June - August 2016
Registered charity number 1066262

What’s On for carers in Conwy!
Your guide to events, groups and activities for Summer 2016

Please ring 01492 533714 or email help@carersoutreach.org.uk to book your place on any of our events or activities so that we can let you know if there are any changes to the advertised activities.

Visit our website www.carersoutreach.org.uk for more information

Join us to celebrate Carers Week
6 - 12 June

- Tuesday 7 June
  Rail journey on Conwy Valley Line
  Optional lunch at Royal Oak Hotel, Betws y Coed
  See enclosed booking form

- Thursday 9 June
  Afternoon Tea & Singalong with Jane Hartley
  2.00 - 3.30
  Split Willow Hotel
  Llanfairfechan
  A warm welcome to all
  See enclosed booking form

- Wednesday 15 June
  Coffee Morning
  10.00 - 12.00
  St. David’s Community Centre, Pensarn

- Friday 17 June
  Coffee and chat
  11.00 - 12.00
  Eagles Hotel, Llanrwst

- Friday 15 July
  Coffee and chat
  11.00 - 12.00
  Eagles Hotel, Llanrwst

- Wednesday 20 July
  Coffee Morning
  10.00 - 12.00, St. David’s Community Centre, Pensarn

- Thursday 28 July
  Carers Lunch
  12.00
  Afon Conwy, Glan Conwy
  A warm welcome to all

- Friday 15 July
  Carers only

- Friday 17 July
  Carers only

Drop in at our Colwyn Bay Office, Metropole Basement Office, Penrhyn Road
10.00 –12.00
on the second Tuesday of each month
14 June
12 July

There will be no activities during August

Noddfa in Penmaenmawr holds carers’ lunches every other Monday.

Price £6.00
☎ 01492 623473 to book

Come to one of our Carers’ coffee mornings for a cuppa and a chat and a chance to meet new friends. A warm welcome is assured.

Are you a carer aged between 25 - 50?
Laura Williams provides individual and group support, including:
- Emotional support
- Help to access benefits
- Employment / training support
If you want to join our monthly get-togethers contact Laura at the above number for details.

A warm welcome awaits!