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Number 354

March 2026

Published by PostDatum,
24 Stone Street, Llandoverly, Carmar SA20 0JP

Tel: 01550 721225

ABERGLASNEY GARDENS PHOTOGRAPHER

REWARDED IN INTERNATIONAL GARDEN
PHOTOGRAPHER OF THE YEAR COMPETITION

Full article on page 3



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

**Next issue distributed:
1st April 2026**

The Post Future Copy Dates

May.....	16th April
June.....	15th May
July.....	16th June

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The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225.

info@postdatum.co.uk

PostDatum Opening Hours:
9.30am – 5.30pm (Mon – Thurs).
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12/26(12)

Aberglasney

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ABERGLASNEY GARDENS PHOTOGRAPHER REWARDED IN INTERNATIONAL GARDEN PHOTOGRAPHER OF THE YEAR COMPETITION

Aberglasney is delighted to announce its photographer, Nigel McCall, has been recognised for the tenth year in a row in the International Garden Photographer of the Year (IGPOTY) competition for two of his stunning images.

IGPOTY brings together the best garden, plant, flower and botanical photography from across the world. The competition started in 2008 and continues to be one of the world's most respected photography competitions and exhibitions.

'Crimson Cascade' has been awarded Highly Commended. Nigel took the photo last October in the Upper Walled Garden when both the Sorbus and Vitis coignetiae were in autumn colour together.

'Autumn Glory' is an early morning autumnal shot taken in the Asiatic Garden in November 2016. It has been awarded Commended. It is a view over the lawn (which was removed in 2018) towards the 'Japanese Gate' at the top end of the gardens.

Nigel's breath-taking images have won a staggering 21 awards from IGPOTY over the last ten years. Awards include three first places, one third place, six finalist, seven highly commended and four commended places.

Nigel McCall said, "I am pleased to have been recognised once again in this year's International Garden Photographer of the Year awards. I take photos of the Gardens for pleasure rather than rewards but it is always heart-warming when given accolades for the hobby I enjoy doing so much." [More follows...]

A collection of Nigel's award-winning photographs of Aberglasney Gardens through the seasons and over the past few years, are currently on display in an exhibition in the Mansion. A book of Nigel's images entitled 'Aberglasney Gardens – a calendar year' is available to purchase in the giftshop alongside jigsaws and postcards using some of his award-winning images.

Helen Scutt, Aberglasney Gardens' Director said, "Congratulations to Nigel on this latest recognition of his hard work and dedication. We are very grateful to him for all the time he puts in to visiting Aberglasney and

producing such amazing photographs. It's thanks to Nigel that we're blessed with a wealth of beautiful images of the gardens throughout the seasons."

Nigel McCall has been a volunteer and member of Aberglasney since 2014. Nigel has a great interest in photography and has spent many years documenting Aberglasney's changing seasons with over 2,600 images of the Gardens.

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07/24/12



I for one usually enjoy the winter months but confess to this year, looking forward to longer days and some spring sunshine. Perhaps it was because I seemed to have more to do these last few months and not enough daylight hours. Fighting the urge to hibernate has been

difficult! However, at the time of writing, it is still light at 5p.m, the first of the lambs are gadding about in the fields and the spring flowers are blooming. Nature really can be a joy.

With spring approaching, here at Bwrlwm we are turning our attention to planting and the outdoors! Over the winter months, we have been focused on making the inside of our hub, a cosy and inspiring place to pop into. We are aware that the outside doesn't really yell, 'please call in, I'm really nice on the inside!' We already have two planters (made through WWF funding last year) that are to have their new home at the hub, growing strawberries and maybe a couple of herbs. We cannot guarantee enough for a bowl full, but they will be there for people to help themselves as they are passing. I will need to periodically taste them you understand, just for quality assurance purposes! We will be creating other planters and hopefully a bench, so if you want to get involved with those, please just let us know.

Our other growing focus is creating A Friends of Llandeilo Station group. We have been in touch with Transport for Wales, highlighting the state of the train station and they are keen to help make it a lot more visually appealing. The group will consist of volunteers who will help plant and maintain the current, and hopefully new, planters. We appreciate that volunteering can sometimes require a regular commitment, so this would suit anyone who only has a few hours to spare a month and need to be a little flexible with their time.

We do have other aspirations for the area around the hub as Station Rd is such a well-used route and it would be lovely to make it a little more attractive. If you have any thoughts, please pop in and see us at the hub. Bear with us while we work around the weather to improve the exterior. Bit like me, the outside is a work in progress but I'd like to think it's lovely on the inside!

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



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



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08/2/16(12)

Côr Meibion De Cymru 2026 SPRING CONCERT AT ST. TEILO'S, LLANDEILO



One of Wales' foremost male choirs returns to Llandeilo on Saturday April 18th following up on a highly successful sell-out concert 18 months ago. Once again, thanks to the support of church authorities and the business community, the Choir will be supporting the Gelli Aur – Golden Grove Trust, formed to repair and regenerate the historic house and gardens of the nearby estate.

Côr Meibion De Cymru – The South Wales Male Choir has built an enviable reputation for staging memorable concerts in towns and cities across the United Kingdom and indeed the world, with locals and visitors alike being able to Witness the choral splendour in the best traditions of Welsh choirs. St.Teilo's Parish Church offers superb acoustics to match some of the best venues in the country; one visitor from Australia claimed the concert in October 2025 was 'the best he'd ever been to' with De Cymru joined by World class soloists. This time music includes popular arrangements from Opera and 'Phantom of The Opera' plus, of course, traditional love songs and hymns of Wales.

Finalist in the 2023 Cardiff Singer of the World soprano Jessica Robinson joins De Cymru on 18th April with Deputy CMDC Conductor D. Huw Rees from Morriston taking the baton accompanied by Ferndale's Sian Davies. In addition, as both are renowned accompanists, they will perform additional piano duets not often heard on the concert platform, all presented by Llandeilo's own local chorister David Williams.

The South Wales Male Choir enjoys the unique distinction and privilege of the Patronage of HM King Charles III and are equally pleased to be able to welcome for a second time their President Dr Haydn James – a former CMDC Director of Music and Conductor, to join other special guests for the evening – where else can you find great music and a glass of wine in the interval!

Seat tickets are available from the beginning of March at 'Peppercorn', King Street, Llandeilo or GT Locksmiths Parc Bryers, Dryslwyn, telephone reservations on 07788 816601 or on-line at www.southwalesmalechoir.co.uk



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COOKING ON A BUDGET – RETURNS ON MARCH 24TH

We will be making the most of Lentils, they are not just for Dahl. Making one pot interesting flavourful dishes, using a range of cooking methods. They will be a range of herbs and spices to make interesting dishes in which lentils are the star.

We will be exploring which lentils to use with which item of meal. Bring you taste buds to try and taste cooking ideas..... and freebies will be back.

At the LYCC starting at 10.30 am finish at 12.00. Hope to see you there.

MYDDFAI NEWS

Myddfai Shop and Café are open every week
Wednesdays – Sunday 11.00am – 4.00pm.



What's on in Myddfai Hall in March – We have 2 lots of Fermentation cookery classes Tuesday 10th 11.00am – 2.00pm Sourdough Bread & Friday 27th 11.00am – 1.00pm World of Kimchi. Our monthly Farmers Market is on Sunday 29th March 12.00 noon – 3.00pm, please come along to support the wide range of local food produce and crafts on offer. Our regular classes are: Yoga is on Tuesday mornings 9.30am – 11.00am; Craft Class is Wednesday afternoons 1.30 – 3.30pm; Pilates is Thursday mornings 9.30am – 10.30am. Art on Friday 1.30 – 3.30pm, everyone is welcome.

Nice to know that Spring has arrived. Just the time to have a drive to Myddfai then have a walk to take in the beautiful scenery, why not combine it with lunch or afternoon tea at Myddfai Café?

Myddfai shop has a wide choice of gifts – earrings or necklaces, Welsh tweed, scarves or head warmers, we have a good range of aprons and bags, pottery, children's knitted cardigans, Myddfai toiletries, scented candles, soaps, plus much more. Our Myddfai jams and chutneys are very popular along with local honey and apple juice. We also have wide range of hand-crafted wooded chopping boards and wooden bowls, greetings cards and art. Every purchase supports one of the many local businesses that supply the shop as well as the Myddfai TyTalcen Charity.

There are a wide range of cakes on offer at the café and various delicious, home-made soups, along with other lunchtime meals and daily specials, as well as our excellent locally roasted and freshly ground coffees and a wide range of fruit and herbal teas. Why not treat your mother for Mother's Day to an afternoon tea with delicious home-made scones and cakes.

We can arrange group talks on The Physicians of Myddfai & Herbal Medicine which can be combined with afternoon tea or we can hold them in an evening. Please get in touch to book.

Myddfai Hall is an amazing and affordable venue ideal for Weddings, parties, meetings, conferences, away-days, kids parties and any type of fitness or activity class. The underfloor heating makes it a great all year-round venue, come and take a look, or join in one of the current classes!

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

Check our website www.myddfai.org or Facebook for our What's On.

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EIN DEUTSCHES REQUIEM (A GERMAN REQUIEM)

by Johannes Brahms



Cantorion Llandeilo Singers will be performing the profoundly moving *Ein deutsches Requiem* on Saturday, 13th June 2026. Make a note in your diaries now. More details and venue will follow.

It is a requiem for the living emphasising comfort and solace. It opens with a hushed and sombre mood before transfiguring darkness into light, triumph, and a peaceful conclusion. It includes a well-known piece 'How lovely is Thy dwelling place', a sublime soprano solo in the fifth movement, and a symphonically rich orchestral accompaniment.

The accompaniment of a professional 22-piece orchestra will be supported by soloists Helen Massey (soprano) and Trevor Eliot Bowes (bass-baritone), both of whom have delighted Cantorion Llandeilo Singers' audiences in the past.

On Saturday, 15th November 2025, Cantorion Llandeilo Singers performed another requiem - by John Rutter, one of our greatest living composers who in September last year celebrated his 80th birthday. Imogen Evans was welcomed as the new conductor and this was Imogen's debut performance with the choir. In the first half Imogen sang some delightful soprano solos and the choir contributed a capella renderings of Tavener, Jenkins, Byrd, Stanford, Lauridsen and a setting by Imogen. A small chamber ensemble accompanied.

