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FeelGood Ceredigion

Tim Evans

Rydyn ni mor falch o ddod â chi argraffiad arall o FEELGOOD Ceredigion – eich cylchgrawn lleol sy'n dathlu'r bobl, y lleoedd a'r straeon sy'n gwneud y rhan hon o Gymru mor hyfryd i'w galw'n gartref (neu i'w ymweld!).

P'un ai ydych chi'n frodor balch neu'n deithiwr chwilfrydig, mae ein tudalennau'n llawn ysbrydoliaeth, ysbryd cymunedol, a digon o resymau i syrthio mewn cariad â Cheredigion unwaith eto.

Golau Llwyfan ar Aberteifi

Y tro hwn, rydyn ni'n canolbwyntio ar dref farchnad fywiog Aberteifi – gwir borth i Orllewin Cymru. O'i chastell hanesyddol a'i olygfa gelfyddydol fywiog i siopau annibynnol, teithiau cerdded ar hyd yr afon, a diwylliant bwyd sy'n rhagori ar ei faint, mae gan Aberteifi rywbeth i bawb. Mae'n dref sy'n cydbwyso traddodiad â chreadigrwydd, ac rydyn ni'n gyffrous i rannu ei straeon gyda chi.

Dewch yn Rhan o'r Stori

Mae FEELGOOD Ceredigion yn ymwneud yn llwyr â'r gymuned – a hynny'n golygu chi! Os oes gennych chi ddigwyddiad, syniad neu stori yr hoffech ei gweld yn tudalennau'r cylchgrawn, byddai'n bleser gennym glywed gennych. Ffoniwch ni ar 01437 209300 a helpwch ni i ddangos y gorau o fywyd yng Ngheredigion.

Diolch am ddarllen ac am fod yn rhan o'r daith hon. Rydyn ni'n gobeithio y byddwch yn mwynhau darganfod yr argraffiad hwn gymaint ag yr ydyn ni wedi mwynhau ei greu. Dyma i ddathlu'r bobl, y lleoedd a'r ysbryd sy'n gwneud Ceredigion mor arbennig.

We're so pleased to bring you another edition of FEELGOOD Ceredigion – your local magazine celebrating the people, places, and stories that make this part of Wales such a joy to call home (or to visit!).

Whether you're a proud local or a curious traveller, our pages are packed with inspiration, community spirit, and plenty of reasons to fall in love with Ceredigion all over again.

Spotlight on Cardigan

This time, our focus is on the bustling market town of Cardigan – a true gateway to West Wales. From its historic castle and thriving arts scene to independent shops, riverside walks, and a food culture that punches well above its weight, Cardigan has something for everyone. It's a town that balances tradition and creativity, and we can't wait to share its stories with you.

Be Part of the Story

FEELGOOD Ceredigion is all about community – and that means you! If you've got an event, idea, or story you'd like to see in the pages of the magazine, we'd love to hear from you. Give us a call on 01437 209300 and help us showcase the very best of life in Ceredigion.

We hope you enjoy exploring this edition as much as we've enjoyed putting it together. Here's to celebrating the people, places, and spirit that make Ceredigion truly special.

AN ENCHANTING EVENING OF AUTUMN ELEGANCE IN AID OF ANGHARAD WARD

Staff from Angharad Ward, the children's ward at Bronglais Hospital, are inviting the community to put on their finest outfits and join them for a very special evening of music, dining and fundraising. An Autumn Charity Ball will take place at the picturesque Ty Glyn on Friday, November 7, from 6pm, with every penny raised going towards making the ward a brighter, more welcoming place for young patients and their families.

The ball, which will include a delicious dinner, live entertainment, a raffle and an auction, has been lovingly organised by ward staff who see first-hand the difference a cheerful, uplifting environment can make.

Bethan Hughes, Angharad Ward's Senior Sister, explained:

"We want to make our ward a more inviting environment for everyone – the children themselves, their siblings, parents and visitors. Nobody likes being in hospital, so we'd love to add colour, illustrations and fun touches that spark imaginations and help lift spirits, whether children are with us for a few hours or for longer stays."

For those unable to attend the ball itself, there are still plenty of ways to get involved. Raffle tickets will be available to buy before and during the evening, while a charity auction promises some very special items up for grabs. A list of prizes will be released closer to the event, and sealed bids will also be accepted in advance for anyone keen to take part but unable to attend in person. Donations are also welcome via the Angharad Ward Charity Ball JustGiving page, where supporters can contribute directly towards the ward's transformation.

Nicola Llewelyn, Head of Hywel Dda Health Charities – the official charity of Hywel Dda University Health Board – added:

"We would like to say a huge thank you to Angharad Ward staff for organising such a fantastic event. The generosity of our local communities enables us to provide services above and beyond what the NHS can offer, and we are so grateful for every single donation."

With its mix of glamour and good will, the Autumn Charity Ball is shaping up to be one of the season's highlights. Tickets are available now, with proceeds helping to create a more colourful, comforting and inspiring space for children receiving care at Bronglais Hospital.

PRIORY VETS WALK FOR CHARITY

Staff from Priory Vets marked the practice's 90th anniversary with a sponsored walk along the Ceredigion Coast Path – raising an incredible £4,200 for good causes.

The two-day challenge stretched more than 50km from Ynyslas to Cardigan, with six team members completing the full route and others joining for shorter sections along the way. Thanks to their efforts, Wales Air Ambulance, DPJ Foundation, Sea Trust Wales and DASH Ceredigion each received £1,050.

Clinical Director Sara Hull said: "It's such a big milestone for our practice. We're proud to celebrate our history and give something back to the community we've served for generations."

The walk not only celebrated Priory Vets' long history but also brought together colleagues from their Cardigan, Crymych and Aberaeron practices, highlighting a true spirit of teamwork and community. It was a fitting way to mark 90 years of caring for animals – and supporting people – across west Wales.

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RALI CEREDIGION 2025: A THRILLING COMMUNITY CELEBRATION ON WHEELS

By the time you read this, the roar of engines will have already echoed through the valleys and lanes of Ceredigion and Powys, as the JDS Machinery Rali Ceredigion 2025 sped into the record books from 5–7 September.

This year's rally promised – and delivered – far more than fast cars. With a strong focus on community, sustainability, and safety, the event once again proved why it's become one of Wales's most exciting annual spectacles. Residents and businesses across the county joined in the celebrations, with shopfronts, houses and whole streets decorated to add a splash of colour to the occasion.

In the lead-up, organisers worked hard to ensure the rally left a positive legacy. Volunteers stepped forward, community drop-in sessions were held, and school visits reached more than 2,000 pupils across 26 schools, blending education with excitement. It wasn't just about inspiring the next generation of rally fans — it was about promoting safety and community pride.

Cllr Bryan Davies, Leader of Ceredigion County Council, captured the spirit of the week: "Rali Ceredigion is a celebration of our place, our people, and our potential."

Motorsport enthusiasts were spoiled with new route sections that brought the thrill of rallying to even more communities, while highlight events like the "Meet the Stars and Cars" sessions at Lampeter University campus gave fans a chance to get up close to the drivers and machines.

Spectators also enjoyed the specially designed fan zones, which provided safe access, parking, live commentary and family-friendly facilities — all part of the organisers' commitment to keeping Rali Ceredigion inclusive and responsible.

As Event Director Charlie Jukes put it: "Community and safety are at the heart of everything we do. Whether you're a rally fan or a local resident, there was something for everyone to enjoy."

If you were there, you'll know the atmosphere was electric. If you missed it, don't worry — the rally will be back next year, louder, greener, and more exciting than ever.

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WELCOME TO ABERPORTH HOLIDAY COTTAGES

If you're looking for a self catering holiday cottage in Aberporth that's near the beach, then look no further. Our holiday accommodation in Aberporth enjoys uninterrupted views over the Blue Flag beaches of Aberporth and out to sea over Cardigan Bay.

The village green steps and footpath are right outside the cottages and take you straight onto the beach. No car required and no roads to cross!

Enjoy relaxing or dining outside on the south-facing patios. They overlook the beach and are in the sun all day until it sets over the adjacent headland.

The property is situated near to the Ceredigion coastal path as it passes from Tresaith in the North through to Mwnt & Cardigan in the South. The stretch between Aberporth and Tresaith is popular with walkers as it is fairly easy going and enjoys breathtaking views over Cardigan Bay and up the West Wales coastline. It is also a very popular spot for dolphins and other coastal wildlife.

Glanmordy 1

Sleeps 6 plus cot, 3 bedrooms, 2 bathrooms

GROUND FLOOR
(entrance hall)

Twin bedroom.

