CANOLFAN BYW YN DDA SIR GAERFYRDDIN

CARMARTHENSHIRE LIVING WELL CENTRE

JULY 2026
GROUP ACTIVITIES

PLANED

TYWI TAF CLUSTER
Tywi Taf Together

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1st 9.30 – 11.30am NHS Infant Feeding Support Group 12.30 – 2.30pm **NEW** Hywel Dda UHB – Foodwise session (post-natal healthy eating advice) 1-2.30pm People Speak Up (Arty Afternoon) All welcome.	2nd 10 -12pm - Age Cymru Crafty Crusaders Craft/wellbeing session (Age 50+) 1-2.30pm – People Speak Up Elevenses – dementia support group	3rd 12 – 1pm Lindy Hop Therapeutic Dance. All abilities, all welcome 1.30 – 2.30pm Tai Chi (75+)
6th	7th 11am – 1pm Wellbeing Walk (join us for some gentle exercise, free cuppa and a chat afterwards 1-3pm Stroke Friends Support Group (Carmarthen Stroke Club) 11.00 – 12.30pm –PSU/Living Well Choir – All abilities, everyone welcome! 1-2:30pm People Speak Up - Story Care & Share Wellbeing Group. All welcome.	8th 9.30 – 11.30am NHS Infant Feeding Support Group 10.30 – 12pm PSU, Women Talk Shop 12.30 – 2.30pm **NEW** Hywel Dda UHB – Foodwise session (post-natal healthy eating advice) 1-2.30pm People Speak Up (Arty Afternoon) All welcome	9th 10 -12pm - Age Cymru Crafty Crusaders Craft/smart phone photography session (Age 50+) 1-2.30pm – People Speak Up Elevenses – dementia support group	10th 12 – 1pm Lindy Hop Therapeutic Dance. All abilities, all welcome 1.30 – 2.30pm Tai Chi (75+)
13th 2pm – 4pm Parkinson's UK Cymru Carmarthen Support Group	14th 11.30 – 12.30pm Angor Tai Chi (gentle movement, all abilities) 1-2.30pm People Speak Up Story Care & Share Wellbeing Group. All welcome.	15th 9.30 – 11.30am NHS Infant Feeding Support Group 12.30 – 2.30pm **NEW** Hywel Dda UHB – Foodwise session (post-natal healthy eating advice) 1-2.30pm People Speak Up (Arty Afternoon) All welcome	16th 10 -12pm - Age Cymru Crafty Crusaders Craft /wellbeing session (Age 50+) 10.30 - 12pm **NEW** PSU - Silent Disco (Age 16+) 1 - 2.30pm PSU- Elevenses – dementia support group	17th 12 – 1pm Lindy Hop Therapeutic Dance. All abilities, all welcome 1.30 – 2.30pm Tai Chi (75+)
20th 2.30pm – 4.30pm Fibromyalgia advice and support group.	21st 11.30 – 12.30pm Angor Tai Chi (gentle movement, all abilities) 11.00 – 12.30pm –PSU/Living Well Choir – All abilities, everyone welcome! 1-2.30pm People Speak Up Story Care & Share Wellbeing Group. All welcome.	22nd 9.30 – 11.30am NHS Infant Feeding Support Group 10.30 – 12pm PSU, Women Talk Shop 12.30 – 2.30pm **NEW** Hywel Dda UHB – Foodwise session (post-natal healthy eating advice) 1-2.30pm People Speak Up (Arty Afternoon) All welcome	23rd 10 -12pm - Age Cymru Crafty Crusaders Craft /smart phone photography session (Age 50+) 1-2.30pm People Speak Up Elevenses dementia support group	24th 12 – 1pm Lindy Hop Therapeutic Dance. All abilities, all welcome 1.30 – 2.30pm Tai Chi (75+)
27th	28th 1-2.30pm People Speak Up Story Care & Share Wellbeing Group. All welcome.	29th 9.30 – 11.30am NHS Infant Feeding Support Group 12.30 – 2.30pm **NEW** Hywel Dda UHB – Foodwise session (post-natal healthy eating advice) 1-2.30pm People Speak Up (Arty Afternoon) All welcome	30th 10 -12pm - Age Cymru Crafty Crusaders Craft session (Age 50+) 11 – 12.30pm Walk with a Doc, health tips from a local healthcare professional 1-2.30pm People Speak Up Elevenses dementia support group	31st 12 – 1pm Lindy Hop Therapeutic Dance. All abilities, all welcome **Friday's Tai Chi will resume on 4th September**

