Carmarthen u3a Caerfyrddin

Newsletter – July 2026

Letter from the Chair – Richard Swann

Dear members,

I am forced by an upcoming holiday to write this letter much earlier in the month than usual, so as I write it is not long since the AGM. Therefore unless I repeat from my last month's letter and my AGM report, this letter will be short.

The committee is arranging a First Aid training session probably in early October. It will include C.P.R and defibrillator as well as general First Aid to cover treatment of minor injuries. At the next few monthly meetings, on the registration desk, there will be a list to sign to indicate an interest in attending. Please bear this in mind.

I explained at the AGM the committee has asked if we are becoming moribund and will be exploring ways in which our u3a can progress into the future. This is not just a matter for the committee but will involve you and all other members. If you have any suggestions or comments please contribute to the investigation. Please do speak to any member of the committee and don't be hesitant in coming forward if asked to take part in greater depth.

Take care all,

Richard

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Newsletter Editor – Ann Kitchen 

Breaking News

- Thank you to everyone who made the teas and provided the cakes for the AGM. Another thank you to everyone who attended and the useful suggestions and comments that were made on the day.
- Thank you to all our Welsh speakers who have agreed to put their name forward to represent the West Wales Network of the u3a at the National Eisteddfod.
- New Group, always pleasing to read. Are you interested in joining a Bridge Group? Keep reading.
- This month's photographers are Gerwyn, Peter, Ann and Juliet.

Carmarthenshire Association of Voluntary Services' (CAVS)

'Volunteer Thank You Day'



Ann, Eric and Peter joined a number of other charity representatives to receive thanks on behalf of all volunteers for their efforts across Carmarthenshire communities.

Opportunity was taken to spread the word about their respective charity.

We also received interesting talks and had demonstrations in Tai Chi, Keep Fit dancing and Bushcraft. Any of these would make interesting tasters for our u3a. Would you fancy organising a one off session in the autumn?

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Treasurer/Membership Report – Eric Kitchen

On the finance front our current account stands at £2,305 much of which will be spent on venue hire with income primarily from new membership, raffles and Gift Aid.

With respect to Gift Aid, ¾ of members have agreed to this which generated an income approaching £500 last year. If anyone's circumstance has changed such that they can no longer Gift Aid or they now can, please let me know as the records need to be kept up to date and obviously it's a valuable source of income.

Regarding membership, you will remember from my AGM report, as at the end of March our membership stood at 171 with 25 renewals outstanding. In the event 24 did not renew and with one new member, Wendy (welcome Wendy), we are now at 148 which is slightly lower than at this time last year.

As our esteemed Chair and the Newsletter Editor referenced above, at the AGM we looked for comments and ideas to develop our u3a whilst seeking others to join. A suggestion from Bryan Nolan was to encourage more Welsh speakers and, along with others who agreed, this will be taken forward – look out for an update on this!

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Monthly Meeting Presentations – Eleanor Baird

At our June meeting Robert Ramsaha Southall will be speaking about the RNID (Royal National Institute for Deaf people). He might be offering hearing tests on the day. A small donation to the RNID (not compulsory though) from members would be an appropriate gesture for this opportunity.

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Skanda Vale Educational Visit – Ann Kitchen and Kam Winchester



We chose the hottest May day on record to go and visit Skanda Vale. We had all heard of this multi-cultural spiritual centre nestled in the Carmarthenshire countryside but many of us were really unsure what to expect as we walked through the entrance. Immediately all our senses were stimulated beyond belief.

The centre represents no single culture or faith but offers peace, tranquility and an opportunity for self awareness. A place of pilgrimage.

Brother Andy made us so welcome and was our excellent guide for the day, he explained the history of the centre and how it is run by the brothers, sisters and volunteers. The centre is completely self sufficient relying on donations and fund raising to get by. Nothing is for self gain.

We visited several shrines and temples including the Samadhi which is the final resting place of the founder Guru Sri Subramanium. This was an honour.

The colours of the various flowers and banners were vibrant. We attended the lunch time puja during which the food was blessed, the flames of the fire flickered and we were surrounded by the sound of the chanting.

Lunch smelt and tasted delicious, this was also an ideal opportunity to talk to the servers and some of the many pilgrims who had travelled from all over the UK.

