



# CARERS CONNECT GROUP

for carers of people living with dementia

This is a 10 week group running at All Saints Church Heol-y-Felin, Rhiwbina, Cardiff CF14 6NT

**Every Tuesday from 17th October 2023 - 19th December**  
**10:15 a.m.-11:45 a.m.**

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A chance to discuss shared experiences and share tips and coping strategies. There will also be some sessions where guest speakers will be discussing subjects such as nutrition, mindfulness, communication changes, loss and grief and many more topics.

We will be running an activity group alongside in a separate room which the person you care for is more than welcome to attend at the same time.

Please secure your place by emailing:

[effro@platform.org](mailto:effro@platform.org)

or telephoning: **0300 3035918**

or book online at [www.effro.eventbrite.co.uk](http://www.effro.eventbrite.co.uk)



Changing  
perceptions  
of dementia  
Newid  
canfyddiadau  
o ddementia



**Grwp  
Cyswllt Gofalwyr**  
A'r gyfer gofalwyr yn byw gyda dementia

Cwrs 10 wythnos yn rhedeg yn All Saints Church Heol-  
y-Felin, Rhiwbina, Cardiff CF14 6NT

**Bob dydd Mawrth o 17 Hydref 2023 – 19eg o Ragfyr**

**10:15 y.b. - 11:45 y.p.**

Cyfle I rhannu profiadau a thipiau a'r strategeithau dygymod. Bydd rai sesynau gyda siaradwyr gwadd yn trafod pynciau fel ymwybyddiaeth, maeth, galar, dulliau cyfarthrebu a sawl pwnc arall.

Byddwn yn rhedeg y gweithgaredd mewn cyd yn ystafell arall ble bydd croeso l'r person yr ydych yn gofalu amdano fod yna ar yr un amser.

I sicarhau lle ebostwch:

[effro@platform.org](mailto:effro@platform.org)

neu ffoniwch : 0300 3035918

neu archebu arline: [effro.eventbrite.co.uk](https://www.eventbrite.co.uk)



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