



# Building Carer Friendly Communities



8<sup>th</sup> – 14<sup>th</sup>  
June 2026

Date & Time	ACTIVITY	Booking Instructions	Organisation Leading & Staff Facilitator
<b>Mon 8<sup>th</sup> June</b>	<ul style="list-style-type: none"> <li>Coffee Morning for Carers in the Holy Trinity Church Community Hall, Church Lane, Newcastle Emllyn – 10.00am – 12.00pm.</li> <li>National Botanic Gardens Guided Tour of the Gardens followed by refreshments – 11.30am – 2.00pm</li> <li>Parkinsons Group Introduction &amp; Orientation session at the Living Well Centre, Carmarthen 2.00pm – 4.00pm</li> <li>Hospital Discharge Carers Officer Stand @ Llandovery Hospital, between 2.30 – 5pm. Main ward entrance (x)</li> </ul>	<p>Drop in - No booking required</p> <p>Booking required – online form <a href="#">Carers Week form</a>   <a href="#">Carers Trust Crossroads West Wales</a> or tel: 0300 0200 002</p> <p>Drop in – no booking required</p> <p>Drop in – no booking required</p>	<p>Sean Feldman - Adferiad /Credu Ceredigion</p> <p>Caroline Pedersen - CTCWW</p> <p>Evan Davidge - Parkinsons</p> <p>Helen Lewis - CTCWW</p>
<b>Tues 9<sup>th</sup> June</b>	<ul style="list-style-type: none"> <li>Beach Break &amp; BBQ at Llanelli St. Elli Bay / North Dock 6.00pm – 8.00pm – enjoy an informal carers get together, BBQ and fun beach games (optional participation).</li> <li>Hospital Dishcarge Service Information Stand @ Glangwili Hospital, outside pharmacy or Main Canteen between 10am and 3pm</li> <li>Botanical Printing Workshop for Carers at the Lantern Centre, Llanelli - 10.00am – 12.00pm</li> </ul>	<p>Booking required – online booking form or tel: 0300 0200 002 <a href="#">Carers Week form</a>   <a href="#">Carers Trust Crossroads West Wales</a></p> <p>Drop in – no booking required</p> <p>Booking required - 0333 121 1332 or via email: <a href="mailto:carersincarms@adferiad.org">carersincarms@adferiad.org</a></p>	<p>CTCWW – Sam Fidler &amp; Mike Ford CCC – Lisa Murphy</p> <p>Ben Innocent - CTCWW</p> <p>Sean Feldman Adferiad/ Arts Care Gofal Celf</p>
<b>Wed 10<sup>th</sup> June</b>	<ul style="list-style-type: none"> <li>Dinefwr Park – Ranger led guided walk 1.00pm – 3.00pm to include the millpond to see dragonflies</li> </ul>	<p>Booking required through Adferiad - <b>0333 121 1332</b> or via email - <a href="mailto:carersincarms@adferiad.org">carersincarms@adferiad.org</a></p>	<p>Nacro / Carers Forum / Adferiad Cath Hindman/ Sarah Isherwood / Sean Feldman</p>



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	<p>and tour of Dinefwr House followed by refreshments at the café.</p> <ul style="list-style-type: none"> <li>Hospital Discharge Service Information Stand outside Costa @ Prince Philip Hospital – between 9.30 and 2.30</li> </ul>	No booking required	Tracey Jones-John - CTCWW
<b>Thurs 11<sup>th</sup> June</b>	<ul style="list-style-type: none"> <li>Caring in a Digital World for Beginners – overview of technology to aid your caring role. Digital Coach available to help with your tech questions – 10.30am – 12.30pm Ammanford Pensioners Hall followed by refreshments.</li> <li>Money Matters Carers MOT Expert advice on financial support available for carers inc. grants, discounts &amp; welfare benefits – 1.0pm – 3.00pm Ammanford Pensioners Hall followed by refreshments</li> <li>Crafty Crusaders at the National Botanic Gardens – get creative with Arts Care Gofal Celf with this fun session – all abilities welcome 1.30pm</li> </ul>	<p>Register interest online or drop-in <a href="#">Carers Week form</a>   <a href="#">Carers Trust Crossroads West Wales</a> or tel: 0300 0200 002</p> <p>Register interest online or drop-in <a href="#">Carers Week form</a>   <a href="#">Carers Trust Crossroads West Wales</a> or tel: 0300 0200 002</p> <p>Booking required</p>	<p>Michelle Davies - ACD</p> <p>Kayleigh Hiorns- CTCWW</p> <p>Arts Care Gofal Celf – Rachel / Melissa ACGC – 01267 243815</p>
<b>Fri 12<sup>th</sup> June</b>	<ul style="list-style-type: none"> <li>Carer Coffee Morning &amp; Meet &amp; Greet local Social Work Teams- Llanelli Library – 11.00am – 3.00pm</li> <li>CCISS Information stand at Waterstones – Carmarthen <b>(Weather Permitting)</b></li> </ul>	<p>Drop in – no booking required</p> <p>Drop in – no booking required</p>	<p>CCC – CMHT, Wellbeing Service Mental Health, Substance Misuse and Recovery Service &amp; CTLD Social Work Teams Adferiad</p>
<b>Thursday 18<sup>th</sup> June</b>	Stand Together event – outside Zion Chapel, Island Place, Llanelli – PSU Choir, African Drumming, info stands & speakers	Drop in – no booking required	CCC, PSU, CAVS, The Dream team