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# NORDIC WALKING IN EAST CARMARTHENSHIRE

*Around Llangadog/Bethlehem*

It's now been a few years since I wrote my last article for The Post about Nordic walking. Those who read the article in the pre-pandemic days may remember my sitting in an elegant mansion, off the Downs in Bristol, in a classroom studying for my Diploma in Fitness and Nordic Walking! My heart sinking as, when making introductions, I heard, "physiotherapist", "professional golfer", "national cycle champion", another "physio", "doctor", "professional dancer", eventually it was my turn...oh dear. But my fears were needless, soon we were out on the Downs training for 2 and 3 hours at a time, getting it wrong and occasionally right, becoming friends and supporting each other.

Then came the Level 2 anatomy and physiology exam on the last day. It felt very odd to be on the other side of an exam paper. The mantra of many revision sessions with pupils going through my head – take your time,

read each question thoroughly, make sure you turn the pages correctly...and breathe!

In the intervening years we have had the Covid pandemic which essentially put paid to many a nascent business across the country. I too pulled the plug on my Nordic walking website as we battened down the hatches and lived careful lives.

Gradually, as we learned the new government rules, those I'd taught to Nordic walk got together to walk in pairs or very small groups as allowed.

Since that awful time we've become a small walking group, meeting across 3 FREE possible walks each week around Llangadog, Llandovery, Myddfai and Llandeilo. A friendship group as much as a fitness group.

*continued on page 3*



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# ALL ABOUT *The Post*

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*Walking through Llandeilo town.*

So, what is Nordic walking? Basically, it's an enhancement of ordinary walking – it makes something we do... twice as effective! Nordic walking uses poles in order to add two major benefits to walking:

1. The use of poles means the upper body muscles are used as well as the legs, supporting the back and hips.
2. The poles help to propel the walker along – this means you work harder – yet the support given by the poles makes it feel easier and you, more confident!

With regular Nordic walking, you will find your fitness level improves, giving new-found energy and strength. No expensive clothing or footwear is required, simply wear clothing appropriate to the weather and for walking. The specialist poles are provided free of charge when training. Following training, all the walks are free and there is no follow-up subscription.

For me, what could be better than helping others to achieve their goals, improve their health and lifestyle in the finest gym of all – the great Welsh outdoors!

To learn more about Nordic Walking please text, WhatsApp or phone me, Carmela Jones, on (07926) 088020.



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Enjoy live music from various musicians including Julie Murphy. DJ. A short Talk. Raffle. Authentic Food available to buy. Poetry. Acts to be revealed.

Entry: Donation – suggested donation of £5.

- Proceeds to: Sumud School – a tented school to enable children in Northern Gaza access to education – funded by West Wales Friends of Palestine.
- Medical Aid for Palestine.
- World Food Programme.

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# Padmasambhava Yoga & Meditation Centre

Everyone at Padmasambhava hopes that you are well and looking forward to Spring and enjoying the bulbs pushing up shoots, flowers emerging and trees in bud - which all bring joy to the heart and increasing energy and wellbeing.

With this new energy a yoga class will bring even more fulfillment to our lives so why not join one of Padmasambhava's classes of which there is a good selection suitable for people of all ages and abilities, including those new to yoga.

There are the usual classes which the Centre has been running for some time, these can be found in the brochure or online. There is also an exciting new course of classes for Beginners starting Wednesday 22nd January (6.15 – 7.45pm) – a great opportunity to do something for yourself and your health and wellbeing. The new 5-week Beginners' focusses on a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This course provides tools which are useful in daily life, as well as a good foundation for classical yoga postures. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality. This systematic course is designed for both beginners and those returning to yoga. Each week builds upon the previous practices. If you have missed the start date, do contact the centre to see if there are still spaces available. There will be continuation Beginners after half-term, starting on March 5th.

Padmasambhava holds classes in the Centre in Llandeilo as well as the Penybanc Welfare Hall in Ammanford and the Reading Room at Cwrt Henri and has a good range of classes to suit different levels of experience, fitness and flexibility. Seated Yoga is held

at the Llandeilo Lawn Bowling Club. The classes at the Penybanc Welfare Hall will now be starting at the earlier time of 6.30pm (Thursdays).

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. Through the breath practices taught in class, practitioners experience the importance of breath to our good health. Each class ends with a deep relaxation of Yoga Nidra.

Weekly practice of yoga allows the body to gain strength and flexibility week by week and these qualities are often also reflected in the mind.

Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

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

The benefits of yoga resonate beyond the class.

Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone them on 01558 823842 or email [mail@padma.org.uk](mailto:mail@padma.org.uk)

More information at [www.padma.org.uk](http://www.padma.org.uk)





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## PETHAU PAWB – MORE THAN A LIBRARY OF THINGS

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We now also have a bra bank which supports Breast Cancer Research, and a 2-minute litter pick kit in the shop – anyone can use them. Just grab a bag and picker, collect rubbish from the streets as you stroll around town, then just pop the bag into a street litter bin. Help us keep Llandovery clean and stop rubbish and plastics from going into our drains, into rivers and the sea.

We will also be running Craft and Chat evenings in the next few weeks, where anyone is welcome to come along, bring what they are working on and join us for coffee, biscuits, chats and advice from fellow crafters. Keep following us on Facebook and look at the shop window for events!



## PETHAU PAWB – MWY NA LLYFRGELL O BETHAU

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# MYDDFAI NEWS

*Myddfai Shop and Café are open on  
Wednesday – Sundays 11.00am – 4.00pm  
(closed on Mondays, Tuesdays).*



What's on in February: Lisa's peg-loom course is on Sunday 16th am, Willow Weaving workshop is on Thursday 20th all day. It's the Myddfai monthly Farmers Market on Sunday 23rd 12.00 noon – 3.00pm, with lots of quality local produce and crafts, please come along to support the local suppliers.

Beat those winter chills and come up to the warm Myddfai Cafe and enjoy one of our delicious homemade soups or one of our other tasty lunches, snacks or cakes. Or pop in after a walk for a tasty afternoon tea. Come and take a look round our shop with its large range of quality gifts and artwork from talented local artists, we have Welsh Tweed, scarves and hats, aprons and bags, a wide range of jewellery, wooden boards, fused glass items, pottery, books, jams, honey and chutneys, cards, lots a local artwork and much more, in fact there is something for everyone. Every purchase supports a local business and the Myddfai Ty Talcen Charity.

Myddfai Hall is fully Licensed for wedding ceremonies and makes a stunning, affordable wedding venue. It is also great for parties, conferences, meetings or concerts and all kinds of activity classes, with its stunning views, underfloor heating and state of the art equipment. It makes a great safe, warm, indoor space for kid's parties- you can even get a bouncy castle inside the hall. We can also arrange talks and afternoon teas for clubs or groups on the Physicians of Myddfai Myths and Legends.

Come along and join one of our regular classes in our warm hall; Yoga with Ginny on Tuesdays 10.00 – 11.30am; Su's Craft class on Wednesdays 1.30 – 3.30pm; Sonia's Pilates class is on Thursdays 9.30 – 10.30am. Zumba Gold is on Fridays 10.00 – 11.00am. You can just turn up & join in or get in touch first.

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org). Mobile 07879 119223 or Hall No. 01550 720449. Check our Facebook or our website [www.myddfai.org](http://www.myddfai.org) for What's On.

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

Members of the Society enjoyed a festive December meeting at Newton House after negotiations with National Trust officers, Kathryn Campbell and Holly Dwyer who assisted us to staging the event. Members were able to circulate around the interesting exhibition about 'The Castle of Culture' and there was a short film shown entitled 'The Airy Tomb'. This film based on a poem by R.S. Thomas and produced by the late Lord Dinefwr, Richard Rhys. The evening was made complete with some excellent Christmas nibbles washed down with a warm winter punch.

We look forward to a host of interesting talks in 2025 beginning with a lecture by Lowri Kirkham on the 4th February. who will be talking about the life of poet and novelist Anne Beale who lived for a time in Llandeilo, Lowri was due to talk at the 2024 Llandeilo Literature Festival but had to withdraw at the last minute so her talk is eagerly awaited by many.

Then on the 4th March a talk about the suffragette Rachel Bennet will be delivered by Mary Thorley. The Chair of Carmarthenshire Antiquarian Society.

