Welcome

Hello,

Thanks for picking up this Time Credit brochure, it will tell you what Time Credits are, how you can earn them, and how you can spend them.

You might not have realised, but Time Credits are being earned and spent all over the country. You’re now part of a network of over 16,000 people and hundreds of organisations who give their time to their community. Welcome to the team.

Here in South West Wales, 28,000 hours have been given and 85 community groups are involved. You can join in too, in a way that suits you. Have a look on the Team Page to find out how.

We should probably introduce ourselves- we’re ‘Spice’. We work with people in your area to support Time Credits. It’s very nice to meet you.

Visit our website
www.justaddspice.org

Find us on Facebook
facebook.com/Carmarthenshire-Time-Credits

Follow us on Twitter
@C1stCarmsTime
@justaddspice

How Time Credits work

We all need a little help sometimes, for lots of different things. Our communities are no different, and this is where Time Credits come in.

If you give an hour of your time to your community, your community will thank you by giving you an hour back to spend on something you like to do. Everyone’s hour is worth the same and everyone gets thanked. There’s no limit to how many credits you can earn, and the more you earn the more you can spend. Time Credits never expire.

There are lots of ways to earn Time Credits across your community, and hundreds of ways to spend them across the country. You can earn and spend in a way that suits you. Why? Because everyone has something to give, and ultimately, because a bit of time together makes all the difference.

Carers or support workers are given free entry with anyone who has earned Time Credits and needs a bit of extra assistance. If you or someone you know or support have any specific accessibility needs, please call our friendly partners before visiting, they’ll be happy to help.

We do not provide the services and activities where you can earn Time Credits or the activities where Time Credits can be spent, and so we accept no liability for the quality, adequacy and availability of such services or activities.

All the great ways to spend your Time Credits you see in this brochure are provided by businesses, councils and community groups. They do not receive any payment for providing these opportunities. We think you’ll agree that’s rather nice of them, so let them know if you enjoyed their activity, and feel free to tell them how you earned your credits. If you have problems with any of the opportunities listed, get in touch with us straight away so we can chat to these helpful partners of ours and iron things out.
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The Team

Want to get involved with Time Credits? Maybe you feel like you want a bit more information? Get in touch with us on the details below. We’re a friendly energetic bunch, we’re passionate about what we do, and we love hearing from new people and groups.

Rachel Gegeshidze
Senior Project Manager: South West Wales
rachel@justaddspice.org
07453 987648

Karen Scott
Project Manager: South West Wales
karencott@justaddspice.org
07475 199445

Steve Williams
Senior Project Manager: Schools
steve@justaddspice.org
07462 274098

Look out for the Time Credit icons

This blue ‘Spend’ icon appears alongside each activity to tell you how many Time Credits you’ll need to take part.

Where this icon appears, it means there are various activities available with different Time Credits values.

Pages showing this logo mean that we are continually updating the opportunities to use your Time Credits whether it’s on tickets, courses or events. To keep up to date on these offers, please keep an eye on the Spice website, follow your local project’s Facebook and Twitter feeds and subscribe to your local monthly newsletter where you’ll hear all the juicy updates first!

Help & support

If you have any specific accessibility needs, please call ahead before planning your visit. Carers are admitted with members who have earned Time Credits.

If you or someone you know has any accessibility issues around using this brochure just contact us using the details opposite, we’re always happy to help.
**Beacons Yoga Swansea**

Where is it?
Various

t: 07730 487372
e: beaconsyogaswansea@gmail.com
w: beaconsyoga.com

What do I need to know?
Please contact Jane directly to discuss your needs or the needs of your group. Also contact Jane to find out more about classes near you!

About the partner
Jane Reynolds is a qualified teacher with the British Wheel of Yoga, and fully insured to teach by them. In addition to mixed yoga classes, Jane is able to offer tailor-made therapeutic yoga classes, either in small groups or one-to-one sessions. At present she can offer group classes for less able adults and those with learning difficulties (including the elderly and those with dementia), as well as therapy sessions for people with fibromyalgia, ME and CFS.

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>When</th>
<th>Time Credits</th>
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<tbody>
<tr>
<td>1 Yoga session for individuals</td>
<td>As and when</td>
<td>1</td>
</tr>
<tr>
<td>Group yoga sessions</td>
<td>Bespoke sessions - please discuss with Jane</td>
<td></td>
</tr>
</tbody>
</table>

**Coffee, Craft & Conversation Community Group**

Where is it?
Bethal Church, Johnstown Carmarthen, SA31 3JF
e: coffeecraftandconversation@gmail.com
w: Coffee-Craft-and-Conversation

What do I need to know?
Includes unlimited teas and coffee, cake, craft materials and all the chat you can manage.

About the partner
Friendly weekly get together, combining both arts and craft, and a chance to meet other people and just chat. Open to all adults. Enjoy some “me time”!

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<tr>
<th>What’s on offer</th>
<th>When</th>
<th>Time Credits</th>
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<tbody>
<tr>
<td>1 Session</td>
<td>Tue 12.30-2.30pm. Term-time only</td>
<td>2</td>
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<tr>
<th>What’s on offer</th>
<th>When</th>
<th>Time Credits</th>
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<tr>
<td>Group yoga sessions</td>
<td>Bespoke sessions - please discuss with Jane</td>
<td></td>
</tr>
</tbody>
</table>
Create Me Happy Cuppa Clubs
Pontiets, SA15

Where is it?
Gwendraeth Tenants Resource Centre,
Pontiets, SA15 5TR
e: janeygwynn@fastmail.fm
f Create-Me-Happy
@createmehappy

What do I need to know?
Cuppa Club is an emotional wellbeing drop-in with different weekly workshops, craft days, yummy cake, friendship, service signposting and peer support. Everybody welcome.

About the partner
Create Me Happy is a volunteer-run community organisation committed to raising awareness of children isolated by parental depressive illness. Providing workshops and experiences in a nurturing environment for parents and children to build, play and communicate together.

What's on offer | When | Time Credits
---|---|---
Weekly cuppa club | Thu 10am-1pm. Term-time only | 3

Create Me Happy Lego Club
Pontiets, SA15

Where is it?
Gwendraeth Tenants Resource Centre,
Pontiets, SA15 5TR
e: janeygwynn@fastmail.fm
f Create-Me-Happy
@createmehappy

What do I need to know?
Children must be accompanied by an adult. Please turn up at any session, or contact Jane for further information. Check the Facebook page, or posters displayed locally for updates.

About the partner
Create Me Happy is a volunteer-run community organisation committed to raising awareness of children isolated by parental depressive illness. Providing workshops and experiences in a nurturing environment for parents and children to build, play and communicate together.

What's on offer | When | Time Credits
---|---|---
Monthly Lego Club | 3rd Sat of the month - 11am | 2
Llanelli Gymnastics Club
Llanelli

Where is it?
Calsonic Club
Felinfoel
Llanelli
Debra
t: 0751 3968302
Llanelli-Gymnastics-Club

What do I need to know?
Time credits can be used for gymnastic sessions at Llanelli Gymnastic Club. Classes must be booked in advance, 2 spaces per class.

