



Charity Number 1198882

If you or a loved one have been diagnosed with a life limiting illness or cancer, and you would like advice, support, or would like to attend one of our wellbeing sessions, please do not hesitate to contact us on **07380 125690** or **via social media @angorcymru**, or email support@angor.org.uk. Please see below for details of our pop ups & wellness activities; The team & the volunteers will be there to support you.

Date	Day	Time	Activity	Venue
10/11/2025	MONDAY DYDD LLUN	10:00 to 12:00 pm	DROP IN	The Cabin, Parc House, Kidwelly SA17 5AB (opposite John Burns Conference Centre)
10/11/2025	MONDAY DYDD LLUN	10:30 to 12:30	POP UP In collaboration with HWB CCC	PENCADER HWB Y PAFILIWM SA39 9ER
10/11/2025	MONDAY DYDD LLUN	10:30 to 12:30 pm	WELLNESS CRAFT SESSION	The Cabin, Parc House, Kidwelly SA17 5AB
11/11/2025	TUESDAY DYDD MAWRTH	10:00 to 11am	DROP IN SUPPORT SIGNPOSTING ADVICE	The Cabin, Parc House, Kidwelly SA17 5AB (opposite John Burns Conference Centre)
11/11/2025	TUESDAY DYDD MAWRTH	11:30 to 1:30pm	MUSIC WELLNESS SESSION SING N STRUM ALONG	The Living Well Centre Parc Dewi Sant Carmarthen SA31 3HG
12/11/2025	WEDNESDAY DYDD MERCHER	10:30 to 2pm	POP UP In collaboration with HWB CCC	LAUGHARNE MEMORIAL HALL SA33 4QG
12/11/2025	WEDNESDAY DYDD MERCHER	10:00 to 2pm	POP UP COMMUNITY EVENT	BIRDS OF PREY CENTRE IDOLE SA33 4QG
12/11/2025	WEDNESDAY DYDD MERCHER	2:00pm to 3:30pm	DROP IN	The Cabin, Parc House, Kidwelly SA17 5AB
13/11/2025	THURSDAY DYDD IAU	10 to 12pm	DROP IN SIGNPOSTING SUPPORT ADVICE	The Cabin, Parc House, Kidwelly SA17 5AB
13/11/2025	THURSDAY DYDD IAU	10AM to 2PM	POP UP In collaboration with HWB CCC	ST CLEARS Y GAT SA33 4AA
14/11/2025	FRIDAY DYDD GWENER	11am To 1pm	POP UP In collaboration with HWB CCC	CWMAMMAN COMMUNITY CENTRE SA18 1DX
15/11/2025	SATURDAY DYDD SADWRN	10:30 to 2:30	POP UP	FROST FAYRE CARMARTHENSHIRE SHOW GROUND