

MONDAY

TUMBLE FAMILY CENTRE

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

MENTER CWM GWENDRAETH

Mwncis Menter
9:30
Y Cwtsh - Pontyberem
£3

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

MENTER CWM GWENDRAETH

Mwncis Menter
1:00
Pafiliwn Penygroes
£3

TUESDAY

Canolfan Carwyn

Clwb Deulu
9:30 – 11:30
Drefach
£2.00

TUMBLE FAMILY CENTRE

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

EYIT

Fuss Free Feeding
1:00 - 2:00
Leekes, Cross Hands
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 Sensory
9:30-11:00
Y Cwtch, Park Place,
Tumble
Free
0-18 months

THURSDAY

EYIT

Walk and Talk
10:30
Meeting at Cross Hands
Cinema.
Free

EYIT

Parent led baby group
1:00 – 2:00
Cefneithin Hall
Free
0 – 15 months

FRIDAY

EYIT

Variety of different
sessions
0-4 years old
Penygroes Pavilion
11.15 – 12:00
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 \(gov.wales\)](#)