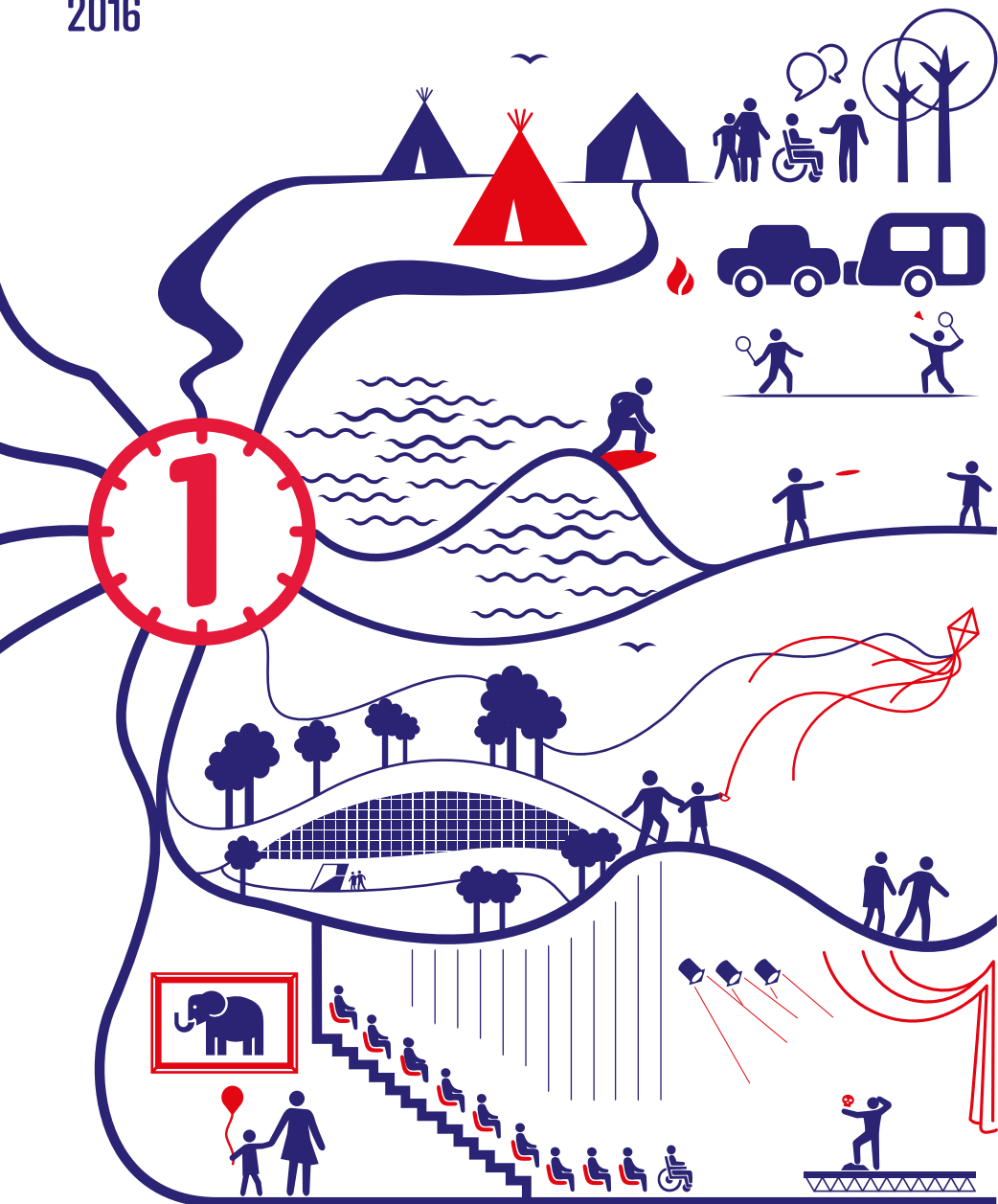


# YOUR TIME CREDITS

South West Wales  
2016





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, 39,000 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.



*Keep up to date and get in touch via social media!*



**Visit our website**  
[www.justaddspice.org](http://www.justaddspice.org)



**Find us on Facebook**  
[facebook.com/Carmarthenshire-Time-Credits](https://facebook.com/Carmarthenshire-Time-Credits)



**Follow us on Twitter**  
[@C1stCarmsTime](https://twitter.com/C1stCarmsTime)  
[@justaddspice](https://twitter.com/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.

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## **Rachel Gegeshidze**

Senior Project Manager: South West Wales

rachel@justaddspice.org

07453 987648



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## **Karen Scott**

Project and Partnerships Manager: South West Wales

karenscott@justaddspice.org

07475 199445



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## **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!

