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### READING THE WILD/ DARLLEN Y GWYLLT 2026

## “WHERE NATURE, SCIENCE & MAGIC MEET”

The Literature Festival is back and will run for two full days on Saturday 9th and Sunday 10th of May.

This year we've got a packed programme of fabulous authors, several book launches and new outdoor workshops.

The full list will be revealed soon, but some favourites from 2025 will be returning including Jackie Morris, Dr Rhys Jones, Bethany Handley and Carywn Graves.

#### Would you like to get involved ?

I'm looking for more volunteers for the weekend, roles include looking after authors, covering book sales at the Castle, checking tickets etc, it was a lot of fun last year !

If you're a business you can support the festival by sponsoring an author event.

If you're interested in volunteering or sponsoring you can call at the bookshop or email me at [enquiries@dragons-garden.com](mailto:enquiries@dragons-garden.com).

In the meantime our first event of 2026 is the veteran campaigner, environmentalist and author Jonathon Porritt, it takes place at the Castle Hotel on Thursday 19th February at 7.00pm.

Look forward to hearing from you,

Mandy, Books at the Dragon's Garden, 9 High Street, Llandovery.



Photo thanks to Mark Revitt

"Magnificent and crucial, a lodestone for all we believe in" - GEORGE MONROE

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# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
16th February 2026**

**Next issue distributed:  
2nd March 2026**

## *The Post* Future Copy Dates

April .....	16th March
May .....	16th April
June .....	15th May

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12/26(12)

# FUNERAL ANNOUNCEMENT A CELEBRATION OF THE LIVES OF RACHEL EVERETT AND ANNE LYND-EVANS



Following their deaths in the same week in October, I'm sure you'll understand the delay in me being able to arrange funerals to suitably honour my mother (Patricia 'Anne' Lynd-Evans) and my sister (Rachel Everett).

There will be a joint funeral on Saturday 14th February at 1.30pm at Llandingats Church in Llandovery, followed by a wake at The Whitehall Inn from 3.00pm.

The service will be a celebration of the lives of my mother and sister – all are welcome!

There is a simple dress code . . . "Fabulous". No other guidance, just come dressed in whatever you deem to be "fabulous", sombre or bright, the choice is yours.

There will be a cremation at Llanelli Crematorium on Monday 16th February at 2.00pm.

To confirm your attendance, or if you have any questions, please do not hesitate to email me at [huw@lynd-evans.com](mailto:huw@lynd-evans.com)

Huw Lynd-Evans

(Rachel's brother and Anne's son).



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07/26(12)

## What Are... Direct Cremations?

Simply put, they are cremations without a service and, more importantly, without any mourners in attendance. The person who has died is collected and kept in a mortuary until the day of the cremation when the coffin is taken to the crematorium without any mourners present.

However, there are, I would say, two distinct types... and an exception!

### Direct Cremations and Plans through National Organisations

I'm sure you, will have seen, adverts on TV from companies such as Pure Cremation. They talk about how you can avoid 'being a burden' to your family.

What they don't tell you:

- You will probably be collected by van along with other people who have died.
- You will be transported to a warehouse style mortuary that is unlikely to be near home.
- You will not necessarily know where your person is.
- You are unlikely to be able to visit (view).
- You will not know when the cremation is taking place.
- The ashes will be delivered to the next of kin possibly, by post/courier without warning.

### Direct Cremations and Plans with your Local Funeral Director

If you use a local firm, whilst there will still be no service at the crematorium, you will have far more control.

- The person will be collected by your FD in their vehicle and taken to their local mortuary.
- You will know where they are; you can arrange a visit.
- You will know when and where the cremation is taking place.

- It will be at a local crematorium to you.
- You will be able to be there to wave your person off as they are chauffeured away.
- You may even be able to be present at the crematorium although only outside meaning you can see them being respectfully taken in.
- Your local FD will hold the ashes until you are ready to collect.

### The exception...Attended Direct Cremations

An Attended Direct Cremation is usually a simply, dignified 10-minute alternative to traditional funeral services. It is basically the committal part of a funeral service where a piece of music may be played, a few words of committal spoken and the curtains, closed.

Attendee numbers tend to be limited to close family.

### And that's all fine...

My main comment on these is, if it's right for you, then it's right for you. BUT make sure your next of kin are aware of your choice and discuss, or give them permission, to do whatever else they need to begin processing the loss of you. EG: have a wake, a memorial, a scattering of ashes, a celebration of your life, a recognition of you impacts and acknowledgement of your absence.

Without the conversation, families often feel guilty doing anything, as you have chosen 'nothing' and then they're needs are not met, making processing their grief even harder.

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08/26(12)

## LLANDOVERY U3A

Llandovery u3a is looking forward to welcoming new, returning and renewing members for 2026. We are building on our successful programme of visits and social get-togethers, to arrange more visits and additional activities around the meetings (every other Wednesday at Llandovery Rugby Club, arriving from 10:30am for refreshments with talks / presentations starting at 11.00am.

February 4th – Talk from the wonderful “Bryngaer Goats” in which we’ll learn all about Cheese Making. Katie, who is a regular at our farmers’ market and local food fairs, will be bringing along some cheese and explaining how it is made.

February 18th – Hugh Davies, a trustee of Llandovery Museum, will be showing items of Welsh Pottery from his personal collection. Hugh loans part of his Gawdy Welsh collection to the museum each year. u3a members enjoyed his short explanation of the pottery currently on display at the Museum last year, and in this talk he will be focusing on Welsh Potteries, bringing items from his collection along to the Rugby Club for our inspection.

March 4th – Poetry Reading and Sharing. Members will be bringing along their favourite poem to share with the group, and explaining why it is important to them.

March 18th The History of Flight. Using resources from the BBC Sounds service to review the development of flight.

Looking forward to seeing you at any of our meetings, at which guests are most welcome for a £4:00 one-off payment, to include refreshments.

## PUMSAINT WI

Unfortunately the snow prevented us all from meeting in January. Consequently our President and secretary kept us all updated via email about upcoming events and anything else we needed to know. The most important being to vote for this years resolution.

Our next meeting will be 3rd February at 2pm in the Coronation Hall in Pumsaint. Our speaker will be talking about the Lluest Horse and Pony Trust.

New members always welcome, we are a very small institute and would love to see you there.

Sue Jones

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11/25(3)

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03/26(3)



# MYDDFAI NEWS

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



What's on in February: Sunday 8th Feb we have one day course on the Emmett Technique of pain relief for dogs. Willow Weaving workshop is on Thursday 19th all day. Saturday 24th we have a Cwis a Noson Sion a Siân 7.30pm. It's the Myddfai monthly Farmers Market on Sunday 22nd 12.00 noon – 3.00pm, with lots of quality local produce and crafts, please come along to support the local suppliers. On Friday 27th 11.00am – 1.00pm we have a Fermentation cookery courses on Lactic Fermentation - Curtido, Escabache and Brine Ferments (coming in March Sourdough Bread and the World of Kimchi).

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

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

Come along and join one of our regular classes in our warm hall; Yoga with Ginny on Tuesdays 10.00 – 11.30am; Su's Craft class on Wednesdays 1.30 – 3.30pm; Sonia's Pilates class is on Thursdays 9.30 – 10.30am. Art Class with Lynn is on Fridays 1.30 – 3.30pm. Get in touch for more information on any of our events or classes.

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

## LLANGADOG WI

2025 What a year that was! We celebrated our centenary year in style with so many happy memories made, not to mention our many fab new members! Thanks to all who supported us!

In November we held our Annual Meeting, we welcomed WI Adviser Beti Nicholls and Teller Anne Astington both from Pumsaint WI.

Our Officers were re- elected: Karen Cull (President)

Marylyn Haines-Evans (Secretary) & Sarah Marchant (Treasurer)

In December we had a very enjoyable Christmas Dinner at the Red Lion Llangadog.

2026 brings even more celebration for WI's throughout Carmarthenshire as our County Federation reaches it's 100th.

There are many trips, dinners, Hunt The Hundred Treasure Hunt to mention just a few events planned.

At the start of a new year, why not come and join us- Our next meeting will be held at the Community Centre on Thursday 5th February at 7pm – A great Welcome awaits you/ Croeso Cynnes bob amser.



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# LLANGADOG'S CHARITY RIVER DIP



On Sunday 21st December a group of twenty-two courageous souls from Llangadog, braved the icy cold water, in what has become an annual tradition, when they plunged into the river to swim a short distance for Parkinson's UK.

It was touch and go whether the dip would happen with all the flooding and awful weather leading up to it. Fortunately, on the day, the river was calmer, the flooding had subsided, and the rain stopped (briefly), though a biting wind remained making the temperature feel like 50. All the participants reasoned their temporary discomfort was worth it, if it could help people whose lives have been touched by Parkinson's. Family and friends came to support and cheer on the river dippers.

For one participant, Sara Penson, it was particularly



poignant as she was doing it in memory of her father, who was in her heart and mind when she entered the cold water. In Sara's words, "My wonderful dad John Pilcher slipped away on 4th December 2023, a few days before his 81st birthday. He had been diagnosed with Parkinson's only 18 months earlier. Witnessing the rapid decline of my clever, dependable, active dad becoming confused, helpless and bed-ridden was devastating. Please help find a cure for this cruel disease and support Parkinson's UK."

Afterwards everyone warmed up with mulled wine & mince pies before heading to The Red Lion, Llangadog for celebratory drinks and a bowl of cawl, that was kindly donated by chef Romica Pavel. The singing of Christmas carols brought a festive atmosphere, and an impromptu auction added a boost to the fundraising. The total amount collected so far is over £1,400 and donations will continue to be accepted until March 2026.

Parkinson's is a progressive neurological condition. Around 166,000 people live with Parkinson's in the UK. Parkinson's is on the rise and in the UK today, someone is diagnosed every 20 minutes. By 2050, the number of people with Parkinson's worldwide will double to 25 million.

Parkinson's UK supports every Parkinson's journey, every step of the way. They campaign for better health and care, fund research into groundbreaking new treatments, and run life-changing support services. Currently they're running a Nurse Appeal, looking to raise £9 million pound over the next 3 years to fund additional health care professionals.

For anyone who might need it, their **helpline number is: 0808 800 0303**. Further information can be found on [www.parkinsons.org.uk](http://www.parkinsons.org.uk)



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06/26(12)

# Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope that 2026 will be a happy, peaceful and fulfilling year for you and that your New Year is off to a good start.

The New Year is often a time to sow the seeds of intent for the year ahead and often brings with it new resolutions. If this year you plan to join a yoga class, the Centre has a New Beginners' starting Wednesday 28th January. This course covers the Foundation practices of the PMA series, as well as breath awareness and the deep relaxation practice of Yoga Nidra. The PMA series brings about flexibility and strength, which helps to ease both physical and mental tensions. This course provides a firm foundation upon which to begin to explore some classic postures or as a stand-alone course is a good introduction to practices with breath awareness.

Yoga Nidra comes at the end of each class and is a time of rest, which nourishes the body and spirit. Time is given in Yoga Nidra for the practice of sowing your seed of intent (a Sankalpa – or loosely defined, a resolution). With the body at rest, the 'Sankalpa' can gently galvanise the forces of the mind to follow your deeply held intention. Many have found that the practice of Yoga Nidra can softly help bring about desired changes.

