



CARERS' VOICE SOMERSET

www.carersvoicesomerset.co.uk

Working together to improve the lives of unpaid carers in Somerset

Carers' Voice Events 2018

Do you spend a lot of your time looking after someone else?

Do you ever find yourself thinking or saying things like?

"If only I could but I can't because . . . I feel so alone,

I don't think anyone is listening to me,

Is there anyone who could help?

If there is, where can I go to find to find out about it?"

If so, why not come along to one of our events, enjoy yourself and go home feeling refreshed and empowered.

8 th Mar	Thu	Assembly Rooms, Frome	10.00am – 2.30pm
11 th Apr	Wed	Victoria Park Community Centre, Bridgwater	10.00am – 2.30pm
23 rd May	Wed	Guild Hall, Chard	9.30am – 12.30pm
7 th Jun	Thu	The Beach Hotel, Minehead	9.30am – 12.30pm
26 th Sept	Wed	Memorial Hall, Cheddon Fitzpaine	10.00am – 2.30pm

At our events you will be have opportunities to find out about support services for carers, share your thoughts with people who understand, exchange ideas and tips you've found useful, express what is important to you, have fun and make

Admission free.

Refreshments will be provided.

For more information please contact Debbie:

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