

Your Carers Support Groups

Llanfairpwll Group Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Wednesday	*No group in August* Versus Arthritis / Tai Chi Talk from Warm Wales	3 September 1 October 5 November
Anglesey parent carers support group Canolfan Glanhwfa, Llangefni, 10.00 – 12.00	Wednesday	*No group in August* Coffee, tea and chat Versus Arthritis / Tai Chi	3 September 1 October 5 November
Llanrwst Group Eagles Hotel, Llanrwst 11.00 -12.00	Friday	*No group in August*	12 September 10 October 14 November
Carers' drop-in at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday	*No meeting in August* Coffee, tea and chat	2 September 7 October 4 November
Pwllheli group Plas Heli, Pwllheli, 10.30 -12.30	Thursday	Coffee, tea and chat	7 August 4 September 2 October 6 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.	18 August 15 September 20 October 17 November
Gwynedd parent carers support group Porthi Dre, Caernarfon 11.00-12.30	Wednesday	*No group in August* Coffee, tea and chat	17 September 15 October 19 November
Penygroes Group Pant Du, 12.30	Wednesday	Coffee, tea and chat Light lunch available	20 August 17 September 15 October 19 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

A word about the groups and events

You are assured of a warm welcome. Groups are led by Carers Support Officers and / or our experienced volunteers.

If you feel shy about attending for the first time we will arrange for someone to contact you beforehand.

Please note that events arranged in advance can be subject to change. Regular group members will be notified of any changes. For this reason, we ask you to let us know if you are thinking of attending a group.

Multi Agency Information Events in Gwynedd

Tuesday, 30 September – **Canolfan Congl Meinciau, Botwnnog**, 1.00 – 3.00

Tuesday, 4 November, **Canolfan Hen Blas, Bala**, 10.00 – 1.00

For more information about the above events visit our Facebook page or phone our office closer to the event date.

Thank you, we look forward to seeing you there.

Carers' community drop-ins

Information on grants, benefits, fuel poverty alleviation and more.

Gwynedd

Tuesday, 16 September
Hwb Ogwen, 27 High Street, Bethesda, 1.00 – 3.00

Thursday, 18 September
Barmouth Community Hub, Park Street, 10.00 – 12.00

Thursday, 13 November
Tywyn Baptist Church, 10.30 -12.30

Conwy

Wednesday, 1 October
Llandudno Community Hub, Augusta Street, 10.00 – 12.00

Wednesday, 15 October
Llanrwst Library, 10.00 – 12.00

Anglesey

Tuesday 23 September
Amlwch Library, 10.00 – 12.00
Benllech Library, 1.00 – 3.00

Friday, 3 October
Beaumaris Library, 9.30 – 11.30
Llangefni Library, 12.30 – 2.30

Tuesday, 11 November
Holyhead Library, 10.00 – 12.00
Menai Bridge Library, 1.00 – 3.00