

Your Carers Support Groups

Beumaris Group Liverpool Arms, Beumaris 10.30	Wednesday	St. David's Day theme Light chair exercises Care & Repair	6 March 3 April 1 May
Holyhead Lunch Club Gwelfor Community Centre, Holyhead, 11.45-1.20	Monday	3 course meal = £6.50 Transport available Book your place early	18 March 15 April 20 May
Carers aged 25-50 Penrhos Arms, Llanfairpwll, 12.00	Wednesday	Social lunch	13 March 10 April 8 May
Carers aged 25-50 Valley Hotel, Valley, 12.00	Wednesday	Social lunch	6 March 3 April 1 May

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

Plas Cadnant Hidden Gardens, Menai Bridge

Thursday 9 May at 12.30

Join us for an afternoon at Plas Cadnant hidden gardens, an award-winning restoration project, said to be one of the most amazing retreats on Anglesey.

Telephone to request a booking form or more details.

St David's Day celebration for adults only

Llangefni carers' hub, Parc Mount,
Glanhwfa Road, Llangefni

Thursday 7 March 2019

Traditional music
Light buffet

Booking essential

Telephone to request a booking form or more details.

Carers' surgery, by appointment only, at our
Llangefni hub, second Thursday of the month,
1.00-4.00.