



6-12 June 2022

# Carers Week **FREE** Programme of Events

Brought to you by Carmarthenshire Carers Support Services Network

## Week 1



Training Session



Wellbeing Activity



Drop-in Information Stand

Date & Time	Activity	Joining Instructions
Monday 6 <sup>th</sup> June 11.00am	Llanelly House Guided Tour & Afternoon Tea. Enjoy a trip back in time and soak in the luxury of this beautifully restored Georgian Town House. All welcome.	Complete booking form
Monday 6 <sup>th</sup> June 10.00am – 2.00pm	Information Stand, Asda, Llanelli. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Monday 6 <sup>th</sup> June 10.00am – 2.30pm	Information Stand, Main Entrance, Prince Philip Hospital. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Tuesday 7 <sup>th</sup> June 10.00am – 2.00pm	Accessing Public Services Toolkit – Workshop to support positive access to health, social care and education for parents and carers of children with ADL and other cognitive needs. Delivered by Cerebra at The Royal Ivy Bush Hotel, Carmarthen. Free refreshments & lunch included. All welcome.	Complete booking form
Tuesday 7 <sup>th</sup> June 10.00am – 2.00pm	Information Stand at Parc Y Bocs, Kidwelly. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Tuesday 7 <sup>th</sup> June 9.30am – 3.00pm	Information Stand at the canteen, Glangwili General Hospital. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Wednesday 8 <sup>th</sup> June 9.00am – 12.30pm	Information Stand at Carmarthen Cattle Market, Carmarthen Showground. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Wednesday 8 <sup>th</sup> June 9.30am – 3.00pm	Information Stand, Outpatients foyer Glangwili General Hospital. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Wednesday 8 <sup>th</sup> June 10.00am – 2.30pm	Information Stand, Main Entrance, Prince Philip Hospital. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A



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Thursday 9 <sup>th</sup> June 10.00am – 12.00pm	Walk for Wellbeing – Ammanford Park & Coffee & Cake at Haz Beans Café. Enjoy a gentle stroll, a chat with other carers while helping to improve emotional and physical wellbeing. All welcome.	Complete booking form
Thursday 9 <sup>th</sup> June 10.00am – 12.00pm	Alzheimers & Hafal Wellbeing Coffee Morning at Hafal, Ammanford Resource Centre, Ty Aman, High Street, Ammanford. Come along and have an informal chat with a Dementia Adviser or a Hafal staff member. All welcome.	Just pop in
Thursday 9 <sup>th</sup> June 10.00am – 2.00pm	Information Stand at Llanelli Hwb. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A
Friday 10 <sup>th</sup> June 12.00pm – 2.00pm	Afternoon Tea at Garnant Golf Club. An opportunity to chat and relax, sample the delicious cakes, sandwiches and snacks on offer all whilst gazing out at the breath-taking scenery.	Complete booking form
Friday 10 <sup>th</sup> June 10.00am – 2.00pm	Information Stand at Leekes, Cross Hands. Come along for a chat with our experienced staff and find out what information and support is available for carers.	N/A

## Week 2

Date & Time	Activity	Joining Instructions
Thursday 16 <sup>th</sup> June 11.00am – 2.00pm	Carmarthen Museum, Bishops Park & Gardens Guided Tour & lunch at the Black Ox, Carmarthen. Enjoy a gentle stroll,	Complete booking form
Thursday 16 <sup>th</sup> June 1.00pm – 3.00pm	Dementia Friends Session at Dafen Welfare Hall, Llanelli & buffet lunch. Find out more about how dementia affects a person and gain an understanding how you can help with small everyday things.	Complete booking form
Friday 17 <sup>th</sup> June 10.00am – 12.00pm	Walk for Wellbeing, North Dock Coastal Path, Llanelli & coffee & cake at St. Elli Bay Café / Bistro. Enjoy a gentle stroll, a chat with other carers while helping to improve emotional and physical wellbeing.	Complete booking form

**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](mailto:info@ctcww.org.uk)**