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## 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



Various, please  
see below



## 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.

### What's on offer

### When

### Time Credits

1 Yoga session for individuals	As and when	
Group yoga sessions (Minimum 5 people required)	Bespoke sessions - please discuss with Jane	





# Create Me Happy Cuppa Clubs Pontiets, SA15



## Where is it?

Gwendraeth Tenants Resource Centre,  
Pontiets, SA15 5TR

e: [janeygwynn@fastmail.fm](mailto:janeygwynn@fastmail.fm)

 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

Weekly cuppa club

## When

Thu 10am-1pm. Term-time only

## Time Credits



# Create Me Happy Lego Club Pontiets, SA15





Entry



## Where is it?

Gwendraeth Tenants Resource Centre,  
Pontiets, SA15 5TR

e: [janeygwynn@fastmail.fm](mailto:janeygwynn@fastmail.fm)

 Create-Me-Happy  
 @createmehappy

## FAMILY LEGO CLUB

Brought to you by...

# CREATE ME HAPPY

PONTIETS TENANT RESOURCE CENTRE  
(NEXT TO THE RUGBY CLUB)

## 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 rising 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.

Recognising the impact of  
parental depression on our children

# CREATE ME HAPPY

Raising a generation for whom the social  
stigma of mental illness does not exist

## What's on offer

Monthly Lego Club

## When

3rd Sat of the month - 11am

## Time Credits



# Hair & Beauty Salon Carmarthen SA31



Various- see table below



## Where is it?

The Hair & Beauty Salon, Cartref Cynnes  
Llansteffan Rd, Johnstown, Carmarthen  
SA31 3NQ

t: 01267 233236

e: Figaro.1@btinternet.com

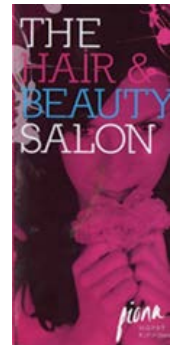


## What do I need to know?

Time Credits are accepted subject to availability on a first come, first served basis and appointments MUST be booked in advance. Offer is limited to Tuesdays (open 9am to 3 pm) and Fridays (9-5) for treatments detailed in table below:

## About the partner

Hair & Beauty is run by Fiona Jones and situated in Cartref Cynnes extra care scheme in Johnstown. Treatments are open to anyone with Time Credits, including scheme residents.



What's on offer	When	Time Credits
Eyebrow wax	Tuesdays and Fridays, by appointment	1
Wash and set hair		1
Cut and blow dry		2
Manicure with shellac or gel polish		2

# Just the Beginning Llanelli, SA14



**Various offers-  
see table below**





## Where is it?

57 Parc Gitto, LLwynhendy, Llanelli SA14  
9LBt:07966189084

e: hayley@justthebeginning.co.uk

Debra

t: 0751 3968302

 Just the Beginning  
 @memyselfesteem



## What do I need to know?

Hayley is offering up to four individual life coaching sessions for adults and children and limited Time Credit places on selected workshops and courses. Individual sessions can be face to face, phone, Skype, instant messaging or email. If you are a new small business, looking for a sounding board, you can also access up to four sessions with Time Credits to support your business set up or development. Time restrictions may apply. Please enquire about availability and book in advance as Time Credit places are subject to availability.





## About the partner

Just the Beginning offers coaching specifically for mindset, personal development and emotional growth and wellbeing. Hayley helps clients achieve their personal and professional goals including working with parents to find their own way of parenting. She also works directly with children, building self-esteem and life skills for a better future, including work on anger management, emotional literacy and understanding of healthy relationships. In addition she delivers a range of courses on: personal development, mindfulness, domestic abuse and relationship management, self-esteem, skills for work and also mentors small businesses.

### What's on offer

### When

### Time Credits

Individual life coaching sessions	Per hour (maximum of 4 per person)	
Small business mentoring		
Workshops and courses	Varies- check with Hayley	

# Llanelli Gymnastics Club

## Llanelli



1 gym class



### Where is it?

Calsonic Club  
Felinfoel  
Llanelli

Debra  
t: 0751 3968302

[f Llanelli-Gymnastics-Club](https://www.facebook.com/Llanelli-Gymnastics-Club)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/Teacher (30 to 1 parent)	9:30 am - 10:30 am	9:30 am - 10:30 am (Dropout)	10:30 am - 11:30 am (Dropout)	10:30 am - 11:30 am		
General Class (3 & 4 year olds)		4 pm - 6:30 pm	4 pm - 6:30 pm		4 pm - 6:30 pm	10:30 am - 11:30 am
General Class (5 & 6 year olds)		5 pm - 6:30 pm	4 pm - 6:30 pm		4 pm - 6:30 pm	11:30 am - 12:30 pm
General Class (7+ year olds)		4 pm - 6:30 pm	5 pm - 6:30 pm		5 pm - 6:30 pm	10:30 am - 11:30 am

All sessions cost £5. For any further information please contact: Carol - 0781233952  
Debra - 07513968302

### 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

Gym classes

### Time Credits



# Sofisticut (Ty Dyffryn) Ammanford, SA2



Various- see table below



## Where is it?

Sofisticut, Ty Dyffryn, 12 Rodfa Frank  
Ammanford, SA2 2QE

t: 01269 596307

m:07870 106 515

e: heidiandroger@gmail.com



## What do I need to know?

Time Credits are accepted subject to availability on a first come, first served basis and appointments **MUST** be booked in advance. Offer is limited to Mondays, Wednesdays, Thursdays and Fridays 9:15-4 pm for treatments detailed in the table below:

## About the partner

Sofisticut is run by Heidi-Marie Bartlett and situated in Ty Dyffryn extra care scheme in Ammanford. Treatments are open to anyone with Time Credits, including scheme residents.

