

Your Carers Support Groups

Llanrwst Group Eagles Hotel, 11.00-12.00 Llanrwst Library, 10.00-12.00	Friday	Coffee and chat Falls prevention talk	15 March 17 May 26 April
Pensarn Coffee Morning St. David's Community Centre, 10.00-12.00	Wednesday	Support group	20 March 17 April 15 May
Parents for Autism Llandudno Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Support group – all areas welcome to join us	6 March 3 April 1 May
Social Lunch with Bronwyn and Cynthia, 12.00	Thursday	The Albert, Llandudno Snowdonia Nurseries Station Hotel, Colwyn Bay	28 March 25 April 30 May
Carers aged 25-50 The Station Hotel, Colwyn Bay, 12.30	Wednesday	Social lunch	13 March 10 April 8 May

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

Drop in at our **Colwyn Bay hub**, second Tuesday of the month, 10.00-12.00

Line dancing in Conwy

Wednesdays in May: - 1, 8, 15, 22
 at Ty Llewelyn Community Centre, Llandudno. LL30 1LA.

Phone Mair on 01492 533714 to request a booking form or for more details.

Pamper Day for Conwy carers at Llandrillo College.

To be confirmed, phone Mair on 01492 533714 to request a booking form or for more details.

Bonkerz Fun Centre, Llewelyn Avenue, Llandudno

Tuesday 5 March, 6.00-7.30

Free fun session for children with additional needs, their siblings and parents. Includes free refreshments.

Telephone to request a booking form or more details.

Registered charity number 1066262