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THE FESTIVAL OF SENSES

Article page 3



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ALL ABOUT *The Post*

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11/25(12)



THE FESTIVAL OF SENSES

Discover the magic of the **Festival of Senses** in the charming market town of Llandeilo this November, an unmissable celebration of creativity, community, and seasonal joy. From the moment you arrive, the streets will come alive with twinkling lights, the scent of mulled cider, and the hum of music drifting through the crisp autumn air.

Over three spectacular days, the Festival of Senses transforms Llandeilo into a haven of festive delights. Explore over 80 stalls offering unique gifts, handmade crafts, and locally produced treats perfect for the season. Food lovers will relish the mouth-watering selection of artisan foods and street delicacies, from indulgent chocolates to hearty Welsh cheeses, all ready to tempt your tastebuds.

Entertainment is at the heart of the festival. Street performers, live musicians, and community choirs create a lively atmosphere throughout the town, while special activities for children ensure that families can enjoy the event together. Step into art exhibitions, take part in workshops, or simply meander through the decorated streets, soaking up the festive spirit.

The Festival of Senses is more than a market – it's a celebration of Llandeilo's unique charm, bringing together local businesses, artists, and visitors in an unforgettable seasonal experience. Whether you're starting your Christmas shopping or seeking a weekend of cultural discovery, this event offers something to delight every sense.

Join us in Llandeilo this November and let the **Festival of Senses** awaken your festive spirit – a weekend where memories are made and the magic of the season shines brightest.



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LLANDOVERY PYLON STEERING GROUP FUNDRAISING WEEKEND AT LLWYNYWERMOD

The Pylon fundraising weekend at Llwynywermod was nothing short of extraordinary – a vibrant celebration of community spirit, generosity, and unwavering commitment to a shared cause. The last weekend in September brought us together as a community, showing unity and strength as we continue with our ongoing campaign.

Set against the serene backdrop of Llwynywermod's rolling hills and historic charm, the event brought together people from near and far, all united in their determination to protect and preserve what matters most. The success of the events is to be celebrated.

The weekend was planned by a small team of volunteers who spent hours tirelessly planning, meeting, sourcing and organising every little detail. The barn was decorated and prepared, providing a beautiful setting, swathed with locally handmade quilts and beautiful dried flower arrangements gathered from the Estate's Spring meadow.

From the moment guests arrived at both the Dinner on Saturday evening and the Afternoon Tea on Sunday afternoon, the atmosphere buzzed with warmth and purpose. The weekend featured excellent catering and included many memorable moments – from spirited bidding at the auction to the joyful anticipation of the raffle draw. Each gift donated, each prize offered, and each pound pledged was a powerful testament to the generosity of both local and far away friends and businesses who helped to ensure the weekend was such a success.

Inspiring local talent, from our charismatic MC double act to charming musical delights from our two local sisters set the scene for an excellent Dinner, and our inspiring guest speaker, Dr Wyn Thomas, answered questions from the floor. The audience warmly received his knowledge and experience as he strongly supported the ongoing campaign, following a delicious hot buffet by 'Strawberry Shortcake' which truly was – fit for a king!

Sunday afternoon brought a new gathering of supporters. The sun shone, as visitors leisurely enjoyed an afternoon stroll through the Duchy Estate, walked

garden and meadow, followed by a delicious homemade Afternoon Tea, including signature sausage rolls, Welsh cakes, Bara Brith and many more delicious treats prepared by Helen Thomas and her team.

We extend our heartfelt thanks to every individual and organisation who contributed auction items, raffle prizes, donations and to the hundreds of friends who attended over both events. Your kindness and commitment were integral to the success of this event. Whether it was a handcrafted treasure, a weekend getaway, or a heartfelt contribution, every gift helped fuel the campaign and inspire others to join the cause.

Beyond the fundraising total, what truly stood out was the sense of unity. The weekend was a vivid reminder that when communities come together – sharing stories, laughter, and a common goal – remarkable things can happen. The strength of the campaign lies not just in its numbers, but in the people who stand behind it.

As we look ahead, the momentum from Llwynywermod carries us forward with renewed energy and hope. The Pylon campaign is rooted in love for the land, respect for heritage, and belief in collective action.

If you were unable to attend the events but would like to contribute to the cause, please see details below. Thank you sincerely for your generous support. We are not defeated – The fight goes on.

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LLANGADOG WI 1925 – 2025

Autumn brings so many pleasures to our lives, one being a little more time for social gatherings with friends. Eleven members travelled over the scenic black mountain to visit the wonderful Brynmanan Cinema to watch a showing of the Downton Abbey film. We left feeling suitably regal, vowing to return soon, such was our enjoyment.

In October we hosted the Brianne Group Meeting. We welcomed members from Pumsaint WI. It was another successful social event, with Llangadog Members providing the catering from baked potatoes, chili and a varied buffet to suit all tastes. Karen Cull and Debz Silk were warmly thanked for their service as Group President and Convenor respectively for the past two years. Rosalind Barker-Pumsaint WI President, presented each Llangadog member with a rose, received with enthusiasm and thanks! We are currently looking forward to visiting Llansawel WI who are hosting the Cestyll Group Meeting. Yes! Autumn brings colour, warmth and so much more.

In November we will be holding our AGM at the Community Centre. Visitors always welcome Nov 6th at 7pm.



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INVITES ALL TO A CANDLELIT ADVENT SERVICE

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As the nights lengthen and the year quietly turns towards winter, the season of Advent calls us again to pause, observe, and prepare. It is a time of anticipation and hope, a journey from darkness towards the light that is to come.

This year, St Michael's Church, Myddfai, will begin its journey with an inaugural Advent Service. Titled 'From Darkness to Light,' the service will start in complete darkness, symbolising a world in shadow. Amidst that quiet, a single candle will be lit, its small flame piercing the darkness and signalling the promise of light to come. Gradually, more candles will be lit until the church is filled with hundreds of flickering lights, each one representing renewed faith and Christ, the light of the world, drawing near.

Readings, paired with beautiful music from pupils of Llandoverly College, will guide us on a spiritual journey, one that mirrors the progression of Advent itself, from shadow into light, from longing to fulfilment. It promises to be both visually captivating and deeply meaningful: a space for reflection, renewal, and the quiet joy of shared worship.

After the service, everyone is cordially invited to enjoy mulled wine and mince pies, providing a lovely opportunity for fellowship in the peaceful ambience of St Michael's.

A gentle reminder from those who know the church well, St Michael's is ancient and beautiful, but it's also famously cold! Please wrap up warmly and bring your best winter layers to enjoy the evening in comfort.

All are welcome to this special occasion as we gather to mark the start of Advent, a moment to pause amid life's business, reflect on the coming of Christ, and share in the light that shines through the darkness.

'From Darkness to Light' Advent Service will take place on Thursday, 27th November at St Michael's Church, Myddfai. The service will begin promptly at 6.00 pm, and everyone is kindly asked to be seated by then to ensure a smooth experience for this very special evening.



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Festival of Senses Gŵyl y Synhwyrau LLANDEILO

Tachwedd 14eg – 16eg 2025
November 14th – 16th 2025

CANTORION LLANDEILO SINGERS



Mozart *Requiem*, 27 April 2024.

John Rutter's *Requiem* will be performed by Cantorion Llandeilo Singers on Saturday, 15th November 2025 in St Teilo's Church, Llandeilo.

As 2025 is John Rutter's 80th birthday year, favourite excerpts such as the 'Kyrie' will be familiar to all as they have been played widely on music platforms. His 'life-affirming' and 'widely acclaimed' *Requiem*, with its 'rich and tender lyricism' is an individual combination of musical styles, texts, tempi, and language. It conveys an optimistic message of hope.

Some of the best-loved short pieces of music around will be played in Part I: Karl Jenkins 'Benedictus'; John Tavener 'The Lamb'; Morten Lauridsen 'O Nata Lux'; Stanford 'The Blue Bird'; Byrd 'Ave Verum Corpus', an arrangement of 'Yemba Ale, Aleluya' by Imogen Evans, and some vocal solos.

Flute, oboe, cello, harp, timpani, glockenspiel effect, and organ, all played by professional or professional-standard musicians, will form the chamber ensemble. The choir is delighted to introduce Imogen Evans who will be making her debut as their new Conductor and Musical Director.

Cantorion Llandeilo Singers is a community choral society. If you would like to join as a soprano, alto, tenor, or bass, then please contact Sheila on 07851 786569. There are no auditions. We welcome experienced singers and also all who want to sing and are keen to learn. We rehearse on Monday evenings at 7.30 p.m. in St Teilo's Church.

