

Your Carers Support Groups

Beumaris Group Liverpool Arms, Beaumaris 10.30	Wednesday	Pebble painting Mini massage Card making with Mareth	5 September 3 October 7 November
Holyhead Lunch Club Gwelfor Community Centre, Holyhead, 11.45-1.20	Monday	3 course meal = £6.50 Transport available Book your place early	17 September 15 October 19 November
Carers aged 25-50 Penrhos Arms, Llanfairpwll, 12.00	Wednesday	Social lunch	12 September 10 October 14 November

Please note that groups may be subject to change. Please check first ☎ 01248 370797

Something different

Christmas lunch

Anglesey: Penrhos Arms,
Llanfairpwll on 6 December

Please phone us for menu and
booking form.

Christmas shopping trip to Chester
for carers in Anglesey and Conwy

Thursday 22 November, phone for
more details and a booking form

**For details of parent carers’
support groups in Anglesey visit
our website or contact us.**

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

A guided walk, some history, geography and good company

Cwm Idwal Partnership Officer, Guto Roberts has
offered to facilitate a free 5K walk around Cwm
Idwal in Snowdonia.

If you love the outdoors and want to take part
then contact us to register your interest.

☎ 01248 370797

Registered charity number 1066262