



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring

Carers Self-Help Group

Do you help a family member or friend who has care needs?

Do you feel ignored, when you ask for help?

Do you need help filling in paperwork to do with your caring situation?

Come and join us, dates and times shown overleaf at:

**The Carers Centre, Unit 19 Matrix House,
7 Constitution Hill, Leicester, LE1 1PL.**

Tel: 0116 2510999

email: enquiries@thecarerscentre.org.uk

Web: www.claspthecarerscentre.org.uk

Reg Charity no: 1043956 Reg Comp no:2994093

January 2017			
Time:	11am-1pm		
Dates:	Thursday 12 th	Friday 20 th	

February			
Time:	11am-1pm		
Dates:	Thursday 2 nd	Thursday 9 th	Thursday 23 rd

March				
Time:	11am-1pm			
Dates:	Thursday 2 nd	Friday 17 th	Thursday 23 rd	Thursday 30 th



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