What's on offer	When	Time Credits
Gent's hair cut	Mon, Weds, Thurs and Fri, by appointment	
Wash and set hair		
Cut and blow dry		
Cut and blow dry		

# Ferry Cake Consultancy Carmarthenshire



1 hour support



## 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.



**FERRY CAKE**  
CONSULTANCY

## 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



# Landsker Business Solutions Whitland, Carmarthenshire, SA34



Various options  
available



## Where is it?

Landsker Business Solutions Ltd  
Landsker Business Centre  
Llwynybrain, Whitland  
Carmarthenshire,

e: [Erin@landsker.co.uk](mailto:Erin@landsker.co.uk)

t: 01994 240631

w: [landsker.co.uk](http://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



**1 hour  
consultation**



## Where is it?

Roxanne Treacy  
t: 07972 924945 / 01994 426 929  
w: [rjtconsultancy.co.uk](http://rjtconsultancy.co.uk)

 @roxannetreacy



## What do I need to know?

Limited availability so please contact Roxanne well in advance to arrange your consultation.

**redford research**

Marketing, Funding Advice, Research, Consultation, Evaluation.

## 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.

## What's on offer

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

## Time Credits





Various options  
available





## Where is it?

t: 07703 631859

e: [enquiries@rivkirosetraining.co.uk](mailto:enquiries@rivkirosetraining.co.uk)

w: [rivkirosetraining.co.uk](http://rivkirosetraining.co.uk)

 Rivki Rose Training  
 @RivkiRose



## 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.

## What's on offer

## Time Credits

Half day course



Full day course



# Active Carmarthenshire

Llandovery Pool, Newcastle Emlyn Leisure Centre, St Clears Leisure Centre



1 Time Credit per session: swim, gym, or class.



## Where is it?

**Llandovery Swimming Pool**, Cilycwm Rd, SA20 0DY

t: 01267 224733

**Newcastle Emlyn Leisure Centre**, Emlyn Square, SA38 9LN

t: 01267 224731

**St Clears Leisure Centre**, Station Road, SA33 4BT

t: 01994 231253



 ActifSirGar  
 @ActifSirGar



## What do I need to know?

Phone or see website for opening times and activities. It is advisable to phone and book ahead. [www.actifsirgar.co.uk](http://www.actifsirgar.co.uk)

## About the partner

Active Carmarthenshire run leisure services across the county. These three facilities are the latest addition to their Time Credit spend offer. Swimming, gym sessions and exercise classes are available.

## What's on offer

One hour session, swim or class

## Time Credits



# Amman Valley Leisure Centre Ammanford, SA18



1 hour session



## Where is it?

Margaret Street, Ammanford,  
Carmarthenshire, SA18 2NP

t: 01269 594517

w: [actifsirgar.co.uk/en](http://actifsirgar.co.uk/en)

 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 [karencott@justaddspice](mailto:karencott@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



# Carmarthen Leisure Centre Carmarthenshire, SA31



1 hour session



## Where is it?

Llansteffan Road, Carmarthen, Dyfed  
SA31 3NQ

t: 01267 224700

w: [actifsirgar.co.uk/en](http://actifsirgar.co.uk/en)

 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 [karenscoott@justaddspice](mailto:karenscoott@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



# Celtic Leisure Neath Port Talbot



1 swim, gym  
session or exercise  
class



## Where is it?

- Aberavon Leisure & Fitness Centre
- Neath Leisure Centre
- Neath Sports Centre
- Pontardawe Leisure Centre
- Pontardawe Swimming Pool
- Vale of Neath Leisure Centre

t: 0300 365 5566

e: [smcs@celticleisure.org](mailto:smcs@celticleisure.org)

w: [celticleisure.org](http://celticleisure.org)

f Celtic.leisure

## 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

## Time Credits

1 swim / 1 gym session / 1 exercise class



# Robert Davies Health & Fitness Llanelli, SA14



1 gym session or  
exercise class



## Where is it?

Unit 5 Dafen Industrial Estate  
Dafen, Llanelli, SA14 8QW

t: 01554 754222

w: rdhealthandfitness.com

f RDCafellanelli

🐦 @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.



## What's on offer

1 gym session or class

## When

7am-4pm weekdays;  
anytime at weekends

## Time Credits



# Llanelli Leisure Centre Carmarthenshire, SA15



1 hour session



## Where is it?

Park Crescent, Llanelli,  
Carmarthenshire SA15 3AE

t: 01554 774757

w: [actifsirgar.co.uk/en](http://actifsirgar.co.uk/en)

 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 [karencott@justaddspice](mailto:karencott@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.