Living room with views out of the window over the beach. It also features a 55" Smart TV with Blu-Ray player which can be enjoyed from one of the electric recliner seats.

TOP FLOOR

The master bedroom featuring a king size bed with views overlooking the beach and sea.

Twin bedroom.

Bathroom featuring a bath with shower, toilet and wash hand basin.

LOWER GROUND FLOOR

Second bathroom featuring a shower cubicle, toilet and wash hand basin.

Open plan kitchen/dining area with views over the beach and access to the outside patio area. There are tables and chairs to sit 6 for meal times and a sitting area with a sofa and arm chair to enjoy the views or relax in front of the 48" Smart TV with Blu-Ray player.

Kitchen facilities: electric oven, ceramic hob, microwave oven, fridge, freezer, dishwasher, washing machine, tumble dryer, toaster, kettle.

OUTSIDE

Fenced patio area off the kitchen/ diner. There is also the village green just to the side of the property which has plenty of space to play games, walk the dog or picnic. And don't forget, the beach is pretty much your extended garden.

PARKING

There is one allocated space outside each holiday cottage. There are near by parking options if you have a second car, please enquire for further details.

Glanmordy 2

Sleeps 6 plus cot, 3 bedrooms, 2 bathrooms

GROUND FLOOR
(entrance hall)

Twin bedroom.

Living room with views out of the window over the beach. It also features a 55" Smart TV with Blu-Ray player which can be enjoyed from one of the electric recliner seats.

TOP FLOOR

The master bedroom featuring a king size bed with views overlooking the beach and sea.

Twin bedroom.

Bathroom featuring a bath with shower, toilet and wash hand basin.

LOWER GROUND FLOOR

Second bathroom featuring a shower cubicle, toilet and wash hand basin.

Open plan kitchen/dining area with views over the beach and access to the outside patio area. There are tables and chairs to sit 6 for meal times and a sitting area with a sofa and arm chair to enjoy the views or relax in front of the 48" Smart TV with Blu-Ray player.

Kitchen facilities: electric oven, ceramic hob, microwave oven, fridge, freezer, dishwasher, washing machine, tumble dryer, toaster, kettle.

OUTSIDE

Fenced patio area off the kitchen/ diner. There is also the village green just to the side of the property which has plenty of space to play games, walk the dog or picnic. And don't forget, the beach is pretty much your extended garden.

PARKING

There is one allocated space outside each holiday cottage. There are near by parking options if you have a second car, please enquire for further details.

Glanmordy 3

Sleeps 6 plus cot, 3 bedrooms, 2 bathrooms

GROUND FLOOR
(entrance hall)

Twin bedroom.

Living room with views out of the window over the beach. It also features a 55" Smart TV with Blu-Ray player which can be enjoyed from one of the electric recliner seats.

TOP FLOOR

The master bedroom featuring a king size bed with views overlooking the beach and sea.

Twin bedroom.

Bathroom featuring a bath with shower, toilet and wash hand basin.

LOWER GROUND FLOOR

Second bathroom featuring a shower cubicle, toilet and wash hand basin.

Open plan kitchen/dining area with views over the beach and access to the outside patio area. There are tables and chairs to sit 6 for meal times and a sitting area with a sofa and arm chair to enjoy the views or relax in front of the 48" Smart TV with Blu-Ray player.

Kitchen facilities: electric oven, ceramic hob, microwave oven, fridge, freezer, dishwasher, washing machine, tumble dryer, toaster, kettle.

OUTSIDE

Fenced patio area off the kitchen/ diner. There is also the village green just to the side of the property which has plenty of space to play games, walk the dog or picnic. And don't forget, the beach is pretty much your extended garden.

PARKING

There is one allocated space outside each holiday cottage. There are near by parking options if you have a second car, please enquire for further details.

Arwel

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Situated just across the road from our 3 Glanmody holiday cottages. Arwel is a pet free holiday cottage in Aberporth and enjoys spectacular views over Aberporth beach.

Arwel – First Floor Holiday Apartment

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Open plan kitchen/dining area with TV – Kitchen facilities include: electric oven, ceramic hob, microwave oven, fridge freezer, dishwasher, washing machine, tumble dryer, toaster, kettle. Also includes dining table and chairs to seat 6 people.

Bathroom featuring a bath with shower, toilet and wash hand basin.

OUTSIDE

There is a small garden lawn with a block paved area. There is also the village green just to the side of the property which has plenty of space to play games, walk the dog or picnic. And don't forget, the beach is just a minutes walk away and the Ceredigion Coastal Path to Tresaith passes the cottage.

PARKING

There is parking space for 1 car at the holiday cottage, additional parking available nearby, please enquire for further details.

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CARDIGAN CARNIVAL BRINGS COLOUR, MUSIC AND SMILES TO THE TOWN

Cardigan came alive with colour, music and plenty of laughter on Saturday (August 9) as the town's much-loved annual carnival filled the streets with joy.

Families, friends and visitors lined the High Street to soak up one of the biggest community celebrations of the year.

The festivities began at 12:30pm with a dazzling parade led by the town's mayor. Behind came a wonderful mix of floats, walking groups and performers in eye-catching costumes, all moving to the infectious beats of Samba Doc. Their lively drums and whistles kept spirits high as the crowds clapped and cheered along.

This year's parade was a feast for the imagination. From the Pink Ladies of Grease to superheroes, Disney favourites and even young footballers in comedy wigs and moustaches, there was something for everyone to enjoy. The famous "Cardigan Corgis" proved as popular as ever, while sparkling costumes with feathers and glitter added a touch of carnival glamour.

The procession ended at George V Playing Field, where the fun continued with stalls, games, live music and the all-important prize-giving for best float and best dressed. Judges praised the creativity and effort shown by participants, making it a tough competition to call!

The carnival rounded off a packed week of community activities, including bingo, quiz and treasure hunts, plus the ever-popular "Spot the Mistake in the Window" competition that had families peering into shop windows all week long.

Local cafés and shops also enjoyed a busy day, with many reporting their best trade of the summer as visitors flocked into town to join the fun.

Organisers were delighted with the turnout and thanked everyone who helped make the day such a success. "It's about bringing the community together and showing what makes Cardigan special," said one organiser. "The creativity, the music, the laughter – it's what keeps people coming back year after year."

From the tiniest toddlers waving flags to grandparents reminiscing about carnivals past, Saturday's event was truly a day for all ages – and proof that Cardigan's carnival spirit is as strong as ever.

www.feelgoodmagazine.co.uk

PEMBROKESHIRE BOYS, SERVING PEMBROKESHIRE PEOPLE

CELEBRATING 25 GLORIOUS YEARS OF RAM PLASTICS

Back in the late 1990s, Roger Payne and Malcolm Clark were two men with a simple idea and a lot of determination. Having both worked in the building trade for years, Roger in the merchant side and Malcolm in double glazing, they spotted something missing in the local market: reliable, good-quality building plastics. Instead of waiting for someone else to fill the gap, they decided to do it themselves. And so, RAM Plastics was born.

The name says it all, 'R' for Roger and 'M' for Mal.

The business began with a single, modest unit in Haverfordwest, about half the size of what the company operates from today. There was no ready-made customer base to rely on, no shortcuts to success. Every order was won through graft, perseverance, and a commitment to customer service.

That hard work paid off. Within a couple of years, RAM Plastics expanded into Pembroke Dock to better serve the south of the county. Not long after, they upgraded to a larger unit in Haverfordwest, where they still trade from today.

Now, 25 years on, Roger and Malcolm are still at the heart of the business. And the company remains true to the values it was founded on: serving customers well, listening to their needs, and making sure they get what they want quickly and without fuss. Whether it's local builders, DIYers, the county council, or even the NHS, every customer is treated with the same respect.

Part of RAM's success comes down to focus. The business has never tried to be all things to all people.

Instead, they deliberately cover a defined area of West Wales about a 40-mile radius from each branch. That's by choice, because it means they can guarantee next-day delivery, keep the service sharp, and maintain the personal touch.

And it really is a close-knit team. Richard, who runs the Haverfordwest branch, has been with RAM Plastics for 22 years. Over in Pembroke, Neil has notched up a decade. Even the driver is family, literally, as he happens to be Richard's stepson. This loyalty and continuity mean customers see familiar faces year after year, and know they're dealing with people who understand the trade inside out.

RAM Plastics also makes a point of giving back to the community that has supported it from the start. They sponsor local football teams:- Fishguard AFC among them and even supplied cladding for the club's clubhouse. For Roger and Malcolm, it's about more than just business; it's about being part of the fabric of Pembrokeshire.