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

The classes taught by the Centre are Integral Yoga – a gentle and steady progression, always working with awareness of your body in the physical practices. Through the breath practices taught in class, practitioners experience the importance of breath to our good health. Weekly practice of yoga allows the body to gain strength and flexibility week by week and these qualities are often also reflected in the mind. Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

Many students appreciate this quiet time each week and find they are developing useful tools for navigating the stresses of daily life. The benefits of yoga resonate beyond the class.

The dates and timetable for the Spring 2026 are now set. Although the term has started, there may be space available in some classes – so please do contact the Centre to register your interest or make an enquiry. The Centre will be pleased to help – just give them a call on 01558 823842 or email: mail@padma.org.uk – www.padma.org.uk

The Centre is there for students old and new so please do call PadmaSamBhava if you would like help, guidance or resources for practice.



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# THE REV. NEIL HOOK



The Reverend Neil Hook, known as Father Neil, is delighted to be serving as the new Vicar and LMA Dean in Llandovery and the surrounding communities in the Bro Dyfri Ministry Area. He has a deep love for rural life, local history, and the strong

sense of neighbourliness that characterises this part of Carmarthenshire. Having already begun meeting people across the town and villages, he is grateful for the kindness and welcome he has received and is enjoying getting to know the unique character of each community. Father Neil is passionate about building friendly, open churches where everyone feels they belong, whether they come every week, only at festivals, or are simply curious about faith. He values the bilingual life of the area and is keen to support both local worship and community activities. He also has a particular heart for working with volunteers, community groups, schools, and those who may feel overlooked or isolated. "Church should feel like home," he says, "a place where you are known, welcomed, and valued." He believes the church should be a place of care, hope, and practical support, especially in rural areas where services can feel stretched and people can sometimes feel forgotten. For him, ministry is as much about listening as it is about leading, and he is committed to being present in everyday life, not only at services but also at community events, coffee mornings, concerts, shows, and local celebrations. Outside of church buildings, Father Neil enjoys walking in the countryside, learning local stories and traditions, and finding ways the church can support what is already good and growing in the community. He is also keen to encourage creative worship, music, and opportunities for people of all ages to explore faith in accessible ways. Above all, Father Neil hopes to be a good neighbour and a familiar, trusted presence, walking alongside people in times of joy and in times of difficulty. He looks forward to serving the people of Llandovery and the surrounding villages with warmth, humility, and a genuine desire to see both church and community flourish together. He can be contacted via [neilhook@cinw.org.uk](mailto:neilhook@cinw.org.uk) or 07706 496541.


## OTHER NOTICES

**TUESDAYS:** Bright Sparks – Pre-School Fun, Faith & Friendship! Bright Sparks is a friendly pre-school group with play, crafts, songs, and simple stories in a warm, welcoming setting. Open to all families, whether you come to church or not, it is a safe space for little ones to play, make friends, and build confidence, with refreshments for children and carers. We meet in St Dingats Church, Llandovery on Tuesdays, 9.30–11.00am (term time), all our volunteers are DBS checked, we are completely insured, and it's COMPLETELY FREE! Come along and enjoy a bright start to your Tuesday - everyone is very welcome / croeso I bawb!

**TUESDAYS:** Bro Dyfri Bell Ringers welcome new members to their friendly and supportive team at St Dingats Church, Llandovery, where we ring a fine ring of six bells. Beginners and experienced ringers are equally welcome, and full training and encouragement are provided, so no previous experience is needed, just a willingness to have a go and enjoy learning something new. Practice takes place every Tuesday evening from 6.00 to 7.30 pm. Bell ringing is great fun, good exercise, and a wonderful way to support church and community events while making new friends. To find out more, contact our Tower Captains, Clare Alexander at [cia400@hotmail.co.uk](mailto:cia400@hotmail.co.uk) or Dan Jones at [jonesdaniel10@sky.com](mailto:jonesdaniel10@sky.com)

**FEBRUARY 01:** You are warmly invited to a special Christingle Service for Candlemas at St Dingats Church, Llandovery, on Sunday 1 February 2026 at 9.30 am. This all age, family friendly service will celebrate the light of Christ in the heart of winter with simple worship, music and storytelling, as well as hands on crafts for children and adults. Everyone will make and receive a Christingle to take home, a beautiful symbol of God's love and light for the world. After the service, please stay for fellowship and refreshments and a chance to chat together. All are welcome, whether you come often or are visiting for the first time. Bring family, friends, and come and share in a joyful Candlemas celebration.

**FEBRUARY 18:** You are warmly invited to an Ash Wednesday Eucharist with the Imposition of Ash at St Dingats Church, Llandovery, on Wednesday 18 February 2026 at 11.00 am. This quiet and reflective service marks the beginning of Lent and offers a chance to pause, pray, and prepare our hearts for the journey toward Easter. The ancient sign of ashes reminds us of our need for God's mercy and our hope in renewal and new life. All are welcome to attend, whether you come to church often or are visiting for the first time. Please join us for this meaningful start to the Lenten season. Croeso i bawb.



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02/26(6)

# NEW ALLOTMENTS, COMMUNITY ORCHARD AND COMMUNITY VEGETABLE GARDEN FOR LLANDOVERY

We are pleased to announce that, after years of trying, a site has been made available in Llandovery for community-run allotments and a shared community orchard and vegetable garden. The site is on Heol Pluguffan, the road turning off the Llangadog road heading towards the rugby club.

Carmarthenshire County Council own the land and have agreed to let it to Llandovery Town Council for a nominal fee. It will then be sub-let to a community group. This is a new group which is currently in the process of being set up as a charity (CIO, Charitable Incorporated Organisation) and which will be run by volunteers.

## Drop-in information sessions

There will be two drop-in information sessions at the LYCC on the square, so if you would like to get involved or have any suggestions or questions, please come along. The project is still in its early stages and the group is looking for extra members to help get things up and running, so we would love to hear your ideas.

Drop-in session 1: Thursday 5th of February: 6pm to 8pm (LYCC).

Drop-in session 2: Saturday 7th of February: 11am to 1pm (LYCC).

## Allotments

Plots will initially be allocated by ballot and then afterwards by joining a waiting list. We are still in the early stages so we are NOT taking names yet. A separate announcement will be made about this in the future.

## Community orchard

There is a very successful community orchard in Llandeilo where they run shared work days and picking days and we hope to build something similar in Llandovery.

## Community vegetable garden

This will be for people who may not want a whole allotment or who just wish to learn about growing food and veg as part of a group. Like the orchard, there will be shared work days and help available.

THANK YOU VERY MUCH.

## NEW LLANDOVERY ALLOTMENTS, COMMUNITY ORCHARD & COMMUNITY VEGETABLE GARDEN

New site on Heol Pluguffan (road to Ratcliffes yard and the rugby club).

Supported by  
Llandovery Town Council.

Want to know more?  
Want to help?

Public drop-in sessions at Llandovery  
Youth and Community Centre (LYCC):

Thursday 5th February 6pm – 8pm  
Saturday 7th February 11am – 1pm.

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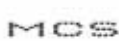
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# A MUSICAL FEAST AT THE FESTIVAL OF THE SENSES



A perfect autumnal afternoon and the glorious backdrop of a picturesque Welsh market town recently provided an ideal setting for the latest performance of Ammanford based ladies' choir, Côr Persain. The choir was thrilled to receive an invitation to perform on the outdoor stage at Llandeilo Festival of the Senses, a three day event which combines the best of local produce, craft, culture and plenty of good cheer.

Members of the choir assembled at the venue in the early afternoon of Saturday, November 15th, enjoying the festive atmosphere along with the crowds who thronged the town's historic streets. Dressed in red and black for the occasion, the choir's appearance blended seamlessly with the cheery pre-Christmas vibe of the festival. Taking to the stage shortly after 2pm, and under the trusty baton of musical director Huw Morgan, Côr Persain launched their performance with a rousing rendition of 'All That Jazz', from the musical 'Chicago'. The choir greatly benefited from the live piano accompaniment of Dr Catherine Morgan and the audience registered warm appreciation for the items which followed, including the perennial favourite, 'Calon Lan'. The assembled crowd joined in enthusiastically with this and also the lovely Welsh hymn, 'I Bob Un Sy'n Fyddlon', while the unique and spirited version of 'Sosban Fach' was greeted with great approval. Completing the set with lively arrangements of songs by Bonnie Tyler and Duffy offered an ideal opportunity to celebrate our Welsh musical heritage in such a fitting location.

All too soon, the performance was over and the choir dispersed to enjoy the attractions of the street stalls, entertainment and delicious food on offer. The resounding success of this annual festival is a testament to the hard work and meticulous planning of many local volunteers and Côr Persain were privileged to be able to take part in such a joyous occasion.

The choir itself continues to go from strength to strength following its highly successful 25th anniversary concert last month. New members are very welcome to come and join us: there are no auditions or need to read music – just bring your enthusiasm and a love of singing. Practices are held every Tuesday evening from 7-9pm at Ammanford Miners' Theatre.

## LIFE DRAWING



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

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

The February sessions are on the 3rd and 17th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

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04/26/31



ALL TO PLAY  
FOR AS SEASON  
APPROACHES ITS  
LATTER STAGES



Llandovery captain Lee Rees who will be a key man in the Llandovery effort over the coming months.  
Photo: Stuart Ladd

The next months will be largely taken up by the SRC Cup, a time when clubs can forget league form and set their minds on a Cup run writes Huw S Thomas

Holders Llandovery will defend the title they won last year when they beat Ebbw Vale 39-7 in an outstanding display of running rugby.

During the two month pause from SRC league, the guessing game as to who will finish in the top four come the end of the regular season will concentrate club minds writes Huw S Thomas

Whilst Carmarthen Quins and Swansea still have outside chances of breaking into the current top quartet of clubs, the probabilities are that Ebbw Vale, Llandovery,

Newport and Cardiff – not necessarily in that order – will be the lucky four to get a home draw at the end of season play-offs.

For the Quins, the decisive matches will be their March 21 clash with the All Whites at Carmarthen and their final match against Ebbw Vale on April 11, again at The Park.

The way the WRU has set up the play offs gives a huge advantage to the top four.

First will play the winners of a seventh /tenth play off, second will entertain the winners of an eighth/ninth play off, third will play sixth and finally, the club in fourth will save the fifth placed club.

If the current league table were the basis of the draw, it would mean quarter-finals as such:

- EBBW VALE v RGC or BRIDGEND
- LLANDOVERY v ABERAVON or PONTYPOOL
- NEWPORT v CARMARTHEN QUINS
- CARDIFF v SWANSEA

Thereafter, the semi-final draw favours first and second in the regular table as they will continue to have home advantage if they will have safely negotiated their quarter-final ties.

That is some way ahead and there are key fixtures remaining for the top four, results from them certain to question predictions and change placings.

Crucial battles promise upsets that will have a bearing on the final table come the end of April

The outcome of Cardiff v Ebbw Vale, Ebbw Vale v Newport, Llandovery v Cardiff and Cardiff v Newport will give us a fuller picture.

The Drovers have four games left, three away at Bridgend, Pontypool and Aberavon and one at home against Cardiff.

The capital city club have two games in hand over Llandovery and Newport but have to pay all three clubs above them in what promises to be a humdinger of a finale to the regular season list of fixtures.

Llandovery's fate is very much in their own hands and on early season form, they should account for Bridgend, Pontypool and Aberavon.