A postponed update by Elgan Evans on the Tywi Valley Path, due to take place at our January meeting will be scheduled for later this spring.

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

Crescent Road, Llandeilo at 19.30. Non members can attend by paying a £3 entry fee or joining as a member at the door. 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)



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# POWYS NATIONAL GARDEN SCHEME



I hope you, like me, are filled with anticipation for the opportunities which lie ahead during 2025. February sees the launch of the Garden Visitor's Handbook 2025 and the Powys brochure will start to appear! Powys has a total of 75 gardens this includes five group openings (three of which are opening for the first time for the NGS), eight new standalone gardens and 21 gardens new to the NGS forming part of group openings. Look out for the gardens which are open by arrangement: many are ideal for garden clubs, WI and other small social gatherings. Details are already available at [findagarden.ngs.org.uk](http://findagarden.ngs.org.uk)

Want to be in the room with one of the nation's best-loved horticulturalist and broadcasters? This is a unique opportunity to hear Monty Don talking about his latest project with Sophie Raworth, newsreader, journalist and broadcaster. To attend our live event on Thursday 20th February, book a ticket at [ngs.org.uk/product-category/online-events](http://ngs.org.uk/product-category/online-events)

By February many resolutions begin to fade, perhaps they were not SMART i.e. Specific, Measurable, Achievable, Relevant and Timebound to achieve success. I am often reminded how "You can do anything you set your mind to". Listening to Radio 4 when the guest editor of The Today Program was the UK Chief Scout, Dwayne Fields, reinforced this. The focus of his program was volunteering and the far-reaching benefits, building friendships and closer communities. We would welcome volunteers to join the team to support the opening of the gardens in the National Garden Scheme. From distributing leaflets, making delicious cakes, serving teas to promoting the gardens and manning the gate, there are lots of ways to get involved. Naman Chaudhary explains 'it couldn't be more fun' see [ngs.org.uk/get-involved/volunteer](http://ngs.org.uk/get-involved/volunteer) Contact our South Powys County Organiser Owen. [Hughes@ngs.org.uk](mailto:Hughes@ngs.org.uk) or North Powys County Organiser Susan. [Paynton@ngs.org.uk](mailto:Paynton@ngs.org.uk) We'd love to hear from you.

There's a limited number of tickets are available for a Special Event on April 30th accompanied visit of Vaynor Park, near Berriew. Spectacular 5 acre garden with a stunning display of over 3,000 tulips on long Victorian archery lawn. Kindly hosted by William and Kate Corbett-Winder. Pre-booking is essential. To find out more visit [findagarden.ngs.org.uk/garden/42634/vaynor-park](http://findagarden.ngs.org.uk/garden/42634/vaynor-park)

# LIGHTING OF THE CHRISTMAS TREE

On Wednesday 4th December 2024 the community of Llanwrda gathered at Bridgend Garage for the lighting of the Christmas Tree. Proceedings were led by our vicar the Rev. Dr. Mark Rowlands and Llandovery Male Voice Choir sang carols accompanied by the community and whom we sincerely thank. Thanks also goes to the Llandovery Rotary Club for helping Father Christmas. People are still talking about the evening and how they thoroughly enjoyed it, in spite of the weather.

Our thanks go to Richard and Margaret for providing the venue, Eurig Evans and Bobby Chodecki for erecting the tree and for the handling equipment and Ian Povey for providing the tables.

Once again the tree was kindly donated by Llanwrda Community Council and we are very grateful to them.

Thanks to all the locals for attending and providing refreshments.

This event once again demonstrated community spirit at it's best.

Date for your Diary – Wednesday 3rd December 2025 at 6.30 p.m.

Wishing you all a healthy and happy 2025.

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<b>Aqua fit</b>	Dydd Llun / Monday 7pm
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0725(12)



Blwyddyn Newydd Dda! Just like that, it's 2025!! All those months to come with endless possibilities of what we can achieve. After a nice rest over the festive period, we are excited to be back and continue to build on the work we started last year.

Originally the intention behind Bwrlwm was to explore the potential of establishing an Energy Local Club in Llandovery and we will continue to develop that through this year. We also found ourselves doing some other work too, as along the way, other opportunities presented themselves and well, it would have been rude to refuse them! Some of these, such as The Great Big Green Week event will be repeated this year. Tŷ Hadau, our seed station and planter project, supported by WWF, will continue to run in the background with resources being available to help communities to develop their own seed stations. While we will not have time to repeat the Swap, Sell & Repair events which were supported by Cyngor Sir Gâr, we will happily share our blueprint on setting up one in your own community.

I am excited that this year sees us focusing on sustainable transport, establishing an E bike hire hub in Llandeilo! Our coordinator role for Dinefwr Car Club raised awareness of the benefits of community sharing and borrowing and so we hope, with the near completion of the cycle path linking Llandeilo and Carmarthen, that an E-bike scheme will bring further benefits. The best bit? We will be based out of the old Llandeilo Hub, located next to the train station, so we will also be working with The Heart of Wales Line to help improve the area around the hub and station.

So, lots going on and we are already a month into the year! It's going to be a fun journey whether it's by train, EV car or E bike so if you would like to get involved, either individually or as part of a community group, please just get in touch or follow our Facebook page to keep up to date.

To hear more, to collaborate or contribute your ideas, please contact Vanessa [vanessa@ynnisirgar.org](mailto:vanessa@ynnisirgar.org) 07393 593699.

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



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# FRIENDS OF CÔR MEIBION LLANYMDDYFRI MONTHLY LOTTERY DRAW RESULTS

## November to December 2024

### November 2024

- |     |                |
|-----|----------------|
| 1st | Awen Griffiths |
| 2nd | Gethin Lloyd   |
| 2nd | Lyn Richards   |
| 3rd | Margaret Lloyd |
| 3rd | Sian Jones     |
| 3rd | Louise Davies  |

### December 2024

- |     |                      |
|-----|----------------------|
| 1st | Teulu Powell         |
| 2nd | Anne Richards        |
| 2nd | Shirley Price-Davies |
| 3rd | Liam Jones           |
| 3rd | Gwen Rees            |
| 3rd | Katie Jones          |

### Christmas draws

- Steffan Thomas  
 Julie Morgan  
 Dawn Jones

Many thanks to you all for your support in 2024; 2025 entry tickets are now available from any choir member.

DIOLCH Y FAWR I CHI GYD


## GWYNFE SEED SWAP

**Saturday 22nd February**  
 11.00am – 1.00pm,  
 Gwynfe Community Hall, SA19 9RD

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# LLANDOVERY U3A

The group has had a difficult few months with both our Chairperson and Treasurer suffering with ill health, as a result of which both wish to retire. Other long standing members of the committee also expressing a wish to retire, we were in crisis and wondering whether we could keep going.

However, all is not lost after all and with new members coming forward willing to take on those posts we are confident that the group will continue and flourish.

So do come along – we are a friendly group and new members will be made to feel very welcome.

On the 19th February we have a special guest speaker, Neil McCall a prizewinning photographer who has worked extensively at Aberglasney and anyone who came to his talk on Aberglasney will know how brilliant his work is.

**On Wednesday the 19th February Neil's presentation will be TRAVELS IN ANTARTICA**

There is guaranteed to be wonderful photography put together with atmospheric music and fascinating dialogue.

We meet in Llandovery Rugby Club at 10.30 for coffee and the speaker starts at 11.00, there is easy access and plenty of parking.

Visitors are very welcome.

For more information contact Tina Cutts 01550 721883.

## *Llanymddfri – Dathliadau Gŵyl Ddewi*

# LLANDOVERY – ST DAVID'S DAY CELEBRATIONS

*Addurno Ffenest Siop/busnes*

*– beirniadu 1/3/2025*

Decorate Shop/business – judging 1/3/2025

*Helpa Drysor – Beth sydd yn  
cuddio yn y ffenest?*

Treasure hunt – What is hiding  
in the shop window?

