, 2023. This was supposed to be a 3 month temporary job but after discovering the delights of Llandoverly they decided to stay! (Well, you would, wouldn't you!) The plan is to settle in the area for their retirement.

Tim was a science teacher for 31 years in Dorset before retiring to travel around Europe and the Balkan countries in his motorhome for 15 months. Because of Brexit and the 180 day rule Tim had to move between Schengen and non-Schengen countries. This added destinations (Montenegro, Bosnia, Albania and Turkey) that had not been considered before. This turned out to be a fantastic trip.

Being a keen rugby fan, Tim has enjoyed supporting



*This months Meet The Member Tim Ridge-England.*

The Drovers at their home games. Tim has also joined the Kings Arms pub quiz team and looks forward to them moving up the league next year!

Tim settled in with us immediately with his personable and outgoing personality.

Thanks Tim. May we respectfully suggest you change your name to Tim Ridge-Wales!

Derek has spoken to Edward to see if there was anything as a club that we could to include him in future meetings. Sadly Edward had made his mind up. He said his age and health tell him it's time to go gracefully. Derek would like it added to the minutes that Edward has been a fabulous long standing member and he will be an enormous loss to the club. Edward had been President, Secretary and Treasurer. His sage advice was always well received and he kept us in line on many occasions. He received the highest award possible for his services to Rotary, The Paul



*Edward Ransom has retired from Rotary after stalwart service.*

Harris Fellowship award. A proposal to make Edward an Honorary member was unanimous. Very unanimous! All the very best in your Rotary retirement Edward. You have given fantastic service to Llandovery Rotary Club and to Rotary International. You will be missed.

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## **Llandovery Rotary Great Duck Race**

**Bank Holiday Sunday 24th August**

Prize money has increased this year (1st = £1,000, 2nd = £250 & 3rd = £100, plus additional other prizes) and we promise more fun and racing on the day. This event is gaining momentum and we want you to be in, to have a chance of winning it.

There will be short sprint races on the day for smaller prizes but still fun, the sweep stake options on the main race and The Human Duck Race – No bets on this one, it genuinely is just for fun!!!! 5 duck suited Rotarians, to race over an assault course on land around the grassy area. No rules just first past the post, wins!

There will also be drinks (alcohol and soft) available, plus food/ice creams and hook a duck, as well as the Human Fruit Machine again and lets not forget musical entertainment from our resident DJ (Brian).

We strongly urge you to buy your ducks early so as not to miss out, as we aim to sell all the ducks before the main event. They will be on sale at Whitehall, Kings Head and other establishments or through local organisations around the town. Or you can scan our bar code to buy your duck on-line and make sure that you do not miss out.

My best wishes  
Barry Clement  
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*The all important QR code which, if you scan it with your mobile phone, you can buy your duck(s) online. Thank you.*

Adopt a tributary have requested help in pulling up some Himalayan Balsam weed on the river Brân at Cyngordy. Those who are able and available on the dates will do their best to attend.

The new mayor Huw Thomas invited all of us Rotarians to a Civic Service at St Dingat's Church. Thank you Mr Mayor and good luck in your year of office.

At the Southern Wales District Rotary Conference recently the Llandovery Welsh Youth Speaks team winners of west and south Wales were celebrated for their outstanding performance where they gave a



*The superb winners of the Welsh Youth Speaks competition at District Conference with Dai Dyer and District Governor Malcolm Hallewell.*

demonstration performance which was hugely enjoyed and applauded by all present. Marek Roberts, Gruff Jones and Ifan Davies exhibited their enormous talent and were supported by our wonderful Youth organiser Dai Dyer who also addressed the Conference on the importance of Rotary's connection with schools. Dai gives so much of his time to these Youth events and without Dai Llandovery would not have been able to record the successes in Young Chef and Youth Speaks events that they have.

We have been asked to assist with marshalling at the wonderful Llandovery Carnival and of course we will be there (or by the time you read this, will have been there!).



*Dai Dyer  
addresses  
Conference.*

*continued on page 22*

We were asked to assist with funding for Llandovery YFC whose ladies team will be representing Carmarthenshire at the Royal Welsh Show and then on to the Welsh Championships. There is also a Junior and Men's team. Our association with Llandovery Young Farmers goes back a long way and we work in tandem with them with the organisation of Droverfest. Sure we are going to help them! A donation is on its way.

Our Handover Dinner is when the outgoing President hands over to the new incoming president. In this case outgoing president Kevan hands over to the incoming president Gareth Davies. Gareth of course is one of the new landlords of the Whitehall.

This will take place at the Castle Hotel on 4th July.

Two of our members Gareth and Anthony have bravely taken over as landlords of the Whitehall pub. This is a very exciting venture for them and have already made their mark with significant changes especially on the outside which looks superb. We wish them all the very best and I'm sure that some of our members will call in for one, or a few!

That's it for the June edition. Four healthy donations given and various requests for our help or assistance will also be given. All part of a month in Rotary. If you or your organisation need help or funding. Just ask. We will help, if we can.

Derek Jones.

## PLANT FAIR

SUNDAY 8th JUNE  
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Join us at the third Llansadwrn Plant Fair, held on the community field and reading room from 11.00am – 4.00pm on Sunday 8th June, lots of lovely plants, refreshments, Tally Pizza and new this year, workshops with West Wales Wil

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# LLUEST

## ‘TAILS’ FROM THE TRUST.....

### 40TH ANNIVERSARY OPEN DAY & DOG SHOW – SUNDAY 1ST JUNE

Just enough time in this June edition to remind you about our first Open Day and Dog Show of 2025, happening this Sunday, 1st June! Join us from 10:30am to 3:30pm for a fantastic day out where you'll get the chance to meet our rescue equines and the dedicated team who care for them. There'll be informative talks, equine demonstrations, and a brilliant selection of local traders offering everything from handmade crafts and home fragrances to unique gifts and delicious treats – perfect for a leisurely browse. Brunch and lunch will be available from our charming vintage tea tent, alongside the ever-popular Talley Firewood Pizza. And of course, not forgetting the Dog Show! With plenty of fun categories and prizes to be won, it's the perfect opportunity for your four-legged friends to shine. We can't wait to welcome you! We are at Beli Bedw Farm, Llangadog SA19 9TG. There will be a £5 car entry to fee.

### SAMWISE: REBUILDING TRUST, ONE STEP AT A TIME



*Sam taking in the Spring air*

In this June edition of The Post, we're delighted to share a little update on Samwise, one of our current resident rescues. Once a neglected and abandoned stallion, too frightened even to be touched, Samwise has slowly transformed into the gentle, curious soul you see in this beautiful springtime photograph. His journey has been made possible by the dedication of our small, experienced team – and the unwavering generosity of our supporters. Sam is just one of hundreds of ponies who have found safety, healing, and hope for the future through our work over the past 40 years. His story is just one among many, and every single one is only made possible through public support.

### A BIG THANK YOU TO EVERYONE WHO REACHED OUT AND HELPED US THIS MAY.



*Cheers Llandovery Tyres and Black Mountain Animal Supplies*

Support comes in many forms, and we'd like to extend heartfelt thanks to just a few of the wonderful people who made a difference last month.

A big thank you to **Stuart from Llandovery Tyres and Batteries** for the generous donation of two new tyres – thanks to you, our horse poo hoover is back up and running!