## What's on offer

1 hour session

## Time Credits





# Raiders RL Llanelli



Entry



## Where is it?

Stebonheath Park, Llanelli, SA15 1EY

w: [raidersonline.co.uk](http://raidersonline.co.uk)

f [theraidersrl](https://www.facebook.com/theraidersrl)  
t [@RaidersRLWales](https://twitter.com/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

1 Rugby game

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

## Time Credits



# The LC Swansea, SA1



1 family pass



## Where is it?

Oystermouth Road, Swansea  
SA1 3ST

t: 01792 466500

w: [thelcswansea.com](http://thelcswansea.com)

 LCSwansea  
 @LCSwansea



## What do I need to know?

Four family passes available per month on a first come first served basis. Please contact [karenscoott@justaddspice.org](mailto:karenscoott@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

2 hours session

## Time Credits



# Ffos Las Racecourse Dyfed, SA17



Entry





## Where is it?

Culla Road, Trimsaran, Kidwelly  
Dyfed, SA17 4DE

t: 01554 811092

w: [ffoslasracecourse.com](http://ffoslasracecourse.com)

 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. Ladies' Night and Day events are excluded



## 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

1 entrance

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

## Time Credits



# Funsters Play Factory and Bounce Wales Hendy, Nr Llanelli



Various, please see below



## Where is it?

3-5 Hendy Industrial Estate, Hendy Swansea, SA4 0XP

t: 01792 881144

w: funstersplayfactory.co.uk

 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

2 Time Credits per child

10am-6pm, 7 days a week



1 Time Credit per adult

10am-6pm, 7 days a week



1 hour entry -  
Bounce Wales

10am-6pm, 7 days a week



# Gwili Railway Carmarthen, SA33



1 ticket



## 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?

Time Credits can only be used on standard operating days. Not valid for dining experiences or special events. Not available on Thursday dining trains or Sunday lunch trains. Please check timetable on the website or by phone.



## 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



# National Botanical Gardens Carmarthenshire, SA32



1 admission



## Where is it?

Llanarthne, Carmarthenshire, SA32 8HG

t: 01558 667149

w: [gardenofwales.org.uk](http://gardenofwales.org.uk)

 NBGofW

 @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

## Time Credits



# Parc Y Scarlets Llanelli, SA14



1 match ticket



## Where is it?

Pemberton Retail Park, Llanelli, SA14 9UZ

t: 01554 783900

w: scarlets.co.uk

 OfficialScarlets  
 @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](mailto: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



# Pembrey Country Park Carmarthenshire, SA16




Various, please  
see below



## Where is it?

Pembrey, Llanelli, Carmarthenshire  
SA16 0EJ

t: 01554 742424

 @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

## Time Credits

Crazy golf	
Pitch & Putt	
Car Park	



# Ski Centre Pembrey Country Park, SA16



Various, please see below



## 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 and let them know you will be paying with Time Credits. This offer is weekdays only and excludes weekends and school holidays and is subject to availability.



## 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	When	Time Credits
3 rides on the Cobra Toboggan Run	Weekdays only, excludes weekends and school holidays	1
Ski Session		1
Ski Lesson		2

# The Play King Llanelli, SA14



= 1 child entry to  
soft play



## Where is it?

Unit 6, Heol Crobin, Dafen Industrial Estate,  
Dafen, Llanelli, SA14 8QW

t: 01554 757808

w: [theplayking.com](http://theplayking.com)

 The Play King  
 @playkingwales



## What do I need to know?

Entry to The Play King is available Monday-Friday (except for school holidays) from 9 am to 6:30 pm. This includes access to all the soft play areas.

The ice-rink and other activities and special events are charged for separately.

You **MUST** ring in advance to check availability and say that you'll be paying with Time Credits.



## About the partner

The Play King is an indoor play centre in Llanelli with a gigantic soft play area, separated into different zones for babies, toddlers and juniors (up to 12 years old). Park has been transformed into one of Wales' top visitor attractions providing a unique blend of coast and countryside.

### What's on offer

### When

### Time Credits

Entry to Play King per child

Mon-Fri (term-times only)  
9 am to 6:30 pm



Adult entry

FREE

# Ramps Skate Park Llanelli, SA15



1 session



## 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

1 skate session

## Time Credits



# Splat Cymru Carmarthenshire



Various, please  
see below

## Where is it?

Glanamman, Kidwelly and Carmarthen

James Barker

e: james@splatcymru.co.uk

t: 07787 225407

w: splatcymru.co.uk

 SplatCymru  
 @SplatCymru



## 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 through out holiday periods. Earn opportunities are also available - helping out with Art Zones and Splat Camps.

