

TACHWEDD 2025 / NOVEMBER					
DYDD LLUN MONDAY 3 rd	DYDD MAWRTH TUESDAY 4 th	DYDD MERCHER WEDNESDAY 5 th	DYDD IAU THURSDAY 6 th	DYDD GWENER FRIDAY 7 th	
DROP IN 10:30 to 12:30pm The Cabin, Parc House, Kidwelly SA17 5AB 10:30-12:30 MINDFULNESS SESSION @The Cabin SA17 5AB 1PM TO 2:30PM PARC HOUSE KIDWELLY, SA17 5AB (opp. John Burns Foundation)	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB	NEWCASTLE EMLYN POP UP HWB CCC PILOT WELLNESS SESSION; BIWTIFWL GAN ANGOR Please contact us if you would like to attend as we have limited numbers for this session. Thank you	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB	HWB CCC POP UP CROSSHANDS WORKING MEN'S CLUB & INSTITUTE SA14 6RD 10 to 2pm	
DYDD LLUN MONDAY 10 th	DYDD MAWRTH TUESDAY 11 th	DYDD MERCHER WEDNESDAY 12 th	DYDD IAU THURSDAY 13 th	DYDD GWENER FRIDAY 14 th	
DROP IN 10:30 to 12:30pm The Cabin, Parc House, Kidwelly SA17 5AB 10:30-12:30 WELLNESS CRAFT SESSION CROCHET 10 TO 11:30 The Cabin, Parc House, Kidwelly HWB CCC POP UP Cydwelli Gwenllian Kidwelly 10to 2pm SA17 4UL	DROP IN 10 to 11am The Cabin, Parc House, Kidwelly SA17 5AB NEUROENDOCRINE SUPPORT GROUP 11am to 1pm @THE CABIN PARC HOUSE KIDWELLY, SA17 5AB (opp. John Burns Foundation) WELLNESS SESSION & DROP IN/SUPPORT SING N' STRUM ALONG Living Well Centre Carmarthen SA31 3HG 11:30 to 13:30pm	HWB CCC POP UP LAUGHARNE MEMORIAL HALL SA33 4QG 10 TO 2PM POP UP 10 TO 2PM BIRDS OF PREY CENTRE IDOLE SA32 8DG (community event) DROP IN 2 to 4pm The Cabin, Parc House, Kidwelly, SA17 5AB	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)	DROP IN 10 TO 2PM CWMAMMAN COMMUNITY CENTRE SA18 1DX	
DYDD LLUN MONDAY 17 th	DYDD MAWRTH TUESDAY 18 th	DYDD MERCHER WEDNESDAY 19 th	DYDD IAU THURSDAY 20 th	DYDD GWENER FRIDAY 21 st	
DROP IN 10:30 to 12:30pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre) NACRO POP UP CONNECTING CARMARTHENSHIRE LLANDOVERY YOUTH & COMMUNITY CENTRE SA20 0AB	WELLNESS TAI CHI SESSION Living Well Centre Carmarthen SA31 3HG 11:30 to 13:30pm + signposting & support 10:30 to 1:30 DROP IN @ our base THE CABIN KIDWELLY SA17 5AB 10 TO 12PM (opp. John Burns conference and Foundation centre)	HWB POP UP LLANYBYDDER RFC SA40 9XX 10 TO 2PM DROP IN 2 to 4pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre)	DROP IN 10 to 12pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre) DROP IN HWB LLANDEILO CIVIC HALL 10 – 2pm SA19 6HW	HWB CCC POP UP CROSSHANDS WORKING MEN'S CLUB & INSTITUTE SA14 6RD 10 to 2pm POP UP BIG BREAKFAST EVENT PROSTATE CYMRU 9 to 12pm LLANARTHNE HALL SA38 8JD	
DYDD LLUN MONDAY 24 th	DYDD MAWRTH TUESDAY 25 th	DYDD MERCHER WEDNESDAY 26 th	DYDD IAU THURSDAY 27 th	DYDD GWENER FRIDAY 28 th	
WELLNESS CRAFT SESSION: CROCHET 3 10 :30to 12:00pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre) WHITLAND HWB CCC King Edward Street SA34 0AA 10 to 2pm	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre) DROP IN SUPPORT SIGNPOSTING & ADVICE 11:30 TO 13:30 Living Well Centre PARC DEWI SANIT Carmarthen SA31 3HG	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup advice 2 to 4pm The Cabin, Parc House, Kidwelly SA17 5AB	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE NACRO ST CLEARS Y GAT SA33 4AA WELLNESS SESSION TAI CHI @THE CABIN SA17 5AB 1 to 2pm (opp. John Burns conference and Foundation centre)	

