

**Carers' Support
at Deal Tree Health Centre**



Support for Carers

Caring for a family member or a friend can feel overwhelming. It can also feel lonely and frustrating when other people don't seem to understand the problems of coping day to day.

Members of the Patient Group at Deal Tree Health Centre have setup an informal group to enable people in a caring role to get together for mutual support.

If you are a carer and would like to join in, have a break and enjoy a chat over a cup of tea we invite you to come along to our monthly sessions - you will be very welcome.

From time to time we may be joined by someone from Social Services or other local agencies who can offer advise and answer questions. Group members can also share information based on their own experiences.

Details

- **Venue** - Meeting Room at Deal Tree Health Centre
- **Monthly** - on the last Wednesday in each month **(starting 28.05.25.)**
- **3.00 pm - 4.30 pm**
- **Booking not required** - just come and stay as long as you are able
- **Need to know more?**

Contact Rosalie or Anne
see below

For Further Information

Text or phone Rosalie: 07503002784 or Anne: 07540411763