



Calling all unpaid carers

Carers Outreach is starting a carers' group in Llanfairfechan, meeting at Oceans, The Promenade. The first get together will be held on **Thursday 21 September**, from **10.00- 11.30**. This is a great opportunity for carers to meet others in a similar situation.

There will be a free cuppa and cake and a warm welcome is assured.

For more information contact Mair on

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