RHAGFYR 2025 / DECEMBER 2025					
DYDD LLUN MONDAY 1 ST	DYDD MAWRTH TUESDAY 2 ND	DYDD MERCHER WEDNESDAY 3 RD	DYDD IAU THURSDAY 4 TH	DYDD GWENER FRIDAY 5 TH	
MINDFULNESS SESSION @The Cabin SA17 5AB 1PM TO 2:3PM PARC HOUSE KIDWELLY, SA17 5AB (opp. John Burns Foundation)	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB	NEWCASTLE EMLYN POP UP HWB CCC	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB	HWB CCC POP UP CROSSHANDS WORKING MEN'S CLUB & INSTITUTE SA14 6RD 10 to 2pm	
DYDD LLUN MONDAY 6 TH	DYDD MAWRTH TUESDAY 7 TH	DYDD MERCHER WEDNESDAY 8 TH	DYDD IAU THURSDAY 9 TH	DYDD GWENER FRIDAY 10 TH	
HWB CCC Cydwelli Gwenllian Kidwelly 12to 2pm SA17 4UL	DROP IN 10 to 11am The Cabin, Parc House, Kidwelly SA17 5AB NEUROENDOCRINE SUPPORT GROUP 11am to 1pm @THE CABIN PARC HOUSE KIDWELLY, SA17 5AB (opp. John Burns Foundation) WELLNESS SESSION & DROP IN/SUPPORT SING N' STRUM ALONG Living Well Centre Carmarthen SA31 3HG 11:30 to 13:30pm	HWB CCC POP UP LAUGHARNE MEMORIAL HALL SA33 4QG 10 TO 2PM DROP IN 2 to 4pm The Cabin, Parc House, Kidwelly, SA17 5AB	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)		
DYDD LLUN MONDAY 15 TH	DYDD MAWRTH TUESDAY 16 TH	DYDD MERCHER WEDNESDAY 17 TH	DYDD IAU THURSDAY 18 TH	DYDD GWENER FRIDAY 19 ST	
WELLNESS ART & CRAFTS CHRISTMAS FLOWERS @ our base THE CABIN KIDWELLY SA17 5AB 10 TO 12PM (opp. John Burns conference and Foundation centre)	WELLNESS TAI CHI SESSION Living Well Centre Carmarthen SA31 3HG 11:30 to 13:30pm + signposting & support 10:30 to 1:30 DROP IN @ our base THE CABIN KIDWELLY SA17 5AB 10 TO 12PM (opp. John Burns conference and Foundation centre)	DROP IN 2 to 4pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre) ?LLANYBYDDER	DROP IN 10 to 12pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre)	?WHITLAND	
DYDD LLUN MONDAY 24 TH	DYDD MAWRTH TUESDAY 25 TH	DYDD MERCHER WEDNESDAY 26 TH	DYDD IAU THURSDAY 27 TH	DYDD GWENER FRIDAY 28 TH	
WHITLAND	DROP IN SUPPORT SIGNPOSTING & ADVICE 11:30 TO 13:30 Living Well Centre PARC DEWI SANIT Carmarthen SA31 3HG DROP IN 10 to 12pm	WELLNESS SESSION & DROP IN	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)	DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre) WELLNESS SESSION	

	The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)	SING N' STRUM ALONG with hair and makeup advice 2 to 4pm The Cabin, Parc House, Kidwelly SA17 5AB		TAI CHI @THE CABIN SA17 5AB 1 to 2pm (opp. John Burns conference and Foundation centre)	