

**Swansea, Neath, Port Talbot groups and activities Spring 2024**

**Monday Activities**

Tea & Chat weekly at **Neath** - 12 noon – 2 pm, from 13 November, until end of March 2024.  Check with the Swansea office for exact location

Tea & Chat on second Monday of month, (12 February, 11 March and so on) at **Port Talbot** library 10am – 12 noon.

**Mumbles Group**

Tea & Chat, the second Monday of each month (12 February, 11 March, and so on) 1.30pm – 3pm

Mumbles Methodist Church, Mumbles Road, Mumbles SA3 4EA.

**Tuesday Activities**

**Gardening at the Sight Life allotment**

10am to 12 noon - Vetch Fields, Sandfields, Swansea,

Every Tuesday and Thursday.  Come along and be prepared to drink tea and eat cake, but also to give yourself some fresh air, your green fingers some light exercise, and grow some amazing veg.

**Wednesday Activities**

Tea & Chat on first Wednesday of month, (7 February, 6 March, and so on) at Lime Street, **Gorseinon** 10am – 12 noon

**Photography Group**

Generally meet on 1st & 3rd Wednesday of each month at Port Talbot library 10am – 12noon.

Next meet is 24 January 2024.

**BikeAbility**

12noon to 1pm - Dunvant Rugby Club, Broadacre, Killay SA2 7RU.

Every Wednesday, **due to restart in New Year.**

Get back in the saddle, or try it for the first time, BikeAbility is sponsored by Aging Well, Swansea, and has a large range of adaptable cycles to enable people of all ages and abilities to access cycling. Cost may rise to £7 per session. Guides are provided for those who require one. These sessions are popular, pre-booking is recommended.  Contact [07584 044284](https://www.google.co.uk/search?q=bikeability+swansea&sca_esv=577745607&sxsrf=AM9HkKmC5GXIsdmYyl2W_jWmlJj6fnE4AQ%3A1698656379188&source=hp&ei=e3A_ZefACd2thbIPxs-T6AM&iflsig=AO6bgOgAAAAAZT9-i9FYnlJO9D4R_EUQO4KZTTYJLT1O&gs_ssp=eJzj4tZP1zcsSTNJSc8wMmC0UjWoMLEwS00zNklJNk5JSrZMTrEyqEhMSktOTTVJTjU1TzG0MDbwEk7KzE5NTMrMySypVCguT8wrTk0EAC8CF3Y&oq=bike&gs_lp=Egdnd3Mtd2l6IgRiaWtlKgIIADINEC4YigUYxwEYrwEYJzIREC4YgAQYsQMYgwEYxwEYrwEyCBAAGIAEGLEDMg4QABiABBixAxiDARjJAzIIEAAYigUYkgMyCBAAGIAEGLEDMgUQABiABDIIEAAYgAQYsQMyCBAAGIAEGLEDMgUQABiABEihI1DOCVi0EXABeACQAQCYAVigAcYCqgEBNLgBAcgBAPgBAagCCsICDRAuGMcBGK8BGOoCGCfCAg0QLhjHARjRAxjqAhgnwgIHECMY6gIYJ8ICERAuGIAEGLEDGIMBGMcBGNEDwgILEAAYgAQYsQMYgwHCAgsQLhiKBRixAxiDAcICCxAAGIoFGLEDGIMBwgIOEC4YgAQYsQMYgwEY1ALCAggQLhiABBixAw&sclient=gws-wiz)

**Thursday Activities**

Tea & Chat on third Thursday of month, (18 January, 15 February, and so on) at Bont Elim, **Pontarddulais** 10.30 am – 12.30 pm.

**Gardening at the Sight Life allotment**

10am to 12pm - Vetch Fields, Sandfields, Swansea.

Dates: every Thursday (see also Tuesday)

Another chance to get planting and sowing, and harvest lovely veg from our raised bed allotment.

**Swansea Central, Tea and Chat, Hints and Tips**

12noon to 2pm - Glynn Vivian Art Gallery, Alexandra Road, Swansea SA1 5DZ.

**Art Group**

At Glynn Vivian Art Gallery. 1 - 3pm

18/01/2024, 01/02/2024, 22/02/2024, 07/03/2024, 21/03/2024,

**Wellness Walks**

Ageing Well are running long and short well-being walks on a Thursday around Swansea, Marina. They have trained volunteers, and they can provide a guide if required.

If you need to be met at the Quadrant, please be there ready to leave at 10 am, and contact the Swansea office in advance so that we can arrange for a volunteer, or member of staff to be there.

**Darts Night** – in partnership with the Lions

7.00pm - Travellers Well pub, 554 Carmarthen Road, Swansea SA5 8LA.  Third Thursday of each month, (18 January, 15 February, and so on)

**Friday Activities**

**Ten-pin Bowling**

11 am - Ten-pin Swansea, Parc Tawe, The Strand, Swansea SA1 2AX.   Generally, first Friday of each month, [not in school holidays], (2 February, and so on).  Please contact the Swansea office to book, and check dates & times.

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**Swimming**

EveryFriday from 12 noon to 12:55pm at Penlan Leisure Centre. The pool is accessible and has ramped access to the pool.  Places **must** be booked in advance before the Friday session. To book your place contact Penlan pool on 01792 588079. Discounts may be available. Contact Swansea Council.

**Blind Baseball**

Meadow View Sports Complex, Meadow St, Townhill, Swansea SA1 6RZ

February 24th, March 9th, March 23rd 2pm - 3:30

Please contact Holly blindbaseballwales@gmail.com for further information.

**Day Trips and Meals Out**

Last year our members had a trip to The Royal Mint at Llantrisant, other day trips are planned for 2024. Suggestions would be appreciated.

Our members have ad-hoc meals together to celebrate birthdays.

**Other events**

**Mondays - Soup & Cinema** - National Waterfront Museum, Swansea. Run by Swansea Ageing Well. Film starts at 1pm, a break at around 2pm for the soup, a chat, toilet break etc., before carrying on with the second half of the film. There is no cost or sign-up needed to attend, everyone is very welcome!

**Swansea Stroke Association** meet every Thursday 10 till 12 in the Deers Leap, Cwmrhydyceirw, Swansea SA6 6SG

Contact - Jackie Coates 07918 082457

**Swansea, Neath Port Talbot contact numbers**

Swansea Office - 01792 776360 Anita or Julie

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