21/2/2025 – 3/3/2025

*Cystadleuaeth Pice ar y Maen*

*– Welshcake competition*

28/2/2025

*Gwasanaeth Gŵyl Ddewi*

*– St David's Day Service*

Eglwys Llanfair – Llanfair Church, 10.30  
1/3/2025

**Cymdeithas Efeillo Llanymddyfri**

**Llandovery Twinning Association**

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7pm 1/3/2025

Rhys Prichard Memorial Hall

Pared Ysgol Rhys Prichard Parade 3/3/2025



05/25(6)

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04/25(6)





AMGUEDDFA LLANYMDDYFRI  
a Phorth Ymawlyr

LLANDOVERY MUSEUM  
& Visitor Gateway

## MUSEUM NOTES OLD SLEEPING HABITS

One of Llandovery's most famous sons, Vicar Rhys Prichard (1579–1644), has received considerable publicity recently, following a Welsh academic's research into the vicar's description, in his popular verses, of seventeenth-century sleeping habits.

In a recent edition of the on-line publication *Gwerddon*, Dewi Alter, a lecturer at Cardiff University, says the vicar's poetry offers fascinating clues as to how people in Wales got their nightly rest almost four centuries ago.

The vicar wrote several poems that depict how people slept and how he thought they should prepare for bed. Sleep was an intensely religious and spiritual experience, with prayers being offered for a safe night's sleep. The vicar encourages people to shut their doors while they slumber, warning that the devil is always awake and, like a lion, wants to take people at night and devour them.

Before the Industrial Revolution, it was common to have a period of wakefulness during the middle of the night for a couple of hours in order to complete a variety of tasks. Prichard encourages his readers to emulate the biblical King David who, according to the Book of Psalms, rose at midnight to give thanks to God.

Rhys Prichard, who was the son of a wealthy landowner, accumulated additional property during his lifetime. His income from the Church was also considerable; as well as being vicar in his native Llandovery, he held other Church offices in Carmarthenshire and Breconshire. He built a large house on the site of his birthplace in Llandovery. Sadly, this house was demolished in the mid-20th century.

A large photograph of the magnificent building is on permanent display in Llandovery Museum, together with

an oil painting by Ronald A. Chapman which depicts the moment the vicar realised the evils of alcohol. Inside a tavern, a goat which had become drunk the previous evening, is seen to refuse the vicar's offer of more alcohol.

It's believed that this painting, like Chapman's copy of *Salem* by Curnow Vosper, is based on the work of another artist, but attempts to find any such painting have so far ended in failure.

Ronald Albert Chapman (1928 – 1983), who was born in Rochford, Essex, moved to Cynghordy where he built the Lodge Restaurant. Although sirloin steaks were a speciality, he is best remembered as an excellent fish cook. His Art tutor was a local teacher, Ron Downing, and some of his paintings hung on the dining room walls.

Vicar Prichard died in December 1644, but the exact whereabouts of his final resting place are unknown. According to one tradition, he was buried in Llandinagad Churchyard, Llandovery, where his grave was swept away by floodwater during the eighteenth century.

Although many of the vicar's verses have survived, many more have been lost. According to one report, most of his works were destroyed in a bonfire that burned for two days.

As far as is known, only one poem was published during his lifetime. Various selections of verses were later published in London, but it wasn't until 1681 that the complete known works were first published as *Canwyll y Cymru* (The Welsh People's Candle). The original Welsh verses and English translations have been published in about fifty editions, of which many were printed on the Tonn Press in Llandovery.

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*Vicar Prichard and the goat: an oil painting by Ronald Chapman*

## QUIZ!

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Join us for a jolly quiz to raise money to help **Llandovery Museum** increase opportunities for children to learn about local and Welsh history.

Teams can be from 1 – 6 players at £2 a head, or just £10 for a full team of six.

Rounds include music, historical items, pictures and a comedy session.

You will 'lose' your lowest scoring round before the winning teams are announced.

Come and have a laugh and enjoy a quiz over a few drinks.

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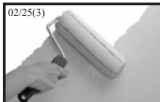
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02/25(12)

## PUMSAINT WI

Ten members met for our traditional January Games Night and Lisa introduced us to 'Encrypted' and 'Magnet Chess' which both resulted in much hilarity. Our session was cut a little short due to the approaching wintry showers but it was much enjoyed by all. Later in the month we met up for a New Year lunch. Our meeting in February will feature a talk on canal restoration projects, starting at 3pm. We meet on the first Tuesday of the month in Coronation Hall, Pumsaint; visitors and new members are most welcome.

02/26(12)

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Following the two very successful Art Competitions in 2023 and 2024, both of which attracted over 100 entries and over 300 visitors, the Llanwrtyd Heritage and Arts Centre are organising a third event in July 2025.

"Holding the second event in 2023 we were obviously concerned that it would not be as successful as the first. However we did not have to worry – once again the numbers and standard of entries exceeded our expectations and we were delighted with the exhibition,



which attracted a large amount of visitors throughout July," commented Lynne Brookes, Centre Manager.

"We are delighted that our previous sponsors have again kindly decided to support the event with a first prize of £500 and second of £250, sponsored by Charcroft Electronics and Lloftwen Forest Farm respectively both based in Llanwrtyd Wells, together with a Visitors' Choice award of £100 sponsored by Colonel Tim Van Rees, a well-known resident of the town."

Under the theme 'Simply Astounding' the competition is open to all artists resident in Wales who can submit up to three paintings or mixed media work for consideration. Seventy five artworks will be selected for the final hanging and will be exhibited at the Heritage and Arts Centre throughout July following a preview and judging evening that will take place at the beginning of the month.

Closing date for submissions is 1st April 2025 and details for entry can be found at [www.history-arts-wales.org.uk](http://www.history-arts-wales.org.uk) or by contacting the Centre on 01591 610067, email [ldhac2016@gmail.com](mailto:ldhac2016@gmail.com)



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# CADOG FILM CLUB

The Cadog Film Club starts a new season on Saturday 1 February. We have two film nights every month, the first Saturday and third Friday of the month, at the Llangadog Community Hall. Entrance fee is £5.00 for members, £6.00 for non-members. Annual membership is £5.00

## *Saturday night films*

*On Saturdays the doors open at 6.00 pm, at 7.00 there is a meal (everyone brings a dish of food to share) and a bar providing wine and soft drinks. We aim to start the film by 8.00. Those who want to see the film only without the meal should arrive by 7.45.*

**1 February – *American Fiction* (2023)** USA Comedy/Drama 1h 57min Certificate 15 Cast includes Jeffrey Wright, Tracee Ellis. Directed by Cord Jefferson.

A hilariously prickly satire about an African American novelist who finds it hard to achieve success as a writer, without giving in to a market that prefers Black storytelling to be in tired and offensive clichés. An intelligent but entertaining film dealing subtly with race and racism.

**1 March – *The Critic* (2023)** UK Crime Drama 1h 41min Certificate 15 Cast includes Ian McKellan, Gemma Arterton. Directed by Anand Tucker.

A renowned and feared theatre critic in 1930s London takes drastic, sordid action to protect his career in this dark and acerbically witty drama, with a powerful central performance by Ian McKellan.

**5 April – *Small Things Like These* (2024)** Ireland Drama 1hr 41min Certificate 12 Cast includes Cillian Murphy, Eileen Walsh, Emily Watson. Directed by Tim Mielants.

A coalman in 1980s Ireland is confronted by dark and distressing secrets connected to a local convent in this slow-burn drama concerning the tragic injustices of the Magdalene Laundry system.

## WHAT'S ON IN CAPEL DEWI The Old School

8th Feb: Local Producers Market, 9.30am – 1.00pm

12th Feb: Coffee Morning, Speaker TBC, 10.30am

26th Feb: Book Club, 7.00pm

28th Feb: Pop up Pub and games night

Yoga, Friday morning from 10.00am

Dog Training, Monday morning 10.00am

Short mat bowling every Thursday night 7.00pm

For more details

email: [capeldewicomunity@gmail.com](mailto:capeldewicomunity@gmail.com)

**3 May – *Conclave* (2024)** USA Mystery Thriller/Drama 2hr Certificate 12A Cast includes Ralph Finnes, Stanley Tucci, John Lithgow. Directed by Edward Berger.

The responsibility to find a successor to the pope falls on a beleaguered cardinal who finds himself embroiled in a conspiracy.

## *Friday night films*

*The Friday night films are selected from the very best of world cinema, often foreign language films, which don't always appear at the multiplexes. There is no meal, just wine, soft drinks and snacks. Doors open at 7.00pm, film starts at 7.30.*

**1 February – *Perfect Days* (2023)** Japan Drama 2hr 4min Certificate PG Cast includes Koji Yakusho, Tokio Emoto. Directed by Wim Wenders.

