

### Canolfannau Iechyd Lleol/Local Health Centres

- Carmarthen Rd, Cross Hands, Llanelli SA14 6SU ☎01269 831180.
- Meddygfa Tywi, Station Road, Nantgaredig SA32 7LG ☎01267 290240
- 6 Heol y Bryn, Upper Tumble SA14 6DP ☎01269 841289
- Coalbrook Road, Pontyberem SA15 5HU ☎01269 870207

### Ysbyty Leol a Chanolfan Damweiniau ac Achosion Brys Local Hospital and A & E Centre

Ysbyty Gyffredinol Glangwili/Glangwili General Hospital, Heol Dolgwili/Dolgwili Road, Caerfyrddin/ Carmarthen SA31 2AF ☎01267 235151

### Ysbyty Leol ar gyfer anafiadau meddygol brys a mân Local Hospital for emergency medical and minor injuries

Ysbyty Tywysog Philip/Prince Philip Hospital, Bryngwyn Mawr, Dafen, Llanelli SA14 8QF ☎01554 756567

### Chwareuon ac Hamdden/Sports and Leisure

Canolfan Chwaraeon Cwm Gwendraeth/ Gwendraeth Valley Sports Centre, Drefach SA14 7AD ☎01269 844739

Canolfan Hamdden Caerfyrddin/Carmarthen Leisure Centre, Heol Llansteffan/ Llansteffan Road, Tre Ioan/Johnstown, Caerfyrddin/Carmarthen ☎01267 224700

|                            |                                    |   |
|----------------------------|------------------------------------|---|
| Gyrfa Chwist / Whist Drive | Llun/Mon 19.30<br>Mawrth/Tue 19.30 | Neuadd Fach, Porthyrhyd<br>Clwb Mynyddcerrig Club |
| Clwb Bowliau / Bowls Club  | Mawrth/Tue 19.00-21.00             | Neuadd Llanddarog Hall                            |
| Dartiau a Pŵl / Darts and  | Amrywiol/ Various                  | Clwb Mynyddcerrig Club                            |

### Plant ac Ieuenctid / Children and Young People

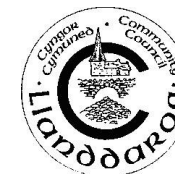
| Pwy/Who  | Pryd/ Weekly Meetings | Ble/Where                 |
|----------|-----------------------|---------------------------|
| Cffi/YFC | Mon 7.30yh/pm         | Neuadd Llanddarog Hall    |
| Clwb Iau | Friday 4.30yh/pm      | Eglwys Llanddarog Church  |
| URDD     | Tues 6.00yh/pm        | Y Neuadd Fach, Porthyrhyd |

### Mudiadau yn y Gymuned/Organisations within the community

| Pwy/Who  | Monthly Meetings                                    | Ble/ Where               |
|--|---|--------------------------|
| SyMWWI   | Mercher 1 <sup>af</sup> /1 <sup>st</sup> Wed 19.00  | Neuadd Llanddarog Hall   |
| Merched y Wawr<br>Undeb y Mamau/<br>Mothers' Union | Mercher 3 <sup>ydd</sup> /3 <sup>rd</sup> Wed 19.15 | Neuadd Llanddarog Hall   |
| Wishes for Stitches                                | Iau 2 <sup>ail</sup> /2 <sup>nd</sup> Thur-19.00    | Eglwys Llanddarog Church |
| Clwb yr henoed /<br>Senior Citizens Club           | Mawrth 3 <sup>ydd</sup> /3 <sup>rd</sup> Tues 14.00 | Neuadd Llanddarog Hall   |
| Clwb Ciniol/<br>Luncheon Club                      | Mawrth 1 <sup>af</sup> 1 <sup>st</sup> Tues 14.00   | Neuadd Fach, Porthyrhyd  |
|  | Mawrth olaf/Last Tues 13.00                         | Prince of Wales          |

### Croeso i Gymuned Llanddarog

**Croeso cynnes iawn i Llanddarog.** Gobeithio bydd y canllaw byr hwn yn eich helpu i ymgartrefi yn ein cymuned.



### Welcome to the Community of Llanddarog

**A warm welcome to Llanddarog.** We hope that this brief guide will help you to settle into our community.

**Lleolir y tri phentref** o fewn y gymuned, (Llanddarog, Porthyrhyd a Mynyddcerrig), rhwng Caerfyrddin a Cross Hands.

Ardal Cymuned Llanddarog: Mae Ardal Cymuned Llanddarog yn un o'r llefydd mwyaf diogel i fyw yn Sir Gaerfyrddin. Mewn partneriaeth â Heddlu Dyfed Powys mae'n gweithredu Cynllun Gwarchod y Gymdogaeth ac mae cynrychiolwyr ar y cynllun sy'n mynychu cyfarfodydd Heddlu a'r Pact Cymunedol sy'n cael eu cynnal yn Cross Hands.

