

SHARE 'N' CARE

A group where carers meet

Event Programme for 2013

Thursday 13 June, 6.30 – 8.30pm

COCKTAILS AND SHAKERS

A talk by our nutritionist giving advice and tips on eating and nutrition

Thursday 11 July, 2.30 – 4.30pm

CREAM TEA

A summer social in the garden (hopefully!) with a lovely cream tea

Thursday 8 August, 6.30 – 8.30pm

KNOW YOUR RIGHTS

Information from our Patient Welfare team on benefits and other issues

Thursday 12 September, 2.30 – 4.30pm

PLANNING FUNERALS

Information on funerals including natural burials.

Thursday 10 October, 2.30 – 4.30pm

SHARING SESSION

Some time to share your experiences with other carers in a confidential setting

Thursday 14 November, 6.30 – 8.30pm

PAMPERING EVENING

Enjoy some hand massage and/or make some creams and lotions

Thursday 12 December, 2.30 – 4.30pm

CHRISTMAS THEME

Join us for our annual Xmas celebrations

**Do
join us!**