If you would like sing with Cantorion Llandeilo Singers, phone 07851 786569 for more details or just turn up on a Monday evening at 7.30 p.m. in St Teilo's Church, Llandeilo. It is an inclusive community choir open to all. It performs works from the classical choral repertoire and also lighter concerts with popular repertoire. There are no auditions, you just need to want to sing, to learn, and enjoy singing with others. We are welcoming sopranos, altos, tenors, and basses, but particularly tenors. If you can read music and have already sung the *German Requiem* you may just be in time to sing in the concert on 13th June 2026.

LLANGADOG GARDEN CLUB WELCOMES LOCAL GROWERS FOR A BLOOMING YEAR AHEAD

Green-fingered enthusiasts and budding beginners alike are warmly invited to join **Llangadog Garden Club** for an inspiring year of talks, demonstrations and friendly company.

The club is a small, welcoming group that meets at Llangadog Community Hall on the last Wednesday of each month at 7.30pm. Annual membership costs just £10, or visitors are very welcome to attend individual sessions for £5 per evening – and that includes light refreshments and a slice of delicious homemade cake!

On Wednesday, March 25th, Hati Colvin from The Dahlia Wood, a beautiful flower farm near Llandeilo, will be the guest speaker. Hati is passionate about seasonal, slow-grown Welsh flowers and will be sharing her knowledge and love of dahlias. It promises to be a colourful and inspiring evening for anyone interested in growing these stunning blooms.

Looking ahead to April, Jacqui Symonds will demonstrate how to use plants and other natural materials to dye fabrics – a fascinating and creative way to bring the garden into your home.

Our Club was saddened to hear of the recent closures of Llandeilo and Llandoverly Garden Clubs. Members from those clubs, or anyone with an interest in gardening, will be made especially welcome at any of Llangadog's upcoming talks.

For more information, please contact our Chair Sarah Dobson at sarahfrancesdobson@yahoo.com

Whether you're an experienced gardener or just starting out, Llangadog Garden Club would love to see you soon.



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Padmasambhava Yoga and Meditation Centre

All at PadmaSamBhava hope you are well and enjoying the early signs of Spring with snowdrops, crocuses in flower, primroses in bud, and that you are finding renewed energy with this wonderful season. This is indeed a good time to rejoin or even start a yoga class so that your mind and body can welcome these uplifting times. The Spring term is underway yet it is not too late to get in touch to see if there are spaces in the ongoing classes. The Centre has a broad range of classes both in-house as well as classes at the Ammanford Penybanc Hall, Cwrst Henri Reading Room and Seated Yoga at the Llandeilo Bowling Club.

This is also a good time to plan ahead and register interest for the New Beginners to start after the Easter break - traditionally a time of renewal and joy. The New Beginners covers the Foundation Practices of the PMA series, bringing movement in the joints, increasing flexibility and changing the flow of energy within the body. Each class builds upon the previous one, as this systematic series allows the body to prepare for classical postures. The Beginner's course can be a gateway to continuing on through the years or a refresher's class if you have been away from yoga for some time.

Each class includes Pranayama – strictly speaking the expansion of energy within the body – and also used to describe breathing practices. Breathing practices strengthen the lungs as well as help improve breathing, changing old habits. For example, the 'abdominal breath' is a useful tool to navigate stress, bring about relaxation and generally improve health. Classes end with the deep relaxation of Yoga Nidra – allowing both body and mind to deeply rest.

The classes offer tools for everyday living, such as ways to use the breath when facing stressful situations or a series of movements to keep the body – and mind – at ease. The yoga taught at the Centre is Integral Yoga which brings a connection between body, breath and mind, which in time refines one's awareness. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind.

Classes at Padmasambhava are suitable for people of all ages and abilities, from Beginners through to more progressive, as well as Chair Yoga. Students often remark on the sense of well-being brought about by these classes which incorporate movement (asana), breath awareness and breathing practices (pranayama) and end with the deep relaxation of Yoga Nidra. The classes are progressive throughout the weeks and terms and are suited to the students within the class. Students coming to the Centre notice and value the sense of connection and community that coming together in a class brings. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. 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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19 68	Kia Sportage 1.6CRDI GT-Line (136BHP) Automatic, Heated Leather Seats, Sat Nav, Reversing Camera & Sensors, 19" Alloys, Privacy Glass, Metallic Grey, 48898m.....	£14500
22 22	Dacia Duster 1.3 TCE 130 BHP, 6 Speed, Comfort, 4x2, Alloys, Air Con, 1 Owner, 50000m.....	£12995
20 70	Vauxhall Corsa 1.2 Turbo 100HP, 6 Speed, SRI, Navigation HDD, Parking Sensors, Half Leather Trim, 16" Alloys, Air Con, Privacy Glass, Grey Metallic/Black Roof, 43800m.....	£9995
20 70	New Model Nissan Juke 1.0 Dig-T (117BHP) 6 Speed, N-Connecta, Only 6565m, White	£17500
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20 69	Peugeot 108 Top 1.0, Alloy Wheels, Revs Camera, Electric Roof, Met Red, Only 3000m.....	£8500
18 18	Ford Focus 1.0 E/B 125BHP Zetec, 6 Speed, Sat Nav, Parking Sensors, A/C, Alloys, 58500m.....	£6995
18 18	Dacia Stepway 1.5DCI 90 Ambiance, Air Con, Spare Wheel, In Metallic Blue, 57995m	£5995
16 66	Mini Cooper 1.5, 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£10750
18 68	Kia Stonic 1.0T GDI 120BHP, Leather Trim, Sat Nav, Climate Control, Alloys, 39650m.....	£11500
17 67	Ford Focus 1.0 Eco, 6 Speed, ST-Line, Alloys, Air Con, Rear Spoiler, Met Blue, 5dr, 58887m.....	£6995
15 65	Ford Fiesta 1.25 16V (82PS), 5 Speed, Zetec, 15" Alloys, Air Con, 3dr, White, 62000m	£4995

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2024 73	New Model Renault Kangoo 1.5DCI Auto Advance, Twin Side Doors, 3 Front Seats, Reversing Sensors, Air Con, Choice of 2 White or Grey, Only 25m	£21000 & £21000 +Vat
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20 69	Renault Master 150BHP Speed, Lined, Carabbean Blue, 67400m	£9995 +Vat
19 69	Vauxhall Combo Cargo L1 1.5 Turbo 100, Side Door, Black, 68890m.....	£6995 +Vat

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CYNEFIN LLANSADWRN

Yn ddiweddar, mae grŵp bach o bentrefwyr yn Llansadwrn, wedi neud cais am grant Perthyn – grant ai ariennir gan Lywodraeth Cymru, sydd yn darparu cefnogaeth cynfod cynnar lleol i gymunedau Cymreig yng ngogledd a gorllewin Cymru sydd â diddordeb mewn datblygu syniadau menter gymdeithasol.

Mae'r grŵp wedi bod yn llwyddiannus, ac wedi derbyn grant i wneud gwaith ymchwil dwys yn ardal Llansadwrn a'i chyffiniau, yn gofyn cwestiynau fydd yn crynhoi gweledigaeth pentrefwyr lleol am faterion iaith, diwylliant, amgylchedd, ynni, trafnidiaeth ac asedau lleol – yr holl bethau sydd yn gwneud yr ardal yn ddymunol, neu'n annymunol i fyw ynddi. Mi fydd y prosiect hefyd yn gofyn am syniadau a gweledigaethau pobol leol am ba fath o bethau hoffent ei weld yn cael ei ddatblygu yn yr ardal, dan arweiniad a pherchnogaeth menter gymdeithasol a chymunedol. Bydd y wybodaeth yma yn caniatáu i'r pentref amlygu prosiectau posib er budd cynaliadwyedd ein hardal.

Mae'r Gymraeg yn ganolog i delerau'r grant, ac felly i'r gwaith ymchwil yma hefyd. Bydd y grant hefyd yn gallu ariannu'r gymuned i edrych ar ddatblygu endid cymunedol newydd all ddatblygu rhai o'r syniadau bydd yn deillio o'r gwaith ymchwil a'r ymgynghoriad cymunedol.

Os ydych chi yn byw a bod yn ardal Llansadwrn a'i chyffiniau – rydym am glywed eich syniadau a theimladau chi am fyw yn yr ardal hon! Mi fydd yna amrywiaeth o ffyrdd y gallwch chi gymryd rhan ac ymroi syniadau i'r ymchwil hon, gan gynnwys diwrnod agored cymunedol ar y 14eg o Fawrth yn Narllena Llansadwrn, rhwng 12 a 4 o'r gloch; gyda bwyd, diod a gweithgareddau. Bydd datblygiadau pellach yn cael ei hysbysebu trwy wefan Llansadwrn a'r dudalen Facebook cymunedol.

Croeso i unrhywun sydd â diddordeb, eisiau ymuno â'r grŵp llywio neu eisiau helpu neu gynnig unrhyw awgrymiadau neu syniadau, i gysylltu â Sioned Haf trwy e-bost (sionedhaf@hotmail.com) neu dros y ffôn: 07529 901523.

Recently, a small group of villagers in Llansadwrn, have applied for a Perthyn grant funded by the Welsh Government, which provides early-stage support to Welsh communities in north and west Wales who are interested in developing social enterprise ideas.

The group has been successful, and has received a grant to carry out intensive research work in the Llansadwrn area and its surroundings, asking questions that will summarise the vision of local villagers about issues around language, heritage, culture, environment, energy, transport, housing and local assets – all the things that make the area desirable, or undesirable to live in. The project will also ask for the ideas and visions of local people about what kind of things they would like to see developed in the area, under the leadership and ownership of a social or community enterprise. This information will allow the village to identify possible

projects that could be taken forwards, for the benefit of the sustainability of our community.

Exploring the long-term sustainability and survival of the Welsh language is central to the terms of the grant, and therefore to this research as well. The grant will also be able to fund the community to look at developing a new community entity which can develop some of the ideas that will arise from the research and community consultation.

If you live or are involved with life in the village and surrounding areas – we want to hear about your ideas and feelings about living in this community!

There will be a variety of ways for you to participate and contribute ideas to this research, including an open day event on the 14th of March, from 12 – 4pm at the Reading Rooms (with food, drinks and activities to coincide). Further developments will be advertised through the Llansadwrn website and the community Facebook page. A warm welcome to anyone who is interested in this development, or who wants to join the steering group or wants to help or offer any suggestions or ideas, to contact Sioned Haf by email (sionedhaf@hotmail.com) or by phone: 07529 901523.

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03/26(6)

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LLANSADWRN READING ROOM

Mae'r Nadolig yn teimlo fel amser maith yn ôl nawr ond nid yw Pwyllgor Darllenfa Llansadwrn wedi anghofio cefnogaeth wych nifer o bobl leol sydd unwaith eto wedi cyfrannu at sicrhau llwyddiant dathliadau'r pentref.