## What's on offer

## When

## Time Credits

1 entry - Splat Camps

Visit website for details



1 entry - art class

Visit website for details



# Tenpin Bowling Swansea





= game of bowling  
or table tennis



## Where is it?

Parc Tawe, The Strand  
Swansea SA1 2AX

e: [swansea@tenpin.co.uk](mailto:swansea@tenpin.co.uk)

 Tenpin.Swansea  
 @Tenpin\_Swansea



## What do I need to know?

Monday to Thursday, anytime (11am – midnight) excluding February, October and December School Holidays and Bank Holidays. A maximum of 6 TCs can be used in one booking and a maximum of 12 TCs are accepted per week, on a first come first served basis. You MUST book in advance by calling 01792 466169 or email on [swansea@tenpin.co.uk](mailto:swansea@tenpin.co.uk)



## About the partner

Tenpin Swansea is full of activities including arcades, cosmic bowling and a café/bar which also shows Sky Sports.

## What's on offer

## When

## Time Credits

1 game of bowling

1 game of table tennis



# Toots & Bounce Family Entertainment Centre Neath, Sa11



Various, please see below



## Where is it?

Unit 14, Milland Rd Industrial Estate, Neath, SA11 1NJ

t: 01639 644332

w: [tootsplaycentre.weebly.com](http://tootsplaycentre.weebly.com)

**f** Toots-And-bounce







## What do I need to know?

Toots accept Time Credits for soft play, bounce, play and bounce combined and adult fitness. Bounce has to be booked in advance by ringing - 01639 644332. You will need £1.50 for jump socks for the bounce trampolines which you can purchase on your first visit and then reuse. Parking is available.

## About the partner

Toots and Bounce centre includes soft play and a trampoline park, toddler bounce, teen bounce and adult fitness. Stimulating sessions in a friendly warm environment. Open 10-6 every day.

What's on offer	When	Time Credits
Soft play	Every day 10-6	
Bounce		
Play and Bounce		
Adult Fitness		

# Xcel Bowl Carmarthen, SA31



Various, please  
see below



## Where is it?

Llansteffan Road, Carmarthen  
SA31 3BP

t: 01267 225990

e: [info@xcelbowl.co.uk](mailto:info@xcelbowl.co.uk)

w: [xcelbowl.co.uk](http://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

## Time Credits

1 game of bowling



1 hour of children's soft play



# Cadw Across Wales



Various, please see below



## Where is it?

Various

t: 01443 336000

e: [cadw.education@wales.gsi.gov.uk](mailto:cadw.education@wales.gsi.gov.uk)

w: [cadw.wales.gov.uk](http://cadw.wales.gov.uk)

 CadwWales

 @CadwWales





## 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?

What's on offer	When	Time Credits
Admission	See website for opening times	
Facilitated education activity sessions	Please email for for details	



# Gower Heritage Centre Parkmill, Gwyr



per person entry  
to the centre





## Where is it?

Gower Heritage Centre, Parkmill  
Gower, SA3 2EH

t: 01792 371206

w: [www.gowerheritagecentre.co.uk](http://www.gowerheritagecentre.co.uk)

 Gower-Heritage-Centre  
 @GowerHeritage



## What do I need to know?

Entry to the Centre is 2 Time Credits per person every day. Special events and evening entertainments not included.

[Gower Heritage Centre](#) 

## About the partner

Set in beautiful countryside, just west of Swansea, this is a vibrant rural life and crafts museum with lots of activities for people of all ages. Includes Wales' smallest cinema, an animal park and a fully operational 12th century watermill.

## What's on offer

Entry to the Centre, per person

## Time Credits



# Carmarthenshire Libraries Carmarthenshire



Various, please  
see below



## Where is it?

Ammanford, Carmarthen and Llanelli

w: [carmarthenshire.gov.uk](http://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.

## What's on offer

CDs and DVDs hire

## Time Credits



# Cross Hands Cinema

## Cross Hands, SA14



### Where is it?

Cross Hands Public Hall & Cinema, Carmarthen Road, Cross Hands, Llanelli SA14 6SU

t: 01269 844441

w: [crosshandshallandcinema.co.uk](http://crosshandshallandcinema.co.uk)

e: [enquiries@crosshands-hall.co.uk](mailto:enquiries@crosshands-hall.co.uk)

 Cross Hands Public Hall and Cinema



### What do I need to know?

Time Credits exchanged for film showings only. The cinema can also be hired for children's parties and/or private film showings by groups (contact venue for costs). Everyone welcome. Disabled access. Free car parking alongside the premises.



### About the partner

Cross Hands Hall & Cinema is run by volunteers for the community. As well as showing films on 3 days a week, it is also available for hire as a live event venue. Its interior is comfortable and with a homely atmosphere. Please contact the Cinema if you wish to be added to the monthly e-mail distribution list of forthcoming films.

### What's on offer

### When

### Time Credits

Film showing

Fri, Mon & Tues Doors open 6.30pm. Film starts 7pm. Visit website for more info.



