

Your Carers Support Groups

Parent Carers Standing Stones, Holyhead, 12.00	Tuesday	Social lunch, choose from the menu and pay at the bar	4 April 2 May 4 July
Parent Carers Bull Bay Golf Club, Amlwch, 12.00	Wednesday	Amlwch Allotment visit and picnic, weather permitting	12 April 10 May 14 June 12 July
Llanfairpwll Group Penrhos Arms, Llanfairpwll, 10:30-11:30	Wednesday *Carers only* No disabled facilities	Coffee and chat Option to stay on for bar meal after meeting.	5 April 3 May 7 June 5 July
Llanrwst Group Eagles Hotel, Llanrwst 11.00-12.00	Friday	Coffee and chat Option to stay on for bar snack after meeting.	14 April 12 May 9 June 14 July
Abergele group Old People's Club Room, Abergele 10.00 -11.00	Wednesday	Coffee and chat *New Venue*	19 April 17 May 21 June 19 July
Afternoon tea to celebrate the Coronation, 2.00 Afternoon tea at Noddfa, 2.30	Thursday	Mountain View, Mochdre Phone us for more details. Noddfa, Penmaenmawr £10 a head, phone Noddfa to book on 01492 623473.	11 May 27 July
Pwllheli group Plas Heli, Pwllheli, 10.30 -12.30	Monday	Coffee and chat	3 April 1 May 5 June 3 July
Gwynedd parent carers online group, 10.30	Monday	Contact us for a link to join	17 April 15 May 19 June 17 July
Blaenau Ffestiniog group The Queens Hotel, 1.00	Tuesday	Coffee and chat	Every 2 nd and 4 th Tuesday of the month
Penygroes Group, Pant Du, 12.30	Wednesday	Coffee and chat Light lunch available	19 April 17 May 21 June 19 July

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

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

Booking is essential!

Carers Week events for 2023

Information Day / Drop in

Date: Tuesday 6 June

Venue: Canolfan Ebenezer, Llangefni,
Anglesey

Time: 10.00-3.00

A warm welcome to all!

Free refreshments – please let us know if you are coming so that we know how much food to order.

With information from local organisations including:

Direct Payments, Conwy Connect, Medrwn Môn, Anglesey Autism Group, and many more...

YES, there is such a thing as a free lunch!

Date: Tuesday 6 June

Venue: Metropole Basement office, Colwyn Bay, **Conwy**

Time: 10.30 -12.30

A warm welcome to all!

Drop in for a chat with Carers Outreach staff and Conwy Council Carers Officer.

Meet other carers and find out about services and opportunities for carers in Conwy county.

Free lunch - Please let us know if you are coming so that we know how much food to order.

Information Day for Gwynedd Parent Carers

Date: Wednesday 7 June

Venue: Glaslyn Leisure Centre, Porthmadog

Time: 10.00-3.00

A warm welcome to all!

Join us for an opportunity to find out about different services and to meet other parent carers.

Free refreshments – please let us know if you are coming so that we know how much food to order.

Information Day / Drop in

On Thursday 8 June we are holding an information day at **Intec, Parc Menai, Bangor** for working carers.

Any unpaid carers working in Intec or in the local area are welcome to pop in to find out about services and entitlements.

Time: 10.00 – 2.00

A warm welcome to all!



Registered charity number 1066262

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🌐 www.carersoutreach.org.uk