Lastly we visited Valli, the Indian elephant. Some of us were lucky to feed her bananas but what she really enjoyed were the water melons. She has the freedom to roam the fields near her barn and goes for walks twice daily into the woods. A much loved, happy elephant who I'm sure had a twinkle in her eye. She was definitely mischievous, would you want to eat leaves when there was water melon on offer?

This was a day none of us will forget in a hurry. We can't thank Brother Andy and his fellow community members enough for the welcome we were given.

Finally a special thank you to our Kam who made sure we were all comfortable on this hot day and looked after us all so well. I was thrilled to accept her much needed help in organising this day with her inside knowledge. I definitely couldn't have done it without her. Diolch o galon.

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As a follow up to the visit many of us visited Skanda's Vale Open Day. It was good to see members from Newcastle Emlyn u3a there as well. Lots of stalls and don't forget the delicious street food.

Despite the change in the weather, we were entertained with choirs, a dancer and not forgetting the Samba drummers. The latter soon had us all joining in and it was such fun.

There was also a rare opportunity to visit inside the hospice. Our guide answered all our questions. Here there was such an aura of calm and joy. The gardens also provided quiet areas for reflection amongst the flowers and the pond. An oasis of joy and calmness.

The happiness of the whole site was so infectious. Definitely will become an annual event.





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Philosophy Group – Chas Griffin

The Philosophy Group is slowly approaching the final chapter of the text I'm using. To my surprise, last time we waltzed through 'time' as a topic very quickly. Everyone seemed to agree that 'time' doesn't really exist, but is it that simple? If so, how do we account for the reality of 'sequence' and 'cause and effect'? Surely they both need 'time' in which to do their stuff?
It is true to say that Near Death Experiencers unanimously agree that 'time' has no reality in the 'Beyond'. So maybe it's just a local effect for our 3-dimensional reality? If so... why? What says so? Hours of fun.... as always, butting up against the fundamental issue of 'Materialism' or 'Idealism'? i.e., 'Stuff' or 'Mind' as an ultimate Cause.

Next meeting (23rd June, 2:00 pm, CAVS) we'll be making a start on Ch 15 '*Really* Weird Stuff' which looks into the fringes of the deepest aspects of reality that Man seems to have considered.... so far! If you fancy a gentle stroll through some unexpected but very stimulating ideas.... do come along. You'll be very welcome.

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Back gammon – Kate Waldron 



We had a very lively meeting changing opponents over several games and finding surprises along the way. New members very welcome so we hope to see some in the near future.

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Film Club – Carole Sapsford 

Last month's Film Club was kindly hosted by Fred and was attended by a large group to see the film 'The Salt Path'.

No Films in July and August but hope to restart in September.

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Sunday Lunch Group – Chris Woodward.

The July Sunday Lunch Club has been booked for Sunday 12th July at 12:00 at the Red Lion in Llandyfaelog, near Kidwelly, SA17 5PR. The main course is priced at £13.95 with starters and desserts available at £5.50 each.

There is limited parking outside the Red Lion and most people visiting park in the road. It is advisable to car share if possible.

If you would like to come along please email Chris at chrisw@carmarthenu3a.org.uk by Tuesday 7th July.

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Book Club – Ann Kitchen 

In June the book Restless by William Boyd was discussed, a spy thriller and received a high score in our scoring system.

The July book has been chosen by Pat. Absolutely and Forever by Rose Tremain. 'How do you find the courage to make your own life?'

Breaking news for us is Carmarthen library are going to adopt Book Boxes for Book Clubs which are already in place in other counties. This means we can loan the books from the library and won't have to purchase them. We do hope many of you will be encouraged by this news and come and give us a go. More information to follow.

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Tea rota for the next 3 monthly meetings



July	Coffee Morning
September	World Faiths
October	Park Walkers

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Knitting and Nattering – Ann Kitchen 

This month we delighted in the beautiful photos of the knits by Kaffe Fassett in his book 'Glorious Knitting'. His choices of colours were extraordinary. Thank you to Chas for giving us this opportunity to share this experience which promoted detailed conversation on various techniques.

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Charabanc – Ann Kitchen

The charabanc is hoping to resume its travels in the autumn. Do you have any thoughts where we can travel to next? All members are welcomed to organise a visit. Looking forward to hearing from you.

