

# December 2017 - February 2018

Registered charity number 1066262



GWASANAETH CYNNAL GOFALWYR  
CARERS OUTREACH SERVICE

## What's on for carers aged 25 - 50 in Conwy!

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

Visit [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk) for more information

Please ring Laura Williams on 01492 533714 or email [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk) to book your place on any of our events or activities so that we can let you know if there are any changes to the advertised activities.

Come to one of our special events for carers aged 25 - 50 for a chat and a chance to meet new friends. A warm welcome is assured.

### Colwyn Bay

#### Social lunch for carers aged 25 - 50

12.00 - 2.00, The Station Café, Colwyn Bay

#### Wednesday 13 December :

Free Christmas lunch, phone Laura to book your place.

#### Wednesday 10 January

#### Wednesday 14 February ♥

Our Menter Morgan Project Officer Laura Williams will be on hand to welcome you and discuss your caring concerns. It's a great menu and a warm and friendly group of people.

Laura looks forward to seeing you!

### Llandudno

A special treat for children with additional needs, their siblings and parents/carers

#### Tuesday 6 February,

6.00 - 7.30 pm, Bonkerz Play Centre, Llandudno.

Booking essential, see enclosed flyer.

### Llandudno

#### \*\*New group\*\*

#### Wednesday 7 February from 1.00 - 2.00

Support group for parents and carers of children and adults with Autism, Aspergers and ADHD

#### Contact Laura for more information

### Skype

Contact Laura to arrange a Skype appointment - sometimes chatting to someone face to face is easier than over the phone.

### Notices

#### Free social lunch

On Wednesday 13 December carers aged 25 - 50 are invited to join Laura for a free festive lunch.

Phone Laura to book your place.



#### Wednesday 28 February Dementia Awareness

10.00, Ty Llewelyn, Llandudno

With the ground-breaking Patsy Pope. Booking essential, see enclosed form.

Carers only