But recent form - three defeats in a row – have sapped confidence and the next league game, at Bridgend on March 21, will tell us the effect they have had on Euros Evans's troops.

Current SRC table

2025/2026 Super Rygbi Cymru

TEAM	P	W	D	L	PF	PA	PD	T	TA	TB	LB	PTS
Ebbw Vale	13	12	0	1	504	226	278	72	32	12	11	71
Llandovery	14	9	0	5	403	363	40	56	50	10	5	51
Newport	14	8	0	6	444	309	135	67	44	8	8	48
Cardiff	12	7	0	5	381	303	78	55	44	8	9	45
Swansea	13	7	1	5	328	349	-21	49	49	8	3	41
Carmarthen Quins	13	8	0	5	285	305	-20	39	44	5	3	40
RGC 1404	14	4	0	10	423	472	-49	55	67	11	5	32
Aberavon	13	4	0	9	316	482	-166	47	74	6	0	22
Pontypool	12	3	0	9	251	338	-87	34	46	3	2	17
Bridgend Ravens	12	2	1	9	263	451	-188	40	64	6	1	17



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## LLANDOVERY ARCHERY CLUB – COMING SOON!



Llandovery has many active sports clubs, and I hope to add an archery club over the summer months. The plan is to shoot Target on the sports field on summer evenings, and in a sports hall on winter evenings, with a tournament shoot on a weekend day in the summer. I hope there will be a junior club, plus a seniors section, and archery allows many people with disabilities to compete, from wheelchair users to blind people, so all will be welcome. The planned club has the support of the Sports Association.

Archery is possibly the most ancient sport of all - cave paintings show archers in action. Sadly many paintings show archers shooting at people as well as animals. We will not be shooting at either!

Archery includes many different facets;

- Target archery – shooting at fixed size targets at specific ranges, as in the Olympics!
- Field Archery – shooting at targets at various ranges, sizes and elevations to replicate hunting.
- Clout archery – shooting at very long ranges (180 yards) it is descended from war shooting
- Roving – simply who can shoot nearest to say a tree stump, then you pick the next target object.
- Compound archery – using the engineered bows with cables and telescopic sights.
- Longbow archery – using traditional british longbows in target and clout shoots
- ‘Make your own’ – many archers aspire to make their own bows and arrows

As a sport it is accessible to all – and is good for posture, your back, shoulders, and is a very social event.

The club will be affiliated to GB Archery and follow all their regulations, and guidelines

All this depends on your help! A club cannot be founded by me alone. If you are interested in this project or just want to wish me well, please contact me on [nickjlwinder@gmail.com](mailto:nickjlwinder@gmail.com)



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I hope this New Year has been kind to you so far. We may only be a couple of weeks in, but that is often enough to set a tone for the year. Here at Ynni Sir Gâr, we are starting our year off with an event, highlighting the work we have been doing and putting a focus on sustainable transport and living.

Now, best laid plans and all that does mean we had to change the date from originally advertised in the previous Dec/Jan edition of The Post. **PLEASE NOTE THE NEW DATE OF SATURDAY FEBRUARY 28TH.** Same venue and time and now doesn't clash with the Six Nations! Not that the rugby was the reason for the change but equally, a very good one anyway. My husband for one, will be very relieved!

Amongst others, we will be joined by Ynni Da, who have been supporting schools with energy workshops, numeracy & data opportunities, and inspiring educational support since 2011. If you have never had to use pedal power to create your own electricity, this is a great opportunity to try! TrydaNi will also be there to chat all things community car clubs, along with Owen from The Heart of Wales Line, to tell you about all the great work he has been involved in along the line. We are also excited

to have Llandeilo District and Civic Society in attendance looking at the history of Llandeilo train station. After learning about some of the history, we felt this would be a lovely addition, bringing the past and the future of Llandeilo together. Not forgetting ourselves of course and we are looking forward to chatting about updates with our E-Bike project and community energy work.

We will have further organisations in attendance with plenty going on and will be updating information via social media channels as the weeks progress, so we hope that you will join us in celebrating sustainability and all that it has to offer.

If you are a sustainable crafter or organisation and would like to take part for free, please get in touch for availability!

We look forward to seeing you there.

Follow our Facebook page to keep up to date and contribute your ideas. Alternatively, to learn more or collaborate, please contact Vanessa [vanessa@ynnisirgar.org](mailto:vanessa@ynnisirgar.org) 07393 593699.



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

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04/26/13



# LLANWRDA CRICKET CLUB

With promotion secured, the club is planning for life in Division 4.

Nets will begin in March at Llandovery College. 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.

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

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

## LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

05/11/25	16	No winner
12/11/25	7	No winner
19/11/25	10	Evelyn Jones
26/11/25	40	No winner
03/12/25	1	Alys Roberts
10/12/25	38	Carwyn Jones
17/12/25	36	No winner
24/12/25	49	No winner
31/12/25	14	Cerys Hopcroft
07/01/26	12	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.

04/26(3)



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02/26(3)

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# CADOG FILM CLUB

The **Cadog Film Club** starts a new season on Saturday 7th February. We have two film nights every month, the first Saturday and third Friday of the month, at the Llangadog Community Hall. Entrance fee is £5.00 for members, £6.00 for non-members. Annual membership is £5.00.

## Saturday night films

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

**7 February – Black Bag** (2025) UK/USA Spy Thriller 1hr 33min Certificate 15 Cast includes Cate Blanchett, Michael Fassbender. Directed by Steven Soderbergh.

How do we know if the people we love are who or what they say they are? **Black Bag** offers a layered and witty take on monogamy, fidelity, and the games we play in both relationships and espionage.

**7 March – The Life of Chuck** (2024) USA Drama 1hr 51min Certificate 15 Cast includes Tom Hiddleston, Mark Hamill. Directed by Mike Flanagan.

*The Life of Chuck* is a film with an unconventional narrative, which deals with life's big issues in an unexpected way, and which you may find lingers with you for quite a while after it's over.

**4 April – I Swear** (2025) UK Dark Comedy/Docudrama 2hr Certificate 15 Cast includes Robert Aramayo, Maxine Peake. Directed by Kirk Jones. The heartwarming true story of John Davidson, who was diagnosed with Tourette's syndrome at an early age and was awarded an MBE in 2019 for his efforts to increase understanding of the condition. It's very swearsy – be prepared – but also funny and ultimately uplifting. Robert Aramayo (who also stars in **Palestine 36**) has deservedly been winning awards for his astonishing performance.

**2 May (AGM) – The Choral** (2025) UK Historical Comedy Drama 1hr 53mins Certificate 12A Cast includes

Ralph Fiennes, Roger Allam. Written by Alan Bennett. Directed by Nicholas Hytner.

Set during the First World War in a Yorkshire mill town whose Choral Society must adapt in ways that challenge the existing social order. By turns funny and touching, Alan Bennett's well-crafted screenplay is matched with a fine cast.

## Friday night films

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

**20 February – Deaf** (2025) Spain Drama 1hr 39min Certificate 12 Cast includes Miriam Garlo, Álvaro Cervantes. Directed by Eva Libertad.

Angela is deaf and is married to Héctor, a hearing man. Their relationship is put under great stress as they deal with Angela's pregnancy and the birth of their daughter, and its aftermath. A very moving film of great insight. (In Spanish with English subtitles)

**20 March – Palestine 36** (2025) UK/Palestine Drama 1hr 55min Certificate 12A Cast includes Hiam Abbass, Jeremy Irons, Robert Aramayo. Directed by Annemarie Jacir.

The 1936 uprising against Britain's dominion in Palestine was a crucial moment in the history of the British Empire and of the Middle East. Many will find this impressive film adds essential context to their understanding of today's Palestine. Director Jacir says "this is the origin of where we are today." (In English and Arabic with English subtitles)

**17 April – Don't Let's Go to the Dogs Tonight** (2024) South Africa Drama 1hr 39min Certificate 15 Cast includes Lexi Venter, Embeth Davidtz. Directed by Embeth Davidtz.

Based on a memoir by Alexandra Fuller, the film tells the story of the end of the Bush War in Rhodesia (now Zimbabwe) in 1980 as it affected one family, seen mostly through the eyes of a 7-year-old girl (a wonderful performance from Lexi Venter). The script doesn't shy away from tackling the complexity of attachments and resentments across racial divides.

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



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09/26(12)



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05/26(6)

# LOVE THAT DOES NOT LET GO



Valentine's Day fills our shops and screens with cards, flowers, and promises of romance. For some, it is a joyful celebration. For others, it quietly sharpens a sense of absence, a reminder of loneliness, loss, or a longing that words and gifts never quite satisfy. Many people live with a brave smile on the outside while carrying a quiet desperation within, searching for love, meaning, and a reason to hope.

If that sounds familiar, please know this: you are not alone in feeling this way. You are human. We were made for love; deep, faithful, lasting love; and nothing shallow can ever replace it.

The Christian faith begins with a simple but profound truth: you are known, and you are loved.

Not abstractly. Not conditionally. Personally.

The Bible tells us that God is not distant or indifferent. He sees the unseen tears, the long nights, the silent questions, and instead of offering advice from afar, He stepped into our world. In Jesus, God came close to the lonely, the broken, the overlooked, and the weary. Jesus did not seek out the impressive; He sought out the hurting. He listened. He touched. He stayed.

At the heart of the message is a love story unlike any other. It is not based on attractiveness, success, or worthiness. It is based on grace. Jesus loved people at their worst and gave Himself fully, holding nothing back. On the cross, He carried rejection, pain, and shame so that we would never have to face the future alone. That is not sentimental love, that is costly love, faithful love. Love that refuses to abandon us.

Many of us try to quiet our ache with relationships, achievements, distractions, or possessions. They may help for a while, but they cannot reach the deepest places of the heart. Only love that is unconditional and unchanging can do that. The Christian message is not "try harder" or "be better." It is an invitation: *Come as you are*. Rest. Be known. Be healed.

Jesus once said, "I have come that they may have life, and have it to the full." Full life does not mean a perfect life. It means a life rooted in love that does not fade when circumstances change. A life where your value is

not something you must earn, but something you receive.

This Valentine's Day, whether you feel surrounded by love or painfully aware of its absence, know that there is a love available to you, one that meets you in the ordinary moments and the lonely ones alike. A love that speaks your name. A love that stays.

You are not forgotten.

You are not invisible.

You are deeply, profoundly loved.

And that love is nearer than you think.

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

## LLANEGWAD RAINFALL



### OCTOBER

Rain fell on 13 days this month. The wettest day was 20th. with 39mm.

October Total: 57.75mm – 2.1/4"

### NOVEMBER

Rain fell on 24 days this month, the wettest day was 4th with 40mm.

November Total: 337.25mm – 14.5/8".

### DECEMBER

Rain fell on 20 days this month the wettest day was 15th with 56mm.

December Total: 312.5mm – 12.1/4"

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# Spotlight on Elidyr



## Elidyr Communities Trust – a great place to live, learn & work!

2025 has been a tremendous year at Elidyr Communities Trust with some real stand out points. This year they celebrated their 50th anniversary, what a milestone! The charity works with young adults with additional learning needs.

Part of the charity is a specialist further education college, Coleg Elidyr, this year they secured amazing Estyn results, for the third inspection in a row – this is truly sector-leading provision. Just last month a team of learners won silver medals at the UK WorldSkills finals in Cardiff, a huge achievement.