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Coffi a Chlonc – Peter Loughran

Our June session of Coffi a Chlonc was held at Café Adref in Mansell Street. A new venue for us having moved out of the Ivy Bush for a while. We were a very small group – just three of us – hardly a quorum. Several of the regulars were away on holiday or otherwise engaged. Given the declining numbers we may have to review the future of the group.

However next month, on Tuesday, 21st July at 2:00 pm (note the slightly earlier time) we will move to Yr Egin (S4C building) on College Road.

Hopefully the attendance will be better next time as we anticipate the National Eisteddfod at the beginning of August in Pembrokeshire (where the u3a West Wales Network will have a presence - more on that elsewhere).

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Bridge Group – Rosemond Halls

Rosemond is still looking for new players to make up groups of four for this new group. Both beginners and established players are most welcome. Dates and venues will vary according to the players. If you are interested, please contact Rosemond@carmarthenu3a.org.uk

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Short Mat Bowls – Eric Kitchen

With a number of bowlers absent this month – appointments, holidays, commitments and so on – we were a very select band on this occasion. Yet it's always an enjoyable experience and all the more so as were joined by Karen (daughter cum chauffeur) for one of our number, towards the end and proved to be rather good at it, mmmm…..

If you've never tried it, have no idea what it's about, check it out on line and best of all come along if only to watch and cheer/jeer at our efforts.

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Exploring World Faiths – Andrew Padfield

Richard Swann on behalf of Andrew Padfield.

The May meeting was a discussion, led by Sheila and Richard, on the principle teachings of the Bahá'í Faith.

The principle of progressive revelation was explained. Bahá'í writings explain that the major religions of the world were founded by Messengers/Prophets/Manifestations of One God, sent by God to preach the Word of God to the world according to humanity's understanding at that time in history. The latest of these was Baha'u'llah who declared His mission in April 1863. For a global society to flourish. He said it must be based on certain fundamental principles.

1st Principle. The Unity of Mankind. In the eye of the Creator all His children are equal. This being said why should we make separate one race from another? "The World is One Country and Mankind its Citizens".

2nd Principle. The Oneness of Religion. The spiritual teachings of all major religions are all in harmony. Conflict between Faiths is caused by humanity's interpretation of the social teachings which were based on humanity's understanding at the time of the Manifestation's teaching.

3rd Principle. The independent Investigation of Truth. God has created in humanity the power of reason whereby it is enabled to investigate reality. Everyone must be an investigator for themselves. Ideas and beliefs left by parents and ancestors as heritage will not suffice. If only everyone would search out truth they would find themselves united.

4th Principle. The Abolition of all forms of Prejudice. Prejudices are frequently met in our present day society and are barriers to progress and the most common cause of war. Prejudices of race, class, nation, colour and sex divide humanity into factions.

5th Principle Equality of Men and Women. Baha'u'llah is the first Founder of a world religion to explicitly uphold the complete equality of men and women..They are like the 2 wings of a bird. If one wing is damaged the bird is unable to fly. Thus if there is inequality of the sexes humanity cannot progress.

6th Principle. Harmony of Religion and Science. Science and Religion are also like the 2 wings of a bird. Science has and can lead to many good things but if left unchecked can lead us to harm as in weapons of mass destruction. Religion can find a system of values that puts such scientific development into perspective. However when religion ignores modern scientific truth it leads to fanaticism.

7th Principle. Universal Education. Baha'u'llah insisted every human being should have access to good education which should incorporate positive spiritual and moral aspects as well as arts, sciences, crafts and trades so the individual may fulfil a useful place in society. If parents or society cannot afford to educate both boys and girls, priority should be given to girls as they will be the first educators if the next generation.

8th Principle. Elimination of extremes of Poverty and Wealth. These disparities between rich and poor lead to resentment and a feeling of inequality. They can be eliminated by .voluntary giving by the wealthy and government measures.

9th Principle. A Universal Auxiliary Language. It is not intended to eliminate native languages but that if everyone learns their mother tongue and a universal language international communication would advance. "Auxiliary" is not a mandate for cultural conformity. Bahá'í teachings both value and promote cultural diversity.

This led to a much interesting discussion.