A heartfelt thank you to **Chris at Black Mountain Animal Supplies** for his continued support. Once again this year, Chris has kindly donated Gilbertson & Page dog food for the winners of our dog show classes – support we deeply appreciate.

We're also incredibly grateful to everyone who donated items and experiences for our Online Charity Auction, as well as those who placed bids to support our work. Your kindness truly makes a difference.

Special thanks to our lovely supporter Jo, who introduced us to her friend Paul – and to Paul himself, for generously repairing our pressure washer free of charge when it suddenly gave out. And finally, a huge thank you to Leah, a student veterinary nurse who recently completed a work placement with us. Leah was a fantastic help during her time here and even ran her own fundraiser among family and friends, raising an amazing £425 for Lluest. Leah graduates this year, and we all wish her the very best of luck in her future career.



*Leah with Lluest bestie*

Thank you to everyone who continues to stand by us – your support means the world. If you're not familiar with our work you'll find more information on our website and facebook pages: [www.lluesthorseandponytrust.co.uk](http://www.lluesthorseandponytrust.co.uk) [www.facebook.com/lluest](http://www.facebook.com/lluest)

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06/25(3)



## LLANWRDA CRICKET CLUB

The 1st XI are second in Division 5 after their first two matches. Good wins away at Bronwydd and at home against Aberdare mean they are one of only two teams with two victories. In the first match, Adrian Davies carried his bat for 61 and Barry Williams took 4 for 24 in his first match for the club. Against Aberdare, David Cumming claimed 4 for 35 and Adrian chipped in with another half-century to seal the win.

Training for the Juniors has restarted at Castle Fields, Llandovery on Friday evenings. Again, we are running All Stars and Dynamos. 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. There will be opportunities for the ladies to play in a friendly match on Sunday 29 June.

### LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

23/04/25	44	No winner
30/04/25	44	No winner
07/05/25	20	Barry Clement
14/05/25	29	Margaret Davies

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

## LLANDOVERY YOUTH & COMMUNITY CENTRE – A WARM WELCOME FOR ALL



Since 1986, Llandovery Youth & Community Centre (LYCC) has been a welcoming and supportive space for everyone in our town. Located at Gerwyn House in the Market Square, LYCC is a vibrant hub where people come together for support, activities, and connection. We're open weekdays from 9am to 5pm, and everyone is welcome to drop in for a chat, a cup of tea, or to use our free facilities. Computers, printer, scanner and photocopier are available for public use, and we also provide informal advice and guidance. There's a food bank on site, and we offer room hire and a community minibus for local groups.

Throughout the week we run a wide variety of workshops open to all. There's no need to book, just turn up and join in. Sessions cost £3 each. From craft groups and art for relaxation to willow weaving, creative writing, computer help, sign language, gardening and even pyrography – there's something for everyone. We also hold occasional information sessions and monthly trips, including a regular Brecon outing. For those seeking wellbeing support, we offer woodland ecotherapy and, by appointment, art psychotherapy.

Our work with young people is a vital part of what we do. During term time, we run a weekday After School Club from 3.45 to 5.30pm for ages 9 to 11. It costs just 50p per session and offers a fun, safe space for young people to socialise and explore different activities. Our

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Youth Club takes place every Tuesday and Thursday evening from 7.30 to 9.30pm for 11 to 25-year-olds, again for just 60p per session. Each summer we take a group away for a week-long camp full of fun, learning and friendship – check out our Facebook page to see some highlights!

On Sundays from 6.30 to 7.30 pm, we also host a relaxed Bible workshop with Jill – a thoughtful and inclusive space, complete with hot chocolate and good company.

LYCC is proud to have served Llandovery for nearly four decades. Our current building was purchased and refurbished in 1996, and since then it's been a place where community thrives. Whether you need support, want to join a workshop, hire a room, or just fancy a cuppa and a chat, our door is always open.

To find out more, pop in and see us at Gerwyn House, Market Square, Llandovery SA20 0AB, give us a call on 01550 721499, or follow us on Facebook for updates. We look forward to welcoming you!



LLANDOVERY YOUTH AND COMMUNITY CENTRE  
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0625(6)

# SONGS & STORIES

 **19TH JUNE, 2025**  
7:00 PM – 9:00 PM  
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0625(1)

# DANCE THE NIGHT AWAY WITH LONG DOGS CEILIDH BAND AT MYDDFAI COMMUNITY HALL!



If you're looking for an unforgettable evening of music, laughter, and community spirit, then look no further than Long Dogs Ceilidh Band! Whether you're a seasoned dancer or have two left feet, a ceilidh with Long Dogs is fun from start to finish – no experience required, just a willingness to join in and enjoy yourself!

Long Dogs are masters of bringing people together on the dance floor — from weddings and private parties to charity fundraisers, festivals, and corporate events. Their lively performances guarantee smiles all around and dancing that spans generations.

Made up of three talented and passionate musicians – Dan, Pete, and Di – Long Dogs are not just about the music, they're about the whole experience. They'll tailor their sets to suit your event: typically two energetic sessions with a refreshing break in between, or a flexible format that works for you.

At the heart of the action is Di, the band's enthusiastic and humorous caller. With warmth and clarity, she walks everyone through the dances before the music begins, making sure no one's left behind. From Scottish reels and Welsh twmpaths to English folk dances – and even a few impromptu creations – Di ensures that every dance is full of joy and easy to follow. She's also happy to act as MC, making announcements during the event and keeping the night flowing smoothly.

**Long Dogs Ceilidh Night at Myddfai Community Centre on Friday 20th June at 7.30pm**

**Tickets:** £12 (adults) | £6 (concessions & children 12+)   
Book online: <https://bit.ly/longdogs>

On the door (cash only)

**For info/tickets:** Jean – 07813 550635

*Glowing Reviews from Happy Dancers!*

“Thank you for an amazing evening! The ceilidh went down really well and we had loads of positive comments from the guests.” – Tom B., Feb 2024

“The music is fabulous, the calling spot on, and the dancing lively. A thoroughly enjoyable evening was had by us all!” – Rachel H., Oct 2023

With a perfect mix of musicality, humour, and heart, Long Dogs Ceilidh Band are a true gem for any occasion. Come for the music, stay for the dancing, and leave with a smile on your face! [www.longdogsceilidhband.com](http://www.longdogsceilidhband.com)



## GWYL FLODAU LLANYMDDYFRI 2025

### LLANDOVERY IN BLOOM 2025

Applications forms from/to the following premises. The closing date for entries is Friday 20th June 2025. Entry forms to the Llandovery Post Office, Llandovery Museum, Judy's Ice Cream Parlour & Mathews Butchers.

Judging will take place during July. The awards presentation will be Saturday 2nd August 2025 at 2.00 p.m. in Market Square, Llandovery, during the Farmers Market. **GOOD LUCK!**

Dyddiad cau ar gyfer ceisiadau yw dydd Gwener, 20 Mehefin, 2025.

Ffurfleini mynediad i Swyddfa Bost Llanymddyfri, Amgueddfa Llanymddyfri, Siop Hufen la Judy a Chigyddion Mathew.

Bydd y beirniadu yn digwydd ym mis Gorffennaf. Cyflwynir y gwobrau ddydd Sadwrn 2 Awst 2025 yn Sgwâr y farchnad, Llanymddyfri am 2pm yn ystod Marchnad y ffurflen.

Gweler y ffurflen gais isod. LWC DDA!