2025 also saw the implementation of a new music therapy programme – the latest edition to Elidyr's onsite therapy team. This team offers each learner tailored occupational, speech & language, and positive behaviour support. This level of personalised support is crucial to young people with additional learning needs.

*"Music therapy gives young people with learning disabilities a voice beyond words."*  
Sally, Music Therapist

*"Elidyr is better than our home! When we visit, we breathe in the love and support he receives."*  
Parent of Coleg Elidyr learner

Coleg Elidyr is currently open for September 2026 admissions. If you know a young person who would benefit from specialist residential further education, get in touch and arrange a visit.

## New year, new career?

As well as creating a fantastic place for people to live and learn, Elidyr Communities Trust is an exceptional place to work. Since July the charity has recruited 31 new members of staff. They've secured a Great Place to Work accreditation and now offer every member of the team a benefits package, including private healthcare.

Elidyr currently has vacancies for people interested in care work. This involves helping people to understand how to carry out simple tasks and become more independent. Every new staff member receives lots of training, particularly around total communication as this is crucial for young adults with learning disabilities to be able to express their wants and needs. Personality is more important than experience, you must be kind and committed to high standards of care.

All roles are currently under a salary view.  
New higher rates of pay from January 2026.

Contact Lisa for more information.



Email - [lisablofield@elidyrct.ac.uk](mailto:lisablofield@elidyrct.ac.uk)  
Phone - 01550 760400  
[www.elidyrct.ac.uk/work-with-us](http://www.elidyrct.ac.uk/work-with-us)



02/27(12)





# LLUEST

## ‘TAILS’ FROM THE TRUST..... EIGHT LIVES SAVED BEFORE CHRISTMAS



*Getting ready to go*

*Photo courtesy of The Donkey Sanctuary*

Just days before Christmas, we took part in a complex rescue involving several welfare organisations, which resulted in eight equines coming into our care. Following the death of their owner, six mules, a Shetland stallion and a pony mare, all completely unhandled, had been left roaming over 250 acres of exposed hillside with very little shelter during severe winter storms. In the lead-up to rescue day, we worked alongside The Donkey Sanctuary staff to closely monitor the group, ensuring their welfare remained stable while the necessary rescue logistics were put in place. Specialist penning was essential for the operation to be carried out safely. We are incredibly grateful to World Horse Welfare for lending additional pens, which, together with those supplied by the Mare and Foal Sanctuary, made it possible to contain and load the mules and ponies securely. Thanks to the combined efforts of Redwings, The Donkey Sanctuary, Mare and Foal Sanctuary, World Horse Welfare and our own team all eight equines were transported safely to Lluest Horse and Pony Trust at Beili Bedw Farm, Llangadog.

Once on site we wasted no time in naming them after our favourite Harry Potter characters: Harry, Ron, Hermione, Hedwig, Myrtle, Hagrid, Fleur and Dobby. Poor Hermione arrived with severely overgrown and twisted hooves and required a carefully planned first trim undertaken by our experienced farrier, Gareth Thomas. Although this was a positive first step, she will almost certainly need sedation for her next trim while we continue building a safe, trusting relationship with her.



*Hermione's hoof on arrival*



*After Gareth the farrier worked his magic!*



## Marvellous Mules!



*Cheeky Ron already best friends with Rhian*

Mules are the hybrid offspring of a male donkey (jack) and a female horse or pony (mare) and are almost always sterile due to the difference in chromosomes between the two species. They inherit the donkey's intelligence and strong self-preservation, along with the horse's strength and curiosity. As the saying goes: "Ask a horse, tell a donkey... negotiate with a mule." Although generally hardy, mules still require proper shelter and calm, consistent handling to feel safe and to thrive—both of which they had been without for some time. All eight are now quietly settled at Lluest and appear relieved to finally have shelter, ample hay, clean water, and calm, appropriate care.

Amongst the group are cheeky, confident Ron and bonded pair Dobby and Fleur who are currently living in a separate area from the other six new rescues. They clearly take confidence from one another and have settled in nicely together. Both are friendly, gentle souls, but cute little Dobby is the most people-oriented of the entire group. During our initial welfare checks, he went well out of his way to run over and say hello — and has continued to charm everyone since. Pretty pony Fleur is calm and confident in her own way. She's happy to accept a scratch on her withers and will step forward to take treats without hesitation. Because of their confidence and willingness to engage with people, we're hopeful these two will progress more quickly with training and rehabilitation, helping prepare them for future homes.

We are also delighted to be supported in this rehabilitative work by The Donkey Sanctuary's behaviour specialists Ben and Katana who will be helping us with assessments and individual training plans. They have already been on site to start work with Dobby and Fleur. Although friendly, both equines are unhandled, which means that even routine care such as hoof trims or being held for the farrier and vet can currently be stressful



*Dobby & Fleur enjoying life at Lluest*

for them. When trained correctly though, in ways they understand and appreciate, they work willingly. However, a negative experience, even an unintentional one can have a lasting impact, making future care and training more challenging. Their psychological wellbeing is just as important as their physical. This work is about building trust and confidence at their pace, so they're better prepared for the care they'll need throughout their lives

The arrival of the whole group has brought the number of equines in our care to 27, above our intended capacity but when welfare is at risk, especially during the winter months, turning animals away is simply not an option. We are immensely grateful to everyone in our support community who has already donated time, resources, and expertise to help us take in this very special group of equines. If you're able to help further, your support, whether through a donation or by volunteering your time makes a real and immediate difference. Full details on how to support our care can be found on our website: [www.lluesthorseandponytrust.co.uk](http://www.lluesthorseandponytrust.co.uk)

Diolch | Thank you





## LLANDOVERY TOWN TENNIS CLUB

We have good news. The We Do Tennis coach, Rebecca Tennant, will be starting coaching on Tuesdays in late-April for 4 weeks. She will have sessions for all ages. More details will follow.

We also have a Doubles Master Class booked with Mike Barton on the evening of 25 June.

Things to look forward to: a trip to Port Talbot to try Padel, a friendly match at Aberaeron, Tea on the Towy and our first tournament in the spring.

Some adults are playing throughout the winter on Wednesdays and Saturdays at 10:45am. Do come and join us.

For more information,  
click here:



## FRIENDS OF CÔR MEIBION LLANYMDDYFRI MONTHLY LOTTERY DRAW RESULTS

**October to December 2025**

**October 2025**

1st Anna Rees  
2nd Nicola Watson  
2nd Harri Morgan  
3rd Ann Arthur  
3rd Linda Williams  
3rd Matthew and Rhian Hammond

**November 2025**

1st Einly Williams  
2nd Elinor Richards  
2nd Helen Worthington  
3rd Katie Jones  
3rd Noel Williams  
3rd Betty Nichols

**December 2025**

1st Julie Harries  
2nd Olivia Robins  
2nd Rhodri Davies  
3rd Gethin Lloyd  
3rd Keri Hughes  
3rd Deio Dyer

**Christmas draws 2025**

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Kate Morgan  
Joanne Loveday

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0126(12)

# SOW THE WIND AND REAP THE WHIRLWIND

The little village of Kinlochleven nestles in a hollow, with the backdrop of the Highland Mountains. Although not as well-known as its near neighbour, Glencoe, Kinlochleven has a claim to fame. It was the first settlement in the whole of the United Kingdom to have electricity in every home. The then laird installed a hydroelectric system to supply electricity for the aluminium works in the village. The factory provided employment for the locals. The bonus was that the electricity produced was supplied free to each home. Until electricity was nationalised.

Closer to home, villages like Drefach Felindre in Carmarthenshire used waterwheels to supply energy for the power looms used for converting wool into cloth. The woollen industry provided employment for locals. Although it declined in the 1920s, waterwheels could still have functioned for other purposes if water hadn't been nationalised.

Water and electricity are no longer owned by the nation for the nation's benefit. They are privately owned, with shareholders and investors.

Today's political go-to is wind and solar power in rural areas. It doesn't even devolve from direct local benefit, but starts from foreign sources, who stand to reap the

dividends from establishing industrial scale windfarms, pylon lines and battery storage units. Understandably, those who would be most closely affected by these proposals (about 70 schemes in Wales at present) are, to say the least, very concerned.

So, the hustings organised by CPRW in Llandovery last November was very well-attended. Representatives of Plaid Cymru, Labour, Conservatives, Reform, Gwlad and the Heritage Party answered questions from the floor. I think it's fair to say that most of us in the audience were most impressed by Gwlad and the Heritage Party speakers and, in fact, they were the only two with manifestos prepared. Anyway, decisions about voting strategies in May are up to every individual.

But if you are concerned about the UK and Welsh Governments' plans for industrialising our beautiful countryside, please join us in the mass protest at the Senedd Wednesday 11th February from 12 noon. There are several campaign groups in Wales, many of them on Facebook, but for further details, please contact:

Clare Vaux [clarevaux@aol.com](mailto:clarevaux@aol.com)

Please join us in Cardiff.

'They sow the wind and reap the whirlwind. The stalk has no head; it will produce no flour. Were it to yield grain, foreigners would swallow it up.' Because wind power and solar aren't even nationalised; they're international. Qui bono?

Mari Mitchell

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# LLANDOVERY ROTARY CLUB



We trust you all enjoyed a wonderful Christmas and you are already into the New Year raring to go! As this is the latest report written since 18th of November, Christmas now seems so, so far away. The Christmas trees have gone, the decorations are down and we are now well into 2026. For some a fresh start completely, maybe a new gym membership, a promise to exercise more, or eat more healthily perhaps, but for others more of the same. For some Christmas can be a very lonely time. For us we begin the new year still shaken by the loss of Rachel, such a very sad loss to us and the community.

So, into 2026 we go .....

Rosie has requested leave of absence due to an extremely heavy workload and to continue her studies. Meantime, this of course means we are looking for a Secretary to replace her. Not an easy task is that! We wish you well Rosie.

We received a request for funding from the Llandoverly Parks Committee – Parks Life, for equipment for the children's playground at the Castle car park. This was received sometime ago but we needed clarification on some of the items. This we have now received and a healthy donation has been forwarded for the upgrade and maintenance to the Castle playground for the youngsters to enjoy. Those of us who grew up in Llandoverly well remember the enjoyment we got from these town playgrounds.

Back in December before Christmas we were indeed honoured to have Dr Rees as a speaker. Dr Rees has given truly outstanding service to this community and has recently, rather reluctantly, chosen to retire. His address to us covered his time since coming to Llandoverly and his experiences in the Surgery and the hospital. Llandoverly Hospital is very close to Dr Rees's heart and he has dedicated much time and effort into ensuring that the hospital stays open while many other small hospitals have been closed by the health board. Dr. Rees's mantra is very similar to our own in Rotary which is of course, 'Service Above Self'. We in Rotary, as indeed are the whole community, hugely grateful to Dr Rees for his



*Two extra large hampers were given to the Blaenys and Grange Care Homes. The Mayor Huw Thomas and Mayoress Lisa came along too.*

massive contribution to our health and well being. Dr Rees, we sincerely thank you and salute you.

Present at this talk was Colin Newman who presented us with a donation from the Trail Riders Association. We are extremely grateful to Bob Perrin and the members of the Trail Riders for yet another generous donation to our funds.

Colin also handed over a donation to the League of Friends, Llandoverly Hospital. Generous people these Trail Riders! Sincere thanks to you all.

