

MONDAY

TUMBLE FAMILY CENTRE

Language and Play
9:30-11:00
Tumble Hall
Free

PLANT DEWI

Young Parents Project
(under 26)
Impact 242,
Cross Hands
10:00 – 11:30
07483 966168
Free

PLANT DEWI

Families Together
Impact 242,
Cross Hands
1:00 – 2:30
07483 966168
Free

TUESDAY

Canolfan Carwyn

Clwb Deulu
9:30 – 11:30
Drefach
£2.00

EYIT

Baby Massage
Booking only through
your Health Visitor

EYIT

Fuss Free Feeding
10:30-12:00
Every other Tuesday
starting 16th of January
Neuadd Y Gwendraeth
Free

TUMBLE FAMILY CENTRE

Bumps and Babies
9:30-11:00
Y Cwtch, Park Place,
Tumble
Pregnant – 12 months
Free

TUMBLE FAMILY CENTRE

Youth Club
4:30-6:00
Y Cwtch, Tumble
School years, 4, 5 & 6

WEDNESDAY

EYIT

Song and Chat
10:30 -11:30
Pontyberem School Hall
Free

TUMBLE FAMILY CENTRE

Baby Massage
9:30-10:00
The Cwtch, Park Place,
Tumble
Free
Birth - Crawling

Baby Sensory
10:00-11:00
Y Cwtch, Park Place,
Tumble
Free
0-18 months



THURSDAY

EYIT

Movers and Creators
Gorslas School Hall
10:15-11:00
Free

IMPACT 242

Cross Hands
Baby and Toddler Group
'Little Stars'
9.00 – 11.00
01269 507838
£2.00

EYIT

Parent led baby group
1:00 – 2:00
Cefneithin Hall
Free
Under 1 years old



FRIDAY

EYIT

Variety of different
sessions
0-4 years old
Penygroes Pavilion
11.15 – 12:00
Free

LLAETH MAM

Breast Feeding Support
10:00-11:30
Bethania Vestry, Tumble,
SA146DT
Every other Friday
Please check their
Facebook.
Free

EYIT

Baby Massage
Booking only through
your Health Visitor
Free

**For extra information
please contact**

01267 224 819

[The Early Years Integration Team -
Carmarthenshire Family
Information Service \(gov.wales\)](#)