## HARP IN THE HILLS

A unique collaboration came about after walking guide Lisa Denison from 'Quiet Walks' went to listen to leading harpist Delyth Jenkins talk about her book 'That would be Telyn' at an event at 'Books at the Dragons Garden' in late 2023. The book recounts Delyth's 186-mile journey with her travel harp along the Pembrokeshire Coastal Path, where she played impromptu path-side concerts for fellow walkers.

Lisa approached Delyth about putting on a joint event in the area, offering a group of walkers the opportunity to hear her stories and Celtic harp playing en route. 'I just loved the idea of combining traditional Welsh music with walking in an ancient place, maybe somewhere where the Celtic tribes once gathered' says Lisa.

Fast forward to Sunday July 20th 2025 and Lisa and Delyth will be offering the opportunity to accompany them on a walk across and overlooking Garn Goch near Bethlehem. This beautiful 8km route showcases the large iron age hill fort as well as the ancient paths that surround it, overlooking the Tywi Valley. There will be multiple stops for harp playing and storytelling so it will be a relaxed pace with plenty of opportunity to enjoy the company and the beautiful landscape.

Tickets for the walk are limited so if you're interested they cost £40 and you can get them from Lisa via email at [lisa@quietwalks.co.uk](mailto:lisa@quietwalks.co.uk) or by phone on 07900 908391.

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**Please contact Nia on 01550 720495**

08/25(3)



# OPEN AFTERNOON AT LLANDDEUSANT CHURCH



**Free Pottery Workshop with  
Carole Spackman, Stone Carving  
& Calligraphy with Monumental  
Mason Gabriel Hummerstone  
Visit Pottery Garden**

**SUNDAY JUNE 15TH**

**2.00 – 5.00PM**

Members of Llanddeusant Church invite visitors & the local community to an open afternoon, taking place in the ancient Llanddeusant Church, where tea, coffee, cakes and other pastries will be served – a great opportunity to meet new people, build community ties and support this Church.

Pottery & Sculptor Carole Spackman, who has a display of her work for sale in the church, will give you a chance to play with clay to make a ceramic flower, dish or bird, which you can have fired or take away to paint at home. Carole makes pots to use and enjoy in the home as well as garden sculptures depicting local birds and hares. She uses local material such as wood ash to make glazes that create impressions of wild flower meadows that surround her studio & the church.

Monumental Mason, Gabriel Hummerstone will be working on his wonderful lettering, honed after years as a stone carver with a passion for typography. He will also allow you to have a go at slate carving. Linocuts



of Psalm 23 in Welsh celebrating his calligraphy will be for sale.

The hamlet, Llanddeusant, dates back to Celtic times when a small group came over the mountains from St Illtyd's Monastery in Llantwit Major. They walked around 50 to 60 miles over mountainous terrain descending from the Black Mountain via the legendary glacial lake Llyn y Fan Fach. They decided to stop at what is now known as Llanddeusant – the religious community of two saints. Our present church was built in the 14th century, doubling in size in the 15th century as the population grew. Victorian times saw more renovations, yet still retaining the ancient building. No doubt the deep soil inside hides many secrets.

As part of the event, Carole Spackman, is opening her wild meadow garden for visitors, a beautiful place to relax & enjoy nature. Carole will also have her pottery studio and garden open as part of Tywi Valley Open Studios 2025, July 26th – August 3rd. This is an annual event that brings together 29 local artists who open their studios to the public. Carole will give the donations from this open garden event, as well as 20% of sales that afternoon to Llanddeusant Church.

Seize this opportunity to try your hand with clay and stone carving, buy locally made pottery and calligraphy while supporting the church. Bring family and friends to explore the church, find out more about Llanddeusant, enjoy delicious cakes and drinks and discover the hidden gem that is Carole Spackman's garden and pottery studio. We look forward to welcoming everyone to an afternoon filled with community, art and nature.

For more information: Contact Carole:  
[carolepottery@gmail.com](mailto:carolepottery@gmail.com)  
[www.carolespackmanceramics.co.uk](http://www.carolespackmanceramics.co.uk)  
[www.tywi-valley-open-studios.wales](http://www.tywi-valley-open-studios.wales)





# TOWY VALLEY VINTAGE CLUB WELCOMES YOU ALL TO OUR 27TH ANNIVERSARY ANNUAL SHOW

## Pontargothi Showground, 28th & 29th June 2025

This year marks the club's 31st anniversary. Who would have thought, that long ago in April 1994, the club would still be going strong in 2025. In that time the club has raised and distributed over £16,000 to charities around the county. This year, the main supported charity will be Glangwili Childrens Ward, along with other local charities.

From that first show at Gelli Aur in 1995, the show has now grown to a full weekend, packed full of exhibits and interest for all the family.

Camping is available from Friday afternoon for those who wish to make a full weekend of it. The show kicks off with Friday evening entertainment of Bingo and a singing performance by up and coming, local singer Owen Dyer.

Saturday evening sees, the ever popular Glyn Shabbey, a Carmarthen based duo who have been entertaining in and around Carmarthenshire for many years, making their debut appearance at the show. Saturday evening sees the draw of the raffle (cash prizes) and charity

auction (if anyone would like to donate an item for auction, please contact [info@tvvc.co.uk](mailto:info@tvvc.co.uk) ).

Saturday and Sunday will see an action packed field of Vintage Tractors, Cars, Motorbikes, Stationary Engines, Commercial Vehicles, Model and full size, Steam engines, the Model Tent and a Car Boot. Jungle Cubs, Circus & Entertainment, will be present to occupy the children. Sunday afternoon the tractors will depart on their usual Tractor Run. Why not enter your canine friend into the popular Dog Show.

Look out for the Big Red Steam Roller and come talk to Mark or Aled. If ground conditions permit you might be able to have a go driving the Steam Roller (you will get your hands dirty, but don't worry we have water and Swarfega).

Free entry for Children up to 12 years old. The entry fee for everyone else is a very modest £5 (carers free). Cash payment is preferred as more of your money goes to Charity, instead of card fees.

If you would like to sponsor the show, exhibit anything vintage (over 25 years old), or would like a car boot stall, please contact [info@tvvc.co.uk](mailto:info@tvvc.co.uk).

The club meets at 7.00 p.m. on the third Thursday of each month at the Black Ox Abergwili. New members are very welcome. If you would like more information about the club, please contact us at:

Chairman Jason Jones 07554 810974

[info@tvvc.co.uk](mailto:info@tvvc.co.uk)

Facebook: Towy Valley Vintage Club

Instagram: TVVC

**WE LOOK FORWARD TO SEEING YOU AT THE SHOW. LET US KNOW YOU FOUND US AT POST DATUM**

## NEWS FROM THE TOWN HALL

We have a vacancy for a new Llandovery Town Crier.

We have councillor vacancies for South and West wards within the Town council.

We are pleased to announce the new Llandovery Bill board outside the Rhys Pritchard Memorial Hall, advertising Llandovery and its upcoming events.

# HYBU LLANYMDDYFRI – ACTIVITIES THIS JUNE!

Shwmae a chroeso! Hello and welcome! We're Hybu Llanymddyfri, a two-year project bringing people together to enjoy community activities and events across our beautiful Llandoverly – all thanks to funding from The National Lottery Community Fund. Whether you're a familiar face or new to the area – croeso cynnes iawn! (a very warm welcome!) We'd love for you to get involved!