This simple story of a reserved, kind-hearted Tokyo janitor is a deeply moving and poetic reflection on finding beauty in the everyday world around us. (In Japanese with English subtitles)

**21 March – *Blackbird Blackbird BlackBerry* (2023)** Georgia Drama 1hr 50min Certificate 15 Cast includes Eva Chaveishvili, Temiko Chichinadze. Directed by Elene Naveriani.

A middle-aged woman finds love and passion for the first time in her life in this drily witty, tender film, which explores themes of female independence coming up against social expectations. (In Georgian with English subtitles)

**18 April – *Touch* (2023)** Iceland Drama/Romance 2hr 1min Certificate 15. Cast includes Egill Olafsson, Koki. Directed by Balthasar Kormakur.

Kristofer returns from Iceland to London for the first time in fifty years in search of a lost love from his youth. A beautiful film about love and connection across the decades and across continents. (In Icelandic, Japanese, and English with English subtitles).

For further information, ring Irene Haynes on 01550 777657 or email: [cadogfilmclub@aol.com](mailto:cadogfilmclub@aol.com)



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# LLANWRDA CRICKET CLUB

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

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

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

## LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

20/11/24	30	Stuart Davies
27/11/24	6	No winner
4/12/24	3	Ll & A Cumming

11/12/24	19	Jon Lodge
18/12/24	38	Carwyn Jones
25/11/24	31	Rhys Davies
01/01/25	41	No winner
08/01/25	21	No winner
15/01/25	20	Barry Clement

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.

## LLANEGWAD RAINFALL



### NOVEMBER

Rain fell on 15 days this month. The wettest day was the 23rd with 51mm.

November Total: 147.75mm – 5.3/4”  
Only 1.25mm fell in the first 17 days!

### DECEMBER

Rain fell on 23 days this month. The wettest day was the 18th with 39mm – 1.1/2”

December total: 165.5mm – 6.1/2”

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(04/25/3)



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06/25(12)

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08/25(12)

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A young Llangadog couple have taken on a rather chilly challenge for Alzheimer's Research UK. Throughout December, Iestyn Williams & Josie Wilkins, have been doing a daily cold-water dip in the river Sawdde. Each day they added 10 seconds to the time they spend in the water finishing with a total of just over 5 mins which might not sound a lot, but it feels like hours when submerged in near freezing water. Alzheimer's Research UK is on a mission to revolutionize the way dementia is diagnosed, treated and prevented. The brave duo is proud to be part of ARUK's journey towards finding a cure. Iestyn knows firsthand what a devastating impact Alzheimer's can have on a person's life and on that of their loved ones, after witnessing his Grandfather suffering with Alzheimer's.

The pair have shown great determination and grit with the cold weather and storm Darragh. Nothing has stopped them, not even their trip to London where they braved the river Thames! They have recorded their progress on social media, posting a daily video for supporters to

follow. On 22nd December, in support of their efforts, they were joined by friends & family for a river swim in the Sawdde Fawr. With the water temperature only 6 degrees and a bracing north wind hitting them, twenty-three brave (or crazy!) souls tackled the cold water with them for this worthy cause. All the participants reasoned their temporary discomfort was worth it if it helps someone facing much worse with Alzheimer's. Afterwards everyone warmed up with mulled wine & mince pies before heading to Y Castell, Llangadog for cawl and celebratory drinks. Y Castell kindly donated a bottle of wine to auction and all the money from the cawl, raising £200 for Iestyn & Joise's fundraising.

Thanks to people's generosity and support they have smashed the £2,500 target they set to raise for ARUK and are still accepting donations until the end of January.



## LLANDOVERY FRIENDSHIP CLUB Blwyddyn Newydd Dda – Happy New Year

2025 will see us continuing to meet on the last Wednesday of most months in the Rhys Pritchard Memorial Hall. Why "most"? well as part of our programme of meetings we have a couple of bus trips and afternoons teas out. When at the hall we have a number of very interesting talks arranged. Starting with Jill Tatman on Wednesday 29th January.

Friendship club is open to everyone, male, female any age. It is an opportunity to meetup with old friends or to make new ones. We have tea and biscuits sometimes cake. Membership is £15.

Please come and join us and see what you think. We are a friendly bunch I promise.

Gina Jones, Chair – 01550 720790.



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04/25(3)

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05/25(12)





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# LLANDOVERY ROTARY CLUB



Happy New Year!

And here we go again! Another year starts and, as ever, we are absolutely raring to go. As ever, this year we at Llandovery Rotary Club will support the locality wherever and whenever we are able. Whether it be by financial support or by helping and supporting in any other way, we will help if we can ..... always.

It seems an age since writing the last report (17th November) and so much has happened since. Pre Christmas were were flat out with the Santa runs to the villages, the Town lights switch on, the Hamper deliveries etc etc.

At the Town Lights turn on organised by the Town Council the Rotary Santa turned up bang on time to the delight of Llandovery's little kiddies. They queued up patiently and when their turn came it was an absolute delight to see. Some were shy but the vast majority were beaming to see the real Santa in person! Each was presented with a colouring book and some sweets while they excitedly told Santa what they had put in their letter. I'm sure Santa came up trumps on the day too!

We all congregated at Dan and Gina's home on the 15th December in preparation for our annual delivery of Hampers to mainly the housebound and those with restricted mobility. The contents were paid for from our funds and were beautifully put together by Gina (and maybe Dan!). Even though we say it ourselves they were lovely hampers, fair play. This is one of our most pleasurable jobs and they were very well received by the recipients. When all the thirty six hampers were delivered we all headed to the Kings Head where we enjoyed a lovely Christmas Dinner, Job done.

We have received a healthy donation from the Welsh Trail Riders Association ..... again. They are wonderful supporters of our club and we offer our sincere thanks to Bob Perrin and Colin Newman for their ongoing and continued support. Thank you Welsh Trail Riders. Your many donations are greatly appreciated.

Before Christmas we arranged a 'Christmas Attire Must Be Worn' evening at our regular Tuesday evening. In fairness all complied. But some complied more than others! A few went for a full on Christmas shirt or top, some simply wore a Christmas tie or hat while some made hardly any effort at all sporting a small sprig of holly which looked as if it was grabbed from the hedge on their way to the meeting. Never mind, it's the thought that counts, or so they said!

We also held a Secret Santa evening when again some really thoughtful gifts were bought and a few miserable Grinches weren't interested at all and abstained. No expensive gifts, it was a fun, surprise event with mugs, chocolates and lovely gift wrapped presents being received but Anthony Wathan received the best gift of all, a packet of contraceptives!

Doriba Judo Club in Llandovery College requested funding for some trolley mat carriers. The club here is in its infancy in Llandovery and hopefully this will grow into a big club. We were keen to support and forwarded a donation to help them on their way.

The Santa runs to the villages went ahead again and although Covid and Health & Safety forced changes on us years ago (especially the insurance required to have Santa and his Elves on a moving trailer) we went ahead again with a mobile Grotto. It doesn't quite have the same dramatic effect as a trailer with Santa and his Elves arriving on a farmyard with music blaring and colourful lights flashing but it goes some way bringing Santa to the kiddies' home village. While fundraising during these visits is not the sole reason for doing it, again seeing the joy on the children's faces is reason enough. Incredibly, these visits raised almost £800 so thanks to those who turned out in



*All set and ready to deliver our Christmas Hampers.*





*The Rotary Santa meets two delightful young children at the Town Council organised Christmas Lights Turn On. Proud Mum looks on.*

support and humble thanks for the generous donations. Rachel deserves special thanks for her sheer doggedness in getting these runs organised which this year meant a lot of last minute reorganisation. Well done Rachel.

That's it. No more Christmas mentions for another year.

Dan made a presentation to Derek for his many years of voluntary service cutting the churchyard in Llandingat Church. Derek's job was on the ride-on mower cutting the new cemetery and the cremations but due to on going health problems he has been forced to finish.

We have collected three gallon whiskey bottles (empty) that pubs kindly agreed to place on their bars to collect donations for Rotary. Incredibly when counted, they



*The Welsh Trail Riders. Long time supporters of Llandoverly Rotary Club.*



*Dan makes a presentation to Derek for his long term voluntary mowing of Llandingat Churchyard. Dan is continuing with his own mowing that he has done for many years.*

totalled around £400. Sincere thanks go to the Castle Hotel, the King's Head, the Whitehall and all their customers for their tremendous generosity. Thanks also to those who counted all the change (and notes).