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Discussion Group – Peter Loughran

At the June meeting our 'hot topic' was the difference and the political choice between 'big government' and 'small government'. At the extremes there is a big difference in what the public expects the government to do and what we, as taxpayers, might be prepared to pay for.

America represents one end of spectrum where government is expected to do less and individual citizens need to pay for more of their own services e.g. healthcare. The Nordic countries seem to invest more in big government. In Britain we prefer a hybrid approach - though individual political parties have their particular leanings as we saw at the recent elections. As an older generation, perhaps we lean towards greater involvement by the government in public affairs and more public provision.

Next month Malcolm has very kindly offered to lead a debate on housing options and how as a nation we might manage our resources and provide/encourage appropriate housing – social, private and community – which meets our growing needs and a variegated population. As individuals we are part of that evolving narrative as our needs change and we age gracefully in society or not!

Do join us for another interesting debate on Wednesday, the 8th at 2:00 pm in the Mount.

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Spice up your Life – Kam Winchester

The next meeting will be at Ginger, Wednesday 29th July at 18:00. Please contact Ann at ann@carmarthenu3a.org.uk if you wish to book a place.

Kam was pleased to hear there are several new members now attending this group. She will be returning from her travels in the autumn and I'm sure she has some exciting things planned for us.

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History Group – Judith Holland



The speaker for the June History Group meeting was Les Murphy talking about Gerald of Wales. Les stepped in to fill the gap, when Bruce Wallace was unable to attend.

Gerald, descended from Welsh and Norman stock and was a member of the clergy and was nominated several times for the post of Bishop of St Davids. While he served temporarily in the post for a period of four years, he was never confirmed in post by the king as he was considered too strong minded to hold such a politically sensitive post.

He served as cleric and chaplain to the King, and travelled extensively throughout Wales recruiting for the crusades, and as peacemaker. He went to Rome several times where he met with the Pope and was finally appointed Bishop of Brecon. He wrote extensively about Ireland, Wales, Scotland and England.

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The next meeting will be in the Library on **Tuesday 14th July at 2:00 pm**. This will be a guided tour of the archives by Hayden Burns. I would encourage anyone interested in local history to attend as it is a rich resource for research. Please note this will be on a Tuesday instead of the usual Wednesday. We will meet in the foyer of the Carmarthen Library, to start the tour promptly at 2:00 pm.

The new archive building is built over part of the old Roman town. Above the Roman ruins was a Victorian garden with a glasshouse in it. The site was excavated prior to the building of the archives.

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Walking Group – Eric Kitchen (Coordinator)

Please note there is some pressure on the few members who are prepared to be walk leaders so we need for others to occasionally lead a walk which are typically around 3-4 miles long.

June Walk Leader – Suzanne Tate Price

Out of respect for the family and the community attending a funeral in Llansteffan, Suzanne felt it was only right to postpone the June walk.

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July Walk Leader – Nigel Bailey

The 17th July walk will be about 3 miles at Lawrenny on the Cleddau estuary, with no significant uphills.

Park on "The Green", which is past the Lawrenny Inn but before reaching the Quayside tearooms - no charge. Postcode: SA68 0PR

We will be having lunch in the tearooms so we should be able to use their toilets before we set off.

Be ready to start walking at 10.30.

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Garden Group – Kathie Wareham (Coordinator)

May Garden Leader – Maud Jones.

On a beautiful sunny afternoon 21 members travelled to Loughor to visit a garden in Castle Street, receiving a warm welcome from the Italian owner. The garden overlooks the Loughor estuary with far reaching views to the landscape beyond.

The lower section of garden has been created in a classical style from scratch by the owner with before and after photographs highlighting how much work had gone into achieving the results seen today. A lovely green space, with a pond, and planted with trees, wisteria, roses and rhododendron which were in the corner by an ancient chapel.

The upper section of the garden, connected to the Grade ll house, included a re-created hedge maze based on old photographs, a stunning laburnum, shrubs and roses.

A number of seating areas to enjoy tea and cake in good company ensured that the visit was relaxed and enjoyable, and conversation flowed.

Additionally, any interested members were also able to have a guided tour of the house. Previously the home of the Knights Templar and the Knights Hospitaller, the current property is 18th century, but with the original cellar. This has been repurposed creatively and has an intriguing bricked up passage with much speculation as to where it led, including the thought that it was a tunnel to Loughor Castle? Research about the property is ongoing.

