



**CARERS CONNECT  
GROUP** for carers of people living with dementia

**This is a 10 week group running at Llanrumney Hall Community Trust, Ball Road, Llanrumney, Cardiff. CF3 4JJ**

**Every Wednesday from 22nd January 2025 - 26th March  
10:30 a.m. - 12:00 p.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  
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o ddementia



LLANRUMNEY HALL  
COMMUNITY TRUST

# Grwp Cyswilt Gofalwyr

Ar gyfer gofalwyr pobl sy'n byw gyda dementia

Cwrs 10 wythnos yn rhedeg yn Ymddiriedolaeth Gymunedol  
Neuadd, Llanrhymni, Ball Road, Caerdydd. CF3 4JJ

Dydd Mercher 22 Ionawr 2025 – Dydd Mercher 26 Mawrth 2025

10:30 - 12:00 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 i'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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