

**YMDDIRIEDOLAETH  
GOFALWYR**

Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**

Crossroads  
West Wales



# Ammanford Park Walk for Wellbeing

Followed by Coffee and Cakes at Haz Beans Café



**Free Event for Carers**  
**Thursday 9<sup>th</sup> June 2022**

**Meeting at 10:00am – 12 noon**  
**at Ammanford Park, Tir-y-Dail Lane,**  
**Ammanford. SA18 3AN**

**To book a place please contact the Carers Information Service**  
**Tel: 0300 0200 002 / Email: [info@ctcww.org.uk](mailto:info@ctcww.org.uk)**