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APPLE DAY 2025 CELEBRATE THE SEASON IN LLANDOVERY!

Full article on page 24



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ALL ABOUT *The Post*

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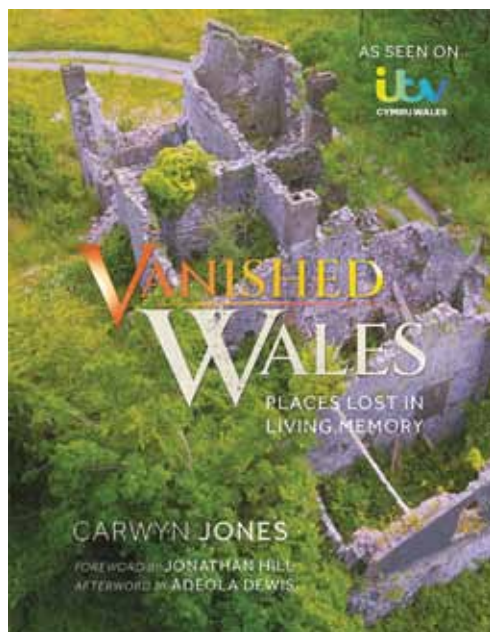
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VANISHED WALES A TALK WITH CARWYN JONES

Join us at the Castle Hotel, Llandovery at 7.00pm on Friday October 17th for a talk by television producer and director Carwyn Jones who will be discussing *Vanished Wales: Places Lost in Living Memory*.

Vanished Wales: Places Lost in Living Memory is the book to accompany one of ITV Cymru Wales' most popular shows. It explores the fascinating stories of lost landmarks: places in Wales that have disappeared from towns, cities and villages within living memory. As in the series, the book shines a spotlight on this missing heritage, featuring stories from local people who still have a deep personal connection with the remarkable sights that were once on their doorstep.

Lost communities, hives of industry, popular public buildings, cultural and sporting venues, wartime placements, Victorian superstructures and even entire villages: these are once prominent places that have been wiped off the map. Including before and after images from the show, *Vanished Wales* sings their epitaph.

The book will be for sale on the night and Carwyn will be happy to sign copies for you.

Tickets are £3.00, you can buy them online here <https://dragons-garden.com/product/vanished-wales-a-talk-with-carwyn-jones/> or call in to the bookshop, Books at the Dragon's Garden, 9 High Street, Llandovery

Symphonica Tywi 
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ORCHESTRAL THRILL

Saturday, 11th October 2025 at 7.30 p.m.

ST TIZZO'S CHURCH, LLANDEILO

Join *Symphonica Tywi* at the first concert of their 33rd Season, as they bring a concert of wonderful music from the Romantic Era of classical music. The lovely overture to *Hansel and Gretel*, the thrill of Glasunov's *Autumn*, the rhapsodic *Sinbad* from *Scheherazade* and, to end with, Dvorak's lyrical *9th Symphony*.

Tickets: £14 for adults and £12 for Seniors Under-14s FREE

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12/25(3)

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08/2/12



CLEAN YOUR CARPETS AND SOFT FURNISHINGS AND GET YOUR HOME READY FOR A COSY AUTUMN/ WINTER

We recently had a query about one of our carpet cleaners – it was leaving lumps of fur/lint on the damp carpet, not pulling up much dirty water and the customer thought it was broken or not cleaned after the last user, but this is normal and a sign it is working!

Carpet cleaners provide a deeper clean than traditional vacuuming. Machines use a combination of formula, water & rotating brush rolls to clean and are designed to loosen & lift debris from deep within the carpet. The used water will not all be sucked up from the carpet either and the carpets will be left slightly damp, so the dirty water tank will have less liquid than when it was full.

If carpet is not vacuumed before carpet cleaner use, or if there are pets in the house, debris and hair will build-up & clump, and lumps of fur/lint are proof the cleaner is successfully lifting deep debris to the surface. It's a good thing to see and shows the cleaner is working!

To solve this, pick up the debris/clumps/fuzz by hand from the rollers and flooring as you go and place in your waste bin. Please clean the rollers and the machine as thoroughly as you can before returning to us. We do check, service and clean them on return, but ask that you also clean before bringing them back.

We have several VAX carpet cleaners for hire from Pethau Pawb for just £10 per week, as well as a powerful spot and upholstery cleaner for the same price. Perfect for homes with children and pets!

You can reserve our carpet cleaners online at www.pethaupawb.ynnisigar.org, or call in to the shop at 5 Stone Street, Llandovery. We are open Wednesday to Friday from 10am to 6pm, and Saturday from 10am to 4pm.

MORE ABOUT ELECTRO HYPER SENSITIVITY AND MULTIPLE CHEMICAL SENSITIVITY

We are a representative group of the (estimated one million) people in the UK who suffer from this serious health condition/s.

We would like to express our appreciation to the writer of the article on Page 22 of the August edition of the Post, which may have already introduced you to this common complaint, which is rarely publicised.

If you, like many of us, responded to the article with the thought 'this is just how I feel', please know that you are not alone.

Because EHS/MCS are not publicly recognised by the NHS or other official bodies, you may be feeling concerned about, or distressed by, the collection of strange, painful, possibly embarrassing and seemingly inexplicable symptoms you experience. You may find yourself having increasingly serious problems around wifi devices, smartphones, smart watches, smart meters, electronic devices such as car keys, digital devices,

electric cars, cables and transformers, phone or radio masts, pylons or other forms of technology that are not really smart for our health. Symptoms may affect any part of your body, any of your senses and/or your tolerance to chemicals, strong smells, etc.

This is a world wide issue and many people have been displaced because of it. To enable us to reach others who feel alone with this condition, please circulate this information as widely as possible in any way you can - by copying this page and/or the previous article and distributing them, telling everyone you know, in person, via social media or otherwise. You are likely to alleviate a lot of pain and distress, or even save lives, by doing so.

We have no connection to the following, but: ES-UK website has a great deal of useful information on EHS/MCS symptoms, plus extensive scientific and medical data;

The Post* has kindly offered to forward messages from anyone who believes they (or a friend/loved one) may have EHS and/or MCS and would like to connect with a local group in any area: PostDATUM, 24 Stone Street, Llandovery, Carmar, SA20 0JP or email: info@postdatum.co.uk

We look forward to hearing from you - please supply a landline number or street address if possible, as most of us cannot make contact via mobile or internet. Replies may take longer than expected so please be patient - we will get in touch as soon as we can.

(*the Post is a Community Magazine published by postDATUM)

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POWYS GARDENS NEWS AND OPENINGS FOR CHARITY

Welcome to new volunteer, Dr Alison Kemp who has become the new County Organiser for South Powys taking over from Owen Hughes. Alison has recently retired and brings a wealth of hands-on experience, having designed and developed her garden in Cwmdru with her husband Dr Douglas Paton. The garden has been developed from scratch. Originally barren farmland, the inspiring space that has been opened for the past two years under the National Garden Scheme. With a deep appreciation for gardens and community, Alison is now focused on building the team across South Powys, with the aim of encouraging and supporting existing garden owners and discovering exciting new gardens to join the scheme, helping to grow and strengthen the National Garden Scheme presence in the county. With a particular focus on the centenary celebrations in 2027, Alison and Gail Jones, South Powys publicity officer aim to promote and increase National Garden Scheme activities in the county. South Powys has so far raised almost £15,000 and welcomed over 1900 visitors; together with North Powys we've raised £48,000 and fed and watered over 6,000 visitors! Amazing! We thank our fabulous garden owners that create such special gardens for us all to visit. Also to all the lovely people who come along to our open gardens we thank you all. Diolch. If you would like to contribute your time or skills we would love to hear from you. Please contact either Susan Paynton – 01686 650531 susan.paynton@ngs.org.uk or alison.kemp@ngs.org.uk

BBC TV presenter, keen gardener and National Garden Scheme Ambassador, Fiona Bruce hosts our very special **National Garden Scheme Ask the Experts** at the Royal Geographical Society on Tuesday 2nd December at 7pm. Tickets are available (live and online) for the perfect pre-Christmas garden fix ngs.org.uk/product-category/annual-lecture

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As the long hot summer begins to turn and the colours deepen there is plenty to enjoy in the gardens opening for the National Garden Scheme in October. Saturday & Sunday, 11 and 12 (9.00 – 5.00pm) Dingle Nurseries & Garden, Welshpool SY21 9JD. Internationally acclaimed RHS partner garden, herbaceous plants around lake. Saturday and Sunday 18 and 19 (10.00 – 4.00pm) Gregynog Hall & Garden, Gregynog, Tregynon, Newtown SY16 3PL. Grade 1 listed garden associated with William Emes.

Or book an appointment with the garden owner, details at findagarden.ngs.org.uk to visit Llysddinam, Newbridge-on-Wye: The Old Pottery, Llansantffraid: or Plas Dinam, Llandinam.

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07/26(12)



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11/25(12)



LLANWRDA CRICKET CLUB

In the penultimate match of the season, Llandeilo took the honours as they beat Llanwrda by 37 runs. Llanwrda were set a challenging 210 to win in 40 overs. Shaun Thompson almost guided the team home with an aggressive 76. Despite contributions from Owen Davies and Steffan Roberts, Llanwrda were well short of the target. However, other results went their way and going into the last weekend of the season Llanwrda were still second in Division 5.

The last match against Dunvant was a wash-out and that meant Llanwrda were again promoted. Next season they will play in Division 4.

