

in partnership with



MAKING SPACE FOR CARERS

Helping you to improve your quality of life as a carer.

Are you caring for, or have you previously cared for, a loved one, friend or family member?

Are you 50+ and want to improve your social circle, meet like-minded people who can support each other and understand the issues you may face?

A new supportive peer-lead group has started within your community and we want you to come and get involved.



Venue:

**The Green Man,
Harborne**

Time & Date

2nd Monday of the month

10th Dec, 14th Jan, 11th Feb, 11th Mar, 8th Apr

Contact:

07535 737 527