

Your Carers Support Groups

Llanfairpwll Group Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Wednesday	Coffee, tea and chat We look forward to seeing you! *No group in August*	4 September 2 October 6 November
Llanrwst Group Eagles Hotel, Llanrwst 11.00 -12.00	Friday	*No group in August*	13 September 11 October 8 November
Carers' drop-in at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday	We look forward to seeing you!	6 August 3 September 1 October 5 November
Pwllheli group Plas Heli, Pwllheli, 10.30 -12.30	Thursday	Coffee, tea and chat Light lunch available *No group in August*	5 September 3 October 7 November
Online group for parents/ carers of adults with Learning Disabilities and children with additional needs, 10.30	Monday	Contact us for a link to join.	19 August 16 September 21 October 18 November
Gwynedd parent carers support group Porthi Dre, Caernarfon 11.00-12.30	Wednesday	Hot drinks, soup and cake provided For parents/carers of children with additional needs in Gwynedd	21 August 18 September 16 October 20 November
Penygroes Group Pant Du, 12.30	Wednesday	Coffee, tea and chat Light lunch available	21 August 18 September 16 October 20 November
Blaenau Ffestiniog group The Queens Hotel, 1.00	Tuesday	Coffee, tea and chat	13 August 10 September 8 October 12 November

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

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

Contact us to book your place!

Other events for carers

Conwy Carers

Extra drop-in sessions for carers

6 September – **Llanfairfechan Library**,
10.00 – 12.00

13 September – **Llandudno Community Hub**,
Augusta Street, 10.00 – 1.30

Carers Rights Day

22 November – Information Stand, **Bayview
Shopping Centre, Colwyn Bay**, 10.00 – 2.00

We look forward to seeing you!

Gwynedd Carers

Carers' drop-in sessions

7 August – **Llanaelhaearn**, Y Babell
Community Centre, 10.00 – 12.00

7 August – **Botwnnog**, Congl Meinciau
Enterprise Centre, 1.00 – 3.00

16 August – **Y Bala**, Canolfan Henblas,
1.00 – 3.00

5 September – **Barmouth**, Elim Church,
Park Road, 10.30 – 12.30

7 November – **Dolgellau Free Library**,
10.00 – 12.00

7 November – Baptist Church, **Tywyn**,
1.00 – 3.00

A warm welcome to all!

Christmas lunches

We are hoping to arrange Christmas lunches at accessible and affordable venues as follows:

- Llanfairpwll or the surrounding area – contact person Janice Jones
- Conwy county – contact person Mair Roberts
- Anglesey **parent carers** only – contact person Ella Simpson
- Gwynedd **parent carers** only at Porthi Dre, Caernarfon – contact Ella Simpson

Please contact us to register your interest and/or suggest a venue. We will then contact you with further details in November.

Anglesey and Gwynedd ☎ **01248 370797**

Conwy ☎ **01492 533714**

Or by email to ✉ help@carersoutreach.org.uk