



Llanfairfechan & Surrounding Area Community Wellbeing Summer 2018

☎ 01492 577449

✉ stayingwell@conwy.gov.uk

| Venue | Activity | When | Cost |
|--|--|--|-------|
| COMMUNITY HALL Village Road, Llanfairfechan LL33 0AB | CARERS OUTREACH SERVICE - Social group for unpaid carers. ☎ 01492 533714 for more information. | 3rd Thursday 10:00 - 11:30 | FREE |
| PENMAENMAWR LIBRARY , Bangor Road Penmaenmawr LL34 6DA | LIBRARY READER GROUP - Informal and friendly way to connect with others while having a good read. ☎ 01492 623999 | Thursday 14:00 - 15:30 | FREE |
| | ORCHARD COFFEE CLUB - Social coffee morning with guest speakers and activities. ☎ 01492 623999 | Monday fortnightly from 21/05/18 11:00 - 13:00 | FREE |
| | MAKE MONDAYS FUNDAYS!! Do you play an instrument? Do you sing? Then join PenBuskers! A good time guaranteed! All abilities welcomed! PenBuskers needs YOU!!! No instrument? Kazoos provided. Try your first session for FREE! | Monday weekly from 2/07/18 15:00—16:30 | £1.50 |
| LLANFAIRFECHAN LIBRARY Village Road Llanfairfechan LL33 0AA | KNITTING AND CROCHET CLUB - Contact Alison on ☎ 07754856908 for more information. | Wednesdays 18:00 - 20:00 | £3.00 |
| | CITIZENS ADVICE BUREAU - Free, independent and confidential advice that helps people with legal and financial worries. | Thursdays 13:30 - 16:30 | FREE |
| | ABSOLUTE BEGINNERS UKULELE. Come & join in the fun, no experience necessary. Ukulele and music provided. ☎ 01492 596961 | Thursday 11:00-13:00 | £3.00 |
| LLYS Y COED , Caerffynnon Road Llan- fairfechan LL33 0HP ☎ 01248 680789 | HEARING AID – HEAR TO HELP Come along for free, friendly advice and support for your NHS hearing aid | First Fridays 10:00—11:45 | FREE |
| ROTARY ALLOTMENT (No4) Llanfairfechan (pass the station) ☎ 07889 954 036 | COMMUNITY ALLOTMENT GARDENING - get out into fresh air, connect with others, grow something! With raised beds and ramps our allotment is accessible to everyone. | Tuesday 10:00-12:00 | FREE |
| BETTY'S CAFE Pant-Yr-Afon Penmaenmawr LL34 6AA | POP-UP BOARD GAMES CAFÉ. Your chance to play some of your favourite board games again while enjoying a delicious homemade scone with jam and cream and a cuppa. | Thursdays 10:00 - 11:00 | £2.50 |
| DWYGYFYLCHI PARISH HALL , Ysguborwen Road, Dwygyfylchi LL34 6RS | TAIJI QIGONG. The natural way to relaxation and good health. Improve your fitness and flexibility, reduce stress and gain more energy using these gentle exercises. No experience necessary. | Thursdays 26/07, 2, 9 & 16/08 12:00– 13:00 | FREE |