

Your Carers Support Groups

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| Beumaris Group Liverpool Arms, Beaumaris 10.30 | Wednesday | Massage from Joan Art therapy with Manuela Niemetscheck | 5 June 3 July |
| Carers aged 25-50 Penrhos Arms, Llanfairpwll, 12.00 | Wednesday | Social lunch | 12 June 10 July |
| Carers aged 25-50 Valley Hotel, Valley, 12.00 | Wednesday | Social lunch | 5 June 3 July |
| Llanrwst Group Eagles Hotel, 11.00-12.00 Llanrwst Library, 10.00-12.00 | Friday | Coffee and chat Scams and fraud prevention | 21 June 19 July |
| Pensarn Coffee Morning St. David's Community Centre, 10.00-12.00 | Wednesday | Scams and fraud prevention | 19 June 17 July |
| Parents for Autism Llandudno Canolfan Riviere, Riviere Ave, 1.00-3.00 | Wednesday | Support group – all areas welcome to join us | 5 June 3 July |
| Social Lunch with Bronwyn and Cynthia, 12.00 | Thursday | The Albert, Llandudno Station Hotel, Colwyn Bay | 27 June 25 July |
| Carers aged 25-50 The Station Hotel, Colwyn Bay, 12.30 | Wednesday | Social lunch | 12 June 10 July |
| Pwllheli Plas Heli, Pwllheli, 10.00- 12.00 | Tuesday | Support group | 4 June 2 July 6 August |
| Blaenau Ffestiniog Y Ganolfan, Wynne Road, 1.30-3.30 | Tuesday | | 18 June 16 July 20 August |
| Penygroes Capel Soar Vestry, 2.00-4.00 | Wednesday | Chair exercise, Boccia and Dementia Friends information Local photographs and talk by Richard Jones | 19 June 17 July |
| Bangor Storiol Café, 3.00-4.45 Mentec, Deiniol Road, 3.00-4.45 | Thursday | Local photographs and talk by Richard Jones | 20 June 18 July 15 August |
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| Tywyn, Baptist Church, High Street, 11.00-12.00 | Thursday | Support group | 13 June 11 July 8 August |
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Please note that groups may be subject to change. Please check first ☎ 01248 370797
Several groups do not run in August!

Day trip to Liverpool for Anglesey and Conwy carers only

Join us for a day out to the Albert Dock in Liverpool

Thursday 11 July

Booking essential, phone for a booking form by 11 June.

Carers Week is 10-14 June

We have arranged subsidised days out for carers at:

Plas Newydd, Llanfairpwll

Plas Tan y Bwlch, Maentwrog

Glynllifon, Llanwnda

Bodnant Garden, Conwy

See 'The Carer' for more details or phone us to book. **Booking is essential!**

Drop in at our **Colwyn Bay hub**, second Tuesday of the month, 10.00-12.00

Carers' surgery, by appointment only, at our **Llangefni hub**, second Thursday of the month, 1.00-4.00

Anglesey, Conwy & Gwynedd

Greenwood Forest Park

A free day out for children with additional needs and their families.

Wednesday 21 August.

Booking essential, phone our Bangor office for a booking form by 1 August. Or book online at

www.carersoutreach.org.uk

Support group and engagement events for Gwynedd parents/carers of children with additional needs and parents/carers of adults with a learning disability.

Monday 17 June at the Celtic Royal Hotel, Caernarfon, 10.30

Tuesday 18 June at the Ship Hotel, Dolgellau, 10.30, including a free buffet.

Booking is essential, phone the Bangor office to book your place.

Registered charity number 1066262

☎ 01248 370797

✉ help@carersoutreach.org.uk

🌐 www.carersoutreach.org.uk