About the partner
Girls and boys come join in the fun!

What’s on offer

<table>
<thead>
<tr>
<th>Gym classes</th>
<th>Time Credits</th>
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<td>1</td>
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</table>

Self Image - Home Hair

Where is it?
29 New Dock Rd, Llanelli, SA15 2EG
t: 07778 861670
e: tinyeli@hotmail.co.uk
Selfimage<<: Home hair

What do I need to know?
8 spaces available per month for members to pay with Time Credits. These are on a first come first served basis.

What’s on offer

<table>
<thead>
<tr>
<th>Dry cut for (one person)</th>
<th>Time Credits</th>
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<td>1</td>
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<table>
<thead>
<tr>
<th>Cut and blow dry (one person)</th>
<th>Time Credits</th>
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<td>2</td>
<td></td>
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</table>

Various, please see below
The Antioch Over 50s Lunch Club

Where is it?
Antioch Centre, Llanelli, Carms SA15 2NE
Deb Chapman
t: 07974 213362
e: debchapman@btinternet.com
w: antiochcentre.co.uk

What do I need to know?
All food is prepared and cooked on the premises each Monday, using produce bought locally. Time credit places are limited, you are paying your time credits for the time taken by volunteers to run the lunch club and prepare your food.

About the partner
The Lunch Club is run by the church and members of the local community. It’s aim is to provide healthy food in a friendly environment at reasonable prices, so that people who may feel isolated, or who simply don’t want to cook for themselves can enjoy a good meal at an affordable cost.

What's on offer | When | Time Credits
--- | --- | ---
Lunch Club | Mon 12-2pm. No Bank Holidays | 2

Carmarthenshire Adult & Community Learning

Where is it?
Carmarthenshire Learning has centres in Ammanford, Carmarthen, Glanaman, Llanelli and Llandeilo
t: 01554 744355
w: carmarthenshire.gov.uk

What do I need to know?
You can join adult education courses using your Time Credits, 1 Time Credit per person per hour. Please see the web site & latest brochure for courses. Places are limited and will be on a first come first served basis.

About the partner
Adult & Community Learning - There are big changes happening in the world today and adult community learning is no exception. We are reaching out to new learners, encouraging them to learn new skills to help in their careers.

Check out the Spice website and your local project’s social media and newsletter for latest updates
Ferry Cake Consultancy
Carmarthenshire

Where is it?
Michelle
t: 07837 895 877
e: michelle@ferrycake.co.uk
w: ferrycake.com

What do I need to know?
Michelle is offering the following support to businesses and organisations: Marketing & PR, social media guidance, support & training, strategy planning, creating a marketing campaign, email and newsletter support, online surveys and feedback collection, research and reporting. Please contact Michelle to discuss your needs.

About the partner
Ferry Cake Consultancy is a tech savvy and refreshing marketing consultancy and business support agency based in Carmarthenshire, baking up yummy advice, guidance and support to business owners, SMEs and marketing departments/professionals. The ONE stop agency for ALL your marketing and PR needs, providing bespoke and tailored marketing and PR packages to meet your specific business needs.

What's on offer
One-to-one marketing support

Time Credits
1

Landsker Business Solutions
Whitland, Carmarthenshire, SA34

Where is it?
Landsker Business Solutions Ltd
Landsker Business Centre
Llwynybrain, Whitland
Carmarthenshire,
e: Erin@landsker.co.uk
t: 01994 240631
w: landsker.co.uk

What do I need to know?
Selected courses and training sessions available.

About the partner
Landsker Business Solutions Ltd. provide a wide range of business support and consultancy to all businesses, small or large, throughout Wales.

Check out the Spice website and your local project’s social media and newsletter for latest updates
Redford Research
South West Wales

What do I need to know?
Limited availability so please contact Roxanne well in advance to arrange your consultation.

About the partner
Based in West Wales, with a particular interest in rural regeneration, we have experience in the following areas: Research, Funding Applications, Project or Programme Evaluation, Marketing Guidance, Strategy Development, Rural Development, Public Consultation, Collaborative Working, Communications Planning, Community Energy. As external funding becomes more competitive and the need for community and economic regeneration is greater than ever, Redford Research provide funding and marketing assistance to individuals, groups, organisations, businesses - pretty much anybody! - to maximise the benefits of their activities.

Where is it?
Roxanne Treacy
t: 07972 924945 / 01994 426 929
w: rjtconsultancy.co.uk
@roxannetreacy

What's on offer

| Time Credits | 1 hour telephone consultation (Visits may be possible, dependent on location) |

Rivki Rose Training
Carmarthenshire

What do I need to know?
Selected courses and training sessions are available. Please check the website for information about availability and how to book. Join the mailing list on the website to hear about courses and workshops as soon as they become available.

About the partner
Whether you're wanting to learn about community development or how to improve your own wellbeing, Rivki Rose Training will have something for you. Becca is an experienced and award winning tutor / trainer, and feedback often includes comments about her relaxed and welcoming teaching style.

Where is it?
t: 07703 631859
e: enquiries@rivkirosetraining.co.uk
w: rivkirosetraining.co.uk
@RivkiRose

What's on offer

<table>
<thead>
<tr>
<th>Time Credits</th>
<th>Various options available</th>
</tr>
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<tbody>
<tr>
<td>3</td>
<td>Half day course</td>
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<tr>
<td>5</td>
<td>Full day course</td>
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Vintage Falls Popup Events
Llanelli Town Centre

Where is it?
Several ‘pop-up’ venues around Llanelli
Lisa Moore
t: 0780 7997728
e: info@vintagefallspopupevents.co.uk
w: vintagefallspopupevents.co.uk
f Vintage Falls Popup Events
@vintagefallse

What do I need to know?
At all our events we offer Time Credit Earn & Spend. Earn: you can earn Time Credits by volunteering, we always like to make you feel comfortable and give you a great experience while learning new skills. We also offer training in various departments get in touch to join our volunteer team now! Spend: you can spend your Time Credits at all of our pop-up events.

About the partner
‘We love vintage! Creating the most vibrant and authentic vintage fairs, markets and festivals around gives us so much pleasure! Our vintage events are full of interactive features, gorgeously authentic vintage traders and are always set in stunning locations. Say goodbye to same old same old and visit us in graded, historic venues which come alive with vintage artefacts, fashion, homewares, kitchenalia and much, much more!”

Amman Valley Leisure Centre
Ammanford, SA18

Where is it?
Margaret Street, Ammanford, Carmarthenshire, SA18 2NP
t: 01269 594517
w: actifsirgar.co.uk/en
f ActifSirGar
@ActifSirGar

What do I need to know?
Information about opening times and activities is available on their web site. Swimming and gym inductions available. Please email karenscott@justaddspice for further information.

