

## Your Carers Support Groups

<b>Llanfairpwll Group</b> Capel Rhos y Gad, Llanfairpwll, LL61 5JB 10.30 -11.30	Wednesday	Coffee, tea and chat Contact us for details of speakers.	2 April 7 May 4 June 2 July
<b>Anglesey parent carers support group</b> Canolfan Glanhwfa, Llangefni, 10.00 – 12.00	Wednesday	*Fuel Poverty Alleviation information  Coffee, tea and chat	*2 April 7 May 4 June 2 July
<b>Llanrwst Library, 10.30 -12.00</b> <b>Llanrwst Group</b> Eagles Hotel, Llanrwst 11.00 -12.00	Friday	* Everyday First Aid – Red Cross – please book	*11 April  9 May 13 June 11 July
<b>Carers' drop-in</b> at the Metropole Basement Offices, Penrhyn Road, Colwyn Bay, 10.30 – 12.00	Tuesday	Coffee, tea and chat	1 April 6 May 3 June 1 July
<b>Pwllheli group</b> Plas Heli, Pwllheli, 10.30 -12.30	Thursday  Coffee, tea and chat	*Gardening & allotments *Chair based yoga	*3 April *1 May 5 June 3 July
<b>Online group for parents/ carers of adults with Learning Disabilities and children with additional needs, 10.30</b>	Monday	Contact us for a link to join.  *Meeting at Fron Goch Garden Centre, contact us for more details.	28 April 16 June 21 July *19 May
<b>Gwynedd parent carers support group</b> Porthi Dre, Caernarfon 11.00-12.30	Wednesday	Hot drinks and cake provided	16 April 21 May 18 June 16 July
<b>Penygroes Group</b> Pant Du, 12.30	Wednesday	Coffee, tea and chat Light lunch available	16 April 21 May 18 June 16 July

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

☎01248 370797, ✉ [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

**Contact us to book your place!**

## Other events for carers

### Everyday First Aid for Conwy carers

Friday 25 April, 10.30 – 1.00

Craig Y Don Community Centre,  
Llandudno. Buffet lunch included.

**Booking essential**

**Contact us to book your place by 11 April.**

### Carers Week in Anglesey

Tuesday, 10 June at Canolfan Glanhwfa,  
Llangefni from 10.30 onwards. A mixture  
of indoor and outdoor activities. Followed  
by a light lunch and a chat.

**Contact us for more information.**

### Carers Week in Gwynedd

Thursday, 12 June at Dolgellau Leisure  
Centre. Event with North Wales Fire  
Service.

**Contact us for more information.**

### Carers Week in Conwy

Card making workshop at Bay Gallery,  
Bay View Centre, Colwyn Bay. Tuesday  
10 June, 1.00 – 3.30

**Booking essential**

**Contact us to book your place by 30 May**

### Carers' community drop-ins

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

#### Gwynedd

Tuesday, 13 May – **Bethesda**, Hwb  
Ogwen, 10.30 – 12.30

Wednesday, 7 May – **Botwnnog**,  
Congl Meinciau Enterprise Centre,  
2.00 – 4.00

Thursday, 17 July – **Tywyn**, Baptist Church  
10.30 – 12.30

#### Conwy

Wednesday, 11 June – **Llanrwst Library**,  
10.30 – 12.00

Wednesday, 21 May –  
**Llandudno Community Hub**,  
Augusta Street, 10.30 – 12.30

#### Anglesey

Wednesday, 30 April –  
**Rhosneigr Library**, 2.00 – 4.00

Tuesday, 13 May – **Benllech Library**,  
1.30 – 3.30

Friday, 6 June – **Llangefni Library**,  
10.00 – 12.00

