

Activities/ Clubs available in Carmarthenshire:

SPECIAL OLYMPICS ATHLETICS.



Ribbon

AMMAN VALLEY LEISURE CENTRE.

FRIDAY 5-6PM

MRS DELYTH EDWARDS (Chairperson of Special Olympics Carmarthenshire)

delythedwards@outlook.com

07790237770

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

CYCLING

CYCL FOR ALL (ADAPTIVE CYCLING SESSIONS) AT PEMBREY COUNTRY PARK CLOSED ROAD CIRCUIT

SKI PEMBREY 01554 834443.

FOOTBALL.



Gold

AMMANFORD AFC

EMAIL Rhodri Jones rhodrijones@btconnect.com

<https://ammanfordtownafc.co.uk/>

RHYDAMMAN RANGERS PAN DISABILITY



Gold under the Ammanford AFC umbrella

EMAIL sion thomas <SionThomas15@outlook.com>;

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

FOOTBALL.


INCLUSIVE FOOTBALL SESSIONS to feed into Rhydamman Rangers Pan Disability team.

AMMAN VALLEY LEISURE CENTRE.

THURSDAY 4.30-5.30PM

TELEPHONE 01269 594517

EMAIL. Actifsirgar@carmarthenshire.dov.uk;

FOOTBALL. Working towards  Ribbon

LLANELLI TOWN AFC

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

EMAIL Jordan Fox jordanfox.llanellitownafc@gmail.com

NETBALL  Ribbon

SER Y BYD.


INTEGRATED CLUB

LLANELLI LEISURE CENTRE. FRIDAY 10.30-11.30AM.AGE 13 PLUS.

MALE AND FEMALE

07429424401 TRACY HALLETT

EMAIL tracyhallett1@googlemail.com

RUGBY UNION working towards  Ribbon
LLANELLI WARRIORS


INTEGRATED CLUB

BURRY PORT RFC . SUNDAY 3-5PM. CHECK THE WEBSITE FOR ANY CHANGES

<http://www.pitchero.com/clubs/llanelliwarriorsrfc/>

07837994901 GWILYM LEWIS.

gwilym666@hotmail.com



LLAMA

LLANELLI AUTISTIC MAMS ASSOCIATION

A community support and friendship group for parents and carers of young people with ASD or are believed to be on the spectrum.

FIND US ON FACEBOOK & INSTAGRAM!

llanellillamas@yahoo.com

No drama with these Llamas!

A meeting of friends in the spring of 2021 was the start of an amazing community group that is growing daily. Finding solace between friends of the struggles we face on a daily basis prompted us to start a Facebook group and add friends that we knew had a child or children with autism or on the pathway. Who would have known that this little group would become so well known in the Llanelli area by parents carers and professionals alike. Meeting up for play dates was our aim in the beginning.

This has now grown to the Llamas having weekly events... inflatable sessions, swimming sessions and swimming lessons... and monthly coffee mornings. Having a child with autism is a very lonely stressful and challenging predicament for a parent and we now have over 250 families within our group and this is growing on a daily basis.

It is a safe space where people can check in, ask advice and find out about events that are on in the area...

If you or anyone you know is affected by a family member that has autism in the Llanelli area please signpost and become an honorary **LLAMA!**

Actif website

<https://www.actif.wales/>

Actif Anywhere link

<https://www.actif.wales/actif-anywhere/>

Actif Adults

<https://www.actif.wales/community-sport/actif-adults/>

Children's Activities

<https://www.actif.wales/facility-activities/childrens-activities/>

Learn to Swim

<https://www.actif.wales/facility-activities/activities/learn-to-swim-programme-at-actif/1202>

Link to the DSW You Tube Channel:

<https://www.youtube.com/channel/UC00NJ85E3UurrikAzgHpv5A>

You will have to scroll down quite far for the activities on the DSW You Tube Channel.

<https://www.discovercarmarthenshire.com/media/8395/12095-saesneg-accessibility-updated.pdf>

Things to do at Pembrey Country Park.

<https://www.pembreycountrypark.wales/whats-on/>

Pembrey Horse Riding.

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