This talk set us up nicely for our next mission in the community, which was the distribution of hampers. This is one of the most enjoyable duties that we undertake and most of us were able to gather on a Sunday morning to distribute these beautiful hampers. Much work had been done by Gina to purchase and make up the hampers and in fairness they really did look wonderful. As we have been doing this for very many years, it is a great pleasure to knock on the doors and often enter with the hampers and lay them on the kitchen table for the grateful recipients. We have received many messages and letters of grateful thanks which is lovely but not at all necessary. Job done, we all gathered in the Whitehall for a lovely Sunday lunch together with our partners.

It is pertinent to say at this point that the dinners and meals out that you read about us having are all paid for by ourselves and nothing at all is taken from the pot for distribution to good causes in the community. Incidentally, we have funds available for local good causes and we are waiting and desirous of you coming forward with a request for funding towards your good cause. Come and get it!

The Black Ox Explorer Unit is based here in Llandoverly at the Scout hut consisting of 15 members aged between 14 and 18. Kevin Pritchard explained



*We gathered on a Sunday morning to deliver the hampers that Gina had prepared beautifully. Gina took the photo!*



*Colin Newman presented cheques on behalf of the Trail Riders to the Rotary Club and the League of Friends, Llandovery Hospital. Dr Rees our wonderful speaker was present to see the presentations.*

that they are planning to attend a Unit expedition to the International Scout Activity Camp in Kandersteg, Switzerland. This would help to achieve aspects of the Duke of Edinburgh Award scheme which they are hoping to complete. They asked if we would consider contributing to the cost of travel to enable this expedition to go ahead. We did consider it and decided that we would be pleased to support them. A donation was sent.

It now seems so long ago but necessary to mention that our rotary Santa runs were once again a huge success even though we had to cancel two visits due to the horrendous



*President Gareth thanked the former Chief Superintendent John Daniels following his wonderful talk.*

weather. Our sincere thanks go to Brian for his continued support and his excellence as our resident Father X.

Late in the month, we had another speaker. This time it was someone who was a policeman here in the 1970s. He went on to become Chief Superintendent of the Dyfed Powys police force. Some of you may remember John Daniels and he recalled many humorous escapades during his time here when he met some of the local characters fairly frequently. There were a few hiding under the table hoping John would not recognise them! Fair play to John, he didn't show that he recognised them! He was seen on television recently when smashing a multi million pound drugs operation at Seal Bay in Newport Pembrokeshire. John had previously visited us as a trustee of Prostate Cymru and is a staunch supporter of the Scarlets. During his time here he played for the Drovers. Thank you John, it was great to see you again and your talk was very well received by all.

We received a request for funding from the Llandovery Town Football Club for support towards purchasing much needed equipment. The Football Club has a fast growing membership and many youngsters join from the age of six onwards. Nicky, Aled and others do so much for these youngsters and it is very much appreciated by parents and by us. We were delighted to hand over a healthy donation towards the essential equipment required. Uppa Doverly.

At the time of going to press, we are looking forward to our Winter dinner in Llangammarch Wells. This was previously known as our Christmas dinner but has now been put forward to January. We are expecting another very busy year attending many local events be it marshalling or otherwise. Some of us are helping to organise the Centenary of our wonderful Llandovery Hospital. Yes, our hospital has been serving this community for 100 years and it is really something to celebrate. And we will, big time. It will begin with a Grand Black Tie Dinner for around 300 people at the Green Grove Barns with world renowned referee Nigel Owens as the guest speaker. We know you will celebrate this fantastic facility along with us as it is where many of us were born!

And yes, there will be the much anticipated Droverfest this year too. Yahooho. More details next month.

See you all then, Derek.

02/26(12)



## Davies Tree Services

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AMGUEDDFA LLANYMDDYFRI  
a Phorth Ymwelwyr

LLANDOVERY MUSEUM  
& Visitor Gateway

## MUSEUM NOTES

Although Llandovery Museum is closed for a winter break, there is still much going on behind the scenes. Volunteers are busily engaged in various activities to ensure that visitors will have the best possible experience when *Y Gannwyll* reopens during Easter.

Meanwhile, we would like to share a few interesting snippets of local history with you.

### BONAPARTE'S VISIT TO LLANDOVERY



*Prince Louis Lucien Bonaparte  
(1813-1891)*

Forty years after the Battle of Waterloo, there was nervous anticipation in Llandovery when people lined the streets to greet Napoleon Bonaparte's nephew, Prince Louis Lucien Bonaparte. Although he bore the family name of the man who had once been the most hated and feared person in Europe, he was no warmonger.

He was on a tour of Wales to enhance his reputation as an expert on languages and dialects by recording the various Welsh-language dialects. On his arrival in Llandovery on 28 September 1855, he was unable to resist the temptation of a bookseller's shop, where he bought a copy of the latest Welsh Grammar together with other books of Welsh interest. He also expressed interest in a stuffed white owl which was exhibited among the books.

The bird was immediately presented to him by the bookseller who informed him that it had once stood in the dining hall of the Gwynne family at Glanbrân, Cyngordy.

### CYNGHORDY BRICKWORKS

The demolition of a 160-foot-high chimney on the outskirts of Cyngordy in 1978 marked the end of a long tradition of brickmaking in the area.

The bricks were loaded by women onto trollies to be taken to the kilns because a woman was deemed to have a gentler touch than a man and was less liable to leave fingerprints on the bricks.

The twenty kilns were operational round the clock and workers would receive a bonus if they produced 95,000 bricks per week. They were used mainly to build sewers

and were also in great demand in steel plants where they could support the weight of massive cranes. About half of the production went to London. Even the largest lorries could only carry 6,000 Cyngordy bricks because of their weight (21 tons), but 12,000 lighter London bricks were loaded for distribution on the return journey.

### A POSTCARD'S TALE



This postcard depicting a yeomanry camp on the banks of the River Brân at Llandovery in 1904, was taken by a local photographer, H.F. Dann. In the years prior to World War I, yeomen were a familiar sight in Llandovery. In between manoeuvres, many would travel on horseback to Twm Siôn Cati's cave in the hills above Rhandir-mwyn, where they used bayonets to carve their names in the rock.

When more than a thousand Glamorgan and Pembroke Yeomen and their horses, arrived in Llandovery by special trains at the end of May 1904, hundreds of people and Union Jack banners lined the streets to welcome them. A few banners were also waved by members of the Temperance Movement, who urged the soldiers not to frequent the town's numerous hosteleries.

According to a report in the Carmarthen Journal, "The troopers looked very smart and fit in their attractive uniforms. Already we fancy they have found a warm spot in the hearts of eligible ladies."

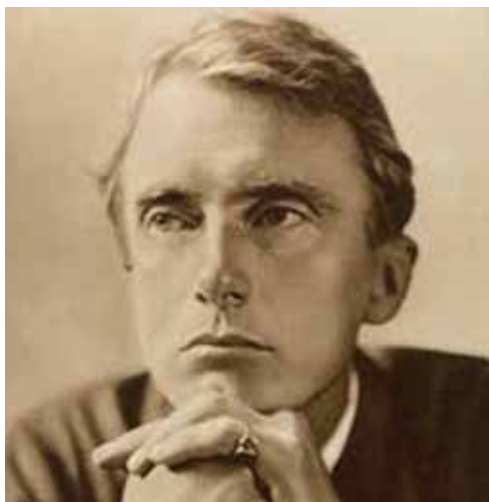
### THE LURE OF LLYN-Y-FAN FACH FOR A LEADING POET

Edward Thomas (1878-1917), now considered to be one of the most important poets of his generation, was irrepressibly charmed by the Black Mountain and its environs. One of his favourite haunts was Llyn-y-fan Fach, "the lonely, deep gentle lake", where, in his mind's eye the beautiful lady still emerged from the chilly waters.

Recounting one visit in high summer, he wrote: "And even as I walked, the whole of time was but a quiet, sculptured corridor, without a voice, except when the tall grasses bowed and powdered the nettles with seed at my feet ... Then, after some miles up a hot and silent hill, I came to the lake under the chin of a high summit, and it was cool."

Although he was born in London, Thomas's parents were Welsh. He gave his own children Welsh names and sang Welsh songs to them.





*Edward Thomas (1878-1917)*

## DUGOEDYDD AND ONE OF BRITAIN'S RICHEST MEN

If ever you visit Reading University and climb to the fifth floor of the main library, you will see a room containing over 10,000 books which were once owned by a man who had family connections with Blaenau Tywi.

Although Samuel Jones Lloyd (Baron Overstone, 1796 – 1883), is largely forgotten nowadays, he was one of the richest and most influential men of the 19th century. His advice was constantly sought by the Cabinet and the Bank of England, of which he was a director for over 50 years.

He was also an avid book collector; his valuable collection was presented to Reading University by his daughter, Lady Wantage, in 1920. Although born in London, his forefathers were Carmarthenshire farmers. The earliest known forebear was Thomas Lloyd of Dugoedydd, Cil-y-cwm, who died aged 83 and was buried at Cil-y-cwm in March 1735.

## OUR OWN BREED OF SHEEP

Did you know that Blaenau Tywi can boast its own breed of sheep? Known as 'Balwen', the animals were once confined to the catchment area of the river Tywi north of Rhandir-mwyn. In recent years, however, the breed has become extremely popular and flocks are to be found in several parts of Britain. The Balwen Welsh Mountain Sheep Society was formed on 21 February 1985 at the Glanbrân Arms, Cynghordy.

## TEETH GUARANTEED

Many years ago, a preacher in Blaenau Tywi warned his congregation that there would be weeping, wailing and gnashing of teeth among the wicked when they passed on to the next world.

After the service, he was approached by an old farmer who enquired: "What about those of us who haven't any teeth?"

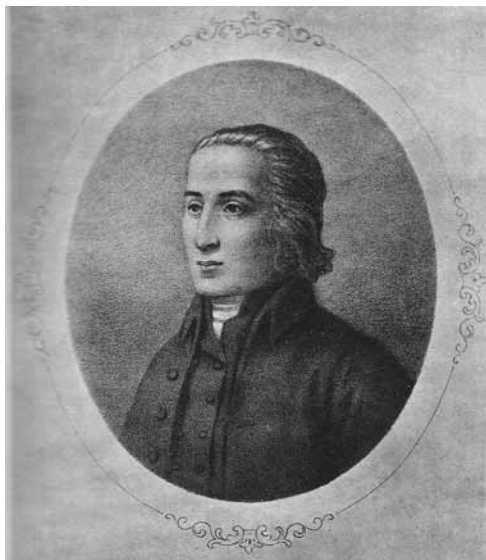
"Teeth will be provided," was the immediate reply.



*Balwen Welsh Mountain Sheep*

## PANTYCELYN'S PRIORITY

On a visit to Cardiganshire, William Williams Pantycelyn's horse died during the night in the stable of the inn where he was staying. The following morning the ostler, fearing the hymn writer's wrath, broke the news gently, with the words: "I'm afraid your horse has gone to eternity." Pantycelyn's immediate riposte was: "I only hope he's left the bridle and saddle behind."



*Llandovery Museum and Visitor Gateway will reopen at Easter 2026. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.*

# A TALK ABOUT THE HISTORY OF ST TEILO GOSPELS

St. Teilo's Church, Llandeilo.

