

CARERS CONNECT GROUP for carers of people living with dementia

**This is a 10 week group running at Ararat Baptist Church
21 Plas Treoda, Whitchurch, Cardiff. CF14 1PT**

**Every Wednesday from 16th July - 17th September 2025
10:30 a.m. - 12:00 p.m.**

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

or telephoning: **0300 3035918**

or book online at www.effro.eventbrite.co.uk

Grwp Cyswilt Gofalwyr

Ar gyfer gofalwyr pobl sy'n byw gyda dementia

**Cwrs 10 wythnos yn rhedeg yn Ararat Eglwys y Bedyddwyr
21 Plas Treoda, Whitchurch, Caerdydd. CF14 1PT**

o 16eg o Gorffennaf - 17eg o Fedi 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 l'r person yr ydych yn gofalu amdano fod yna ar yr un amser.

I sicarhau lle ebostwch:

effro@platform.org

neu ffoniwch : **0300 3035918**

neu archebu arline: **effro.eventbrite.co.uk**