

CARERS TOGETHER

- ❖ Are you a Carer looking after someone with dementia or some other condition?
- ❖ Would you welcome the opportunity to meet with other Carers?

CARERS TOGETHER is a group in Sharnbrook offering support for Carers and activities for the person you care for

As well as having tea and cakes together, there are opportunities for

- ❖ Carers and Cared For to enjoy games and other activities together.
- ❖ Carers to chat together sharing experience and knowledge of helpful services while the person you care for can enjoy activities separately in a safe and friendly environment.

YOU ARE WELCOME TO COME WITH OR WITHOUT THE PERSON YOU CARE FOR

We meet at 2.30pm on the first and third Mondays in each month in the Methodist Church, Park Lane.

April	7th	
May	5th	19th
June	2nd	16th

For more information contact the group's Co-ordinator, Linda Hoar
07791214148 lindahoar@hotmail.co.uk

Carers Together is run by Churches Together in Sharnbrook and is supported by The Tibbs Dementia Foundation which offers formal support for carers along with varied life enhancing experiences for the Cared For

**IF YOU ARE NOT A CARER BUT KNOW SOMEONE WHO IS PLEASE TELL THEM ABOUT
CARERS TOGETHER**