Thursday 26 February, 7.00pm



Professor David Thorne will present a talk on the history and significance of the St Teilo Gospels. The event will celebrate the deep historical roots of this beautiful 8th Century illuminated biblical book, which contains one of the earliest examples of written Welsh language.

Hosted by Llandeilo Literature Festival as part of The Two Saints Festival.



The talk will be delivered in Welsh, with simultaneous translation available. A warming cawl supper is included in the ticket price, with cakes and drinks available on the night.

Tickets: £10 at the door.

## LLANDOVERY REPAIR CAFE

Christmas presents broken already? I hope not, but if they are bring them along to the Repair Cafe at Pethau Pawb, 5 Stone Street on February 14th, between 11am and 2pm. We have all had a good rest over Christmas and New Year and are now keen to get repairing again, so bring us all your broken items – we can repair electrical items, textiles, toys, small wooden items and lots more

Please note that for February only the Repair Cafe will be held on the second Saturday, after that we will be back on the first Saturday of each month



Yn /At Pethau Pawb, Llanymddyfri

**Dydd Sadwrn cyntaf pob mis**  
**First Saturday of every month**

**Sesiwn nesaf**  
**Dydd Sadwrn 14th Chwefror 2026**  
**11yb - 2yp**

Dewch d'och estem wedi torri ar y diwedd a bydd y tîm yn ei thrwsio os gallant. Dim tâl - croeso i roddion

**Next session**  
**Saturday 14th February 2026**  
**11am to 2pm**

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

## IEUAN JONES

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# ROYAL WELSH WINTER FAIR CELEBRATES EXCELLENCE IN FOOD AND FARMING

Thousands of visitors flocked to the Royal Welsh Winter Fair for two days of celebration, competition and festive atmosphere. The annual event was held at the showground in Llanelwedd, Builth Wells on Monday 24th and Tuesday 25th November.

First staged in 1990 and originally just a modest one-day event, the Winter Fair has become one of the most popular attractions in the British agricultural calendar. The Fair continues to maintain its position as one of the finest primestock shows in the UK, this year attracting nearly 700 exhibitors from across the UK.

The 2025 Winter Fair was officially opened by father and son duo, Ieuan and Sion Edwards of the esteemed Edwards of Conwy butchery family on Monday morning. A fitting choice within this year's educational theme of 'Our Food / Ein Bwyd'.

In his opening speech, master butcher Ieuan Edwards welcomed visitors and reflected on the Winter Fair's importance in the industry. Speaking candidly about the challenges and opportunities facing food production, he highlighted the crucial role of farmers in feeding a growing global population. He noted the pressures facing the industry but also its remarkable resilience, emphasising the importance of creating an environment where farmers can produce high-quality, sustainable and affordable food.

Ieuan also shared how deeply the Royal Welsh has shaped his professional and personal journey, recalling highlights such as winning the Sir Bryner Jones Award in 2013 and decades of involvement at the Fair.

Ieuan's son, Sion Edwards continued the address with an optimistic view of the industry's future. He also acknowledged the changing landscape of food production, emphasising the importance of ensuring the next generation can thrive.

"To meet the challenges ahead, our industry must be economically viable and function in an efficient and sustainable manner. The future will look different, but the importance of what we do remains the same," said Sion.

Reflecting on the joy that food can bring and the pleasure it provides around the table, Sion quoted the writer and Harvard University professor, Michael Pollan: "Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well."

During the official opening, the ceremony also celebrated notable achievements within the agricultural community. Susan Jones, Honorary Assistant Director for Publicity, Press and Awards, announced the winners of several prestigious awards, presented by John Owen, the 2025 President for Caernarfonshire:

John Gittins Memorial Award 2025 – Kevin Parry, Brecknock.

Oxford Farming Conference Bursary 2026 – Eiry Williams, Ceredigion.

RWAS Nuffield Farming Scholarship 2025 – Tudor Roderick NSch, Brecknock.

The inaugural Dai Jones Llanilar Memorial Award was presented to Elen Gwen Williams from Anglesey. Elen is the first person to receive this special award and will now have the exciting opportunity to develop an original idea for broadcast on S4C.

## Education and policy

Education once again played a central role at this year's Fair, with over 2,000 schoolchildren and students attending across the two days, making the most of free entry for organised primary and secondary school visits, along with reduced rates for further and higher education groups.

This year's educational theme, Ein Bwyd / Our Food, provided a dynamic learning experience. Year 6 workshops delivered by food wholesaler Castell Howell, broadcaster Myfanwy Alexander, and The Big Science Project helped deepen pupils' understanding of where their food comes from and how it is produced, with live cooking demonstrations and interactive sessions bringing the message to life.

Rhys Jones, founder of Cattle Strength Gym in Lampeter, presented certificates to participating schools and spoke about the importance of healthy eating and exercising. A former rugby professional, Rhys established his farm-based gym in 2015 following a family loss and has since combined his passion for fitness and farming to raise awareness of mental health in agriculture.

The two-day event is an important platform for policy discussion and debate, with Ministers from both the Welsh and UK Governments in attendance, together with representatives from the German and Irish Embassies, helping to put the event on the international map.

The Society is proud that the Winter Fair has once again played a role in facilitating discussions between highly influential individuals and organisations that affect the future of Welsh agriculture and the rural economy. This included events such as Hybu Cig Cymru (HCC) breakfast featuring an address by Deputy First Minister and Cabinet Secretary for Climate Change and Rural Affairs, Huw Irranca-Davies MS.

## Livestock and Equine

Livestock competitions remained at the heart of the event, with excellent support from exhibitors. There were record numbers in the pig section, the second-highest number of lamb carcass entries, and sheep classes at full capacity.

The Supreme Cattle Champion - one of the most prestigious accolades of the Winter Fair - was awarded to 'Glangdwen Velvet', a Pedigree Limousin heifer weighing 598kg, bred by CL & FE Jerman and exhibited by Edwards Brothers of Denbighshire. The impressive animal sold for a whopping £27,000 at Tuesday's auction, setting a new record price for the event.

The Sheep Supreme Champion went to a superb pair of Dutch Texel lambs, both bred and exhibited by Tirion Griffiths of Corwen, Denbighshire.

The Pig Supreme Champion (Single) title was awarded to a Welsh x Pietrain bacon pig exhibited by Teulu Jenkins of Newcastle Emlyn, Ceredigion. In the pairs

section, the Pig Supreme Champion Pair was claimed by Mark Horsley from East Yorkshire with his outstanding Pietrain-cross bacon pigs.

The Supreme Horse Champion title was awarded to 'Llanmorlais Buster', a Section D yearling colt exhibited by Mark Swistun of Swansea. The Welsh Horse Champion went to another impressive yearling colt, this time a Section B exhibited by Josh Hampson of West Yorkshire and owned by Alison Wright.

Building on the hugely popular Heavy Horse Village first introduced by Caernarfon's Ambassador Rhys Griffith at the 2025 Royal Welsh Show, a dedicated area in the Farriery Pavilion showcased magnificent Heavy Horses alongside the nearby Hound Show, with visitors enjoying live farriery demonstrations and displays.

### **Festivities and shopping**

Elsewhere on the showground, the winner of the Best Overall Trade Stand Award went to Shearwell Data based in the Livestock Building, for their engaging and informative stand.

This year saw over 370 trade stands, along with more than 80 additional stands in the Food Hall and street food area, where guests were able to sample a wide range of produce from across Wales. The Best Food Hall Trade Stand went to Mountainview Ice Cream of Carmarthenshire, recognised for its premium artisan ice cream made using locally sourced dairy and rich flavours.

After the success of last year's Winter Fair, the Gwledd | Feast Welsh food and drink village offered a vibrant mix of live entertainment and delicious Welsh street food. Performances included the Welsh Whisperer, Parti Camddwr and 50 Shêds o Santa Clos, as well as local schools and choirs.

The popular late-night shopping on Monday evening also returned, drawing thousands who enjoyed the festive atmosphere, Christmas shopping and a spectacular firework display set to music.

The success of the event is owed not only to the hard working and determined committee, but also to the loyalty of the exhibitors, traders, volunteers, and stewards. Our events would not take place without the support of our sponsors, and we thank our headline sponsors, Welsh Government, HSBC and Dunbia, along with all the sponsors for helping to support the Winter Fair.

Honorary Winter Fair Director, William Hanks was delighted with the success of the event:

"We've been thrilled to welcome such high visitor numbers to this year's Winter Fair, which once again delivered a wonderful festive atmosphere across the whole showground. From exceptional live music and outstanding food and drink to the superb standard of entries across all sections, the event truly showcased the very best of Welsh agriculture and rural life.

We are deeply grateful for the hard work and dedication of our volunteers, stewards, traders, sponsors and, of course, the visitors who make this event possible. The Society is immensely proud of what has been achieved this year, and we are committed to building on this success to make next year's Winter Fair even better."

*A summary of top results...*

### **Cattle Supreme Champion**

'Glangdwen Velvet', a Pedigree Limousin Heifer weighing 598kg, bred by CL & FE Jerman and exhibited by Edwards Brothers, Corwen, Denbighshire. Sold for £27,000 to K Jones, Brechfa.

### **Baby Beef Supreme Champion**

'Pretty Little Thing' A Continental Heifer weighing 318kg, bred and exhibited by D E & SJ Cheacker, Gloucester. Sold for £4,400 to R Whitfield, Bold.

### **Pig Supreme Champion Single**

Welsh X Peittrain - Single bacon pig, weighing 90.5kg, exhibited by Teulu Jenkins, Newcastle Emlyn, Ceredigion. Sold for £550 to Cigydd Sion Jones Butchers, Ceredigion.

### **Pig Supreme Champion Pair**

A pair of Peittrain X bacon pigs, weighing 86kg and 88.5kg, exhibited by Mark Horsley, East Yorkshire. Sold for £420 each to Manisold Valley Meat Ltd, Leek.

### **Carcass Supreme Champion Single**

A Beltex, bred by Ben Moralee and exhibited by Swinnerton & Hamlett, Shropshire. Sold for £1600.

### **Carcass Supreme Champion Pair**

A pair of Beltex x lambs, bred and exhibited by TG & EA Jones, Lampeter. Sold for £900 each to JW Simmons & Son, Lydney, Gloucestershire.

### **Champion Single Carcass bred in Wales**

A Beltex X, bred and exhibited by Gareth Jones, Lampeter. Sold for £3,000 to the White Hart, Llandeilo.

### **Champion Pair of Carcasses bred in Wales**

A pair of Beltex x lambs, bred and exhibited by TG & EA Jones, Lampeter. Sold for £400/each.

### **Sheep Supreme Champion**

A pair of Dutch Texel lambs, bred and exhibited by Tiron Griffiths, Corwen, Denbighshire. Sold for £1500/head to the White Hart, Llandeilo.

### **Overall Meat Hamper Champion**

A 'Showcase of Welsh Meat', exhibited by Wild Welsh Meat T/A Izzy's Butchers, Powys. Sold for £340.

### **Dressed Poultry**

A turkey, weighing 16.5lb, exhibited by Russel Gibbons, Ceredigion. Sold for £450 to D Roberts, Ammanford.

### **Bacon, Burger & Sausage**

Sausages, exhibited by Morgan's Family Butchers, Builth Wells.

### **Beef Rib**

From a Heifer, exhibited by GCSE Butchers, Powys. Sold for £180.