Next Tuesday we have arranged an away meeting. Rarely do we leave Carmarthenshire to hold a meeting but next week we travel into Powys and visit the Castle Coaching Inn in Trecastle. Some have offered to drive, many haven't! I'll tell you all about it next month.

We received a request for funding from Llandoverly Museum and Visitor Gateway. The stairlift in the wonderful Museum and Information Centre has broken and is in need of considerable cost to repair/replace it. The main part of the Museum is upstairs and is therefore inaccessible to those with mobility issues. This wonderful asset to the town is run entirely by volunteers and without a stairlift many visitors are unable to get the full benefit from their visit. Following grants and donations the Museum was in fairness thousands of pounds short of the funding required. We talked and thought long and hard about this. They really, really needed help here. We have been asking for a long time for organisations to come forward and, while many have, our funds have kept on rising. No proposals were forthcoming from any of us. We all desperately wanted to help but how much could we actually donate to them? Another long discussion ensued

*continued on page 32*



but still no proposals. Then a very long silence. Suddenly the silence was broken by our Treasurer Mickey ..... 'Give them the lot. Give them everything they need' said Mickey. We certainly weren't expecting that but many hands immediately shot up in support. Passed. Fantastic. A very substantial cheque is on its way. In fact it is our biggest donation ever, by a very long way. Brilliant. It is a great feeling for us to be in a position to be able to support a fantastic local asset. We are all very happy with the outcome. Chuffed to bits we are!

Please keep your requests for funding coming, there's plenty left in our account yet!

Incidentally, also in the Museum building are the superb Dyfed Family History Society, Upper Towy Branch (Llandovery). Every one of the Churches and Chapels graveyards and each individual grave has been logged by this wonderful group of people, mostly done on their hands and knees for days on end. This, to my knowledge has never been done before, but it has now! What a superb effort by these tremendous volunteers.

And that is it for this month. Next month I'll tell you about our District Governor's visit, our evening in Trecastle and brilliant local illustrator Jack Skivens will be coming to us as a Speaker.

See you all next month.

Derek Jones.



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## LLANGADOG WI – CELEBRATING 100 YEARS

On the 20th January 1925, 26 enthusiastic women gathered at the YMCA Hall Llangadock. The Honourable, Mrs Hunter – Abermarlais Mansion was unanimously elected as the first President of Llangadog Women's Institute. Two vice presidents were elected – Mrs Titus – The Vicarage and Miss James – Fron Deg. On the 3rd February 1925 it was noted that there should be something to "do, hear and see" at each meeting which resulted in a variety of practical instruction on glove making, slipper making, tray making and cookery!

A cup of tea and a bun would be available at a cost of one penny each.

Here we are 100 years later, standing in awe of all the members past whose dedication we applaud, each one leaving their mark on our history. Throughout this year we hope to bring snippets of our "tales from the minutes", with an insight of past and present WI life.

To start our celebrations, we have kindly been granted valuable window space for promotion at the three shops on Llangadog Square, also look out for some surprises! Our members have been very busy over the Winter!

Our next meeting will be at Llangadog Community Centre on Thursday 6th February 2025 at 7pm. Our speaker will be Bethan Cull who has worked in the fashion industry, internationally. If you have thought of joining the WI then make it your New Year resolution and come along. Help us celebrate our centenary, we will be delighted to see you.

Marylyn Haines-Evans DL  
Secretary Llangadog WI  
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02/25(3)

# HONOURING THE FOUNDER OF THE PHYSICIANS IOF MYDDFAI SOCIETY



*Dr & Mrs Donald Williams*

During a lunch at the Myddfai Community Centre on Tuesday 3 December, a crystal glass bowl was presented to Dr Donald Williams who had just stepped down as secretary of the Physicians of Myddfai Society. His wife Margaret was presented with a Christmas rose.

Dr Williams, a consultant psychiatrist who first discovered the connection between heading the ball and footballers suffering from dementia, had also been responsible for organizing the society's annual conferences from the beginning. He got the idea for a conference after considering the medical contribution of Llandovery Grammar School.

He was a pupil there at the same time as two boys from Llangadog, Gareth Rees (1935-2024) and Glyn Evans (1942-2013), who became consultants at St Bartholomew's Hospital, London. Dr Gordon Thomas, a consultant physician in Abergavenny, was also a classmate.

In 2009, Gareth Rees and Glyn Evans were guest speakers during a presentation evening at their old school. In their speeches they both emphasized the excellent education they had received in Llandovery.

This was a trigger for Dr Donald Williams to organize a meeting at the beginning of July 2011 to celebrate the tradition of the Physicians of Myddfai and its continuation into the 21st century. At the meeting, in Myddfai Community Hall, Professor Sioned Davies discussed the legend of the Lady of Llyn-y-fan; Dr Morfydd Owen related the story of the first physicians;

Professor Terry Turner dealt with the physicians' medicines, and Dr Donald Williams spoke about subsequent Myddfai doctors. Two years later, there was a further meeting, which focused on the history of the Lady of the Lake legend, the early development of medical services in Wales and the Laws of Hywel Dda.

The Physicians of Myddfai Society was formally launched during an open meeting at the annual conference on 28 June 2014. It was decided that the Society's main responsibility would be to organise an annual conference, a St Luke's service (Luke is the patron saint of doctors) and an annual walk to Ffynnon y Meddygon (The Physicians' Well) on Myddfai Mountain.

The first St Luke's service, at Myddfai Church on 16 October 2016, was organised by Mike Davies. The local vicar, Rev. Ian Aveson, officiated and musical items were provided by the Llandeilo Singers. In addition, there was a poetry reading by Mary MacGregor.

The first walk to Ffynnon y Meddygon was organized and led on 19 August 2017 by Dr Robin Barlow. Robin was also responsible for editing an important bilingual book which was launched by the Society at the following year's conference, *Transactions of the Physicians of Myddfai Society 2011-2017*.

There was no conference in 2020 and 2021 due to Covid. The following year, the theme was 800 years of continuous tradition, and a bilingual booklet, *The Physicians of Myddfai: A Continuing Tradition*, was launched.

The theme of the conference in 2024 was 'The Scope of Medicine' and the preacher at the St Luke's service was the Bishop of St Davids, the Right Reverend Dorrien Davies.

Although the Society does not have a secretary to succeed Dr Donald Williams, the new chairman, Dr Huw Llewelyn, a former consultant neurologist, has agreed to carry out the crucial task of selecting speakers for the annual conferences.

## LLANDOVERY FLORAL ART SOCIETY Blwyddyn Newydd Dda – Happy New Year

We are all ready for 2025 with a full programme of meetings on the 3rd Wednesday of every month other than August. We meet at 7.00pm in the Catholic Hall, College View. Membership remains at £25 for the year. However quests are welcomed at £5 a meeting. We have a mixture of demonstrations and some hand on activities over the year. Please come along on February 19th when our own Vice President and very talented Helen Walters will be doing a demonstration.

Gina Jones, Chair – 01550 720790.

# NATIONAL BOTANIC GARDEN OF WALES ANTIQUES FAIR AND VINTAGE MARKET



Exciting news that the much loved National Botanic Garden of Wales Antiques Fair and Vintage market is returning to the Gardens SA32 8HN on Saturday 1st and Sunday 2nd February with the same quality stands. This will be marking 25 years since the impressive Garden opened to the public in that historic Millennium year 2000. The Garden has under gone a huge transformation in those 25 years and has matured into a wonderful venue for the Antiques Fair.

Nestling into the Carmarthenshire countryside, on the outskirts of Carmarthen and just 15 minutes away from the end of the M4, it's conveniently situated.

The weekend of antiques, is set to be a busy one. The success of the fair has been mainly down to the diversity and quality of the antiques on display in the splendid setting of the Garden.

Fans of classic antiques should make their way to the various Garden venues – including the Great Glasshouse – for displays of Welsh art and pottery, quality jewellery and outstanding militaria collections. Step next door to Principality House which is now known as Ty Melyn and discover displays of quality antique furniture, Welsh textiles, and a superb array of books, jewellery and silver. Tucked away beside the Millenium Courtyard is the large marquee where you will find a large range of furniture, art glass and some vintage delights.