Yn gyntaf oll, mae teulu Evans ym Mrynmarlais wedi bod yn allweddol nid yn unig wrth ddarparu'r goeden Nadolig mewn cydweithrediad â Gary Robins, ond hefyd wrth ddarparu cludiant a chyfleusterau i godi'r goeden. Er gwaethaf tywydd ofnadwy, nid yn unig y goeden ond y seren a arhosodd yn ddiogel yn ei le tan y deuddegfed! Diolch i Winston a Richie ynghyd ag Emma, James a Henry o Fferm Cefn am godi'r goleuadau. Gwasanaethodd Ficer Llangadog yn y Seremoni Gysegredig a Goleuo gyda Darllenfa lawn yn ymuno â charolau dwyieithog a ddarparwyd gan Gantorian Llansadwrn. Bu Ymyrraeth Ddwyfol amlwg wrth iddi stopio bwrw glaw am y 5 munud o weddiâu a chyfrif i lawr goleuo'r goeden!

Diolch byth fod Tafarn y Sextons gerllaw hefyd wrth i Siôn Corn (diolch i Glwb Rotari Llanyddyfri) a'r dorf lwyddo i gael lloches.

Tan y flwyddyn nesaf!

Christmas seems a long time ago now but Llansadwrn's Reading Room Committee have certainly not forgotten the terrific support of a number of local people who have once again contributed to ensure the success of the Festivities.

First and foremost the Evans family at Brynmarlais have been instrumental in not just providing the Christmas Tree in collaboration with Gary Robins, but also in providing transport and erection facilities. Despite some horrendous weather not just the tree but the Star remained safely in place until Twelfth Night! Thanks go to Winston and Richie plus Emma, James and Henry of Cefn Farm for getting the lights up. The Vicar of Llangadog officiated at the Dedication and Lighting-up Ceremony with a full Reading Room joining in with bilingual carols provided by Llansadwrn Singers. Obvious Divine Intervention was witnessed as it actually stopped raining for the 5 minutes of prayers and countdown!

Thank heavens the Sexton Arms was nearby too as Father Christmas (thank you Llandovery Rotary Club) and the crowd managed to gain shelter.

Here's to next year!

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 9.30am to 12.30pm at the Cwmifor community centre. Cost: £10.00 per session. This is a great opportunity for anyone, from absolute beginners to established artists, to develop their drawing skills.

The March sessions are on the 3rd, 17th and 31st. For more information contact Tanya on 07919 281975 or just grab your drawing materials and come join us.

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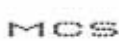
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11/26(12)

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0426(3)



LLANDOVERY U3A

u3a meetings in March are:

4th March – Members' favourite poems will be shared; some clips of poems read by the authors; some original poems written by members, and some poems read by members. Emotional, meaningful and funny, the full range of poems will be shared.

18th March – The history of flight. In a town which has an annual Balloon Festival, the u3a will listen to and review BBC Sounds programmes: "Hot air balloons and airships", "Pioneers of flight", "Passenger Flight" and "Helicopters."

In April we have three wonderful speakers:

1st April – The wonderful Sputnik Weazel, a Professor of Music and a resident of Carmarthenshire. Sputnik has released nearly 30 albums and is still entertaining people. He now plays a ukulele like no-one else, a real genius. He will explain how songs are developed and will demonstrate how chords can sound different with varied playing styles.

15th April – Bernice Benton lives in Llanwrtyd Wells and is a full-life celebrant, end-of-life doula (soul midwife) and the author of My Life, My Death, My Wishes. You may also recognise her as Lady Lily the Pink of the Monster Raving Loony Party, or would-be wedding planner from BBC2's Ultimate Wedding Planner. Her mission, she says, is "to normalise and open up conversations around end of life, death, dying and the planning and grief surrounding it". She does this through empowering people with knowledge, debunking myths and gentle, open conversation.

29th April – Introduction to the wonderful "Reading the Wild" Festival which is back for its second year. It is hoped that six books will be being launched at the festival. Writers from last year's festival described "as better than Hay".

We are keen to welcome new members or guest members to our meetings every other Wednesday: at 10:30am for refreshments and get-togethers, with speakers starting at 11 and each session due to be finishing around 12 to 12:15. If you are interested, come and join us at Llandovery Rugby Club.

WHAT'S ON at The Old School in Capel Dewi SA32 8AD

11th March: Coffee Morning from 10.30am.
Speaker – A year in the life of a High Sherriff.

14th March: Gardening and Seed Swap. FREE ENTRY. Tables available call 07494 945030.

20th March: Eisteddfod Fach, 6.00pm

25th March: Book Club, 7.00pm

27th March: Pop-up Pub

Any queries or question please contact capeldewicommunity@gmail.com

LLANDOVERY FUN QUIZ RETURNS

Last year quizzers from this lovely town and some welcome tourists took part in our weekly fun quiz held at the Castle Hotel.

It is a perennial problem, who should benefit from this years funds?

Last year our town's childrens play area received £2600 towards general upkeep and new facilities.

Well the new quiz season starts again and we would appreciate ideas for recipients of our fundraising efforts.

Come along to enjoy our fun quiz.

Our weekly quiz starts on Tuesday 31st March at 8pm in the Ballroom, Castle Hotel. Only £2 per person.

Hope to see you there.

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03/26(1)



Now that we are over halfway through our second season with the 3G pitch at Llandoverly, we wanted to share an update and thank the many individuals, businesses and communities whose generosity made the project possible.

The project began in winter 2023/24 when the Rugby Club successfully applied for external grant funding. By April 2024 we had secured key support from Sport Wales/WRU and Carmarthenshire County Council, triggering an intensive period of planning, tendering and local fundraising to meet match-funding requirements ahead of the 2024/25 season. Thanks to strong community backing, business support, individual donations and fundraising initiatives – including the sale of Huw S Thomas's commemorative book – significant funds were raised. Despite this, a shortfall of around £100k remained, alongside cashflow challenges. These were overcome through a short-term interest-free loan from a supportive local business and ultimately a long-term loan taken out by Llandoverly RFC, allowing the project to proceed.

Work began in June 2024 and, thanks to an excellent contractor and favourable weather, the pitch was ready for play by October 2024. Eighteen months on, the pitch is in use every day of the week by both rugby and football teams, virtually regardless of weather, and has hosted matches for the WRU, Scarlets, Carmarthenshire Schools Football, Dyfed Powys Police, Welsh Schools Rugby and SWFA.

From the outset, our aim was to make the pitch available to local rugby and football teams in a sustainable way. To keep costs manageable, partners agreed that routine maintenance would be carried out by volunteers, alongside the creation of a reserve and sinking fund to cover specialist maintenance and the eventual surface replacement in 10–12 years. Rather than charging per use, the five primary users (Llandoverly RFC, Llandoverly Senior Football, Llandoverly College, Llandoverly Junior Drovers and Llandoverly Junior Football) each contribute £6,000 per year into a restricted fund, giving them virtually unlimited access, with floodlighting charged only at cost. Football clubs now account for over 60% of weekly bookings, demonstrating the success of this shared model.

A steering group representing all partners has been established, supported by a Memorandum of Understanding to ensure fair and consistent management. Income from third-party bookings is retained by the Rugby Club to service its loan but the Drovers have offered to share some pitch-side advertising space so the Football Clubs can retain 75% of the income they generate from their banner sales.

Overall, this has been a fantastic outcome for the whole community, and it's been wonderful to see the facility enjoyed by boys and girls of all ages and abilities across both rugby and football. Diolch yn fawr pawb!

GOODBYE TO THE LLANDOVERLY GARDEN CLUB

After 21 years of monthly meetings, great speakers, gardening demonstrations, and visits to gardens, lovingly cared for by enthusiastic gardeners, it is with sadness that Llandoverly Garden Club has had to close.

On 27th October 2025 Ruth Bramley gave us a very interesting lecture on house plants, it was very useful to know more about watering and feeding the right amount to keep our house plants healthy, and to know which plants are suitable for rooms in our homes. Thanks to Ruth.

On 17th November 2025 we were given a most encouraging floral demonstration by one of our members, Helen Walters. With a winter and Christmas theme that gave us lots of ideas to decorate our homes. Thanks to Helen.

Afterwards we celebrated with our Christmas get-together, shared food and drink, and enjoyable chatter about our festive plans.

What to do with our club finances...well by unanimous decision the club spent half the funds on a most enjoyable lunchtime meal at the Castle hotel on 30th January 2026. With 30 members managing to attend, it gave a special closure to the club.

The second half of the funds are to be donated to Llandoverly Hospital League of Friends, hopefully to fund additions to the garden facilities. The club would also like to donate a

four-seater teak bench, to be placed in the hospital garden, and would include a plaque to commemorate Llandoverly Gardening Club.

The Club members would like to give special thanks to Babs Rees, our chairperson, Llinos Morgan our treasurer, and Sue Caldecote, our Secretary, as well as past and present committee members, who gave their time and energy for the brilliant running of the club.

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LLANDOVERY COMMUNITY CINEMA RETURNS FOR SPRING WITH A POWERFUL CELEBRATION OF WOMEN'S STORIES

Llandoverly Community Cinema is delighted to welcome audiences back to the **Rhys Prichard Memorial Hall** for the spring season with a special evening of film on **Saturday 21st March**.

To mark International Women's month we are celebrating storytelling through the eyes of women and girls.

By showcasing two films written and directed by women and told through the genre of fairy-tale, we can explore strikingly different but deeply connected perspectives on femininity, power and how society shapes women's lives.

The evening opens with the short film *Baich / Burden*, a Welsh-language film by director **Mared Swain**, shown with English subtitles. In this film about motherhood we follow Kath, a struggling mother of two, who walks out of her front door leaving her screaming children behind. Needing 5 minutes of peace, she soon finds herself lost, unable to find her way home. Powerless. Unable to solve the riddle.

The main feature of the night is *I Am Not A Witch*, the acclaimed debut feature film by Welsh-Zambian director **Rungano Nyoni**. Blending dark humour with fairy-tale surrealism, the film follows a young girl who is accused of witchcraft and sent to a government-run witch camp. Through this striking premise, Nyoni delivers a powerful exploration of femininity, superstition and authority, asking difficult questions about freedom, control and the moment when a girl begins to be viewed (and treated) as a woman. The film has received international critical acclaim for its originality, visual style and fearless social commentary.



Following the screening, audiences are invited to stay for a **post-show discussion**, offering space to reflect on the films' themes and share thoughts in a relaxed, welcoming setting.

