



Cyfeiriadur Llesiant Caerfyrddin:

Physical Health Well-Being:

Joint Care Clinic

Sports Centre, Trinity College, College Road, Carmarthen SA31 3EP

07970657041

<http://www.jointcareclinic.co.uk>

Cervical Screening

Carmarthen SA31 9AA

01267 225046

<https://phw.nhs.wales/services-and-teams/cervical-screening-wales/>

Sexual Health Service

Pond St, Carmarthen SA31 1RT

01267 248674

-no website

Walking Well Carmarthen

07842589535

<https://walkingwellcarmarthenshire.org.uk>

Well-being Health

2 Mansel St, Carmarthen SA31 1QX

01267 232497

<http://wellbeinghealth.co.uk/>



Slimming World Carmarthen

St Marys Parish Centre, Union Street, Carmarthen, SA31 3DE

07807244447

<https://www.slimmingworld.co.uk/group/433701>

Nurture Centre

07943 589305

<http://nurturemagu.com/>

Versus Arthritis – Carmarthenshire

Nurture Centre,

Cambrian Place, John Street,

Carmarthen SA31 1QG

0800 756 3970

0800 5200 520

Mental Health Wellbeing:

Carmarthen Mind

132a Priory St, Carmarthen SA31 1LR

01267 222990

<https://www.mind.org.uk>

Hafal

8-10 Wood's Row, Carmarthen SA31 1BX

01267 223365

<https://www.hafal.org>



West Wales Action For Mental Health:

18 Queen St, Carmarthen SA31 1JT

01267 245572

<https://www.wwamh.org.uk>

Nurture Centre

1 Nurture Centre SA31 1QG

07943 589305

<http://nurturemagu.com/>

Creative Letters of Kindness

Ffwrnes Fach, Ffwrnes Theatre, Llanelli, SA15 3YE

07972651920

<https://peoplespeakup.co.uk>

Men's Sheds Cymru

Stephen's Way Pensarn Carmarthen SA31 2BG

01267 225536

<https://www.mensshedsymru.co.uk/?fbclid=IwAR0C80mqWvNVVjwch1BQ1inGxtUZKH7kkgVqDPSno0uEosQ9ojgj7eSQHNw>

Allied Healthcare Carmarthen

Carmarthen, Glien House, Cillefwr Industrial Estate, Carmarthen, Dyfed, SA31 3RB.

0800 542 1078

<https://www.alliedhealthcare.com>

Child & Adolescent Mental Health Services

Dolgwili Road, Carmarthen SA31 2AF

01267 674492



The DPJ Foundation
Castle Lake Cottage, Car Park,
Ground Floor Rear Office
(access via, 5 Dark St, Haverfordwest SA61 2DS
0800 587 4262

Advocacy West Wales/Eiriolaeth
Gorllewin Cymru
Yr Atom
16-18 King Street
Carmarthen, SA31 1BN
01267 223 197

Versus Arthritis – Carmarthenshire
Nurture Centre,
Cambrian Place, John Street,
Carmarthen SA31 1QG
0800 756 3970
0800 5200 520

Carmarthen Domestic Abuse Services
Cambrian Pl,
Carmarthen SA31 1QJ
01267 238410

Team Around the Family
Family Support, Children & Education
Building 2
Parc Dewi Sant , Jobswell Road
Carmarthen, SA31 3HB
01267 246555



Help for Heroes

Shout – A crisis text support service

Text CONTACT to 85258

Forcesline – telephone helpline

0800 731 4880

Together All at www.togetherall.com

Financial Well-being:

Help & Support Credit Unions of Wales

<https://creditunionsofwales.co.uk/home/help-support/>

Carmarthen

Unit 3 Darkgate Offices, Carmarthen, SA31 1QL

01554 770867

Financial Support - Carmarthenshire Family Information Service

<https://fis.carmarthenshire.gov.wales/financial-support-2/ervice>

Carmarthenshire Family Information Service

Building 2, Saint David's Park, Jobs Well Road, Carmarthen. SA31 3HB

01267 246 555

Philip L Jones - True Potential Wealth Management LLP

<https://www.vouchedfor.co.uk/financial-advisor-ifa/carmarthen/09176-philip-l-jones>

