		TACHWEDD 2025	/ NOVEMBER		
DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER	
MONDAY 3 rd	TUESDAY 4 th	WEDNESAY 5 th	THURSDAY 6 th	FRIDAY 7 th	
DROP IN	DROP IN	NEWCASTLE EMLYN	DROP IN	HWB CCC	
10:30 to 12:30pm	10 to 12pm	POP UP	10 to 12pm	POP UP	
The Cabin, Parc	The Cabin, Parc	HWB CCC	The Cabin, Parc	CROSSHANDS	
House, Kidwelly	House, Kidwelly		House, Kidwelly	WORKING MEN'S CLUB	
SA17 5AB	SA17 5AB		SA17 5AB	& INSTITUTE	
10:30-12:30				SA14 6RD 10 to 2pm	
MINDFULNESS		PILOT WELLNESS		10 to 2pm	
SESSION		SESSION;			
@The Cabin SA17 5AB		BIWTIFWL GAN ANGOR			
1PM TO 2:30PM PARC HOUSE		Please contact us if you would like to attend as			
KIDWELLY,		we have limited			
SA17 5AB		numbers for this			
(opp. John Burns Foundation)		session. Thank you			
roundation)					
DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER	
MONDAY 10 th	TUESDAY 11th	WEDNESAY 12 [™]	THURSDAY 13 [™]	FRIDAY 14 TH	
DROP IN	DROP IN	HWB CCC	DROP IN	DROP IN	
10:30 to 12:30pm The Cabin, Parc	10 to 11am The Cabin, Parc	POP UP LAUGHARNE MEMORIAL	10 to 12pm	10 TO 2PM CWMAMMAN	
House, Kidwelly	House, Kidwelly	HALL	The Cabin, Parc House, Kidwelly	COMMUNITY CENTRE	
SA17 5AB	SA17 5AB	SA33 4QG	SA17 5AB	SA18 1DX	
<mark>10:30-12:30</mark>		10 TO 2PM	(opp. John Burns		
WELLNESS CRAFT	NEUROENDOCRINE SUPPORT GROUP	POP UP	conference and Foundation centre)		
SESSION CROCHET	SUPPORT GROUP 11am to 1pm	10 TO 2PM	,		
10 TO 11:30	@THE CABIN	BIRDS OF PREY CENTRE			
The Cabin, Parc	PARC HOUSE	IDOLE			
House, Kidwelly	KIDWELLY,	SA32 8DG			
	SA17 5AB (opp. John Burns Foundation)	(community event)			
HWB CCC POP UP	(
Cydwelli Gwenllian	WELLNESS SESSION				
Kidwelly	& DROP IN/SUPPORT SING N'STRUM ALONG	DROP IN			
10to 2pm SA17 4UL	Living Well Centre	2 to 4pm			
3A17 4UL	Carmarthen	The Cabin, Parc House, Kidwelly,			
	SA31 3HG	SA17 5AB			
DYDD LLUN	11:30 to 13:30pm DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER	
MONDAY 17th	TUESDAY 18th	WEDNESAY 19TH	THURSDAY 20TH	FRIDAY 21 ST	
DROP IN	WELLNESS TAI CHI	HWB POP UP	DROP IN	HWB CCC	
10:30 to 12:30pm THE CABIN	SESSION Living Well Centre	LLANYBYDDER RFC SA40 9XX	10 to 12pm THE CABIN	POP UP CROSSHANDS	
PARC HOUSE	Carmarthen	10 TO 2PM	PARC HOUSE	WORKING MEN'S CLUB	
KIDWELLY SA17 5AB	SA31 3HG		KIDWELLY SA17 5AB	& INSTITUTE	
(opp. John Burns	11:30 to 13:30pm		(opp. John Burns	SA14 6RD	
conference and Foundation centre)	+ signposting &		conference and Foundation centre)	10 to 2pm	
,	support 10:30 to 1:30		,		
	DROP IN	DROP IN	DROP IN	POP UP	
NACRO POP UP CONNECTING	@ our base	2 to 4pm	HWB LLANDEILO	BIG BREAKFAST EVENT	
CARMARTHENSHIRE	THE CABIN	THE CABIN	CIVIC HALL	PROSTATE CYMRU	
LLANDOVERY	KIDWELLY SA17 5AB 10 TO 12PM	PARC HOUSE KIDWELLY SA17 5AB	10 – 2pm	9 to 12pm LLANARTHNE HALL	
YOUTH &	(opp. John Burns	(opp. John Burns conference	SA19 6HW	SA38 8JD	
COMMUNITY CENTRE SA20 0AB	conference and Foundation centre)	and Foundation centre)			
DYDD LLUN	i Junuacion Centre)		51/55 1111	5//55 6///5/	
	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER	
MONDAY 24th	DYDD MAWRTH TUESDAY 25 [™]	DYDD MERCHER WEDNESAY 26 TH	DYDD IAU THURSDAY 27 [™]	DYDD GWENER FRIDAY 28 [™]	
WELLNESS CRAFT	TUESDAY 25 [™] DROP IN		THURSDAY 27 TH DROP IN	FRIDAY 28 TH DROP IN	
WELLNESS CRAFT SESSION: CROCHET 3	TUESDAY 25 TH DROP IN 10 to 12pm		THURSDAY 27 TH DROP IN 10 to 12pm	FRIDAY 28 [™] DROP IN 10 to 12pm	
WELLNESS CRAFT SESSION: CROCHET 3 10:30to 12:00pm	TUESDAY 25 [™] DROP IN 10 to 12pm The Cabin, Parc		THURSDAY 27 [™] DROP IN 10 to 12pm The Cabin, Parc	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House,	
