

Your Carers Support Groups

Llanfairpwll Group Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Wednesday	Coffee, tea, and chat	3 April 1 May 5 June 3 July
Llanrwst Group Eagles Hotel, Llanrwst 11.00 -12.00	Friday	*Join us for a bar snack after the June meeting.	12 April 10 May 14 June 12 July
Carers' drop-in at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday	We look forward to seeing you!	2 April 7 May 4 June 2 July
Carers' wellbeing/pamper session , Coleg Llandrillo, 10.00 prompt.	Thursday Limited spaces available	Followed by soup and sandwiches at the Bistro Free * Booking essential * Phone 01492 533714 by 5 April	11 April 18 April
Pwllheli group Plas Heli, Pwllheli, 10.30 -12.30	Thursday *New day	Coffee and chat Light lunch available	4 April 2 May 6 June 4 July
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. *No group in April*	6 May 3 June 1 July
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 *No group in April*	15 May 19 June 17 July
Blaenau Ffestiniog group The Queens Hotel, 1.00	Tuesday	Coffee and chat	9 April 14 May 11 June 9 July
Penygroes Group Pant Du, 12.30	Wednesday	Coffee and chat Light lunch available	17 April 15 May 19 June 17 July

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

Carers Week, 10 - 16 June Conwy

Tuesday 11 – join us and meet other carers at Sheldon’s Cafe Bar in Colwyn Bay, 10.00 - 12.00

Information stands at hospitals:

Tuesday 11	Llandudno hospital Glan Clwyd hospital
Wednesday 12	Colwyn Bay hospital
Thursday 13	Abergele hospital

Carers Week, Gwynedd

Thursday 13 June:
Information stand at Ysbyty Gwynedd, 11.00 - 3.00

Gwynedd carers’ drop-in sessions

3 April – **Llanaelhaearn**, Y Babell Community Centre, 10.00 – 12.00

18 April – **Botwnnog**, Congl Meinciau Enterprise Centre, 1.00 – 3.00

19 April – **Y Bala**, Canolfan Henblas, 1.00 – 3.00

2 May – **Barmouth**, Elim Church, Park Road, 10.30 – 12.30

8 May – **Blaenau Ffestiniog**, Y Dref Werdd, 10.30 – 12.30

11 July – **Dolgellau Free Library**, 10.00 – 12.00

A warm welcome to all!

Planning for the Future Information Day for Gwynedd Parent Carers of children and adults

Wednesday 17 April at Porthmadog Football Club from 9.00 onwards

- Chat to Social Services Learning Disability Team, Nursing services.
- Information on grants, benefits and more.
- Individual sessions with solicitor re Power of Attorney, Wills etc
- Buffet lunch provided.

Booking is essential, contact us for more details and to book.

Carers Week, Anglesey

Wednesday 12 June:
Information stand at Ysbyty Penrhos Stanley, 1.30 -3.30

Contact us from May onwards for information about Carers Week events in your area.
Or keep an eye on our Facebook and website pages.

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