# Dr Mz - Carmarthen Youth Project Community Film Club



1 entry



## Where is it?

Carmarthen Youth Project, The Club House,  
Friars Park, Carmarthen, SA31 3AN

t: 01267 222786

w: dr mz.co.uk

 CarmarthenYouthProject



## 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.

### What's on offer

1 entry

### When

2nd Saturday of the month

### Time Credits



# Gwyn Hall Neath



1 ticket





## Where is it?

Gwyn Hall, Orchard Street, Neath,  
West Glamorgan, SA11 1DU

t: 0300 365 6677

w: gwynhall.com

 The Gwyn Hall  
 @gwynhall



## 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.

### What's on offer

1 ticket to cinema screening / 1 ticket to selected theatre shows

### When

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

### Time Credits



# Pontardawe Arts Centre Swansea, SA8



Various, please see below





## Where is it?

Herbert Street, Pontardawe, SA8 4ED

t: 01792 863722

w: [pontardaweartscentre.com](http://pontardaweartscentre.com)

 [neathporttalbottheatres](https://www.facebook.com/neathporttalbottheatres)  
 [@NPTtheatres](https://twitter.com/NPTtheatres)



## 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

## Time Credits

Cinema screenings / Drama performances	 
World Music Performance	 
Comedy Shows	 

# Taliesin Arts Centre Swansea



1 ticket





## Where is it?

Taliesin Arts Centre, Swansea University  
Campus, Singleton Park, Swansea, SA2 8PZ

t: 01792 602060

w: [taliesinartscentre.co.uk](http://taliesinartscentre.co.uk)

 Taliesin fanpage  
 @taliesinswansea



## 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.

CANOLFAN Y CELIEDDYGDAU TALIESIN ARTS CENTRE  
**Taliesin**

## 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

1 ticket to selected shows & performances

### When

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

### Time Credits



# The Ffwrnes Theatre Llanelli, SA15



1 ticket





## Where is it?

Park Street, Llanelli  
Carmarthenshire, SA15 3YE

Box Office: 0845 2263510

w: [theatrusirgar.co.uk](http://theatrusirgar.co.uk)

 TheatrauSirGar  
 @theatrusirgar



## 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.

# Theatrau Sir Gâr

## What's on offer

1 ticket to available performances

## Time Credits





# The Lyric Theatre Carmarthen, SA31



1 ticket





## Where is it?

King Street, Carmarthen,  
Carmarthenshire, SA31 1BD

Box Office: 0845 2263510

w: [theatrusirgar.co.uk](http://theatrusirgar.co.uk)

 TheatrauSirGar  
 @theatrusirgar



## 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.

# Theatrau SirGâr

## What's on offer

1 ticket to available performances

## Time Credits



# The Miners Theatre Ammanford, SA18





1 ticket



## Where is it?

Wind Street, Ammanford  
Carmarthenshire, SA18 3DN

Box Office: 0845 2263510  
w: [theatrausirgar.co.uk](http://theatrausirgar.co.uk)

 TheatrauSirGar  
 @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.

# Theatrau Sir Gâr

## What's on offer

1 ticket to available performances

## Time Credits



# Vocal Harmony Llanelli



Various, please  
see below



## Where is it?

St Peter's Church Hall, Paddock Street,  
Llanelli

Cheryl Davies

t: 01792 934734

e: [cheryl@vocalharmonychoir.co.uk](mailto: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	When	Time Credits
Choir practice per lesson	Wed 7-9pm. Term Times	
Choir practice per 10-week term	Wed 7-9pm. Term Times	
Hire of choir to sing at your community event	End of Term Times - Christmas, Easter, Summer	

# Yr Aelwyd Sheltered Housing Film Night



1 ticket



## Where is it?

Yr Aelwyd, Tregynwr, Llangunor  
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

1 film show or DVD hire

## Time Credits



# Chapter Arts Centre Cardiff, CF5



1 film screening





## Where is it?

Market Road, Canton Cardiff CF5 1QE

t: 02920 304400

w: chapter.org

 Chapterarts  
 @Chaptertweets



## What do I need to know?

Time Credits can be exchanged for all film screenings. Bookings to be made in person at the Box office. Time Credits to be exchanged at time of booking.

# CHAPTER

## 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.

## What's on offer

1 film screening

## Time Credits



# 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](http://nationaltrust.org/dyffryn-gardens)

f [NTDyffrynGardens](https://www.facebook.com/NTDyffrynGardens)

t [@NTDyffrynG](https://twitter.com/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.



National Trust

### 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

### When

### Time Credits

1 entrance

Oct-Mar



1 entrance

Apr-Sep



# Sherman Cymru Cardiff, CF24



1 ticket to a  
show





## Where is it?

Senghennydd Road, Cathays  
Cardiff CF24 4YE

t: 02920 646900

w: [shermancymru.co.uk/sherman5](http://shermancymru.co.uk/sherman5)

 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.