About the partner
Whether you are turning up for an early morning dip, joining friends for an aerobics class or watching your children enjoy making new friends, you will be made welcome at Amman Valley Leisure Centre.

What's on offer
1 hour session

Time Credits
1
Carmarthen Leisure Centre
Carmarthenshire, SA31

Where is it?
Llansteffan Road, Carmarthen, Dyfed
SA31 3NQ

t: 01267 224700
w: actifsirgar.co.uk/en

What do I need to know?
Information about opening times and activities is available on their web site. Swimming and gym inductions available. Please email karenscott@justaddspice for further information.

About the partner
Whether you're a player or a spectator, you'll be able to enjoy your favourite activity at Carmarthen Leisure Centre. The facility has become a regional hub for physical activity and offers a first class range of facilities including a 25 meter 8 lane Swimming Pool incorporating state of the art electronic timing, spectator area and Teaching Pool, All weather playing surface, Tennis courts, Gymnastic and Martial arts centres, and a 45 station Gym and Fitness studio.

What's on offer
1 hour session

Time Credits
1

1 hour session

Celtic Leisure
Carmarthenshire, SA15

Where is it?
• Cymmer Swimming Pool
• Hengrwt Community Sports Centre
• Neath Leisure Centre
• Neath Sports Centre

What do I need to know?
Sessions subject to availability and it is advisable to book in advance.

About the partner
Celtic Leisure was the first Industrial and Provident Society in Wales established in April 2003 to manage leisure facilities on behalf of Neath Port Talbot County Borough Council, trading on a Not-For-Profit basis. They manage leisure centres and a cinema / theatre employing 200 staff on a permanent basis and approximately double that during peak periods.

What's on offer
1 swim / 1 gym session / 1 excercise class

Time Credits
1
Robert Davies Health & Fitness
Llanelli, SA14

Where is it?
Unit 5 Dafen Industrial Estate
Dafen, Llanelli, SA14 8QW
t: 01554 754222
w: rdhealthandfitness.com
 Elemental
@RDHandfitness

What do I need to know?
Please call in advance to reserve your place on classes.

About the partner
A state of the art fitness centre in Llanelli where facilities include a gym, free weights area, 4 exercise studios, ladies only gym, sauna and steam room, café and lounge and free car parking.

Llanelli Leisure Centre
Carmarthenshire, SA15

Where is it?
Park Crescent, Llanelli,
Carmarthenshire SA15 3AE
t: 01554 774757
w: actifsirgar.co.uk/en
 @ActifSirGar

What do I need to know?
Information about opening times and activities is available on their web site. Swimming and gym inductions available. Please email karensccott@justaddspice for further information.

About the partner
Centrally located in the town centre with plenty of onsite car parking, this large leisure centre offers two attractive swimming pools with gallery seating, meeting rooms, a brand new, fully-equipped Actif Fitness Club, a large multi use sports hall, a full size astro turf, café, private dance studio & two classrooms.

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<tr>
<th>What's on offer</th>
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<th>Time Credits</th>
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<tr>
<td>1 gym session or class</td>
<td>7am-4pm weekdays; anytime at weekends</td>
<td>2</td>
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<table>
<thead>
<tr>
<th>What's on offer</th>
<th>Time Credits</th>
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<tr>
<td>1 hour session</td>
<td>1</td>
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Raiders RL
Llanelli

Where is it?
Stebonheath Park, Llanelli, SA15 1EY
w: raidersrugbyleague.co.uk
f theraidersrl
@RaidersRLWales

What do I need to know?
Selected home games throughout the season, available on a first come first served basis. Please check Facebook page and website for details.

About the partner
The Raiders are one of the only semi-professional Rugby League clubs in West Wales and compete in Conference League South. Based in Llanelli, South-West Wales, the team play at the Stebonheath Park.

What’s on offer | When | Time Credits
--- | --- | ---
1 Rugby game | Check out the Spice website and your local project’s social media and newsletter for latest updates | ⚽️ 2

The LC
Swansea, SA1

Where is it?
Oystermouth Road, Swansea
SA1 3ST
t: 01792 466500
w: thelcswansea.com
f LCSwansea
@LCSwansea

What do I need to know?
Four family passes available per month on a first come first served basis. Please contact karenscott@justaddspice.org to book yours. Family pass is 2 adults and 2 children, for a 2 hour session at the Waterpark.

About the partner
A fantastic family day out with something for everyone at Wales’ most visited paid for attraction. From rapid waves to the lazy river and the famous Masterblaster slide that propels you up hill as well as down. Plus the LC Swansea is home to the Boardrider – an indoor surf simulator – the first of it’s kind in the UK.

What’s on offer | Time Credits
--- | ---
2 hours session | ⚽️ 2

What’s on offer | Time Credits
--- | ---
1 family pass | ⚽️ 8
**Antioch Church - Crazy Mazies**  
Llanelli

**Where is it?**  
Canolfan Antioch Centre, Copperworks Rd  
Llanelli, Carm, SA15 2NE  
t: 01554 741674  
e: admin@antiochchurch.co.uk  
f: antioch.centre

**What do I need to know?**  
Limited availability, discuss your needs with Antioch staff.

**About the partner**  
Hire Crazy Mazie's Indoor Play area. Hire the play facility for a children's party or for a group of children during a school holiday for up to 40 children. The cost of hire is based on 40 children for a 3 hour session. Cost will remain the same for less children. The booking is subject to availability. Food and refreshments available at an additional cost, please discuss your requirements with Antioch staff.

**What's on offer**

| 1 party |

**Time Credits**

| 120 |

---

**Carmarthen Golf Club**  
Carmarthen, SA33

**Where is it?**  
Blaenycoed Road, Carmarthen, SA33 6EH  
t: 01267 281588  
w: carmarthengolfclub.co.uk  
f: CarmarthenGolfClub  
t: @CarmarthenGC

**What do I need to know?**  
Must be booked in advance and subject to availability. Please check the website for forthcoming events.

**About the partner**  
Carmarthen Golf Club offers a friendly and welcoming experience for all its visitors and members. The clubhouse has spectacular panoramic views of the course and surrounding countryside. The clubhouse is available for functions and 'lifestyle events and provides popular Sunday lunches every week (booking advisable).

**What's on offer**

| 1 hour on the driving range with golf club hire & 25 balls |

| 1 |

| 1 hour on the 5-hole Pitch and Putt |

| 1 |
Ffos Las Racecourse
Dyfed, SA17

Where is it?
Culla Road, Trimsaran, Kidwelly
Dyfed, SA17 4DE
t: 01554 811092
w: ffoslasracecourse.com
f FfosLasRacecourse
@FfosLasRC

What do I need to know?
Selected race day fixtures available on a first come first served basis. Please check website or Facebook page for fixtures. It is advisable to book in advance.

About the partner
The setting at Ffos Las is magnificent. It is surrounded by rolling hills and countryside and has a view down the Gwendraeth Valley to Carmarthen Bay. It is almost impossible to believe that it is the former site of the largest open cast coalmine in Europe. The racing programme is of a very high quality, and with Wales’ Horse Trainers currently flying high, and Irish Trainers keen to visit the track those who attend are guaranteed a feast of good racing.

