



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
08/12/2025	MONDAY DYDD LLUN	10 to 2pm	CCC HWB POP UP	Cydwelli Gwenllian Kidwelly SA17 4UL
08/12/2025	MONDAY DYDD LLUN	10:30 to 12:30 pm	WELLNESS CRAFT SESSION V	The Cabin, Parc House, Kidwelly SA17 5AB
08/12/2025	MONDAY DYDD LLUN	12:30 to 2:30 pm	WELLNESS SESSION CUPCAKE DECORATING	The Cabin, Parc House, Kidwelly SA17 5AB
09/12/2025	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
09/12/2025	TUESDAY DYDD MAWRTH	11:00 to 1:00pm	DROP IN SUPPORT SIGNPOSTING ADVICE	The Cabin, Parc House, Kidwelly SA17 5AB
10/12/2025	WEDNESDAY DYDD MERCHER	10 TO 2PM	POP UP In collaboration with HWB CCC	LAUGHARNE MEMORIAL HALL SA33 4QG 10 TO 2PM
10/12/2025	WEDNESDAY DYDD MERCHER	2pm To 3:30pm	WELLNESS ACTIVITY DANS SEDD	The Cabin, Parc House, Kidwelly SA17 5AB
11/12/2025	THURSDAY DYDD IAU	10:30AM to 1:30PM	POP UP In collaboration with HWB CCC	ST CLEARS Y GAT SA33 4AA
11/12/2025	THURSDAY DYDD IAU	12 to 2pm	POP UP CHRISTMAS JUMPER, CAKES, CUPPA & A CHAT	The Cabin, Parc House, Kidwelly SA17 5AB
12/12/2025	FRIDAY DYDD GWENER	10am To 1pm	POP UP In collaboration with HWB CCC	CWMAMMAN COMMUNITY CENTRE SA18 1DX
12/12/2025	FRIDAY DYDD GWENER	11am To 1pm	WELLNESS GLASS WORKSHOP @Llanelly House Please contact us to book	CONTACT US ON 07380 125690 or email support@angor.org.uk or message social media @angorcymru