

Social Care, Health & Housing

For more information please contact the
Manager:

**St. Paul's
Community Resource Centre,
Ann Street
Llanelli
SA15 1TQ**



Tel: 01554 899689



Social Care, Health & Housing

St. Paul's



Community Resource Centre



Mission Statement

To provide a high quality service in partnership with service users. We aim to help service users exercise their rights as citizens, realize their potential and live valued lifestyles.

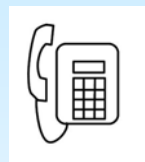


Central Lounge

**Opening Hours:
Monday to Friday 9.00a.m. to 3.00p.m.**

How do I access St. Pauls?

You will need to contact the Mental Health Team at, Brynmair Clinic, Llanelli or the Community Team for Learning Disabilities (CTLD) Capel Road, Llanelli who will make your referral.



Brynmair Tel: 01554 772768



Capel Road Tel: 01554 775916

Community Meetings

Community Meetings take place on a monthly basis, where service users are actively involved in putting their views forward and making decisions on how their Day Centre should be run. They also provide important information on forthcoming events and activities.



Relaxation Lounge



Dinning Area

WELCOME

St. Paul's will offer you a warm welcome and a friendly atmosphere.

If you are recovering from or have mental health problems, or have a learning disability St. Paul's may be the place for you. You will be offered a warm cup of tea or coffee and a friendly chat. This could be your ideal place to meet new friends and socialise.



Hot meals are served Monday to Friday at a nominal charge.

On Wednesday you will have the opportunity to cook your own meal, using the facilities provided.

What's on offer?

The aim of the service is to cater for service users needs and therefore we offer a range of activities such as:

- Cookery
- Hairdressing
- Facial & Hand Massage
- Swimming
- Craft Work



- Snooker & Pool
- Board Games
- Card Games
- Bingo
- Table Tennis
- Darts
- Yoga
- Taichi
- Singing
- Quiz Competitions
- Local Outings (Weekly)
- Evening Theatre or Cinema trips (Monthly)
- Coach Trips (During summer months)



Staff will support you with your interests where ever possible.