**The three villages** within the community (Llanddarog, Porthyrhyd and Mynyddcerrig) are located between Carmarthen and Cross Hands.

The Llanddarog Community Area is one of the safest places to live in Carmarthen-shire. In partnership with Dyfed Powys Police it operates a Neighbourhood Watch Scheme and has representatives on the Police and Community Pact meetings which are held at Cross Hands.

**Eich Cyngor Cymuned:** Mae'r tri phentref yn cael eu cynrychioli gan 11 o aelodau'r Cyngor Cymuned; gellir cysylltu â hwy trwy Glerc y Cyngor Cymuned, Mr Elfryn Williams, Talar Deg, Llanddarog, ☎01267 275562, ac ar yr e-bost, sef e.williams653@btinternet.com,

Mae'r Cyngor Cymuned yn cyfarfod ar yr ail ddydd Mercher bob mis (heblaw mis Awst), am 7.30 yh yn Ffestri Capel Bethlehem.

Y Cyngorwr Sir yw Wyn Evans, Tyrynys, Llanddarog ☎ 01267 275384

**Your Community Council:** The three villages are represented by 11 Community Council members who can be contacted through the Community Council Clerk, Mr Elfryn Williams, Talar Deg, Llanddarog, ☎01267275562, e-mail e.williams653@btinternet.com,

The Community Council meets on the second Wednesday each month (except August) at 7.30 pm in the Bethlehem Chapel Vestry.

The County Councillor is Wyn Evans, Tyrynys, Llanddarog ☎ 01267 275384

### Gwybodaeth am Fywyd Cymunedol/Information on Community Life

Mae'r Cyngor Cymuned yn darparu hysbysfwrdd ym mhob pentref, ac mae safle we ar gael ar gyfer gwybodaeth ychwanegol, sef [www.cyngorcymunedllanddarog.co.uk](http://www.cyngorcymunedllanddarog.co.uk). Mae Hysbysfwrdd Pentref Llanddarog y tu allan i'r Hydd Gwyn yng nghanol y pentref; mae Hysbysfwrdd Pentref Porthyrhyd gyferbyn â'r Swyddfa Bost ac Hysbysfwrdd Pentref Mynyddcerrig yn agos at Stâd Dai Maeslan.

The community council provide a notice board in each village and has a web site for additional information [www.llanddarogcommunitycouncil.co.uk](http://www.llanddarogcommunitycouncil.co.uk). The Llanddarog Village Notice Board is outside the White Hart in the centre of the Village; Porthyrhyd Village Notice Board is opposite the Post Office and the Mynyddcerrig Village Notice Board is near the Maeslan Housing Estate.

**Sioeau / Shows:** Porthyrhyd Art Exhibitions—Gorffennaf/July; Llanddarog Agricultural Show—Mehefin/June; Porthyrhyd Horticultural Show—Awst/August; Mynyddcerrig Horticultural and Craft Show—Medi/September.

**Tafarnau/Llefydd i Fwyta : Public Houses/Places to eat in the Community**

- Abadam Arms, Porthyrhyd ☎01267 275090
- Butchers Arms, Llanddarog ☎01267 275330
- Mansel Arms, Porthyrhyd ☎01267 275305
- Prince of Wales, Porthyrhyd ☎01267 275711
- White Hart, Llanddarog ☎01267 275395
- Clwb Mynyddcerrig Club ☎01269 870330

**Ysgolion yr ardal**

**Ysgol Gynradd**

Lleolir Ysgol Llanddarog ym mhentref Llanddarog, ac mae yn ysgol gynradd yr Eglwys yng Ngymru. Mae'r ysgol yn gwasanaethu'r gymuned leol a'r ardal o'i hamgylch yn Sir Gaerfyrddin. Mae'r ysgol yn darparu addysg ar gyfer disgyblion rhwng 3 ac 11 oed.

**Ysgolion uwchradd**

Y tair Ysgol Uwchradd leol yw Maes y Gwendraeth, Cefneithin ☎01269 833900, Ysgol Gyfun Gymraeg Bro Myrddin, Caerfyrddin ☎234829, ac Ysgol Uwchradd y Frenhines Elisabeth, Caerfyrddin ☎01267 245 300

**The area's schools**

**Primary School**

*Ysgol Llanddarog is a Church in Wales primary school, situated in the village of Llanddarog, which serves the local community and its surrounding area in Carmarthenshire. The school provides education for pupils between the ages of 3 to 11 years old.*

**Secondary Schools**

*The three local Secondary Schools are Maes y Gwendraeth, Cefneithin ☎(01269) 833900; Bro Myrddin Welsh Comprehensive School, Carmarthen ☎01267 234829, Queen Elisabeth High School, Carmarthen ☎01267 245 300.*

