

# December 2017 - February 2018

Registered charity number 1066262



## What's On for carers in Gwynedd!

Your guide to events, groups and activities for Winter 2017-18

**Please contact us to confirm your attendance. We are unable to hold events if we don't have enough people attend. ☎ 01248 370797,**

**✉ help@carersoutreach.org.uk, 🌐 www.carersoutreach.org.uk**

### Carers Social Groups

Come to one of our Carers Support groups for a cuppa and a chat and a chance to meet new friends. A warm welcome is assured.

#### Pwllheli

##### Carers social group

Plas Heli, Pwllheli,  
10.00 - 12.00

**Tuesday 2 January**

**Tuesday 6 February** : First Aid session with Jenny Evans from British Red Cross

**Carers only**

#### Blaenau Ffestiniog

##### Carers social group

W.I Centre, Blaenau Ffestiniog,  
1.30 - 3.30

**Tuesday 16 January**: First Aid session with Jenny Evans from British Red Cross

**Tuesday 20 February**

#### Penygroes

##### Carers social group

Capel Soar Vestry,  
Penygroes, 2.00 - 4.00

**Wednesday 17 January**:

Armchair aerobics with Myra Carpenter

**Wednesday 21 February**

**Carers only**

#### Bala

##### Carers social group

White Lion Hotel, Tegid,  
Bala, 2.00 - 4.00

**Monday 11 December**

**Monday 8 January**: First Aid session with Jenny Evans from British Red Cross

**Monday 12 February**

**Carers only**

#### Bangor

##### Carers social group

Storiell, Bangor, 4.00 - 6.00

**Wednesday 29 November**: Carers Rights Event with Helen Parry and Lynwen Roberts from Carers Outreach

**Wednesday 28 February**: First Aid session with Jenny Evans from British Red Cross

**Carers only**

#### Penmaenmawr Carers social group

**Wednesday 31 January**,  
3.00 - 5.00: Afternoon tea at Noddfa, Penmaenmawr

**Carers only**

#### Christmas lunches

##### Porthmadog

Jenny's Restaurant,  
Porthmadog, 1.00

**Thursday 7 December**



##### Caernarfon

The Celtic Royal Hotel,  
Caernarfon, 12.30

**Wednesday 13 December**

Booking for Christmas lunches is essential, contact us to request a booking form and menu by 20 November

#### Carers Rights Event

**Carers Information Session**  
Rugby Club, Dolgellau,  
10.30 - 12.30

**Tuesday 21 November**

With Gwyneth Roberts and Lynwen Roberts from Carers Outreach

**Carers only**