**SHERMAN  
CYMRU**

## 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

## Time Credits



# St Paul's Cathedral London, EC4M



1 Visit per person





## Where is it?

St Paul's Churchyard, London, EC4M 8AD

t: 0207 246 8348

w: [stpauls.co.uk](http://stpauls.co.uk)

 [stpaulscathedral](https://www.facebook.com/stpaulscathedral)

 [@StPaulsLondon](https://twitter.com/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

## Time Credits





# The Blackpool Tower Eye Blackpool



1 entry



## Where is it?

The Blackpool Tower, Blackpool, FY4 1BJ

t: 01253 622 242

w: theblackpooltower.com

 theblackpooltower  
 @TheBplTower



## What do I need to know?

Just exchange your Time Credits on arrival for an attraction ticket.



The  
Blackpool Tower  
Eye

## 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.

### What's on offer

Entry to the tower

### When

Availability subject to change  
Check out the Spice website and your local project's social media and newsletter for latest updates.

### Time Credits



# Tower Bridge Exhibition London, SE1



Entry to Tower  
Bridge Exhibition



## 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.



## What's on offer

## Time Credits

1 entry to Tower Bridge Exhibition



# Tower of London London, EC3N



1 Admission to the  
Tower of London



## Where is it?

Tower of London, EC3N 4AB

t: 0844 482 7777

w: [hrp.org.uk/TowerOfLondon](http://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.



Historic Royal Palaces  
Tower of London

## 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

## Time Credits

1 admission to the Tower of London



# Transport for All Carmarthenshire



1 day training



## Where is it?

Carmarthen and Llanelli

Rod Bowen

t: 01559 362403

e: [rod@dolenteifi.org.uk](mailto:rod@dolenteifi.org.uk)

w: [dolenteifi.org.uk/transport-for-all](http://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.



LOTTERY FUNDED

## 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



# Wales Millennium Centre Cardiff, CF10



Various, please see below



## Where is it?

Bute Place, Cardiff Bay CF10 5AL

t: 029 2063 6464

w: [wmc.org.uk](http://wmc.org.uk)

 WalesMillenniumCentre  
 @theCentre



## 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.



CANOLFAN  
MILENIWM  
CYMRU  
WALES  
MILLENNIUM  
CENTRE®

## 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.

### What's on offer

### When

### Time Credits

Guided Tours of the Centre

Daily - visit the website for details

Select performances

See Facebook for details

Educational workshops for school groups

Email [steve@justaddspice.org](mailto:steve@justaddspice.org) for more information



# Carmarthenshire Communities First PC Hire



1 hour PC hire

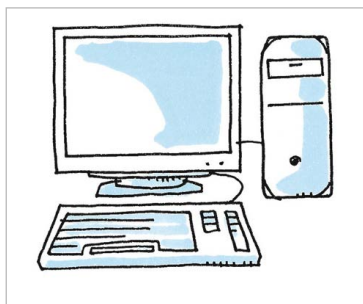


## Where is it?

Felinfoel Community, Resource Centre  
SA14 8BE

t: 01554 784847

e: [communitiesfirst@carmarthenshire.gov.uk](mailto:communitiesfirst@carmarthenshire.gov.uk)



## 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.



communities first *cymunedau yn gyntaf*

## About the partner

Carmarthenshire Communities First has three strategic objectives helping to achieve these outcomes:

- Prosperous Communities
- Learning Communities
- Healthier Communities

## What's on offer

1 hour PC hire

## When

Tue 1-4pm

## Time Credits



# Carmarthenshire Housing Services Carmarthenshire



1 day / overnight



## Where is it?

Tenants Resource Centre, Pontiets, Nr Llanelli

Pat Evans

t: 01554 899288

e: [communityengagement@carmarthenshire.gov.uk](mailto: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.

## What's on offer

1 day or overnight hire

## Time Credits



# CHS Litter Picking Equipment



Various



## Where is it?

Tenant Resource Centre in Pontyates, Nr Llanelli

Pat Evans

t: 01554 899288

e: [communityengagement@carmarthenshire.gov.uk](mailto: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



Various, please see below



## Where is it?

Room Hire - Alison Williams

e: [ajwilliams@carmarthenshire.gov.uk](mailto:ajwilliams@carmarthenshire.gov.uk)

Film Club - Andrew Williams

t: 01554 742617

e: [agwilliams@carmarthenshire.gov.uk](mailto: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	When	Time Credits
1 hour meeting room hire		1
Film Club	Wed 6:30-9:30pm	2

# St John's Church Carmarthen Room Hire



1 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)

## Time Credits



# Carmarthenshire Energy Carmarthenshire



1 hour





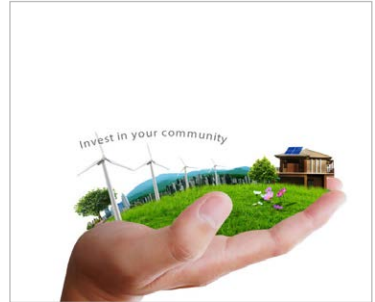
## Where is it?

Across Carmarthenshire

t: 01267 616 333

w: [carmarthenshireenergy.org](http://carmarthenshireenergy.org) / [ynnisirgar.org](http://ynnisirgar.org)

 Carmarthenshire Energy  
 @lowcarbonlewis



## What do I need to know?

Availability is limited since all the directors have day jobs, so please enquire and book well in advance.