**Stay connected with us via the contact details below and on our social media:**

Facebook & Instagram: Hybu Llanymddyfri – Llandoverly  
More about Llandoverly: [www.llandoverly.wales](http://www.llandoverly.wales)



Dog Walking Group

## Dog Walking Group – Saturday 14th June, 2pm (Free!)

Do you and your dog fancy some fresh air, wagging tails and friendly company? Join our Dog Walking Group for a relaxed stroll with fellow dog lovers and their four-legged friends. Led by Sam (She/Her), a highly skilled Dog Trainer & Behaviourist with over 30 years of experience – especially in rescue settings – you'll be in safe hands whether your pup is playful or a bit shy. Route to be confirmed. Spaces limited to 10.

## Lunch Club Llandoverly – Wednesday 18th June, 12pm

at Ysgol Rhys Prichard | £3 for hot lunch + dessert. Enjoy a delicious home-cooked meal in great company, followed by light-hearted games and activities with local pupils. Open to over 60s – it's the perfect way to connect, laugh, and feel part of the community. "Few spaces left – waiting list available." All safeguarding measures are in place.

0226(12)



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**Welsh Language Classes – For Improvers – Tuesdays & Wednesdays, 6.30pm** | Ongoing, £40 for 12 sessions. Funded places available. If you've started learning Cymraeg and want to go a little further – da iawn chi! (well done you!) These classes, led by the wonderful Jean Hughes, are perfect for building confidence and improving your Welsh in a relaxed, friendly group.



Cooking on a Budget session

## Cooking on a Budget – Tuesday 24th June, 11am – The

Air Fryer Returns! Join Trish Morgan-Black for a fun and practical session full of tasty, budget-friendly ideas. This time, we'll be using pork loin and chicken thighs to create stuffed dishes that go further, adding honey and herb coatings, and trying out both homemade and shop-bought stuffings. And yes—there'll be a chance to taste cakes made in the air fryer! "Hi, I'm Trish!" With years of experience teaching adults and young people, and a lifelong passion for creative cooking on a budget, I'm excited to share my favourite tips and recipes. From growing up in a single-parent family to taking early retirement due to ill health, I've learned that you don't need a lot of money to make blasus iawn (very tasty) food. Come along for a session full of flavour, community, and inspiration!

## Discover Volunteering: Unlock Your Potential –

**Saturday 28th June** – Join us at the LYCC (Gerwyn House, 19 Market Square, Llandoverly) from 10:30am – 12 noon for a fun, friendly Volunteer Day! This interactive session will help you explore what volunteering is, identify your unique skills, and learn how you can support local organisations. Whether you're new to volunteering or just curious, this is a great way to get started in a relaxed and welcoming setting. A free lunch will be provided from 12 noon – 12:45pm.

**How to Book – Limited Spaces!** Booking is essential – don't delay!

**Call, text, or WhatsApp:** Tiago & Maggi – 07858 555938, 07761 955004 or 01550 721499

**Email:** [llandoverly.lcasc@gmail.com](mailto:llandoverly.lcasc@gmail.com)

**Visit:** Llandoverly Youth & Community Centre (LYCC), Gerwyn House, 19 Market Square, Llandoverly, SA20 0AB

Dewch i ymuno – come and join us! Whether you're walking the dog, learning Cymraeg, sharing a hearty lunch, or cooking up something delicious – there's a place for you at Hybu Llanymddyfri. Got your own community activity or local event? If you need help with planning, promotion, or anything else, we're here to support you – just get in touch! Gyda'n gilydd – together, let's make June joyful! Diolch yn fawr – thank you – and we hope to see you very soon!



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# DIGWYDDIADAU LLANYMDDYFRI 2025

## LLANDOVERY EVENTS 2025

**Sat 7 Jun Llandovery Farmers Market:** Market Square Llandovery 10am – 2pm  
**Facebook:** Llandovery Farmers Market

**Sat 7 Jun Sarah Yaseen Concert & Workshop,** Nant y Walch Barn, Llanwrtyd Wells  
**Workshop:** 10 – 12 noon, Performance: 7.30pm for 8pm  
**Facebook:** Nant y Walch Barn / tel: 01591 610345  
Tickets: £10 per session, £15 for both.  
katie@nantywalchbarn.co.uk

**Thurs 19 Jun Brian's Instant Charity Fundraiser for LYCC,** Llandovery Rugby Club. 7pm  
**Facebook:** Llandovery Youth & Community Centre  
In support LYCC's Summer activities. £2 each or £10 team of 6. Raffle!

**Fri 20 – Sun 22 Jun Grit Fest: Off-road cycling event.** Rhandirmwyn, Nr. Llandovery.  
Entries & Info: [www.gritfest.co.uk](http://www.gritfest.co.uk) **Facebook:** Gritfest

**Sat 21 Jun Armed Forces Day:** Owls Nest Diner, Llandovery. Starts 10:00am until 4:00pm  
**Facebook:** Owl's Nest Tea Room Diner

**Sun 22 Jun Llandovery Motor Club: "3 Rivers Tour (Andy Vale) 2025"**  
Full details at: <https://llandovery-motorclub.co.uk/3-rivers-tour-2025/>  
**Facebook:** Llandovery Motor Club

**Sat 28 Jun Volunteers Morning:** Llandovery Youth & Community Centre  
**Facebook:** Hybu Llanyddfyri ~ Llandovery  
10:30am – 12 noon. Free lunch included.  
Info & to book a place: [llandovery.lesc@gmail.com](mailto:llandovery.lesc@gmail.com) / 07761 955004

Find out about volunteering and what you can get from helping out!

**Sun 29 Jun Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 29 Jun Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night

**Sat 5 Jul Llandovery Farmers Market:** Market Square Llandovery 10am – 2pm  
**Facebook:** Llandovery Farmers Market

**Sat 12 – Sat 19 Jul Cycling Event:** The Perfidious Albion. Passes through Llandovery  
[www.theperfidiousalbion.cc/the-perfidious-albion/](http://www.theperfidiousalbion.cc/the-perfidious-albion/)

**Sat 26 Jul – Sun 3 Aug Tywi Valley Open Studios**  
**Facebook:** Tywi Valley Open Studios  
[www.tywi-valley-openstudios.wales](http://www.tywi-valley-openstudios.wales)

**Sun 27 Jul Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 27 Jul Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month.  
**Facebook:** Llandovery Open Mic Night

**Sat 2 Aug Llandovery Pride 2025:** From 10am in Market Square and at various spaces in and around Llandovery.

**Sat 2 Aug Llandovery Farmers Market:** Market Square Llandovery 10am – 2pm  
**Facebook:** Llandovery Farmers Market

**Sat 2 Aug Flowers In Bloom Competition Prize Giving,** Market Square, Llandovery

**Sat 9 Aug Lindy Hop Dance Workshop:** Rhys Prichard Memorial Hall, Llandovery, 2:00pm to 4:30pm  
To book your place: [llandovery.lesc@gmail.com](mailto:llandovery.lesc@gmail.com) / 07791 955004

**Sat 16 – Sun 17 Aug Target Sprint Wales:** Welsh Open Championship. Llandovery Rugby Club.  
**Facebook:** Target Sprint Wales

**Fri 22 – Sat 23 Aug Sioe Rhandirmwyn Show:** Sheepdog Trials: Fri 22 Aug. Main Show: Sat 23 Aug  
**Facebook:** Sioe Rhandirmwyn Show.

