

# Carden Park Chester Overnight Spa break



**Gwynedd Carers come and join us on an overnight break.**

**Accompanied by Carers Outreach staff**

3 dates available

Arfon area - 12 to 13 March 2019

Dwyfor area - 19 to 20 March 2019

Meirionnydd area - 26 to 27 March 2019

***Ring on the number below to request a booking form as soon as possible, closing date 6 March 2019***

Local pick up points specific to each area. You can join us on any date as long as you can get to that area for the pick up.

Leave 10.00 Tuesday morning - Return approx. 5.00 Wednesday afternoon.

Bed, breakfast and evening meal included.

Single rooms included.

Treatments available for both men and women.

2 treatments included, 1 on day of arrival, 1 on morning of departure.

## **Cost of break £50 per person**

These breaks are subsidised by Gwynedd County Council from the Carers Respite fund which is managed by Carers Outreach Service.



If you need and can arrange respite cover for your dependant at home please contact Helen Evans on the number below. The additional charge for this will be covered by the Respite Fund.

If you would like to go but are unable to do an overnight stay please contact Helen as we may be able to arrange a day break.

**Carers Outreach Service, Unit 6, Mentec, Deiniol Road, Bangor, Gwynedd LL57 2UP**

Registered Charity Number 1066262

**Tel: 01248 370797**