So what does the future hold? Unlike many businesses marking milestones, RAM Plastics isn't looking to expand or chase bigger markets. The founders are happy right where they are. For them, the focus is on quality, service, and relationships, on knowing every customer by name, and making sure that after 25 years, nothing about that personal approach changes.

As Roger and Mal put it themselves: "At RAM Plastics, it's simple, we're Pembrokeshire boys, serving Pembrokeshire people. And we're proud of it."

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Congratulations to Ram Plastics on their 25th Anniversary

Freefoam Building Products
Freefoam Building Products has celebrated its customer RAM Plastics' 25th anniversary, having supported the stockist for 15 years. "In an industry that's had significant ups and downs it's worth highlighting long-term success stories such as RAM Plastics," explains Louise Sanderson, Group Marketing Manager of Freefoam, with the most recent collaboration resulting in a new video of the company's inspiring story on Youtube.
Just search Youtube for 'FREEFOAM RAM PLASTICS'

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The FeelGood

Food & Drink Guide

Welcome to the colourful FeelGood Food!

Every issue we will bring you half a few pages that should whet your whistle and get the gastric juices flowing!

We have a look at a few local delights from social media and we have found some incredible looking meals from eateries all over our beautiful county.

We also have some awesome recipes for you with a Coq au Vin, Butternut Squash Soup and a Chocolate Dessert to die for!

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FeelGood Cookin'!

COQ AU VIN WITH MASHED

For the main course, nothing says hearty comfort quite like coq au vin – a classic French dish that elevates chicken into something luxurious with the help of red wine, smoky bacon, and earthy mushrooms. It's the sort of meal that fills the kitchen with mouth-watering aromas and makes sitting down to eat feel like an occasion.

Start by choosing chicken on the bone, such as thighs and drumsticks, which stay juicy during the long simmer. Season them well, then brown the pieces in a large, heavy pot until the skin is crisp and golden. Don't rush this stage – the browned bits that stick to the bottom of the pan will later enrich the sauce. Once the chicken is coloured on all sides, set it aside.

Into the same pot go chopped onions, carrots, and garlic, softened gently until they start to release their sweetness. Add cubes of smoky bacon or pancetta and let them sizzle until golden, before tossing in the mushrooms to soak up all those flavours. Now return the chicken to the pot and pour over a generous glass or two of red wine – Burgundy if you want to be traditional, but any robust red works beautifully. Add chicken stock to just cover the meat, along with a bouquet garni (a little bundle of thyme, parsley, and bay leaf).

Let everything simmer slowly, uncovered, until the chicken is tender and the sauce has thickened into something rich and glossy – around an hour. While it bubbles away, prepare a pot of buttery mashed potatoes: fluffy, smooth, and seasoned generously so they can soak up every last drop of sauce.

When you're ready to serve, scatter over some chopped parsley for colour and freshness. Each forkful delivers layers of flavour – the tender chicken, the depth of wine, the smokiness of bacon, and the earthiness of mushrooms – all balanced against the creamy mash. It's a dish that rewards patience, but the result is nothing short of soul-warming.

INGREDIENTS

- 4 chicken thighs & 4 drumsticks (skin-on, bone-in for flavour)
- 150g smoked bacon lardons
- 200g button mushrooms, halved
- 2 carrots, sliced
- 1 onion, chopped
- 2 garlic cloves, crushed
- 500ml red wine (something robust, e.g. Burgundy or Côtes du Rhône)
- 250ml chicken stock
- 2 tbsp tomato purée
- 2 tbsp plain flour
- 2 tbsp olive oil
- 2 bay leaves, 2 thyme sprigs
- Salt and pepper
- 1kg floury potatoes (e.g. Maris Piper), peeled and cut into chunk
- 75g butter
- 100ml milk
- Salt

What does it go with?

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ROASTED BUTTERNUT SQUASH SOUP

There's no better way to begin a meal on a chilly evening than with a bowl of velvety butternut squash soup.

The secret lies in roasting the squash first. Instead of simply boiling it, roasting concentrates the flavour and brings out its natural sweetness with a hint of caramelisation. Cut the squash into even chunks, toss them with olive oil, a sprinkle of salt, and cracked black pepper, and spread them out on a baking tray. Roast in a hot oven until the edges begin to turn golden and slightly crisp – that's when you know the flavour is at its best.

While the squash works its magic in the oven, gently sauté a chopped onion and a clove of garlic in a large pan with a little butter or oil. Keep the heat low and steady so they soften and turn sweet without burning. Once the squash is ready, add it to the pan, then pour in enough vegetable stock to cover everything. Bring the mixture to a gentle simmer and let it bubble away for about 10 minutes to meld the flavours together.

The final step is to blend until silky smooth. A hand blender works perfectly, or you can transfer the soup to a jug blender in batches. Taste for seasoning, then swirl in a dash of cream or coconut milk for richness. Garnish with fresh herbs or toasted pumpkin seeds for a little crunch. Served with crusty bread for dipping, this soup is simple, nourishing, and feels like a hug in a bowl.

INGREDIENTS

- 1 medium butternut squash (about 1kg), peeled, deseeded, and cubed
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 750ml vegetable stock
- 100ml double cream (optional, for extra richness)
- Salt and black pepper
- Pumpkin seeds or croutons (for garnish)

WARM CHOCOLATE FONDANT

Few puddings feel as indulgent – or as comforting – as a warm chocolate fondant. Crisp on the outside and meltingly soft in the middle, it's the perfect way to end a cosy evening. And the best part? It's easier to make than you might think.

Start by preheating your oven to 200°C (180°C fan) and preparing four ramekins. A little butter and a dusting of cocoa powder will stop the puddings from sticking and give them that professional finish when they're turned out.

Meanwhile, melt together dark chocolate and butter in a bowl set over gently simmering water. Stir until smooth, then set aside to cool slightly – this helps the mixture blend beautifully when combined with the eggs. Speaking of which, whisk your eggs, extra yolks, and sugar until pale, thick, and airy. This stage gives the fondants their lightness.

Next, gently fold the cooled chocolate mixture into the eggs, then sift over a little flour. Fold once more until just combined, taking care not to knock out too much air. Divide the glossy batter between the ramekins, and you're almost there.

Pop them into the oven for 10–12 minutes. The tops should look set, but don't be tempted to overbake – the magic lies in the gooey centre. Serve straight away, ideally with a scoop of ice cream or a drizzle of cream, and watch as spoons dive into the rich, molten middle.

A little effort, a lot of wow factor – the perfect showstopper for a chilly evening.

INGREDIENTS

- 100g dark chocolate (70%)
- 100g unsalted butter (plus extra for greasing)
- 100g caster sugar
- 2 large eggs + 2 yolks
- 50g plain flour
- Cocoa powder (for dusting ramekins)
- Ice cream or cream to serve

SEE YOU NEXT TIME

FEELGOOD FOOD FROM THE WEB

Once again we have seen some truly amazing dishes from around our county!

We have collected some lovely pictures that some of the great eateries of Ceredigion have been posting on social media.

Some of these fine places we haven't tried, but these pictures, we think, speak for themselves to demonstrate the amazing quality of the food in our county.

Obviously we only have a limited space, so if you would like your local restaurant/eatery in next month's edition then send a picture to info@feelgoodmagazine.co.uk.

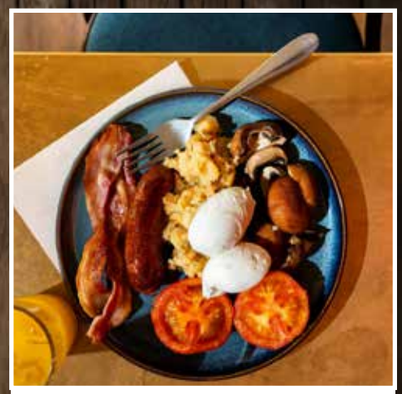
Make sure you detail where it is from, and the name of the dish!

Avacado, Poached Eggs and Bacon at Crwst in Cardigan

Spicy tomato rigatoni with chicken at Baravin in aberystwyth

Mouthwatering pizza at Manucci's Italian in Cardigan

Tasty Trifle at The Athro Lounge in Aberystwyth



A lovely looking breakfast at Medina in Aberystwyth

Boozy Sundaes at The Ship Inn, Tresaith

The 20oz Ribeye sharer steak at The Copper Pot in Cardigan!

A Smashing Burger at Yr Hen Printworks in Cardigan!

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A BLOOMING GOOD SUNDAY ROAST

Our very own Tim Evans was out and about again, this time on the hunt for a Sunday roast to remember… and he certainly found one!

I'm a Sunday lunch fanatic and whenever I stumble across a real gem, I like to share it here. Over the August Bank Holiday I finally made it to a place I'd been meaning to try for some time – The Forbidden Florist, right on the banks of the River Cleddau.