**Sun 24 Aug The Great Llandovery Duck Race:** Swan Bridge, Dolau Bran Field  
**Facebook:** Llandovery Duck Race

**Mon 25 Aug – TBC Sioe Cilycwn Show:** Erryd Fields SA20 0UA  
**Facebook:** Sioe Cilycwm Show  
website: [www.cilycwm.com](http://www.cilycwm.com)

**Sun 31 Aug Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 31 Aug Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night

**Mon 1 – Sat 6 Sept The Dragon's Back Race:** 6 Day Ultra Running Event. Entries & Info: [www.dragonsbackrace.com/](http://www.dragonsbackrace.com/)  
Fri 5th Sept – race passes through Rhandirmwyn and Llandovery.

**Sat 6 Sept Llandovery Farmers Market:** Market Square Llandovery 10am – 2pm  
**Facebook:** Llandovery Farmers Market

**Sat 6 – Wed 10 Sept Cycling Event:** Mountains of the Merfynion. Passes through Llandovery  
[www.theperfidiousalbion.cc/mountains-of-the-merfynion/](http://www.theperfidiousalbion.cc/mountains-of-the-merfynion/)

**Sat 20 – Sun 21 Sept Llandovery Sheep Festival:** Market Square & Car Park, Llandovery.  
**Facebook:** Llandovery Sheep Festival  
[www.llandoverysheepfestival.co.uk](http://www.llandoverysheepfestival.co.uk)

**Sun 28 Sept Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 28 Sept Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night

**Sat 4 Oct Llandovery Farmers Market:** Market Square Llandovery 10am – 2pm  
**Facebook:** Llandovery Farmers Market

**Sat 11 & Sun 12 Oct Auto Rally – Tour of Epynt:**  
[www.brmc.org.uk/calendar/october/event/1226](http://www.brmc.org.uk/calendar/october/event/1226)

**Sat 18 Oct Apple Day:** Llandovery Youth & Community Centre. 10am – 3pm  
**Facebook:** Hybu Llanymddyfri ~ Llandovery

**Sun 26 Oct Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 26 Oct Llandovery Open Mic Night:** Castle Hotel, Llandovery  
6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night

**Sun 9 Nov Remembrance Sunday:** Details to be confirmed.

**Thurs 20 & Fri 21 Nov Roger Albert Clark Rally:** Welsh Stages  
[www.racrmc.org](http://www.racrmc.org) or Facebook @RogerAlbertClark

**Nov – date TBC Llandovery Fireworks Display,** Agricultural Mart. Details to follow.

**Fri 28 Nov Christmas Lights Switch On:** Market Square. Free event. Details to follow.

**Sun 30 Nov Myddfai Farmers Market:** Myddfai Community Hall & Visitor Centre, SA20 0JD  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 30 Nov Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night

**Sat 6 Dec Myddfai Christmas Craft Event:** Myddfai Community Hall & Visitor Centre  
**Facebook:** Myddfai Community Hall & Visitor Centre & [www.myddfai.org](http://www.myddfai.org)

**Sun 28 Dec Llandovery Open Mic Night:** Castle Hotel, Llandovery, 6pm start 'til late. Every last Sunday of the month  
**Facebook:** Llandovery Open Mic Night



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# NEWS FROM CAPEL GOSEN, CYNGHORDY

Glenda Clwyd's "Tonc ar y Delyn" on Saturday 3rd May was an absolute delight. It was one of those occasions where you don't take a crafty look at your watch! Using two harps, Glenda gave us a little history of the instrument, and demonstrated, through a variety of styles, the many ways it can be played. Penillion, folk songs, classical pieces and an encore of Scott Joplin's "Maple Leaf Rag" communicated her love of the instrument coupled with her amazing skill to entertain us magnificently. We hope Glenda will be able to play for us again. £208 was raised for Glenda's charity; Cymorch i Freched Cymru (Welsh Womens Aid). Diolch yn fawr!

The next event at Gosen will be on Wednesday 18th June at 7.00pm and will be a communion service taken by Y Parch Andrew Lenny, who was a former President of the Union of Welsh Independent churches (Undeb yr Annibynwyr Cymraeg) and, until retirement, Minister of Capel Seion Aberystwyth. The communion service was originally to be taken by the late Rev'd Dr Wynford Thomas using the communion set from the now redundant capel Bethania, Myddfai, and we are most grateful to Y Parch Andrew Lenny for fulfilling Wynford's wishes. Details on the poster. All welcome.

## CAPEL GOSEN, CYNGHORDY

SA20 0LW



## COMMUNION SERVICE

WITH THE REV'D ANDREW LENNY

USING THE COMMUNION SET FROM  
BETHANIA, MYDDFAI

7.00pm WEDNESDAY 18<sup>th</sup> JUNE 2025

FOLLOWED BY REFRESHMENTS IN THE VESTRY

# LLANDOVERY NAMED LIONS ORIGIN CLUB

Llandovery RFC has been named a Lions Origin Club, recognizing its role in nurturing talent and inspiring generations of rugby players writes Huw S Thomas

A wooden plaque which bears the names of those former Llandovery players who have represented the British and Irish Lions was received from Lions sponsors Howden and now hangs proudly in the Church Bank club house.

The Howden Insurance Group is the official front of jersey sponsor for The Qatar Airways Lions Men's Tour to Australia this summer.

"The plaque arrived right out of the blue" said Llandovery Chairman Peter Rees "and we are hugely honoured to receive the nomination as a Lions Origin Club"

"It will serve as an inspiration to all our Junior Drovers, to know that they, too, can aspire to go on play for the Lions."

The award recognises Llandovery's contribution to rugby in nurturing the talent that went on to tour with the Lions and covers the club's commitment in developing players of international class over the last 137 years.

W H (Willie) Thomas who was capped by Wales when a schoolboy at Llandovery College was the first Welshman to tour New Zealand and Australia in 1888 with a British team.

Since then five former Llandovery players have gone on to play for the British and Irish Lions.

Hooker Barry Williams toured South Africa in 1997, flanker Andy Powell was in the 2009 squad that also toured South Africa.

Three-quarter George North was in the 2013 squad that went to Australia and he also went to New Zealand in 2017.

Both Powell and North went to school at Llandovery College.

Tadhg Bierre who turned out for Llandovery when a Scarlet toured South Africa in 2021 and local Llandovery boy, prop Wyn Jones was on the same tour

Wyn Jones holds a special place in Llandovery history that he played 90 times for the club 2010-2016 before moving to the Scarlets and on to fame with both Wales and the Lions.

# MYDDFAI TRADING COMPANY CELEBRATES 15 YEARS OF COMMUNITY IMPACT AND GROWTH



Myddfai Trading Company, a pioneering social enterprise founded in 2010 to drive rural regeneration in Myddfai and its surrounding areas, is proud to celebrate its 15th anniversary this June.

From its humble beginnings, the company has flourished into a thriving business now operating from its dedicated production unit in Llangadog. This hub supports retail shops in Llandovery and Brecon, alongside a growing online store. Over the years, Myddfai Trading Company has stayed true to its mission while expanding its reach and impact.

Today, the enterprise employs 12 staff and proudly provides up to 30 work experience placements for young people and adults with autism and learning difficulties, helping to foster inclusion and opportunity within the local community.

In recognition of its achievements, Myddfai Trading Company was named Best Third Sector Business at the 2024 Carmarthenshire Business Awards.