23 Spilman Street, CARMARTHEN, SA31 1LQ

0330 038 8942

Barrie Kent - True Potential Wealth Management LLP

<https://www.vouchedfor.co.uk/financial-advisor-ifa/carmarthen/01125-barrie-kent>

23 Spilman Street, Carmarthen SA31 1LQ

0330 038 8941

Carmarthen Community Money Advice Centre- -Xcel Project



<https://www.communitymoneyadvice.com/centre/carmarthen-community-money-advice-centre-carmarthen>

Xcel Project, Llanstephan Road, Johnstown, Carmarthen, SA31 3BP
01267 225997

Carmarthen Citizens Advice

<https://www.carmarthenshire-ca.org.uk/>

113 Lammas Street, Carmarthen, SA31 3AP
01267 234488

Hafal - Mental Health & Money Advice

<https://www.hafal.org/recovery/finance-money/>

Unit B3

Lakeside Technology Park, Phoenix Way, Llansamlet, Swansea, SA7 9FE
01792 816 600/832 400

Shelter Cymru's expert debt advice team

<https://sheltercymru.org.uk/contact-us/>

Shelter Cymru Head Office, 25 Walter Road, Swansea, SA1 5NN
01792 483092

Business - Carmarthenshire County Council

<https://www.carmarthenshire.gov.wales/home/business/>

Unit A, St Catherine's Walk, Carmarthen, SA31 1GA
01267 234567

Nationwide Carmarthen

<https://locations.nationwidebranches.co.uk/carmarthen/11-guildhall-square>

11 Guildhall Square, Carmarthen SA31 1QB
0345 266 0485

Lloyds Bank Carmarthen King Street

<https://branches.lloydsbank.com/carmarthen/43-king-street>

43 King Street, Carmarthen , SA31 1BW
0345 602 1997

Halifax Carmarthen

<https://branches.halifax.co.uk/carmarthen/121/122-lammas-street>



121/122 Lammas Street, Carmarthen , SA31 3AE
0345 720 3040

HSBC Carmarthen

<https://www.hsbc.co.uk/branch-finder/>

15 Lammas Street, Carmarthen, SA31 3AQ

New customer

03456 040 626

Existing customer

03457 404 404

Mortgage customer

0800 030 4640

Barclays Carmarthen

<https://www.barclays.co.uk/>

9-10 Guildhall Square, Carmarthen, SA31 1PW

0345 734 5345

TSB Carmarthen

<https://www.tsb.co.uk/personal/>

5 Blue Street, Carmarthen, SA31 3LQ

01267 308 999

Natwest Carmarthen

<https://www.natwest.com/>

59 King Street, Carmarthen, SA31 1AN

03457 888444

Santander Carmarthen

<https://www.santander.co.uk/>

2 Dark Gate, Carmarthen, SA31 1PS

0800 9123123



Principality Building Society

<https://www.principality.co.uk/>

13 Guildhall Square, Carmarthen, SA31 1PR

01267 235403

Yorkshire Building Society Agency

<https://www.ybs.co.uk/index.html>

49-51 Lammas St, Carmarthen, SA31 3AL

01267 237340

Swansea Building Society in Carmarthen

<https://www.swansea-bs.co.uk/>

13, 14 Lammas St, Carmarthen, SA31 3AQ

01267 611950

NACRO Carmarthenshire Housing First

Nacro Cymru,

Ty Myrddin,

Old Station Rd,

Carmarthen SA31 1LP

07760162657

Youth Groups and Services:

