

**March - May 2015**

Registered charity number 1066262



# What's On for carers in Conwy!

Your guide to events, groups and activities for Spring 2015

Please ring 01492 533714 or email [help@carersoutreach.org.uk](mailto: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](http://www.carersoutreach.org.uk) for more information

**Tuesday 24 February**

**Mindfulness course**

10.00 - 12.30, with lunch

**Craig y Don Community Centre, Llandudno**

Places limited, phone to book as soon as possible!

**Carers only**

**Wednesday 18 March**

**Coffee Morning**

10.00 - 12.00, **St. David's**

**Community Centre, Pensarn**

Andrea Newnham from the Alzheimer's Society will be joining us.

**Friday 20 March**

**Coffee and chat**

11.00 - 12.00, **Eagles Hotel, Llanrwst**

**Carers only**

**Wednesday 15 April**

**Coffee Morning**

10.00 - 12.00, **St. David's**

**Community Centre, Pensarn**

**Friday 17 April**

**Coffee and chat**

11.00 - 12.00, **Eagles Hotel, Llanrwst**

**Carers only**

**Tuesday 28 April**

**Carers Lunch**

12.00 for 12.15, **Orme View**

**Restaurant, Llandrillo College**

See enclosed booking form

**Monday 18 May**

**Day Trip to Chester**

See enclosed booking form

**Wednesday 20 May**

**Coffee Morning**

10.00 - 12.00, **St. David's**

**Community Centre, Pensarn**

**Friday 22 May**

**Coffee and chat**

11.00 - 12.00, **Eagles Hotel, Llanrwst**

**Carers only**

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.

## Notices

We join in with the coffee morning at the Princes Drive Baptist Church, Colwyn Bay each Tuesday from 10.00 -12.00.

**NB** No drop in during school holidays nor on 28 April

**Wednesday, 11 March**  
**"Am I doing the right thing?"**

Awareness session for carers

10.00 - 2.00, with free lunch

**The Queens Hotel, Llandudno**

See enclosed booking form for more details

**Carers only**

Noddfa in Penmaenmawr holds carers' lunches every other Monday. Price £6.00.

☎ 01492 623473 to book