## 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



# 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 excited to hear from new people and we'll do all we can to help.

## **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?**

Do you live in, or near, one of Carmarthenshire Housing's sheltered housing complexes? There are so many different ways you can get involved with supporting or running activities in sheltered schemes. For example, how about driving a minibus for an outing? Helping maintain the gardens? Running a cuppa or craft club? Organising a social event like a film night, or bingo session? Giving a pamper session, or running a card, or gift-making session?

## Event Volunteers

Communities First  
e: communitiesfirst@cararthenshire.gov.uk  
t: 01554 784847

### How do I learn 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

Karen Scott  
t: 07475 199445  
e: karenscott@justaddspice.org

Rachel Gegeshidze  
t: 07453 987648  
e: rachel@justaddspice.org

### How do I learn 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.

## Pride In Your Patch

Brian Mogford  
t: 07887 932066/01267 228855  
e: prideinyourpatch@cararthenshire.gov.uk

### How do I learn 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.

## Raiders In The Community Lianelli

Peter  
e: petertiffin@Raidersrugbyleague.co.uk  
t: 07772949956

### How do I learn Time Credits there?

Raiders In The Community 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. 1 Time Credit per 1 hour.

## Tenant 2 Tenant Magazine Carmarthenshire

t: 01554 899288  
e: : tenant2tenant@cararthenshire.gov.uk

### How do I learn Time Credits there?

Help in the production of Tenant 2 Tenant, a magazine produced exclusively for Carmarthenshire County Council tenants which 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; deliver magazines and flyers – there's something you can contribute, whatever your talent. Earn 1 Time Credit for every 1 hour of time spent for Tenant 2 Tenant.

## Volunteers Needed at Dr Mz, Carmarthen

Carmarthen Youth Project The Club House,  
Friars Park, Carmarthen, SA31 3AN

Jodie / Ruth  
t: 01267 222786

### How do I learn Time Credits there?

Dr Mz are regularly looking for volunteers to help out with activities and events. Please get in touch with Dr Mz to share your skills! All ages are welcome from 11 to 100!

# TIME TO MEET



**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](http://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](mailto:julie.davies@communitylives.co.uk)  
or call 01792 646640

# CARMARTHENSHIRE HOUSING TENANTS

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## **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.

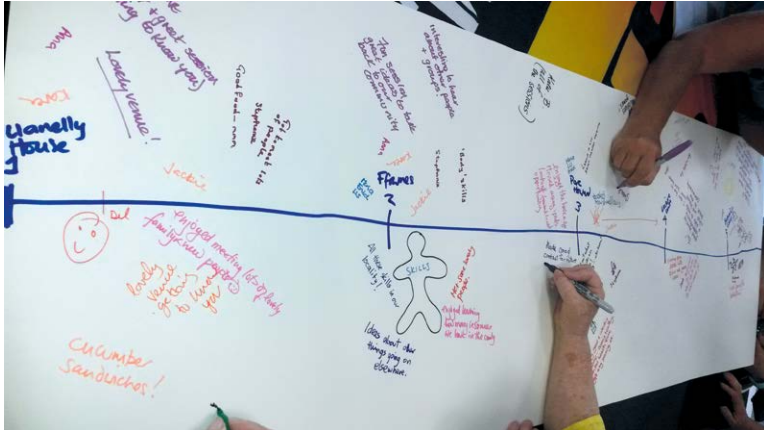
For example:

- 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.
- deliver magazines and flyers in your area

Email **Pat Evans** for further information:

[communityengagement@carmarthenshire.gov.uk](mailto:communityengagement@carmarthenshire.gov.uk) or call 01554 899288

# COMMUNITY CHAMPIONS



**Carmarthenshire Time Credits Network trains community members who wish to go the extra mile by becoming 'Community Champions' where they live.**

Community Champions are tenants and residents of all ages and walks of life who are helping to develop Time Credits in Carmarthenshire in the following ways (and more!):

- helping to organise and run local activities
- supporting tenants and residents to get involved with community activities
- spreading the word about Time Credits

Champions earn Time Credits for attending training and for the time they give to supporting the network. They also belong to a lively group of Champions who are changing Carmarthenshire, one hour at a time!

Email: **Rachel Gegeshidze** for further information:

**rachel@justaddspice.org**



# THE CARMARTHENSHIRE TIME CREDITS DROP IN

**1 CREDYD AMSER SIR GÂR  
CARMARTHENSHIRE  
TIME CREDIT**

Uyweddwrth Cymru  
Welsh Government

Cwmwr **Sir Gâr**  
**Carmarthenshire**  
County Council

**1**  
communities first cymunedau yn gyntaf

**ccia**  
community  
currencies  
in action

INTERREG IER

**Gwethio i wellia'r gymuned, un awr ar y tro.  
Aelod Credydau Amser  
Building a better community one hour  
at a time.  
Time Credits member**

**SPICE**

## 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!

# DONATING TIME CREDITS



Donating your  
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!