DRMZ Carmarthen

The Clubhouse, Friars Park, Carmarthen SA31 3AN

01267 222786

<https://www.drmz.co.uk>

Carmarthenshire County Council Youth Support

Jobs Well Road, Carmarthen, SA31 3HB

<https://fis.carmarthenshire.gov.wales/families-first/youth-support-workers/>



Carmarthenshire Federation of Young Farmer's Clubs
01267 237693
Agricultural House, 32 Cambrian Place, Carmarthen
<https://www.carmsyfc.org.uk>

CARMARTHENSHIRE YOUTH COUNCIL
Saint David's Park, Jobswell Road, Carmarthen, SA31 3HB
Tel: 01267 246690
<https://youthsirgar.org.uk>

Teen Challenge
Hope House, 6 Church Road, Gorslas, SA14 7NF
United Kingdom
Phone:
01269 844 114
<http://www.teenchallenge.org.uk/admissions/4-teams>

Coleg Sir Gar: Jobs Well Campus
Job's Well Road, Carmarthen SA31 3HY
01554 748000
<https://www.colegsirgar.ac.uk/index.php/en>

Carmarthen Round Table
Round Table Carmarthen, Ivy Bush, 11 Spilman St, SA31 1LG
<https://rtc80.co.uk/>

5th Carmarthen Scouts'
Round Table Carmarthen, Ivy Bush, 11 Spilman St, SA31 1LG
<https://www.scouts.org.uk/groups/10015638?loc=Carmarthen%20&slug=5th-Carmarthen>

- No phone number



Faith Communities:

Christ Church (Eglwys Crist)

Lammas Street, Carmarthen, SA31 2AL

01267 234 183

<https://www.christchurchcarmarthen.org.uk/>

Carmarthen Evangelical Church

11 The Parade, Carmarthen, SA31 1LY

<https://www.carmarthenevangelicalchurch.org/>

St. Peter's Church

6 Ael Bryn, Tanerdy, SA31 2HB

01267 468 432

07964 631 997

<https://stpeterscarmarthen.org.uk/>

St David, Abergwilli Church

SA31 2JF

No tel. number

<https://www.churchinwales.org.uk/en/structure/church/3486/>

Babell Zion Newydd Chapel (Babell Presbyterian Chapel)

Carmarthen

SA31 2DJ

No tel. number

<https://www.facebook.com/BabellChapel/>



English Baptist Church

12-5 Lammas St, Carmarthen, SA31 3AD

07968 848 929

<https://www.englishbaptistchurch.org.uk/welcome.htm>

Penuel Baptist Church

1 Penuel St, Carmarthen, SA31 1NH

<http://penuelcaerfyrddin.org/where?lang=en>

Tabernacle

Waterloo Terrace, Carmarthen, SA31 1DQ

01267 236 658

<https://sites.google.com/site/tabernaclcaerfyrddin/>

Saint Mary's Church Llanllwch

Carmarthen, SA31 3RN

01267 468136

<https://www.facebook.com/stmarysllanllwch/>

Bethel Church

Hill House

Picton Terrace

Carmarthen

SA31 3BT

<https://bethel.info/>

Ebenezer Gospel Hall

Blue St



Carmarthen

SA31 3LE

07854 842 220

<https://www.carmarthenchurch.co.uk/location>

English Congregational Church

105 Lammas Street

SA31 3AL

https://www.facebook.com/English-Congregational-Church-Lammas-Street-Carmarthen-1727433834142223/?ref=page_internal

