

# Conwy

## 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	No group in December Coffee and chat Karen Allen, Crossroads	21 February 17 January
<b>Pensarn Coffee Morning</b> St. David's Community Centre, 10.00-12.00	Wednesday	No group in December Karen Allen, Crossroads	15 January 19 February
<b>Parents for Autism Llandudno</b> Canolfan Riviere, Riviere Ave, 1.00-3.00	Wednesday	Make-up from Boots No 7 No group in January	4 December 5 February
<b>Social Lunch with Bronwyn and Cynthia,</b> 12.00	Thursday	No group in December The Albert, Llandudno Craigside Inn, Llandudno	30 January 27 February
<b>Social Lunch for Carers aged 25-50,</b> 12.30	Wednesday	Hickory's, Rhos on Sea Virgilio's, Colwyn Bay Hickory's, Rhos on Sea	11 December 8 January 12 February

For further information and breaking news on activities keep checking our website and Facebook pages.

Remember you can start booking our caravans from January 2020.

You can phone our Bangor office or email us for information about activities or to request carer support and information.

☎ 01248 370797

Registered charity number 1066262

### Conwy carers

#### Christmas lunch

Wednesday, 4 December, Colwyn Bay Cricket Club, Rhos on Sea.

Phone Mair on 01492 533714 to request a booking form or for more details.

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