

COURSES

TUTOR LED delivered at Trallwm Hall

11th February - 10 week basic
computer course (10.00 – 12.00)

15th March – Mental Health
Awareness session (10.00 – 12.00)

22d March – Coping with Change
session (10.00 – 12.00)

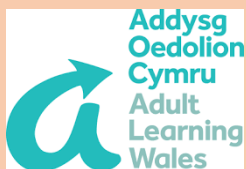
TUTOR LED online course

10th March – Dementia Awareness
session (9.30 – 11.30)

As this is an online course you will require
internet access, you will also require a laptop
or PC with camera and microphone.

For more information on each course please
see our Facebook page or email
cllr.donoghue@gmail.com

Courses are delivered by Adult Learning Wales
and funded by the project and PCS Wales
Union Learning Funs GALW4 project.



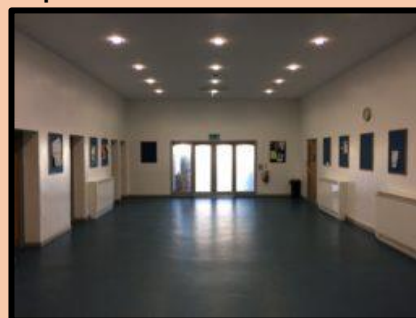
TRALLWM AREA COMMUNITY HALL

Amanwy, Llwynhendy, Llanelli
Carmarthenshire SA14 9AH
Tel 01554 897486

The hall is owned by Llanelli Rural
Council and is run by the community
for the community. It has a range of
facilities including BT Guest WiFi, a
café area, 2 commercial kitchens,
meeting room, large main hall, ample
parking and changing rooms.

The hall has regular classes and
events including Brownies, Dance
Classes, Weight Watchers and fitness
sessions. (check for details). The hall
can be hired for Childrens Birthday
Parties, meetings or events.

Trallwmhallbooking@gmail.com or
phone 07929030164.



(Main Hall)

COFFEE, CLECKS and CONNECTING



A project funded by CAVS and the Welsh
Government 'Connected Communities' fund
that aims to support residents who are
lonely or isolated in the community.

FREE AND OPEN TO EVERYONE



TRALLWM AREA COMMUNITY HALL



Llywodraeth Cymru
Welsh Government



CCGSG ~ CAVS

Connected Communities is the Welsh Government strategy for tackling loneliness and social isolation, building stronger social connections and addressing Winter Pressures. The priorities are:-

- Priority 1 Increasing and Promoting Opportunities for People to Connect
- Priority 2 A Community Infrastructure that Supports Connected Communities
- Priority 3 Cohesive and supportive communities
- Priority 4 Building Awareness and Promoting Positive Attitudes

Trallwm Area Community Hall (TACH) working with local partners, is delivering a project entitled 'Coffee Clecks and Connecting'. This provides regular coffee mornings, with a relaxing atmosphere where people can meet up and improve social connectivity. The project delivers courses and seminars on a range of issues and topics to enrich peoples understanding of community life and to become more self-sufficient. This includes a 10 week basic IT course, so people can become 'connected' with family and friends when at home. Regular information sessions are held on a range of topics including finance, healthy eating, and mental health.

The project promotes the Silver Screen days at the ODEON in Llanelli and lunch clubs in local pubs and restaurants. Working with

Stebonheath Sports Bar we organise tickets for Llanelli AFC and West Wales Raiders Rugby League matches. A number of partners work with the project including:-



UPCOMING EVENTS

Coffee mornings

The hall is open every Tuesday and Friday 10am – 12pm for tea, coffee and a chat.

St David's Day – 1st March

Coffee, Cawl and Welsh Cakes

TUESDAY MARCH 1st - St David's Day
TRALLWM HALL

Coffee, Cawl & Welsh Cakes
12.00 pm

Suggested donation of £1 per person.
Please book in advance
Call Michelle Donoghue
Tel 07929 030201
Or email Trallwmhallbooking@gmail.com

COFFEE MORNING AS USUAL 10-12

Part of Trallwm Hall's Coffee, Clecks and Connecting project. Funded by the Welsh Government Connected Communities Fund and CAVS.

March 8th 10.00 – 12.00

Coffee, Clecks and Clicks

Make a LEGO Tulip.



£2 suggested donation. While stocks last.

Check our FB page for latest news or email trallwmhallbooking@gmail.com