

## Your Carers Support Groups

<b>Llanfairpwll Group</b> <b>*Capel Rhos y Gad,</b> Llanfairpwll, LL61 5JB* 10.30 -11.30	Wednesday	New venue	6 December 3 January 7 February 6 March
<b>Llanrwst Group</b> Eagles Hotel, Llanrwst 11.00 -12.00	Friday	*Join us for a bar snack after the December meeting.	*8 December 12 January 9 February 8 March
<b>Abergele group</b> Old People's Club Room, Abergele 10.00 -11.00	Wednesday	*Energy efficiency and practical money saving tips from CAB.	*17 January 21 February 20 March
<b>Carers' drop-in at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00</b>	Tuesday	We look forward to seeing you!	5 December 2 January 6 February 5 March
<b>Pwllheli group</b> Plas Heli, Pwllheli, 10.30 -12.30  <b>Abersoch Golf Club</b>	*Friday  Monday	*Christmas lunch	*15 December 5 February 4 March  <b>8 January</b>
<b>Gwynedd 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.	18 December 15 January 19 February 18 March
<b>Gwynedd parent carers support group</b> Porthi Dre, Caernarfon 11.00-12.30	Wednesday  Hot drinks, soup and cake provided	For parents/carers of children with additional needs in Gwynedd	20 December 17 January 21 February 20 March
<b>Blaenau Ffestiniog group</b> The Queens Hotel, 1.00	Tuesday	Coffee and chat	12 December 9 January 13 February 12 March
<b>Penygroes Group</b> Pant Du, 12.30	Wednesday	Coffee and chat Light lunch available	17 January 21 February 20 March

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

☎01248 370797, ✉ help@carersoutreach.org.uk

**Booking is essential!**

# Other activities for carers

## Carers Caravans

Carers Outreach has 2 caravans situated at Hafan Y Môr, Pwllheli where carers and their families can stay at a discounted rate.

After a busy summer the caravans are now closed. You are welcome to email or telephone us in **January 2024** to make a booking for the 2024 season.

✉ [caravan@carersoutreach.org.uk](mailto:caravan@carersoutreach.org.uk)  
☎ **01248 370797**

'The quality of life is determined by its activities.' - Aristotle

## Self-Care Courses

The BCU Health Board's Self Care Office offers a range of free health and wellbeing courses for adults who live with long term health conditions and for carers. Courses are held either online or face-to-face in a variety of community venues.

'Caring for Me and You' is an online course.

'Introduction to Looking after Me for carers' is also online.

For more information contact the **North Wales Self Care Team**

☎ **03000 852 280**

✉ [eppcymru.bcuhb@wales.nhs.uk](mailto:eppcymru.bcuhb@wales.nhs.uk)

## Carers' lunches

Noddfa in Penmaenmawr holds social lunches for carers every other Monday. £8.00 a head.

Phone Noddfa to book  
☎ **01492 623 473**

## Dementia Actif Gwynedd

Carers' wellbeing and support group.

Every other Tuesday on zoom,  
11.00 – 12.00

For more information contact Emma

☎ **07768 988095**

✉ [emmajaynequaeck@gwynedd.llyw.cymru](mailto:emmajaynequaeck@gwynedd.llyw.cymru)

If you are not familiar with using zoom Emma can help you to get online.



Registered charity number 1066262

☎ **01248 370797**

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

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