The season was celebrated at The Annual Dinner - held at the rugby club. Batter of the season went to Adrian Davies, followed by Owen Davies. Adrian also won the bowling award, just beating Steffan Roberts and Garan Williams. The fielding award went to Carwyn Jones who also had the greatest number of wicket-keeper dismissals in the whole division. Players' Player of the Year was Tomi Rees who was also Llewod Young Player of the Year. Kumar was the Llewod's All-Rounder of the Year.

The Juniors also received awards. Special mention went to Ellie (Most Dedicated), Ifan (Boys' Award), Gwladys (Girls' Award) and Ffion (Most Promising).

Please contact Gwynn Davies for information about the juniors on 07956 14 74 64. The season will restart in April.

We are always on the lookout for new adult players for 2026 - Saturday matches for the 1st XI and a mid-week 2nd XI - Llewod Llanwrda - playing in the Carmarthenshire 100 League. If you are interested in any of these teams, please contact Adrian Davies on 07867794771 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:

20/08/25	49	No winner
27/08/25	58	No winner
03/09/25	28	David Cumming
10/09/25	13	No winner

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

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CELEBRATING A QUARTER CENTURY OF SONG IN THE AMMAN VALLEY



Excitement is mounting as Ammanford-based women's choir Côr Persain prepare for their Silver Anniversary Concert, celebrating a quarter of a century of making music together. The concert will be held at the town's historic Gellimanwydd Chapel on Saturday, 18 October, starting at 7 pm.

The choir, established in the year 2000, has performed in some notable venues over the years, including the Principality Stadium, St David's Cathedral and the Houses of Parliament. A visit to the Porthcawl Flower Festival in June and a trip up to Swindon to sing alongside Swindon Male Voice Choir, raising funds for Parkinson's UK, have helped to make this another memorable year for the choir.

Chairperson Anna Yates explained, 'We are delighted to announce that Swindon Male Voice Choir are returning our visit and will be performing at our Silver Anniversary Concert. Also, the children of Ysgol y Bedol, who sang so beautifully at our annual concert last year, will again be taking part.'

The choir's repertoire includes a range of contemporary music, songs by legendary Welsh performers such as Shirley Bassey and Bonnie Tyler, as well as traditional favourites such as Sosban Fach. Under the expert guidance of choir musical director, D. Huw Morgan, and superbly accompanied on the piano by Dr Catherine Morgan, the choir's vocal harmonies have developed and matured.



Choir membership has grown in recent years, with members attesting to the benefits of singing together in terms of social, mental and physical well-being. One member commented, 'Our rehearsals are filled with laughter and fun. We're serious about our singing, but our time together is relaxed and enjoyable.' Another added, 'It's a great way to de-stress after a long day at work!' The choir also holds regular social events such as cocktail making, quizzes and curry evenings. Anyone who enjoys singing is warmly invited to come and join us at our weekly rehearsals. These are held every Tuesday evening from 7-9pm at the Miners' Theatre, Ammanford. There are no auditions and no requirement to read music. All are welcome!

Tickets for the concert are available via the choir website or from choir members. Alternatively, there will be facilities to pay on the door by cash or card. Tickets are priced at £12.50 but are free to Under 17s.

DATHLU CHWARTER CANRIF O GÂN YN NYFFRYN AMAN

Mae'r cyffro yn codi gan fod Côr Persain, côr merched Rhyddaman, yn paratoi am gyngerdd mawr i ddathlu ei chwartercanmlwyddiant. Caiff y cyngerdd ei chynnal yng Nghapel Gellimanwydd, nos Sadwrn, 18fed o Hydref, a bydd yn dechrau am 7yh.

Mae'r côr, wedi'i sefydlu yn 2000, wedi perfformio mewn nifer o leoedd sylweddol dros y blynyddoedd, gan gynnwys Stadiwm y Principality, Cadeirlan Dewi Sant a San Steffan. Eleni, er engraifft, mae'r côr wedi ymweld ag Wyl y Flodau, Porthcawl, ac wedi teithio i Loegr i godi arian ar gyfer Parkinson's UK mewn cyngerdd gyda Chôr Meibion Swindon. Mae hi wedi bod yn flwyddyn gofiadwy.

Esboniodd Cadeirydd Anna Yates, 'Dyn ni mor falch i gyhoeddi bydd Côr Meibion Swindon yn dod i berfformio gyda ni. Hefyd, bydd plant Ysgol y Bedol, a chanodd mor hyfryd yn ein cyngerdd y llynedd, yn dychwelyd i gymyrd y rhan eto eleni.'

Mae'r côr yn canu amrywiaeth o ganeuon cyfoes, cerddoriaeth sêr Cymru fel Shirley Bassey a Bonnie Tyler a hefyd caneuon traddodiadol fel Sosban Fach. Mae'r côr wedi aeddfedu dan arweinyddiaeth profiadol Mr Huw Morgan a chyfeiliant anhygoel Dr Catherine Morgan, ac yn mynd o nerth i nerth.

Gan fod aelodaeth yn cynyddu, mae llawer yn dwyn tystiolaeth i'r elwau canu mewn côr. Dwedodd un aelod, 'Mae llawer o chwerrthin a hwyl yn ein hymarferion. Dyn ni'n gweithio'n galed ond hefyd yn ymlacio gyda ffrindiau.' Cyntunodd un arall, 'mae'n ffordd wych i golli'r straen ar ôl diwrnod hir yn y gwaith.' Mae nifer o ddigwyddiadau cymdeithasol i fwynhau hefyd, gan gynnwys nosweithiau cwis, coctêls a chryi.

Mae croeso cynnes i bawb sy'n hoffi canu i ymuno â ni yn ein hymarferion wythnosol – yn Theatr y Glowyr, Rhyddaman, nos Fawrth rhwng 7 a 9 yh. Does dim clywedliadau a does dim rhaid darllen cerddoriaeth.

Mae tocynnau i'r gyngerdd ar gael trwy wefan y côr, gan yr aelodau ac wrth y drws, gyda arian parod neu cerdyn. Pris y tocyn yw £12.50 ond yn rhad ac am ddim i bobl ifanc dan 17.

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OPEN 7 DAYS

MYDDFAI NEWS

*Myddfai Hall Shop and Café are open
Wednesdays to Sundays 11.00am to 4.00pm*



What's on: We have an all-day Willow Weaving course on 9th October; On Sunday 19th October it is the St Lukes Day Service in the church, followed by tea in the hall. On Friday 24th October is our monthly pop-up pub from 7.00pm, everyone welcome; It's our popular monthly Farmers Market on Sunday 26th October 12.00 – 3.00pm, come along for a wide range of local produce and crafts. Yoga class is every Tuesday 9.30 – 11.00am, Craft class Wednesdays 1.30 – 3.30pm, and we have a Pilates class on Thursdays 9.30 – 10.30am. Art Class is Fridays 1.30 – 3.30pm. This year our Christmas Fair will be on Saturday 6th December 10.00am – 4.00pm, we still have a few spaces left if you would like a stall.

During October we will be serving winter warming dishes in Myddfai café, including a tempting range of freshly made soups and delicious cakes. The café team will be on hand to serve you lunch or afternoon tea and give you a warm welcome.

Forget shopping on-line, come to Myddfai Gift Shop and see for yourself the high quality, locally made items that we have in our shop. You could have Christmas wrapped up in one visit. Our range extends from Myddfai toiletries, pottery, wooden boards and bowls, aprons and bags, Myddfai Welsh tweed woollen gifts; beautiful jewellery, love spoons, herbal essences, scented candles, fused glass clocks and gifts, knitted children's cardigans and not forgetting the wide range of delicious Myddfai jams, marmalades and chutneys and local honey – all would make a great gift. In addition, we have a wide choice of cards, prints and original paintings and new supplier – Come along and take a look. Every purchase made supports a local small business and the Myddfai Ty Talcen Charity.

Myddfai Hall is a very adaptable venue ideal for Weddings for up to 150 people, parties, conferences, children's parties or any kind of activity class. It has underfloor heating and state of the art equipment and is available to hire at affordable rates.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449.

Check our website or Facebook page for What's On.



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10/25(1)

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03/26(12)

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So, I have a confession. Despite working on a project to develop E-Bike hire, I haven't managed to organise a test ride on one yet! And worse, I haven't even been out on my bike at all this summer. Which really is a little hypercritical when I am

busy telling people about the benefits that cycling can bring! This will be rectified very soon but it has led me to ponder the reasons why people choose to cycle and equally why they don't. So, being the inquisitive little being that I am, I thought I might try and find out. Now, much as I love the idea of accosting people in the street (Victoria Woods sketch about a certain mayonnaise spring to mind), I know how I react when someone comes at me with a clipboard and a 'do you have a minute'. So, to make gaining your valuable feedback much more civilised, I have created a short questionnaire which can be completed at your convenience in the comfort of your own home, on the bus, sat in a park or even while walking the dog if you are adept at holding your phone and typing with one hand. It is only 10 questions, with 8 of those being multiple choice and the remaining 2 optional, so I have kept it short and as easy as possible. Just scan the QR code below to get started or drop into the hub on Station Rd to complete a paper version. The hub is currently open Tuesdays & Thursdays 10a.m.-4p.m. We hope to be open more days as the project develops and are just on the end of the phone should you wish to chat outside of those days.

It is always lovely to talk to people directly, but I should warn you, the in-person questionnaire does have 11 questions not 10, as I won't be able to resist adding an extra one about mayonnaise.

