

June - August 2018

What's On for carers in Gwynedd!

Your guide to events, groups and activities for Summer 2018

Please contact us to confirm your attendance. We are unable to hold events if we don't have enough people attend.

☎: 01248 370797, ✉: help@carersoutreach.org.uk, 🌐: www.carersoutreach.org.uk

Carers Social Groups

Come to one of our Carers Support groups for a cuppa and a chat and a chance to meet new friends. A warm welcome is assured.

Pwllheli

Carers social group

Plas Heli, Pwllheli,
10.00 - 12.00

Tuesday 4 June: Emergency planning with Gwyneth Roberts

Tuesday 3 July

Tuesday 7 August

Carers only

Blaenau Ffestiniog

Carers social group

W.I Centre, Blaenau Ffestiniog,
1.30 - 3.30

Tuesday 19 June

Tuesday 17 July

Tuesday 21 August

Penygroes

Carers social group

Capel Soar Vestry, Penygroes,
2.00 - 4.00

Wednesday 20 June

Wednesday 18 July: Flower arranging with Liz Woodford

No group in August

Carers only

Bala

Carers social group

White Lion Hotel, Tegid, Bala,
2.00 - 4.00

Monday 11 June

Monday 9 July

Monday 13 August

Carers only

Llandudno

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

Canolfan Riviere, Craig y Don
1.00 - 3.00

Wednesday 6 June

Wednesday 4 July

Wednesday 1 August

Bangor

Carers social group

* **Storiell**, Bangor, 4.00 - 6.00

Thursday 21 June

Thursday 19 July

Thursday 16 August

Dolgellau

Pamper session for

carers. Coleg Meirion Dwyfor, LL40 2SW, 9.30 - 12.00

Thursday 7 June

Limited places, booking essential. Contact us to request a booking form.

Carers only

Carers Week

Coffee morning

Dolgellau Library, Bala Road, Dolgellau, 10.30 - 12.30

Tuesday 12 June

Caernarfon

Coffee morning

Caernarfon Library, Pavilion Hill, Caernarfon, 10.30 - 12.30

Monday 11 June