For 2025 we have kept tickets at the low price of £15 with under-18s being admitted free. Enjoy a drink at the licensed wine bar.

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

Tickets: £15, under-18s free. Tickets are available from Peppercorn, King Street, Llandeilo, SA19 6BA; Llangadog Post Office; by phone 07851 786569; from choir members; or at the door.

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LLANDOVERY GARDENING CLUB

VISIT TO YSTRAD NURSERY, LLANDOVERY

For our club outing at the end of September we were given a warm welcome to the nursery by Julie. We were shown to seating arranged in a quiet area at the back of the nursery, trying out their range of garden furniture.

The theme was hanging baskets for the autumn and winter.

Using a wicker basket, and special compost for heathers, Julie explained the positioning of plants from the center outwards or taller ones at the back to lower at the front depended on the position of the basket on the wall. A variety of plants, such as a small conifer and cyclamen were shown with an inverted plastic bottle for self-watering. Other options were heathers, pansies or viola, ivy, cineraria, dwarf wallflowers and forget-me-knots. Julie explained that when plants get too big, they could be transferred to a border after the winter.

Permanent pots were another option, suggesting that if made of plastic, putting stones in the bottom to weigh them down when windy weather comes.

Grasses, heuchera, trailing sedum, juega and dwarf bulbs were suggested.

Making a 'lasagne pot' which gave a variety of colour with spring bulbs, by planting them at different levels around edge of pot with plants in centre. What a lovely idea.

A good tip for deep pots was suggested; putting polystyrene in the base – less compost is needed. Sheep fleece could also be used, but this will sink with time.

What an interesting variety of ways to give colour in our gardens through the winter into the spring, thank you Julie.

Babs Rees gave a vote of thanks, noting that we had an enjoyable time being shown interesting ways of giving colour to our gardens. A thank you to the café staff, too.

On Monday 17th November from 1.30pm – 3.30pm we will welcome our speaker, Helen Walters for the afternoon. Helen will be giving a seasonal demonstration.

This meeting also includes our annual Christmas party. As this may be our last club meeting please try and be with us to say a big thank you to Babs for chairing the club for so many years.

Venue will be The Catholic Hall, College view. It would be great if a plate of food could be provided for a festive buffet. We look forward to seeing club members.

See you soon.

ALL SAINTS CHURCH, GWYNFE

An enjoyable Harvest Supper was held after the Harvest Service.

Raffle winners: Linda Jones, Nia & Daphne Harries, Sue Wilks, Carol Harries, Dianne Thomas, Kyle Harries, Mary James, Janet Lewis, Eirwen Karner, Rev. Delyth Richards.

Thank you to all who gave raffle prizes and food for the supper.

Diolch yn fawr.



LLANWRDA CRICKET CLUB

With promotion secured, members of the club enjoyed the South Wales League Annual Dinner with special guest Geoff Miller, the former England all-rounder.

Nets for next season 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 07867 794771 for more information.

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

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24/09/25	25	No winner
01/10/25	27	Sion Nicholas

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28th November	Pop up Pub, 18.30

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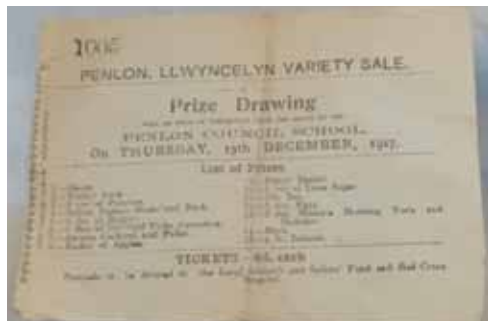


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MUSEUM NOTES

OLD RAFFLE TICKET FOUND IN WELSH FAMILY BIBLE



An old Welsh Bible owned by a Llandoverly family, brought to the attention of the town's Museum recently, held an interesting memento of World War I. Between its pages was a sixpenny raffle ticket sold in aid of the Soldiers' & Sailors' Fund and the Red Cross.

The prize draw was to be held at Penlon School, Llwynycelyn, near Aberaeron, on Thursday 13th December 1917. There were fifteen generous prizes – including a sheep, four pounds of butter, a basket of apples, a box of cane sugar and 100 cigarettes. A total of £288 was raised.

How the ticket became lodged in the Bible isn't known; it may have been bought by a member of the Llandoverly family during a visit to Aberaeron. More than 100 years later, the information it contains is of general interest, especially the fact that the prizes were to be drawn during a 'variety sale'.

Variety sales – sometimes called 'jumble sales,' 'gift sales,' or 'bazaar sales' – were a common type of local fundraising event during World War I. They were organised to raise money for war charities — mostly the Red Cross, military hospitals, for local men at the front, or the dependants of servicemen.

They usually combined elements of a market, a fair, and a social gathering for the community. The organising committees, led by women or church and chapel groups, brought together donated goods from households in the district.

The 'variety' referred to the range of goods offered. These included home-baked foods, preserves, fruit, vegetables, knitted items, furniture, clothing and 'white elephant' stalls of odds and ends.

They were not just sales but social events. Halls and chapels were decorated with flags, patriotic speeches were delivered, and musical items were performed. As well as contributing to the collective war effort, they were important morale-boosters, giving communities a sense of shared purpose.

There were community fundraising events in Llandoverly during the war years, but bazaars were being held in the town as early as 1902, which means that the practice had already been established locally and continued into the wartime period.

The Soldiers' & Sailors' Fund was one of the many charitable funds set up in Britain during World War I to provide welfare, financial relief, and comforts for serving men and their dependants.

It was meant to support soldiers and sailors who had been wounded or invalided home and to help the families of men serving overseas, especially widows and children. It also provided 'comforts' such as clothing, food parcels, tobacco, and recreational facilities at the front or in hospitals. Occasionally, it also helped with rent arrears and provided small emergency grants.

The fund was often a local initiative, under the patronage of a prominent community figure. It worked alongside national schemes such as the Red Cross but was separate from them. Many of the local funds were wound up after 1919, with the remaining money transferred to larger charities such as the British Legion, which was established in 1921.

Several women from Llandoverly were central to Red Cross hospital staffing and auxiliary work during World War I. Local nurses served overseas or on hospital ships and in larger military hospitals; others nursed in local wards or in nearby military hospitals to which the Red Cross sent personnel. Such work was commemorated by the Carmarthenshire branch of the British Red Cross with a memorial plaque in Llandinad Church.

QUIZ!

In support of Llandoverly Museum's project to develop family-friendly displays and activities.

We are an Independent Charity and all proceeds from the evening will go directly to the Museum.

Come and join us in the **Rugby Club on Thursday 6th November at 7.00pm for 7.15pm**. A fun evening with quiz and raffle.

Only £2.00 per entry, or bring a team of 6 or more and pay only £10.00.

Llandoverly Museum and Visitor Gateway is open Tuesday to Saturday, 11am – 2pm. We will be closing for visitors after Saturday 1st November 2025; we will re-open at Easter 2026.

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

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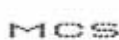
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11/26(12)



Last month I confessed that, despite working on an E-bike project, I had not actually ridden one. Well, in response to that, I had a wonderful offer from Mike and Liz who are involved with Llandovery Repair Café. They both own E-Bikes and invited me along to try one of theirs! So, on a lovely dry autumn day, I set off with slight trepidation, as I really wasn't sure what to expect. Being honest, I had visions of turning on the battery and going off like a rocket and ending up in a ditch. If like me, you have never ridden one, I can now share, from personal experience, they are rather fantastic! Ten minutes in I was wondering if I would use the battery, as I was peddling along nicely without it and feeling a little smug that I didn't need it. Thirty minutes and two hills later, I was wondering if I would ever turn it off! I fear I have been spoilt now.



It does go to show that until you try something yourself, you can't always judge what it's like. That is also a great plus to lending libraries. Not only can you borrow instead of buy, but you can also try before you buy as well! While we encourage borrowing, trying a piece of equipment before committing to buying it, will also help cut down on un-necessary purchases that are potentially destined for landfill due to lack of use. We already have basic bike maintenance equipment and bike stands for loan through Pethau Pawb, and Bwrlwm Beics will be holding some bike maintenance courses very soon. So, if you have been wondering if that torque wrench is worth the money, join one of workshops and try before you buy!

Given my last confession led to such a great outcome, I thought I would add another one. I have not yet won the lottery. Figured it was worth a shot and if you see me on a shiny E-bike, you know the confession paid off!

Follow our Facebook page to keep up to date and contribute your ideas. Alternatively, to learn more or collaborate, please contact Vanessa vanessa@ynnisisgar.org 07393 593699.

