



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd</p> <p><u>10:30 – 12:30pm</u> CANDO Neurodiversity Outreach Group NEW: 4.30 – 6.30pm PSU – Street Play – fun activities for children and parents. All welcome.</p>	<p>3rd</p> <p><u>11am – 1pm</u> Wellbeing Walk (join us for some gentle exercise, free cuppa and a chat afterwards) <u>1-3pm</u> NEW: Stroke Friends Support Group (Carmarthen Stroke Club) <u>1-2:30pm</u> People Speak Up - Story Care & Share Wellbeing Group. All welcome.</p>	<p>4th</p> <p><u>9.30 – 11.30am</u> NHS Infant Feeding Support Group <u>1-2.30pm</u> People Speak Up (Arty Afternoon) All welcome.</p>	<p>5th</p> <p><u>10 -12pm</u> - Age Cymru Crafty Crusaders (AI craft/wellbeing session Age 50+) <u>1-2.30pm</u> – People Speak Up Elevenses – dementia group/ HDUHB (START) Sessions for Carers</p>	<p>6th</p> <p><u>11 – 1.30pm</u> Living with Fibromyalgia (support group) <u>1.30 – 2.30pm</u> Re-engage: Tai Chi 75+ <u>3– 4pm</u> Lindy Hop Therapeutic Dance. All abilities, all welcome.</p>
<p>9th</p> <p><u>11.00 – 12.30pm</u> – NEW PSU/Living Well Choir – All abilities, everyone welcome! NEW: 3.30 – 5.30pm PSU – Street Play – fun activities for children and parents. All welcome.</p>	<p>10th</p> <p><u>11.30 – 1pm</u> – Angor – Sing & Ukulele Strum Along (All welcome) <u>1-2.30pm</u> People Speak Up - Story Care & Share Wellbeing Group. All welcome.</p>	<p>11th</p> <p><u>9.30 – 11.30am</u> NHS Infant Feeding Support Group <u>1-2.30pm</u> People Speak Up (Arty Afternoon) All welcome</p>	<p>12th</p> <p><u>10 -12pm</u> - Age Cymru Crafty Crusaders (craft/wellbeing session Age 50+) <u>1-2.30pm</u> – People Speak Up Elevenses – dementia group/ HDUHB (START) Sessions for Carers</p>	<p>13th</p> <p><u>11 – 1.30pm</u> Living with Fibromyalgia (support group) <u>1.30 – 2.30pm</u> Re-engage: Tai Chi 75+ <u>3– 4pm</u> Lindy Hop Therapeutic Dance. All abilities, all welcome</p>
<p>16th</p> <p><u>10.30 - 12.30</u> CANDO Neurodiversity Outreach Group <u>2.30pm – 5pm</u> Fibromyalgia advice and support group. NEW: 3.30 – 5.30pm PSU – Street Play – fun activities for children and parents. All welcome.</p>	<p>17th</p> <p><u>11.30 – 12.30</u> Angor Tai Chi (gentle movement) <u>1-2.30pm</u> People Speak Up Story Care & Share Wellbeing Group. All welcome.</p>	<p>18th</p> <p><u>9.30 – 11.30am</u> NHS Infant Feeding Support Group <u>1-2.30pm</u> People Speak Up (Arty Afternoon) All welcome</p>	<p>19th</p> <p><u>10 -12pm</u> - Age Cymru Crafty Crusaders (AI craft /wellbeing session Age 50+) <u>1-2.30pm</u> People Speak Up Elevenses – dementia group/ HDUHB (START) Sessions for Carers</p>	<p>20th</p> <p><u>11 – 1.30pm</u> Living with Fibromyalgia (support group) <u>1.30 – 2.30pm</u> Re-engage: Tai Chi 75+ <u>3– 4pm</u> Lindy Hop Therapeutic Dance. All abilities, all welcome</p>
<p>23rd</p> <p><u>11.00 – 12.30pm</u> – NEW PSU/Living Well Choir – All abilities, everyone welcome!</p>	<p>24th</p> <p><u>1-2.30pm</u> People Speak Up Story Care & Share Wellbeing Group. All welcome.</p>	<p>25th</p> <p><u>9.30 – 11.30am</u> NHS Infant Feeding Support Group <u>1-2.30pm</u> People Speak Up (Arty Afternoon) All welcome</p>	<p>26th</p> <p><u>10-12pm</u> - Age Cymru Crafty Crusaders (craft /wellbeing session Age 50+) <u>11-12.30pm</u> – NEW: Gentle Walk with a Doc, learn health tips with a health professional. <u>1-2.30pm</u> People Speak Up Elevenses dementia support group / HDUHB (START) Course for Carers <u>10 – 3pm</u> Hywel Dda UHB - Be Well Service</p>	<p>27th</p> <p><u>11am – 1.30pm</u> Living with Fibromyalgia (support group) <u>1.30 – 2.30pm</u> Re-engage: Tai Chi 75+ <u>3pm – 4pm</u> Lindy Hop Therapeutic Dance. All abilities, all welcome</p>



**FEBRUARY 2026
DROP-IN SUPPORT**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd</p> <p><u>10 - 3pm</u> Delta Wellbeing <u>10 - 2pm</u> Smoking Cessation Advice and Support</p>	<p>3rd</p> <p><u>10 - 3pm</u> Delta Wellbeing <u>10-2pm</u> Age Cymru Dyfed (dementia connectors) <u>10-1pm</u> Carers Trust (Community Support)</p>	<p>4th</p> <p><u>10-1 pm</u> Carers Trust (Community Support) <u>11 - 2pm</u> Age Cymru Dyfed (community transport support) <u>10 - 2pm</u> Foothold Cymru – Family Guides (money advice/help completing forms)</p>	<p>5th</p> <p><u>10 – 2pm</u> Age Cymru Dyfed <u>10 – 2pm</u> Carers Trust (Community Support) <u>12.30–2.30pm</u> NHS Learning Disability Health Support & Advice</p>	<p>6th</p> <p><u>10-3pm</u> Delta Wellbeing <u>10-3pm</u> Age Cymru Dyfed <u>11am – 1.30pm</u> Hywel Dda Be Well Service -Living with Fibromyalgia</p>
<p>9th</p> <p><u>10 - 3pm</u> Delta Wellbeing <u>10 - 2pm</u> Smoking Cessation Advice and Support <u>10am – 2pm</u> Age Cymru Dyfed</p>	<p>10th</p> <p><u>10 – 3pm</u> Delta Wellbeing <u>10-2pm</u> Age Cymru Dyfed (dementia connectors) <u>10-1pm</u> Carers Trust (Community Support)</p>	<p>11th</p> <p><u>10-1 pm</u> Carers Trust (Community Support) <u>11 - 2pm</u> Age Cymru Dyfed (community transport support) <u>10 - 2pm</u> Foothold Cymru – Family Guides (money advice/help completing forms)</p>	<p>12th</p> <p><u>10 – 2pm</u> Age Cymru Dyfed <u>10 – 2pm</u> Carers Trust (Community Support) <u>12.30–2.30pm</u> NHS Learning Disability Health Support & Advice</p>	<p>13th</p> <p><u>10-3pm</u> Delta Wellbeing <u>10-3pm</u> Age Cymru Dyfed <u>11am – 1.30pm</u> Hywel Dda Be Well Service -Living with Fibromyalgia</p>
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