

March - May 2018

Registered charity number 1066262



What's On for carers in Gwynedd!

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. ☎ 01248 370797, ✉ help@carersoutreach.org.uk, 🌐 www.carersoutreach.org.uk

Carers Social Groups

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

Pwllheli Carers social group

Plas Heli, Pwllheli,
10.00 - 12.00

Tuesday 6 March

Tuesday 3 April

Tuesday 1 May

Carers only

Blaenau Ffestiniog Carers social group

W.I Centre, Blaenau Ffestiniog,
1.30 - 3.30

Tuesday 20 March

Tuesday 17 April: First Aid session with Jenny Evans from British Red Cross

Tuesday 15 May

Penygroes

Carers social group

Capel Soar Vestry,
Penygroes, 2.00 - 4.00

Wednesday 21 March: Join us for afternoon tea to celebrate St. David's Day.

Wednesday 18 April

Wednesday 16 May: Speaker Helen Scott from Julie Burton Law on Future Planning, e.g. Wills, Power of Attorney, Court of Protection.

Carers only

Bala

Carers social group

White Lion Hotel, Tegid,
Bala, 2.00 - 4.00

Monday 12 March

Monday 9 April: Speaker Delyth Williams, St. David's Hospice

Monday 14 May

Carers only

Bangor Carers social group

*** Note change of venue**

Mentec, Bangor, 4.00 - 6.00

Wednesday 28 February: First Aid session with Jenny Evans from British Red Cross

Wednesday 25 April: Speaker Helen Scott from Julie Burton Law on Future Planning, e.g. Wills, Power of Attorney, Court of Protection.

Mona Showground Integrated Music Festival

Wednesday 28 March,
12.00 midday - 10.00 pm
See flyer for more details

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