Scan to complete our quick cycling survey or visit:
<https://forms.office.com/e/8xLbn3SzRy?origin=lpLink>



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





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03/26(6)

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03/26(12)



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WINTER MAKERS MARKET

29th & 30th November

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LLANDEILO

11/25(1)

WINTER MAKERS MARKET, LLANDEILO SATURDAY 29TH & SUNDAY 30TH NOVEMBER

With the festive season soon approaching, a group of nine designers, makers and creatives will be gathering for a friendly and festive Winter Makers Market in Llandeilo.

Come and join us at the former Horeb Chapel (down the alley next to Oriel Mimosa) where you'll find a beautifully curated selection of handmade wares to shop from and find that perfect gift for yourself or a loved one.

From Carmarthenshire, Pembrokeshire and Ceredigion there will be:

- hand painted decorations and screen prints from Frost and Kin;
- kick-wheel thrown stoneware pots, bowls, and beakers by Tim Lake;
- beautiful handmade ethical jewellery by Rose Teleri;
- waxed canvas bags and leather accessories by Rural Kind;
- finely thrown tableware from studio potters James and Tilla Waters;
- original collagraphs, lino and screen prints by printmaker Marian Haf;
- delicate hand built porcelain vessels by Justine Allison;
- woven willow baskets by Justine Burgess of West Wales Willows;
- locally grown and gathered floral arrangements and wreaths by Simany Flowers.

Entrance is free and a warm welcome awaits. The market will be open from 10am – 5pm on Saturday and 10am – 4pm on Sunday.

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11/25(12)



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02/26(3)

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(09/25(3))

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11/25(3)

THE HIDDEN HOMELESS

Please read this article, as it may affect you or a loved one at any time.

There are many sad stories about those without homes but few people have any knowledge of the existence of a particular group which is growing every day.

You probably have a friend who experiences unexplained health concerns - perhaps increasingly severe headaches or more obscure symptoms such as severe cold in a particular part of the body. They may have strange sensations in their heart, disturbances in vision or hearing, extreme reactions to smells or sounds, dizziness, disorientation or any unwelcome variety of painful and distressing issues which seem too strange and unconnected for their doctor to diagnose.

The Hidden Homeless come from every country and all walks of life. They are the canaries who have been unwittingly been placed in the position of showing others the damage caused as society adopts increasingly harmful technologies with no choice of opting out. Imagine you wake up one morning with excruciating pain in your body, nothing can stop it and no-one can explain it. We have been taught to believe that communication means being electronically connected at all times, and you are an inconvenience to everyone if you are unable to use current technology. So the pain does not go, but other odd sensations join it. You cannot hear properly or think straight due to the constant buzzing, humming or clicking in your head.

If you are lucky you may have a partner, friend, or family member who will assist you with this hidden disability (classified as ICD-10/W900 and/or W908). They may buy shopping and make phone calls for you and take over all the tasks you could still do if you had access to the society we all lived in until this century.

It is hard for others to accept that their own smart watch, smartphone, wifi, LED lights, smart meters, solar panels and other valued items may be harming strangers, let alone those they care about. So it is easiest to deny the condition and ostracise those who are suffering. Those unable to use the necessities of modern life (computers, mobile phones, online banking, automatic checkouts,

electric transport full of wifi, etc. etc.) who are left alone with their newly enforced disability, become the most disadvantaged of the Hidden Homeless.

All we need is a safe place to live and the understanding of those who have not (as yet) been affected by electrical sensitivity. There is no official support of any kind which is generally available. There are virtually no telephone boxes to call from and no way of knowing which areas may be less affected by the radiation which comes from masts and other new equipment.

The good news is that you can help. If you are fortunate enough to live in a 'not spot' (unaffected by masts, mobile phone signals, wifi, solar or wind farms, pylons, heavy duty cables, dirty electricity, etc.) please let The Post know about this safe area. And if you would be willing to rent out an unused summer house, outbuilding, even a garage or shed, you may save a life this winter.

You could also assist an HH individual by offering occasional use of a landline, a bath, washing machine or other essentials not easily available to those living in a tent or a car. Any offers will be gratefully received, via The Post (and payments made by the individuals who use these facilities).

Many thanks for any practical offers or words of encouragement and understanding.

ES-UK website is a good starting point for information on the symptoms of electrical sensitivity, the scientific and medical background to the condition.

LLANWRDA HALL

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10.00am – 12.30pm

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05/26/12

Padmasambhava Yoga & Meditation Centre

Everyone at PadmaSamBhava hopes that you are all well and that you're enjoying the Autumn colours and the season's berries and fruits, along with the feeling of satisfaction that the harvesting of Summer's bounty brings. Although the term at Padmasambhava is now reaching the halfway stage, there is ongoing enrolment in classes with space. Autumn is a perfect time to join a yoga class and harness the Season's energy of both rest and renewal, planting seeds of inspiration. If you would like to renew your interest in yoga or try it for the first time, do contact the Centre to find out more.

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

The classes taught by the Centre are Integral Yoga – a gentle and steady progression, always working with awareness of your body in the physical practices. Through the breath practices taught in class, practitioners experience the importance of breath to our good health. Each class ends with a deep relaxation of Yoga Nidra. Yoga Nidra 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

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.

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

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

More information at www.padma.org.uk



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WELSH ROCK NOSTALGIA AT LLANDOVERY COMMUNITY CINEMA, PRESENTING: FFA COFFI PAWB



This November, Llandovery Community Cinema is turning up the volume with a special screening of the acclaimed Welsh-language documentary *Ffa Coffi Pawb*. With English subtitles and an infectious soundtrack, this time capsule of 80s and 90s Wales is a must-see whether you're a die-hard music fan, a lover of Welsh culture, or simply looking for a unique evening out.

- **Date:** Saturday 29th November 2025
- **Doors Open:** 5:30 PM
- **Shared Meal:** 6:00 PM
- **Film Screening:** 7:00 PM

Before the film rolls, we'll be gathering for one of our much-loved community meals. Bring a dish to share and settle in for an evening of good food, good company, and great film.

Ffa Coffi Pawb dives into the story of the legendary Welsh alt-rock band of the same name.

But *Ffa Coffi Pawb* were not just a band: in many ways they represent a pivotal moment in Welsh cultural history.



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A movement of Welsh-language DIY music which wasn't just about sound but more importantly: identity, language, activism and creativity.

Members included **Gruff Rhys**, **Dafydd Ieuan**, **Rhodri Puw**, and **Dewi Emlyn** some of which later went on to form other famous Welsh acts like the **Super Furry Animals**. Not only is it the spark that ignited some of our most celebrated acts in Wales, it's also the legacy of this band that forged the way for the Welsh Language music scene that is thriving today.

The film explores how the underground Welsh-language music scene of the 80s & 90s, political activism and the shifts in Welsh broadcasting all played a role in shaping *Ffa Coffi Pawb*.

So whether you're reminiscing about your indie youth or discovering the scene for the first time, this doc brings together music, nostalgia, and the rebellious spirit of a generation.

As always, our screenings are open to everyone. It's a chance to connect to our Welsh culture and language through cinema. This project has been made possible by funding from Ffilm Cymru, to showcase seven Welsh Language and three environmental films.

Tickets are £5 – available from LYCC, on the door (depending on availability) or online: <https://bit.ly/llandoverycinema-ffp>



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12TH NOVEMBER – THE TALE OF JAUFRE, A 13TH CENTURY STORY

A real coup for Llandovery u3a as the remarkable **Anne Lister** will be talking about her research into The Tale of Jaufre, a 13th Century story of a newly-dubbed knight from King Arthur's court. He sets out to avenge an insult to the king and has a number of adventures along the way, including meeting giants, dwarves, some highly unchivalrous ruffians, a demon and an underwater fairy. He also falls in love with a beautiful heiress. All with a touch of comedy, and all very entertaining. The entire story would take far longer than one session to tell, but some episodes can be told on their own. Anne's research focused on telling the story in English for the first time to various audiences, but also led to some quite surprising discoveries in the history of the story, including links to Henry II of England and Eleanor of Aquitaine.

OUR STORYTELLER

Anne is well-known on the international folk music circuit as the writer of several widely covered songs, the best known being "Icarus", sung by Martin Simpson and many others. In 2015 she retired from her day job and decided to pursue her love of "Jaufre" by finally working on the PhD she'd promised herself since her own undergraduate days at Warwick University. She found a welcome at Cardiff University, where she worked with Sioned Davies (who wrote the most recent English translation of The Mabinogion). She has since written two books about "Jaufre", one as an English adaptation of the story and the other expanding on her PhD thesis. She lives in Blaenavon with her husband and two cats, and is currently working on a series of fantasy novels weaving Welsh folklore and medieval writers into various adventures.