What’s on offer   When                                                                       Time Credits
1 entrance

Check out the Spice website and your local project’s social media and newsletter for latest updates

Funsters Play Factory and Bounce Wales
Hendy, Nr Llanelli

Where is it?
3-5 Hendy Industrial Estate, Hendy
Swansea, SA4 0XP
t: 01792 881144
w: funstersplayfactory.co.uk
f Funstershendy

About the partner
Funsters is massive fun factory packed to the rafters with fun and adventurous activities for children, with a welcoming, quality environment for parents to enjoy watching their children develop their skills at play. Suitable for children from toddlers to age 14.

Bounce Wales is a brand new trampoline park situated within Funsters Play Factory. It’s a fantastic day out at a state-of-the-art trampoline centre. Entry is 1 Time Credit per hour per person. Age range from toddlers to adults - all ages are welcome to join in the fun!

What’s on offer   When                                                                       Time Credits
1 hour per child entry - Funsters Play Factory
1 hour per accompanying adult entry  
- Funsters Play Factory
1 hour entry - Bounce Wales

Various, please see below
Gwili Railway
Carmarthen, SA33

Where is it?
Bronwydd Arms Railway Station,
Bronwydd Arms, Carmarthen
Dyfed, SA33 6HT
t: 01267 238213
w: gwili-railway.co.uk

What do I need to know?
Limited tickets available each month, available on a first come first served basis. Please email karenscott@justaddspice.org to reserve your ticket. Time Credits can only be used on standard operating days. Not valid for dining experiences or special events.

About the partner
The Gwili Railway is a Welsh heritage railway that operates a standard gauge preserved railway line from the site of Abergwili Junction (near Carmarthen) in South West Wales along a short section of the former Carmarthen to Aberystwyth railway that closed for passenger traffic in 1965, the track being lifted in 1975.

What’s on offer Time Credits
1 ticket

Hardies Supper Club
South West Wales

Where is it?
At a variety of changing venues across South West Wales
e: hardie supperclub@yahoo.com
w: HardiesSupperClub.com
f Hardies Supper Club
t @SupperAtHardies

What do I need to know?
Limited Time Credits places are available at many of the Supper Club events, one Time Credit per hour, on a first come, first served basis. Please email Hardies to reserve your place.

About the partner
Hardies Supper Club is a well established business that has recently moved from Manchester to South West Wales. Chris Hardie and his team put on a variety of ‘pop-up’ suppers, with different themes and menus in some wonderful and unusual places. Some of these include live music and other entertainment. Hardies are also working with Spice in Carmarthenshire to put on some special community celebration events, further details will be circulated to our networks as and when available.

What’s on offer When Time Credits
1 hour entry to selected ‘pop-up’ Supper Club events
Contact the club for details
1
Kiln Park Holiday Park
Pembrokeshire, SA70

Where is it?
Marsh road, Tenby
Pembrokeshire, SA70 7RB
t: 01834 844121
w: haven.com/kilnpark
f HavenHolidays
t @Haven

What do I need to know?
Bookings must be made in advance by telephone and state you will be using Time Credits. Offer subject to availability. Some date restrictions apply across school/bank holidays e.g. not available during August. A maximum period of seven consecutive nights is in place. All standard terms and conditions will apply.

About the partner
Kiln Park touring holiday promises to be a lively and popular holiday park with direct access to Tenby’s award-winning South Beach. The level touring area with 130 pitches has been transformed with the addition of landscaped hard-standing super pitches and a separate tenting area. The Tenby holiday campsites offer heated indoor and outdoor pools, sports field and tennis courts, and the stunning Pembrokeshire National Park and coast path on the doorstep.

What’s on offer
1 nights stays (one tent pitch)

National Botanical Gardens
Carmarthenshire, SA32

Where is it?
Llanarthne, Carmarthenshire, SA32 8HG
t: 01558 667149
w: gardenofwales.org.uk
f NBGofW
t @WalesBotanic

What do I need to know?
No access during bank holidays and weekends.

About the partner
The Garden aims to inspire, educate and conserve an amazing collection of over 8000 different plant varieties, spread across 560 acres of beautiful countryside.

What’s on offer
Entrance
Parc Y Scarlets
Llanelli, SA14

Where is it?
Pemberton Retail Park, Llanelli, SA14 9UZ
t: 01554 783900
w: scarlets.co.uk
f OfficialScarlets
t @scarlets_rugby

What do I need to know?
Selected home games throughout the season, available on a first come first served basis. Time Credits can also be used on the Scarlets Heritage Trail, showcasing their rich history. Please contact karenscott@justaddspice.org to book your tickets.

About the partner
The Scarlets are one of the four professional Welsh regional rugby union teams. Based in Llanelli, South-West Wales the team play at the Parc Y Scarlets stadium.

What’s on offer
1 match ticket

Time Credits
1

Pembrey Country Park
Carmarthenshire, SA16

Where is it?
Pembrey, Llanelli, Carmarthenshire SA16 0EJ
t: 01554 742424
f @PembreyPark

What do I need to know?
The park is open daily from dawn to dusk. All park facilities are subject to seasonal variances.

About the partner
Set against the spectacular backdrop of the Gower Peninsula and overlooking the coastal scenery of Carmarthen Bay, Pembrey Country Park has been transformed into one of Wales’ top visitor attractions providing a unique blend of coast and countryside.

What’s on offer

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crazy golf</td>
<td>1</td>
</tr>
<tr>
<td>Pitch &amp; Putt</td>
<td>2</td>
</tr>
<tr>
<td>Car Park</td>
<td>4</td>
</tr>
</tbody>
</table>

Ramps Skate Park
Llanelli, SA15

Where is it?
Sandpiper Road, Llanelli
SA15 4SG

t: 01554 773399
w: ramps skatepark.co.uk

What do I need to know?
Limited capacity available on a first come first served basis. Weekdays only 9am – 9pm. No weekends.

About the partner
Ramps Skatepark caters for all abilities of scooter, BMX, skateboard and inline riders. We have structured lessons throughout the week for those wanting to get the most from their chosen sport.

What’s on offer
<table>
<thead>
<tr>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 skate session</td>
</tr>
</tbody>
</table>

Ski Centre
Pembrey Country Park, SA16

Where is it?
Pembrey Country Park, Pembrey
Llanelli, Carmarthenshire, SA16 0EJ

t: 01554 742424

What do I need to know?
Ski sessions must be booked in advance, please call the ski centre to book and let them know you'll be paying with Time Credits. Cycle hire is off season only, please call to book in advance. Check website for opening hours.

About the partner
Ski Pembrey is one of the most up-to-date facilities in the whole of Wales. Open all year round, it has an Alpine Ski Lodge and Café, a floodlit 130m main slope, a 40m nursery area with sprinkler systems and button lift, mountain bike hire as well as the “Cobra”, the ultimate toboggan ride.