### **Welsh Horse Champion**

'Thistledown Red Bull', a Section B Yearling Colt, exhibited by Josh Hampson, West Yorkshire. Owner, Alison Wright.

### **Supreme Horse Champion**

'Llanmorlais Buster', a Section D Yearling Colt, owned and exhibited by Mark Swistun, Swansea.

A full list of results and winners will be available on the RWAS App and website shortly.



## POWYS NATIONAL GARDEN SCHEME NEWS

We are sad to learn of the death of Dame Shân Legge-Bourke. Her home at Penmyarth House, Glanusk Estate near Crickhowell opened for the National Garden Scheme in 1952, until 2022; raising money for some of the UK's best-loved nursing and health charities through admissions, teas, cake and Estate Fayre. We send our condolences to the family.

Welcome to 2026 and a fabulous new year of great gardens to visit with the National Garden Scheme. Powys has 59 garden openings comprising 33 stand alone (five are new garden openings) and 26 in four village openings. Two of these villages are opening for the first time and two are returning after a gap last year with some new gardens.

After the dark days of winter spending time in a garden is proven to significantly improve wellbeing. Visitors feel more relaxed, happy, excited in the gardens and, not surprisingly, the more time visitors spend in winter gardens, the higher their wellbeing. With 175 gardens, nationally, set to open from January to March the National Garden Scheme is well placed to offer that wonderful early wellbeing boost see [findagarden.ngs.org.uk](https://findagarden.ngs.org.uk) or pre order a garden visitors handbook [ngs.org.uk/product/pre-order-the-garden-visitors-handbook-2026](https://ngs.org.uk/product/pre-order-the-garden-visitors-handbook-2026)

We are looking for Powys gardens to open, especially in the spring. 2027 will be the centenary of The National Garden Scheme. We, and the head office team, are making plans for this milestone. Originally set up in 1927 to support district nurses, the National Garden Scheme has donated over £74 million to some of the UK's best loved nursing, health and gardening charities. It would be lovely to find 100 Powys gardens to open for us in 2027. Have you considered opening your garden and not been too sure about it? Perhaps there are two or three garden owners nearby who would like to open to make a community event. Interested? To arrange a visit and talk through the process, visit [ngs.org.uk/get-involved/open-your-garden](https://ngs.org.uk/get-involved/open-your-garden) or email [alison.kemp@ngs.org.uk](mailto:alison.kemp@ngs.org.uk)

We look forward to welcoming you into our gardens in 2026. Sign up to read about gardens, events and activities throughout the year at [ngs.org.uk](https://ngs.org.uk) and for Powys events email [simon.quin@ngs.org.uk](mailto:simon.quin@ngs.org.uk)

## Lighting of the Christmas Tree

On Wednesday 3rd December 2025 the community of Llanwrda gathered at Bridgend Garage for the lighting of the Christmas Tree. Proceedings were led by our vicar the Rev. Dr. Mark Rowlands and Llandovery Male Voice Choir sang carols accompanied by Megan and Rhys Cook on their violins and by the community to whom we sincerely thank. Thanks also goes to the Llandovery Rotary Club for helping Father Christmas. People are still talking about the evening and how they thoroughly enjoyed it, in spite of the weather.

Our thanks go to Richard and Margaret for providing the venue, Eurig Evans, Bobby Chodecki and Roger Jones for erecting the tree, for the handling equipment that came from the Penlan family and Ian Povey for providing the tables.

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

Thanks to all the locals for attending and providing refreshments.

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

Date for your Diary – Wednesday 2nd December 2026 at 6.30 p.m.

Wishing you all a healthy and happy 2026.

## TOWY & COTHI HUNT 250 CLUB

### Christmas draw held on the 9th Dec 25 at the White Hall

£15.00	Will Gough, Llanfair House
£15.00	Sara James, Glynepentant Pentretygwyn
£15.00	Glenda Richards, Bwlchyffin, Llanwrda
£15.00	W Jones, Llawdre, Llanwrtyd Wells
£10.00	Jill Thomas, Devaar, Llangadog
£10.00	Meirion Thomas, Devaar, Llangadog
£10.00	Rachel Plunket, Rhiwyrhwch, Silo
£10.00	Joe Babs, Gellywen, Cilycwm
£5.00	Alun Davies, Cefnhirfryn, Cyngordy
£5.00	D Price Jones, Gerynant, Rhandirmwyn

House Prize: Lyn Morgans, Cwmto Fawr

Next Draw:

JANUARY 15th 2026 at the Rygbi Club





# READERS' SALES & WANTS

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

## FOR SALE

- **Seasoned firewood** (mostly ash) available in Manordeilo in various forms. Lengths for cross cutting, cut rounds for splitting or cut and split logs. Contact: clairemansellewis@icloud.com or 07773 474048. We can also deliver. Prices to be negotiated.
- **Box of old books:** Little Grey Rabbit by Alison Uttley, early copies; Mary Webb, Enid Blyton, R L Stevenson, E M Forster, George Eliot and The Wonder Encyclopaedia for Children. All hardback. £35 o.n.o. Tel: 07572 168275 or 07352 167899.
- **Black & Decker Electric Hedge Cutter**, 20" blade, £15. Tel: 01558 685106.
- **Quick On gas adapters**, 20mm x2 and 21mm x 1, £5 each or 3 for £10. Tel: 01558 685106.
- **Citroen Hilo Romahome 2011**, low mileage, excellent condition, well maintained and serviced. Tel: 07770 659626.
- **Raised wicker dog basket**, 3'4" x 2'4" on legs with solid base, lowered entrance and fleece liner, £65, buyer collects. Tel: 01874 638090.
- **Spare wheel** for VW Polo Kinergy, new tire 165/70/14. Tel: 07989 028414.
- **Teak Dressing Table**, 49" long with long mirror and four drawers, V.G.C., £40 ono. Tel: 07729 946179.
- **Swallow orbital sander**, £10. Tel: 07774 004295.
- **Aero travel inflatable double air bed**, £10. Tel: 07774 004295.
- **Breakfront 6ft Sideboard** with four cupboards and four drawers, £30 for quick sale. Perfect condition. Tel: 07774 004295.
- **Butchers block**, one metre by half metre. Half marble slab, two drawers under two wheels for easy moving, £20. Tel: 07774 004295.
- **Logic fridge freezer**, 1.6 Metres high, three top shelves, four freezer drawers, £50 or near offer, 2 Years old. Tel: 07774 004295.
- **Logic washing machine**, £50, 2 years old. Tel: 07774 004295.
- **Logic dish washer**, £50, 2 years old. Tel: 07774 004295.
- **Bed linen for double and single beds** including duvet covers and pillow cases and pillows, £50. Tel: 07774 004295.

- **5 Shelf oak bookcase**, 2 metre tall by 1.10 metres, £10. Tel: 07774 004295.
- **Pine corner cupboard**, two shelves with two small drawers behind panelled door, £40. Tel: 07774 004295.
- **Gilded upholstered large armed chair**, £30. Tel: 07774 004295.
- **Careco swivel bath seat**, £30. Tel: 07774 004295.
- **Quantity of white assorted towels**, perfect condition, £30. Tel: 07774 004295.
- **Put you-up sofa bed**, 4ft 6ins, beige, very good condition, £80 or near offer. Tel: 07774 004295.
- **Cream lamp standard and shade**, £25 or near offer. Tel: 07774 004295.
- **2 India rafia prayer stools**, £20. Tel: 07774 004295.
- **Pine desk** with two drawers, £40. Tel: 07774 004295.
- **Black swivel office chair**, £15. Tel: 07774 004295.
- **Tractor mounted McConnell saw bench** complete with shaft and belt, good working order, £450. Tel: 01550 777170.

## WANTED

- **Book Donations.** We thank you so very much for your donations but, since Newton House is closed for renovation and refurbishment during January, February and March, we would appreciate it if you could time your donation arrivals to Mondays (10.00am – 3.00pm) during those months. Alternatively, if you are able, hold on to your books until our Grand Spring Re-opening at the end of March. We would be grateful if you could use your discernment in book quality and then just box/bag everything up and help will always be available to assist you to offload on a Monday. Please ring the office bell beside the gate. Thank you for helping us to maintain Newton House and Dinefwr Park. For walkers, the Park and Takeaway Hut are open all the time for a welcome break. Any queries: Holly Dwyer: 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. ([www.nationaltrust.org.uk/visit/wales/dinefwr](http://www.nationaltrust.org.uk/visit/wales/dinefwr)).
- **Spare wheel** for Vauxhall Corsa Ecoflex 1.0, 185/70/14. Tel: 07989 028414.
- **Flue components** for solid fuel burner, elbows, fittings etc, can be made of any material. Tel: 07591 954980.

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E-English W-Welsh B-Bilingual

## ST. CWRDAF CHURCH, LLANWRDA

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## ST. SADWRN CHURCH, LLANSADWRN

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST. PAUL'S CHURCH, MANORDEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST. MICHAEL'S CHURCH, CILYCWYM

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

## ST CYNWYL'S CHURCH, CAIO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Rev Rik Mayes 01558 685118.

## ST SAWYL, LLANSAWEL

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

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

1 Feb	11.00	Holy Communion
8 Feb	11.00	Holy Communion
15 Feb	11.00	Holy Communion
22 Feb	11.00	Morning Prayer with Joyous Song, Prayer and Poem

Please contact Ann Thomas, Church Warden, for further information on 07788 789195

## ST MICHAELS, MYDDFAI

1 Feb	11.30am	Morning Prayer
8 Feb	11.30am	Eucharist
15 Feb	11.30am	Morning Prayer
22 Feb	11.30am	Eucharist

## ST DINGAT'S, LLANDOVERY

1 Feb	9.30am	Messy Christingle
8 Feb	9.30am	Eucharist
15 Feb	9.30am	Morning Prayer
22 Feb	9.30am	Eucharist

## ST SIMON AND ST JUDE, LLANDEUSANT

8 Feb	2.00pm	Evening Prayer
22 Feb	11.15am	Holy Eucharist
8 Mar	2.00pm	Evening Prayer
22 Mar	11.15am	Holy Eucharist

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

1 Feb	11.00am	Boreol Weddi
15 Feb	11.00am	Ewcharist

## ST. MARY'S CHURCH, CYNGHORDY

8 Feb	2.30pm	Eucharist
22 Feb	2.30pm	Eucharist

## ST CADOG'S CHURCH, LLANGADOG

1 Feb	9.30am	Holy Communion
8 Feb	9.30am	Morning Prayer
	6.00pm	Hwyrol Weddi
15 Feb	9.30am	Holy Communion
18 Feb	6.00pm	Holy Communion with Ashing
22 Feb	9.30am	Morning Prayer

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

## ST. BARNABAS, RHANDIRMWYN

8 Feb	9.30am	Morning Prayer
15 Feb	9.30am	Eucharist
22 Feb	9.30am	Eucharist

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

## ALL SAINTS CHURCH, GWYNFE

1 Feb	11.15am	Holy Communion
8 Feb	11.15am	Morning Prayer
15 Feb	11.15am	Holy Communion
22 Feb		No service

## ST TEILO'S CHURCH, LLANDEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

## ST. JOHN'S, FELINGWYM

2nd Sun	2.00pm	Eucharist
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Services on 5th Sunday are at 10.30am and rotate around the churches.

## ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

## EBENEZER APOSTOLIC CHURCH

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

Contact: E. Gilbert. 01558 685763.

## YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk  
Tel: 01974 261452

## RIVERS COMMUNITY CHURCH

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

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

## LLANFIHANGEL UWCH GWILI

1st Sun	9.00am	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 Lid's.

Contact: Brian Woodall – brwoodall1940@gmail.com

## ST JOHN'S CHURCH, MAESTEILO

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

Margaret James 07771 621538.

## HOLY TRINITY CHURCH, TALARIIS

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

Email: h\_lloyd\_davies@hotmail.com

**ST MICHAEL'S CHURCH/  
EGLWYS LLANFIHANGEL**

Llanfihangel Rhos y Corn, SA32 7RP

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Info Churchwardens Andrew Tait on 07846 310848 and Beryl Edwards 07428 833 278.

Location: What3Words - gain.agent.acids.  
Note the church is open to visitors in daylight hours.

**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

**ST EGWAD, LLANFYNYDD**

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

See church noticeboard for special services

**WILLIAMS PANTYCELYN  
MEMORIAL CHAPEL**

Sunday praise at 11.00am [available also via zoom]

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

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

# Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

## ABERGLASNEY GARDENS REDUCE ENTRY FEE FOR JANUARY & FEBRUARY TO CELEBRATE INTRODUCTION OF NEW WINTER GARDEN

To celebrate the introduction of a newly planted Winter Garden, Aberglasney will reduce its entrance fee to £10 throughout January and February.

January and February are beautiful months to visit Aberglasney as 100s of varieties of daffodils as well as hellebores will be in bloom around the gardens, the snowdrops have started to flower and crocus will be adding an elegant touch of colour to the historical Cloister Garden. Newly planted Daphnes, as well as Sarcococca and Hamamelis (Witch Hazel) also provide delightful, sweet scents.

The newly planted Winter Garden has been funded by money raised by the Director, Helen Scutt, doing guided tours around the gardens. Visitors will soon find a carpet of snowdrops around the newly planted Chimonanthus, Skimmia and Hamamelis. An abundance of beautifully scented Daphnes can also be found in front and behind the Melon House.

Helen Scutt, the Gardens Director, said, "Aberglasney



*The newly planted Winter Garden at Aberglasney.*

has an abundance of winter flowering plants all around the gardens but we lacked a dedicated area that we could concentrate specifically on winter plants. We have planted Chimonanthus and snowdrops and we have moved plants, including a cloud pruned Douglas Fir tree, from other areas of the gardens to build this area up. I hope these displays will inspire visitors to be more adventurous in their own gardens and it is also worth noting that all of these plants are for sale in our shop."

Aberglasney's 10 acres are home to many different garden styles, from an historic Cloister Garden to a productive kitchen garden and the unique Ninfarium – an indoor, sub-tropical, garden. There are many aspects to explore and the gardens change with the seasons to showcase a wealth of flowers and trees. The gardens open from 10.30am until 4pm daily during January and February with no need to book in advance. For full details of what is in bloom each month and the history of Aberglasney visit the website: [www.aberglasney.org](http://www.aberglasney.org)



# Local Directory

## Support Local Business

### ACCOUNTANCY & TAXATION SERVICES

**ASHMOLE & CO OFFICES** in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: [Llandovery@ashmole.co.uk](mailto:Llandovery@ashmole.co.uk) Tel: 01550 720098. 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](mailto: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](mailto:llandovery@lhp.co.uk) | [www.lhp.co.uk](http://www.lhp.co.uk) 12/25/12

### ARCHITECTURAL SERVICES

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

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – Extensions, new build, replacement dwellings, loft conversions, schedules, specifications, tendering and overseeing of work. Planning and Building Regulation applications, All grant work ..... working locally for 35 years. Contact Nick Brown, Criafolen, Llansadwrn, Llanwrda, Carmarthenshire SA19 8LE on Tel: 01550 740287, Mob. 07779 163626 or E-mail: [nick@brownpartnership.com](mailto:nick@brownpartnership.com) [www.brownpartnership.com](http://www.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 STONEMWORK**, 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, Pumpsaint. Tel. 01558 650364. 03/26/12

**GREG JONES.** Home Choose Carpets, Llandeilo. All types of carpets and cushionfloor supplied and fitted. We come to you. Tel: 07766 517569. 04/26/12

### CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 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](http://www.spiritwellbeing.co.uk) 03/26/12

### 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](mailto:info@postdatum.co.uk) [www.postdatum.co.uk](http://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 Cilgwm or online via Zoom. [www.cathrinwildwood.co.uk](http://www.cathrinwildwood.co.uk) [cathrin@cathrinwildwood.co.uk](mailto:cathrin@cathrinwildwood.co.uk) 07870 888141. 03/26(6)

## ELECTRICIANS

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

## FUNDRAISING

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

## GARDENING – SERVICES

**TUNDRA LANDSCAPES (est. 1978)**. Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 09/26(12)

## 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](mailto:gabriel@hammerstone.wales) [www.hammerstone.wales](http://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](mailto:info@harryguilecarpentry.co.uk) [www.harryguilecarpentry.co.uk](http://www.harryguilecarpentry.co.uk) 10/26(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](mailto:insighteyecare@llandovery.org). Find us on 8 Stone Street, Llandovery, SA20 0JR. Optometrist: Sara Tidey. 12/26(12)

## PAINTER & DECORATOR

**HAYDN ADAMS**, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://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](mailto:r.hughes236@btinternet.com) Mob: 07885 875012 [www.hughesdecoratorsltd.co.uk](http://www.hughesdecoratorsltd.co.uk) 05/26(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)

**HOME HELP AND PETCARE**: Offering reliable friendly service, cooking cleaning, light gardening, dog walking, pet sitting, equine and livestock care. Insured. Contact Becky 07901 552978 email: [beckyandmoff@gmail.com](mailto:beckyandmoff@gmail.com) 06/26(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@allaspectspertyservices.co.uk](mailto:info@allaspectspertyservices.co.uk) or visit us: [allaspectspertyservices.co.uk](http://allaspectspertyservices.co.uk) Quote **WINTER10** for a **10% discount** through November, December and January.

12/26(12)

## ROOFING

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

04/26(6)

## SPORTS FACILITIES

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

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 Llandovery and surrounding areas. Tel: 07761 097389 Email: [Dazzlerswindow@gmail.com](mailto:Dazzlerswindow@gmail.com) Facebook: [dazzlers the window cleaners](https://www.facebook.com/dazzlers)

06/26(12)

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# The Post

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

# Noticeboard

## LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm

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

## LLANDEILO LIBRARY

Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk

Mon Closed

Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)

Wed 1.30pm – 5.30pm

Thurs Closed

Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)

Sat 9.00am – 1.00pm

Sun Closed

## CARMARTHENSHE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## COUNTRY MARKETS

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

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

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

LOCAL POLICE Tel. 0845 3302000.

Crime Stoppers: Tel. 0800 555111.

## TOURIST INFORMATION CENTRES

Llandovery: Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

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

## TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Towy Taxi, Llandovery. Tel: 07544 624411.

## MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/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 14/12/25 – 16/05/26) Not all stops shown

		Mon. to Fri.					Sat.					Sun.				
Swansea	D		05.13	07.29	10.48	14.50	17.47	04.50	07.30	10.43	14.50	17.48	11.10	15.18		
Gowerton	D		05.25	07.41	11.00	15.02	17.59	05.02	07.42	10.55	15.02	18.00	11.22	15.31		
Llanelli	D	05.12	05.35	07.52	11.10	15.12	18.09	05.12	07.52	11.05	15.12	18.10	11.33	15.42		
Fairfach	D	05.47x	06.11x	08.27x	11.46x	15.49x	18.46x	05.48x	08.28x	11.41x	15.49x	18.47x	12.08x	16.16x		
Llandeilo	D	05.53	06.17	08.47	11.52	15.54	18.51	05.54	08.47	11.47	15.54	18.52	12.14	16.22		
Llangadog	D	06.02	06.26	08.56	12.01	16.03	19.00	06.03	08.56	11.56	16.03	19.01	12.23	16.32		
Llanwrda	D	06.06	06.30	09.00	12.05	16.07	19.04	06.07	09.00	12.00	16.07	19.05	12.27	16.35		
Llandovery	D	06.15	06.37A	09.09	12.14	16.16	19.13	06.16	09.09	12.09	16.16	19.14	12.36	16.44		
Cynghordy	D	06.22x		09.16x	12.21x	16.24x	19.21x	06.23x	09.16x	12.16x	16.24x	19.22x	12.43x	16.52x		
Llanwrtyd	D	06.40		09.34	12.39	16.41	19.38	06.41	09.34	12.34	16.41	19.39	13.01	17.09		
Llandrindod	D	06.05	07.32		10.12	13.12	17.38	07.32	10.12	13.08	17.38	20.25	13.45	17.59		
Shrewsbury	A	07.38	09.03		11.42	14.42	19.10	21.55	09.01	11.42	14.38	19.09	21.59	15.15	19.36	
Shrewsbury	D	04.30	05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	12.08	16.20		
Llandrindod	D	05.56A	07.29	10.22	13.28	17.33	20.27	07.29	10.22	13.22	17.32	20.27	13.55	18.05		
Llanwrtyd	D		08.00	10.53	14.00	18.04	20.58	08.00	10.53	13.56	18.03	20.58	14.26	18.36		
Cynghordy	D		08.13x	11.05x	14.12x	18.17x	21.11x	08.13x	11.05x	14.08x	18.16x	21.11x	14.39x	18.49x		
Llandovery	D	06.41	08.25	11.18	14.26	18.29	21.23	08.25	11.18	14.24	18.28	21.23	15.01	19.02		
Llanwrda	D	06.47x	08.31x	11.23x	14.31x	18.35x	21.29x	08.31x	11.23x	14.29x	18.34x	21.29x	14.57x	19.07x		
Llangadog	D	06.51x	08.35x	11.27x	14.35x	18.39x	21.33x	08.35x	11.27x	14.33x	18.38x	21.33x	15.01x	19.11x		
Llandeilo	D	07.02	08.47	11.51	14.50	18.58	21.45	08.48	11.50	14.49	18.52	21.45	15.13	19.23		
Fairfach	D	07.05	08.49	11.53	14.53	19.00	21.47	08.50	11.52	14.52	18.54	21.47	15.15	19.26		
Llanelli	D	07.44	09.30	12.35	15.33	19.39	22.35	09.40	12.34	15.31	19.33	22.32	15.53	20.06		
Gowerton	A	07.52	09.38	12.43	15.42	19.47	22.43	09.48	12.42	15.41	19.41	22.40	16.01	20.14		
Swansea	A	08.11	09.51	13.00	16.00	20.02	22.58	10.02	12.55	16.00	19.57	22.55	16.15	20.29		

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

Traveline: 0800 464 0000

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.)

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

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

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

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

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
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	Salem (Angel Inn)	14.49
Nantgaredig (squares) 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

	281	280	281	280	281	280	281	280	All services operate Mon-Sat	
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10	<b>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.</b>	
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18		
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—		
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—		
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—		
Cwmifor	—	—	11.21	—	14.36	—	—	—		
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31		
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02		
	281	280	281	280	281	280	281	280		
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50		
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29		
Cwmifor	—	—	10.05	—	13.10	—	17.10	—		
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—		
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42		
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50		
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55		
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05		