CANOLFAN BYW YN DDA SIR GAERFYRDDIN

CARMARTHENSHIRE LIVING WELL CENTRE

JULY 2026
DROP-IN SUPPORT

PLANED

TYWI TAF CLUSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1st 10 -1 pm Carers Trust (Community Support) 11 - 2pm Age Cymru Dyfed (Community Transport Support)	2nd 10 – 2pm Age Cymru Dyfed 10 – 2pm Carers Trust (Community Support)	3rd 10-3pm Delta Wellbeing
6th 10 - 3pm Delta Wellbeing 10 - 2pm Smoking Cessation Advice and Support 10am – 2pm Age Cymru Dyfed (Financial Support)	7th 10-2pm Age Cymru Dyfed (dementia connectors) 10 - 3pm Delta Wellbeing 10-1pm Carers Trust (Community Support) 11.30 – 1pm Angor (life-limiting illness support)	8th 10 -1 pm Carers Trust (Community Support) 11 - 2pm Age Cymru Dyfed (Community Transport Support)	9th 10 – 2pm Age Cymru Dyfed 10 – 2pm Carers Trust (Community Support)	10th 10-3pm Delta Wellbeing 10-3pm Age Cymru Dyfed
13th 10 - 3pm Delta Wellbeing 10 - 2pm Smoking Cessation Advice and Support 10am – 2pm Age Cymru Dyfed (Financial Support)	14th 10-2pm Age Cymru Dyfed (dementia connectors) 10 - 3pm Delta Wellbeing 10 - 1pm Carers Trust (Community Support) 11.30 – 1pm Angor (life-limiting illness support)	15th 10 -1 pm Carers Trust (community support) 11 - 2pm Age Cymru Dyfed (Community Transport Support)	16th 10 – 2.30pm Age Cymru Dyfed 10 – 2pm Carers Trust (Community Support)	17th 10-3pm Delta Wellbeing 10-3pm Age Cymru Dyfed
20th 10 - 3pm Delta Wellbeing 10 - 2pm Smoking Cessation Advice and Support 10am – 2pm Age Cymru Dyfed (Financial Support)	21st 10-2pm Age Cymru Dyfed (dementia connectors) 10 - 1pm Carers Trust (Community Support) 10 - 3pm Delta Wellbeing 11.30 – 1pm Angor (life limiting illness support)	22nd 10 -1 pm Carers Trust (Community Support) 11 - 2pm Age Cymru Dyfed (Community Transport Support)	23rd 10 – 2.30pm Age Cymru Dyfed 10 – 2pm Carers Trust (Community Support)	24th 10-3pm Delta Wellbeing 10-3pm Age Cymru Dyfed
27th 10 - 3pm Delta Wellbeing 10 - 2pm Smoking Cessation Advice and Support 10am – 2pm Age Cymru Dyfed (Financial Support)	28th 10-2pm Age Cymru Dyfed (dementia connectors) 10 - 1pm Carers Trust (Community Support) 10 - 3pm Delta Wellbeing 10 – 3pm HDUHB Be-Well Service (age 18+ living with a long-term condition or cares for someone that does) 11.30 – 1pm Angor (life limiting illness support)	29th 10 -1 pm Carers Trust (Community Support) 11 - 2pm Age Cymru Dyfed (Community Transport Support)	30th 10 – 2.30pm Age Cymru Dyfed 10 – 2pm Carers Trust (Community Support)	31st 10-3pm Delta Wellbeing 10-3pm Age Cymru Dyfed