

Your Carers Support Groups

Pwllheli Abersoch Golf Club Plas Heli, Pwllheli, 10.00-12.00	Tuesday	Support group	4 September 2 October 6 November
Blaenau Ffestiniog W.I Centre, 1.30-3.30	Tuesday	Support group	18 September 16 October 20 November
Penygroes Capel Soar Vestry, 2.00-4.00	Wednesday	Support group	19 September 17 October 21 November
Bala White Lion Hotel, 2.00-4.00	Monday	Everyday First Aid	10 September 8 October 12 November
Bangor Storiel Café, 3.00-4.45	Thursday	Everyday First Aid	20 September 18 October 15 November
Harlech Swimming pool Café, 10.30-12.30	Friday	Support group	7 September 5 October 2 November
Fairbourne Village Hall, 1.30-3.30	Friday	Support group	14 September 12 October 9 November

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

Something different

Please contact us for details of parent carers' support groups in Gwynedd.

Wizard of Oz relaxed film screening

Lights on dim, low volume, freedom to move

Suitable for people with dementia or those on the autism spectrum

For more details or a flyer please phone us

Friday 21 September at Neuadd Ogwen, Bethesda

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.

Christmas lunches

To be confirmed

Please phone us for menu and booking form.

Registered charity number 1066262

☎ 01248 370797