

March - May 2018

Registered charity number 1066262

What's On for carers in Conwy!

Your guide to events, groups and activities for Spring 2018

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

Llanrwst

Coffee and chat

11.00 - 12.00, **Eagles Hotel**

Friday 16 March

Friday 20 April

Friday 18 May

Pensarn

Coffee Morning

10.00 - 12.00, **St. David's**

Community Centre, Pensarn

Wednesday 21 March

Wednesday 18 April

Wednesday 16 May

Llandudno

Wednesday 28 February

Dementia Awareness

10.00, Ty Llewelyn, Llandudno

With the ground-breaking Patsy Pope. Booking essential, phone the above number to book by 23 February.

Carers only

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

1.00 - 3.00, Canolfan Riviere Learning Disability Day Centre, Riviere Avenue, LL30 1TL

Wednesday 7 March

Wednesday 4 April

Wednesday 2 May

Carers only

Llanfairfechan

Carers Social group

Llanfairfechan Community Hall

10.00 - 11.30

Thursday 15 March

Thursday 19 April

Thursday 17 May

Join us for a cuppa and cake.

Carers only

Learn how to deal with challenging behaviour

10.00 - 12.00, Key Training Academy, Station Road, Llanfairfechan

Friday 9 March

Booking essential, see enclosed form

Carers only

Carers Lunches

Thursday 29 March

12.00, The Station Cafe, Colwyn Bay.

Thursday 26 April

12.00 Ham Bone Café, Mostyn Street, Llandudno

Thursday 24 May

12.00 The Albert, Llandudno

All welcome, booking essential!

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

Rhos on Sea

Hearing Loss made easier with Jackie Claydon

10.00 - 1.00, Capel y Rhos, Rhos on Sea.

Booking essential, see enclosed form

Carers only

Pamper Sessions

Llandrillo College, Rhos on Sea

Thursday 10 May

Thursday 17 May

Booking essential, see enclosed form

Carers only