Follow our Facebook page to keep up to date and contribute your ideas. Alternatively, to learn more or collaborate, please contact Vanessa vanessa@ynnisisirgar.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.



JOHN RUTTER'S 80TH BIRTHDAY CELEBRATION



Join in the celebrations worldwide for one of Britain's most highly regarded living composers. Come along to a performance of John Rutter's Requiem on Saturday, 15th November 2025 in St Teilo's Church, Llandeilo, with Cantorion Llandeilo Singers. Raise a glass in the licensed wine bar to toast the occasion!

There is no need to battle your way through London to St Paul's Cathedral where Rutter himself is conducting this very work on the very same evening - 15th November. Be in the forefront of musical appreciation here in Llandeilo. Rutter's 'life-affirming' and 'widely acclaimed' Requiem, with its 'rich and tender lyricism' will be on your doorstep with easy access and plenty of free evening-parking in this 'idyllic hill-top setting' in rural Wales.

Relax into this evening's musical bonanza during the first half of the concert. There will be tenor and soprano vocal solos together with some of the best-loved short pieces of music around: Karl Jenkins 'Benedictus'; John Tavener 'The Lamb'; Morten Lauridsen 'O Nata Lux'; Stanford 'The Blue Bird'; Byrd 'Ave Verum Corpus', and an arrangement of 'Yemba Ale, Aleluya' by Imogen Evans.

Imogen Evans will be making her debut as Cantorion Llandeilo's new Musical Director when she conducts the choir and chamber ensemble in this full performance.

Venue: St Teilo's Church, Llandeilo SA19 6BH. Saturday 15th November 2025, starting at 7.00 p.m. Licensed wine bar.

Tickets: £15 with free entrance for under-18s. Tickets are available from Peppercorn, King Street, SA19 6BA; by phone 07851 786569; or at the door.



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11/25(3)

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11/25(3)



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Padmasambhava Yoga & Meditation Centre

Everyone at PadmaSamBhava hopes that you are enjoying the emerging Season with its changing colours, berries and fruits. The new term has just started and offers a good range of classes and a New Beginner's starting in October. Although the term is underway, there is ongoing enrolment in classes with space. Autumn is a perfect time to join a yoga class and harness the Season's energy of both rest and renewal, planting seeds of inspiration.

PadmaSamBhava has a New Beginners course starting on Wednesday 1st October. This 9-week course introduces the foundation PMA, to bring about both flexibility and strength and to ease tension within the body. The PMA practices provide a firm foundation upon which to begin to explore some classic postures as the term moves on, as well as the introduction to awareness of movement with breath. Time is spent each week 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 absolute Beginners and those returning to yoga after a long break. Each week builds upon the previous practices. This 9-week Beginner's can be a stand-alone course, giving tools for daily practice to keep flexibility of both body and mind, or a good foundation to build upon.

There are classes at the Centre in Llandeilo, as well as the Penybanc Welfare Hall in Ammanford and the Reading Room at Court Henri. There is a selection of classes to suit different levels of fitness and experience. Seated Yoga is held at the Llandeilo Lawn Bowling club, for those unable to get up and down off the floor.

The classes taught at the Centre are Integral Yoga – a gentle and steady progression, always working with awareness of your body in the physical practices and developing awareness of your mind. Through the breath practices taught in class, practitioners experience the importance of breath to our good health. Each class ends with a deep relaxation. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind. Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life. Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life.

The Autumn brochure is now available with details for all the classes. Please call the Centre on 01558 823842 for more information – they will be pleased to advise and help or email mail@padma.org.uk to find out more about yoga and their classes.



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10/25(1)

ELECTRO HYPERSENSITIVE, MULTIPLE CHEMICAL SENSITIVITY

Upon reading August's The Post article entitled 'Electro Hypersensitive, Multiple Chemical Sensitivity' your reaction may have been, "That's all very well, and it may even be true, but what can I do about it?"

The term 'electrosmog' encompasses not only man-made wireless / mobile emissions but oscillating electric, magnetic and 'dirty electricity' fields. Are you electrosmog literate?

'WiFi Refugees' suffering EHS are invisible voices with a warning message that no-one particularly wants to hear. Each day they suffer discrimination, prejudice, denial, loss of habitat and physical attack. Their very survival demands society acknowledges their fight to survive in what we would all like to think is a fair and equitable Britain. When others realise that the EHS were once like them and that anyone can suddenly become overwhelmed by electrosmog perhaps things will change.

EHS is real and wrecking the the lives and prospects of approximately 1-5%* of the General Population. With little understanding and few indications in advance, EHS can happen to anyone either suddenly or slowly. "If I get a hot ear, tinnitus, insomnia, cancer or become sensitive in other ways then I'll deal with it. In the meantime I'll not distress myself with things I cannot see though I believe I understand." The trouble is that by the time people typically realise they have become electro-hyper sensitive or 'allergic to wireless', the time has come and gone. There is no pill that can be taken in order to live in an electromagnetically-polluted world. EHS sufferers can only seek to minimise total / lifetime exposure and that may mean fleeing their home, job, family, friends, in short, fleeing for their lives and walking away from all they have worked for and all they hold dear.

The good news is that if you are lucky to live in a low electrosmog environment, each night as you sleep your tolerance balance is topped-up and you get to continue your normal life unaffected. As with money however, overspending on electrosmog after you have perhaps unknowingly passed your tipping-point can lead to dire life-changing, long-term consequences.

Where is your tipping-point?

How close to the wind are you sailing? 'Cellular Telephone Russian Roulette' is a dangerous game to play with your health. "That's OK." You say, "I work out, eat healthily and as for overdoing streaming, browsing and social media, I've got that under control." Really? What about other electrosmog sources? Tri-tech alarm sensors, office and home Wi-Fi, nearby mobile masts, neighbour's cordless phones, wireless routers, smart-TVs, smart-phones and other wireless devices next door or against your party wall, your own laptop, tablet computer, games consoles, wireless speakers, smart-watch, ear buds, hearing aids, fitness and glucose monitors, central heating controls, electric cars and on and on. If you only knew where your wireless tolerance was being spent you might stand a chance of stemming the flow.

As it is, most people have little awareness of the sea of electrosmog we are all now swimming in 24 hours a day. Electromagnetic pollution is a tax that has to be paid by everyone; the old and infirm, the sick, the disabled, teenagers, children, infants and babies, including eggs and sperm and fetuses as yet unborn – and particularly by the EHS.

Whilst you still have some choice, learn to balance your electrosmog exposure account and avoid reaching your tipping-point by safeguarding not only yourself but also those you hold dear. Alternatively, share your blind faith in technology with your General Practitioner who is unlikely to be aware of your increasingly toxic living and working arrangements. Perhaps they will recommend expensive tests and scans but chances are they will be working in the dark. Maybe you will obediently take the pills or you may decide to learn about EHS, how it manifests and how it comes about. Knowledge permits informed choices. What is now clear from thousands of sufferer testimonies, scientific, medical and epidemiological studies is that there are few signs a person is approaching their wireless / electrosmog tipping-point. The EHS have by necessity learnt to recognise the signs and deal with the consequences.

Books: WiFi Refugee – Shannon Rowan (2022)
Cellular Telephone Russian Roulette –
Robert C Kane (2001)

**The Prevalence of People with Restricted Access to Work –
Bevington [ES-UK.info Helpline Answering Service: 0845 643
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by Roger H Moller
<https://www.wiserwirelesswales.org/>



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LLANDOVERY U3A

Every other Wednesday at the Rugby Club, arrive at 10:30 for tea / coffee and welcome then talk from 11:00 to 12:00. The October talks are listed below. New Members will be most welcome.

October 1st – Growing Knowledge, Growing

Forests: The Carbon Community's Work in Science and Community in Llandoverly



The Carbon Community is a local charity based near Llandoverly with a mission to advance the science of carbon capture through trees and soil. By bringing together scientists, volunteers, and local people, the charity has established a world-class field trial to test new ways of improving tree growth, biodiversity, and of storing more carbon in the soil. Volunteers can get personally involved in hands-on environmental science, making a direct and meaningful contribution to tackling the environmental challenges we all face today. Alongside its research, the charity also supports young people into opportunities and careers in environmental jobs, while offering chances for all ages to learn, take part in planting projects, learn rural skills such as cultivating wildflower meadows and hedge laying, and be at the heart of a practical response to climate change.

15th October – The History of Jazz

U3A DJ Random will share ideas and knowledge of how jazz developed and explore how it has changed over the years. Brian has previously spent many years working as a World Music and Blues DJ on a local radio station. He was named DJ Random whilst playing music between the acts at a music festival, due to the range and style of music he was playing. He grew up in a home where Jazz was the first type of music he heard (indeed Jazz was the only music his father listened to.) Members and



Photo Andrew Tivenan

visitors will be encouraged to share their memories of attending Jazz Clubs.

29th October – Facts and Fables from The Gower

Tricia Morgan-Black will share facts and folk tales based on historical sites and the history of The Gower, the UK's first area of Outstanding Natural Beauty. Tricia spent four years working for the South Wales Tourism Council promoting The Gower to visitors, worked for the National Trust at the Rhosilli Visitors Centre, and is a Wales Tourist Board qualified tourist guide. She has taken guided walks around Mumbles and the Gower Coast, and worked as a coach tour guide in the past. There will be a slide show to support the presentation.

