

September - November 2017

Registered charity number 1066262

What's on for carers aged 25 - 50 in Conwy!

Your guide to events, groups and activities for Autumn 2017

Visit www.carersoutreach.org.uk for more information



Please ring Laura Williams on 01492 533714 or email help@carersoutreach.org.uk to book your place on any of our events or activities so that we can let you know if there are any changes to the advertised activities.

Come to one of our special events for carers aged 25 - 50 for a chat and a chance to meet new friends. A warm welcome is assured.

Colwyn Bay

Social lunch for carers aged 25 - 50

12.00 - 2.00, The Station Café, Colwyn Bay,

Wednesday 13 September

Wednesday 11 October

Wednesday 8 November

Our Menter Morgan Project Officer Laura Williams will be on hand to welcome you and discuss your caring concerns. It's a great menu and a warm and friendly group of people.

Laura looks forward to seeing you!

Colwyn Bay

Free Tai Chi session for carers aged 25 - 50

Wednesday, 11 October

10.30 - 11.30, Cais,

Station Court, 41 & 43

Station Road, Colwyn

Bay, LL29 8BP

Booking essential, phone Laura on 01492 533714 to request a booking form before 4 October.

Carers only

Llandudno

Not to be missed! A special treat for carers aged 25 - 50

Friday 17 November

We have free tickets to see Gary Barlow's 'The Band' at Venue Cymru. Places limited, booking essential. Carers may bring a *paying* companion.

Phone Laura on 01492 533714 to request a booking form before 30 September.

The show starts at 5.00

Notices

Free social lunch

On Wednesday 13 December carers aged 25 - 50 are invited to join Laura for a free festive lunch.

Venue to be confirmed. Phone Laura to book your place.



Carers Outreach Service Annual General Meeting

Thursday 9 November, 2.00
Kingsland Community Centre, Holyhead.

Friday 22 September

Dementia awareness

With the ground breaking Patsy Pope.

Booking essential, see enclosed booking form.

Carers only