What’s on offer

<table>
<thead>
<tr>
<th>What’s on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 rides on the Cobra Toboggan Run</td>
<td>During opening hours</td>
<td>Various, please see below</td>
</tr>
<tr>
<td>Cycle Hire</td>
<td>Off peak times only</td>
<td>1</td>
</tr>
<tr>
<td>Ski Session</td>
<td>During opening hours</td>
<td>2</td>
</tr>
<tr>
<td>Ski Lesson</td>
<td>During opening hours</td>
<td></td>
</tr>
</tbody>
</table>
Splat Cymru
Carmarthenshire

Where is it?
Glanamman, Kidwelly and Carmarthen

James Barker
e: james@splatcymru.co.uk
t: 07787 225407
w: splatcymru.co.uk

What do I need to know?
Splat Cymru run projects in the Glanamman, Kidwelly and Carmarthen areas, and are developing new venues in 2016.

About the partner
Splat Cymru is a non profit social enterprise that specialises in creating sculptures out of recycled materials. They also run art clubs for children and adults, along with unique ‘Splat Camps’ that run throughout holiday periods. Earn opportunities are also available - helping out with Art Zones and Splat Camps.

What's on offer
<table>
<thead>
<tr>
<th>Time Credits</th>
<th>When</th>
<th>What's on offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Visit website for details</td>
<td>1 entry - Splat Camps</td>
</tr>
<tr>
<td>2</td>
<td>Visit website for details</td>
<td>1 entry - art class</td>
</tr>
</tbody>
</table>

Xcel Bowl
Carmarthen, SA31

Where is it?
Llansteffan Road, Carmarthen
SA31 3BP
t: 01267 225990
e: info@xcelbowl.co.uk
w: xcelbowl.co.uk

What do I need to know?
Time Credits can be used at any time during opening hours: 10am – 10pm Monday to Saturday, 10am – 6pm on Sunday. Please note you MUST book in advance by calling 01267 225990 and lanes are subject to availability.

About the partner
Xcel bowl is a 12 lane ten pin bowling alley. Fun for all the family - from children to grandparents, groups and clubs or just meeting up with friends or colleagues. Why not unwind in the cafe following your game. Free wifi available for cafe customers.

What's on offer
<table>
<thead>
<tr>
<th>Time Credits</th>
<th>What's on offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 game of bowling</td>
</tr>
<tr>
<td>1</td>
<td>1 hour of children’s soft play</td>
</tr>
</tbody>
</table>
Cadw
Across Wales

Where is it?
Various

t: 01443 336000
e: cadw.education@wales.gsi.gov.uk
w: cadw.wales.gov.uk

What do I need to know?
In South West Wales you can use Time
Credits at Cilgerran Castle, Kidwelly Castle,
Laugharne Castle, Lamphey Bishop’s Palace
and St David’s Bishops Palace. And at all
Cadw venues across Wales. Please check the
Cadw website for locations, opening times and
special events.

About the partner
Cadw offers over 100 exciting places to explore.
Wales has some of the best and most beautiful
castles in the world. It has abbeys, churches
and chapels and some of the most atmospheric
ancient monuments that visitors have been
seeking out for thousands of years. Why not
download the free Cadw App to find out more?

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admission</td>
<td>See website for opening times</td>
<td>2</td>
</tr>
<tr>
<td>Facilitated education activity sessions</td>
<td>Please email for details</td>
<td>60</td>
</tr>
</tbody>
</table>

Carmarthenshire Libraries
Carmarthenshire

Where is it?
Ammanford, Carmarthen and Llanelli
w: carmarthenshire.gov.uk

What do I need to know?
DVDs and CDs are held in the regional libraries
and can be reserved through the local and
mobile libraries. Available to anyone who lives
in the county.

About the partner
At Carmarthenshire Libraries you can now
borrow books, hire CDs and DVDs, surf the
net or find out information. There are over half
a million titles available in Carmarthenshire’s 3
regional, 15 branch and 5 mobile libraries. You
can borrow CDs from Bach to Verdi, and Abba
to the Zutons. The choice of DVDs available for
loan ranges from classic films to the latest TV
favourites.

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDs and DVDs hire</td>
<td>1</td>
</tr>
</tbody>
</table>
**Dr Mz - Carmarthen Youth Project**

**Community Film Club**

*What do I need to know?*
Join the Community Film Club at Dr Mz every month to watch a movie and meet new friends.

*About the partner*
Dr. Mz is a youth drop in centre run by Carmarthen Youth Project for young people aged 11-25. We provide a comfortable, safe, informative and stimulating place for young people to meet.

*Where is it?*
Carmarthen Youth Project, The Club House, Friars Park, Carmarthen, SA31 3AN

- t: 01267 222786
- w: drmz.co.uk
- f: CarmarthenYouthProject

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**Gwyn Hall Neath**

*What do I need to know?*
5 cinema tickets available per cinema screening available for 2 TCs per person. Time Credits may also be accepted for some theatre shows, please check website. You must book in advance via the box office.

*About the partner*
Neuadd Gwyn Hall is a theatre, cinema, conferencing facility and dance studio run by Celtic Leisure. It has played a prominent role in the civic life of Neath since Victorian times.

*Where is it?*
Gwyn Hall, Orchard Street, Neath, West Glamorgan, SA11 1DU

- t: 0300 365 6677
- w: gwynhall.com
- f: The Gwyn Hall
- @gwynhall

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### What's on offer

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 entry</td>
<td>2nd Saturday of the month</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>What's on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ticket to cinema screening / 1 ticket to selected theatre shows</td>
<td>Check out the Spice website and your local project’s social media and newsletter for latest updates</td>
<td></td>
</tr>
</tbody>
</table>

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Pontardawe Arts Centre
Swansea, SA8

Where is it?
Herbert Street, Pontardawe, SA8 4ED
t: 01792 863722
w: pontardaweartscentre.com

What do I need to know?
All cinema screenings included. Limited tickets available for all films & performances. Please contact the box office direct on 01792 863722 to make your reservation and state you wish to use time credits.

About the partner
The exquisite theatre hosts professional work of the highest calibre, from classical music to drama and dance, literature and children’s theatre to blues and world music; something for everyone to enjoy.

What's on offer

<table>
<thead>
<tr>
<th></th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinema screenings / Drama performances</td>
<td><img src="https://via.placeholder.com/15" alt="2" /></td>
</tr>
<tr>
<td>World Music Performance</td>
<td><img src="https://via.placeholder.com/15" alt="3" /></td>
</tr>
<tr>
<td>Comedy Shows</td>
<td><img src="https://via.placeholder.com/15" alt="4" /></td>
</tr>
</tbody>
</table>

Taliesin Arts Centre
Swansea

Where is it?
Taliesin Arts Centre, Swansea University Campus, Singleton Park, Swansea, SA2 8PZ
t: 01792 602060
w: taliesinartscentre.co.uk

What do I need to know?
Time Credits are accepted for selected shows and concerts, which are advertised in Taliesin’s brochure and on their website and social media channels. Please contact the box office to check availability and reserve your ticket in advance.

