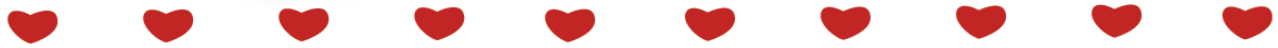




## FREE Sanitary Products are available



To get yours with no fuss, no hassle and no questions you can contact a

**Carmarthenshire County Council Youth Support Worker,**  
email us on **Participation@carmarthenshire.gov.uk**  
or **visit** one of the locations below;

### AMMAN VALLEY AREA

- Cwmaman Food Bank
- Cwmaman Youth Club, Glanamman
- Cwmaman Community Centre
- Garnant Family Centre
- Homestart Cymru, Ammanford
- Hwb, Ammanford Town Centre
- Llandybie Youth Club
- Streets Youth Project, Ammanford
- Tycroes Youth Club

### CARMARTHEN AREA

- Carmarthenshire Water Safety Partnership, Quay Centre, Carmarthen
- Dr'M'z Youth Project, Carmarthen Town
- Hwb (Spilman Street)
- The Bodyshop, Carmarthen Town Centre

### GWENDRAETH AREA

- Bobol Bach, Trimsaran
- Tumble Family Centre
- Trimsaran Youth Club

### LLANELLI

- Burry Port Family Centre\*
- Burry Port Youth Club
- Bwlch Youth Project, Morfa
- CASM, Llanelli\*
- CYCA Llanelli
- Felinfoel Children's Centre
- Flying Start, Morfa\*
- Hwb (Llanelli Town Centre)
- Llangennech Youth Club
- Llanelli Rural Council
- Llwynhendy Children's Centre
- Morfa Family Centre
- Princess Gwenllian Centre, Kidwelly
- The Wallich Supported Housing\*
- The Wallich Community Outreach Project\*

### TOWY VALLEY

- Llandovery Youth and Community Centre
- Y Pantri Glas, Llandeilo

### TEIFI VALLEY

- Llandysul Paddlers

**\*FOR MEMBERS OR AFFILIATES ONLY**

**SOME PROJECTS/LOCATIONS MAY BE CLOSED OR HAVE LIMITED ACCESS DUE TO COVID-19**

