

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:

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Time & Date

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Contact:

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