Having seen photographs of how this listed house looked when purchased, results of the detailed restoration are incredibly impressive. What a privilege to have been shown around this beautiful home.

A special afternoon to remember.







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June garden visit leader – Rosemond Halls

The June Garden visit will be led by Rosemond (rosemond@carmarthenu3a.org.uk)

This month we shall visit Llwyngarreg, Llanfallteg Whitland SA34 0XH on the 26th June at 2:00. The group visited this garden two years ago but in a different season. Entry fee is £8 with £4 for tea and cakes but please note limited places are available. There are gravel paths and plenty of seats placed around the garden.

As we are travelling west we can meet at Nant y Ci car park at 1:15. Please let me know whether you wish to attend and whether you have arranged car sharing.

The garden is 19 miles west of Carmarthen. Follow the A40 as far as the Llanddewi Velfrey roundabout where you turn left into the village of Llanddewi, go past the petrol station and take the next right turn for Llanfallteg. Go through that village and approx half a mile further on there will be a NGS yellow sign for a turning to the right which will get you there.

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July Garden Visit Leader – Anne Priest

u3a GARDEN VISIT - FRIDAY,24TH JULY AT 2 P.M
LASWERN FARM, PONTYBEREM,LLANELLI, SA15 5BP

A gem. A mature, herbaceous, wildlife garden and pond in 1/3 acre on a small holding currently being developed by new owners. It includes a herb garden, greenhouses, vegetable garden with two polytunnels, a fruit cage and vegetable beds, all irrigated using gravity fed rainwater. There are also two fruit orchards and willow beds to visit plus several beehives.

ACCESSIBILITY – only main garden is wheelchair accessible.
TOILET -accessible downstairs.
PLANTS FOR SALE.
ADMISSION - £5 cash or card.
REFRESHMENTS - £5 for tea and cake (please advise for dietary requirements when booking)
Undercover if raining.

Chris and Ann Sambrook are happy to lead a guided tour or for you to wander on your own. They have information boards around the garden.

Lifts should be arranged independently.

DIRECTIONS – What3words app – chains, simple, worms

From Carmarthen drive through Cwmffrwd towards Kidwelly and bear left onto B4309. Turn left onto B4306 and drive through Llangyndeirne and Crwbin, at Bancffosfelen turn left at the school. Continue for a mile or so to a T junction and turn right for about ½ mile. Laswern is on the left on a sharp bend – look for NGS signs and large rocks outside wooden gate. Please do not park on the road but in the yard.

If you're coming from the south the owners recommend you take the B4306 from Pontyberem and turn right by Bancffosfelen school.

Please contact annepriest@carmarthenu3a.org.uk by Sunday, 19th July.

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Music Appreciation Group – Richard Swann

At the May meeting of the Music Appreciation group we welcomed Rosemond who came to find out what the group did as music is an important part of her life. She joined in the discussion with enthusiasm. If music is part of your life why not come along and join in the meeting? You will be making no commitment.

Sheila's choice was the orchestral version of the score of Beauty and the Beast. She explained that she had heard it on the radio in the car and wondered what it was, thinking it was a piece of mood music of an early summer's day until the presenter said that it was from The Beauty and the Beast.

Eric played 'In the Summer Time' by Mungo Jerry, No 1 in 1970. He said it was a reminder during our current iffy summer, of summers past when it was always sunny and warm(?). It certainly took us all back to those days with lots of tapping feet.

Colin chose the Bob Dylan song 'The Times they are Changing' sung by the folk group Finest Kind. Along with other genres Colin very much likes Folk and thought this was a good arrangement of the original.

Richard played part of Rachmaninoff's 2nd Piano Concerto and then part of 'All by Myself' by Eric Carmen and asked if others could hear similarities, which they could. He explained that Rachmaninoff's estate took Eric Carmen to court claiming plagiarism. Eric Carmen ended up paying 12.5% of the royalties to the estate.

There will be no meeting in June and we next meet on Wednesday July 29th at 2:30 in the Mount, the CAVS building in Queen Street.

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Who's who on the committee.

