

## Your Carers Support Groups

<b>Llanrwst Group</b> Eagles Hotel, 11.00-12.00  Llanrwst Library, 10.00-12.00	Friday	Helen Scott from Julie Burton Law, Power of Attorney (16 November)	21 September 19 October  16 November
<b>Pensarn Coffee Morning</b> St. David's Community Centre, 10.00-12.00	Wednesday	Everyday First Aid	19 September 17 October 21 November
<b>Llanfairfechan Group</b> Community Hall, 10.00-11.30	Thursday	Pebble painting Everyday First Aid	20 September 18 October 15 November
<b>Parents for Autism Llandudno</b> Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Confidence building, 12.30 start (3 October)	5 September 3 October  7 November
<b>Lunch</b> The Station Hotel, Colwyn Bay The Albert, Llandudno, 12.00	Thursday	Social lunch	27 September 25 October
<b>Carers aged 25-50</b> The Station Hotel, Colwyn Bay, 12.30	Wednesday	Social lunch	12 September 10 October 14 November

Please note that groups may be subject to change. Please check first ☎ 01492 533714

## Something different

Christmas shopping trip to Chester for carers in Anglesey and Conwy

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

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

### Christmas lunches

Conwy: Colwyn Bay Cricket Club on 29 November

Please phone us for menu and booking form.

### 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.

Registered charity number 1066262