

**TRALLWM AREA COMMUNITY**

**HALL**

Amanwy, Llwynhendy, Llanelli SA14

9AH



**COFFEE, CLECKS AND CONNECTING**



is a 3 month project funded by the Welsh Government 'Connected Communities' fund that aims to support residents who feel lonely or isolated in the

community. If you feel like a chat or want some advice please join us most Tuesdays and Fridays 10 –12. For more details of what's happening see over the page. Other events are always being added so check the Hall facebook page or ring 07929 030164.

**Services**

Cinema Visits , Day trips , subsidised Lunch clubs , FREE Coffee mornings, Advice sessions , FREE Courses and training events and visits to sporting events.



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**What's on?**

1st Feb	Coffee morning	10am - 12pm	Trallwm Hall
1st Feb	Silver Screen - The Courier	1.00pm	Odeon Llanelli
4th feb	Coffee morning and advice session	10am - 12pm	Trallwm Hall
8th Feb	Lunch Club	12.30pm	Joiners Arms
11th Feb	IT COURSE & Coffee morning	10am - 12pm	Trallwm Hall
15th Feb	Coffee morning	10am - 12pm	Trallwm Hall
18th Feb	IT COURSE & Coffee morning	10am - 12pm	Trallwm Hall
22nd Feb	Coffee morning	10am - 12pm	Trallwm Hall
25th Feb	IT COURSE & Coffee morning	10am - 12pm	Trallwm Hall
1st Mar	St David's day Coffee, Cawl and Welsh Cakes*	10am - 1.00pm	Trallwm Hall

**UPCOMING COURSES**



Delivered by Adult Learning Wales—Funded by PCS WULF GALW4 project

**Friday February 11th (10 weeks course)**

Basic Computer Course 10.-12.00

**Tuesday March 15th (1/2 day course)**

Mental Health Awareness course 10.00—12.00

**Tuesday March 22nd (1/2 day course)**

Coping with Change course 10.00—12.00



**SILVER SCREEN@ LLANELLI ODEON**

TUE 1st Feb 1.00pm—The Courier



For more information or to book a place on a course or event contact Michelle Donoghue on 07929 030201 or email [cllr.donoghue@gmail.com](mailto:cllr.donoghue@gmail.com)

**\*You must pre-book all courses, the lunch club or sports match.**

**(Some events may be changed please check)**

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