We would love to see new members and are keen to encourage all age groups who are not involved in the labour market. We try to offer a range of talks and presentations, and we would also like to restart some of the smaller sub-groups. You do not need any qualifications, just an interest to attend talks, discussions and to learn about topics. We are hoping with more members we will be able to consider some trips and visits in the Spring. Please come along and join us. We can now offer pick up around Llandoverly Town if needed. Please call or email patriciablack14@gmail.com or just join us at the Rugby Club.



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11/2/19

CARMARTHENSHERE MEADOWS GROUP AUTUMN MEETING 2025

Carmarthenshire Meadows Group (CMG) is ten years old this year. It began in 2015 at a meeting at the National Botanic Garden of Wales arranged by the Carmarthenshire County Council's Biodiversity Officer, Isabel Macho. Since then it has steadily grown; we now have 129 members, our own website <https://carmarthenshiremeadows.com/>, and our Facebook Group with 660 members <https://www.facebook.com/groups/419022235103533/>. During the Covid pandemic, when we were not able to hold indoor meetings, we arranged online meetings and talks/discussions which are now all available to watch on our YouTube channel <https://www.youtube.com/channel/UC1szE6Y3JQMP-6ukQejGdVQ>. CMG is run by volunteers, who give up their time to keep the group going, and its mission is to help its members manage, create, and conserve species rich grassland and all the associated wildlife; which has almost entirely disappeared from much of the countryside. We hope to be useful to those who want a flower-rich area in their lawns, or smallholders, or larger landowners, by sharing information and the solutions to often encountered problems so we aren't all independently re-inventing the wheel.

We hold two indoor meetings (pandemics permitting) each year, one in spring and one in autumn. This year the autumn meeting will be held on Saturday October 18th, at Bancyfelin Village Hall, SA33 5DQ. There will be some short presentations on Harvest Mice and how to find their nests, free-living Ponies and how to care for them, and our founder, Isabel, will talk on ten years of CMG in the wider context of conservation in the county.

There will be plenty of time for questions and discussion, and tea/coffee/biscuits/and perhaps even cake! The main talk will be by Richard Pryce. Richard and Kath Pryce have been the Plant Recorders for the county for a long time, and Richard will be telling us about the many changes he's seen and recorded over several decades. Again, there will be time for questions and discussion, which Richard's talk is sure to stimulate.

Everyone is welcome to come to this meeting, entry is free for CMG members, and £3 for non-members, or you can join CMG for a year for £10.

WHAT'S ON IN CAPEL DEWI

at The Old School (SA32 8AD)

8th October Coffee morning speaker from
Bremenda Isaf at 10.30

11th October Local Producers Market,
9.30 – 13.00

23rd October Simon J Pizza van, 18.00 – 20.00

29th October Book Club returns, 19.00

31st October Pop up Pub, 18.30

Contact: capeldewicommunity@gmail.com for
further details



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0624(12)



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09/26(12)



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10/25(6)

APPLE DAY 2025 – CELEBRATE THE SEASON IN LLANDOVERY!

**Partnered with the Towy Valley
Festival of Orchards**

Saturday 18th October, 10am – 4:30pm
Llandovery Youth & Community Centre
Free event – everyone welcome

Autumn in Llandovery wouldn't be complete without Apple Day – and this year's bumper harvest means it's set to be juicier than ever!

Bring along your own apples and turn them into freshly pressed apple juice using our community scratter and press. Just bring a container (or two) to take your juice home and enjoy that crisp autumn flavour all year long.

But that's not all – Apple Day is also about sharing, tasting, and celebrating together:

- Taste the freshest juice straight from the press.
- Swap favourite apple recipes with neighbours and friends.
- Join a collective cooking session making pies, compote, and more.

It's a day to come together, celebrate the season, and discover new ways to enjoy one of nature's best gifts. Whether you're pressing, cooking, or simply tasting, there's something for everyone.

The Towy Valley Festival of Orchards

Saturday 27th September – The annual Apple and Cider Day at Cwmdru from lunch time until 5pm (ish). A celebration of apples and cider in the pub streamside garden at the community run Cwmdru Inn. Bring your apples for possible identification or have a go at pressing and juicing. Seek out expert advice on the management of fruit trees and taste some of the wide range of ciders on sale. A fun afternoon out for all the family.

Saturday 4th October – Apple Day at Ysgol Bro Dinefwr, 10am until 2pm. Bring your apples for pressing and bring your own bottles to take your fresh juice home with you. The school garden known as 'Natur' will be open and there will be an opportunity to view developments for this vital outdoor classroom for our students.

Sunday 5th October – Harvest Day at Aberglasney Gardens with apple pressing, folk dancing, music, workshops and storytelling – hopefully in a new Tipi.

Saturday 11th October – Orchard Day with Dinefwr Orcharders at the Dinefwr Heritage Orchard on the National Trust Dinefwr Park Estate. 11am to 4pm. Take an orchard tour to view the over 100 varieties of heritage fruit trees. Collect a bag of apples from the orchard and



have a go at pressing them right there in the orchard and taste the freshly pressed juice. Bring your own apples for pressing or identification and seek out expert advice. Taste and buy some of the range of pasteurised apple juice and ciders produced from the orchard.

Saturday 18th October – Llandovery Community Apple Day 10am to 4pm. Join us at the Llandovery Youth and Community Centre. Bring along your apples and make fresh juice on the day using our scratter and press. Bring suitable containers so that you can take your juice home – it freezes beautifully, giving you a taste of autumn all winter long. There will also be a seed and plant swap. Whether you're an apple enthusiast, a gardener, or just looking for a friendly community event, we look forward to seeing you

Tuesday 21st October – It's National Apple Day! A special celebration initially launched by Common Ground, a cultural charity, to celebrate and promote the diversity of apples and orchards.

If you've a surplus of apples this year, have you considered making cider? Join the valley wide Cider Club and learn the dark arts of cider making, in a very sociable manner. Or let Dinefwr Orcharders make cider for you in their Apple Shed – a treat to look forward to in 6 to 9 months' time.

If you'd like to volunteer on Llandovery's Apple Day contact Hybu at LYCC or call 07761 955004 or at Dinefwr Orcharders please contact Philip James of Dinefwr Orcharders on 07968 116325

For more information call 07761 955004 or pop into Llandovery Youth & Community Centre.

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LLANDOVERY'S NEW REAL FARMERS MARKET LAUNCHED BY DEPUTY MAYOR



*Photo by
Jason Elberts*

Llandovery's first 'Real Farmers Market' celebrated its new recognition on Saturday 6 September. Deputy Mayor Jason Brown launched the market with strong words applauding the accreditation. The next Real Farmers Market will be on Saturday 4 October from 10.00am – 2.00pm on the historic Market Square.

Councillor Brown said, "This is the very first farmers market in Wales to get this accreditation so that's a real honour. It's more than just a badge. It's a recognition of the hard work, integrity and commitment from our local producers who grow, rear or create what they sell right here in the community.

It confirms what we've always known that this market is real and authentic local and rooted in its trust."

"This is a proud moment not just for our market but for our region and for Wales."



*Photo by
Jason Elberts*

Market Manager Raoul Bhambra said, "A Real Farmers Market means that the majority of traders are local to the area, grow or produce their products themselves and are here selling it direct to you.

For every pound you spend at a farmers' market, 75p goes into the local traders' pocket. This is a huge contribution to the local economy and is a much better deal for the trader. Your money circulates around the local area and doesn't get lost in some long, anonymous supply chain of packaging, transport and distribution. This way they are selling direct to you, the customer and your money goes straight to them, the trader."

The Market features a wide range of quality Welsh-made food and drink. There are fresh greens, mushrooms and vegetables, pasture-fed meat like beef, lamb, pork and mutton, and sheep and goat's cheese, sourdough bread, honey and cakes. Also beers, ciders, spirits and liqueurs and jams, chutneys, marmalades. From wooden kitchenware to goat's milk soaps.

Customers can also buy fresh cut flowers and pollinator-friendly plants. The street food stalls bring hot and cold snacks and use local ingredients wherever possible.

Farm Retail Association launched the Real Farmers Market Accreditation scheme in January this year. The industry standard aims to clearly identify markets with local farmers, growers and producers who make the goods to sell directly to customers. Buying direct from the producer is a real strength to the local economy.

The next Real Farmers Market will be on Saturday 4 October from 10.00am – 2.00pm.



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

As stated in the August issue our Annual General meeting took place on the 1st July 2025. A new treasurer was elected after the retirement of Judith Holland who had undertaken the role over several years. The Society thanked Judith Holland for her support and help to keep the financial issues in order. A presentation of a gift of thanks to Judith was presented by myself on behalf of the Committee and our members at a recent visit By the Welsh Historic Gardens Trust, to the walled garden at the Bishop's Palace, Abergwylli on 16 August 2025.

At our meeting on Tuesday 2 September 2025, Terry Norman presented a very well received illustrated talk on the Bridges of Llandeilo, packed with interesting facts and pictures of the evolution of the main stone bridge, as well as the other two bridges, the suspension bridge and the railway bridge, also crossing the river Tywi at Llandeilo.

Our next meeting will be on the 7 October with a film describing one man's efforts to become as self sufficient as possible within the restrictions of climate found in the Tywi Valley. Colin Foster is the subject of a film about his efforts to be as environmentally friendly as



possible in his aim of producing food from his home and surrounding large garden. The film was directed and starred his granddaughter as interviewer.

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 join on the night or pay £3 entry fee.