The Tale of Jaufre formed the base for the comedy show about the Green Knight last spring, so if anyone

who attended that would like to see a different take on these stories, please come and join us. Anne is a very well known speaker so we are encouraging guests for this meeting. **Meet at the Rugby Club from 10:30 for catch up and coffee/tea, with Anne starting at 11:00, with a likely finish about 12:30.**

26TH NOVEMBER – VISIT TO LLANDOVERY MUSEUM

This is a special visit for members of the u3a, and we will be able to see a few things from the archive that are not currently out on display. There will be tea / coffee and homemade cake available. The chair lift is working, and there is also plenty to learn about on the ground floor. I hope that those members who currently volunteer at the museum will add the information they share with visitors. Hopefully there will be much to learn about the lead mines, and stories about the Drovers. Jane Carter, the museum curator, will be our host.

Meet at the Museum for 10:30 for tea / coffee and cake. Talk to start at 11:00. Please note that although you need to get a ticket for the car park, it's free on a Wednesday morning.

Looking forward to December we have just the one meeting, on the 10th, when our AGM will be followed by members' favourite festive readings, from books, plays, poems and songs.

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08/24(12)

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09/26(12)



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05/26(6)

NOVEMBER WITH HYBU LLANYMDDYFRI: CELEBRATING COMMUNITY LIFE!



At Hybu Llanymddyfri, we believe community is at the heart of everything. Thanks to support from The National Lottery Community Fund, we're bringing people together this November with a calendar of activities designed to warm the spirit and strengthen local connections. Whether you're a familiar face or new to town – croeso cynnes iawn (a very warm welcome)! Here's what's happening this month and how you can get involved.

Welsh Language Classes – For Improvers

Tuesdays & Wednesdays, 6:30pm | £40 for 12 sessions (bursaries available)

If you've started learning Cymraeg and want to build your confidence, these friendly classes with Jean Hughes are ideal. Practise speaking, grow your vocabulary, and enjoy learning in a relaxed, supportive group. Whether you're brushing up or building fluency, this is a lovely way to connect and improve your Welsh. Da iawn chi! (Well done you!)

Lunch Club Llandoverly at Ysgol Rhys Prichard

Wednesday 19 November, 12:00pm | £3 (hot lunch + dessert)

Nothing says autumn comfort like a warm, home-cooked meal in good company. Open to over 60s, our Lunch Club includes lunch, games and conversations with local pupils – a joyful mix of generations sharing good food and laughter. Spaces are limited and go quickly!

Dog Walking Group

Saturday 22 November, 2:00pm | Free

Enjoy a crisp autumn stroll with wagging tails all around! Led by Sam, an experienced dog trainer and behaviourist with over 30 years' experience, this group is perfect for dogs of all personalities – playful, shy or somewhere in between. It's a great way to get fresh air, meet fellow dog lovers and let your pups socialise too. Spaces limited to 10.

Cooking on a Budget: Wholesome Autumn Casseroles

Tuesday 25 November, 10:30am at LYCC

A practical, hands-on class focused on affordable, seasonal cooking full of flavour. We'll make root vegetable soups and two rice puddings (chocolate and spiced), exploring health benefits, easy prep with a food processor, and simple hob-based cooking. The class is meat, fish and nut-free (though nuts are present in the kitchen). Taste everything and take away new, budget-friendly ideas to try at home.

Swing into Autumn – Lindy Hop Comes to Llandoverly!

Tuesdays 11, 18, 25 November & 2 December, 6.30 – 7.30pm, Rhys Prichard Hall, 4 Waterloo St, SA20 0DS | £5 per class

Calling all the “dance curious”! This autumn, Llandoverly will be swinging to the sounds of jazz as Lindy Hop arrives in town. After a popular taster in August, Tumble Lindy Hop are back for four fun, high-energy classes. Learn the playful vintage steps – from the “swing out” to the triple step – in a relaxed, welcoming atmosphere. No partner required! The final session ends with a mini social dance to celebrate everyone's new moves.

Book online: bit.ly/lindyhopllandoverly

How to Book – Don't Miss Out!

Spaces for all activities are limited and often fill quickly.

Phone / Text / WhatsApp:

Tiago & Maggi – 07858 555938 / 07761 955004
Office – 01550 721499

Email: llandoverly.lcasc@gmail.com

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

Have Your Say: Help Shape the Future of Llandoverly and Hybu!

Over the past two years, Hybu Llanymddyfri – Llandoverly has shown just how powerful community spirit can be. Together, we've supported local activities, improved communication across the town, brought people together through events, and created welcoming spaces for everyone.

Now, we're ready to build on that success — and we need your voice to help shape the next steps.



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02/26/31

Hybu's first phase of funding ends in early 2026, and we're preparing to apply for a second phase to continue and grow our work. To make sure our plans truly reflect what matters most to local people, we're launching a **Community Consultation Survey**.

Whether it's growing food together, celebrating local stories, learning new skills, saving energy, or creating more opportunities to connect — your views will guide the future of Hybu Llanymddyfri and community life in Llandoverly.

Why Your Input Matters

- It helps us understand what's most important to local people.

- It strengthens funding bids for projects that reflect real community needs.
- It ensures everything we do is led by and for Llandoverly.

Take Part Today!

The survey is open to everyone who lives in or near Llandoverly. It's quick, simple, and a brilliant way to make your voice heard.

Complete online: bit.ly/llandoverlycommunityconsultation

Prefer paper? Pick up a copy from Llandoverly Youth & Community Centre (LYCC), Gerwyn House, 19 Market Square, Llandoverly, SA20 0AB.

Survey closes: 5pm, Monday 17 November

Every response helps us build a **stronger, fairer, more connected Llandoverly — together.**

Diolch yn fawr i chi am gymryd rhan. Thank you for taking part.

Hybu Llanymddyfri – Supporting community life, celebrating local identity, and building a bright future together.



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12/25(12)

LLANDOVERY ROTARY CLUB



Unbelievably, we are in November already. In one meeting last month, we were forced to mention the word 'Christmas', aaaaarrggghhhhhh. The thought of it being so close makes us realise that another year has almost passed. Yes, we are indeed rapidly approaching 2026.

We have been approached by the Town Council to marshal at the upcoming Public Fireworks Display being held at the mart on Sunday 2nd November from 3 to 7pm. Of course we'll do it. That is what we do. We are volunteers.

Last month we were invited to visit the Elidyr Communities Trust campus at Rhandirmwyn. We were invited by the Deputy Director of Education there, Sue Hope-Bell. One of the learners, did an incredible job leading the tour starting with naming every animal in the small holding. We were then invited to look in the poly tunnels at the latest harvest and explore the site down to the Education Hub with a peek in one of the houses Ty Pickwick along the way.

Then we were greeted with a salute from Laurence in the Education Hub! The woodwork craft area and kitchen areas were all in full swing with residents and learners keen to greet us. We were shown examples of products created in sessions and how they address targets. Finally, Juliana immersed us all into the wonderful world of VR (Virtual Reality) which was absolutely fascinating. Then we were all treated to some welcome refreshments in the Atrium. We were all mightily impressed by the location, the absolutely superb facilities and the complete dedication of the staff all confirmed by our guests Paul and Ionwen Spowage whose son Gwilym is a very happy resident there. It is fair to say that we were all blown away by the wonderful experience and left there with a far greater understanding and much greater appreciation of what is being achieved there. Following our visit we all went to the Royal Oak for a lovely fish and chip supper. Thank you Sue. You were a wonderful host. We thoroughly enjoyed our visit.

We were surprised and hugely honoured to receive a donation in memory of Rosina Jackson. The



Our eggheads team of Mike, Gary and Tim who lost narrowly to Aberystwyth. Gwenda Griffiths the Assistant Governor was there as ever to ensure fair play.

announcement was met with a stirring round of applause and is a wonderful way to remember such a lovely lady. Sincere thanks.

Neil Harries came to speak to us about his exploits following his selection for the Wales over 40s cricket team in South Africa. Neil had previously come to us asking for a donation to help out with the cost of the trip and we were glad to do so. Neil stated that it was a wonderful experience but some of the teams out there had several ex test players in their lineup. Neil went as a wicket keeper and has played for Llanwrda locally. Neil said they could not match the standard of the opposing teams although they did win one game. Wales are not able to go to the next over 40s competition which is held in Pakistan but to his surprise he has received an invitation to wicket keep for the Rest of the World over 40s team and is in the process of gaining funding to go again. Neil thanked us for contributing to the cost of his trip to South Africa.

