

## Your Carers Support Groups

<b>Llanfairpwll Group</b> Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Wednesday	Coffee, tea and chat We look forward to seeing you!	4 December 8 January 5 February 5 March
<b>Anglesey parent carers support group</b> Canolfan Glanhwfa, Llangefni, 10.00 – 12.00	Wednesday	Coffee, tea and chat We look forward to seeing you!	4 December 8 January 5 February 5 March
<b>Llanrwst Group</b> Eagles Hotel, Llanrwst 11.00 -12.00  Llanrwst Library (February)	Friday	*Option to stay on for Christmas lunch.  Fuel Poverty Alleviation information	13 December* 10 January 14 March 14 February
<b>Carers' drop-in</b> at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday  *Booking essential where food is provided.	*Christmas themed buffet Drop-in only *Talk on Direct Payments, followed by buffet lunch.  Fuel Poverty Alleviation information	3 December* 7 January 4 February* 4 March
<b>Pwllheli group</b> Plas Heli, Pwllheli, 10.30 -12.30 *Abersoch Golf Club (January)	Thursday	Coffee, tea and chat Light lunch available	5 December 6 February 6 March 9 January*
<b>Online group for parents/ carers of adults with Learning Disabilities and children with additional needs, 10.30</b>	Monday	Contact us for a link to join.	16 December 20 January 17 February 17 March
<b>Gwynedd parent carers support group</b> Porthi Dre, Caernarfon 11.00-12.30	Wednesday  Hot drinks and cake provided	December Fully Booked *Fuel Poverty Alleviation information	18 December 15 January* 19 February 19 March
<b>Penygroes Group</b> Pant Du, 12.30	Wednesday	Coffee, tea and chat Light lunch available	15 January 19 February 19 March

Please note that events may be subject to change. Please check first

☎01248 370797, ✉ [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

**Contact us to book your place!**

# Other events for carers

**Come along to one of our community based drop-in sessions and speak to our Carers Support Officer. You can:**

- Learn about our inhouse grants for carers
- Get information on Benefits and entitlements
- Find out more about our new project that covers Carer Fuel Poverty Alleviation, Income Maximisation and related Money Matters.
- Discuss issues related to your caring role.

Dates and times below. Our officer will be visiting different venues each quarter.

**A warm welcome to all!**

## Conwy Carers

### Extra drop-in sessions for carers

Wednesday, 18 December – **Llanrwst Library**,  
10.00 – 1.00

Friday, 17 January – **Llandudno Community Hub**, Augusta Street, 10.30 – 12.30

## Gwynedd Carers

### Carers' drop-in sessions

Friday, 13 December – **Y Bala**, Canolfan Henblas, 1.00 – 3.00

Wednesday, 15 January – **Botwnnog**, Congl Meinciau Enterprise Centre, 2.00 – 4.00

Thursday, 20 March – Baptist Church, **Tywyn**, 10.30 – 12.30

## Anglesey carers

### Carers' drop-in session

Tuesday, 10 December – **Menai Bridge Library**, 1.00 – 3.00