To thank its customers and community, the company

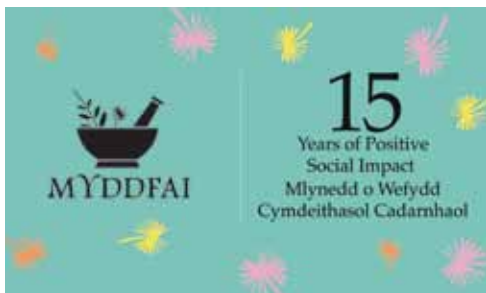


is marking the milestone with special celebrations on Saturday, 28th June:

- 15% off all Myddfai products in-store (Llandovery and Brecon) and online, for retail customers
- Complimentary celebratory drinks for shop visitors
- A 15-day giveaway online, where participants signing up will be entered into a daily draw to win a Myddfai product

“We’re incredibly proud of what we’ve achieved over the past 15 years,” said a spokesperson for Myddfai Trading Company. “This celebration is as much about thanking our customers and community as it is about honouring our team and our mission.”

For more information, visit [www.myddfai.com](http://www.myddfai.com)



# JUNE IS BURSTING WITH COLOUR ...



June is bursting with colour in the galleries at the Heritage Centre in Llanwrtyd Wells. From the soft pastel figures of dancers to landscapes full of colour, the stunning glaze of hand thrown pottery to the vibrant texture of beeswax art, added to beautiful wood carvings, our exhibition throughout the month is a delight from a visual and tactile perspective.

This is the first exhibition at the Centre for two of our



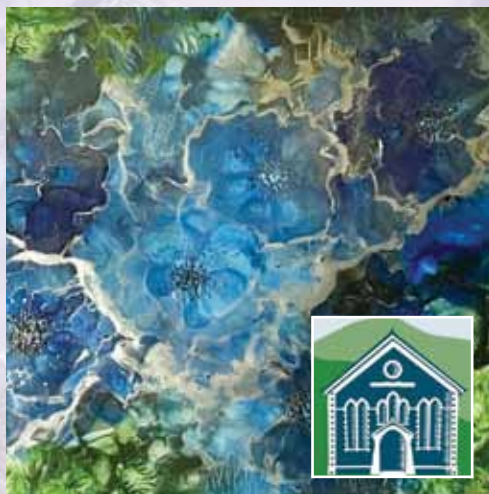
artists, John Dickinson, who is also a song-writer and performer, is displaying not only beautiful interpretations of dancing figures but also wonderful carvings inspired by nature and Jo Baker who paints in oil, her atmospheric landscapes being inspired by the waterfalls, woodlands, rivers and mountains of Wales.

Christine Williams returns to the Centre with her unique paintings produced using the medium of beeswax blending her own colours to produce vibrant and detailed pieces.

Jacky John produces ceramics that are not only beautiful but practical using a high temperature firing technique to ensure her pieces withstand modern methods of cooking and cleaning.

Once again the Heritage Centre is pleased to provide the venue for these talented artists to display their work resulting in an exhibition that will appeal to everyone.

The Centre is open Thursday to Sunday, 10am to 4pm.





## WEST WALES POUNDIES

Lianne Evans, proprietor of West Wales Poundies, Tegfan, Llansawel, says this April will go down as the busiest month since she started the rescue 18 years ago. WWP took in 78 dogs in one fell swoop – well, they became 78 when two of the bitches gave birth soon after arrival!

Naturally, this increase in numbers on top of the usual strays WWP take in means more money is needed to meet veterinary and other costs. An amazing band of volunteers and staff are tireless in their fundraising efforts: curry nights, regular auctions, sponsored events, along with donations from their generous supporters, individuals and businesses.

The charity holds regular dog shows. Barkfest is on 22nd June, from 11 am to 5 pm, on Cothi Bridge showground. Come along and take pity on the poor judges who have 20 to 30 mainly rescue dogs in each class to choose from! Enjoy wandering around the many stalls, Have a Go on the agility course, amongst other attractions. Entry is £5 per car and it's a day to enjoy. The Show is sponsored by Ancol Pet Products.

Catherine McKee is one of many volunteers who puts a great deal of time into fundraising for WWP. She recently produced a collection of stories in *Dog Tales: Stories of Rescue and Love* to raise funds to pay towards the veterinary bills at Seren Vets, which has sold quite well. Copies are still available in Seren Vets and both WWP charity shops in Ammanford and Llandeilo. There will be some on display at Barkfest or copies can be ordered from Mari Mitchell 07833 142889.



**Barkfest Sunday 22nd June 2025 11 am – 5 pm.**  
**Cothi Bridge Showground SA32 7NA**

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06/25 (12)



*Before I start – a shout out – will Josephine of Sennybridge, aged c80 please call me – you called on Tuesday 7th May just before I went into the radio studio. When I came out my battery was dead so I missed your call back and don't have your number – apologies.*

## WHAT ARE ... DOULAS?

When I tell people I'm an End-of-Life Doula; (sometimes known as a Death or Soul Doula), most people draw a blank

Doula is from the ancient Greek, meaning caregiver or helper. Effectively a doula is a companion through a period of life. You may have heard of Birth Doula's? There are also Divorce Doulas and Relationship Doulas. All are fairly new concepts in the UK, but there is a notable growth in the engagement of birth doulas to support a woman through their pregnancy and birth.

Our non-medical role is "to preserve the quality of wellbeing, sense of identity and self-worth from the moment we are called upon". This description is directly from End-of-Life Doula – UK to which I am a member).

I've borrowed this from the EoLD-UK website

### End-of-Life Doulas can:

- Guide people through all the decisions and choices that need to be made at the end of life
- Be alongside so the person can live the life that's left
- Offer practical and emotional support to loved ones
- Be a point of contact for the other services and kinds of support
- Be an advocate when wishes need to be upheld
- Co-ordinate personal visits
- Organise help such as giving family carers a break
- Take time to sit with the dying person – as a companion, to listen, talk, provide comfort and reassurance or just 'be'
- Have conversations so death is approached without fear or loneliness
- Be practical: providing care, walking the dog, doing housework, preparing meals, making a cup of tea, running errands
- Be available when the person has died to support those important to them practically and emotionally

## LLANGADOG LUNCH CLUB



The very first Llangadog Lunch Club went extremely well with 12 citizens, Donna (Social Prescriber) and I.

The lunch which was Curry, rice, peas and nam bread, followed by rice crispies cakes, milk and teas and coffees, was served by 6 year 6 children. There are so many children wanting to serve at the lunch the headmistress has created a rota!

There will be a maximum of 25 at the lunch.

Many thanks to Donna, Headmistress of Llangadog Primary School, School cooks, our servers and Pam – the local organiser, cashier and treasurer!

There will be two more lunches before a break in August and then back in September.

4th June 2025

2nd July 2025

6th September

Meals Cost £7 each and booking is essential due to limited numbers.

Contact Pam on 01550 777390.



# LLANDOVERY U3A



There were lovely words shared at VE Day remembered. The photos show some of the items brought in by members of Llandovery u3a.

Our next meetings:

June 11th Challenge DJ Random (aka Brian), asking him to find and play your favourite tunes. Brian has a large collection of music, including classical, top 40 charts from the start in the early 1950's to recent times, jazz, blues, folk, rock and more.



June 23rd Crooks and Villains (Pirates) including Black Bart and Henry Morgan. Rod Evans is giving a talk, exploring the Welsh connection.