From the off, this place just delivers. The transformation of the old building into what it is today is remarkable. As you can imagine from the name, the décor is floral, colourful, and instantly uplifting. Add to that a retractable roof that floods the room with natural sunlight, and you've got a setting with serious wow-factor. We were lucky enough to enjoy it on a glorious day, and it really made the experience.

Service matched the surroundings. We were greeted by a young waiter who oozed confidence and knowledge – a future maître d' in the making. I wish I'd caught his name, as he really added to the occasion.

The food? Outstanding. I started with pork belly bites – succulent, perfectly cooked, and coated in a sticky, sweet, smoky sauce that set the tone beautifully.

forbidden florist

For my main, I stuck with my old faithful: roast beef. In my opinion, if you can master roast beef as a Sunday dinner, you've cracked it – and The Forbidden Florist nailed it. Generous slices of beef topped with a towering Yorkshire pudding, perfectly al dente veg, crispy roasties, and indulgent dauphinoise potatoes. The gravy, herby and rich with meat juices, was so good I asked for extra – and could happily have drunk it!

To finish, I went classic with an apple crumble, paired with salted caramel ice cream. Sweet, crunchy, sticky, and packed with love – the perfect end to a perfect meal.

The Forbidden Florist delivers on every front: superb setting, attentive staff, and food that more than lives up to the surroundings. No doubt about it – this one is firmly on the FeelGood Magazine "You've Got to Try This Place" list.

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SEVENTY YEARS SAILING WITH DOLPHINS

A New Quay institution is celebrating seven decades of life on the waves. New Quay Boat Trips, one of Cardigan Bay's best-known family businesses, marked its 70th anniversary this summer — a milestone that highlights the area's enduring love of the sea and its famous bottlenose dolphins.

The company was founded in 1955 by fisherman-turned-boat-operator Winston Evans, who swapped his nets for passengers when the local fishing industry began to decline. He launched his first passenger vessel, Ynys Enlli, and quickly developed a reputation for sharing his knowledge of the coast and its wildlife. Winston, now 85, still helps out today, while the day-to-day running is managed by his son Jonathan and daughter-in-law Gosia.

From that one wooden boat, the business has grown to a fleet of four vessels: Ermol V, Ermol VI, Dreamcatcher and the newest addition, Suncatcher. Purpose-built to mark the 70th anniversary, Suncatcher is a double-deck catamaran designed with the future firmly in mind. It offers panoramic 360-degree views from the upper deck and improved accessibility, including wheelchair access, making dolphin-spotting more inclusive than ever before.

Jonathan Evans explained that the family wanted to create a vessel that would stand as a legacy: "We felt we needed to build a boat that would provide the ultimate passenger experience, something befitting for such a special anniversary — and one that would see us continue as Cardigan Bay's leading operator for many years to come."

Cardigan Bay is home to the UK's largest population of bottlenose dolphins, and sightings remain the highlight of any trip. The Evans family's story — alongside the groundbreaking dolphin research led by Dr Sarah Perry — was recently showcased in Dolphin Town, part of BBC's Our Lives series. Filmed in and around New Quay, the programme celebrated both the town's maritime heritage and its unique connection to the dolphins that have become its symbol.

Seventy years after Winston first set sail with a handful of passengers, New Quay Boat Trips continues to offer unforgettable encounters with the sea. With a proud legacy behind them and a brand-new boat to carry them forward, the Evans family are ensuring that New Quay's reputation as "Dolphin Town" is here to stay.

MUSICIAN SHINES WITH BLUE RIBAND WIN AT EISTEDDFOD

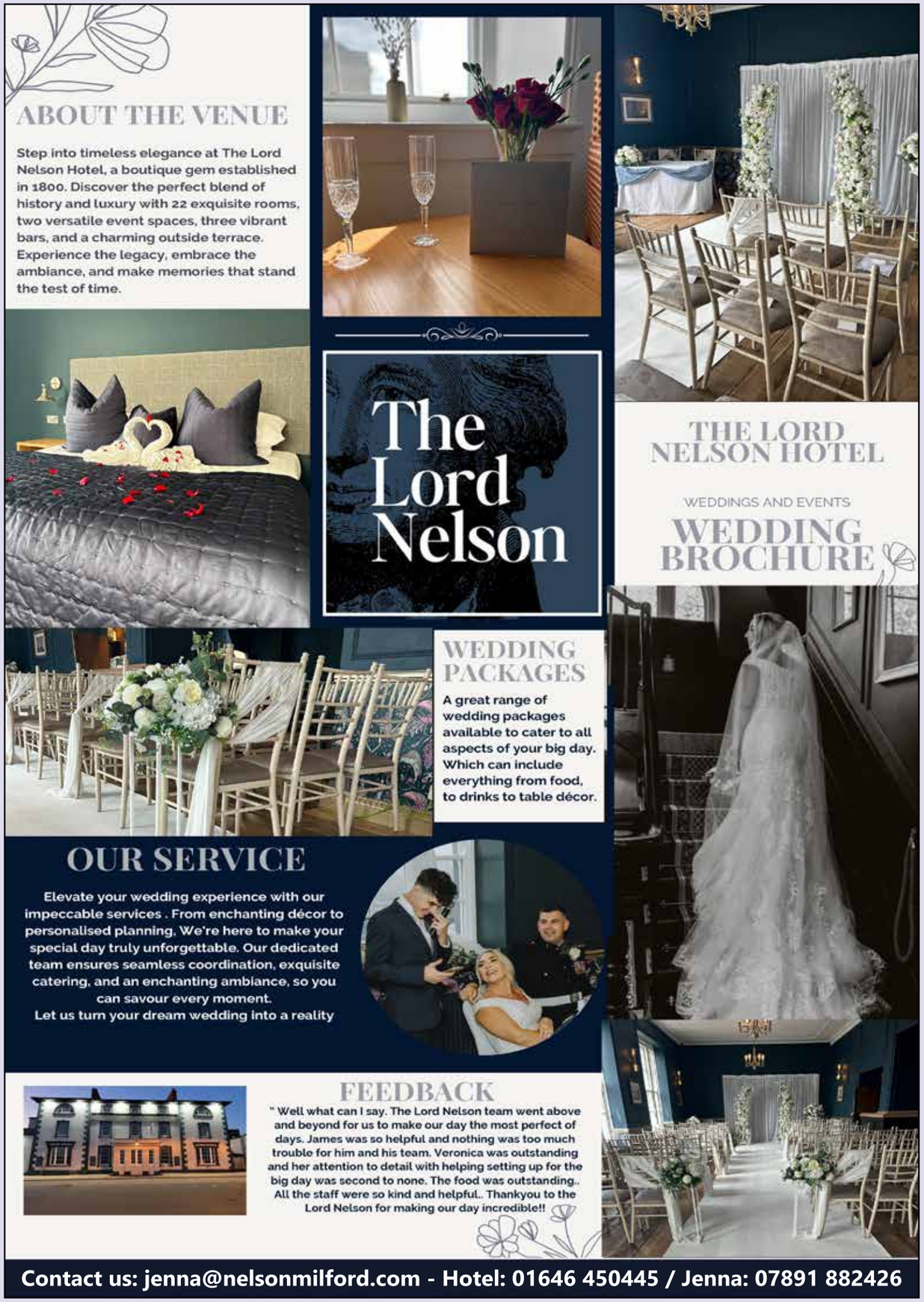
Cardigan pianist Raph James has struck the right note at this year's National Eisteddfod in Wrexham, taking home one of the festival's most prestigious prizes.

The gifted teenager claimed the coveted Blue Riband (Rhuban Glas) for instrumentalists under 19, an accolade reserved only for the finest young musicians in Wales. Judges described his winning performance as "spellbinding", praising both his technical command of the piano and his expressive, confident style.

Raph has been honing his skills under the guidance of respected local piano teacher Sarahjane Absalom, whose encouragement and expertise have helped him flourish on the national stage. His success at the Eisteddfod comes at a particularly exciting moment, with the young musician set to begin piano performance studies at the world-renowned Guildhall School of Music and Drama in London this autumn.

The Rhuban Glas is among the highest honours awarded to young instrumentalists at the Eisteddfod, and many previous winners have gone on to establish highly successful careers in the classical music world. For Raph, it represents not just a trophy, but a milestone that highlights his dedication, years of practice, and sheer passion for music.

Already, he has performed across West Wales and beyond, impressing audiences with his maturity, musicality, and stage presence well beyond his years. His latest success has brought pride to his hometown of Cardigan, where friends, family, and supporters are celebrating his achievement and eagerly following his next steps.



