

| MEDI 2025 / SEPTEMBER 2025 - & HYDREF/OCTOBER                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                      |                                                                                                                                                                    |                                                                                                                                                                                            |  |
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| DYDD LLUN<br>MONDAY 29 <sup>th</sup>                                                                                                                                                                                                           | DYDD MAWRTH<br>TUESDAY 30 <sup>th</sup>                                                                                                                                                                                                                                                                                                                      | DYDD MERCHER<br>WEDNESDAY 1 <sup>st</sup>                                                                                                                                                                                                                            | DYDD IAU<br>THURSDAY 2 <sup>nd</sup>                                                                                                                               | DYDD GWENER<br>FRIDAY 3 <sup>rd</sup>                                                                                                                                                      |  |
| <b>POP UP</b><br>11 TO 1pm<br>Y Pafiliwn<br>Penygroes<br><b>SA14 7NP</b>                                                                                                                                                                       | <b>DROP IN</b><br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b>                                                                                                                                                                                                                                                                                      | <b>DROP IN</b><br>2-4pm<br>@THE CABIN<br>PARC HOUSE<br>KIDWELLY,<br><b>SA17 5AB</b><br>(opp. John Burns Foundation)                                                                                                                                                  | <b>DROP IN</b><br>10 to 12pm<br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b>                                                                              | <b>STOMA AWARENESS</b><br>2 TO 4PM<br>@THE CABIN<br>PARC HOUSE<br>KIDWELLY,<br><b>SA17 5AB</b><br>(opp. John Burns Foundation)                                                             |  |
| DYDD LLUN<br>MONDAY 6 <sup>th</sup>                                                                                                                                                                                                            | DYDD MAWRTH<br>TUESDAY 7 <sup>th</sup>                                                                                                                                                                                                                                                                                                                       | DYDD MERCHER<br>WEDNESDAY 8 <sup>th</sup>                                                                                                                                                                                                                            | DYDD IAU<br>THURSDAY 9 <sup>th</sup>                                                                                                                               | DYDD GWENER<br>FRIDAY 10 <sup>th</sup>                                                                                                                                                     |  |
| <b>MINDFULNESS<br/>SESSION</b><br>@The Cabin <b>SA17 5AB</b><br>1PM TO 2:3PM<br>PARC HOUSE<br>KIDWELLY,<br><b>SA17 5AB</b><br>(opp. John Burns<br>Foundation)                                                                                  | <b>NEUROENDOCRINE<br/>SUPPORT GROUP</b><br>11am to 1pm<br>@THE CABIN<br>PARC HOUSE<br>KIDWELLY,<br><b>SA17 5AB</b><br>(opp. John Burns Foundation)                                                                                                                                                                                                           | <b>HWB CCC<br/>POP UP</b><br>LAUGHARNE MEMORIAL<br>HALL<br><b>SA33 4QG</b><br>10 TO 2PM<br><br><b>DROP IN</b><br>2 to 4pm<br>The Cabin, Parc House,<br>Kidwelly,<br><b>SA17 5AB</b>                                                                                  | <b>HWB CCC</b><br>ST. CLEARS Y GAT<br><b>SA33 4AA</b><br>10:30 TO 2pm<br><br><b>DROP IN</b><br>10 to 12pm<br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b> | <b>ANGOR STAND<br/>SCARLETS</b><br><br><b>DROP IN</b><br>@THE CABIN<br>PARC HOUSE<br>KIDWELLY <b>SA17 5AB</b><br>(opp. John Burns conference<br>and Foundation centre)<br><b>12 to 2pm</b> |  |
| DYDD LLUN<br>MONDAY 13 <sup>th</sup>                                                                                                                                                                                                           | DYDD MAWRTH<br>TUESDAY 14 <sup>th</sup>                                                                                                                                                                                                                                                                                                                      | DYDD MERCHER<br>WEDNESDAY 15 <sup>th</sup>                                                                                                                                                                                                                           | DYDD IAU<br>THURSDAY 16 <sup>th</sup>                                                                                                                              | DYDD GWENER<br>FRIDAY 17 <sup>th</sup>                                                                                                                                                     |  |