Event details:

Location: Rhys Prichard Memorial Hall, Llandoverly

Date: Saturday 21st March

Doors Open: 5.30pm

Shared Meal: 6.00pm

Show Time: 7.00pm – (*Baich / Burden* short film with subtitles, *I Am Not A Witch* feature film, followed by post-show discussion)

Tickets are just £5 and can be bought at the LYCC, on the door or online at Ticket Source.

More details to be announced via Hybu Llandoverly's Facebook and Instagram pages.



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09/26(12)



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05/26(6)



LLANDOVERY TOWN TENNIS CLUB

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

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

Things to look forward to: a trip to Port Talbot to try Padel, a friendly match at Aberaeron, Tea on the Towy on Sunday, 11 May and our Spring tournament on Saturday, 11 April.

Adults are playing throughout the winter at Castle Fields on Wednesdays and Saturdays at 10:45am. Do come and join us.

For more information, click here:



LLANDEILO LITERATURE FESTIVAL INVITES YOU TO A FUN-FILLED FUNDRAISING QUIZ NIGHT

Get ready for an evening of great food, lively competition, and fantastic entertainment as Llandeilo Literature Festival hosts a special Fundraising Quiz Night on Saturday, March 14th, at 7.00pm, at the Civic Hall, £10 per person.

With mouthwatering hog roast, a fully stocked bar, and an exciting auction featuring amazing items to bid on. Add in music, laughter, and plenty of friendly quiz competition, and you have all the ingredients for a brilliant community evening.

Help raise vital funds to support the continued success of the Llandeilo Literature Festival, celebrating books, writers, and culture in the heart of the town. Festival weekend 24th – 26th April.

Whether you're a quiz enthusiast, a food lover, or simply looking for a fun Saturday night out, everyone is welcome. Phone 07979 572479 to book your table – up to 8 per team.

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04/26(3)



LLANWRDA CRICKET CLUB

Nets for the 1st XI and Llewod Llanwrda (2nd XI) will begin on Monday, 16th March at 7.00pm at Llandovery College Sports Hall. We are always on the lookout for new adult players for this season – 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 14 74 64. The junior season will restart on Monday, 27 April, with All Stars and Dynamos officially beginning on Monday, 11th May.

This season the club is forming a Women's team. For information about the Women and Girls' section please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

14/01/26	23	Bethan Price
21/01/26	19	Jon Lodge
28/01/26	15	Adrian Davies
04/02/26	5	Cerith Rees
11/02/26	52	No winner

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

Welsh Language Christian Service

CROESFAN
@Williams Pantycelyn
Memorial Chapel,
High St, Llandovery.

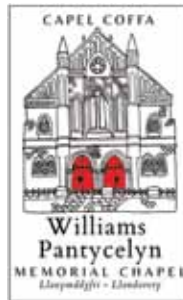


CROESFAN – Cwrdd Cristnogol Cymraeg, is the name of the new monthly Welsh language service held in Williams Pantycelyn Memorial Chapel. We meet the third Sunday of the month at 4:30pm until around 5:30pm with refreshments to follow.

The service is entirely in Welsh but has some support for learners in translation on screen of readings, hymns and points from the sermon.

We began the service in October 2025 and so far, have had preachers Rev Meirion Thomas former pastor of Malpas Road Evangelical Church in Newport, Rev Meirion Morris the former General Secretary of the Presbyterian Church, Mr Thomas Williams of Crwys Rd Presbyterian Church, Cardiff and in February Mr Clyde Briggs of Penuel, Carmarthen.

Future Meeting dates are...



• **Sunday, March 15th** – Mr Jim Stewart of 'Open Doors' who support the persecuted church worldwide.

• **Sunday, 19th April** – Rev Trystan Hallam, originally from Ammanford, now minister of Bethel Baptist, Tredegar.

• **Sunday, 17th May** – Rev Gwyn Rhydderch, former minister of Williams Memorial, Bethania Myddfai and Salem Rhandirwyn.

CROESO I BAWB!



04/26(3)



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04/26(12)

LLANDOVERY FOLK DANCING



A new year has started and Llandoverly Dancers are looking forward to some lovely folk and circle dancing. As usual we are meeting every third Friday of the month in the Llandoverly area, starting at 19.30 for a Twmpath, Barn Dance or Ceilidh. Look out for more information closer to the events on posters or on facebook. You don't need a partner, you also do not need any dance experience to enjoy yourself.

In March we will be meeting in the Catholic Hall on Friday 20th, and on 17th April in the Rugby Club.

On 7th February we held our Annual General Meeting when Monika Bugelli was reelected as chair and Jean Hughes as treasurer. Monika and Jean are sharing the duties of Secretary. If you want more information please contact Monika on 07411 079307.

PUMSAINT WI

On Tuesday 3rd February it was lovely to meet up in the afternoon after missing the January meeting because of the weather.

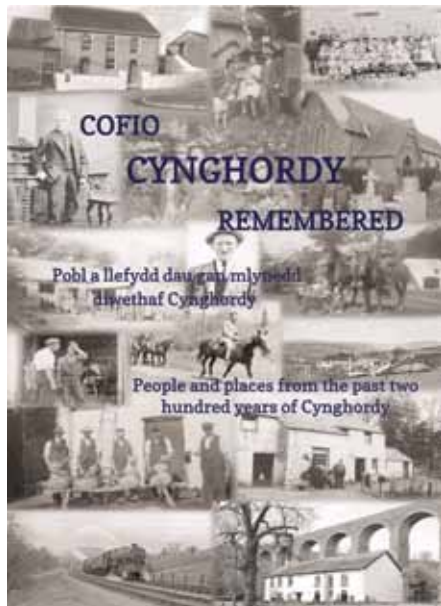
We welcomed Rhian and Dion from Lluest Horse and Pony Trust. Last year the Trust was 40 years old. They spoke of their work and caring for horses, ponies, mules and donkeys. Generally they have a maximum of 25 but currently have a few more following a rescue mission just before Christmas. With help from other organisations they were joined by 6 mules, a stallion and mare. All were given names from Harry Potter characters. Both ladies were obviously very passionate about their work and there were plenty of photos to view and also a book about the Trust.

Next month we have our swper cawl in Llandeilo followed by a short meeting.

Carmarthenshire federation celebrates 100 years this year and so there are plenty of events for our members to attend.

Sue Jones

REMEMBERING CYNGHORDY



After a sell-out of the first printing, copies of the book "Cofio Cynghordy" are now available from the Dragons Garden Bookshop in Llandoverly priced £10. This much acclaimed publication in Welsh and English is full of photographs giving a glimpse of this rural community's rich history.

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Spotlight on Elidyr



Elidyr Communities Trust – a visit from Cefin Campbell

2026 has got off to a great start at Elidyr Communities Trust. We were delighted to welcome Cefin Campbell, Senedd member for Mid & West Wales. Cefin got a taster of our Welsh language provision and met some of our WorldSkills finalists. Showing people what we do is always a pleasure and we encourage anyone that wants to find out more about our approach to get in touch.

Training underway for Bute Park 5K



Six residents from Elidyr have signed up to run in the Bute Park 5K Fun Run in Cardiff on the 1st March. They have been busy training by spending time in the gym and are hoping to raise £500. If you'd like to support them visit the JustGiving page: www.justgiving.com/campaign/elidyr-st-davids-day-fun-run-2026

"It's a great effort and it's lovely to see everyone training in the gym!"

Parent

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



Join our team

As well as creating a fantastic place for people to live and learn, Elidyr Communities Trust is an exceptional place to work. We've secured a Great Place to Work accreditation and now offer every member of the team a benefits package, including private healthcare.

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

New higher rates of pay from January 2026.

Contact Lisa for more information.



Email - lisablofield@elidyrct.ac.uk
Phone - 01550 760400
www.elidyrct.ac.uk/work-with-us

02/27(12)

NEWS FROM CAPEL GOSEN

The Easter Monday Cymnfa Ganu has become a feature of events at Capel Gosen, and this year we are delighted to welcome Huw Tregelles Williams OBE to conduct the singing. Huw is one of Wales' most distinguished musicians having been Head of Music for the BBC in Wales as well as organist of Morriston Tabernacle. With tea in the vestry after the singing.

POWYS NATIONAL GARDEN SCHEME NEWS

As winter's chill and rains begins to ease, the brave snowdrops are replaced by daffodils. Look out for the yellow 2026 Powys booklet containing the garden information in both English and Welsh in a back-to-back format. We hope booklets will soon be found in garden centres, supermarkets, libraries, tourist information centres, local shops and other places. We are delighted local business advertisements have covered the costs of production, thank you. We hope you will support these businesses too. We have noticed an error has crept in with the number allocated to most of the gardens open by arrangement.

Among the garden openings, comprising 44 standalone (there are 7 new garden openings) and five group openings with 31 new gardens. Three of the groups (two villages and the smallest town in Britain) are opening for the first time, Llanfechain, near Oswestry; Trefeglwys gardens, near Caersws and Llanwrtyd Wells gardens. Two are returning after a gap last year with some new gardens, Aberangell, near Machynlleth and Forge Village Gardens, near Machynlleth.

After last year's success two gardens are hosting Special Events which include an introductory talk and guided tour by the owner. Pre-booking is essential. Fairdene Gallery Garden has two open days at a similar time to last year, 10 June and 15 July, while Vaynor Park, which last year opened in spring, will open in summer i.e. Wednesday 24 June. Garden visits are great value for money, with children free and dogs welcome in many gardens. It is also an opportunity to support nursing and health charities. Long-term partnerships with Macmillan Cancer Support, Marie Curie, Parkinson's UK, the Queen's Nursing Institute of Community Nursing, and Hospice UK helped strengthen the nursing and healthcare workforce. We continue to support Horatio's Garden, Maggie's and the Army Benevolent Fund, this ensures more people can benefit from gardens, green spaces and horticultural therapy during treatment and recovery.

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



CYMANFA GANU

CAPEL GOSEN CYNGHORDY

SA20 0LW

14.30 Dydd Llun y Pasg 6ed Ebrill 2026

Easter Monday 6th April

Arweinydd: Huw Tregelles Williams OBE

Organydd: Nigel Davies

Detholiad o hoff emynau yn y Gymraeg a'r Saesneg

A selection of hymns in Welsh and English

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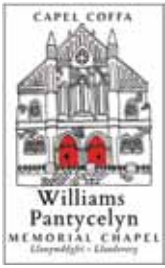
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08/26(12)



A SPECIAL THANK YOU TO LLANDOVERY - COMMUNITY CHRISTMAS DAY LUNCH

Williams Pantycelyn Memorial Chapel and all those who joined the Christmas Day Community dinner on December 25th would like to say a huge thank you to all the businesses and kind individuals who helped make the day possible.

