

December 2017 - February 2018

Registered charity number 1066262



What's On for carers in Conwy!

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

Please contact us to confirm your attendance. We are unable to hold events if we don't have enough people attend. ☎ 01492 533714

Visit our website www.carersoutreach.org.uk for more information

Come to one of our Carers' coffee mornings for a cuppa and a chat and a chance to meet new friends. A warm welcome is assured.

Colwyn Bay

Carers Right Day event

Friday 24 November, 10.00-12.00, Colwyn Bay Hub, Metropole Basement Office, Penrhyn Road

- Staff from Conwy Council's Welfare Rights Team answering questions on Benefits
- Information about Carers Assessments from a Conwy Carer's Officer
- Refreshments

Carers Christmas lunch

Friday 1 December, 12 for 12.30, Colwyn Bay Cricket Club. Booking essential, phone us for a booking form.

Pensarn

Coffee Morning

10.00 - 12.00, **St. David's Community Centre, Pensarn**

Wednesday 17 January

Wednesday 21 February

Llanfairfechan Carers Social group

Llanfairfechan Community Hall
10.00 - 11.30

Thursday 18 January

Thursday 15 February

Join us for a cuppa and cake.

Carers only

Llandudno

Carers Lunch

Thursday 25 January
12.00, **Links Hotel**,
Llandudno. **All welcome**

Wednesday 28 February Dementia Awareness

10.00, Ty Llewelyn, Llandudno
With the ground-breaking
Patsy Pope. Booking
essential, see enclosed form.

Carers only

Llanrwst

Coffee and chat

Friday 19 January
11.00 - 12.00, **Eagles Hotel**

Friday 16 February: 10-12.00
Information Exchange with the
Welsh Ambulance Service at
Llanrwst library.

Carers only

Notices

Drop in to speak to Carers Support Officer Mair Roberts at our Colwyn Bay hub, Metropole Basement Office, Penrhyn Road on the second Tuesday of each month.

From 10.00 - 12.00

Llandudno

****New****

Wednesday 7 February
from 1.00 - 2.00

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

Contact us for more information

Rhos on Sea

Everyday First Aid

Friday 26 January
Capel y Rhos, Rhos on Sea
Booking essential, see enclosed form

Carers only