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

Dafydd Thomas (Chair LDCS)



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12/25(12)

COSY UP THIS OCTOBER WITH HYBU LLANYMDDYFRI!

As the leaves turn golden and the days grow shorter, there's no better time to come together, share good food, enjoy fresh air, and make lasting memories with neighbours and friends. At Hybu Llanymddyfri, we're all about celebrating community life here in our beautiful corner of Carmarthenshire – and this October, our calendar is packed with activities to warm both body and soul. Thanks to support from The National Lottery Community Fund, we're bringing people together across Llandovery for events that are friendly, affordable, and open to all. Whether you're a regular face or brand new to the area – croeso cynnes iawn! (a very warm welcome!). Here's what's happening this month – and why you won't want to miss it...

Dog Walking Group – Saturday 18th October, 2pm (Free!)

What's better than a crisp autumn stroll with wagging tails all around? Join our Dog Walking Group for a relaxed walk with fellow dog lovers and their four-legged friends. Led by Sam, an experienced Dog Trainer & Behaviourist with over 30 years of expertise (especially with rescues), this is the perfect outing whether your pup is playful, shy, or somewhere in between. Spaces are limited to 10 – so grab the lead, and let's go walkies!

Lunch Club Llandovery – Wednesday 15th October, 12pm | £3 for hot lunch & dessert

Nothing says autumn comfort like a hearty, home-cooked meal shared in good company. Our Lunch Club is open to the over 60s and includes not only a delicious lunch but also fun and games with local pupils. It's a wonderful chance to laugh, connect, and feel part of something special. Be quick – only a few spaces left, and they go fast!

Cooking on a Budget – Wholesome Autumn Casseroles Tuesday 21st October, 10:30am at LYCC.

Cosy casseroles, hearty lentil stews, and traditional puddings – this month we're celebrating filling autumn comfort food with Trish Morgan-Black. Using beans, lentils, and produce from our own gardens, we'll explore tried-and-trusted UK recipes with a healthy twist. And since we covered crumbles last year, this time we're being more adventurous with flavours! Come hungry, leave inspired – with recipes, tips, and a happy tummy to take home. "Looking forward to seeing you all on the 21st October!" – Trish



Welsh Language Classes – For Improvers Tuesdays & Wednesdays, 6.30pm | £40 for 12 sessions (bursaries available)

If you've started learning Cymraeg and want to build your confidence, these friendly classes with the wonderful Jean Hughes are perfect. Practice speaking, grow your vocabulary, and enjoy learning in a supportive group. Da iawn chi! (Well done you!)

How to Book – Don't Miss Out! Spaces are limited, and activities fill quickly – so book today!

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

Email: llandovery.lcasc@gmail.com. Visit: Llandovery Youth & Community Centre (LYCC), Gerwyn House, 19 Market Square, Llandovery, SA20 0AB

02/26(12)



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CÔR MEIBION LLANYMDDYFRI

Monthly Lottery draw results July to
September 2025

July 2025

- 1st Deri Hughes
- 2nd Mari Bennet
- 2nd Wendy Morgan
- 3rd Lynne Morgan
- 3rd Geraint Price - Davies
- 3rd Sarah James

August 2025

- 1st Sion a Sian Edwards
- 2nd Telor Dyer
- 2nd Loti Mai Williams
- 3rd Robbie Lewis
- 3rd Mathew Butcher
- 3rd Kerry Gretton

September 2025

- 1st Beryl Morgan
- 2nd Angharad Davies
- 2nd Awen Griffiths
- 3rd Madison Thomas
- 3rd David Jones
- 3rd Joel Bellshaw

Many thanks to you all for your continued support
to the Choir. Diolch yn fawr iawn i chi gyd!

LLANGADOG WI 1925-2025

Our September meeting at the Community Centre began with a lot of catching up following the summer break. Yvonne was congratulated on becoming a grandma again to a beautiful grand-daughter. Our speaker was Bryan Thomas who took us through some simple pottery techniques followed by our own attempts at artistic prowess! Lots of hedgehogs, turtles, cats and dogs together with some unknown species were produced – we await with some trepidation as to what our masterpieces will look like after firing. Our thanks to Bryan for a very enjoyable talk and demonstration.

We travelled to the Grand Theatre Swansea for the Barry Steele Roy Orbison Tribute night. A Buddy Holly tribute also made an appearance which added to everyone's enjoyment- a lovely evening. Names were taken for the County Lunch later in the month. We are already looking forward to bulb planting later this month and to our Christmas celebrations.

We will be holding our October meeting at the Community Centre on Thursday 2nd October at 7pm- New members or if just visiting the village, you are always welcome to come along.

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(09/25/3)

NEWS FROM CAPEL GOSEN, CYNGHORDY

Thanks to everyone who supported the August Afternoon Teas. It was lovely to see and hear the vestry alive with the sound of chatter and laughter. As a result of the generous donations we were able to give £175 each to St Mary's Cyngordy, Bethel Cyngordy and St Barnabas Rhandirmwyn.

Diolch yn fawr!

On August 24th the chapel and vestry were again in use when the annual trip from Ebenezer, Newcastle Emlyn paid us a visit. A short service in the chapel, with excellent hearty singing, preceded tea in the vestry. It was interesting to note that several of our visitors had never seen the viaduct before, but driving along the A483 and being aware of the road sign "Cyngordy" it's quite easy to miss the stunning 1868 viaduct!

Our next event will be on 30th October and will be a Harvest Lunch which will take place in the vestry preceded by a short service in the chapel. Details on the poster and all are welcome, but to assist in catering please book your place.

Preloved Books Wanted

We would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom.

Any subject gratefully received, as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing.

The House and Tea Room are now open every day and 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.

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(www.nationaltrust.org.uk/visit/wales/dinefwr).



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05/26(12)

**CAPEL GOSEN
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HARVEST LUNCH

Thursday 30th October 2025

**Short service 1.00pm
Lunch c 1.30pm**

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Suggested minimum of £5

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10/25(6)

THROUGH THE LENS AND BEYOND



In our amazing photography exhibition in our galleries throughout October two local photographers capture the beauty of the Welsh landscape in very different ways.

Heartland is a photographic love letter to Mid Wales by Llanwrtyd Wells based photographer Andrew Dally who, through his lens, has deepened his connection to the outstanding beauty of the surrounding countryside. This exhibition of his work captures images from the area immediately around the town alongside both iconic and lesser-known vistas of wider Wales, landscapes that have



inspired lifetimes of connection, curiosity and creativity. With the 85th anniversary of the Epynt clearances the poignancy of the wild landscapes featured is of particular relevance.

Rob Walls exhibits very different, but equally mesmerising work. His expertise in taking a raw photograph then editing and reshaping the images so that they evolve, vividly textured and layered resulting in something completely unexpected is outstanding. Whether it is a photo of lonely landscapes, abandoned machinery, ruined man-made structures or a symphony of colour in a re-worked landscape Rob magnetically pulls the viewer into a world where photography is not just capture but creative resurrection

To complement this unique exhibition, we are also delighted to welcome back Stone Hen Ceramics. Gill Oakley has had several successful exhibitions at the Centre displaying creations inspired by nature and moulded from porcelain and stoneware clays. Her work has been sold throughout Wales and in London

The Heritage Centre is open Thursday to Sunday 10am to 4pm – entrance free.



BOOK LAUNCH



The Rev Doug Constable, a hymn-writer and poet who lives in Llandeilo, will launch a second volume of his works at St Teilo's Church on 5th October. Both volumes are published by Cambria Books, and it is expected that the second volume will be as warmly received as the first. Copies can be purchased from the publisher's link:

<https://www.cambriabooks.co.uk/product/strength-and-tenderness-volume-2/>

The book's launch will take place at a Bring and Share Lunch following the Harvest Thanksgiving service to be held in St Teilo's at 11.00am. The author will preside and preach at this special occasion, which coincides with his having been ordained for sixty years.

Visitors as well as regular worshippers will of course all be welcome at the service and at the lunch.

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LLANGADOG GARDEN CLUB

We meet the last Wednesday of each month (apart from June – Aug when we have a summer break) in Llangadog Community Hall at 7.30pm (apart from January when we have our AGM and then we meet at 7.00pm).

2025/26 ITINERARY

Wed 29th Oct 2025

Peni Ediker – The Importance of Soil Health

Wed 26th Nov 2025

Simon & Chris from Dragon Bonsai Wales – Demo & Talk

Thurs 4th Dec 2025

Christmas Dinner – Myddfai Community Hall

Wed 28th Jan 2026

AGM & Quiz – 7.00pm

Wed 25th Feb 2026

Maggie Carr – The Incredible Seed Library (as seen on Gardeners World)

Wed 25th Mar 2026

Hati Colvin – How to Grow an Obsession with Dahlias

Wed 29th April 2026

Jacqui Symons – Using Plants & Natural Materials For Dyeing Fabrics & Other Mediums

Wed 27th May 2026

David Tite – An Introduction to Carnivorous Plants from Around The World (Hampshire Carnivorous Plants, 23 times Chelsea Gold Medallists)

Thurs 18th June 2026

Summer Day Trip – Tour of Cowbridge Physic Garden

Wed 25th Nov 2026

Carwyn Graves, Author – TIR: The Story of the Welsh Landscape

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11/25/23

COULD YOU BE LLANDOVERY'S NEXT LIFE- SAVER?

I'd like to introduce myself as Llandovery's volunteer **Community First Responder (CFR)** with the Welsh Ambulance Service. Some of you may already have seen me after ringing 111 or 999 — and know how valuable it can be to have help close at hand.

