

Your Carers Support Groups

Llanrwst Group Eagles Hotel, 11.00-12.00 Llanrwst Library, 10.00-12.00	Friday	Join us for a bar snack after the group Makeover session	21 December 18 January 15 February
Pensarn Coffee Morning St. David's Community Centre, 10.00-12.00	Wednesday	Falls prevention	16 January 20 February
Llanfairfechan Group	Cancelled until further notice		
Parents for Autism Llandudno Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Support group	5 December 6 February
Lunch Pantri Bach, Pensarn The Station Hotel, Colwyn Bay, 12.00	Thursday	Social lunch	24 January 27 February
Carers aged 25-50 The Station Hotel, Colwyn Bay, 12.30	Wednesday	End of year lunch = £5.00	12 December 9 January 13 February

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

Line dancing in Conwy

Every Wednesday in February 2019.
 10.30 – 11.30 venue to be confirmed. Phone Mair
 on 01492 533714 for more details.

Drop in at our **Colwyn Bay hub**,
 second Tuesday of the month,
 10.00-2.00

Confidence in colour session

With Sonia at Capel y Rhos, Rhos
 on Sea. **Thursday 10 January**
10.00-12.30

Phone 01492 533714 for booking
 form and more information.
 £10 each

Carers Rights Day Event Friday 30 November

Colwyn Bay: Information stand at Bay View
 Shopping Centre, 10.00-2.00

Registered charity number 1066262