About the partner
Taliesin Arts Centre, based on Swansea University campus, is an arts centre and conferencing facility. It hosts a wide programme of events including theatre, dance, concerts and cinema. Taliesin also houses the Egypt Centre, a free museum of Egyptian antiquities.

What’s on offer

<table>
<thead>
<tr>
<th></th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ticket to selected shows &amp; performances</td>
<td>Check out the Spice website and your local project’s social media and newsletter for latest updates</td>
<td><img src="https://via.placeholder.com/15" alt="2" /></td>
</tr>
<tr>
<td>Theater</td>
<td>Location</td>
<td>Available Tickets</td>
</tr>
<tr>
<td>---------</td>
<td>----------</td>
<td>-------------------</td>
</tr>
<tr>
<td>The Ffwrnes Theatre</td>
<td>Llanelli, SA15</td>
<td>1 ticket</td>
</tr>
<tr>
<td>The Lyric Theatre</td>
<td>Carmarthen, SA31</td>
<td>1 ticket</td>
</tr>
</tbody>
</table>
The Miners Theatre
Ammanford, SA18

Where is it?
Wind Street, Ammanford
Carmarthenshire, SA18 3DN
Box Office: 0845 2263510
w: theatrausirgar.co.uk
f TheatrauSirGar
t @theatrausirgar

What do I need to know?
Please see the web site and theatre brochure to check available performances. To book contact the box office stating you wish to use time credits.

About the partner
Theatrau Sir Gar manage 3 performing arts venues in Carmarthenshire. They aim to bring to the people of Carmarthenshire and beyond a varied programme of arts events across all our theatres. Their mission is to enrich, entertain and educate through exceptional performances in exceptional settings.

What’s on offer
1 ticket to available performances

Time Credits
1

The Parrot
Carmarthen

Where is it?
The Parrot, 32 King Street,
Carmarthen, SA31 1BS
e: steffanstorch@gmail.com
f theparrotmusicbar

What do I need to know?
Limited Time Credits places are available at selected events, on a first come, first served basis. Please contact The Parrot directly to check availability and reserve your ticket in advance. 1 Time Credit per hour.

About the partner
The Parrot is a music venue and bar that hosts a variety of gigs, comedy nights and other evening entertainment. It is run as an asocial enterprise by volunteers, so there are opportunities to earn as well as spend Time credits there.

What’s on offer
Selected shows and performances

When
Check out the Spice website and your local project’s social media and newsletter for latest updates

Time Credits
1
Vocal Harmony Llanelli

Where is it?
St Peter’s Church Hall, Paddock Street, Llanelli
Cheryl Davies
t: 01792 934734
e: cheryl@vocalharmonychoir.co.uk

What do I need to know?
Performances can be arranged for community occasions and events (at the end of a term, when the choir has learned new songs) and paid for in Time Credits, by prior agreement.

About the partner
Vocal Harmony is an adult community choir that sings 3-part modern music. Everyone is welcome and there is no need to audition or be able to read music. All abilities are welcome.

What’s on offer
<table>
<thead>
<tr>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choir practice per lesson</td>
<td></td>
</tr>
<tr>
<td>Wed 7-9pm. Term Times</td>
<td>2</td>
</tr>
<tr>
<td>Choir practice per 10-week term</td>
<td></td>
</tr>
<tr>
<td>Wed 7-9pm. Term Times</td>
<td>20</td>
</tr>
<tr>
<td>Hire of choir to sing at your community event</td>
<td></td>
</tr>
<tr>
<td>End of Term Times - Christmas, Easter, Summer</td>
<td>1</td>
</tr>
</tbody>
</table>

Yr Aelwyd Sheltered Housing Film Night

Where is it?
Yr Aelwyd, Tregynwr, Llangunnor Carmarthen, SA31 2ED
Lis Duffy
t: 07972 826296

What do I need to know?
Join the community at Yr Aelwyd on the 1st Wednesday of every month for film night includes a hot drink and biscuits!

About the partner
Yr Aelwyd is a sheltered housing scheme in Carmarthen providing housing for the over 55s. DVD hire is also available from Lis Duffy. 2 Time Credits per film per fortnight. Please contact Lis on number above for a list of films available.

What’s on offer
<table>
<thead>
<tr>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 film show or DVD hire</td>
</tr>
</tbody>
</table>
Chapter Arts Centre
Cardiff, CF5

1 film screening

Where is it?
Market Road, Canton Cardiff CF5 1QE

t: 02920 304400
w: chapter.org
f: Chapterarts
@Chaptertweets

What do I need to know?
Time Credits can be exchanged for all film screenings.

About the partner
Chapter arts Centre hosts films, plays, performances and live music. It also includes a free art gallery along with a café and bar.

Dyffryn Gardens
Vale of Glamorgan, CF5

Various, please see below

Where is it?
St Nicholas, Vale of Glamorgan, CF5 6SU

t: 029 2059 3328
w: nationaltrust.org/dyffryn-gardens
f: NTDyffrynGardens
@NTDyffrynG

What do I need to know?
Restrictions apply – Time Credits cannot be used on special or ticked events. Activity / ticket charges in addition to the entry fee will still apply.

About the partner
These Grade II listed gardens and Victorian Mansion will give any plant lover a treat but you don’t have to be an expert to enjoy them. If you fancy just popping out for fresh air or spending a whole day exploring, Dyffryn Gardens is perfect. On a grey day bring your wellies and in the sun why not pack a picnic!

What’s on offer

<table>
<thead>
<tr>
<th>Time Credits</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 entrance</td>
<td>Oct-Mar</td>
</tr>
<tr>
<td>1 entrance</td>
<td>Apr-Sep</td>
</tr>
</tbody>
</table>
Sherman Cymru
Cardiff, CF24

Where is it?
Senghennydd Road, Cathays
Cardiff CF24 4YE

t: 02920 646900
w: shermancymru.co.uk/sherman5

f: ShermanCymru
@ShermanCymru

What do I need to know?
Time Credits are available for use at every Sherman 5 performance and free transport will also be made available for collections and drop-offs. Please visit the website above for a list of all Sherman 5 performances. Please call 02920 646900 to reserve your tickets stating you will be using Time Credits.

About the partner
Compelling theatre, new writing and performance in the heart of Cardiff. Sherman 5 gives people who have never attended a performance at the theatre the chance to do so. Sherman 5 nights allow new audiences to experience a whole new world of the arts. The arts have a place in everyone’s life and the Sherman Theatre ensures it is accessible for all people and communities.

What’s on offer
1 ticket to available shows

St Paul’s Cathedral
London, EC4M

Where is it?
St Paul’s Churchyard, London, EC4M 8AD

t: 0207 246 8348
w: stpauls.co.uk

f: stpaulscathedral
@StPaulsLondon

What do I need to know?
Visitors under the age of 16 should be accompanied by an adult. No pre-booking required, just turn up.

