

Your Carers Support Groups

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

Pwllheli Plas Heli, Pwllheli, 10.00-12.00	Tuesday	Jane Picken, Dementia Captain Support group	3 March 7 April 5 May
Blaenau Ffestiniog Y Ganolfan, Wynne Road, 1.30-3.30	Tuesday	Support group	17 March 21 April 19 May
Penygroes Capel Soar Vestry, 2.00-4.00	Wednesday	Support group	18 March 15 April 20 May
Bangor Storiol Café, 3.00-4.45	Thursday	No group in March Support group	16 April 21 May
Tywyn , Baptist Church, High Street, 11.00-12.00	Thursday	Support group	12 March 9 April 14 May
Penrhyndeudraeth , Ysgol Hafod Lon, 10.30-12.00 Cricieth , 46 High Street, drop-in, 9.30-12.30	Monday Wednesday	Support group for parents and carers of children and adults with additional needs	18 May 11 March

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

Engagement meeting for parents and carers of children and adults with additional needs

Monday 20 April at the Ship Hotel, Dolgellau, 10.30-12.30

Monday 27 April at Caernarfon Library, 10.30-12.30

To book:

☎ 01248 370797

✉ help@carersoutreach.org.uk

🌐 www.carersoutreach.org.uk

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