The recently transformed Theatr Botanica will be exhibiting old favourites such as silverware and collection of Moorcroft, Lorna Bailey, Beswick and Doulton, art and treen plus collections of quality welsh furniture and textiles.

Millennium Courtyard will be filled with a Vintage

market housing smaller marquees displaying vintage toys, clothing, retro and upcycled furniture.

The fair has had a reputation for showcasing Welsh areas of collecting including Welsh pottery, welsh blankets, Welsh art and furniture. Again not to disappoint, there will be an amazing display of period Welsh oak furniture. From Welsh child's chairs, milking stools to much larger pieces including dressers and linen press cupboards. Richard Bebb's collection of Welsh artists is impressive and a stand not to be missed.

Wales has a rich heritage at producing good quality welsh wool due to the land and being ideal for sheep farming. This helped with a thriving woollen industry. In the 19th century it was possible for quilts to be one hundred per cent Welsh because we had a wool fabric industry. In a country famous for sheep, the wool was not only used to make fabric but also used as a filling for the quilts, so Welsh quilts could be described as entirely home made.

The materials used were further enhanced by the method of quilting; the combination of traditional patterning and the springiness of a wool filling gave Welsh quilts their very distinctive sculptured appearance and stamped them with their Welsh identity.

Quilting is a method of stitching layers of material together. Although there are some variations, a quilt usually means a bed cover made of two layers of fabric with a layer of padding (wadding) in between, held together by lines of stitching. The stitches are usually based on a pattern or design.

The earliest quilting was used to make bed covers: very fine quilts are often mentioned in medieval inventories and frequently became family heirlooms. Throughout their history, many superior examples of the technique have survived by being passed down through generations. During the medieval period, quilting was also used to produce clothing that was light as well as warm. Padded wear could be put on under armour to make it more comfortable, or even as a top layer for those who couldn't afford metal armour.

Although quilting can just use basic running stitch or backstitch, each stitch has to be made individually to ensure it catches all the layers within the quilt. Where the stitching is laid down in decorative patterns, it can be extremely fine work. Popular stitching patterns have been given names such as 'Broken Plaid', 'Hanging Diamond', 'Twisted Rope' or 'True Lovers' Knot'.

Because items such as bed covers typically involve large surface areas, quilt making is often associated with social occasions where many people share the sewing. Particularly in north America, where early settlers from the UK and Holland established quilting as a popular craft, there is a tradition of a quilt-making 'bee' for a girl about to get married, with the aim of stitching a whole quilt in one day.

Although closely linked to quilting, patchwork is a different needlework technique, with its own distinct history. Patchwork or 'pierced work' involves sewing together pieces of fabric to form a flat design. In Britain, the most enduring method is known as 'piecing over paper'. In this method, the pattern is first drawn onto





paper and then accurately cut. Small pieces of fabric are folded around each of the paper shapes and tacked into place (also known as basting, this uses long, temporary stitches that will eventually be removed). The shapes are then joined together from the back using small stitches called whipstitches. Often these quilts were produced from unwanted or torn items of clothing that could be recycled into an amazing display of colour and textures in the quilt.

It's easy to say that Welsh quilts are simply quilts that come from Wales, which is of course true. But it can be argued that Welsh quilts are entirely unique and unlike any other that is produced elsewhere.

Traditionally, quilts were made by professional quilters by hand – usually one woman and an apprentice. The woman was usually a spinster in a town or a widow who needed a source of income for her family.

Nowadays, quilting is not only seen as a job and a way to benefit the economy, it's considered as a form of arts and crafts too. Many quilters craft quilts now to simply keep up with the tradition because it's an important part of Welsh heritage. For others, collecting antique Welsh quilts a hobby. Therefore there will be a good selection on display at the fair.

The fair has a rich cross section of antiques and vintage on display, from jewellery, watches, books and silver, including ephemera, militaria and vintage clothes and accessories. There will also be collections of glass and up cycled and pre loved furniture, plus interior design pieces including French brocante. I'm sure visitors will not be disappointed with the selection on offer at this popular fair.

Militaria will again be heavily represented at the fair with rare medals, ceremonial swords and suits of armour.

The fair opens at 10.00am and closes at 4.00pm

Admission is £12 for a weekend ticket allowing you to enjoys 2 full days at the Antiques fair plus a further 5 days admission to the Garden. The tickets last for 7 days which is very good value. Dogs are now welcome over the Antiques weekend except in the Glass House.

For more information contact Derwen Fairs 07790 293367 or follow on FB, Twitter and Instagram.



## SAVING THE CORNWALLIS INHERITANCE

That imposing almshouse building at the back of Llanwrda's playing field, next to the old school: who had it built, and why?

The construction funds came from Letitia Cornwallis (1694-1740), whose family owned Abermarlais mansion, Llansadwrn. The mansion burned down after its last occupant, Miss Campbell-Davys, died in 1977.

Letitia's life story is told for the first time by Pat Racher in *The Cornwallis Inheritance*, an A4-sized limited-edition illustrated book containing five genealogical charts, and a list of inhabitants of the Llanwrda building at censuses from 1841 to 1921 and in 1939.

The story of Letitia's legacy includes the profound influence of her stepfather, John Robinson Bishop of London, her brother's marriage to his godmother 22 years his senior, fears that the family's lawyer was not above dishonesty, shady and fraudulent financial dealings, chronic mismanagement of the Abermarlais estate, and even a couple of murders.

The book, costing £9, is available at upcoming second-hand book sales organised by the Almshouse Charity of Letitia Cornwallis, which are in aid of the charity's efforts to renovate the historic building to create homes for local people. It is also available by post, details from [pat@doddracher.org](mailto:pat@doddracher.org).

## HORMANNS FIREWOOD

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# Church Services

E-English W-Welsh B-Bilingual

## ST. CWRDAF CHURCH, LLANWRDA

2 Feb 9.30am Holy Communion  
16 Feb 9.30am Holy Communion  
2 Mar 9.30am Holy Communion  
5 Mar 7.00pm Ash Wednesday  
Communion & Ashing

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

## ST. SADWRN CHURCH, LLANSADWRN

2 Feb 11.00am Holy Communion  
16 Feb 11.00am Morning Prayers  
2 Mar 11.00am Holy Communion  
5 Mar 7.00pm Ash Wednesday  
Communion & Ashing, Llanwrda

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

## ST. PAUL'S CHURCH, MANORDEILO

9 Feb 9.30am Holy Communion  
23 Feb 9.30am Morning Prayers  
5 Mar 7.00pm Ash Wednesday  
Communion & Ashing, Llanwrda

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

## ST. MICHAEL'S CHURCH, CILYCWYM

9 Feb 11.15am Morning Prayers  
23 Feb 11.15am Holy Communion  
5 Mar 7.00pm Ash Wednesday  
Communion & Ashing, Llanwrda

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

2 Feb 11.00am Holy Communion  
16 Feb 11.00am Holy Communion  
23 Feb 11.00am Morning Prayers  
2 Mar 11.00am Holy Communion

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

## ST MICHAELS, MYDDFAI

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## LLANDINGAT, LLANDOVERY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST SIMON AND ST JUDE, LLANDDEUSANT

9 Feb 2.00pm Evening Prayer  
23 Feb 11.15am Holy Eucharist

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST. MARY'S CHURCH, CYNGHORDY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST CADOG'S CHURCH, LLANGADOG

2 Feb 9.30am Holy Communion  
9 Feb 9.30am Morning Prayer  
16 Feb 9.30am Holy Communion  
6.00pm Hwylol Weddi  
23 Feb 9.30am Morning Prayer

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

## ST SAWYL, LLANSAWEL

2 Feb 11.00am Boreuol Weddi  
16 Feb 11.00am Cymun Bendigaïad  
2 Mar 11.00am Boreuol Weddi

## 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

9 Feb 9.30am Holy Communion  
16 Feb 9.30am Morning Prayer  
23 Feb 9.30am Holy Communion

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

## ALL SAINTS CHURCH, GWYNFE

2 Feb 11.15am Holy Communion  
9 Feb 11.15am Morning Prayer  
16 Feb 11.15am Holy Communion  
23 Feb No Service

## 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 Bendigaïad  
11.00am Holy Communion  
6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

## ST JOHN'S MAESTEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Margaret James: 07771 621538.

## HOLY TRINITY TALIARIS

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Email: h\_lloyd\_davies@hotmail.com

## ST EGWAD, LLANFYNYDD

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

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

## LLANEGWAD CHURCH

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

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

## OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD  
(served from Ammanford)

Saturday (vigil of Sunday) now 4.00pm

24 Dec 4.30pm Carols  
5.00pm Vigil Mass for the  
Nativity of the Lord

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

## ST TEILO'S CHURCH, BRECHFA, SA32 7RA

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Info – contact Rev Roger Nock  
01267 202347.