Businesses:

Rachael, Flying Pig holiday lets
Anwen, LHP accountants
Mark at the West End Cafe
Allan and Lynne at Penygawse Cafe
Jonathan Stanley King's Head and Bluebell
Llandoverly Antiques Centre
Tudor's Cafe
Mark and Karen at The New White Lion
Matthews Butchers
Matthew at the Castle Hotel
Huw Clarke of Des Clarke Heating and Plumbing Engineers
Llandoverly Town Council



Individuals:

Anthony & Nicky Stanaway who contributed and also helped picking up guests and delivering take away Christmas Dinners on the day!
David and Liz Cumming (Old Lloyds building)
Louise Wride and Chris
Penny from the LYCC
Hazel Fear of Crincae, Rhandirmwyn.
Everyone who encouraged and thanked us all in person on Christmas Eve as we prepared and sang Christmas songs outside the LYCC.

Thanks to Becca Stickland for joining me in the brilliant Christmas number 1s singalong.

Thank you to members of Williams Pantycelyn Chapel who gave up time Christmas Eve to prepare the food. A special thanks also to Jill Tatman and the LYCC for being so open handed and gracious in allowing the use of the LYCC. We're so blessed having this venue and resource in the town.

If I've left anyone out that'll be my mistake and apologies. It was a real honour for the church to serve people in this way. The generosity of people in Llandoverly was STAGGERING.

Patrick – Williams Pantycelyn Memorial Chapel



AMGUEDDFA LLANYMDDYFRI
a Phorth Ymweilwyr

LLANDOVERY MUSEUM
& Visitor Gateway

LLANDOVERY: START OF THE TREACHERY OF THE BLUE BOOKS



R. R. W. Lingen

In late 1847, there was outrage following the publication of three British Government reports into the state of education in Wales. Bound in the customary blue covers of parliamentary papers, the contents of these volumes became known as Brad y Llyfrau Gleision – The Treachery of the Blue Books.

Welsh people were shocked not only by the reports' bleak assessment of educational provision, but by their sweeping condemnation of the Welsh language, Nonconformist religion, and the moral character of the people themselves.

The inquiry originated in 1846, when the Privy Council's Committee on Education, under pressure from William Williams, the Welsh-speaking Radical MP for Coventry, commissioned a formal investigation into education in Wales.

At the time, schooling was neither compulsory nor centrally organised. Most schools were run by religious bodies, charities, or private individuals, and children of the higher and middle classes – often educated privately or in England – were excluded from the survey.

Three commissioners were appointed. In the counties of Carmarthenshire, Glamorgan, and Pembrokeshire, the task fell to R. R. W. Lingen, a Fellow of Balliol College, Oxford. He was assisted by a retired schoolmaster from Merthyr Tydfil and two members of St David's College, Lampeter. Lingen's investigation began in Llandovery on 18 October 1846 and concluded at Merthyr Tydfil on 3 April 1847.

The conditions he encountered were often grim. At Llandovery Workhouse School, he found five boys and eleven girls seated around a table in a whitewashed, stone-floored room, reading from Testaments and battered primers. Four could write on slates, but there was no paper or copybooks. "There was a most cheerless air about the place and the children," he recorded.

At Llandeilo Workhouse School, the master informed him that several pupils were illegitimate, prompting Lingen to remark that "it is an abuse of words to speak of a school in this instance." He noted that the furniture suggested the schoolmaster combined his teaching duties with those of porter, barber, and "layer-out of the dead."

Children's attendance was frequently irregular, as economic necessity compelled them to work. Lingen described three girls aged nine, ten, and twelve who were often absent. Only the ten-year-old could read English; the youngest could not read at all; the eldest could read Welsh only, having learned to do so in Sunday school. Across the three counties, Lingen reported that around 30,000 children attended day schools only, while an estimated 80,000 also went to Sunday schools – a telling indication of how Welsh-language literacy was sustained.

During his travels, Lingen witnessed physical barriers to education. On his visit to Llanwrda Free School, he complained bitterly about the state of the local roads. Heavy rain had turned the direct route into a torrent more than a foot deep, rendering attendance impossible. The alternative route required a detour of several miles.

Even when children did attend, standards were low: many pupils read with no intelligence and knew little grammar, and the school lacked even a privy. When asked how pupils managed, the master replied bluntly that "they went where they could."

Not all institutions fared as badly. Ffrwd-fâl Academy, located on a hillside in Caeo, won Lingen's praise. Founded in 1834, the academy offered a broad curriculum, including classical education. Among its 34 scholars were young men preparing for the ministry, alongside farmers' sons seeking practical education before entering trades such as carpentry, surveying,



Workhouse school



Nineteenth-century Welsh cottage

or building. They were accommodated in nearby farmhouses.

Ffrwd-fâl was a notable exception. Lingen's broader conclusions portrayed Welsh rural society as intellectually stagnant and linguistically trapped. Farmers, he wrote, were little different from labourers "in intelligence and capital". The Welsh language, he argued, kept its speakers "under the hatches" – suitable for theology and rustic life, but incompatible with modern progress conducted in English.

The Blue Books provide stark evidence of poverty in mid-nineteenth-century Wales: families who were dirty, ignorant, lazy, and immoral, living in hovels scarcely fit for animals. They blame educational failure on Nonconformity and the Welsh language, while acknowledging at the same time that Welsh-speakers depended almost entirely on Nonconformist Sunday schools for literacy.

Although the Blue Books have left a lasting scar on Welsh cultural memory, they remain a valuable source for understanding Welsh society in the 1840s.

Llandoverly Museum and Visitor Gateway will reopen on Thursday 2 April 2026. If you are interested in the history of the Upper Tywi Valley and in Welsh Culture, come along as a volunteer and help us welcome visitors to our fascinating collection.

Contact us at: enquiries@llandoverlymuseum.wales.org or leave a message in the museum letterbox.

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LLANDOVERY ROTARY CLUB



As the days slowly lengthen and the nights shorten we here, out in the country, are witness to new life springing up around us. The beautiful snowdrops and daffodils create colour which together with the catkins and buds developing will form fresh leaves which will soon be flourishing and filling the hedgerows and trees. The lambs which are always a beautiful sight to see as they play in the fields around us are another sign. This all of course means Spring is on the way. It doesn't always feel like it as the constant rain and cold weather mean a few layers are still 'de rigueur' if we venture forth into the outside world. The lawns will soon need mowing and the sound of mowers in gardens will soon be heard. Some like the cold, some the warmer weather. For us in Rotary Spring means busier times are ahead. Organising, arranging, volunteering, fund raising and contributing to good causes. This is what we do. This is why we are Rotarians. We love it. Bring on the busy times.

Here we go!

The Llandoverly Netball Club run by the wonderful Witt ladies is an extremely well run club incredibly running at least TEN teams over the weekends. This we hugely applaud as introducing young people to team sport is a wonderful way to learn how to blend in, lead even, as well as appreciating the ethics of teamwork. Sophie wrote to us explaining the cost and needs of running all these teams and requested funding to assist in the running of the club. We were unanimous in our support for this wonderful club and forwarded a healthy cheque in support of these ladies.

Meet The Member.

This month President Elect, Tim Cannock.



*This month's Meet The Member –
President Elect, Tim Cannock.*

- **Where were you born?**
Amroth, Pembrokeshire
- **Your favourite meal?**
Ham & Mustard sandwiches
- **Who was the biggest influence in your life?**
Mother
- **Favourite holiday destination?**
Cruise, anywhere
- **What car would you drive if you had a limitless budget?**
Nothing fancy, 2nd hand Maserati Ghibli
- **Hobbies?**
Holidays
- **Favourite night spot?**
Overlooking Carregaman cement castle and Gwynfe from above Tro Gwecw
- **What advice would you give to young people today?**
Live every day as if it's your last
- **What was the best decision you ever made?**
Buying forestry land
- **What country would you most like to visit?**
Sweden
- **What 3 people would you most like to have dinner with?**
Robert Stephenson, Richard Trevithick, Brunel.
- **Do you wish you could go back to your school days, if so why?**
Absolutely not!!
- **What would be your dream job?**
Does anyone really want to work?
- **Name 3 of your heroes?**
Fred Dibnah, Brunel and Derek 'Del Boy' Trotter.
- **Name your 3 favourite films?**
Lock Stock and Two Smoking Barrels.
Life of Brian.
Crocodile Dundee.
- **Worst or most frightening thing you've experienced?**
Turbulence over Cyprus on a flight.
- **Wishes for the future?**
Health and happiness.
- **What are you most proud of?**
My son and Granddaughter, Nicholas & Mila.
- **Tea or coffee ?**
Tea, Earl Grey with milk.
- **If you could live anywhere in the world, where would it be and why?**
Llandoverly, I'm not ever moving again.
- **What era would you like to have been born in?**
Start of the Industrial Revolution.

• **Most memorable childhood event?**

Being chased by a family friend because I soaked him with a hose pipe through the keyhole, he was not best pleased.

• **Your 3 favourite television programs?**

Dads army.
Only fools and horses.
Minder.

Thank you Tim. A very comprehensive insight of yourself.

We recently held our Winter Dinner which was previously our Christmas Dinner but this has now been put forward into January to avoid the many clashes over the Christmas period. We decided to go with style this year with a Black Tie Dinner at the Lake Hotel in Llangammarch Wells. We had a wonderful dinner whilst being entertained by a magician at the table who performed some wonderful tricks and magnificent sleight of hand which bamboozled all present. Mind you, some are easily bamboozled, especially after a few pints! Quite a few of our party decided to stay overnight as well and make it a real two day event taking in the fabulous spa facilities at the venue. Little is known of what really happened in the spa but suffice is to say there was much frolicking about in the bubbly warm water. Don't ask!

Just a polite reminder to avoid disappointment. If you wish to put in a request for funding and we wholeheartedly encourage you to do so, the request has to go through our Council Meeting for approval and Council only meet once a month therefore your request needs to be in with us up to 8 weeks before it can be granted. Please, please, please, give sufficient notice as we are always pleased to approve funding but if your request is not with us within 8 WEEKS before you require it we cannot guarantee it will be granted. And that would be a terrible shame. Get it in, and get it in early. Thank you.

We also had a new member during the month when Sebastian Harris joined us adding to our membership. Sebastian (Seb), is a qualified chef at the Whitehall



New member Sebastian Harris with his proposer Anthony and President Gareth.

whose landlords Anthony and Gareth are of course members with us also. Welcome Seb.