**Canolfan Ailgylchu - Nantycaws - Recycling Centre**

Haf / Summer: Ebrill 1af - Medi 30ain Llun - Sul (8.30am-7.00pm)  
April 1<sup>st</sup> - Sept 30th Mon -Sun  
Gaeaf/Winter: Hydref 1af - Mawrth 31ain Llun-Sul (8.30am-5.00pm)  
October 1<sup>st</sup> - March 31<sup>st</sup> Mon -Sun

**Swyddfa Post a Siop / Post Office, Shop and Newsagents**

Llanddarog, gyferbyn i Gae Person yng nghanol y pentref Llanddarog / opposite Cae Person in centre of village ☎01267 275227  
Porthyrhyd, ar bwys / next to Abadam Arms ☎01267 275241

**Llefydd Chwarae / Play areas**

Parc i blant bach ger Neuadd Porthyrhyd Hall *small children's play Park*  
Parc Chwarae Pentref Mynyddcerrig *Village Play area*

**Cludiant cyhoeddus i Drefi lleol**

Mae gwasanaeth bws pob dwy awr yn cysylltu Llanddarog â Chaerfyrddin a Rhydaman. Gellir dod o hyd i bob taith bws o'r pentref, ac amserlenni ar wefan y Cyngor Sir, sef [www.sirgar.gov.uk](http://www.sirgar.gov.uk)

Darperir gwasanaeth Cynllun car gwirfoddol ar gyfer unigolion sy'n cael anhawster i gael gafael ar drafnidiaeth cyhoeddus o achos problemau anabled neu symudedd, gan Geir Gwledig yn Sir Gaerfyrddin am dâl rhesymol. Mae gwirfoddolwyr yn gyrru eu ceir eu hunain; cyfyngir y teithiau i un yr wythnos,

☎01545 571362.

**Public Transport to local Towns**

*A two hourly bus service links Llanddarog to Carmarthen and Ammanford. All bus routes from the village and time tables can be found on the County Council's web site [www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)*

*A voluntary car scheme service for individuals who have difficulty in accessing public transport through disability or mobility problems is provided by Country Cars in Carmarthenshire at a nominal charge. Volunteers drive their own cars and journeys are limited to one a week.*

☎01545 571362.

**Lleoedd i Addoli / Places of Worship [Welsh(C) and English(E)]**

**Eglwys y Plwyf Llanddarog Parish Church**

|              |   |       |   |       |
|--------------|---|-------|---|-------|
| Sul/Sunday 1 | Cymun Bendigaid(C)                      | 09.30 | Evensong (E)  | 17.00 |
| Sul/Sunday 2 | Boreol Weddi(C)                         | 11.00 | Holy Communion(E)   | 17.00 |
| Sul.Sunday 3 | Holy Communion(E)                       | 09.30 | Gwasanaeth yn y Gerddi Botaneg (Dwyieithog)/<br>Service at the National Botanical Gardens (Bilingual) | 14.30 |
| Sul/Sunday 4 | Matins(E)                               | 11.00 | Cymun Bendigaid(C)  | 17.00 |
| Sul/Sunday 5 | Gwasanaeth Dwyieithog/Bilingual Service |       | (am yn ail yn Llanddarog neu Llanarthne / alternately at Llanddarog or Llanarthne)                    | 10.00 |

**Capel Newydd Llanddarog (Methodistiaid/Methodist) (Cymraeg /Welsh)**

|       |           |       |       |       |
|-------|-----------|-------|-------|-------|
| Sul 1 | Ysgol Sul | 10.30 | Oedfa | 14.00 |
| Sul 2 | Ysgol Sul | 10.30 | Oedfa | 18.00 |
| Sul 3 | Ysgol Sul | 10.30 | Oedfa | 18.00 |
| Sul 4 | Ysgol Sul | 10.30 | Oedfa | 18.00 |

**Cymdeithas Capel Newydd**

Pob Nos lau am 7.15yh o ganol mis Hydref hyd ddiwedd mis Chwefror.

**Capel Bethlehem Porthyrhyd (Bedyddwyr Cymraeg/Baptist Welsh)**

Pob bore Dydd Sul am 10.30 yb

**Capel Seion (Annibynnwyr Cymraeg/Independent Welsh) Bob bore Sul 10.30**

**Llwybrau Cerdded/ Footpath Walks**

Mae rhestr o lwybrau cerdded i mewn i, a thwy'r ardal Gymunedol ar gael ar y wefan: [www.cyngorcymunedllanddarog.co.uk](http://www.cyngorcymunedllanddarog.co.uk)  
*A list of footpaths into and throughout the Community area is available on the web-site: [www.llanddarogcommunitycouncil.co.uk](http://www.llanddarogcommunitycouncil.co.uk)*