About the partner
St Paul’s Cathedral sits at the top of Ludgate Hill, the highest point in the City of London. The cathedral is one of the most famous and most recognisable sights of London, with its dome, framed by the spires of Wren’s City churches, having dominated the skyline for 300 years. St Paul’s Cathedral is a busy working church, with hourly prayer and daily services.

What’s on offer
1 visit per person
### The Blackpool Tower Eye
**Blackpool**

**Where is it?**
The Blackpool Tower, Blackpool, FY4 1BJ  
t: 01253 622 242  
w: theblackpooltower.com  
facebook: theblackpooltower  
twitter: @TheBplTower

**What do I need to know?**
Just exchange your Time Credits on arrival for an attraction ticket.

**About the partner**
The Blackpool Tower Eye and solid-glass Sky Walk offer the best views across the North West of England from the top of the iconic Blackpool Tower.

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entry to the tower</td>
<td>Availability subject to change Check out the Spice website and your local project’s social media and newsletter for latest updates.</td>
<td>1 entry</td>
</tr>
</tbody>
</table>

### Tower Bridge Exhibition
**London, SE1**

**Where is it?**
Tower Bridge, Tower Bridge Rd, London, SE1 2UP  
t: 0207 403 3761  
w: towerbridge.org.uk

**What do I need to know?**
Time Credits can be used any day of the year before 12pm, no pre-booking required.

**About the partner**
A visit to Tower Bridge Exhibition clearly explains how the Bridge works and describes its fascinating history. Enjoy stunning views of London from the high level walkways and continue your journey to the Victorian Engine Rooms to learn about the inner workings of the most famous bridge in the world.

<table>
<thead>
<tr>
<th>What's on offer</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 entry to Tower Bridge Exhibition</td>
<td>2</td>
</tr>
</tbody>
</table>
Tower of London
London, EC3N

Where is it?
Tower of London, EC3N 4AB
t: 0844 482 7777
w: hrp.org.uk/TowerOfLondon
toweroflondon

What do I need to know?
Time Credits can be used at any time during normal opening hours excluding half terms and school holidays. Check the Tower Hamlets council website for school holiday dates.

About the partner
Over 1,000 years old, Her Majesty’s Royal Palace and Fortress, more commonly known as the Tower of London, is a historic castle on the north bank of the River Thames in central London. Steeped in history and home to the Crown Jewels, it’s a marvellous day out for all the family.

What’s on offer
1 admission to the Tower of London

Time Credits
2

Transport for All
Carmarthenshire

Where is it?
Carmarthen and Llanelli
Rod Bowen
t: 01559 362403
e: rod@dolenteifi.org.uk
w: dolenteifi.org.uk/transport-for-all

What do I need to know?
Volunteers who drive minibuses for their group or project need to have completed a 6-hour MiDAS certificate before they can hire the vehicles. This training is provided by Transport For All, drivers may also earn Time Credits by driving for network groups.

About the partner
Transport For All is a lottery funded project hosted by Dolen Teifi. It has two fully accessible 13 & 16 seat minibuses, which are based in Carmarthen and Llanelli. The minibuses are available to groups / organisations to provide access to essential community services, which promote community activity, social inclusion, community cohesion, regeneration, rural health, well-being and recovery from mental health problems.

What’s on offer
1 day Minibus driver certificate training

Time Credits
6
**Wales Millennium Centre**

**Cardiff, CF10**

**Where is it?**
Bute Place, Cardiff Bay CF10 5AL

**t:** 029 2063 6464  
**w:** wmc.org.uk

**WalesMillenniumCentre**

**@theCentre**

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**What do I need to know?**
Tours must be booked in advance by calling the box office stating you will be paying using Time Credits. On the day, please exchange your Time Credits at the front desk. Wales Millennium Centre is a working theatre and tour routes are subject to change at short notice. Show and event activity may also affect tour availability.

**About the partner**
Wales’ national home for the performing arts and one of the UK’s top cultural attractions, it stages musicals, opera, ballet, circus, contemporary dance and the UK’s largest programme of free performances.

<table>
<thead>
<tr>
<th>What’s on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guided Tours of the Centre</td>
<td>Daily - visit the website for details</td>
<td></td>
</tr>
<tr>
<td>Select performances</td>
<td>See Facebook for details</td>
<td></td>
</tr>
<tr>
<td>Educational workshops for school groups</td>
<td>Email <a href="mailto:steve@justaddspice.org">steve@justaddspice.org</a> for more information</td>
<td>1</td>
</tr>
</tbody>
</table>

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**Carmarthenshire Communities First**

**PC Hire**

**Where is it?**
Felinfoel Community, Resource Centre  
SA14 8BE

**t:** 01554 784847  
**e:** communitiesfirst@carmarthenshire.gov.uk

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**What do I need to know?**
Every Tuesday between 1pm – 4pm  
Use the PC to finish homework, look for jobs, surf the internet, shop or just to have fun! IT support and lesson also available – get in touch for further info.

**About the partner**
Carmarthenshire Communities First has three strategic objectives helping to achieve these outcomes:
  • Prosperous Communities  
  • Learning Communities  
  • Healthier Communities

<table>
<thead>
<tr>
<th>What’s on offer</th>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour PC hire</td>
<td>Tue 1-4pm</td>
<td>1</td>
</tr>
</tbody>
</table>
### Carmarthenshire Housing Services

**Where is it?**
Tenants Resource Centre, Pontiets, Nr Llanelli
Pat Evans
t: 01554 899288
e: communityengagement@carmarthenshire.gov.uk

**What do I need to know?**
Carmarthenshire Housing Services have two six-person tents and a shelter/gazebo for hire. Please contact Pat Evans to book.

**About the partner**
Carmarthenshire Housing Services are part of the Department of Communities, Carmarthenshire County Council. Working together with tenants to ensure people are fine about their homes, health and communities.

<table>
<thead>
<tr>
<th>What’s on offer</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day or overnight hire</td>
<td>7</td>
</tr>
</tbody>
</table>

### CHS Litter Picking Equipment

**Where is it?**
Tenant Resource Centre in Pontyates, Nr Llanelli
Pat Evans
t: 01554 899288
e: communityengagement@carmarthenshire.gov.uk

**What do I need to know?**
Litter Picking Equipment available for hire for events and community clean ups. Packs of 10 sticks and hoops available for 7 Time Credits per day.

**About the partner**
Working together to ensure people are fine about their homes, health and communities.
Coles Hill Day Services
Room Hire & Film Club

Where is it?
Room Hire - Alison Williams
e: ajwilliams@carmarthenshire.gov.uk
Film Club - Andrew Williams
t: 01554 742617
e: agwilliams@carmarthenshire.gov.uk

About the partner
Coleshill is an ambitious project that aims to change the lives – for the better – of many disengaged and disabled people and those with long term of chronic health problems.