The Bleed Kits which we ordered to be added to the defibrillators in the community have arrived and are being fitted as soon as possible. We have also ordered another five kits and they will be added as soon as they arrive. This initiative is now gaining national recognition.



Neil Harries visited to tell us of his trip to South Africa when representing Wales over 40s.



Our visit to the Elidyr Communities Trust in Rhandirmwyn was a great success. Thanks Sue.



Anthony, Gareth and Barry visited Tavistock and enjoyed the company of Guy and Heather Ayling.

As ever, we attended the flu and Covid vaccination clinics at the invite of Llanfair Surgery with two further clinics planned for the 5th and 19th of November. Of course we will be on duty in both those clinics as well.

We received a letter of thanks from the Dolau Brân Association for our donation towards a cooker which Dan went to see in a visit there where he took some of the pots which provide emergency information when required. There he and Gina enjoyed tea, a few board games and two games of bingo.

We attended the ROTARY quiz at Aberystwyth and as ever we were hopeful to do well, but with the next round requiring us to travel even further I believe that some members were hoping that we come an honourable second! Well, they did come second but were fairly beaten, but only just! Aberystwyth won fair and square by 39 to 36. Good luck in the next round Aberystwyth and very well done to our eggheads team of Mike, Gary and Tim RE.

We were asked to marshal the car parking at the recent Anti-Pylon black tie event at Llwynywermod. This we did, but some attendees commented that they had never been directed to a car parking space by people in a dinner suit! Maybe we will start a new trend in smartly dressed car parking attendants. Maybe not!

Huge congratulations to our member John Kelly the UK Construction Manager for Wood Transmission & Distribution Ltd who won the highly prestigious award for



Dan visited Dolau Brân to view the new cooker that we sponsored. It was very well received.

their 'Talent Attraction, Recruitment Campaign Initiative of the Year Award'. This was for the company's work supporting career transitioning of military personnel.

The company was also shortlisted in two other categories in the UK. Many congratulations John.

We held our AGM last week which didn't turn up any major surprises which is always a relief although Rosie's work load is such that we will need to find a new Secretary. A great pity as Rosie is so efficient. She actually sends the minutes out within 5 minutes of the meetings end as she types them out as the meeting progresses. Incredible.

1. Election of two officers to represent and vote in District meetings. This is currently the President and Secretary, Dan proposed to keep this, seconded by Barry, all in favour.
2. Receiving the accounts:
 - Mickey provided handouts to members with itemised income and expenditure of charity and general accounts and balance sheet.
 - Mickey explained how the internal raffle is supporting the general account and that the £50 member subscription appears to be at the correct amount currently.
 - Trustees of the club are Dan, Alan and Mickey. All in favour of these continuing to act as trustees.
 - Accounts checked thoroughly by Dan and verified by Derek - thank you very much. Accounts accepted - proposed by Gareth, seconded by Rosie, all in favour.
 - BIG thank you to Mickey for keeping the accounts in such good order and overseeing our income and expenditure.
3. Election for post of President: Tim, proposed by Rosie, seconded by Gareth, all in favour.
4. Election for post of Senior Vice President: Rosie, proposed by Gareth, seconded by Kevan, all in favour.
5. Election for post of Junior Vice President: Adrian, proposed by Dan, seconded by Gareth, all in favour.
6. Election for post of Secretary: Rosie is unable to continue in the role due to work commitments - no volunteers, this will need further exploration.
7. Re-election for post of Treasurer: Mickey proposed by Gareth, seconded by Kevan, all in favour.
8. Bank signatories - Historically it is Dan, Dave Thomas and Mickey - it is not really used anymore as only the Castle Hotel taking cheques and everywhere else accepting bank transfers/cards. Proposal to stay the same - proposed by Mickey, seconded by Huw, all in favour.

Thanks to Rosie as the AGM has been copied and pasted from the minutes.

We received yet another 6 bottles of good wine for our weekly internal weekly raffle from a gracious benefactor who wishes to remain anonymous but many thanks sir for your wonderful generosity.

The eight thousand crocuses that we ordered to



Huw delights in the VR Headset at Rhandirmwyn. We couldn't get him off it!

distribute FREE of charge to organisations in the community have arrived and have been counted by Derek and packed into packages of 400 crocuses for each of the 20 organisations that ordered them. The organisations that pre-ordered them can collect from the Clew, Tompkinson & Francis office in King's Road. Unfortunately no more orders can be taken. This is to support the Rotary End Polio Now Initiative. We hope to turn this community purple in the spring. Happy planting.

In an effort to support the wonderful Tuesday night quiz officiated by Rod and Sally Perkins in the ballroom

at the Castle Hotel we dined early one evening allowing us to compete in the quiz. We formed two teams who performed admirably but not well enough to get into the prizes. Our regular quiz team were not able to represent us. Maybe next time but the champion quizzers in that league (John, Phil & co) would really take some beating. Thanks to Rod and Sally for the tremendous efforts throughout the summer in providing wonderful entertainment for so many people every Tuesday evening.

We were requested by Epynt Motor Club to marshal the Mewla Rally up on the Epynt Range. A place not for the faint hearted early in the morning. For our efforts the Epynt Motor Club have made us a generous donation. Thank you.

Three of our members visited Tavistock Rotary Club in Devon where Guy Ayling the former warden of Llandovery College is now a member. They greatly enjoyed the hospitality and reported that the age range at the club there is between 55 and 98! They also reported that they had never seen Guy and his wife Heather so relaxed and happy.

Did I I say between 55 and 98? Indeed I did. Well, we are almost a Youth Club in comparison! But, But, BUT. Wait until next week! Our average age is about to be lowered considerably. We are about to break all records when it is believed that we will have a new EIGHTEEN YEAR OLD MEMBER. Blimey, we'll be organising discos next! Bring it on. All are very, very welcome. More about this and much more next month.

See you all then.

Derek Jones.



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02/26(6)

TOWY & COTHI HUNT 250 CLUB

held at the Royal Oak, Rhandirmwyn
9th September 2025

£15	Wyn Jones, Maesyderi, Ffairfach	192
£15	Catherine Kircup, Danycoed	215
£10	Maura Williams, Rhandir	182
£10	William John Lloyd, Llwyn berllan	31
£5	W. Jones, Llawdre, Llanwrttyd	64

House prize: Lynne Davies, Maesneuadd.

held at the Castle Hotel, Llandovery
14th October 2025

£15	Mark Plunket, Rhiwyrhwch, Silo
£15	Ken Price MFH, Cwm cynwal, Llanwrda
£10	Gill Jones, Rhydydd, Cilycwm
£10	J. Powell, Babel Post office, Babel
£5	Will Gough, Llanfair House, Llanfair Hill

House prize: Ann Jones, Divlyn, Cilycwm.

Next 250 Club at the Red Lion, Llangadog, 11th November 2025 AGM

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**‘I coulda had class.
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I coulda been somebody’.**

In the interests of fair play a maximum of two film studio executives per team only is allowed.

LLANDOVERY MODEL RAILWAY CLUB



Llandovery and District Model Railway Club would like to thank the Castle Garage for the space to hold our Sheep Festival show in their showrooms.

We shared the space with the Tenovus cancer charity and enjoyed a successful weekend in spite, or perhaps because of a wet Saturday, although Sunday was slightly quieter. Kids of all ages seemed to enjoy shunting model wagons, winding up clockwork engines, racing radio-controlled model cars or watching 3D printing in action.

There is some new technology becoming available for railway modelling so we are planning to take advantage of this and hope to have it up and running for next year’s festival.

We are open for new members so if you are interested we meet at the station most Thursdays at 2pm except the first Thursday of each month when we hold a zoom meeting. Our website is at www.llandoverymrc.org.uk or just call the coordinator on 01550 720901.





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04/26(6)



LLUEST

‘TAILS’ FROM THE TRUST.....

A SECOND CHANCE FOR A TETHERED MARE AND HER FOAL

During October we welcomed two new rescues to Lluest Horse and Pony Trust, a 29-year-old mare named Dew Drop and her five-month-old filly foal, Ginny, named in honour of our founder. Our founder, Ginny, tragically passed away at a young age, but her compassion and determination laid the foundations for Lluest. This year marks 40 years since the charity was established, and we are proud to continue her legacy as Wales' oldest equine welfare charity, rescuing, rehabilitating and rehoming equines in need.