## **WILLIAMS PANTYCELYN MEMORIAL CHAPEL**

Sunday praise at 11.00am [available also via zoom]

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

For further information or to contact Pastor Rob please visit  
[www.williamspantycelyn.co.uk](http://www.williamspantycelyn.co.uk)

## **EBENEZER APOSTOLIC CHURCH**

(On B4302 at Cwmdru)

Services every Sunday

10.30am Worship and Communion Service

(Also Sunday School for under 15s)

5.00pm Evening Service

Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.

All are welcome.

## **ST. JOHN'S, FELINGWM**

2nd Sun 2.00pm Eucharist

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

## **YR EGLWYS UNIONGRED,**

### **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

## **THANK YOU**

Gwyneth and family would like to thank everyone for their sympathy, cards, donations and support in memory of Ken Pugh.

Also to I. C. & S. M. Funeral Directors for their kindness.

**THE POST**  
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## **ST MICHAEL'S CHURCH**

Llanfihangel Rhos y Corn, SA32 7RP

4 Feb	2.30pm	Communion followed by tea in the Hall
12 Feb	5.30pm	Pilgrim Service – Prayer and Meditation
16 Feb	2.30pm	Communion followed by tea in the Hall

Info – contact Rev Roger Nock n 01267 202347.

Due to damage to the church roof in Storm Darragh, services are taking place in the newly renovated church hall. Check with Churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278 to see if it is on in bad weather! Location SA32 7RP - What3Words - gain.agent.acids. Info – contact Rev Roger Nock n 01267 202347.

## **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)

## **TOWY & COTHI HUNT 250 CLUB CHRISTMAS DRAW**

**Held at The Red Lion, Llangadog  
on 10th Dec 2024**

£15	Debbie Adams, Dinas bach, Rhandirmwyn
£15	Megan Lloyd, Llwynberllan, Cilycwm
£15	Sofia Davies, Vale of Towy, Llanwrda
£15	Samantha Jones, Troedrihw, Rhandirmwyn
£10	John Thomas, Glanyrynis, Llangadog
£10	Gwylim & Davina Price, Maes yr awel, Silo
£10	Annette Mogan, Vardre, Half Way
£10	D. K. Price Esq., Cwmcynwal, Llanwrda
£5	Berni Peers, Glynteg, Sili
£5	Roy Thomas, Llwynrhos, Farmers

### *House Prizes:*

Brian Davies, Maesneuadd, Llanwrda  
Lyn Morgans Cwmto Llanwrda

## **TOWY & COTHI HUNT 250 Club**

**held at the Rugby Club on the 9th Jan 2025**

£15	Geraint Hughes, Square & Compass
£15	Rhys & Cerys Millichap, Penfedw, Cilycwm
£10	Tracy Jones, Llanerch Goch, Halfway
£10	Gareth Price, Bryn hyfryd, Silo
£5	John & Mair Price, Talog, Silo

*House Prize:* Mr John Thomas Esq., Glanyrynis

### *Next Draw:*

*White Hall on the 11th February 2025*



# READERS' SALES & WANTS

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

## FOR SALE

- **2 large "lounge" chairs.** Old and solid. Probably horsehair stuffing. Have been used within the same non smoking family for over 50 years. NO fire certificate. A great project for upholstery students. Free to a "good home" Tel / text 07789 238511.
- **240 volt 600wat tile cutter,** 180mm blade, 330mm x 380mm tilting table water cooled, £35. Tel. 07761 107055.
- **Lamb shelter/feeder,** 6ft 3ins x 4ft with adjustment entry, home made, £15. Tel. 07761 107055.
- **Tom Tom satnav** complete with manual and disc, perfect working order, £15. Tel. 07761 107055.
- **Antique Brass coal scuttle,** £25. Tel. 07761 107055.
- **Collection of MATCHBOX yesteryear models** in original boxes, OFFERS. Tel. 07761 107055.
- **Set of rubber car mats** inc boot tray, £10. Tel. 07761 107055.
- **Hitachi VM-C30E Camera Recorder,** £25. Tel. 07761 107055.
- **Welsh and English records,** old and not so old, OFFERS. Tel. 07761 107055.
- **Titan wood mulcher,** (As new), £50. Tel. 07761 107055.
- **Steam Mop MONTIS,** £15. Tel. 07761 107055.
- **Peugot 207 SW Allure Vti estate,** petrol, silver, 2012 reg, milage 88000, Mot. Oct 25, service records, £1750 ono. Dryslwyn. Tel 01558 669130.
- **Rowan tree plugs,** approximately 900, ready for planting out, Offers. Tel: 01550 777149, 07572 168275.
- **Root trainer modules plus trays,** large quantity, ideal for garden nursery or similar. Tel: 01550 777149, 07572 168275.
- **Wooden castle,** lovely condition, opens out for play, plus knights, king, queen, princess and dragons, £50 o.n.o. Tel: 01550 777149, 07572 168275.
- **E motion Kyak.** 9ft long. SPITFIRE. Good condition. C/ W. Trolley. And equipment to enable a single person to load onto roof rack, £220. Tel: 07896 316132.
- **x2 Gates,** 3' x 3' approx., wrought iron, £30 for both. Tel: 01550 720460.
- **Owl wine bottle holder,** new, £5. Tel: 07790 384670 or 01550 721482.
- **Small blue musical carousel,** £5. Tel: 07790 384670 or 01550 721482.
- **2 seater and chair,** plum colour, was £400, selling for £80. Tel: 07790 384670 or 01550 721482.
- **Hand knitted ladies mitts,** £5 pr. Tel: 07790 384670 or 01550 721482.
- **Teabag hats,** childs/adults, £5 each. Tel: 07790 384670 or 01550 721482.

- **Goodmans SFX Special Edition Karaoke machine** with CD, tapes and radio, 1 microphone, £20. Tel: 07790 384670 or 01550 721482.
- **Avon exercise hoop,** new in box, £10. Tel: 07790 384670 or 01550 721482.
- **Rose hearts,** handmade, ideal for Valentines day, 1 x red, 1 x white & red, new £8. Tel: 07790 384670 or 01550 721482.
- **Breville One Cup,** boxed, was £39.99, selling for £15. Tel: 07790 384670 or 01550 721482.
- **x24 Glass paperweights,** £100 ovno. Tel: 07790 384670 or 01550 721482.
- **x2 white Portmeirion jugs,** £8 each. Tel: 07790 384670 or 01550 721482.
- **Eddie Stobart canvas** off lorry, £6. Tel: 07790 384670 or 01550 721482.
- **Ladies pink glitter ballerina slippers,** size 3/4, bargain at £5. Tel: 07790 384670 or 01550 721482.
- **Old brass oil lamp** with white globe & funnel, £10. Tel: 07790 384670 or 01550 721482.
- **Glass ornaments** from £2 to £10. Tel: 07790 384670 or 01550 721482.
- **x2 Gingerbread men/women biscuit barrels,** 2 small gingerbread men biscuit barrels, £6 lge, £5 sml. Tel: 07790 384670 or 01550 721482.
- **Xmas tree biscuit barrel,** new, £5. Tel: 07790 384670 or 01550 721482.
- **Silver/black flower arrangement,** metal, £10. Tel: 07790 384670 or 01550 721482.
- **Light up flower display,** material & wire, in white vase, cost £49.99, now £15. Tel: 07790 384670 or 01550 721482.
- **Portable gas heater** complete with 13kg bottle, can be seen working, £45. Tel: 07805 093803.
- **Recliner & swivel chair,** cloth, like new, £65. Tel: 07805 093803.
- **x4 Mirror w/robe sliding doors** c/w with all tracks & rails, in good condition & working order, size approx. Height 86" (2m 20cm), width 42" (1m 7cm), free but must collect all four. Tel: 01269 543820.