As mentioned previously, our member Rachel sadly passed away over the Christmas period. As her mother had died a few days before her, her brother Huw had a massive task to arrange the funerals. He asked if the Rotary Club would, at the funeral, reflect on Rachel's life as a Rotarian. Kevan duly took on the task and did a magnificent job in what were very difficult circumstances.

Here is a draft of Kevan's Eulogy

Rachel Everett Eulogy

My part of this service marks Rachel's contribution to Rotary in Llandoverly.

Rachel joined us in July 2023 as only our 3rd female member. Straightaway, she seemed to enjoy the noisy fun of our meetings while maintaining her characteristic quiet, gentle demeanour.

Like all new members, Rachel joined our Community and Vocation committee. This is our engine room for the events that raise money for Charity. 100% of this money goes to good causes, mostly local ones. Rachel's organisational brilliance and experience as an event organiser helped the committee to grow in productivity. In her first year, she became and remained chair of that committee, leading work to raise over £10k for charity every year through events such as Droverfest, our contributions to the Carnival, the Duck Race, Santa's touring Grotto and many more. Rachel also led and participated in Rotary support through marshalling and car parking to other events like Rallies, the Sheep Festival, Inoculation clinics and the Town Fireworks.

While Rachel loved making things happen, she preferred to do so quietly from the side. She never needed to be the visible front of an event and seemed uncomfortable with recognition and praise – no escape now Rachel, you were always brilliant at all of it.

It must also be said that Rachel gave and achieved all



Members enjoying at our Winter Dinner at The Lake Hotel Llangammarch Wells.

continued on page 34

this while caring for her mother, running her gardening business, volunteering at Aberglasney Gardens and leading the organisation of the Sheep Festival. Rachel's many abilities were backed by energy and real staying power. It is the mark of the woman that when Rosie moved into her new house with Owen, despite being the busiest woman in the world, she offered to sort out their garden as a gift.

While in Rotary, we all miss her abilities, we miss our lovely friend so much more. We miss her big heart, her happy smile, her distinctive yellow coat and the interesting bags she liked to carry. Furthermore, whether as a recipient of money or an attendee at one or probably more events, there will be few people in the town whose lives she did not touch. Hers was a life lived very well, fully embracing Rotary's motto of Service before Self.

God bless you Rachel and very well done Kevan.

Our Treasure Mickey who is also the President of the League of Friends Llandovery Hospital wishes to remind all that Llandovery Hospital celebrates its Centenary this year and a Grand Black Tie Dinner is being organised at the Green Grove Barns to celebrate the 100 years existence of our magnificent local Hospital. The Guest Speaker will be the world famous referee Nigel Owens and tickets will be strictly limited to 300. Availability will be announced on the Love Llandovery Facebook page shortly and you had better be quick as it seems that if you are going to any dinner this year, this is the one that you must be at. Llandovery Hospital, 100 Years and Beyond.

Dai Dyer continues his wonderful work with the youth in Rotary competitions and the youngsters recently excelled in the Youthspeaks and Music competitions both going forward to the next round. Dai continues to be the main and often sole worker towards these causes and without his great work with the Youth we would have very little or no representatives in these competitions. Da iawn wir Dai.

We have a Speaker next month when our own Gary will be giving us a talk on, we think, the Llandovery Museum. The Museum opens at Easter and is a treasure trove of local history and past happenings in the community. Also, within the Museum is our Local History Society who have done fantastic work logging ALL the local graves in the local churchyards. Davina and the team have worked wonders and have given hundreds of hours of their own time towards the cause. If anyone is interested in volunteering at the Museum you would be made most welcome. Contact Jane Carter or Gary Strevens. It really is a great place to be involved with.

That's it for this month.

As above, if you want to volunteer in the community come and join us, or at the wonderful Llandovery Museum. Or indeed at the many different organisations there are here within this superb community that we are fortunate enough to live in.

Honestly, volunteering is so fulfilling. Try it why don't you?

See you next month.

See you all then, Derek.

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05/26(6)

AN EVENING OF MELODY



Ammanford based ladies' choir Côr Persain were thrilled to be invited to take part in a concert recently held to raise funds for the charity Sandville Self Help Foundation. Billed as 'An Evening of Melody', the event took place at Edward Albert Prince of Wales Court, Porthcawl, on January 30th and Côr Persain shared the stage with Col Canto, under the direction of Paul Greenaway, while the Porthcawl Community Strings entertained concert goers at a pre-concert reception.

Following a highly successful concert held at the venue last year and an appearance at the Porthcawl Flower Festival in June, Côr Persain were delighted to be invited back. A selection of traditional Welsh favourites such as 'Calon Lan' and 'Suo Gân' was warmly appreciated by the audience, who also joined in with the choir's lively rendition of 'Sosban Fach' with gusto. The Welsh flavour of the first half was rounded off with Duffy's crowd pleasing hit, 'Mercy'.

Col Canto's vocal strengths were elegantly showcased in Mozart's 'Ave Verum Corpus', Robat Arwyn's classic 'Anfonaf Angel' and a lovely arrangement of the traditional hymn 'It is Well with my Soul', among other pieces, while their soloists shone in items such as the Loew and Lerner favourite, 'I Could Have Danced All Night' from the musical 'My Fair Lady'.

After the interval, Côr Persain, under the baton of their musical director Huw Morgan and accompanied on the piano by Dr Catherine Morgan, performed a lively Bonnie Tyler medley which had the audience tapping their toes and singing along again, before rounding

LLANGADOG LUNCHEON CLUB

We meet in Llangadog School on the 1st Wednesday of each month at 1.00pm.

You are welcome to join us for a hot meal and enjoy company, cost being £5.

If you are interested and require more details contact Pam on 01550 777390.

Next meeting, Wednesday March 4th.

off their set with 'Anthem' and 'I Know Him So Well' from the Andrew Lloyd Webber musical 'Chess'. For the finale, the two choirs combined their voices for the soaring harmonies of 'Cymru Fach', which was received with thunderous applause.

Sandville Self Help Foundation's Sarah Morgan explained a little of the invaluable work carried out by the charity, which is dedicated to supporting people with life limiting and life changing conditions. In her closing remarks she thanked both choirs and the string ensemble for taking part and outlined some of the activities and therapies the Foundation provides. The evening concluded with everyone joining together to sing the national anthem.

Côr Persain's chairperson, Anna Yates summed up the feelings of everyone in the choir: 'It was a privilege to take part in this concert, held to support such a worthy cause. The atmosphere was so friendly and welcoming. Many of us were approached afterwards by audience members who wanted to thank us for coming. Several commented that we looked as if we were having fun up on stage and this, of course, is true. We all enjoy being part of the choir tremendously!'

The choir holds weekly rehearsals at Ammanford Miners' Theatre, every Tuesday from 7pm to 9pm. Anyone interested in coming along is very welcome to attend and take part in a 'taster session'. There are no auditions and there's no requirement to read music – just bring your love of singing and be prepared to enjoy!

GARDENING EQUIPMENT AND SEEDS

Swap or Sell

**DYDD SADWRN / SATURDAY
MAWRTH 14 MARCH**

9.30am – 1.00pm

**Yr Hen Ysgol The Old School
CAPEL DEWI**

**FREE ENTRY
MYNEDIAD AM DDIM
Bwrdd ar gael / Tables available**

07494 945030



ASHMOLE & CO BOWLED OVER TO SPONSOR LOCAL CRICKET PLAYER HEADING FOR TOUR OF SOUTH AFRICA

Ashmole & Co Ammanford are delighted to sponsor local cricket player, Owen Davies, as he heads to South Africa later this week.

Owen lives in Ammanford and plays for Ammanford Cricket Club. He has been selected for the South Wales Cricket Association's 100th anniversary tour to South Africa.

The landmark tour represents a century of organised league cricket across south Wales – built on dedication, volunteerism, community spirit and a shared love of the game.

Laura Craddock, Partner with Ashmole & Co in Ammanford said, "It is a pleasure to be able to sponsor Owen for his upcoming tour of South Africa. It is a fantastic achievement to be picked to represent his team abroad. As a local business we are always happy to support local sports teams and individuals to help them achieve their goals."

Owen is currently studying his Masters in finance



and financial technology at Cardiff University and has previously done work experience with Ashmole & Co in the Ammanford office during his summer holidays.

Owen said, "I am so grateful to Ashmole & Co for supporting me. Without sponsorship it would have been impossible for the team to even dream of heading to South Africa to play cricket."

Neil Hobbs, Honorary Chair of the South Wales Cricket Club said, "As we mark 100 years of South Wales Cricket, this tour to South Africa is more than just a celebration, it's an opportunity to honour our heritage, showcase our values on an international stage, and reflect on how far we've come as a cricketing community."

Ashmole & Co Chartered, Certified Accountants are one of the largest accountancy and auditing practices in Wales, operating from 13 offices throughout south and west Wales including Swansea, Carmarthen, Llandeilo and Haverfordwest. The firm combines high quality audit, accounting and taxation services with business consultancy and corporate planning.

NOTICE OF BURIAL OF ASHES

On Saturday, March the 7th at 12.00 midday at St. Michaels Church, Myddfai, there will be a service to bury the ashes of the late Canon Roy Doxsey from 2 Glannant Cottage, Myddfai and 5 Snipe Street, Cardiff.

The service will be conducted by the Reverend Father Neil Hook.

All will be welcome to the service and afterwards at Myddfai Visitors Centre, where there will be refreshments.