But here's the challenge: unlike many other towns and villages across Wales, which already have strong teams of Community First Responders and Community Welfare Responders, Llandovery currently has just one. If I'm not available, there's no local responder who can attend before the ambulance arrives. That's why I'm asking you to consider joining me.

What is a Community First Responder?

CFRs are trained local volunteers who attend certain 111/999 calls, providing vital support such as CPR, defibrillation, and patient reassurance in those crucial minutes before an ambulance arrives.

But it's not only about emergencies. CFRs can assess a situation and sometimes refer people down different care pathways — meaning an ambulance doesn't always need to be dispatched. This helps avoid tying up valuable and limited ambulance resources, keeping them available for the most serious cases.

As a CFR I cover an area of roughly **12 miles around Llandovery**, and I respond using my own vehicle. That means volunteers need to be able to drive and have their own transport to take part.

How It Works

To become a CFR, volunteers first train as **Community Welfare Responders (CWRs)** for at least six months. CWRs provide wellbeing checks and patient observations, feeding valuable information back to clinicians. It's a fantastic entry point into volunteering, with a minimum commitment of just **8 hours a month**. From there, you

can progress to a CFR role, which involves **16 hours a month** responding to emergencies.

There are also opportunities to volunteer as a **Car Service Driver**, helping patients get to and from medical appointments.

Why Volunteer?

Volunteering is more than giving your time — it's about making a difference:

- Providing immediate help in emergencies
- Reducing unnecessary demand on ambulance crews
- Supporting vulnerable people in our community
- Learning life-saving skills and building confidence
- Meeting new people and feeling part of a team

Get Involved

Llandovery needs more local volunteers so that help is always close by when a member of our community needs it most. Full training and support are provided by the Welsh Ambulance Service.

Find out more at ambulance.nhs.wales or contact me directly at cfr.llandovery@gmail.com.

Together, we can make sure Llandovery has the same strong volunteer team that so many other Welsh communities already benefit from. Could you be the next person to step up?

Stuart Williams
Llandovery CFR

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07/25/12

LLANDOVERY ROTARY CLUB



Rees Morgan won £1,000 on the Duck Race

We have quickly shifted from a glorious sunny Summer to a soft and soggy Autumn. It is merely a few weeks ago when our Grand Duck Race took place with very little water for our ducks to swim in. If the duck race was held now they would cover the course in seconds at a rate of nearly 20 miles an hour!

By far our biggest earner of the year is the Grand Duck Race and firstly, we have to give our sincere and grateful thanks to you the people of this community for supporting us so wonderfully as every single duck was sold. Without your fantastic support, this event could not go ahead and we would therefore have far less funds to distribute amongst you.

The organising team led by Barry Clement put in a huge shift over many weeks to ensure that this event went ahead and our grateful thanks go to them for ensuring that this event was a massive success. Last year we had District Governor Malcolm Hallowell dressed up in a full duck suit and he did look magnificent. This years District Governor Ian Hughes was up to his waist in water in the river assisting the ducks downstream, fantastic. Also Assistant District Governor Gwenda Griffiths was with us throughout the afternoon. What great sports they are.

The prize winners of the event were as follows:

2025 Prizes and Winners

			Duck No.	Name
1st	£1,000	Clean Rescue	1071	Rees Morgan
2nd	£250	Colin Hudson Builders	29	Welby
3rd	£100	Sheepfest	Taff or Toff	Taff or Toff (sold in the Whitehall)
4th	Erwlon Pod 2 nights	Peter Rees/Erwlon	1160	Suzi Lane
5th	Whitehall meal for 4 voucher	Gareth/Anthony	1402	Alec Billingham
6th	Cariad Millinery voucher	Lynnette Armstrong	1407	Wendy Lewis

7th	Toway Timber Products	Tim Cannock	660	Helen Thomas
8th	Bench Sports Massage	Iola	515	Tony Humpries
9th	Drink package (2 x spirits & 3 x wine)	Rotary members	1769	Sasha Wathan
10th	Deniz – Hair cut	Deniz Barbers	1229	Summer Manning
Last Duck	£25.00 Sam @ RD Repairs	203	Sally Watkins (who kindly gave it back)	

Driver

Sprint Race # 1

1st prize - £30	Nigel Mansell	Johana Young
2nd prize - £20	James Hunt	Seren Williams
3rd prize - £12.50	Graham Hill	Jack Bromley

Sprint Race #2

1st prize - £30	Lewis Hamilton	Andy Martin
2nd prize - £20	Juan Manuel Fangio	Laura Mossman
3rd prize - £12.50	Emerson Fittipaldi	Joshua Billingham

Sprint Race #3

1st prize - £30	Mika Hakkinen	Nathan Connors-Punter
2nd prize - £20	Lewis Hamilton	Tom Dowlman
3rd prize - £12.50	Max Verstappen	Rachel Norbun

Duck No.

Sweepstakes

1st prize - £75	1071	Andrew Phillips
2nd prize - £15	29	Brody Clement
3rd prize - £10	1591	Geraint Davies

We received a lovely message from Jane Ryall saying thank you for the opportunity for Leo to attend Rotary Camp – he had a great time.

Guest Speaker Steve Richards from Llanelli Fire Service visited giving a talk on the Bleed Kits that can be added to Defibrillators to assist when needed.

I am grateful to Secretary Rosie for the minutes quoted below

Thank you Gareth for inviting me and thank you all for the warm welcome this evening.

Steve gave his history about being a firefighter in Llanelli, have been in the job 19 years

For years Steve has spent his time volunteering with a



Our BBQ gets going.



The District Governor Ian Hughes up to his waist helping at the Duck Race. What a great sport.

range of agencies including Life Boats and Air Ambulance. During this time he came across the bleed kits - kits designed in memory of a young man called Daniel who was stabbed.

He shared his passion for saving lives and talked about self-purchasing 2 defibrillators for the Gorseinon area. He shared a story of an incident of a gentleman going into cardiac arrest during a garden round and was saved by a defib.

Steve talked about Melanie James High, Sheriff for Swansea. When she got in office, she looked at bleed packs for the Swansea area so she got in contact with Daniel's mother and introduced 400 for the Swansea area.

Steve shared a story of an incident where a man fell outside a house with catastrophic bleed to the eye/ear that needed immediate attention. There was a long delay for the ambulance. Wife got bleed kit from fire station to patch him up before taking him to hospital. There the nurse reported that the bleed kit not only stopped the bleeding but also prevented the need for stitches.

Steve and others are volunteering to try to introduce these bleed kits within West Wales to try to ensure that more lives are saved.

Steve gave a demonstration of the items in the pack including scissors, bandages, PPE, gauze, etc and talked through the colour coordinated guide for the items within the pack

Steven explained that items for the pack can be purchased and put together and would cost approx. £68, however bleed kits purchased through Heartbeat Trust UK cost £95 per kit, however they are serviced and maintained for free.

Steve explained that Doug, one of the leads for this project, will come and give the club a demonstration on how to use the items within the kit to help build confidence/knowledge.

Many of the bleed packs are located within defibrillators, however permission if required from the 'Guardians' who look after the defibs.

Kevan expressed that although people can make do with the items around them, they can help a lot more with the proper kit, however raised question about how the cost of maintenance would be managed long term- discussion about kits being used and donations supporting towards replacing

Dan raised query about considerations for colour blind individuals when using the colour coded kit- Steve explained that he would raise this

Rosie raised that due to long ambulance waits, no current minor injuries in town that introducing these kits and giving



Our 4 volunteers Mewla Rally marshalls.

some training about using could have a significant impact on our community.

Mickey expressed that as the Chair of League of Friends he is in agreement with Rosie and that having no minor injuries and rural location that we could do with all the resources to help and these kits could make a big difference.

Gareth thanked Steve very much for coming and confirmed that the club would like to purchase 10 bleed kits now and potentially look into purchasing more in the future.

Discussion about most appropriate location, Steve explained that Doug could support with planning the location if required.

Steven explained that due to the high number of kits ordered that there may be a slight delay on delivery/installation.

Thanks Rosie.

Our annual Rotary Club BBQ.

Traditionally, the President of the Rotary club decides the venue of the barbecue. It is normally held in the President's garden. This year though President Gareth is a pub landlord and he decided to hold it in the pub! Good decision. This is a first in our club's history and the thought of holding the barbecue in a pub greatly appealed to us all. So off we trudged to the Whitehall taking our chosen steak, sausages, burgers, fish or indeed veggie option but this year without hauling our own liquid refreshment, as of course it was available to purchase in the pub. This year after a long hot spell it just had to rain on the day and two gazebos were hurriedly erected when we all huddled together to keep ourselves dry. Gareth, Anthony and Sam had done an enormous amount of work in preparation and a great day was had by all. We all found it so much easier to go up to the bar to purchase our liquid refreshments rather than carry it to the venue. As the day went on the rain hissed down and we seemed to care little about staying dry and although at the end we were all soaking wet we all had a wonderful day. Us sensible ones were home safely ensconced well before dark but some of the celebrations went on into the night. I wouldn't name them for any amount of money (Alan, Sarah, Huw, Twts, Rhian oooops!). Too late!

It will be up to Tim as next years President to decide the venue for 2026. Garden, pub or any other venue. We'll see.

Thanks to Gareth and Sam for a wonderful day.

