

## Your Carers Support Groups

<b>Pwllheli</b> Plas Heli, Pwllheli, 10.00-12.00	Tuesday	Christmas lunch at 12.00	4 December 8 January 5 February
<b>Blaenau Ffestiniog</b> W.I Centre, 1.30-3.30 *venue may change	Tuesday	Every Day First Aid Chair Aerobics & Boccia	15 January 19 February
<b>Penygroes</b> Capel Soar Vestry, 2.00-4.00	Wednesday	Every Day First Aid Chair Aerobics & Boccia	19 December 16 January 20 February
<b>Bala</b> White Lion Hotel, 2.00-4.00	Monday	No group until	11 February
<b>Bangor</b> Storiel Café, 3.00-4.45	Thursday	Festive afternoon tea, booking essential	20 December  17 January 21 February
<b>Harlech</b> Swimming pool Café, 10.30- 12.30	Friday	Support group	7 December 4 January 1 February
<b>Fairbourne</b> Village Hall, 1.30-3.30	Friday	Support group	14 December 11 January 8 February
<b>Parent carers</b> Ysgol Hafod Lon, Penrhyndeudraeth,	Monday	Morning coffee at 10.30  Evening support group at 7.30	21 January  18 February
<b>Parent carers</b> Ysgol Pendalar, Caernarfon, 10.30-12.00	Tuesday	Morning coffee to support parents and carers of children with additional needs	22 January
<b>Parent carers</b> Rugby Club Dolgellau, 10.30-12.30	Tuesday	Parents / carers of children and adults with additional needs	19 February

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

### Christmas lunch

Stables Restaurant, Llanwnda,  
Wednesday 5 December at 12.30 \*

\*Please phone us for menu and booking  
form ASAP

Registered charity number 1066262