03/27(12)



Davies Tree Services

Seasoned Firewood for Sale

Hedge Laying • Chipping

Tree Surgery • Tree Felling

01267 202430 / 07826 716899

READERS' SALES & WANTS

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

FOR SALE

- **New 10' Galvanised Sheep Hurdles**, 7 rail, £90 +VAT each, must collect. Tel: 07922 174986 (Llandeilo area).
- **8 Books on British Monarchy** from George V to Elizabeth II, £45 also complete boxed set of Cordon Bleu Cookery Course 1 – 72, £10. Tel: 07983 279085.
- **Free Standing Low Level Cupboard** in a light wood. One open shelf and 2 lower shelves concealed with a door, Height 74cms, Width 45cms, Depth 49cms. Excellent condition, £25. Tel: 07552 017068.
- **Jay-Be. Single Folding Bed**, as new with mattress and headboard, only used a couple of times so in prestige condition, Depth 29cms, Height 97cms, Width 78cms. Open size L194cms, W80cms, £50 or nearest offer. Tel: 07552 017068.
- **Office Desk with three drawers**. Teak colour. Height 72cms, Depth 75cms, Length 153cms. Very good condition, £25. Tel: 07552 017068.
- **Valve radios for spares or repair**, includes Bush, Pye, Cosser, Vidor etc. Also some transistor radios also for spares or repair. Tel: 07484 822656.
- **Clarke bench mounted pillar drill**, model 302B, 16mm chuck, 12 speeds, 550w motor plus clarke cross vice model CC4C. Tel: 07484 822656.
- **Hills Air rifle** with Dry-Pac Air Flow System complete with Air Arms adaptor. Tel: 07484 822656.
- **2,400 litre bunded oil tank**, Pump, 3 metres suction 8 metres delivery hoses, Nozzle, Meter, Spare unused pump, £500. Tel: 07970 676599 (Llandoverly).
- **Pet carrier**, plastic, medium size. £9. Tel: 01558 685553.
- **Campingaz 2 burner stove** + gas canister, £18. Tel: 01558 685553.
- **To rent**, off-grid 2 bed cottage with south facing garden, low EMF foot print, located 6 miles from Llandoverly, 'all-wheel-drive' vehicle required for access. Email: offgridspace@pm.me
- **x18 Solid wood brown kitchen doors** and several draw fronts, handles and hinges etc., any reasonable offer. Tel: 01550 721241 or Mob: 07969 224553.
- **Ring door bell and chime**, £40. Tel: 01550 721241 or Mob: 07969 224553.
- **Hayter Harrier lawn mower** with roller, £180. Tel: 07977 121201.
- **Younger Furniture bed frame** with headboard and end board, 4' 6", cherry colour, as new, offers. Tel: 07977 121201.
- **Cherry coloured wooden Coffee Table** with shelf, 3' x 3', good condition, £25. Tel: 07977 121201.
- **New Royal Sovereign 100% wool carpet**, 9' x 13', colour oatcake, creamy colour, £100. Tel: 07977 121201.
- **Akai 1721L Four Track stereophone** reel to reel tape recorder, in working condition, offers. Tel: 07977 121201.

WANTED

- **Rayburn**, solid fuel, wood /coal fired. Please phone or message on 07770 994926.
- **Grazing Land to Rent or Lease**. Grazing land to rent/ lease in the Llangadog area and surrounding villages. (upto 10mile radius). Ideally suitable for sheep/ponies (but happy to adapt to your land type), any acreage considered, Secure boundaries preferred, but own fencing can be provided. Water supp. Open to options but sole use is preferred. Responsible, respectful, independent tenants who are happy to maintain and improve land/pasture where needed. If you have land available or know someone who does, please get in touch. Tel: 07827 906153.
- **Book Donations**. We thank you so very much for your donations but, since Newton House is closed for renovation and refurbishment during March, we would appreciate it if you could time your donation arrivals to Mondays (10 - 3) during this month Alternatively, if you are able, hold on to your books until our Grand Spring Re-opening at the end of March. We would be grateful if you could use your discernment in book quality and then just box/bag everything up and help will always be available to assist you to offload. Please ring the office bell beside the gate. Thank you for helping us to maintain Newton House and Dinefwr Park. For walkers, the Park and Takeaway Hut are open all the time for a welcome break. Any queries: Holly Dwyer : 01558 825910. email: Jayne.Henshaw@nationaltrust.org.uk. (www.nationaltrust.org.uk/visit/wales/dinefwr).
- **Spare wheel** for Vauxhall Corsa Ecoflex 1.0, 185/70/14. Tel: 07989 028414.
- **Flue components** for solid fuel burner, elbows, fittings etc, can be made of any material. Tel: 07591 954980.
- **A Celebration 100 Years Ysgol Pantycelyn**, Llandoverly Book. Tel: 07977 121201.

TOWY & COTHI HUNT 250 CLUB

held at the Rugby Club January 15th 2026

- £15 Clair & Richard Latimer, Henlllys, Cilycwm
- £15 Lynne Davies, Maesneuadd, Llanwrda
- £10 Griff Davies, Penlan, Llanwrda
- £10 John Lewis, Tynllwyn, Llandoverly
- £5 Annette Morgan, Fardre, Halfway

House Prize: Lynne Davies, Maesneuadd

TOWY & COTHI HUNT 250 CLUB

held at the Royal Oak on February 10th 2026

- £15 Hywel Davies, Aberdynamant, Cilycwm
- £15 Cynthia Williams, Pantycelyn, Pentretyrgwyn
- £10 Alun Lewis, Nantyrast, Rhindirmyyn
- £10 Theresa Jones, Maesyrefon, Cilycwm
- £5 Phill Jones, 20 Bronhaul, Cynghordy

House Prize: Mr & Mrs E Davies, 27 Maesglas

Next 250 Club at the Castle Hotel,
Llandoverly, 14th April 2026

Church Services

E-English W-Welsh B-Bilingual

ST CWRDAF'S, LLANWRDA (a Bro Dyfri Church)

1 Mar 11.30am Eucharist
15 Mar 11.30am Eucharist
29 Mar 10.30am United LMA Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST SADWRN'S, LLANSADWRN (a Bro Dyfri Church)

1 Mar 9.30am Eucharist
15 Mar 9.30am Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST PAUL'S, MANORDEILO (a Bro Dyfri Church)

8 Mar 9.30am Matins
22 Mar 9.30am Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST CYNWYL'S, CAIO (a Bro Dyfri Church)

1 Mar 9.30am Eucharist
15 Mar 9.30am Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST SAWYL'S, LLANSAWEL (a Bro Dyfri Church)

1 Mar 11.00am Matins
8 Mar 11.00am Eucharist
15 Mar 11.00am Matins
Further information please contact
neilhook@cinw.org.uk | 07706 496541.

ST MICHAEL'S, MYDDFAI (a Bro Dyfri Church)

1 Mar 11.30am Morning Prayer
8 Mar 9.30am Eucharist
15 Mar 11.30am Morning Prayer
22 Mar 11.30am Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST DINGAT'S, LLANDOVERY (a Bro Dyfri Church)

1 Mar 9.30am Family Service
8 Mar 9.30am Eucharist
15 Mar 9.30am Matins
22 Mar 9.30am Eucharist
29 Mar 10.30am United LMA Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST SIMON & JUDE, LLANDEUSANT (a Bro Dyfri Church)

8 Mar 2.00pm Evensong
22 Mar 11.15am Holy Eucharist
Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

EGLWYS LLANFAIR AR Y BRYN (a Bro Dyfri Church)

1 Mar 11.00am Boreol Weddi
15 Mar 11.00am Ewcharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST MARY'S, CYNGHORDY (a Bro Dyfri Church)

8 Mar 2.30pm Eucharist
22 Mar 2.30pm Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ST CADOG'S, LLANGADOG (a Bro Dyfri Church)

1 Mar 9.30am Eucharist
8 Mar 9.30am Matins
8 Mar 6.00pm Hwylol Weddi
15 Mar 9.30am Eucharist
22 Mar 9.30am Matins
29 Mar 10.30am United LMA Eucharist
Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

ST BARNABAS'S, RHANDIRMWYN (a Bro Dyfri Church)

8 Mar 9.30am Matins
15 Mar 9.30am Eucharist
22 Mar 9.30am Eucharist
Further information please contact
neilhook@cinw.org.uk | 07706 496541

ALL SAINTS', GWYNFE (a Bro Dyfri Church)

1 Mar 11.15am Holy Communion
8 Mar 11.15am Morning Prayer
15 Mar 11.15am Holy Communion
Further information please contact
jeffthomas@cinw.org.uk | 01550 777758

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

1 Mar 11.00am Holy Communion
8 Mar 11.00am Holy Communion
15 Mar 11.00am Holy Communion
22 Mar 11.00am Morning Worship
29 Mar 11.00am Morning Worship

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

ST TEILO'S CHURCH, LLANDEILO DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist
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 Lidl'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, TALIARIS

2nd Sun 9.30am Holy Communion
4th Sun 9.30am Morning Prayer
Email: h_loyd_davies@hotmail.com

ST MICHAEL'S CHURCH/ EGLWYS LLANFIHANGEL

Llanfihangel Rhos y Corn, SA32 7RP

- 1 Mar 2.00pm St David's Day Service followed by a Cuppa in the Hall.
- 11 Mar 5.00pm Pilgrim Prayers. Note time change!
- 15 Mar 12.00pm Easter Vestry meeting in the Hall – election of officers, etc.
- 15 Mar 2.00pm Mothering Sunday service followed by a Cuppa in the Hall.
- 28 Mar 11.00am Dydd Blodau so cuppa and cake in Hall for those coming to tend family graves, 11.00am – 1.00pm followed by:
from 2.00pm to 4.00pm – Quiet Space of Reflection and Contemplative Prayer – first session of the year.
- 28 Mar

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

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

Check out our Facebook page for updates.

WRITE-ON REV!

When people hear the word Lent, they often think of giving things up, long sermons, or a rather gloomy six weeks before Easter. But at heart, Lent is something much simpler and much kinder. Lent is an invitation. It is an invitation to pause in the middle of busy lives. An invitation to breathe. An invitation to reflect on what really matters. For Christians, these forty days echo Jesus' time in the wilderness, not as a punishment but as preparation. It was space to listen, to pray and to remember who he was and what he was called to do. In our own way, Lent offers us that same space. You do not have to be especially religious to enter into Lent. You might choose to give up something that distracts you or take up something that nourishes you: a daily walk, a few minutes of quiet, an act of kindness, a simple prayer. Lent is not about guilt. It is about growth. Across our churches in the Bro Dyfri Local Ministry Area, we are keeping Lent in gentle and welcoming ways. Sunday worship continues as always, thoughtful, prayerful and open to all. During the week there are opportunities for friendship and reflection too, from House Group on Friday mornings, with coffee and conversation, to our Julian Meeting on Wednesdays for silent prayer, and groups for families and children. If you have ever wondered about coming along, this might be the season to try. No pressure. No expectations. Just a warm welcome. Lent begins quietly. It leads us step by step towards hope. And hope, as we know, is something our world can never have too much of. Croeso i bawb. All are very welcome.

Father Neil, The Vicarage, Llandoverly.

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

Easter 2026
4 Apr No Mass
5 Apr 8.00am Easter Sunday Mass of the Resurrection of the Lord

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

REGULAR EVENTS IN MARCH IN THE BRO DYFRI LMA CHURCHES

MONDAYS: Vestry Venture – Friendship & Free Refreshments

A relaxed social club for all ages at St Sadwrn's, Llansadwrn, 3.00 – 5.00pm (term time). Enjoy tea, chat, games and toys for children and the young at heart. Free, informal and open to everyone. Croeso i bawb / All welcome.

