



## Calling Meirionnydd carers

You are cordially invited to attend a carers support meeting at Dolgellau Rugby Club, on Tuesday, 21 November at 10.30 - 12.30.

An Emergency Planning session will be held during the first hour, followed by an opportunity to have support or information regarding your caring role, and chat with like minded people. Whether you come alone or bring a friend, a warm welcome is assured.

Please let us know as soon as possible if you would like to attend the carers support meeting and we will send you a reminder note nearer the time

To book a place or for further information contact Lynwen or Gwyneth on

 01766 772956

 [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

Registered charity no. 1066262

 [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)