

March - May 2018

Registered charity number 1066262

What's On for carers 25—50 in Conwy

Your guide to events, groups and activities for Spring 2018

**Please contact us to confirm your attendance. We are unable to hold events if we don't have enough people attending. ☎ 01248 370797,
✉ help@carersoutreach.org.uk, 🌐 www.carersoutreach.org.uk**

Carers 25 - 50 Social lunch

You are welcome to attend one of our social lunches at The Station Café, Colwyn Bay 12:00—2:00

Enjoy great food, great company and you're guaranteed a warm welcome.

Wed 14 March
Wed 11 April
Wed 9 May



Musical festival 2018

We have organised an integrated Music Festival for children and adults with additional needs and their families.

Please see the enclosed flyer for more details 😊



Pamper session

We have arranged a pamper day at Coleg Llandrillo.

Please see flyer.

If you would like a booking form, please contact the Colwyn Bay office on 01492 533714 or book via our website www.careroutreach.org.uk



Carer Choir

Carers Outreach has recently set up a choir for carers.

The choir will practise at Penrhyn Hall, Bangor every Wednesday between 11:30 - 1 until Wednesday 28 March*.

*There will be no session Wednesday 28 Feb

Support group for parents of children with ADHD, Autism and Asperger's.

Calling all parent carers to join us on the first Wednesday of every month, 1 - 2:30 at Canolfan Riviere, Craig y Don, for a cup of tea and a cake.

You can.....

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