Priory Street Welsh Independent Chapel

Carmarthen

SA31 1NE

<https://www.priordy.org/cartref>

The Salvation Army

Lammas Street

108-109 Lammas Street

Carmarthen

SA31 3AP

<https://www.salvationarmy.org.uk/carmarthen>

St Anne's Church Cwmffrwd

Carmarthen

SA31 2NA

01267 237 280

<https://www.facebook.com/St-Annes-Church-Cwmffrwd-11486262655338/>



Wesley Methodist Church

6 Barn Rd

Carmarthen

SA31 1DE

http://www.swwalesmethodists.org.uk/wesley_carmarthen.htm

Towy Community Church Administration Office Xcel Centre

Llansteffan Rd

Johnstown

SA31 3BP

<https://www.towychurch.co.uk/>

St. Mary's Catholic Church

2 Union Street

Carmarthen

SA31 3DE

01267237205

<https://stmaryschurchcarmarthen.org/contact/>

The Community of The Many Names of God

Skanda Vale

Llanpumsaint

Carmarthen

SA33 6JT

1559 384421

07948 068991

<https://www.skandavale.org/>



Carmarthen Mosque (West Wales Islamic & Cultural Association)

131 Priory St

Carmarthen

SA31 1LR

01267 232661

<http://www.wwica.co.uk/>

Substance Misuse Groups:

NHS Community Drug & Alcohol Team

Penlan Rd, Carmarthen SA31 1DN

01267244442

John Williams MBACP – Counsellor

10, Old Station Rd, Carmarthen SA31 1JN

07811319113

<http://ejwcounselling.co.uk/>

Carmarthenshire County Council Substance Misuse Team

01554 744343

<https://www.carmarthenshire.gov.wales/home/council-services/social-care-health/drugs-alcohol-misuse/#.YXLQOi14WfA>



DDAS – Dyfed Drug and Alcohol Service

03303 639 997

<https://barod.cymru/where-to-get-help/west-wales-services/ddas-dyfed-drug-and-alcohol-service/>

Carmarthenshire Drug & Alcohol Rehab Clinics

08001182892

<https://www.rehabclinic.org.uk/locations/drug-alcohol-rehab-clinic-carmarthenshire/>

Alcoholics Anonymous Carmarthen

Nurture Centre, Cambrian Place, John Street, SA31 3QG

01792301907

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Carmarthen>

Prism Alcohol Advisory Services

Forestry House, brewery Road, Carmarthen, SA31 1TF

01267 231634

ChooseLife Drug and Alcohol Service

Copperworks Road, Llanelli, SA15 2NE

01554 771122

CYFLE Cymru

01267 231 634



LGBTQ+ Community Groups:

Carmarthen LGBTQ+ Facebook Group

<https://www.facebook.com/carmarthenlgbtq/about>

Stonewall Cymru

<https://www.stonewallcymru.org.uk/about-us>

Sir Gar LGBTQ+ Carmarthenshire

CETMA Business Centre

Marsh Street

Llanelli

SA15 1BG

01554 556776

07539339973

<https://carmslgbtqplus.org.uk/>

LGBTQ+ Society (Carmarthen) UWTSD Students' Union

UWTSD Students' Union

1 Llys Glas

Alexandra Road

Swansea

SA1 5AL

01792 482 100

<https://www.uwtsdunion.co.uk/about>

LGBT+ Cymru Helpline & Counselling Service

0800 917 9996

<https://lgbtcymru.org.uk/about/>



Pride Cymru

<https://www.pridecymru.com/?ref=pinkuk>

Shelter Cymru

<https://sheltercymru.org.uk/lgbt-aware/>

Umbrella Cymru - LGBT Consortium

<https://www.consortium.lgbt/member-directory/umbrella-cymru/>

BAME Community Groups::

Race Council Cymru

Carmarthen Cultural Hub

0330 229 0995

<https://racecouncilcymru.org.uk/cultural-hubs/>

BAME Helpline Wales

0300 222 5720

<https://bame.wales/>

BME Mental Health - Diverse Cymru

029 2036 8888

<https://www.diversecymru.org.uk/bme-mental-health/>

EYST Wales



Units B & C

11 St Helens Road

Swansea

SA1 4AB

<http://www.eyst.org.uk/>

Show Racism the Red Card – Wales - Charity

Transport House

1 Cathedral Road

Cardiff

CF11 9SD

<http://www.theredcard.org/>

Stand Up to Racism Wales website

<http://www.standuptoracism.org.uk/>

BAME Mental Health Service

230 High Street

Swansea

SA1 1NY

0800 144 8824

<https://www.bamementalhealth.org/>

BAWSO

BAWSO Cardiff Clarence House

Clarence Road

Cardiff Bay

Cardiff

CF10 5FB

02920 644633

<http://www.bawso.org.uk/>



CGL ACE (Achieving Change Through Employment)

