

## Your Carers Support Groups

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

<b>Llanrwst Group</b> Eagles Hotel, 11.00-12.00 Llanrwst Library, 10.30-12.00	Friday	Coffee and chat Make-up from Boots No 7 Carers Officer, Melanie Shingler	17 April 20 March 15 May
<b>Pensarn Coffee Morning</b> St. David's Community Centre, 10.00-12.00	Wednesday	Carers Officer, Sue Jones Make-up from Boots No 7	18 March 15 April 20 May
<b>Parents for Autism Llandudno</b> Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Coffee and chat with Helen	4 March 1 April 6 May
<b>Social Lunch with Bronwyn and Cynthia, 12.00</b>	Thursday	Roots Café, Abergele Fortes, Rhos on Sea The Albert, Llandudno	26 March 30 April 28 May
<b>Social Lunch for Carers aged 25-50</b> , Hickory's, Rhos on Sea, 12.30	Wednesday	Social lunch	11 March 8 April 13 May

## Further information

### 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

### Conwy carers

Drop in at our **Colwyn Bay hub**, second Tuesday of the month, 10.00-12.00

#### To book:

☎ 01248 370797

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

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

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