



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
17/11/2025	MONDAY DYDD LLUN	10:30 to 12:30pm	DROP IN	The Cabin, Parc House, Kidwelly SA17 5AB (opposite John Burns Conference Centre)
17/11/2025	MONDAY DYDD LLUN	11am To 1pm	POP UP	NACRO LLANDOVERY YOUTH & COMMUNITY CENTRE SA20 0AB
18/11/2025	TUESDAY DYDD MAWRTH	10:00 to 12pm	DROP IN SUPPORT SIGNPOSTING ADVICE	The Cabin, Parc House, Kidwelly SA17 5AB (opposite John Burns Conference Centre)
18/11/2025	TUESDAY DYDD MAWRTH	11:30 to 1:30pm	TAI CHI WELLNESS SESSION With Tai Chi Shibashi	The Living Well Centre Parc Dewi Sant Carmarthen SA31 3HG
18/11/2025	TUESDAY DYDD MAWRTH	11 To 1pm	POP UP In collaboration with HWB CCC	41 Quay Street Ammanford SA18 3BS
18/11/2025	TUESDAY DYDD MAWRTH	7pm	PONTYBEREM WI POP UP	Pontyberem Hall SA15 5HU
19/11/2025	WEDNESDAY DYDD MERCHER	10 to 2pm	POP UP In collaboration with HWB CCC	LLANYBYDDER RYGBI CLUB SA40 9XX
19/11/2025	WEDNESDAY DYDD MERCHER	2:00pm to 3:30pm	MINDFULNESS SESSION	The Cabin, Parc House, Kidwelly SA17 5AB
20/11/2025	THURSDAY DYDD IAU	10 to 12pm	DROP IN SIGNPOSTING SUPPORT ADVICE	The Cabin, Parc House, Kidwelly SA17 5AB
20/11/2025	THURSDAY DYDD IAU	10 to 2pm	POP UP In collaboration with HWB CCC	LLANDEILO CIVIC HALL LLANDEILO SA19 6HW
20/11/2025	THURSDAY DYDD IAU	10 to 2pm	CARERS RIGHTS POP UP	BOTANICAL GARDENS
20/11/2025	THURSDAY DYDD IAU	7:30pm	Clwb Gwawr POP UP	Llanfynydd SA32 7TG
21/11/2025	FRIDAY DYDD GWENER	10 to 12pm	POP UP In collaboration with HWB CCC	CROSSHANDS CLUB & INSTITUTE LLANDEILO ROAD SA14 6RD
21/11/2025	FRIDAY DYDD GWENER	9:30 to 12	BIG BREAKFAST PROSTATE CYMRU	LLANARTHNE HALL SA38 8JD
22/11/2025	SATURDAY DYDD SADWRN	10:30 to 2:30	POP UP CHRISTMAS FAYRE	LLANPUMPSAINT Hall SA33 6BU