Dew Drop had been living tethered beneath trees, surviving mainly on kitchen scraps, fallen acorns, and the occasional handful of hay from kind locals. After foaling, her condition began to decline, largely due to a lack of free access to water and an unsuitable diet whilst nursing her foal. Although her owner loved her deeply, Dew Drop's welfare needs were not being met. She was tethered continuously, with no opportunity to graze, roll, play, or interact freely with other equines — all vital natural behaviours. Being kept near a public footpath also presented additional risks. She had been put in foal so she would have company, a decision made with kind intentions but sadly the wrong approach for her welfare, particularly as an elderly mare.

With the help of the RSPCA and a veterinarian, our Senior Welfare Assistant Rhian was able to sensitively encourage the owner, to sign both mare and foal into Lluest's care. They are now safe for life and finally receiving the correct feed, veterinary care, and management they need to recover and thrive.



Dew Drop tethered

THE ROAD TO RECOVERY

We are incredibly grateful to **Baileys Horse Feeds** for their generous donation of five bags of specialist feed for Dew Drop and Ginny. Baileys' representative, Laura Harries, visited to weigh both mare and foal and to create a tailored feeding plan.

During their first few days at Lluest, we were concerned about the possible effects of the toxic acorns and other harmful items they had eaten in desperation. Thankfully, Dew Drop's blood results came back normal and both are bright and eating well. Dew Drop has since received essential dental treatment to remove painful sharp edges from her teeth, which will make eating far more comfortable. With a correct, nutritious diet and careful management, we are confident she will begin to regain condition steadily. Ginny is bright, inquisitive, and full of potential. She will now receive the balanced nutrition she needs to grow up healthy and strong.

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11/25/3)



Safe now at Lluest



Dew Drop & Ginny being weighed at Lluest

under our care and growing demand for rescue spaces, your support is needed more than ever. If you believe in giving horses like Dew Drop and Ginny a second chance, please consider gifting a small, regular donation. Just £3 a month really does make a difference and allows us to continue our work. Predictable, ongoing support helps us to plan ahead and reach those most in need. Together, we can ensure that horses like Dew Drop and Ginny get the care they deserve and need.

www.lluesthorseandponytrust.co.uk/ways-to-help/donations/

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12/25(3)



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04/27(12)

LLANDOVERY FOLK DANCING GROUP



We have had some lovely, lively dances before our summer break. In June we met up in the beautiful Myddfai Hall to dance to the Long Dog Ceilidh Band with Diana Poole calling. In July we met again in Myddfai when Mic Spenceley introduced an eclectic mix of dances.

After our August break Chris Yemm, a long standing member of our group called a variety of circle and other dances in September.

We meet every third Friday of the month, so our October dance will already have been held at the time of publishing. This time it will be George Johnson who will call mainly circle dances, often traditional Eastern European origins.

November is promising to be our next big dance. We are pleased to welcome the Melomanics, a well known Ceilidh band. Their acts are light hearted and fun, engaging the audience and ensuring everyone has an amazing experience.

Date: Friday 21st November 2025 at 19.30

Venue: Myddfai Hall, SA20 0JD

Cost: £12.00/£6.00 if on benefits.

Come along! You do not need a dance partner or have any dance experience. And if you don't want to dance, it's worth coming just to hear the music and enjoy the spectacle and fun.

If you need any more information feel free to contact Monika on 07411 079307.

02/26(12)



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MYDDFAI NEWS

*Opening hours for Myddfai Shop and Café are
Wednesday to Sunday 11.00am – 4.00pm*



What's on – On Saturday 1st & Thursday 20th November we have a Willow Weaving workshop 10.30am – 4.00pm. Friday 21st there is an evening Twmpath. Our monthly Pop-Up Pub is on Friday 28th November. On Saturday 29th Debbie from FlowerFields is running her amazing Wreath making workshop and again on 7th December, come & have some fun & book your place now. Our monthly Farmer's Market is on Sunday 30th November 12.00 noon to 3.00pm. **This year's Myddfai Christmas Market is on Saturday 6th December 10.00am – 4.00pm**, come along for a great selection of quality produce, crafts and gifts, if you would like a stall get in touch asap as we have a couple of spaces left.

For anyone who hasn't been to Myddfai yet you are missing out on a great place to come to start your Christmas shopping. Myddfai shop has a wide range of beautiful, unique, handcrafted, local goods ranging from pottery, candles, soaps, ceramics, stained glass, knitted items, wooden boards, jewellery, aprons, boards, Welsh Tweed, books, Myddfai range of toiletries and a range of amazing Skincareboutique products and much more. We also have the delicious home-made Myddfai jams and chutneys and local honey, making great stocking or hamper fillers. Every purchase made supports local businesses and the Myddfai TyTalcen charity.

Myddfai Hall is ideal for Weddings, parties and conferences as well as exercise and activity classes. The Hall is fully equipped with staging, lighting and audio equipment; it can easily seat 120 at tables. If you are looking for that special, unique but affordable venue come and have a look around, we are open 5 days a week Wednesday – Sunday 11.00am – 4.00pm. Free WIFI is available. Our café has a great selection of lunchtime specials, soups and cakes every day Wednesday to Sunday. We can organise talks with teas or lunches on the Physicians of Myddfai, for groups, please get in touch for details.

Come and join in one of the weekly classes, Tuesday Yoga 9.30am – 11.00am, Wednesday 1.30pm – 3.30pm it's Su's craft class: Thursday it's Pilates with Sonia 9.30am – 10.30am; Friday it's Art with Lynn 1.30pm – 3.30pm, everyone welcome, come along and join in.

For further information or bookings please contact Les at les@myddfai.org Mobile 07879 119223 or Hall 01550 720449. Check our website www.myddfai.org for What's On.

HISTORIC 19TH-CENTURY SALEM CHAPEL IN LLANDEILO TO BE REVIVED AS CAPEL CELF

A Community Arts Venue in Llandeilo

Local resident Zoe Twilly has purchased the former Methodist chapel on New Road in Llandeilo and has launched the Capel Celf restoration trust to create an arts venue for the community.

While the adjoining cottage will become a home for Zoe and her family, her vision for the Grade 2 listed chapel itself is to restore it as a welcoming, inclusive venue for community use, hosting exhibitions, music and live performances. Zoe will preserve its beautiful interior with its iconic stained glass windows and plasterwork ceiling. The building has a listed pipe organ and wonderful acoustics, making it the perfect venue for musical events.

To drive the project forward, Zoe has established a new fundraising vehicle, the Capel Celf Trust, with four trustees: Gordon Kilby – who is an acclaimed musician, choir master and town councillor; Dr Dafydd Thomas – the Chair of the Llandeilo Civic Trust and Kate Glanville – artist, author and town councillor. The Trust will lead on grant applications, fundraising and volunteer coordination to secure the chapel's future for public benefit. Phil Roberts – an architect with a wealth of experience in restoration is acting as a consultant for the project.

Zoe also brings her extensive experience of hosting events and running a public space. For three years she was co-owner of The Tregeyb in Ffairfach, which she renovated extensively and ran as an award-winning pub, restaurant and successful events venue.

“Salem Chapel has been part of Llandeilo's history for more than a century,” said Zoe Twilly “I want to bring it back to life as a creative, social space where people of all ages can make, enjoy and share art and music. Restoring the chapel, and its historic pipe organ, will take time but the result will be a place the whole community can enjoy.”

Community drop-in: Festival of the Senses (14th November 2025)

As part of the Llandeilo Festival of the Senses on Friday 14th November, Zoe Twilly will be serving mulled wine, hot chocolate and mince pies in the grounds of the chapel, and inviting local people to share their views on what they'd like to see at the chapel – from music to performance, exhibitions and workshops. 11am – 5pm.

St Cwrdaŷ Church, Llanwrda

MACMILLAN COFFEE MORNING

The Vicar and church officers wish to thank most sincerely for the generous support given by the community for this worthy cause.

Total raised for this event = £660.50p



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08/26(12)

THERE'S A FOREST UP THERE ABOVE CYNGHORDY

"How we see the world has everything to do with what we can do in the world. Action is shaped by vision"
(Rebecca Solnit, 2025).



One of the regular volunteers at the Carbon Community project said, "I'm amazed! You've grown a forest in five years!". He was recalling his first visit to Glandwr Forest in 2021 when he saw rows of hand-planted saplings stretching in different directions up the hillside. Then the trees would have been no more than a metre high. Today many are over five metres. This would not have happened without vision, passion and many hours of hard work.

