

NEW

Guideposts

Carers Group

We are a sensitive and friendly group of people who care for an adult with a Mental Ill Health Condition or Autism. We invite speakers to visit our meetings to give us information and knowledge that helps us in our caring role. Other sessions we meet to listen and support each other and regularly have light hearted fun times too.

If you would like to join us for our very first meeting at The Clitheroe Health and Wellbeing Centre you will be very welcome.

Venue: The Clitheroe Health and Wellbeing Centre
37 Clitheroe Gardens, South Oxhey, WD19 6RP

Day: Monday 19th November 2018

Time: 1.30 - 3pm

**Please contact Guideposts Carers Coordinator Lin Fellows
for more information on 01923 223554.**

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