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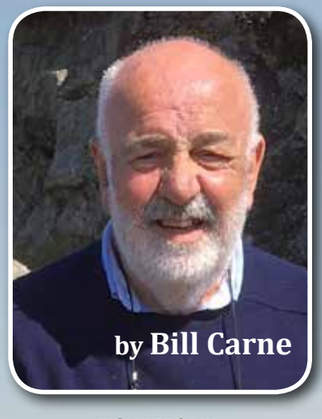
HOOKED FOR LIFE AT FOXHILL FISHERY



FISHERFOLK!

Angling is recognised as one of the most popular participant sports across the UK and Pembrokeshire is no exception.

With an amazing number of anglers who enjoy trying to pit their wits against fish of all varieties from sharks off boats to kids who love to catch sticklebacks in small streams before moving on to more sophisticated forms that include fly fishing as one of the main disciplines in rivers or in fisheries across our county, who offer peace and tranquility alongside testing their wits against those of a range of species.

'HOOKED' AT A VERY YOUNG AGE

There is no finer example of this than the recently-opened Foxhill Fishery, just outside Camrose, established in style by Steve Evans, who hails from farming stock in Spittal and who first savoured the joy of using a rod and line by going down to Spittal Brook with his grandfather Ivor on quiet days on the family farm and trying to catch brown trout.

"From there it was on to the hunt for sewin on the Western Cleddau at St Catherine and Treffgarne Bridges," Steve told us, "and we couldn't wait for darkness to come because we might catch half a dozen in the pitch-black night - but we always had the unwritten rule that we would only take two home to enjoy eating the next day, so we were already converted to preserving the then-plentiful stock in the river."

NOW LIVING A LIFELONG DREAM

Steve readily admits that he was literally 'hooked' from the start and now, almost 40 years later, he has achieved his dream by moving out of farming and recently opening his own Fishery at Foxhill, near Camrose.

And what an amazing place it is because his pond is spread over three acres and has 14 'pegs' from which those who are flocking there can try and catch the amazing number of almost 2,500 trout that are in the pond, rising in weight from three-pounders to monsters of 22 pounds!

They are superb specimens of rainbow, brown and blue trout, plus Spartic trout, which are a hybrid form of brook trout and Arctic char, which Steve assures us are not only hard to catch but put up an amazing fight that will test even the most experienced fly fishermen.

"They are supplied by Andy Norman, of Exmoor Nurseries, and we have taken great care to introduce them gradually so that they adapt to their new environment."

GREAT FAMILY AND FRIENDS SUPPORT AND SO MUCH TO OFFER AT FOXHILL!

Not only does the facility have amazing views and an air of tranquility, it is also a haven for wildlife, with birds aplenty that have already drawn twitchers from as far afield as Cardigan and Cardiff, plus loads of foxes, badgers and other small animals that make it a joy for others who just like to come and sit quietly, savouring the space that can only be good for mental well-being, but are also guaranteed a free coffee or tea that they can help themselves to.

The same facility is offered to anglers, who also can enjoy a free bacon roll if the arrive and register before 9.30am!

Steve has huge support from his family as his wife Caroline, plus parents Sue and Nigel, are fully supportive and his oldest son Josh also helps out when he can, plus a range of friends who include Richard, Lisa, Michelle and Carys, Bethan, Kylie, Ella, Jenny, Grace, Zoe, Dan and Aaron - with younger children William, Oliver and Abi already looking forward to the day when the family moves on site when their new lodge is built.

SO HOW DID THE FOXHILL FISHERY COME INTO BEING?

"Like a lot of the best ideas it started almost by accident because we owned the land, which had a small pond that was naturally fed by underground streams - and one day we decided to clean it up a little, since we had all the machinery. But gradually we began enlarging it and using the excavated soil to build up the banks, and the seeds of the idea of a fishery were germinated.

"After being granted planning permission we eventually included an area in the middle which is 28 feet deep to help the fish in the coldest and hottest times, and built the pegs from which anglers can move around and test their skills.

IMPRESSIVE PARTNERSHIPS FORMED WITH FAMOUS PEOPLE – WHO ARE GREAT COUNTRYSIDE OFFICIONADOS

"We added toilets and, very importantly, we forged a strong partnership with Gareth Wyn Jones, who farms on the Carneddau Mountain in Snowdon, and has become a television personality as he has shown on S4C the tough life of a sheep farmer in the mountains.

He has also has become a well-known advocate against some punitive measures against the farming community which have even taken him to the Houses of Parliament!

"Gareth is a fantastic person I became friendly with during and after Covid and I was delighted he could join us for our official two-day opening where he could promote the Ridge Line Clothing

Company, originally from New Zealand, which he has joined with me in selling at Foxhill – and provides an amazing range of outdoor clothing for anglers and anyone else who needs protection from our weather.

"We also sell a range of rods, reels, line, flies and everything else that might be needed because we want to provide the ideal service to help those who visit us!

"Also attending was former Welsh Rugby international Scott Quinnell and his wife Nicola who were promoting their lovely decorative candles from their 'Welsh and Natural Candles', which are on sale and could be great gifts to take home as a memento of a memorable day at Foxhill Fishery!

Coaching undertaken by PFAC – for schools and adults wishing to set out Steve has also linked with PFAC, the Pembrokeshire Federation of Angling Coaches who are already using the fine facilities to show children and adults with Additional Learning Needs the joys of fishing, and long-tine coach Barbara Thorne told us,

"We have been made very welcome here at Foxhill and those we are coaching love the quiet ambience.

"We are very keen to promote our sport and have a number of qualified federation members, like Roger Pratt, John Codd, Andy Penton and Nica Prichard, who are happy to give tuition to total newcomers, or those who feel they need to brush up on their skills after being out of action for a while."

Steve is already planning to hold fly fishing competitions and the facility has already received recognition at international level because the Home International Bank Championships (as opposed to angling from a boat) are to be held at Foxhill Fishery in October 2026, with the top fly-fishermen from Wales playing host to their counterparts from England, Ireland and Scotland.

AND FINALLY . . .

In his younger days, Steve played rugby in a range of positions for Haverfordwest and The Buccaneers in Ireland, and also played cricket for the now defunct Spittal team (and still has his own bat!) – but now all his focus is on his fishery, where he has archived his dream of initially providing a facility for family and friends but was then persuaded to widen his scope to give others a chance to share such a great facility.

We spoke to an angler called Rhys from Ammanford who started fly-fishing after setting out with his father as a 12-year-old and now, 25 years on, that close bond is maintained because of those early moments shared between them.

He makes the three-hour round trip to Foxhill as often as he can and we watched him catch some rainbow trout, a brown trout and let a Spartic trout slide off his barbless hook whilst he told us about how good he thought Foxhill is, not only for its superb fish but the ambience of the place.

Rhys loves being there, no matter what the weather, and always returns his catch to the water – but anglers can also opt for what is known as 'catch and kill' tickets if they wish to take some fish home for supper!

After two short visits we can only agree and pay Steve Evans, his family and friends at Foxhill Fishery no greater compliment – and we recommend a visit there for anyone who loves their fly-fishing! Or why not have a look at their brand new website, where you will find all the good stuff.

www.outwearclothing.co.uk

OTHER VOICES CARDIGAN: MUSIC, MAGIC & COMMUNITY

Gruff Rhys

Molly Palmer

Baby Brave

Westside Cowboy

Ye Vagabonds

Afro Cluster

From October 30 – November 1, the streets, cafés, chapels, and community spaces of Cardigan will once again transform into a living, breathing festival of sound and creativity as Other Voices Cardigan 2025 takes over the town.

Now celebrating its 6th edition, this much-loved event is renowned for blending the intimate with the spectacular – giving audiences a chance to experience some of the best established and emerging artists from Wales, Ireland, and beyond in unique and unexpected venues. From traditional folk to experimental electronic, the line-up reflects the rich musical heritage and contemporary creativity of two Celtic nations united by song.

The St Mary's Church performances are always a festival highlight, and this year promises something special. Headliners include Gruff Rhys, fresh from the release of his acclaimed album Sadness Sets Me Free; Ye Vagabonds, six-time RTÉ Folk Award winners; and Glastonbury Emerging Talent champions Westside Cowboy. For the first time, access to the Church will be on a first-come, first-served basis – a simple wristband is all you need.

But that's only part of the story. Across the Music Trail, more than 50 acts will light up every corner of Cardigan, from cosy pubs to reimagined spaces, with the likes of Afrocluster, Dionne Bennett, Lisa Knapp & Gerry Diver, VRï, and many more joining the bill. Expect late-night DJ sets, intimate acoustic moments, and the kind of magical encounters that only happen in a festival woven into the fabric of the town.