On October 1st Charles Nicholls, one of the project's trustees, gave a fascinating talk to Llandoverly U3A. He explained the history of the charity and the BIG question that underpins the innovative scientific research being carried out at Glandwr: *"How can we get trees to absorb more carbon in a nature-based way?"* In other words, *"what will accelerate and support their growth?"* In the attempt to explore the BIG question 25,600 trees have been planted in 72 cells of 400 trees each. Some, replicating commercial forestry, are monoculture using Sitka Spruce. Others contain local native broadleaf trees - oak, alder, birch, aspen, rowan and cherry. The next variation involves enhancing the soil. Some of the plots have been treated with crushed basalt, a by-product of the mining process. Because basalt reacts with rainwater to reduce the acidity of the soil it can help the trees to absorb nutrients better, in addition to absorbing carbon as it weathers. Other plots have been inoculated with soil from existing nearby woodland with similar species. It is thought that the bacteria and fungi in the soil inoculation can accelerate growth. The remaining plots have been left untreated to act as a control. This is a large-scale project which is now entering its fifth year. Its scale allows for statistic robustness of results. As farmers and gardeners know all too well, other factors such as pests, and the weather (too much or too little rain, strong winds, whether something is grown high on a slope, low down

or close to an external hedgerow), are also influencing the viability and growth of individual trees.

A week after the U3A talk the annual *Big Tree Measure* began. For nine days, citizen scientists including students from Swansea University, Black Mountain College, as well as volunteers from Cyfoeth Naturiol Cymru, Office of the Future Generations Commissioner for Wales, SAP, Tubex, Imperial College, and the public are tasked with measuring the height and diameter of 6,400 of the trees (the diameter meaning at the base and at 1.3 metres). The measurements are recorded on handheld devices. This data is used to look at the above-ground carbon in the trees and is now being analysed together with the below-ground research by both Imperial College London and the Royal Botanic Gardens, Kew. PhD and Masters students from other universities have also been involved in research at Glandwr Forest including Swansea, Bangor, Sheffield, and Oxford. For students this can often be a route into future environmental careers.

As well as the *Big Tree Measure*, other volunteer days are held across the year for tasks such as hedge laying, tree planting (for instance, this year of the endangered Black Poplar), tree guard removing and bar code checking (each tree in the measurement survey has a unique number and data about its growth can be compared year on year).

Quite apart from knowing that as citizen scientists you can play a part in tackling the environmental challenges we all face today, volunteering at the Carbon Community is enriching. Glandwr Forest is a spectacular setting with views across the Cyngordy viaduct and towards Crychan Forest in the east. In addition to the trial area with its 25,600 trees, 75,000 native broadleaf trees have been planted to promote biodiversity. The other 75 acres of the site include peat bogs, Rhos pasture and wildflower meadows where plants such as the Marsh Orchid and the Whorled Caraway grow. There are veteran trees in the old hedges and along a section of the old Drover's Road and, depending on the time of year, a wealth of flowers, birds, butterflies and fungi to be spotted. Signing up for a tree or a wildflower walk is one way to learn more. And whatever the occasion there are always interesting people to meet.

A forest is being grown, and so too are human connections. To find out more about this and other events go to www.carboncommunity.org.

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. This is a great opportunity for anyone, from absolute beginners to established artists, to develop their drawing skills.

The November sessions are on the 4th and 18th. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.



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11/25(1)

VILLAGE RESIDENTS STRIDE FOR GAZA IN LLANSADWRN, CARMARTHENSHIRE

Residents of the peaceful village of Llansadwrn, Carmarthenshire took on a collective 83.7km walk around the village. The Stride for Gaza action took place on 19 October in solidarity with Palestinians in Gaza.

The walk was in aid of Medical Aid for Palestine (MAP) representing the displacement journey made by one of MAP's Palestinian aids in Gaza who walked 98km. Approximately twice the length of the Gaza Strip. The community hopes its action will inspire others to do the same.

Llansadwrn resident and event organiser Sioned Haf said,

"We are so lucky to be living in this peaceful village. It is a constant feeling of guilt that others, such as the communities of Gaza, on the other hand have none of the peace that we take for granted. That's why we, as a community of local, rural people, will Stride for Gaza. We want to show we're standing with Palestinians as they continue to endure unimaginable loss, forced displacement, and the lack of food, water and healthcare as a result of Israel's genocide.

This is an opportunity to show collective defiance and solidarity in our community by walking together round our village. The village loop is about 5 miles so there will be a big bunch of us doing it so we can cover the distance."

Another resident, Antonio Rizzo said,

"It is easy to feel powerless and exasperated that money from my taxes is included in this outrage. This is especially frustrating living in a rural area where it is difficult to join larger protests in cities to show our opposition to the situation in Gaza, and the complicity of our governments. This is our own little protest to help support a community bombarded with violence, dehumanisation, lack of access to pain relief and food. It is just so awful but this at least is something we can do here, and now."

Local mother Lyndsey Maiden is also taking part. She said,

"My son is appalled and distressed at the tragedy unfolding in Gaza and he wanted to do something. Now he feels so empowered about being able to help even in such a seemingly small way. But we're part of a global support network now. I'd encourage other parents and communities to do the same."

Readers interested in contributing to Llansadwrn's fundraising campaign can do so here <https://medicalaidforpalestinians.enthouse.com/pf/llansadwrn-dros-palesteina>. Another fundraising event in aid of the Sumud School, Goleuni dros Gaza will be held on 25 October in the neighbouring village of Llanwrda.

EVERYTHING IS COLLAGE



Is the title of the exhibition at the Llanwrtyd & District Heritage and Arts Centre running throughout November.

This exhibition brings together three Llanidloes-based female artists who produce art and sculpture using the traditional methods of collage but with their own unique expertise which results in vibrant and contemporary pieces reflecting areas of modern day life.

Floss Quick produces work utilising a variety of materials which is concept led and draws on the narrative ability of objects and materials. Much of her work is developed from her interest in people and their idiosyncrasies, social and constructive situations and the everyday. Floss also works as a visiting lecturer.

Leanne Cordingley-Wright is a collage artist and graphic designer whose work explores chance, chaos and dynamic form in nature. She creates surreal worlds which may seem alien but have their roots in the here and now by the use of natural patterns and biological imagery.

The third, in our trio of collage experts, is Erin Hughes who is a visual artist who produces hand-marbled paper collages that emulate the appearance of marble and semi-precious stone inlay, translating natural landscapes into intricate, illusionistic works. Erin also delivers marbling workshops at schools and galleries throughout the UK.

This exhibition showcases the skill of these artists which will have wide ranging appeal.

The Centre is open Saturdays and Sundays throughout November 10am to 4pm.

READERS' SALES & WANTS

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

FOR SALE

- **Mason Cash china mixing bowl**, 32cm approx, £15. Tel: 01550 779214 or 07837 868490.
- **Metal preserving pan**, 32cm approx, £15. Tel: 01550 779214 or 07837 868490.
- **Selection of trumpet mutes** still available. Please phone: 07572 168275 for details. Offers accepted.
- **Router (FERN model FBF-6E)**, new in box, £20. Tel: 07761 107055.
- **Water Feature** complete with electrics and light, £30 ono. Tel: 07761 107055.
- **Shelf brackets**, 12" x 9", new, x9, £5 the lot. Tel: 07761 107055.
- **Shelf brackets**, 10" x 8", new, x9, £4 the lot. Tel: 07761 107055.
- **Professional Valve Lifter**, new, £22. Tel: 07761 107055.
- **Paint Sprayer**, operated by compressed air, £12. Tel: 07761 107055.
- **Chimney Cowl**, Stainless steel (new in box), cost £35 will accept £20. Tel: 07761 107055.
- **Kitchen wall cupboard**, 900mm high x 500mm wide, £7. Tel: 07761 107055.
- **Hitachi Camera Recorder**, model VM-C30E complete with carrier bag, £20. Tel: 07761 107055.
- **2 Rugs**, 100% wool, 5ft 3ins x 3ft, in good condition, £25 each. Tel: 07761 107055.
- **Welsh and English records**, various, some quite old. offers. Tel: 07761 107055.
- **Collection of MATCHBOX YESTERYEAR diecast models**. offers. Tel: 07761 107055.
- **2 wooden folding chairs**, suitable for Hall or outside events £15 the pair. Tel: 01550 779214 or 07837 868490.
- **90cm round pine pedestal table** and 4 chairs, £30. Tel: 07826 553417.
- **Dr Marten boots**, black, size 6. Good condition, £40. Phone 01550 777149 or 07572 168275.
- **Shure SM7B professional microphone for sale**. Excellent condition as new. Microphone stands also available. £75. Phone 07572 168275 or 01550 777149.
- **6 inch Quarry Tiles**. selection of black and red, 15 in total together with 3 halves, £16. Tel: 07761 574265.
- **Floral crockery items**, mainly plates, suitable for mosaic work possibly, donation for the lot (all must go so boxes needed). Call in at Hiraeth Gallery, 17 Market Square, Llandoverly, Tues – Sat.
- **Woodmann wood burning stove** for spares or repair. Tel: 01550 777149 / 07572 168275.
- **Wrought Iron Gates**: x2 4'3" wide x 3'4" high, £50; x2 4'1" x 3'4", £50. Tel: 01550 721640.
- **Hook eye butchers saw**, excellent condition, offers. Tel: 01558 685106.
- **Garden table with four chairs**, green plastic, £25. Tel: 01550 720221 Leave a message and I will get back to you.

