

**Are you living with someone you care for?**

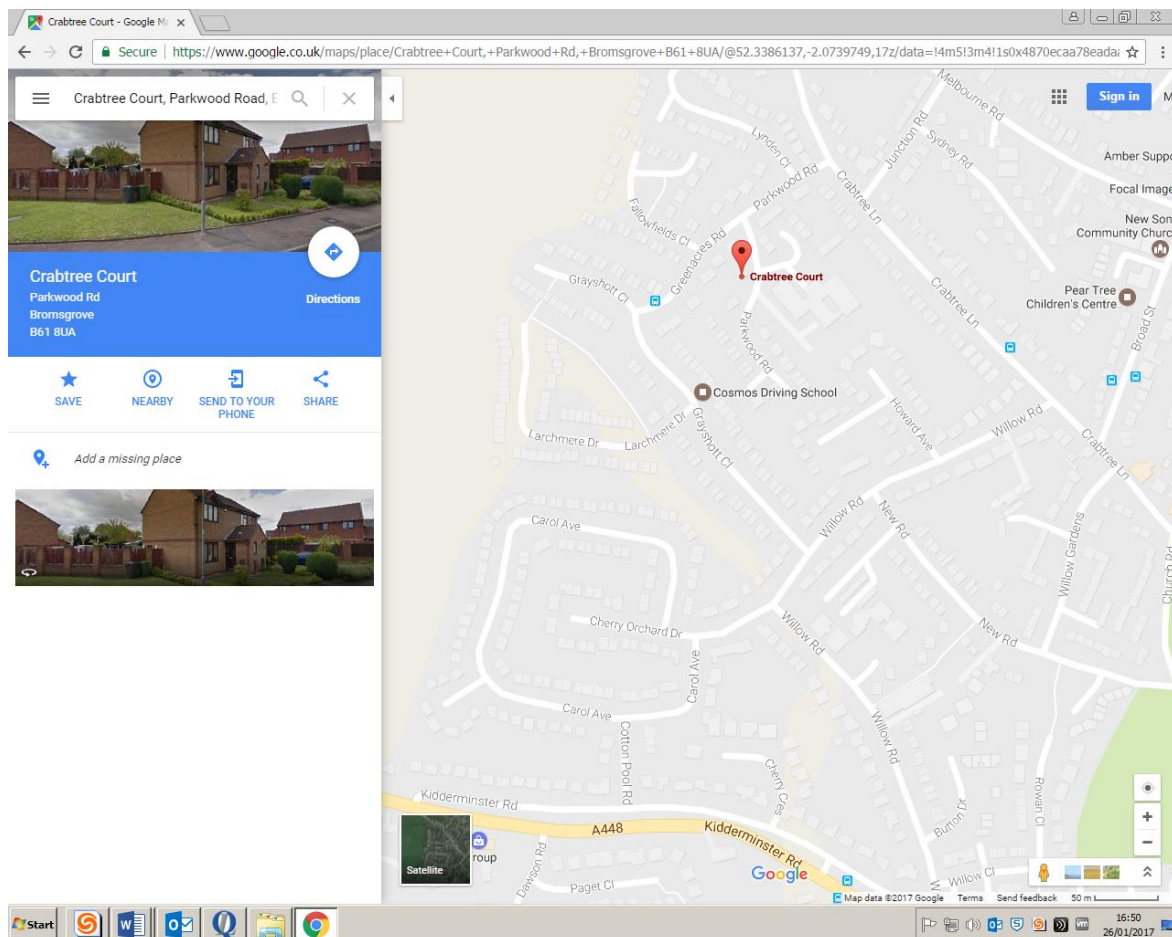
**Do you know someone who cares for someone?**

A new group for **Carers in Bromsgrove** is starting on the **22<sup>nd</sup> February 2017** at **Crabtree Court** in Sidemoor from **2pm – 3.30pm**.

This group will then take place on the **last Wednesday** of every month.

This is an opportunity for **people who care** to come together and **take some time out** for themselves.

The first meeting will be to find out what you would like from the meetings.  
You can bring the person you care for or come alone.



If you would like to know more, please contact  
**Maureen Oliver (WAC) on 01905 751 350**  
**Rachael Tooth (bdht) on 0800 0850 160 or**  
**Jas Panesar (LASC) on 01527 903 924**