Adding another layer of depth, the Clebran sessions return for 2025. These conversations – trilingual and thought-provoking – shine a light on global issues through the lens of the local, offering space for fresh ideas and community dialogue alongside the music.

Wristbands are priced at £65 for adults and £10 for under-18s, giving access to all Music Trail performances, Clebran sessions, and Church gigs (subject to capacity). With tickets selling quickly, this is your chance to be part of something truly unforgettable.

Here at Feelgood Magazine, we love how Other Voices Cardigan captures the spirit of West Wales – warm, creative, inclusive, and bursting with life. It's more than a music festival; it's a community celebration where the line between audience and artist feels beautifully blurred.

So, whether you're chasing the thrill of live discovery, reconnecting with old favourites, or simply soaking up the atmosphere of a town alive with sound, Cardigan at the end of October is the place to be.

Full details, line-up updates, and tickets are available at othervoices.ie.

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AUTOMOTIVE TRENDS TO WATCH FOR 2025

The automotive industry is in the midst of a transformative shift, with 2025 set to be a landmark year for innovation and sustainability. As technology continues to evolve at a remarkable pace, manufacturers and technology giants alike are redefining what's possible on our roads. From the ongoing rise of electric and autonomous vehicles to major advancements in artificial intelligence (AI), connectivity, and environmental stewardship, the future of transport is fast approaching.

Whether you're a dedicated car enthusiast or simply curious about what lies ahead, these developments are set to reshape the driving experience and the industry as a whole.

ELECTRIFICATION

The move towards emissions-free personal transport relies heavily on the electrification of drivetrains. A crucial driver of this change is the need to reduce local pollutants—modern electric vehicles (EVs) produce significantly lower emissions, dust, and noise than their petrol or diesel counterparts. Moreover, the global push for sustainability means that truly emissions-free mobility will require EVs to be powered by renewable energy sources, enabling fully carbon-neutral transport.

In 2023, one in every four BMW vehicles registered in the UK was fully electric. And in July 2024, BMW surpassed Tesla in total vehicle sales across Europe—a milestone for the brand.

BMW has confirmed that its flagship Munich plant will begin production of the Neue Klasse EV range in 2026. By the end of 2027, the site will exclusively produce all-electric models, making it the first facility in BMW's global network to complete a full transition to electric manufacturing.

Meanwhile, the iconic MINI Plant in Oxford is also undergoing major changes. A £600 million investment across both the Oxford and Swindon sites is setting the stage for all-electric MINI production in the UK by 2030, underlining BMW's commitment to a greener future.

AUTONOMOUS DRIVING

The development of self-driving technology is expected to progress steadily, with initial deployment focused on well-defined, urban environments. City centres, with their predictable traffic patterns and supportive infrastructure, are likely to be the first areas where autonomous driving is introduced at scale.

Forecasts suggest that the rollout of self-driving passenger vehicles on UK roads could save an additional 3,200 lives and prevent 53,000 serious accidents by 2040—generating an estimated £38 billion boost to the UK economy. Public attitudes are also shifting, with 29% of adults in the UK already open to using automated passenger services. Among Generation Z, interest is even stronger, with 44% indicating a willingness to embrace this technology.

CONNECTIVITY

The global connected car market, currently valued at around $103.24 billion, is projected to grow to $191.83 billion by 2028.

As 5G networks and the Internet of Things (IoT) continue to expand, vehicles are becoming more connected than ever before. Collaborations between automotive manufacturers and tech firms are transforming cars into integrated digital platforms. These connected vehicles are playing an increasingly important role within the wider IoT ecosystem, with more than 400 million connected cars expected to be in operation by 2025—up significantly from 237 million in 2021.

MICROMOBILITY

With urban areas facing growing congestion and environmental pressures, micromobility is emerging as a practical and sustainable solution for last-mile travel. Bicycles, scooters, and electric micro-vehicles offer convenient and eco-friendly alternatives to conventional transport.

Projections for the global micromobility market suggest a potential value of between £235 billion and £395 billion by 2030, with Europe, China, and the United States leading the way. The trend is gaining momentum—nearly half (46%) of respondents in a recent McKinsey consumer survey indicated they would consider using alternative modes of transport over the next decade. This growing interest reinforces micromobility's position as one of the most dynamic sectors to watch in 2025.

THE AI REVOLUTION

Artificial intelligence (AI) is now at the heart of digital transformation across industries, and the automotive sector is no exception. AI is powering innovation, enhancing efficiency, and changing the way people and businesses interact with vehicles.

In motoring, AI is enabling greater personalisation—aligning vehicle features and functions with individual drivers' habits and preferences. Some manufacturers are already using AI-powered "Recommendation Engines" to help customers design vehicle configurations tailored to their specific tastes. This level of personal customisation demonstrates AI's potential to turn the car into a truly personalised extension of one's lifestyle.

The future of the automotive world is electric, autonomous, and connected. At Williams Group, our story began in 1909 as Williams Wheelwright Works—repairing horse-drawn vehicles for the London and North Western Railway. Over the decades, we've continuously evolved and embraced change—an enduring trait that underpins our success today.

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ABERTEIFI: GEM GLAN-AFON LLWYDDOG O HANES A DIWYLLIANT

Gan Tim Evans

Wedi'i leoli ar lan Afon Teifi, mae Aberteifi yn dref farchnad fywiog sy'n cyfuno hanes cyfoethog gyda bywyd diwylliannol llawn. Dim ond ychydig funudau o draffyrdd arfordirol Sir Benfro a Ceredigion, mae'n sylfaen berffaith i archwilio Gorllewin Cymru — neu i fwynhau tref sydd â llawer i'w gynnig yn ei hun.

Tref gyda Chymeriad Hanesyddol

Mae hanes Aberteifi yn estyn yn ôl canrifoedd, ac mae'i wreiddiau canoloesol yn amlwg hyd heddiw. Yn nghanol y dref mae Castell Aberteifi, nodwedd a adnewyddwyd yn hardd sy'n gartref i'r Eisteddfod Genedlaethol cyntaf a gofnodwyd yn 1176. Heddiw, mae'r castell ar agor i ymwelwyr, gan gynnig arddangosfeydd rhyngweithiol, gerddi godidog, a golygfeydd anhygoel dros y Teifi.

Mae'r dref hefyd wedi ffynnu fel porthladd prysur yn yr 18fed a'r 19eg ganrif, pan wnaeth adeiladu llongau a masnach wneud Aberteifi yn un o gyrchfannau morol mwyaf pwysig Cymru. Mae adlewyrchiadau'r dreftadaeth forwrol hon i'w gweld yn yr adeiladau ac ar hyd y glannau, lle gellir dychmygu bywyd prysur y dref yn ei gyfnod aur.

Prydferthwch Afon a Manteision Awyr Agored

Mae Afon Teifi yn ganolog i swyn Aberteifi. Mae cerdded ar hyd ei glannau'n cynnig golygfeydd lluniaethol, cyfle i wylio adar, a phrofiad o heddwch yn nghanol y dref. I garwyr bywyd gwyllt, mae Cadwraeth Natur Gwlyptir Teifi gerllaw yn hafan i loerenod, brithyllod, ac adar mudo — yn rhywbeth rhaid ei weld i gariadon natur.

Mae Aberteifi hefyd yn sefyll ar y drws i Llwybr Arfordir Ceredigion, gan ganiatáu ichi fwynhau cerdded godidog gyda golygfeydd morol gwych. Mae taith fer o'r dref yn mynd â chi i Traeth Poppit, traeth eang aur delfrydol i deuluoedd, cerddwyr, neu'r rhai sydd eisiau anadlu awyr glân y môr.

Bywyd Diwylliannol Llon

Er bod hanes y dref yn ddiddorol, mae Aberteifi yn falch iawn o'i chreadigrwydd modern. Mae'r dref yn gartref i Theatr Mwldan, canolfan gelfyddydau deinamig sy'n cynnig popeth o gerddoriaeth fyw a dangosiadau ffilm i ddrama a dawns. Mae gwyliau ac achlysuron drwy'r flwyddyn yn dathlu popeth o fwyd i gerddoriaeth werin, gyda Other Voices Cardigan yn rhoi'r dref yn glir ar y map diwylliannol.

Mae siopau annibynnol yn llinellu'r stryd fawr, gan gynnig popeth o grefftau a hen eitemau i gynnyrch Cymreig a ffasiwn. Ychwanegwch at hyn gasgliad o gaffis, bwytai, a thai bwyta traddodiadol, ac mae gennych dref berffaith ar gyfer pori hamddenol a nosweithiau bywiog.