The 8,000 Crocuses (Croc) which we have purchased will be arriving shortly and the 18 organisations who have requested a share of them will receive them in due course. These crocuses are purple in colour to represent Rotary's 'Purple for Polio' eradication. Llandovery will be purple next Spring.

Some of our members are truly hardy souls and although it is Summer, on top of the Epynt mountain very early in the morning is not for the faint hearted. Four of our members (Tim, Kevan, Dai and Anthony) volunteered to work as marshalls for the Mewla Rally last month and a fine job they did too.

We continue our busy schedule with the following upcoming events:- marshaling at the wonderful Llandovery Sheep Festival, marshaling at an event in Llwynymod, Scatter Nights and a visit to Coleg Elidyr courtesy of Sue Hope-Bell with supper and our weekly meeting at the Royal Oak in Rhandirmwyn.

Also the distribution of 8,000 crocuses that we are donating to the locality.

So plenty to look forward to. See you next month.

Derek Jones.

LLANDOVERY COMMUNITY CINEMA PRESENTS A HALLOWEEN SPECIAL SCREENING OF **GWLEDD** **(THE FEAST)**

Spine-tingling cinema with a side of community spirit!

This Halloween, Llandovery Community Cinema invites you to a truly unique evening of horror, food, and fun with a special screening of the critically acclaimed Welsh-language horror film *Gwledd (The Feast)* – Age rating 18.

Date: Friday 31st October

**Location: Rhys Prichard Memorial Hall,
Llandovery SA20 0DS**

Doors open at 5:00 PM

Shared Community Meal: 6:00 PM

Film Screening: 7:00 PM

Set in the remote Welsh countryside, *Gwledd (The Feast)* tells the chilling story of a mysterious young woman who arrives to serve dinner at a wealthy family's home: a meal that soon reveals sinister intentions and



dark secrets. Rooted in Welsh folklore and ecological themes, this slow-burning horror builds to a shocking climax that's not for the faint of heart.

Before the screening, you're invited to take part in our shared community meal. Prepared by our Cooking on A Budget tutor, Trish – enjoy a spooky concoction free with your ticket, or if you prefer bring your own.

Fancy dress is optional but highly encouraged. Whether you come in full costume or just bring your sense of fun and prepare for a night to remember.

Get ready to hold onto your seats, you're in for one heck of a feast!

Tickets are £5 – available from LYCC, on the door (depending on availability) or online: www.bit.ly/gwledd-the-feast

Film rated 18 – not suitable for children.

A leading climate study is happening near Llandovery!

The Carbon Community is home to an important climate study to maximise carbon drawdown in trees and soil with innovative nature-based approaches.

Join us for a day of citizen science, learn new techniques and get involved in leading environmental research!

- ✓ Tree measurement
- ✓ Data recording
- ✓ No experience required
- ✓ Lunch and snacks provided
- ✓ Suitable for over 16s



Community Science at The Carbon Community

October 4th & 5th; 11th & 12th
10am to 4pm

For details & to reserve your place
www.carboncommunity.org



info@carboncommunity.org
UK Registered Charity number 1187231
The Carbon Community, Glandwr Forest, Llandovery, SA20 0LW

10/25(1)

READERS' SALES & WANTS

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

FOR SALE

- **Volkswagen Tiguan car**, 2 litre diesel with tow bar. Recently passed its MOT, next one is on the 19/06/26, £1300. Tel: Dave on 07931 162861 or Gene on 07843 274728 or email me g.caminade1857@gmail.com
- **Dropleaf antique oak table**, length: 180cm, width: 93cm height: 74cm, £200 email Gene: g.caminade1857@gmail.com or tel: 07843 274728, or contact Dave on 07931 162861.
- **Lshape sofa**, in very good condition. Navy blue fabric, £300. Tel Gene on 07843 274728 or email: g.caminade1857@gmail.com
- **Solid wood kitchen table**, in very good condition, dropleaf, oval, plus 4 chairs, £130. Tel Gene on 07843 274728 or email: g.caminade1857@gmail.com or tel Dave on 07931 162861.
- **Kenwood Electric cooker**, good as new, free standing double oven KDC606B22, £320. Contact Gene on 07843 274728, or email: g.caminade1857@gmail.com or Dave on 07931 162861.
- **Intamix Thermostatic Mixing Valve**. Thermostatic Chrome Mixing Valve with isolating unions, 28mm compression. Brand new, unused. Wolseley price £881/Heat & Plum £802. Offers over £235. Tel: 01550 777749 (Bethlehem) Mobile: 07976 007906.
- **Flowmaster Procus Couplings**, Eleven 1"- 28mm Brass Compression Fittings. Brand new. Screwfix price: £5.64 each. £35. Tel: 01550 777749 (Bethlehem) Mobile: 07976 007906.
- **Space Saver 16" Spare Wheel**. Space saver 16" Audi spare wheel. In excellent condition, used only once. £75 Tel: 01550 777749 (Bethlehem) Mobile: 07976 007906.
- **Akito Leather Trousers** Akito T-Force Plus leather motorcycle trousers. Waist 32", Length 27" Good condition. £35. Tel: 01550 777749 (Bethlehem) Mobile: 07976 007906.
- **Yamaha PSR 175 Keyboard and Stand**, £35. Tel: 07826 553417.
- **Various fifty pence pieces**. Tel: 07532 079632.
- **Kingston Mayfair ladies bicycle**, 3 speed Sturmey Archer, 28" wheels, includes large front wicker basket, rear rack, reflectors, bell, tyres as new, very little use, ideal town shopping bike, excellent condition, £90 ono. Tel: 07444 539748.
- **Makita heavy duty drill**, model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Mazda CX-5 Sport Nav D 4x4**, 12 months MOT, tow bar fitted, full service history, £3000 ono. Tel: 01267 202230.

- **Mahogany dining table**, 8ft x 3ft 6", inc. 8 chairs, £300 ono. Tel: 01267 202230.
- **Welsh Pony & Cob Stud Books**, Volume 49 (65 – 66), Volume 56 (1973) and two Pony & Cob books by Dr Wynne Davies, £40. Tel: 01269 822582.

WANTED

- **Preloved Books Wanted**: We would be more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom. Any subject gratefully received, as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing. The House and Tea Room are now open every day and 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. 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Gas fired Rayburn** in good condition with RH oven. Tel: 01558 650450 or 07474 140453.
- **Experienced Ballroom Dancing Partner** (gentleman) sought for lady wishing to practise and perfect dancing learnt as a teenager. Phone Sophia Stuart on 01558 685542.

THANK YOU

I want to put into print my many, many "Thank You's" to everyone who helped me on 12th July when I opened Gas Cottage Garden. I cannot express in words enough to show the gratitude I have felt for all the kindness & incredible generosity shown to me over several months before this and of course, on the day itself. Thank you to all my friends, helpers who, without fail, kindly continue to give their time and energy to support me every year. The wonderful collection of plants, homemade produce and raffles donated are always much appreciated.

There would be no point in holding this event without people coming, so thank you very much to one and all.

Here is the conformation from Air Ambulance of £955.00 we raised on that day.



Thank you so much again everybody
Marguerite (Babs)

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

5 Oct 9.30am Holy Communion
19 Oct 9.30am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

5 Oct 11.00am Holy Communion
19 Oct 11.00am Morning Prayers

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

ST. PAUL'S CHURCH, MANORDEILO

12 Oct 9.30am Holy Communion
26 Oct 9.30am Morning Prayers

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

ST. MICHAEL'S CHURCH, CILYCWYM

12 Oct 11.15am Morning Prayers
26 Oct 11.15am Holy Communion

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

ST CYNWYL'S CHURCH, CAIO

5 Oct 9.30am Holy Communion
19 Oct 9.30am Holy Communion

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

ST SAWYL, LLANSAWEL

5 Oct 11.00am Holy Communion
12 Oct 11.00am Holy Communion
19 Oct 11.00am Boreuol Weddi
26 Oct 3.00pm Messy Church/
Llanast y Llan

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

5 Oct 11.00am Holy Communion
12 Oct 11.00am Holy Communion
19 Oct 11.00am Holy Communion
26 Oct 11.00am Holy Communion

A Warm Welcome for all/Croeso Cynnes ichi gyd.