## WANTED

- **Preloved Books wanted.** A Spring Clean! When making room for your new Christmas books, we would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom within Newton House. We have a varied selection of fiction/non fiction/children's as well as some special "collectables". 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 open every February weekend 10.30 - 3.30 and then open all the half-term days - 24th - 28th February. 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).
- **2 x 2 Seater Sofas,** in good condition or 1 x 2 Seater & 1 x 3 Seater Sofas, high ones if possible. Tel: 07790 384670 or 01550 721482.

# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

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

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

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### ARCHITECTURAL SERVICES

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

### BEAUTY SALON

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

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### CATTERY & KENNELS

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

### CLEANING SERVICES

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

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

**WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP.** As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 04/25(12)

## ELECTRICIANS

**V.W. REES (Llandeilo)** All aspects of Domestic electrical wiring including Lighting and PowerPoint upgrades. Fault finding and Repair. No job too small. All work guaranteed. Tel: 07790 568072. 04/25(6)

## FITNESS & EXERCISE

**FITNESS CLASSES – Zumba Gold:** Focuses on all elements of fitness-Cardiovascular, Muscle Cond. Co-ordination and Balance! Whilst enjoying all the Zumba Rhythms! Class includes CIRCL Mobility/Flexibility Mat Work. 10.00am Friday's Myddfai Community Hall and Visitor Centre. For more info 07909 903773 or go to melissamerran.zumba.com 06/25(6)

## FUNDRAISING

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

**ALL SMALL ENGINES.** Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carm SA19 7BG. Tel: 07718 044879. 12/25(12)

**A & C HOME SERVICES.** Grass Cutting, Hedge Trimming, Strimming, Pressure Washing etc. All general garden maintenance undertaken from One Offs to Regular work. Call 07855 064152 to discuss your requirements. 03/25(12)

**ARE YOU LOOKING TO IMPROVE OR ENHANCE YOUR GARDEN OR OUTDOOR SPACE?** I can craft sturdy weather resistant structures that integrate beautifully into your space. Shelters and arbours. Wood sheds. Animal houses. Compost toilets. Cob ovens, using natural materials. Garden gates. Assembly of manufactured sheds. I also offer a jet washing and a renovation service for any existing structures. I work with either round or square timber to create a structure specific to meet your requirements and build to be durable and functional in the Welsh climate. Friendly and professional service. For a free quotation call Nick any day of the week on 07970 987434 or email: gydaedoc@gmail.com 07/25(6)

## HAIRDRESSERS

**MOBILE HAIRDRESSER.** Professional unisex hairdressing service in the comfort of your own home. Also offering Manicures, Pedicures and Gel polish. Contact Jo on 07752 399702. 06/25(12)

## HANDYMAN

**CARMARTHENSHIRE ODD JOBBERS:** We carry out house visits every Friday, Saturday and Sunday. Get yourself booked in and we will get the job done. Gardening, tree surgery, house clearance, plastering, painting and decorating, carpentry, minor electrical and plumbing work, window cleaning, house removals, kitchen installations, jet washing, paving slabs and much much more. We are open 7 days a week so call us anytime, we are here to help. Please contact us on 07393 396599 or email: carmsoddjobbers@gmail.com 06/25(12)





## HEADSTONES AND HOUSE NAME PLAQUES

**HAND CARVED HEADSTONES & HOUSE NAME PLAQUES** in Welsh slate, no job too small, free estimates, based in Llandovery. Tel: 07805 694016 Email: gabriel@hummerstone.wales www.hummerstone.wales 07/25(12)

## JEWELLERY REPAIRS & ENGRAVING SERVICES

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

## JOINERY

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

## KEYCUTTING SERVICES

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

## OPTOMETRIST

At **INSIGHT EYECARE,** we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: insighteyecare@llandovery.org. Find us on 8 Stone Street, Llandovery, SA20 0JR. Optometrist: Sara Tidey. 11/25(12)

## PAINTER & DECORATOR

**HAYDN ADAMS,** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 02/26(12)

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 06/25(12)

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

## PETCARE SERVICES

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

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

## PLASTERERS

**AARON MORGAN PLASTERING SERVICES.** Call, text or WhatsApp 07446 850842 for a free quote. 06/25(6)

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 09/25(12)

**DOUGLAS WAUGH.** Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 02/25(12)

## PROPERTY MAINTENANCE

At **ALL ASPECTS PROPERTY SERVICES,** we bring over **35 years of experience** in renovation and maintenance. Based near Llandovery, we cover all **major trades – carpentry, electrics, plumbing, plastering, bathrooms,** and more – all at competitive prices. We travel to you and guarantee **high-quality service.** Call now: 07943 782246, Email: info@allaspectspropertieservices.co.uk or visit us: [allaspectspropertieservices.co.uk](http://allaspectspropertieservices.co.uk) Quote **WINTER10** for a **10% discount** through November, December and January. 11/25(12)

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

## ROOFING

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

## SOLICITORS

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

## SPORTS FACILITIES

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

## WINDOWS & EXTERIOR CLEANING

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

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# The Post

## Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points  
○ = Ref. Points Only



## NEW ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<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

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

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

## LOCAL POLICE

Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

## TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

## TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towry Taxi, Llandovery. Tel: 07544 624411.

## MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

## AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

## LLANDOVERY SWIMMING POOL

Tel: 01267 224733

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

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

## Train Times (Timetable 15/12/24 – 17/05/25)

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	04.50	05.16	08.56	12.51	17.48	04.51	08.59	12.53	17.48		11.10	15.26			
Gowerton	D		05.28	09.08	13.03	18.00	05.03	09.11	13.05	18.00		11.22	15.38			
Llanelli	D	05.13	05.38	09.19	13.16	18.10	05.13	09.22	13.17	18.10		11.33	15.49			
Ffairfach	D	05.48x	06.13x	09.54x	13.51x	18.46x	05.48x	09.57x	13.55x	18.46x		12.08x	16.23x			
Llandeilo	D	05.54	06.19	10.00	13.57	18.51	05.54	10.03	14.01	18.51		12.14	16.29			
Llangadog	D	06.04	06.29	10.09	14.06	19.01	06.04	10.12	14.10	19.01		12.23	16.39			
Llanwrda	D	06.07	06.32	10.13	14.10	19.04	06.07	10.16	14.14	19.04		12.27	16.42			
Llandovery	D	06.16	06.40A	10.22	14.19	19.13	06.16	10.25	14.23	19.13		12.36	16.51			
Cyngorhdy	D	06.24	10.29x	14.26x	19.22x		06.24x	10.32x	14.30x	19.22x		12.45x	16.59x			
Llanwrtyd	D	06.42	10.47	14.44	19.39		06.42	10.50	14.48	19.39		13.01	17.16			
Llandrindod	D	05.55	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	17.05	21.59		15.14	19.35			
Shrewsbury	D	04.20	05.25	10.02	13.54	18.35	05.28	10.06	13.55	18.35		12.04	16.20			
Llandrindod	D	05.46A	07.30	11.36	15.35	20.27	07.30	11.42	15.38	20.27		13.59	18.05			
Llanwrtyd	D		08.01	12.07	16.06	20.58	08.01	12.13	16.09	20.58		14.30	18.36			
Cyngorhdy	D		08.14x	12.19x	16.18x	21.11x	08.14x	12.26x	16.21x	21.11x		14.43x	18.49x			
Llandovery	D	06.44	08.26	12.32	16.31	21.23	08.26	12.39	16.34	21.23		14.55	19.02			
Llanwrda	D	06.50x	08.32x	12.37x	16.36x	21.29x	08.32x	12.44x	16.39x	21.29x		15.01x	19.07x			
Llangadog	D	06.54x	08.36x	12.41x	16.40x	21.33x	08.36x	12.48x	16.43x	21.33x		15.05x	19.11x			
Llandeilo	D	07.05	08.48	12.54	16.53	21.45	08.48	13.00	16.56	21.45		15.17	19.23			
Ffairfach	D	07.08	08.50	12.56	16.55	21.47	08.50	13.03	16.58	21.47		15.19	19.26			
Llanelli	D	07.46	09.31	13.38	17.37	22.35	09.34	13.41	17.38	22.35		15.57	20.05			
Swansea	A	08.09	09.54	14.01	18.01	22.58	09.57	14.04	18.01	22.58		16.19	20.29			

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

Traveline: 0800 464 0000

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

### Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

### 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.