We look forward to seeing new or returning members at the Rugby Club, from 10.30am for a chat with the meetings starting at 11.00am. If you wish to try us out you can attend for a £4.00 one-off fee.



## 100 YEARS LLANGADOG WI 100 YEARS

Our centenary lunch at the Kings Head Llandovery was a great success. We welcomed our guests Anne Halborg County Chairman with her husband Malcolm, Pat Thomas and Beryl Owen from Trap WI together with Ann Astington from Pumsaint WI.

We stood for a minute silence in memory of our dear member Glenda Hampson. Glenda will be sadly missed.

Our Secretary and County WI Adviser Marylyn Haines-Evans read the minutes of the first meeting of Llangadog WI in 1925 including the names of the first members. Our President Karen Cull and County Chairman Anne cut the birthday cakes which had been expertly made by Helen Herbert – President of Llandeilo WI. A lovely afternoon was spent among friends, bunting and balloons!

Our May meeting was held at the YMCA Hall, where we welcomed PC Steven Griffiths and PC Ryan from Dyfed Powys Police. Their talk on scam and fraud awareness was very well received with many questions being asked and answered. Our thanks to them both.

We look forward to the County Quiz again this year and to our next meeting on 5th June – a trip to the Swansea Maritime Museum with lunch at the Sky Bar.

New members /visitors are always welcomed – call Marylyn for more information on 01550 777161.



# JUST GOOD FRIENDS MUSICAL



*The cast enjoying a dance routine.*

If you thought The Vicar of Dibley was naughty, that 'Allo, 'Allo contained too much innuendo, I'm reliably informed (by Emma Morris, stalwart of the amdram group) that Just Good Friends' latest offering will blow your socks off! I Love You, You're Perfect, Now Change is a series of vignettes and songs dealing with love in its many guises. Rudely, for the most part.

Rehearsals began in February with the whole cast meeting to run through the script. Just Good Friends like to challenge themselves. There are 22 songs in this musical, as well as 55 characters, so each member of the group has been allocated their quota.

Performances will be in St Peter's Civic Hall from 31st July to 2nd August 2025, Thursday, Friday and Saturday at 7.30 pm. Tickets cost £10, £9 concessions and are available from <https://www.ticketsource.co.uk/just-good-friends-allo-allo> or phone Box Office 0333 666 3366.

## LLANDOVERY CROQUET CLUB



Croquet club members enjoyed the fine weather in May and were able to welcome visits from Clwb Gwawr Llanymddyfri and Clwb Gwawr Cothi. Group visits can be arranged at any time with the secretary whose contact details are below.

We are looking forward to our first matches in the newly formed South Wales croquet league. Firstly, we have a friendly against Aberystwyth on 2nd June, followed by league matches with Llanidloes (7th June away), Glamorgan (25th June home) and Mumbles (13th July away).

Our club afternoons continue to be well attended on Tuesdays and Thursdays. 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](mailto:john.evans@zen.co.uk)

## TOWY & COTHI HUNT 250 CLUB

held at the Castle Hotel, Llandovery on 13th May 2025

£15	Steffan Davies, Penlan, Llanwrda
£15	Justin Davies, Llanwrda
£10	Rachel Plunket, Rhiwyrhwch, Silo
£10	Lewis Esgair Dafydd, Llanwrtyd
£5	Annest Thompson, Rhiw, Rhandirmwyn

House prize: Ann Jones Divlyn

Next draw at the Red Lion, Llangadog on 10th June 2025.

## LLANWRDA VILLAGE HALL COMMITTEE

We will commemorate VE Day on the 5th July 2025 at the Village Hall with afternoon tea.

We will be joined by the Llandovery Male Voice Choir together with Megan and Rhys Cook who are both winners of the prestigious Dr Terry James Award.

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- **Selection of music books for trumpet;** trumpet stand and various mutes. All good condition. Any reasonable offers. Tel: 07572 168275.
- **Two Antique Steel Wheels.** 29.5 inch Diameter. £30 each. Tel: 07967 539887.
- **Ovation semi-acoustic guitar,** with case. Excellent condition, £135 or sensible offer. Tel: 07572 168275.
- **Olds B flat trumpet,** silver. Lovely condition. Hard case. Sensible offers considered. Tel: 07572 168275.
- **Bach Omega B flat trumpet,** silver. Lovely condition. Hard case. Sensible offers considered. Tel: 07572 168275.
- **2 Berth caravan.** Clermont se 400/2. MTPLM 1340. Good condition. Hob, oven fridge, stove, toilet+wash cubicle. £1600. Tel: 07971 317779. Llandovery area.
- **Bosch 240v Fast Trim Strimmer,** in very good working order, £20. Tel: 07761 107055.
- **Bosch 240v Art 30 Combtrim,** has wheels for trimming edges, very good working order. Tel: 07761 107055.
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- **Garden pulsating garden water sprinkler** on adjustable tripod, £15. Tel: 07761 107055.
- **Stuart Turner 1ins Water pump,** 240v, £18. Tel: 07761 107055.
- **Chimney cowl,** new in box, 10ins stainless steel, cost £35, £20. Tel: 07761 107055.
- **Fern router,** as new in box, £22. Tel: 07761 107055.
- **Yamaha PSS 270 electronic keyboard,** £15. Tel: 07761 107055.
- **Tom Tom Go 500 Sat Nav,** complete with disc/manual in good working order, £10. Tel: 07761 107055.
- **Garden roller,** as new, £35 ono. Tel: 07761 107055.
- **x2 Rugs,** 100% wool, 5ft 3ins x 3ft, in good condition, £30 each. Tel: 07761 107055.
- **4ft Grass Topper** to fit compact or small tractor, stored inside, like new, £450. Tel: 01550 779209 (mornings).
- **Beko 8.5 cu ft. frost free tall upright freezer,** silver, offers. Tel: 01550 721364 after 7pm.
- **Open top plastic water butt or feed bin,** 200 litre, £10. Tel: 07922 174986 Llandeilo area.
- **Hammerite paint,** 750ml, £10 per tin. Tel: 07922 174986 Llandeilo area.

- **Gripple wire tensioner** and approx. 150 gripples, £120. Tel: 07922 174986 Llandeilo area.
- **Table Tennis Table (Butterfly Elite 5),** full size, brand new, unpacked but never used, for indoor/outdoor use (folds in two), £95. Tel: 07770 371702.
- **Set of 4 alloy wheels** to fit Ford Focus, 16" set of 4 and 17". Tel: 07939 592051.
- **Various tyres,** as new. Tel: 07939 592051.

## WANTED

- **Automatic 5 door people carrier or large estate,** anything considered, private buyer. Tel: 01558 650799.
- **Preloved Books wanted.** We would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom. We are particularly short of non-fiction books just now – gardening, biography, history, psychology, crafts, cookery etc. Just box/bag everything up and deliver to the House when you are passing. We even have a re-cycling outlet for those books that are not in such a pretty state. The House 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](http://www.nationaltrust.org.uk/visit/wales/dinefwr)).
- **10 acres of land,** prefer with shed or barn, Llandovery area, Sennybridge etc, close to A40 main road. Tel: 07425 194516 or 07899 906917.