| <b>WELLNESS CRAFT<br/>SESSION</b><br><b>CROCHET SESSION 1</b><br>@The Cabin <b>SA17 5AB</b><br>10 to 12:30<br>THE CABIN<br>PARC HOUSE<br>KIDWELLY<br><br><b>HWB CCC POP UP</b><br>Cydwelli Gwennllian<br>Kidwelly 10 to 2pm<br><b>SA17 4UL</b> | <b>WELLNESS SESSION<br/>&amp; DROP IN</b><br><b>SING N' STRUM ALONG</b><br>Living Well Centre<br>Carmarthen<br><b>SA31 3HG</b><br>11:30 to 13:30pm<br>+ signposting &<br>support 10:30 to 1:30<br><br><b>DROP IN</b><br>@ our base<br>THE CABIN<br>KIDWELLY <b>SA17 5AB</b><br><b>10 TO 12PM</b><br>(opp. John Burns<br>conference and<br>Foundation centre) | <b>HWB CCC<br/>POP UP</b><br>LAUGHARNE MEMORIAL<br>HALL<br><b>SA33 4QG</b><br>10 TO 2PM                                                                                                                                                                              | <b>DROP IN</b><br>10 to 12pm<br>THE CABIN<br>PARC HOUSE<br>KIDWELLY <b>SA17 5AB</b><br>(opp. John Burns<br>conference and<br>Foundation centre)                    | <b>HWB CCC<br/>POP UP</b><br>CROSSHANDS<br>WORKING MEN'S CLUB<br>& INSTITUTE<br><b>SA14 6RD</b><br>10 to 2pm                                                                               |  |
| DYDD LLUN<br>MONDAY 20 <sup>th</sup>                                                                                                                                                                                                           | DYDD MAWRTH<br>TUESDAY 21 <sup>st</sup>                                                                                                                                                                                                                                                                                                                      | DYDD MERCHER<br>WEDNESDAY 22 <sup>nd</sup>                                                                                                                                                                                                                           | DYDD IAU<br>THURSDAY 23 <sup>rd</sup>                                                                                                                              | DYDD GWENER<br>FRIDAY 24 <sup>th</sup>                                                                                                                                                     |  |
| <b>DROP IN</b><br>10 to 12:30pm<br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b>                                                                                                                                                       | <b>WELLNESS SESSION<br/>TAI CHI</b><br>11:30 TO 13:30<br>Living Well Centre<br>PARC DEWI SANIT<br>Carmarthen <b>SA31 3HG</b><br><br>LLANDOVERY YOUTH<br>COMMUNITY CENTRE<br>+ STAND<br>@WELSH DAIRY EVENT<br>NANT Y CI                                                                                                                                       | <b>"WEAR PINK "<br/>BREAST AWARENESS<br/>SESSION</b><br>with hair and makeup<br>advice 2 to 4pm<br>The Cabin, Parc House,<br>Kidwelly <b>SA17 5AB</b>                                                                                                                | <b>DROP IN</b><br>10 to 12pm<br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b><br>(opp. John Burns<br>conference and<br>Foundation centre)                  | <b>POP UP<br/>COMMUNITY<br/>ENGAGEMENT</b><br>CYSYLLTU SIR<br>CAERFYRDDIN<br>LLANELLI LIBRARY<br><b>SA15 3AS</b><br>1 TO 3PM                                                               |  |
| DYDD LLUN<br>MONDAY 27 <sup>th</sup>                                                                                                                                                                                                           | DYDD MAWRTH<br>TUESDAY 28 <sup>th</sup>                                                                                                                                                                                                                                                                                                                      | DYDD MERCHER<br>WEDNESDAY 29 <sup>th</sup>                                                                                                                                                                                                                           | DYDD IAU<br>THURSDAY 30 <sup>th</sup>                                                                                                                              | DYDD GWENER<br>FRIDAY 31 <sup>st</sup>                                                                                                                                                     |  |
| <b>WELLNESS CRAFT<br/>SESSION</b><br><b>CROCHET SESSION 2</b><br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b> 1:45 to 4pm                                                                                                             | <b>DROP IN</b><br>Living Well Centre<br>Carmarthen<br><b>SA31 3HG</b><br>11:30 TO 1:30 pm                                                                                                                                                                                                                                                                    | <b>ORAL HYGIENE<br/>SESSION</b><br>10AM to 11:30<br>THE CABIN<br>PARC HOUSE<br>KIDWELLY <b>SA17 5AB</b><br>(opp. John Burns conference<br>and Foundation centre)<br><br><b>WELLNESS SESSION</b><br><b>SING N' STRUM ALONG</b><br>2-4PM @THE CABIN<br><b>SA17 5AB</b> | <b>DROP IN</b><br>10 to 12pm<br>The Cabin, Parc<br>House, Kidwelly<br><b>SA17 5AB</b><br>(opp. John Burns<br>conference and<br>Foundation centre)                  | <b>WELLNESS SESSION<br/>TAI CHI</b><br>@THE CABIN<br><b>SA17 5AB</b> 1 to 2pm<br>(opp. John Burns conference<br>and Foundation centre)                                                     |  |