ST MICHAELS, MYDDFAI

1 Oct 6.00pm Harvest Evening Prayer
5 Oct 11.30am Morning Prayer
12 Oct 11.30am Holy Communion
19 Oct 4.00pm [St Luke's Evensong]
26 Oct 11.30am Holy Communion
2 Nov 11.30am Morning Prayer

LLANDINGAT, LLANDOVERY

5 Oct 9.30am Family Service
12 Oct 9.30am Harvest Communion
19 Oct 9.30am Morning Prayer
26 Oct 9.30am Holy Communion
2 Nov 9.30am Family Service

ST SIMON AND ST JUDE, LLANDEUSANT

12 Oct 6.00pm Evening Prayer
26 Oct 11.15am Holy Eucharist
9 Nov 10.00am Remembrance with
Poems & Readings
11.15am Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

5 Oct 11.00am Boreol Weddi
19 Oct 11.00am Cymun Y Cynhaef
2 Nov 11.00am Boreol Weddi

ST. MARY'S CHURCH, CYNGHORDY

12 Oct 2.30pm Evening Prayer
26 Oct 2.30pm Harvest Evening Prayer

ST CADOG'S CHURCH, LLANGADOG

5 Oct 9.30am Holy Communion
12 Oct 9.30am Morning Prayer
19 Oct 9.30am Holy Communion
23 Oct 6.00pm Harvest Thanksgiving
26 Oct 9.30am Morning Prayer

Rev'd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

ST. BARNABAS, RHANDIRMWYN

12 Oct 9.30am Morning Prayer
19 Oct 9.30am Holy Communion
26 Oct 9.30am Holy Communion

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

ALL SAINTS CHURCH, GWYNFE

5 Oct 11.15am Holy Communion led by
Rev. Patrick Mansel-Lewis
12 Oct 11.15am Morning Prayer
19 Oct 11.15am Holy Communion
26 Oct No Service

ST TEILO'S CHURCH, LLANDEILO

5 Oct 11.00am Harvest Holy
Communion
6.00pm Evening Prayer
12 Oct 8.00am Holy Communion
9.30am Cymun Cymraeg
11.00am Lay led Service
6.00pm Compline
19 Oct 11.00am Holy Communion
6.00pm Evening Prayer
9.30am Boreol Weddi
26 Oct 11.00am Holy Communion
6.00pm Compline

A Warm Welcome for all/Croeso Cynnes ichi gyd.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

EBENEZER APOSTOLIC CHURCH

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

Contact: E. Gilbert. 01558 685763.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

RIVERS COMMUNITY CHURCH

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

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

LLANFIHANGEL UWCH GWILI

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

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

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

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

Contact: Brian Woodall – brwoodall1940@gmail.com

ST JOHN'S CHURCH, MAESTEILO

5 Oct 11.00am Holy Communion at
St Teilo's Church.

Harvest

Festival followed by

Bring

& Share lunch

3 Oct 9.30am Holy Communion

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY CHURCH, TALARIIS

5 Oct 11.00am Holy Communion at
St Teilo's Church. Harvest
Festival followed by Bring
& Share lunch
12 Oct 9.30am Holy Communion
26 Oct 9.30am Morning Prayer

Email: h_loyd_davies@hotmail.com

ST EGWAD, LLANFYNYDD

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

See church noticeboard for special services

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD
(served from Ammanford)

Saturday (vigil of Sunday) Mass now 4.00pm

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also
via zoom]

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

Pastor: Patrick Thomas
E mail: williamsmemorial@outlook.com
Mobile: 07774 533804
www.williamspantycelyn.co.uk

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

5 Oct 2.30pm Service (Evening
Prayer) followed by
Cuppa in the Hall.
8 Oct 5.30pm Pilgrim prayers.
19 Oct No service.
25 Oct 2.00pm Quiet Space –
reflection and
contemplation.
26 Oct 2.30pm Harvest Festival
Service with
Archdeacon Eileen
Davies followed by
Harvest Tea in the Hall.
2 Nov 2.30pm Service (Evening
Prayer) followed by
Cuppa in the Hall.

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

LLANEGWAD RAINFALL



AUGUST

Rain fell on 11 days this month the wettest day was
31st with 20mm.

August total: 71.25mm.

D. R. DUKE

SWING INTO AUTUMN – LINDY HOP COMES TO LLANDOVERY!



Calling all the “dance curious”! This autumn, Llandovery will be
swinging to the sounds of jazz as Lindy Hop arrives in town.

Following a hugely popular taster session in August, the brilliant
instructors from Tumble Lindy Hop are back to lead an 8-week course
at Rhys Prichard Hall. Whether you're an absolute beginner or simply
looking for a fun new way to get moving, this is your chance to learn
the joyful, energetic steps of this classic swing dance.

Dates: Tuesdays, 14 October – 2 December
(no half-term break)

Time: 6:30 – 7:30pm

Venue: Rhys Prichard Hall, 4 Waterloo St, Llandovery SA20 0DS

Over the course you'll master the basics – from the iconic “swing
out” to the playful triple step – all in a friendly, relaxed atmosphere.
On the final evening, the last class will turn into a social dance, giving
everyone a chance to celebrate and put their new moves into practice.

Cost: £5 per class, or book a block of 7 for £35 (with the 8th class free).

So, if you've ever tapped your foot to jazz, fancied trying a vintage
dance, or simply want to join a fun and welcoming community activity
– this is for you!

To book, pop into LYCC or reserve your place online: bit.ly/lindyhopllandovery

Come along, give it a go, and get ready to swing into autumn in style!

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk Tel: 01550 720098. 02/26(12)

OSIAN WILLIAMS ACCOUNTANT – Locally based accountant providing services: Accounts and tax return preparation for sole traders, partnerships and limited companies. VAT and Making Tax Digital, Payroll, Tax planning and advice and Capital Gains Tax. Free initial consultation. Email: info@osianwilliams.cymru Tel: 07908 810392/01550 777311. 08/26(12)

LHP ACCOUNTANTS is a well-respected accounting firm located in the heart of Llandovery. Known for its commitment to providing comprehensive accounting services, tax advice and audit services. LHP Accountants is more than just a service provider; they are a partner in your financial success. Whether you're a small business owner, a growing company, or an individual looking for financial guidance, LHP Accountants is equipped to support your journey. Get in touch for your first free consultation with our friendly experts. Address: 31 High Street, Llandovery | Phone: 01550 910910 | Email: llandovery@lhp.co.uk | www.lhp.co.uk 12/25(12)

ARCHITECTURAL SERVICES

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

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

BUILDING SERVICES

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

TRADITIONAL STONEMASONRY, lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 10/26(12)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsantel. Tel. 01558 650364. 03/26(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 04/26(6)

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. 04/26(12)

COMPLEMENTARY THERAPIES

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

REFLEXOLOGIST: MARIA BOWBANKS. Fully qualified & insured Member of Association of Reflexologists. Treatments available: FOOT REFLEXOLOGY - FACE REFLEXOLOGY - HAND REFLEXOLOGY. Reflexology benefits the mind, body and spirit, it is relaxing, safe and non-invasive treatment that helps release stress, boosts the immune system and energy levels, helps the body release toxins, helps recovery from injury or surgery, improves circulation, helps with chronic and acute conditions, aids with menopausal symptoms, brilliant for relaxation and sleep, and enhances the body's own natural defence systems, encouraging self-healing. Gift Vouchers are also available. Contact MARIA BOWBANKS on 07824 389384 to book an appointment in Llandeilo therapy room, (can travel to you if housebound.) Also available for business wellbeing days. For more information - MARIA BOWBANKS – www.spiritwellbeing.co.uk 03/26(6)

COPYING AND PRINTING SERVICES

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

COUNSELLING

CATHRIN WILDWOOD – As a qualified therapist with 20 years of experience, I am committed to offering a counselling and psychotherapy service locally, which is dedicated to providing a safe, sensitive and supportive listening space where your feelings and concerns can be explored and shared. Together we can make sense of what is happening for you, as I support you through a time that may be difficult right now, or help you find where you want to be in life. Come and feel more alive, free and at home with yourself. I work with young people and adults, offering face-to-face sessions in Cilgwyn or online via Zoom. www.cathrinwildwood.co.uk cathrin@cathrinwildwood.co.uk 07870 888141. 03/26(6)

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. 10/25(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 09/26(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. 09/25(6)

HEADSTONES AND HOUSE NAME PLAQUES

HAND CARVED HEADSTONES & HOUSE NAME PLAQUES in Welsh slate, no job too small, free estimates, headstones cleaned, graves and curbs rebuilt, inscriptions regilded and repainted, based in Llandovery. Tel: 07805 694016 Email: gabriel@hammerstone.wales www.hammerstone.wales 08/26(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. 09/26(12)

OPTOMETRIST

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

HUGHES DECORATORS LTD. Family Business Established over 45 years with over 80 years combined experience. City & Guilds approved with qualified tradesmen. Interior and exterior painting and decorating. All building maintenance work undertaken including coving, doors, laminate flooring. Also hand painted furniture and kitchen units. CITB registered and fully insured. Email: r.hughes236@btinternet.com Mob: 07885 875012 www.hughesdecoratorsltd.co.uk 10/25(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. 03/26(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. 10/26(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. 02/26(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 Quote **WINTER10** for a **10% discount** through November, December and January. 11/25(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

04/26(6)

SPORTS FACILITIES

LLANOVERY SQUASH CLUB: New members of all abilities are very welcome at Llanoverly Squash Club, situated opposite Llanoverly 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, Llanoverly. 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/llanoverlysquash or visit our website: <https://llanoverlysquashclub.co.uk>

04/26(12)

TUITION

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

07/26(12)

WINDOWS & EXTERIOR CLEANING

DAZZLERS - EXTERNAL CLEANING SPECIALISTS: Windows, Conservatories, Gutters, Patios, Pathways – covering Llanoverly and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners

06/26(12)

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Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points
○ = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

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

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted.
REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

LOCAL DIRECTORY (discounts not available): 6 months = £63.55+VAT 12 months = £99.95+VAT

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm

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

LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@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.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421 11 Glamorgan Street, Brecon. LD3 7DW:

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Please see website; www.actif.wales for our list of opening hours,

activities provided and how to book and Pay.

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

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

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.)

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289) via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Fairfach	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	Llandeilo (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Fairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Brecon – Llandovery (X80)

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

Brecon Interchange 5 (at):	7.03*	9.38	11.33	13.06	15.38*	17.08
Llandovery Car Park:	7.45*	10.20	12.15	13.48	16.20*	17.50
Llandovery Car Park:	7.49*	10.47	12.20	13.54	16.22*	17.52
Brecon Interchange 5 (at):	8.33*	11.31	13.04	14.38	17.06*	18.36

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
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.