

COMMUNITY SUPPORT GROUP

LLANSANTFFRAID VILLAGE HALL

1ST THURSDAY OF THE MONTH (NOT JAN 26)

**6th Nov/4th DEC 2025 -5th Feb/5th Mar/2nd APR/7th May/4th JUN/2nd JUL/6th
AUG/3rd SEP/1st Oct/5th NOV/3rd DEC 26**

1.30PM – 3.30PM (NO CHARGE)

TEA/COFFEE AND BISCUITS

CHAIR YOGA 2.00PM

RNID HEARING AID

MAINTENANCE SERVICE (NO CHARGE)

FOOTCARE SESSIONS

WITH YVONNE BUFTON (DIPCFHPMPS PRACT) OR

LISA WILLIAMS (TANAT FOOTCARE)

Discounted RATE £20 per session

Callus & Corn removal, ingrown & thick toe nails,

Diabetic health check etc

KNIT 'N' NATTER

CONTACT 07305329962

SPONSORED BY RNID