What’s on offer
<table>
<thead>
<tr>
<th>When</th>
<th>Time Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour meeting room hire</td>
<td>1</td>
</tr>
<tr>
<td>Film Club</td>
<td>2</td>
</tr>
</tbody>
</table>

Create Me Happy
Equipment Hire & Use

Where is it?
Pontyates, Carmarthenshire
Jane
t: 0781 5814187
e: janeygwynn@fastmail.fm

What do I need to know?
Please contact Jane for further info and to hire the camping equipment, a refundable deposit is payable.

About the partner
Create Me Happy is a volunteer run community organisation committed to raising awareness of children isolated by parental depressive illness. Providing workshops and experiences in a nurturing environment for parents and children to build, play and communicate together.

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<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>4 man tent - include 2 airbeds and 4 sleeping bags (Pump not included)</td>
</tr>
</tbody>
</table>
St John’s Church Carmarthen
Room Hire

Where is it?
The Parish of St Peter’s & St John’s Carmarthen
Spillman Street, Carmarthen
Lin Munroe
t: 01267 237117
e: linshome@aol.com

About the partner
St Peter’s and St John’s are Christian churches open to anyone in the community wishing to attend and participate in worship and/or activities. Members are from diverse backgrounds and all ages, there is no socio-economic, ethnic or disability exclusion, all are welcome, young and old.

What’s on offer
Room hire (per person per hour)

Carmarthenshire Energy
Carmarthenshire

Where is it?
Across Carmarthenshire
t: 01267 616 333
w: carmarthenshireenergy.org / ynnisirgar.org
f Carmarthenshire Energy
@lowcarbonlewis

About the partner
Carmarthenshire Energy is a social enterprise, working with communities to reduce energy costs, tackle fuel poverty, generate clean renewable energy, and keep the profits local.

What’s on offer
1 hour - telephone consultation on energy efficiency measures
1 hour - presentation to your group about reducing energy costs or generating sustainable energy
1 hour - development of a strategy to create and run a fuel club
1 hour - an energy audit of your group’s premises

Time Credits
1
HOW TO EARN TIME CREDITS

Perhaps you haven’t got any Time Credits yet and you’d like to find out how you can earn some, or maybe you’d like to find out how you can get even more involved in your local community - hats off to you! There are loads of ways you can get involved and the next few pages show some of the up-and-coming opportunities.

There are more ways to earn Time Credits than we can possibly fit into this brochure, so we’d suggest you keep up to date by following your local Facebook page or Twitter stream. We always post activities and events as we find out about them so let us know if you have something to promote.

There are new ways to earn getting started all the time, by people just like you. If you’ve got an idea for a new activity or group in your local area please get in touch with someone in the local team, we are always looking for new members to help deliver a range of activities and projects.

Carmarthenshire Sheltered Housing Schemes Carmarthenshire

Karen Scott
 t: 07475 199445
e: karenscott@justaddspice.org
Rachel Gegeshidze
 t: 07453 987648
e: rachel@justaddspice.org

How do I earn Time Credits there?
Carmarthenshire Communities First are facilitating a number of events and activities over the coming months and are looking for community members with a range of skills and knowledge. Get in touch if you would like to chat about supporting their events.

Family Centres Carmarthenshire

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e: karenscott@justaddspice.org
Rachel Gegeshidze
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How do I earn Time Credits there?
Carmarthenshire Time Credits are working with Family Centres across the county that are looking for new members to help them deliver a range of activities and projects.

Could you give an hour or two of your time to help with: gardening, play activities, cleaning play equipment, helping to run sessions cooking, craft sessions.families as part of a team of local volunteers.

Event Volunteers
Communities First
t: 01554 784847

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Tenant 2 Tenant Magazine Carmarthenshire
t: 01554 899288
e: tenant2tenant@carmarthenshire.gov.uk

How do I earn Time Credits there?
Help in the production of Tenant 2 Tenant, a magazine produced exclusively for Carmarthenshire County Council tenants which is is packed with news, pictures of local people, letters, puzzles, money saving tips, competitions and more. There are plenty of ways to earn Time Credits by getting involved: attend a production meeting to have a say about articles and photographs; interview a fellow tenant; write an article; take some photographs; submit a letter – there’s something you can contribute, whatever your talent. Earn 1 Time Credit for every 1 hour of time spent for Tenant 2 Tenant.

Pride In Your Patch

Pat Evans
e: communityengagement@carmarthenshire.gov.uk

t: 01554 899288

How do I earn Time Credits there?
Join local residents helping to clean up their local community, taking pride in local estates, streets, parks and community space. Earn Time Credits for the time you give to support.

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Join local residents helping to clean up their local community, taking pride in local estates, streets, parks and community space. Earn Time Credits for the time you give to support.
Time to Meet is organised by people with learning disabilities and their friends, families and staff members in Swansea. It is there to build stronger social lives by sharing skills, interests and time.

You can join Time to Meet if you:
• Receive support yourself.
• Have a friend or family member who receives support.
• Provide support yourself either as a paid worker or volunteer.
• Time to Meet is supported by City and County of Swansea Social Services department and a growing number of support and advocacy organisations in the Swansea area. It is hosted by Community Lives Consortium.

Check out their website to see a huge range of community spend opportunities, from coffee mornings, tea dances, trips, craft sessions, bingo, choirs and much more.

www.time2meet.org.uk

Time to Meet are always looking for people to share their skills to enable them to put on a range of activities across Swansea and Neath Port Talbot. Get in touch if you are able to give your time to support activities, you will earn Time Credits for your time!

Email Julie Davies for further information:
julie.davies@communitylives.co.uk
or call 01792 646640

Carmarthenshire Housing Tenants - Deliver leaflets and newsletters to tenants on your patch.

Are you a Carmarthenshire County Council tenant? If so, there are lots of ways you can earn Time Credits.

For example:
• locally where you live
• attending estate walkabouts
• helping with local litter picks and projects, helping to arrange events and activities
• getting involved in ways to help support tenants and residents helping to develop new ideas and improve services.

Email Pat Evans for further information:
communityengagement@carmarthenshire.gov.uk or call 01554 899288
DONATING TIME CREDITS

How it works
You may want to donate your Time Credits to an organisation who could use them to pay volunteers, or for big trips and projects. Examples include pooling Time Credits and donating them to a school to pay for a special trip, or giving them to a club so they can get volunteers in to help out and keep it running.

Gifting
You can gift your Time Credits to friends and family. Gifting to your loved ones gives them a choice as to where they spend. Great for special occasions, birthdays or for no reason at all, it feels good to give!

THE CARMARTHENSHIRE TIME CREDITS DROP IN

Find Out More & Get Involved
Would you like to find out more about Carmarthenshire Time Credits and how to get involved?

THE CARMARTHENSHIRE TIME CREDITS DROP IN

Will be at The Hub, Llanelli – on the 3rd Monday of every month from 9.30 till 12.00

Pop in to see us and find out how you could get involved, we’d love to see you!
Carmathenshire Time Credits, funded by the Department for Communities