TUESDAYS:

Bright Sparks – Pre-School Fun & Friendship

A friendly pre-school group with play, crafts, songs and stories at St Dingat's, Llandoverly, 9.30 – 11.00am (term time). Safe, welcoming and open to all families, with refreshments provided. DBS-checked volunteers. Completely free. Croeso i bawb.

TUESDAYS: Bro Dyfri Bell Ringers

Practice at St Dingat's, Llandoverly, 6.00 – 7.30pm. Beginners and experienced ringers welcome. Full training provided, no experience needed. A fun way to support church and community life. Contact Clare Alexander (cia400@hotmail.co.uk) or Dan Jones (jonesdaniel10@sky.com).

WEDNESDAYS:

Ecumenical Julian Meeting – Quiet Prayer

A simple time of silent contemplative prayer at Llandoverly Vicarage, 9.45 – 10.30am. Includes a short reading and shared silence. Open to all seeking stillness and reflection. No experience needed. Phone or text 07706 496541 to reserve a place

THURSDAYS:

Families Together – Free Activities for Families

At Ysgol Rhys Prichard, 9.30 – 11.00am. For families with at least one child aged 0 – 11, led by the Diocesan Plant Dewi Team. Activities, play and friendship in a welcoming setting. Completely free and open to all.

FRIDAYS:

LMA House Group – Fellowship & Bible Study

Meet at Llandingat Church, 10.00 – 11.00am. A relaxed gathering for prayer, discussion and fellowship, led by Father Neil, with tea, coffee and bacon sandwiches. No booking needed. Croeso i bawb / All welcome.

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. 03/27(12)

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

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

ARCHITECTURAL SERVICES

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

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – Extensions, new build, replacement dwellings, loft conversions, schedules, specifications, tendering and overseeing of work. Planning and Building Regulation applications. All grant work working locally for 35 years. Contact Nick Brown, Criafolen, Llansadwrn, Llanwrda, Carmarthenshire SA19 8LE on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com 06/26(12)

BUILDING SERVICES

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

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

CARPET FITTER & SUPPLIER

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

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

CLEANING SERVICES

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

COMPLEMENTARY THERAPIES

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

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

COPYING AND PRINTING SERVICES

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

COUNSELLING

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

ELECTRICIANS

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

FUNDRAISING

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

GARDENING – SERVICES

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

HEADSTONES AND HOUSE NAME PLAQUES

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

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 10/26(12)

KEYCUTTING SERVICES

G.T. LOCKSMITHS LLANDEILO, Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business**; Cylinder, mortice, safes, cabinet, padlock. **Agricultural**: Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure**: roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Car & Van keys/remotes cut & coded & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377710. 09/26(12)

OPTOMETRIST

At **INSIGHT EYECARE**, we offer NHS and private eye examinations as well as OCT scanning. We also provide emergency eyecare, contact lens, visual stress and Low vision services. We have glasses to suit all budgets. For more information or to book in, call 01550 728323 or email: insighteyecare@llandoverly.org. Find us on 8 Stone Street, Llandoverly, SA20 0JR. Optometrist: Sara Tidey. 12/26(12)

PAINTER & DECORATOR

HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 03/27(12)

HUGHES DECORATORS LTD. Family Business Established over 45 years with over 80 years combined experience. City & Guilds approved with qualified tradesmen. Interior and exterior painting and decorating. All building maintenance work undertaken including coving, doors, laminate flooring. Also hand painted furniture and kitchen units. CITB registered and fully insured. Email: r.hughes236@btinternet.com Mob: 07885 875012 www.hughesdecoratorsltd.co.uk 05/26(6)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 03/26(6)

HOME HELP AND PETCARE: Offering reliable friendly service, cooking cleaning, light gardening, dog walking, pet sitting, equine and livestock care. Insured. Contact Becky 07901 552978 email: beckyandmoff@gmail.com 06/26(6)

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 10/26(12)

DOUGLAS WAUGH. Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 02/26(12)

PROPERTY MAINTENANCE

At **ALL ASPECTS PROPERTY SERVICES**, we bring over **35 years of experience** in renovation and maintenance. Based near Llandovery, we cover all **major trades – carpentry, electrics, plumbing, plastering, bathrooms**, and more – all at competitive prices. We travel to you and guarantee **high-quality service**. Call now: 07943 782246, Email: info@allaspectspertyservices.co.uk or visit us: allaspectspertyservices.co.uk Quote **WINTER10** for a **10% discount** through November, December and January. *12/26(12)*

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer complete roofing service. We are also happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, including weekends. Experienced, Reliable and affordable. Contact us for a free survey and estimate. Mobile 07584 550969 email: localroofer.wales@gmail.com *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](https://facebook.com/dazzlers) *06/26(12)*

RClean-Wales SPECIALISTS IN EXTERIOR CLEANING Est 2006. We provide: Domestic and Commercial – Window Cleaning – Gutter Cleaning and unblocking – Softwashing of k-rend, brick, concrete walls, Pressure washing of drives, patios, decking. Covering postcode areas SA18, SA19, SA20, SA31, SA32, SA33. And surrounding areas. www.RClean-Wales.co.uk Call or text us on 07773 900777 Email info@rcleanwales.co.uk Facebook [@rcleanwales](https://facebook.com/rcleanwales) *03/27(12)*

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The Post

Llandovery & Surrounding Distribution Area

Abergorlech, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, Cynghordy, Dryslwyn, Fairfach, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadrwn, 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	£140.60+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

CARMARTHENSIRE 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.
 Reopens 2nd April 2026
 Email: enquiries@llandoverymuseum.wales
 Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

TAXI SERVICES
Bridge Taxis, L'deilo. Tel: 01558 822093; Mobile: 07742 283325.
JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.
Llangadog Taxis, Llangadog. Tel: 01550 777924.
Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMS Tel: 01554 784080.

BRECON ADVICE CENTRE
 Tel. 0345 6018421 11 Glamorgan Street, Brecon. LD3 7DW:
 Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL Tel: 01267 224733
 Please see website; www.acfif.wales for our list of opening hours,
 activities provided and how to book and Pay.

Train Times (Timetable 14/12/25 – 16/05/26) Not all stops shown

		Mon. to Fri.						Sat.			Sun.			
Swansea	D	05.13	07.29	10.48	14.50	17.47	04.50	07.30	10.43	14.50	17.48	11.10	15.18	
Gowerton	D	05.25	07.41	11.00	15.02	17.59	05.02	07.42	10.55	15.02	18.00	11.22	15.31	
Llanelli	D	05.12	05.35	07.52	11.10	15.12	08.09	05.12	07.52	11.05	15.12	18.10	11.33	15.42
Frairfach	D	05.47x	06.11x	08.27x	11.46x	15.49x	08.46x	05.48x	08.28x	11.41x	15.49x	18.47x	12.08x	16.16x
Llandeilo	D	05.53	06.17	08.47	11.52	15.54	18.51	05.54	08.47	11.47	15.54	18.52	12.14	16.22
Llangadog	D	06.02	06.26	08.56	12.01	16.03	19.00	06.03	08.56	11.56	16.03	19.01	12.23	16.32
Llanwrda	D	06.06	06.30	09.00	12.05	16.07	19.04	06.07	09.00	12.00	16.07	19.05	12.27	16.35
Llandovery	D	06.15	06.37A	09.09	12.14	16.16	19.13	06.16	09.09	12.09	16.16	19.14	12.36	16.44
Cynghordy	D	06.22x	09.16x	12.21x	16.24x	19.21x	06.23x	09.16x	12.16x	16.24x	19.22x	12.43x	16.52x	
Llanwrtyd	D	06.40	09.34	12.39	16.41	19.38	06.41	09.34	12.34	16.41	19.39	12.31	17.09	
Llandrindod	D	06.05	07.32	10.12	13.12	17.38	20.25	07.32	10.12	13.08	17.38	20.25	13.45	17.59
Shrewsbury	A	07.38	09.03	11.42	14.42	19.10	21.55	09.01	11.42	14.38	19.09	21.59	15.15	19.36
Shrewsbury	D	04.30	05.54	08.35	11.31	16.00	18.35	05.54	08.35	11.31	16.00	18.35	12.08	16.20
Llandrindod	D	05.56A	07.29	10.22	13.28	17.33	20.27	07.29	10.22	13.22	17.32	20.27	13.55	18.05
Llanwrtyd	D	08.00	10.00	10.53	14.00	18.04	20.58	08.00	10.53	13.56	18.03	20.58	14.26	18.36
Cynghordy	D	08.13x	11.05x	14.12x	18.17x	21.11x	08.13x	11.05x	14.08x	18.16x	21.11x	14.39x	18.49x	
Llandovery	D	06.41	08.25	11.18	14.26	18.29	21.23	08.25	11.18	14.24	18.28	21.23	15.41	19.02
Llanwrda	D	06.47x	08.31x	11.23x	14.31x	18.35x	21.29x	08.31x	11.23x	14.29x	18.34x	21.29x	15.47x	19.07x
Llangadog	D	06.51x	08.35x	11.27x	14.35x	18.39x	21.33x	08.35x	11.27x	14.33x	18.38x	21.33x	15.01x	19.11x
Llandeilo	D	07.02	08.47	11.51	14.50	18.58	21.45	08.48	11.50	14.49	18.52	21.45	15.13	19.23
Fairfach	D	07.05	08.49	11.53	14.53	19.00	21.47	08.50	11.52	14.52	18.54	21.47	15.15	19.26
Llanelli	D	07.44	09.30	12.35	15.33	19.39	22.35	09.40	12.34	15.31	19.33	22.32	15.53	20.06
Gowerton	A	07.52	09.38	12.43	15.42	19.47	22.43	09.48	12.42	15.41	19.41	22.40	16.01	20.14
Swansea	A	08.11	09.51	13.00	16.00	20.02	22.58	10.02	12.55	16.00	19.57	22.55	16.15	20.29

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

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.
 PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289) via Crug-y-bar, Llanwrda
 Llandeilo, New Road 9.35 Llandovery Car Park 13.40
 Crug-y-bar 10.13 Crug-y-bar 14.04
 Llandovery Car Park 10.41 Llandeilo, New Road 14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

Brecon – Llandovery (X80) Brecon to Llandovery (Mon – Sat), * = Sats & Mon – Fri in sch hols

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

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

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.31	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 services operate Mon-Sat

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.