- **Pine double bed with mattress**, £60. Tel: 01550 720221 Leave a message and I will get back to you.
- **Single mattress**, £10. Tel: 01550 720221 Leave a message and I will get back to you.
- **Chair walker with seat**, £25. Tel: 01550 720221 Leave a message and I will get back to you.
- **Infrared lamp with dimmer switch** and bulb, £20. Tel: 01550 720221 Leave a message and I will get back to you.
- **Infrared lamp** with bulb, £15. Tel: 01550 720221 Leave a message and I will get back to you.
- **Small glass cupboard**, £10. Tel: 01550 720221 Leave a message and I will get back to you.
- **Yamaha electric full keyboard**, £60 cash only. Tel: 01591 610507.
- **Cold water fish tank**, 19" x 12", £50 cash only. Tel: 01591 610507.
- **Inlander 12 volt fridge**, x2 internal shelves with small ice compartment, door shelves, was working perfectly when removed, only taken out to replace with larger fridge, 25 inch high x 21 inch deep x 17.5 inch wide, perfect for campervan/boat, free for collection. Tel: 01550 721225 or 07717 533451.
- **Pendleton Somerby Womens Electric Bike**, navy blue, good condition, 3 settings for assistance, a joy to ride but doesn't get much use, comes with keys, good battery, great for commuting, £450. Tel: 07387 833384.

WANTED

- **PIANO ACCOMPANIST** sought for community choral society rehearsals. Please phone 01558 685542 for more information.
- **Preloved Books wanted**. We are more than pleased to receive your unwanted pre-loved books/cd's for our Secondhand Bookroom. Any subject gratefully received, as well as paperback fiction. Just box/bag everything up and deliver to the House when you are passing. In November, the House and Tea Room are open only at weekends 10.30am – 3.30pm. If delivering on a weekday, please ring the office bell beside the gate and there will always be someone available to help you offload if required. Thank you for helping us to maintain Newton House and Dinefwr Park. Any queries: Holly Dwyer : 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Looking for LWB Dropside Truck**. Tel: 07591 954980.
- **Gas fired Rayburn** in good condition with RH oven. Tel: 01558 650450 or 07474 140453.

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DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

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

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

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

ST. MICHAEL'S CHURCH, CILYCWYM

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

ST CYNWYL'S CHURCH, CAIO

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ST SAWYL, LLANSAWEL

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

2 Nov	11.00	Holy Communion
9 Nov	11.00	Holy Communion
16 Nov	11.00	Holy Communion
23 Nov	11.00	Morning Prayer + Joyous Song, Prayer & Poem
30 Nov	11.00	Morning Prayer

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

ST MICHAELS, MYDDFAI

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

LLANDINGAT, LLANDOVERY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST SIMON AND ST JUDE, LLANDEUSANT

9 Nov	10.30am	Remembrance service with poems & readings
23 Nov	11.15am	Holy Eucharist

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST. MARY'S CHURCH, CYNGHORDY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST CADOG'S CHURCH, LLANGADOG

2 Nov	9.30am	Holy Communion
	6.00pm	Hwyrol Weddi
9 Nov	10.30am	Remembrance Sunday
16 Nov	9.30am	Holy Communion
23 Nov	9.30am	Morning Prayer
30 Nov	10.30am	Holy Communion
		Gwynfe Church

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

ST. BARNABAS, RHANDIRMWYN

2 Nov		No Service
9 Nov	9.30am	Remembrance Service
16 Nov	9.30am	Communion
23 Nov	9.30am	Communion
30 Nov	10.00am	Combined Communion in St. Michael's Church, Cil-y-cwm
7 Dec	6.30pm	No Service in St Barnabas – Christmas by Candlelight Concert in Llandoverly College Chapel, Llandoverly, followed by refreshments on the concourse.

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

ALL SAINTS CHURCH, GWYNFE

2 Nov	11.15am	Holy Communion
9 Nov	10.30am	Remembrance Service in Llangadog
16 Nov	11.15am	Family Service and Animal Blessings
23 Nov		No Service
30 Nov	10.30am	Combined Service in Gwynfe

ST TEILO'S CHURCH, LLANDEILO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

A Warm Welcome for all/Croeso Cynnes ichi gyd.

ST. JOHN'S, FELINGWM

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, TALIAIRIS

9 Nov	9.30am	Remembrance Sunday
23 Nov	9.30am	Morning Prayer

Email: h_lloyd_davies@hotmail.com

ST MICHAEL'S CHURCH/EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

- 2 Nov 2.30pm Service (Evening Prayer) followed by Cuppa in the Hall.
 12 Nov 5.30pm Pilgrim prayers.
 16 Nov 1.00pm Bring and Share Lunch in the Church Hall.
 16 Nov 2.30pm Communion Service followed by Cuppa in the Hall.
 7 Dec 2.30pm Traditional Carol Service followed by Christmas Tea in the Hall.

Info Churchwardens Andrew Tait on 07846 310848 and Beryl Edwards 07428 833278.

Location: What3Words - gain.agent.acids.

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

MYDDFAI COMMUNITY HALL 200 CLUB

Results for the 200 Club draw held on 18 July 2025 at Myddfai Community Hall.

- | | | |
|-----|-----|-------------------|
| 1st | £20 | Fionagh Griffiths |
| 2nd | £10 | Jean Slater |
| 3rd | £5 | Judy Dunkerton |

Results for the 200 Club draw held on 29 August 2025 at Myddfai Community Hall.

- | | | |
|-----|-----|-----------------|
| 1st | £20 | Judith McSwiney |
| 2nd | £10 | Chris Garrett |
| 3rd | £5 | Robert Richards |

Results for the 200 Club draw held on 26 September 2025 at Myddfai Community Hall.

- | | | |
|-----|-----|-----------------|
| 1st | £20 | Debbie Houghton |
| 2nd | £10 | Hugh Davies |
| 3rd | £5 | Peter Jones |

All proceeds go towards the running of hall. Many thanks to all for your valuable support!

FLU and Covid Clinics

Llanfair Surgery and Llangadog Surgery

When are the clinics?

5th November
19th November

Who is Eligible?

- **FLU** vaccines are for people over 65yrs or people of risk
- **COVID** vaccines are for over 75yrs + immunosuppressed only

Where?

Llandovery Rugby Club



Time of the clinics?


9am-12.30pm
then
2pm-4pm

Any other Questions?

Llanfair Surgery
01550 720648

Llangadog Surgery
01550 777154

CHRISTMAS 2025



Chapel, Odey Llandovery Hall

LLANDOVERY COLLEGE CHOIR

CHRISTMAS BY CANDLELIGHT

at
Llandovery College Chapel

In Aid of
ST. BARNABAS CHURCH, RHANDIRMWYN
President: 'Mr Tony Barnes', Rhandirmwyn

Tea/Coffee and mince pies will be kindly provided by the College after the concert.

Sunday 7th December at 6.30pm

Admission by programme: £7 at the door, children under 15: free

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

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FUNDRAISING

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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@allaspectspropertyservices.co.uk or visit us: allaspectspropertyservices.co.uk Quote **WINTER10** for a 10% discount through November, December and January. 11/25(12)

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: localroofer.wales@gmail.com 04/26(6)

SPORTS FACILITIES

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

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 Facebook: dazzlers the window cleaners 06/26(12)

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Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points
○ = Ref. Points Only



NEW ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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

Noticeboard

LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm

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

LLANDEILO LIBRARY

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

Mon Closed

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

Wed 1.30pm – 5.30pm

Thurs Closed

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

Sat 9.00am – 1.00pm

Sun Closed

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.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE

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

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

activities provided and how to book and Pay.

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

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

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.)

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE

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

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

Brecon – Llandovery (X80)

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

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

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

All services operate Mon-Sat

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

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