



Carmarthen Wellbeing Directory:

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/>



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
Ffwrmes Fach, Ffwrmes Theatre, Llanelli, SA15 3YE
07972651920
<https://peoplespeakup.co.uk>

Men's Sheds Cymru
Stephen's Way Pensarn Carmarthen SA31 2BG
01267 225536
<https://www.mensshedscymru.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 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, CarmarthenSA31 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 & 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
<https://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-114862626555338/>

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 Prioory St
Carmarthen
SA31 1LR
01267 232661
<http://www.wwica.co.uk/>

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

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

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://www.facebook.com/LletyCyn>

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