

Your Carers Support Groups

Please note that groups may be subject to change. Please check first ☎ 01248 370797

Beaumaris Group Liverpool Arms, Beaumaris 10.30	Wednesday	Lois Gwyn, BCUHB Pharmacist Jackie Claydon, Deaf awareness	4 March 1 April 6 May
Carers aged 25-50 Penrhos Arms, Llanfairpwll, 12.00	Wednesday	Social lunch	11 March 8 April 13 May

Further information

Anglesey parents

Have you contacted Helen Evans in our Bangor hub to discuss your respite opportunities?

This funding comes to an end at the end of March. Call now to avoid disappointment.

Families have benefited from grants towards sports activities, holidays and days out such as Greenwood Forest Park etc

Carers all areas

Soroptimist International Bangor invite carers and the person they care for to an afternoon of fun and food.

Afternoon tea

Hirael Community Centre, Bangor

Saturday, 21 March at 2.00-4.00

All areas welcome to attend

Games Spot prizes

Places limited, Booking essential

Free

To book:

☎ 01248 370797

✉ help@carersoutreach.org.uk

🌐 www.carersoutreach.org.uk

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