Bwyd a Gwres Croesawgar Cymreig

Mae Aberteifi wedi dod yn gyrchfan bwyd enwog yn y blynyddoedd diweddar. O gaffis cosy sy'n gweini cacennau ffres i fwytai uchel sy'n arddangos gorau cynnyrch lleol, mae rhywbeth i bawb. Mae tafarnau traddodiadol yn cynnig croeso cynnes a phrydau blasus, tra bod bwyta ar y glan yn caniatáu i chi fwynhau pryd gyda golygfa.

Mae pwyslais lleol yn cynnwys hufen iâ crefftus, pysgod ffres, a chynnyrch o'r cefn gwlad — tystiolaeth bod cegin y dref yr un mor gyfoethog â'i hanes.

Porth i Orllewin Cymru

Un o atyniadau mwyaf Aberteifi yw ei lleoliad. O yma, rydych wedi'ch lleoli'n berffaith i archwilio cwrtiau cudd arfordirol Ceredigion, harddwch gwyllt Mynyddoedd Preseli, neu bentrefi prydferth Gogledd Sir Benfro. Boed chi'n chwilio am antur arfordirol, cerdded gwledig, neu ddadfyddio diwylliannol, mae Aberteifi yn cynnig gorau'r ddau fyd.

Cynllunio Eich Ymwelad

Hawdd ei gyrraedd drwy'r ffordd, mae Aberteifi'n sylfaen berffaith ar gyfer taith ddiwrnod, penwythnos i ffwrdd, neu aros hirach i archwilio Gorllewin Cymru. Gyda'i gyfuniad o hanes, diwylliant, natur, a gwres croesawgar, mae'r gem glan-afon hon yn cynnig rhywbeth i ddal pob ymwelwr.

Boed chi'n cerdded drwy dir y castell, siopa yn y siopau annibynnol unigryw, neu wylio'r haul yn machlud dros y Teifi, mae Aberteifi'n eich gwahodd i arafu, archwilio, a syrthio mewn cariad â'i swyn tragwyddol.

CARDIGAN'S CULTURE, CASTLE AND COAST

CARDIGAN: A RIVERSIDE GEM STEEPED IN HISTORY AND CULTURE

By Tim Evans

Nestled on the banks of the River Teifi, Cardigan is a vibrant market town that combines rich history with a thriving cultural scene. Just a short drive from both the Pembrokeshire and Ceredigion coastlines, it's the perfect base for exploring West Wales — or simply enjoying a town that has plenty to offer in its own right.

A Town with a Storied Past

Cardigan's history stretches back centuries, and its medieval roots are still visible today. At the heart of the town lies Cardigan Castle, a beautifully restored landmark that once played host to the first-ever recorded National Eisteddfod in 1176. Today, the castle is open to visitors, offering interactive exhibitions, stunning gardens, and breathtaking views across the Teifi.

The town also flourished as a busy port in the 18th and 19th centuries, when shipbuilding and trade made Cardigan one of the most significant maritime hubs in Wales. Echoes of this seafaring heritage remain in the architecture and along the riverside, where you can imagine the hustle and bustle of its heyday.

Riverside Beauty and Outdoor Adventure

The River Teifi is central to Cardigan's charm. A stroll along its banks offers picturesque views, birdwatching opportunities, and a sense of peace right in the heart of town. For wildlife lovers, the nearby Teifi Marshes Nature Reserve is a haven for otters, kingfishers, and migrating birds — a must-visit for nature enthusiasts.

Cardigan also sits at the gateway to the Ceredigion Coast Path, meaning you can set off on breathtaking walks with sweeping sea views. A short trip from the town takes you to Poppit Sands, a wide, golden beach perfect for families, walkers, and those who simply want to breathe in the fresh sea air.

A Thriving Cultural Scene

While its history is impressive, Cardigan is equally proud of its modern-day creativity. The town is home to Theatr Mwldan, a dynamic arts centre offering everything from live music and film screenings to theatre and dance. Festivals and events throughout the year celebrate everything from food to folk music, with Other Voices Cardigan putting the town firmly on the cultural map.

Independent shops line the high street, offering everything from crafts and antiques to Welsh produce and fashion. Add to this a collection of cafés, restaurants, and traditional pubs, and you've got a town that's perfect for both leisurely browsing and lively evenings.

Food and Warm Welsh Hospitality

Cardigan has become something of a foodie destination in recent years. From cosy cafés serving freshly baked treats to fine dining restaurants showcasing the best of local produce, there's something to suit every taste. Traditional pubs offer a warm welcome and hearty meals, while riverside dining lets you enjoy dinner with a view.

Local highlights include artisan ice cream, freshly caught seafood, and produce from the surrounding countryside — proof that this town's larder is every bit as rich as its history.

A Gateway to West Wales

One of Cardigan's greatest appeals is its location. From here, you're perfectly placed to explore the hidden coves of the Ceredigion coastline, the wild beauty of the Preseli Hills, or the picturesque villages of North Pembrokeshire. Whether you're after coastal adventure, rural walks, or cultural immersion, Cardigan offers the best of all worlds.

Plan Your Visit

Easily accessible by road, Cardigan makes an excellent base for a day trip, a weekend getaway, or a longer stay exploring West Wales. With its mix of history, culture, nature, and hospitality, this riverside gem has something to captivate every visitor.

Whether you're wandering through castle grounds, shopping in quirky independents, or watching the sun set over the Teifi, Cardigan invites you to slow down, explore, and fall in love with its timeless charm.

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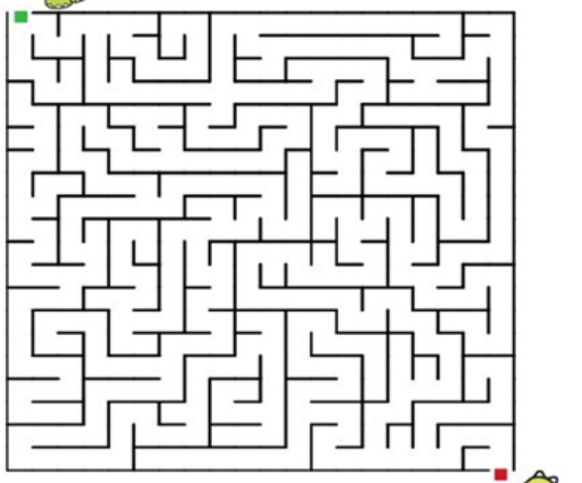
Dinosaur Maze

Help Mummy Dinosaur find her little baby!!



Find the Insects!

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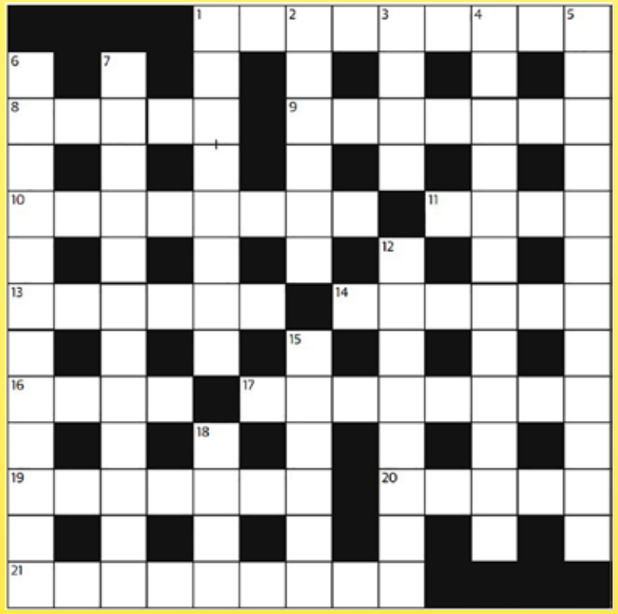
The FeelGood Puzzle Page

Crossword



Across

1 Do several things concurrently (9)
8 Deplete (3,2)
9 Blue or white cheese originally from Leicestershire (7)
10 Copied (8)
11 Unit of distance (4)
13 Mug (6)
14 Spice, mainly from Indonesia, made by grinding seeds of an evergreen tree (6)
16 River of the Yorkshire Dales (4)
17 Client (8)
19 Distended (7)
20 Lennox or Leibovitz? (5)
21 Unwilling (9)

Down

1 Cartographer (3-5)
2 Diminish (6)
3 Part of the eye (4)
4 Now (2,4,6)
5 Nursery school (12)
6 Crosser of the Rubicon, 49 BC (6,6)
7 Author of The Hunting of the Snark (5,7)
12 Take away (8)
15 Old gold coin, worth 21 shillings (6)
18 Group of countries acting together (4)

Crafty Sudoku

		1					9	
				6				
	5	9					1	8
8				2		9		
				3			6	
	4		7					
		5			2			
	3						8	7
			8	7	6			

Solutions for last issue

1	3	4	9	8	5	7	2	6
5	6	2	1	4	7	3	8	9
7	8	9	2	6	3	1	4	5
9	1	6	3	2	4	5	7	8
2	5	8	6	7	9	4	3	1
3	4	7	5	1	8	6	9	2
8	9	5	7	3	6	2	1	4
4	2	3	8	5	1	9	6	7
6	7	1	4	9	2	8	5	3

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CREDITSAFE THROWS A FESTIVAL FOR ITS PEOPLE

When it comes to saying "thank you," global business intelligence firm Creditsafe doesn't do things by halves.

