



Llesiant Iechyd Corfforol - Physical Health Wellbeing

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/>



Llesiant Iechyd Meddwl - 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=IwAR0C80mqWvNVVjwch1BQ1inGxtUZKH7kggVqDPSno0uEosQ9ojgj7eSQHNw>

Allied Healthcare Carmarthen
Carmarthen, Glien House, Glien Road, 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



Llesiant Ariannol - Financial Wellbeing

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



Grwpiau a Gwasanaethau Ieuenctid - Youth Groups & Services

DRMZ Carmarthen

The Clubhouse, Friars Park, Carmarthen SA31 3AN

01267 222786

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

Family information Service Carmarthenshire Youth Support

Jobs Well Road, Carmarthen

Carms, 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

Carmarthenshire

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,
Carmarthen,
SA31 1LG
<https://rtc80.co.uk/>

5th Carmarthen Scouts'
Scout Headquarters, 16 Woods Row, SA31 1BX
<https://www.scouts.org.uk/groups/10015638?loc=Carmarthen%20&slug=5th-Carmarthen>
- No phone number



Cymunedau Ffydd - 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/>



Grwpiau Cam-drin Sylweddu - Substance Abuse 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



Grwpiau Cymunedol LGBTQ+ - 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/>



Grwpiau Cymunedol BAME - 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

01267 281588

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

Carmarthen Rotary Club – every Monday at 12.55

Ivy Bush Royal Hotel,

Spilman Street,

Carmarthen,

Carmarthenshire,

SA31 1LG

No website

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

https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.lletycynin.co.uk%2Fleisure-club%2F%3Ffbclid%3DIwAR0CbAMki3tw-eIRV8F4K2nkE0TvQVmPk9B6HvjGu-62x9qJ2LY2ofcArM&h=AT0NTxXP6vvN2VwYs7nfAeM1cjRgyAi-wnZMjiVOKA4IM4DcbDaeUYKXvTNhdH0TRjpt9_QwIKShLqNNtqJ9iAkNGyUE_axSTWX8gBeFqGRXvJyZNfs6rUvkUpk0NrJzSg

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/>



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

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