

TIME OUT

Need support for yourself?

If you care for somebody else...

Then our group is here for you!

You are important too!

~ Meet other carers

~ Have a cuppa and a chat

~ Enjoy group activities

Have your say, we listen!

Venue: Earl Shilton Community House

Weekly day time drop in: Fridays 1pm-3pm

Evening get together:

2nd Tuesday of the month 7pm-8:30pm

Also available:

Facebook & Whatsapp confidential support

Group contact no: 07432889790

Group email: Timeout4carers@gmail.com