## 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.

## LLANWRDA SCHOOL MAMMOTH BOOK GIVE AWAY

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18 May 9.30am Holy Communion  
1 Jun 9.30am Holy Communion  
15 Jun 9.30am Holy Communion  
29 Jun 10.00am Combined Communion,  
Manordeilo  
6 Jul 9.30am Holy Communion  
Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. SADWRN CHURCH, LLANSADWRN

18 May 11.00am Morning Prayers  
1 Jun 11.00am Holy Communion  
15 Jun 11.00am Morning Prayers  
29 Jun 10.00am Combined Communion,  
Manordeilo  
6 Jul 11.00am Holy Communion  
Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. PAUL'S CHURCH, MANORDEILO

25 May 9.30am Morning Prayers in  
St Paul's  
8 Jun 9.30am Holy Communion in  
St Paul's  
22 Jun 9.30am Morning Prayers in  
St Paul's  
29 Jun 10.00am Combined Holy  
Communion  
13 Jul 9.30am Holy Communion  
Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. MICHAEL'S CHURCH, CILYCWYM

25 May 11.15am Holy Communion  
8 Jun 11.15am Morning Prayers  
22 June 11.15am Holy Communion  
29 June 10.00am Combined Communion,  
Manordeilo  
13 July 11.15am Morning Prayers  
Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST CYNWYL'S CHURCH, CAIO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Rev Rik Mayes 01558 685118.

## ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information, please call 01550 728 319 (Office Hours).

## ST MICHAELS, MYDDFAI

1 Jun 11.30am Morning Prayer  
8 Jun 10.30am Pentecost Service  
@ Llandingat (B)  
15 Jun 6.00pm Evening Prayer,  
Trinity Sunday  
22 Jun 11.30am Communion  
29 Jun 11.30am Joint Communion (B)

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

## LLANDINGAT, LLANDVOERY

1 Jun 9.30am Family Service  
8 Jun 10.30am Joint Pentecost  
Service (B)  
15 Jun 9.30am Trinity Sunday,  
Morning Prayer  
Songs & Stories  
@ Llandeilo, Yr Hen Farchnad  
19 Jun 6.30pm Communion  
22 Jun 9.30am Joint Communion  
29 Jun 11.30am @ Myddfai (B)

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

## ST SIMON AND ST JUDE, LLANDEUSANT

8 Jun 6.00pm Evening Prayer  
15 Jun 2 – 5pm Open Church with teas  
& craft activities  
22 Jun 11.15am Holy Eucharis

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

1af o Fehefin - 11yb - Boreol Weddi  
8fed o Fehefin - 10:30yb - Sul y Pentecost  
@ Llandingat  
15fed o Fehefin - 11yb - Cymun (Sul y Tadau)  
19fed o Fehefin - 6:30yh - Caneuon a Storiâu, Yr Hen Farchnad, Llandeilo  
29fed o Fehefin - 11:30yb - Cymun ar y Cyd @ Myddfai (D)

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

## ST. MARY'S CHURCH, CYNHORDY

8 Jun 10.30am Pentecost Service  
@ Llandingat (B)  
22 Jun 2.30pm Communion (B)  
29 Jun 11.30am Joint Communion  
@ Myddfai (B)

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

## ST CADOG'S CHURCH, LLANGADOG

1 Jun 9.30am Morning Prayer  
8 Jun 9.30am Holy Communion  
15 Jun 9.30am Holy Communion  
22 Jun 9.30am Morning Prayer  
29 Jun 10.30am Holy Communion  
6.00pm Hwyrol Weddi

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

## ST SAWYL, LLANSAWEL

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

## 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

8 Jun 10.30am Joint Pentecost Service  
@ Llandingat (B)  
15 Jun 9.30am Communion  
(Father's Day)  
22 Jun 9.30am Communion  
29 Jun 11.30am Joint Communion  
@ Myddfai (B)

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

## ALL SAINTS CHURCH, GWYNFE

1 Jun 11.15am Morning Prayer  
8 Jun 11.15am Holy Communion  
15 Jun 11.15am Holy Communion  
22 Jun No Service  
29 Jun 10.30am Combined service TBC

Easter is approaching, once again we will be decorating the Church with Lillies. If you would like your loved ones remembered, please let us know. For a donation towards the cost of the Lillies, their names will be read out in the Easter Sunday Service. Please let us know by phoning: June Howard 01550 740281 or Mary James 01550 740293. Thank you.

At Easter we will be collecting non-perishable goods, to take to the Food Banks in Llandoverly and Llandeilo. Donations can be left at the Church.

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

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

### ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

### YR EGLWYS UNIONGRED,

#### LLANBED – LAMPETER

#### ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

[www.lampeterorthodox.org.uk](http://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](mailto: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](mailto:brwoodall1940@gmail.com)

### ST JOHN'S MAESTEILO

1st Sun 9.30am Morning Prayer  
3rd Sun 9.30am Holy Communion

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](mailto: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, LLANDOVERY

College View SA20 0BD  
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

For other details see notice board

Fr Donatus Chukwudo

Tel: 01269 267382

Email: [ammanford@menevia.org](mailto: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](mailto:williamsmemorial@outlook.com)

Mobile: 07774 533804

[www.williamspantycelyn.co.uk](http://www.williamspantycelyn.co.uk)

### ST MICHAEL'S CHURCH

Llanfihangel Rhos y Corn, SA32 7RP

1 Jun 2.30pm Evening Prayer Service followed by tea/coffee time.

11 Jun 5.30pm Pilgrim Service – prayer and meditation.

15 Jun 2.30pm Eucharist Service followed by tea/coffee time.

28 Jun 2pm to 4pm Quiet Space – Reflection and Contemplation

Contacts – Churchwardens Andrew Tait 07846 310848 or Beryl Edwards 07428 833278.

#### "Lle Llonydd – A Quiet Space of Reflection and Contemplation".

These normally take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 4.00pm so Saturday, 28 June. Refreshments available. Info Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 07428 833278. Location SA32 7RP - What3Words - gain.agent.acids.

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# Local Directory

## Support Local Business

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**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](mailto:info@osianwilliams.cymru) Tel: 07908 810392/01550 777311. 07/25(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](mailto:llandovery@lhp.co.uk) | [www.lhp.co.uk](http://www.lhp.co.uk) 12/25(12)

### ARCHITECTURAL SERVICES

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

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llandeusan, Llangadog, Carms SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: [nick@brownpartnership.com](mailto:nick@brownpartnership.com) 06/26(12)

### 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)

### BUILDING SERVICES

**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. 05/25(12)

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### CATTERY & KENNELS

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### CLEANING SERVICES

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

### COMPLEMENTARY THERAPIES

**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.

## 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. 11/25(12)

## GARDENING – SERVICES

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

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## JOINERY

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 08/25(12)

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

## SPORTS FACILITIES

**LLANDOVERLY SQUASH CLUB**: New members of all abilities are very welcome at Llandoverly Squash Club, situated opposite Llandoverly College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandoverly. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: [facebook.com/llandoverlysquash](https://facebook.com/llandoverlysquash) or visit our website: <https://llandoverlysquashclub.co.uk> 04/26/12

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## 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



## NEW ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (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
<b>HALF PAGE</b> (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	£102.30+VAT	£105.50+VAT per issue	£94.25+VAT per issue	£70.35+VAT per issue
<b>QUARTER PAGE</b> (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
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
<b>SIXTEENTH PAGE</b> (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@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

## CARMARTHENSHE 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/CARMARTHENSHE

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

## LLANDOVERY SWIMMING POOL Tel: 01267 224733

Gweler y wefan; www.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.