23 St Andrew's Crescent

Cathays

Cardiff

CF10 3DB

<https://www.changegrowlive.org/content/ace-wales>

Ethnic Minority Welsh Women Achievement Association

<https://emwwaa.org.uk/>

Social Groups:

Carmarthenshire People First

01267 234 635

16 Spilman Street,

Carmarthen

SA31 1JY

<http://www.carmarthenshirepeoplefirst.co.uk/>

Carmarthen Golf Club

Blaenycloed Road

Carmarthen

SA33 6EH

(0)1267 281588

<http://www.carmarthengolfclub.co.uk/>



Carmarthen Rotary Club – every Monday at 12.55
Ivy Bush Royal Hotel,
Spilman Street,
Carmarthen,
Carmarthenshire,
SA31 1LG

Carmarthen & District Ramblers- walking group
01267 230994
<https://www.carmarthenramblers.org.uk/>

United Counties Agricultural and Hunters Society
The Showground,
Nantyci
Carmarthen
SA33 5DR
01267 232 141
<https://www.unitedcounties.org/>

Carmarthen Leisure Centre
Llansteffan Road
Johnstown
Carmarthen, SA31
01267 230874
<https://www.actif.wales/locations/carmarthen/>

Llety Cynin Leisure Club
Llangynin
SA33 4JY
01994 231516



D12 Fitness

Variety of exercise classes

Boot Camp

Spin

Body Sculpt

01267238022

<https://www.d12fitness.co.uk/>

Carmarthen Spinners, Weavers and Dyers- first Saturday of every month 10am-3pm

Newchurch Community Hall

Neuadd Gymuned

Llannewydd

Henfwlch Road

Carmarthen

SA33 6AF

<http://www.carmarthenspinners.co.uk/>

Carmarthen Yarn Bombing Group

07748 597 542

<https://co-operate.coop.co.uk/groups/carmarthen-yarn-bombing-group/>

Carmarthen Artists' Network

Carmarthen

SA31 1LH

<http://canart.org.uk/>

Carmarthenshire Association of Voluntary Services

18 Queen St, Carmarthen SA31 1JT

01267245555

<http://www.cavs.org.uk/>



Age Cymru Dyfed Befriending Life Links Project

100 Lower Trostre Rd

Llanelli SA15 2EA

07399 861 350

03333 447 874

CETMA Community Engagement, Media, Technology & Art Social Enterprise

CETMA Business Centre

Marsh St

Llanelli SA15 1BG

01554 772056

Suicide Awareness Groups:

Mind Carmarthen Age 18 +

132b Priory Street Carmarthen SA31 1LR

Tel: 01267 222990

Website: www.mind.org.uk

Social Services Emergency Out of Hours Service

Emergency Out of Hours Number Tel: 01558 824283

Careline Number: (Call centre) 0845 6580445

DPJ Foundation

Ground Floor Rear Office

5 Dark Street Haverfordwest SA61 2DS



Confidential helpline: 0800 587 4262 Text: 07860 048799

Email: contact@thedpjfoundation.com

Text: 07860 048799 or Phone: 0800 587 4262

Website: www.thedpjfoundation.com

Jac Lewis Foundation

Manor Road Ammanford, Carmarthenshire

Tel: 07368 828515

Website: <http://jaclewisfoundation.co.uk/>

Community Advice and Listening Line (CALL)

Tel: 0800 132737

Text: help to 81066

Website: www.callhelpline.org.uk