



10-17 June 2024

Carers Week **FREE** Programme of Events

Brought to you by Carmarthenshire Carers Support Services Network

Wellbeing Activity



Drop-in Information Stand



Main Event (wellbeing activities, information & support)



Activities, information

Date & Time	Activity	Venue	Joining Instructions
Monday 10 th June 2.00-4.00pm	Arts Care Gofal Celf Session – Moonprinting – create botanical inspired prints to frame or turn into cards	Llanelli Library	Booking required – 01267 243815 or rachel@acgc.co.uk
Monday 10 th June 2.00-4.00pm	Carers Trust Money Matters Roadshow & Information Stand – free benefit advice & benefit checks, money guidance (alongside the Arts Care Gofal Session). Chat to staff and find out about support services for carers.	Llanelli Library	No booking needed – just pop in
Monday 10 th June 10.00-2.00pm	Carmarthenshire Carers Information & Support Service (CCISS) – Meet the Team and find out about support services for unpaid carers.	Tesco Supermarket, Ammanford	No booking needed – just pop in
Monday 10 th June 10.00-3.00pm	Carers Trust Crossroads West Wales Information Stand – Meet the Carers Officer for Prince Philip Hospital, find out about support services for carers and how the Carer Officer can help you.	Prince Philip Hospital main entrance near Costa Coffee	No booking needed – just pop in
Tuesday 11 th June 10.00am – 12.30pm	Carers Coffee Morning (free) – meet CCC social work team and other staff. Relaxed chat and a cuppa with other carers.	Cartref Cynnes Lounge, Llansteffan Rd, Carmarthen SA31 3NQ	No booking needed – just pop in
Tuesday 11 th June 10.00am – 12.30pm	Carers Trust Money Matters Roadshow & Information Stand – free benefit advice & benefit checks, money guidance (alongside the Coffee Morning). Chat to staff and find out about support services for carers.	Cartref Cynnes Lounge, Llansteffan Rd, Carmarthen SA31 3NQ	No booking needed – just pop in
Tuesday 11 th 10.00am – 12.00pm	Carmarthenshire Carers Information & Support Service (CCISS) – Meet the Team – chat and a cuppa.	The Lantern Centre, Hall Street, Llanelli, SA15 3BB	No booking needed – just pop in
Tuesday 11 th 9.30am – 2.00pm	Carers Trust Crossroads West Wales Information Stand – Meet the Carers Officer for Llandovery Hospital, find out about support services for carers and how the Carer Officer can help you.	Llandovery Hospital – Day Room	No booking needed – just pop in



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Wednesday 12th 10.00am - 3.00pm	Carers Week Drop-In Information Event – meet over 16 organisations, free taster sessions inc. Therapy Dogs, Craft Activity, Mini Pamper Massage, Virtual Reality Demonstrations, Benefit Checks & Advice. FREE refreshments.	Llanelli Library – First Floor – lift available.	No booking needed - just pop in
Wednesday 12 th June 10.00-3.00pm	Carers Trust Crossroads West Wales Information Stand – Meet the Carers Officer for Glangwili Hospital, find out about support services for carers and how the Carer Officer can help you.	Glangwili Hospital outside Main Canteen	No booking needed - just pop in
Wednesday 12 th June 11.00am -1.00pm	Arts Care Gofal Celf Session – Mixed Media Collage – experiment using paint, paper and collage to create botanic inspired scenes	Cwmaman Community Centre	Booking required – 01267 243815 or rachel@acgc.co.uk
Thursday 13 th 9.30am – 2.30pm	Carers Trust Crossroads West Wales Information Stand – Meet the Carers Officer for Amman Valley Hospital, find out about support services for carers and how the Carer Officer can help you.	Amman Valley Hospital – outside main entrance	No booking needed - just pop in
Friday 14 th 10.00am – 2.00pm	Carmarthenshire Carers Information & Support Service (CCISS) – Meet the Team and find out about support services for carers.	Parc Yr Esgob - Bishops Park, Abergwili	No booking needed - just pop in
Friday 14 th June 2.00pm -4.00pm	Arts Care Gofal Celf Session – Mixed Media Collage – Willow Weaving – create blooming marvelous willow flowers for your garden or home	Carmarthen Learning Centre	Booking required – 01267 243815 or rachel@acgc.co.uk
Monday 17 th June 11.00am – 1.00pm	Carers Trust Money Matters Roadshow & Information Stand – free benefit advice & benefit checks, money guidance (as part of the Nacro Connecting Carmarthenshire Information Event). Chat to staff and find out about support services for carers.	Llandovery Youth & Community Centre	No booking needed - just pop in

For further information or to book a place at any of the events or activities please ring:

0300 0200 002 or email info@ctcww.org.uk