WELLNESS CRAFT SESSION: CROCHET 3	TUESDAY 25 TH DROP IN 10 to 12pm		THURSDAY 27 TH DROP IN 10 to 12pm	FRIDAY 28 [™] DROP IN 10 to 12pm	
WELLNESS CRAFT SESSION: CROCHET 3 10:30to 12:00pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB	TUESDAY 25 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns		THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly	
WELLNESS CRAFT SESSION: CROCHET 3 10:30to 12:00pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns	TUESDAY 25TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and		THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP	
WELLNESS CRAFT SESSION: CROCHET 3 10:30to 12:00pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB	TUESDAY 25 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns		THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING	
WELLNESS CRAFT SESSION: CROCHET 3 10:30to 12:00pm THE CABIN PARC HOUSE KIDWELLY SA17 5AB (opp. John Burns conference and Foundation centre)	TUESDAY 25TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre) DROP IN		THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE	
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	TUESDAY 25 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre)	WELLNESS SESSION & DROP IN	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING	
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	TUESDAY 25 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and Foundation centre) DROP IN SUPPORT SIGNPOSTING &	WELLNESS SESSION & DROP IN SING N'STRUM ALONG	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE NACRO	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE NACRO ST CLEARS	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N'STRUM ALONG	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE NACRO ST CLEARS Y GAT SA33 4AA	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup advice 2 to 4pm	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH 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	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup advice 2 to 4pm The Cabin, Parc House,	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB POP UP CONNECTING CARMARTHENSHIRE NACRO ST CLEARS Y GAT SA33 4AA	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup advice 2 to 4pm The Cabin, Parc House,	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28TH DROP IN 10 to 12pm 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	
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	TUESDAY 25TH 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	WELLNESS SESSION & DROP IN SING N' STRUM ALONG with hair and makeup advice 2 to 4pm The Cabin, Parc House,	THURSDAY 27 TH DROP IN 10 to 12pm The Cabin, Parc House, Kidwelly SA17 5AB (opp. John Burns conference and	FRIDAY 28TH 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	

		RHAGFYR 2025 / DI	FOEMBER 2025		
DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER	
MONDAY 1 ST	TUESDAY 2 ND	WEDNESAY 3 RD	THURSDAY 4 TH	FRIDAY 5 [™]	
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 [™]	DYDD MAWRTH TUESDAY 7 [™]	DYDD MERCHER WEDNESAY 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 [™]	DYDD MAWRTH TUESDAY 16 TH	DYDD MERCHER WEDNESAY 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 25TH	DYDD MERCHER WEDNESAY 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 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 10 to 12pm	WELLNESS SESSION & DROP IN		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)	