



Summer Programme



Day/Time	09:30am-10:00am	10:00am-12:00pm	12:00pm-1:00pm	1:00pm-3:00pm	6:00pm-8:00pm
Monday	Breakfast	Go Wild	Lunch	Just a Taste	
Tuesday	Breakfast	Go Wild	Lunch	Life Smart Workshop	Games Night
Wednesday	Breakfast	Dress to Impress	Lunch	Life Smart Workshop	
Thursday	Breakfast	Life Smart Workshop	Lunch	Design, Make and Sell	Movie Night
Friday	Breakfast	Just a Taste	Lunch	Dress to Impress	

We offer the following free facilities on a daily basis:

- Breakfast
- Lunch
- IT Suite
- Community Store
- Change of Clothes
- Tea & Coffee
- Laundry (10am-1pm Monday and Wednesday)

Just a Taste

- Easy Recipes
- Eat Well
- Shopping on a Budget
- Healthy Eating
- Community Fridge and Freezer

Go Wild

- Growing food
- Green Gym
- Survival Skills

Life Smart Workshop

- Money Management
- Healthy Relationships
- Confidence and Motivation
- Resilience
- Anger Management
- Risky Behaviour

Design, Make and Sell

- Design a Product
- Marketing
- Pricing and Selling
- Upskilling

Dress to Impress

- Update your CV,
- Job Search,
- Interview Skills
- Practice Interview
- Career Search
- Literacy and Numeracy
- Interview Clothing/Makeover

Free drop in for 16-24 year olds in Carmarthenshire

For more information, contact: Sophie Morgan: smorgan@cbsa.org.uk 07496 365734