Richard Swann	Chair	chair@carmarthenu3a.org.uk
Harold Liberty	Vice-chair	vicechair@carmarthenu3a.org.uk
Susan Edwards	Secretary	secretary@carmarthenu3a.org.uk
Eric Kitchen	Treasurer	treasurer@carmarthenu3a.org.uk
Eric Kitchen	Membership	membership@carmarthenu3a.org.uk
Ann Kitchen	Group Coordinator	ann@carmarthenu3a.org.uk
Ann Kitchen	Newsletter Editor	editor@carmarthenu3a.org.uk
Ann Kitchen	Network Representative	ann@carmarthenu3a.org.uk
Peter Loughran	Web Editor	peter@carmarthenu3a.org.uk
Peter Loughran	Facebook Editor	peter@carmarthenu3a.org.uk
Judith Holland	Committee Member	judith@carmarthenu3a.org.uk

Committee Assistants

Anne Priest	Minute Secretary	
Eleanor Baird	Speaker Secretary	speaker@carmarthenu3a.org.uk

Useful Websites

Carmarthen u3a website is: www.carmarthenu3a.org.uk

The West Wales Network website is: West Wales Network - Home - Wales Region

The national u3a website is: u3a - Welcome to the u3a

July 2026 Group Activities

2nd	14:00	Thursday	Literature	Ivy Bush	pthacker@carmarthenu3a.org.uk
3rd	14:00	Friday	Scrabble	Library	angela@carmarthenu3a.org.uk
3rd	14:30	Friday	Start Speaking Welsh	Wesleyan Church	frances@carmarthenu3a.org.uk
6th	10:30	Monday	Coffee Morning	Ivy Bush	chris@carmarthenu3a.org.uk
6th	14:00	Monday	World Faiths	The Mount (CAVS)	andrew@carmarthenu3a.org.uk
7th	10:00	Tuesday	The Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
8th	09:30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
8th	10:30	Wednesday	Backgammon	Library	kate@carmarthenu3a.org.uk
8th	14:00	Wednesday	Discussion	The Mount (CAVS)	peter@carmarthenu3a.org.uk
9th	13:45	Thursday	Short Mat Bowls	Bancyfelin Hall	eric@carmarthenu3a.org.uk
12th	12:30	Sunday	Sunday Lunch	The Red Lion	chrisw@carmarthenu3a.org.uk
13th	14:00	Monday	Knitting & Nattering	Ivy Bush	ann@carmarthenu3a.org.uk
14th	10:00	Tuesday	The Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
14th	14:00	Tuesday	Poetry	The Mount (CAVS)	pat@carmarthenu3a.org.uk
14th	14:00	Tuesday	Philosophy	The Mount (CAVS)	chas@carmarthenu3a.org.uk
14th	14:00	Tuesday	History	Archives	judith@carmarthenu3a.org.uk
17th	10:30	Friday	Walking	Lawrenny, Pembs	nigel@carmarthenu3a.org.uk
17th	14:30	Friday	Start Speaking Welsh	Wesleyan Church	frances@carmarthenu3a.org.uk
20th	11:00	Monday	10 Pin Bowling	Excel Bowling Club	ann@carmarthenu3a.org.uk
20th	14:00	Monday	Digital	Learning Centre	margaret@carmarthenu3a.org.uk
20th	14:00	Monday	Book Club	Ivy Bush	ann@carmarthenu3a.org.uk
21st	10:00	Tuesday	The Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
21st	14:00	Tuesday	Coffi a Chlonc	Yr Egin	peter@carmarthenu3a.org.uk
22nd	09:30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
24th	14:00	Friday	Garden	Pontyberem	annepriest@carmarthenu3a.org.uk
27th	10:00	Monday	Committee	The Mount (CAVS)	secretary@carmarthenu3a.org.uk
28th	10:00	Tuesday	The Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
28th	14:00	Tuesday	Philosophy	The Mount (CAVS)	chas@carmarthenu3a.org.uk
29th	14:30	Wednesday	Music Appreciation	The Mount (CAVS)	richard@carmarthenu3a.org.uk
29th	18:00	Wednesday	Spice up your Life	Ginger	kam@carmarthenu3a.org.uk
30th	14:00	Thursday	Monthly Meeting	Bowling Club	richard@carmarthenu3a.org.uk

Times and venues as provided by Group Leaders, if in doubt please check with them.