

A man with a beard and short hair, wearing a dark t-shirt, is working in a railway signal box. He is holding a wooden-handled tool, possibly a screwdriver, and is focused on his work. The background shows various mechanical components and levers of the signal box.

Pantyffynnon railway station, Ammanford.

Established in 1839 and very active in serving the local collieries and Dynevor tinsplate works. Part of the Central Wales line between Swansea and Shrewsbury.

The signal box remains one of the few “boxes” still open with the same levers and instruments in place.

“This box is as old as the hills you can see out of the window behind us. The system, levers and key for the crossing gate is essentially the same. There’s a few more bells and whistles now and tech for tracking the trains but we still need to be here and I don’t see that changing for the foreseeable. At least to my understanding.

I’ve been in the job a fair few years now since leaving the army and it suits me. I’m used to having a structure and to being disciplined. I moved down here from further up the valleys and it’s a great place for the kids to grow up. Some of the valley areas aren’t what they were, with drugs and unemployment and house prices are decent here. I take pride in the work. You have to be on time and communicate properly. Army life definitely helped me with that and its second nature to me. It’s a good example for my kids as well. Take pride in what you do, and do it well.”