This summer, more than 300 members of its UK team swapped spreadsheets for sunshine at Fforest Farm, near Cardigan – where the rolling meadows were transformed into their very own three-day private festival.

Think live bands, DJ sets, street food stalls, bars flowing with free drinks, and a jam-packed programme of activities – all curated to celebrate the people behind the brand. For the staff lucky enough to attend, it was less corporate event and more Glasto-without-the-queues.

The festival is part of a long-standing Creditsafe tradition of celebrating its workforce in style. Past treats have included whisking the entire team away to Alcudia and throwing anniversary parties across its international offices. This year, though, the firm wanted to bring the magic a little closer to home – and the idyllic Welsh countryside proved the perfect backdrop. Chief executive Chris Robertson summed it up best: "Cash bonuses or gifts are nice in the moment, but I believe there's no better way to show my appreciation than by giving my employees a unique experience that money can't buy and memories that last."

It's been a big year for Creditsafe. The firm has just moved into a brand-new 50,000 sq ft HQ at Cardiff Gate Business Park – a major expansion that's set to create 300 new jobs. And while the company may be a global leader (their data forecasts almost 70% of business failures a year in advance), it's clear that putting people first remains at the heart of everything they do.

With 97% staff retention, a track record of imaginative celebrations, and a people-focused culture driving its growth, Creditsafe's success story shows that when you invest in your team, the rewards – like the memories made at Fforest Farm – can last a lifetime.

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KPOP DEMON HUNTERS – ELECTRIC ANIMATION WITH HEART AND BITE

Netflix's 2025 animated musical action-comedy KPop Demon Hunters is a rollicking mash-up of high-energy K-pop and supernatural adventure with genuinely surprising emotional depth.

The fictional K-pop girl group Huntr/x (Rumi, Mira, and Zoey) saves fans by night, slays demons by day. Their latest challenge? A rival demonic boy-band called the Saja Boys, led by charming villain Jinu, who seeks to steal the Honmoon, a mystical protection barrier ensuring human safety.

Underneath the pop glamour is Rumi's secret, that she's half-demon, burdened by shame and identity struggle. This mirror's real-life issues like belonging, self-acceptance, and cultural duality.

Visually, it's a sensory feast—bold neon lights, dynamic action sequences, and a stylish blend of 2D and 3D animation that calls to mind anime and live concert cinematography.

The soundtrack is unapologetically infectious. Tracks like "Golden", "Your Idol", and "Soda Pop" stormed the UK charts "Golden" topped the Official Singles Chart and Billboard's global rankings.

Beyond its surface thrill-ride, critics have praised how the film handles real emotional stakes. Director Maggie Kang has stated that Rumi's arc parallels those of queer identity and mixed heritage, using the fantasy metaphor of demons to examine shame and self-discovery .

The joyful tone and witty dialogue make it a perfect family watch and one that fans return to again and again .

Since its Netflix premiere on June 20, 2025, KPop Demon Hunters has become the most-watched movie in the platform's history, with over 236 million views

Its cinema sing-along release was also smash, with kids and parents both singing along together! The creators now hint at expanding the franchise through sequels, shorts, even stage adaptations.

For fans of pop, animation, and feel-good fantasy, KPop Demon Hunters delivers on every level. It's slick, it's emotional, it's full of killer choreography, and it takes the fun of magical-girl tropes to dazzling new heights. More than just light entertainment, it's a modern fable about being true to yourself with tunes that'll run through your head for days.

Energetic, heartfelt, and culturally charged, this is one animation that earned every one of its 236 million views.

STEWART LEE VS THE MAN-WULF

Stewart Lee has battled critics, audiences and cultural tides across a 30-year career – but now he faces his strangest opponent yet: The Man-Wulf. Straight from the shadowy forests of the subconscious, this snarling werewolf comic despises humanity and is determined to expose Lee as a washed-up, cardigan-clad relic of comedy's past.

It's a ferocious clash between man and beast, irony and instinct, carefully crafted satire and feral punchlines. Can Lee silence the creature within us all with the silver bullet of his uniquely acclaimed brand of stand-up? Or will The Man-Wulf leave him for dead under the Aberystwyth moon?

Once crowned "the world's greatest living stand-up" (The Times), Lee now finds himself approaching sixty with nagging health issues, a shrinking TV profile, and the nagging fear that his BAFTA-winning style may be obsolete in a comedy world dominated by stadium-fillers and meme-merchants. Meanwhile, The Man-Wulf has nothing to lose — and plenty of claws to bare.

Expect an evening of razor-sharp satire, self-lacerating honesty, theatrical invention, and the kind of comedy no one else could pull off – even when half the act is trying to eat him alive.

Tickets: £28 (includes £2 restoration levy supporting the Aberystwyth Comedy Festival). Hynt members: contact boxoffice@littlewander.co.uk with your membership number before booking.

Friday 3rd October 2025 | 7.30pm | Aberystwyth Arts Centre – Great Hall | £28 | 120 mins

JON BODEN AND THE REMNANT KINGS

Cardigan audiences are in for a treat this September as Jon Boden & The Remnant Kings bring their acclaimed new show to Theatre Mwldan on Tuesday 24th September.

Described by The Guardian as "ambitious, genre-busting folk", the band are touring in support of their brand-new album Parlour Ballads (Hudson Records, Sept '24). Expect a dazzling mix of post-apocalyptic folk played in a traditional style and traditional folk played with post-apocalyptic swagger, a collision that has become their trademark.

On stage, Boden's gravelly "Waitsian" ballads and Napoleonic power-pop rub shoulders with a rich back catalogue of songs and tunes from the group's 15-year history. The result is a performance that marries deep roots in traditional music with theatrical flair and fearless innovation.

The line-up is nothing short of stellar: Sam Sweeney (Bellowhead), Rob Harbron (Leveret), Ben Nicholls (Seth Lakeman Band), Sally Hawkins (Bellowhead) and cult songwriter M.G. Boulter on vocals and pedal-steel guitar.

With virtuosity, energy, and a touch of the unexpected, Jon Boden & The Remnant Kings promise an evening that's both steeped in tradition and refreshingly unpredictable.

www.mwldan.co.uk

Other Voices - Cardigan
30 October - 1 November 2025

The festival programme will be formed by three core strands: a three-day Music Trail programme around the town showcasing the best of emerging Irish and Welsh talent, three days of inspiring discussion as part of the Clebran Sessions, and two nights of intimate live headline performances in St Mary's Church from some of the music's brightest voices.

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FRESH FUTURE FOR FORMER CARDIGAN BANK

A well-known High Street landmark in Cardigan is about to enter an exciting new chapter, as county planners have given the green light for the former Lloyds TSB building to be transformed for alternative business use.

The Grade II-listed property at 14 High Street has stood proudly in the town since the 1880s, when it was first built as Brecon Old Bank. After closing its doors as a Lloyds TSB branch last June, questions were raised over its future – but the latest decision means it won't be standing empty for long.

Ceredigion County Council has now approved a change of use application from CAD Properties, opening the door for the striking historic building to welcome a range of new businesses. The site can now be used for retail, financial and professional services, or food and drink – a move that planners say will help keep the High Street vibrant and thriving.

Although no new occupiers have yet been confirmed, the change of use is seen as an important step in encouraging fresh opportunities for one of the town centre's most eye-catching buildings. Planners were keen to stress that the building's historic character will remain intact – including the original stone signage which will be carefully preserved – while improvements to the rear fire escape are also in the works.

An officer report described the move as a way to "support the continued active use of a prominent building within Cardigan High Street, contributing to the vitality of the town centre and delivering ongoing community benefits."

Cardigan Town Council raised no objections, and just one public comment was noted, concerning the possible impact of a future food and drink outlet on a neighbouring property.

For many locals, the approval offers reassurance that this iconic building won't be left behind. Instead, it's ready to take on a new role at the heart of the community – keeping Cardigan's High Street buzzing and ensuring a slice of the town's history continues to live on.

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