



**Guest  
Speaker**



# Stuck at home? Join....

## Carers Zoom at Noon!

Are you caring for a family member or friend? Join us on Zoom for an hour at **12 noon** on the **last Wednesday of every month**. A cuppa and a chat with other Carers might be just what you need.

Join in with Women and Theatre's fun short drama games & find out about the Community Performance Club.

Women  
&  
Theatre

Book your FREE place at

<https://carerszoomatnoon.eventbrite.co.uk>

To find out more about carer support call us on:

**0333 006 9711**