

Your Carers Support Groups

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

Beumaris Group Liverpool Arms, Beumaris 10.30	Wednesday	Card making Talk from Medrwn Môn Be safe online	4 September 2 October 6 November
Carers aged 25-50 Penrhos Arms, Llanfairpwll, 12.00	Wednesday	Social lunch	11 September 9 October 13 November
Llanrwst Group Eagles Hotel, 11.00-12.00 Llanrwst Library, 10.30-12.00	Friday	Coffee and chat Coping with hearing loss plus equipment display	20 September 15 November 18 October
Pensarn Coffee Morning St. David's Community Centre, 10.00-12.00	Wednesday	Lasting Power of Attorney Wiltshire Farm Foods	18 September 16 October 20 November
Parents for Autism Llandudno Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Support group – all areas welcome to join us	4 September 2 October 6 November
Social Lunch with Bronwyn and Cynthia, 12.00	Thursday	Craigside Inn, Llandudno Station Hotel, Colwyn Bay Snowdonia Nurseries	26 September 24 October 21 November
Carers aged 25-50 The Station Hotel, Colwyn Bay, 12.30	Wednesday	Social lunch	11 September 9 October 13 November
Pwllheli Abersoch Golf Club Plas Heli, Pwllheli, 10.00-12.00	Tuesday	Support group	3 September 1 October 5 November
Blaenau Ffestiniog Y Ganolfan, Wynne Road, 1.30-3.30	Tuesday	Support group	17 September 15 October 19 November
Penygroes Capel Soar Vestry, 2.00-4.00	Wednesday	Carwyn Jones, Scrimshaw Fraud prevention Dawn Owen, Carers Wales	18 September 16 October 20 November
Bangor Storiel Café, 3.00-4.45	Thursday	Scams and fraud prevention – Nat West	19 September 17 October 21 November
Tywyn, Baptist Church, High Street, 11.00-12.00	Thursday	Scams and fraud prevention – Nat West Alzheimer's Cymru Dawn Owen, Carers Wales	12 September 10 October 14 November

Parents of children Ysgol Hafod Lon, Penrhyndeudraeth, 10.30-12.00	Monday	Support group for parents and carers of children with additional needs	21 October 18 November
---	--------	---	---------------------------

Anglesey carers

Come and tell us what you want

Helen Woodcock, the new Outreach & Development Officer for Anglesey carers is eager to meet you and hear how she can support you. Join Helen for an informal chat at the following venues in **September, October & November:**

First Tuesday of each month at Morlo Community Centre, Holyhead, 10.30-12.30

Last Wednesday of each month at Memorial Hall, Amlwch, 1.30-3.00

Last Tuesday of each month at Canolfan Ebenezer, Llangefni, 2.00-4.00

Gwynedd parents/carers of children with additional needs and parents/carers of adults with a learning disability.

Support group and engagement events including a free light lunch.

Monday, 16 September at Caernarfon 10.00 – 2.00. Led by North Wales Transformation Strategy

Tuesday 17 September at the Ship Hotel, Dolgellau, 10.00 – 2.00. Led by North Wales Transformation Strategy

Monday 14 October at Gwesty Seren, Lan Ffestiniog, 10.00 – 2.30. Planning for the future

Booking is essential, phone the Bangor office to book your place.

Conwy carers

Line dancing taster sessions

Wednesdays in October: - 2, 9, 16, 23 at Mynydd Seion Chapel schoolroom, Abergele. 10.30-11.30

Christmas lunch

Wednesday, 4 December, Colwyn Bay Cricket Club, Rhos on Sea.

Phone Mair on 01492 533714 to request a booking form or for more details about either of the above.

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

☎ **01248 370797**

✉ **help@carersoutreach.org.uk**

🌐 **www.carersoutreach.org.uk**

Registered charity number 1066262