



# Informator Dobrego Samopoczucia w Carmarthen:

## Zdrowie Fizyczne:

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

## Zdrowie Psychiczne:

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.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



## Porada Finansowa:

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

## Grupy Młodzieżowe i Porady:

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/>

5<sup>th</sup> 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

## Wspólnoty Wyznaniowe:

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](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](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://stmaryschurhcarmarthen.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 Priors St  
Carmarthen  
SA31 1LR  
01267 232661  
<http://www.wwica.co.uk/>

## **ORGANIZACJE WSPIERAJĄCE PROCES LECZENIA UZALEŻNIEŃ:**

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

## Spolecznosc LGBTQ+:

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/>

## Spolecznosc BAME:

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/>



## Grupy Społeczne:

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://l.facebook.com/l.php?u=https%3A%2F%2Fwww.lletycynin.co.uk%2Fleisure-club%2F%3Ffbclid%3DIwAR0CbAMki3tw-eIRV8F4K2nkE0TvQVmpk9B6HvjGu-62x9qJ2LY2ofcA-rM&h=AT0NTxXP6vvN2VwYs7nfAeM1cjRgyAi-wnZMjiVOkA4lM4DcbDaeUYKXvTNhdH0TRjpt9\\_QwlKShLqNNtqJ9iAkNGyUE\\_axSTWX8gBeFqGRXvJyZNfs6rUvkUpk0NrJzSg](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.lletycynin.co.uk%2Fleisure-club%2F%3Ffbclid%3DIwAR0CbAMki3tw-eIRV8F4K2nkE0TvQVmpk9B6HvjGu-62x9qJ2LY2ofcA-rM&h=AT0NTxXP6vvN2VwYs7nfAeM1cjRgyAi-wnZMjiVOkA4lM4DcbDaeUYKXvTNhdH0TRjpt9_QwlKShLqNNtqJ9iAkNGyUE_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/>

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



## Grupy Zapobieganiu Samobójstwom:

### **Mind Carmarthen Age 18 +**

132b Priory Street Carmarthen SA31 1LR

Tel: 01267 222990

Website: [www.mind.org.uk](http://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](mailto:contact@thedpjfoundation.com)

Text: 07860 048799 or Phone: 0800 587 4262

Website: [www.thedpjfoundation.com](http://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](http://www.callhelpline.org.uk)