

Your Carers Support Groups

Llanfairpwll Group Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Booking essential ➡ Wednesday Booking essential ➡	Christmas lunch Coffee, tea and chat Game of Boccia Easter decorations	3 December 7 January 4 February 4 March
Anglesey parent carers support group Canolfan Glanhwfa, Llangefni, 10.00 – 12.00	Booking essential ➡ Booking essential ➡ Wednesday	Christmas wreath making Out for lunch	3 December 7 January 4 February 4 March
Llanrwst Group Eagles Hotel, Llanrwst 11.00 -12.00	Booking essential ➡ Friday	Christmas lunch Maximise your income	12 December 9 January 13 February 13 March
Carers' drop-in at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday	Coffee, tea and chat Maximise your income	2 December 6 January 3 February 3 March
Carers' wellbeing/pamper session , Coleg Llandrillo, 9.30 prompt. Followed by soup and sandwiches at the Bistro	Thursday Booking essential ➡ Free	Phone 01492 533714 by 5 April	12 March 19 March
Pwllheli group 10.30 -12.30	Thursday	Plas Heli Abersoch Golf Club To be confirmed To be confirmed	4 December 8 January 5 February 5 March
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.	12 December 19 January 16 February 16 March
Gwynedd parent carers support group Porthi Dre, Caernarfon 11.00-12.30	Wednesday	Fully booked, no drop-ins ➡ Coffee, tea and chat	10 December 21 January 18 February 18 March
Penygroes Group Pant Du, 12.30	Wednesday	Coffee, tea and chat Light lunch available	21 January 18 February 18 March

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

First Aid training

We will be arranging First Aid training sessions for carers in 2026.

Please contact us to register your interest in attending so that we can arrange a central venue.

Carers Conference

Wednesday, 19 November,
M-SParc, Gaerwen, Anglesey
Free lunch included

Please contact us for booking information.

A word about the groups and events

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.

Dementia support groups

Contact us for details of dementia support groups near you.

Or phone Carers Trust Crossroads
 **01492 542212**

Carers' community drop-ins

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

Gwynedd

Wednesday, 14 January
Canolfan Congl Meinciau, Botwnnog, 2.00 – 4.00

Thursday, 12 March
Tywyn Baptist Church, 10.30 – 12.30

Anglesey

Tuesday 13 January
Amlwch Library, 10.00 – 12.00
Benllech Library, 1.00 – 3.00

Tuesday, 10 February
Llangefni Library, 10.00 – 12.00
Holyhead Library, 1.00 – 3.00

Wednesday, 25 February
Rhosneigr Library, 2.00 – 4.00

Conwy

Thursday 12 March and 19 March

Carers' wellbeing/pamper session,
Coleg Llandrillo, starting at **9.30** prompt.

Followed by light lunch at the Bistro.

Free, booking essential
Phone 01492 533714 by 26 February.