



TIME FOR CARERS

Events for Family Carers - October 2019

Social Gatherings

Thursday 3, 11.00 - 1.00, Zumba, Cardiff

Monday 7, 10.30 - 12.30, Yoga, Parents Federation, Fairwater, Cardiff

Monday 14, 12.00 - 2.00, Pedal Power, Cardiff

Thursday 17, 12.00 - 2.00, Lunch, Cardiff Bay

Tuesday 22, 12.00 - 2.00, Lunch, Vale of Glamorgan

Thursday 31, 11.00 - 1.00, Zumba, Cardiff

Friday 4, 11, 18, 25, 10.00 - 12.00, Drop-in session, Parents Federation, Fairwater, Cardiff

Tuesday 1, 8, 15, 22, 29, 10.30 - 11.30, Mentor Ring, Butetown Community Centre, Cardiff Bay

Time For Me

Saturday 19, 10.30 - 1.30, Touch Trust, Wales Millennium Centre, Cardiff Bay

Connected
Carers

FOR MORE INFORMATION:

Social Gatherings: admin@parentsfed.org / 02920 565917

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AMSER I OFALWYR

Digwyddiadau i Ofalwyr Teulu - Hydref 2019

Digwyddiadau Cymdeithasol

Dydd Iau 3, 11.00 - 1.00, Zumba, Caerdydd

Dydd Llun 7, 10.30 - 12.30, Ioga, Ffederasiwn Rhieni, Tyllgoed, Caerdydd

Dydd Llun 14, 12.00 - 2.00, Pedal Power, Caerdydd

Dydd Iau 17, 12.00 - 2.00, Cinio, Bae Caerdydd

Dydd Marwth 22, 12.00 - 2.00, Cinio, Bro Morgannwg

Dydd Iau 31, 11.00 - 1.00, Zumba, Caerdydd

Dydd Gwener 4, 11, 18, 25, 10.00 - 12.00, Sesiwn galw heibio, Ffederasiwn Rhieni, Tyllgoed, Caerdydd

Dydd Mawrth 1, 8, 15, 22, 29, 10.30 - 11.30, Mentor Ring, Canolfan Gymunedol Butetown, Bae Caerdydd

Amser I Fi

Dydd Sadwrn 19, 10.30 - 1.30, Touch Trust, Canolfan Mileniwm Cymru, Bae Caerdydd

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I GAEL RHAGOR O WYBODAETH:

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