

# CARERS SUPPORT GROUP

Support for carers has been identified as a high priority for people with caring responsibilities in the community. This support group provides a regular opportunity for Carers to meet with other Carers to share ideas and provide social interaction and mutual support to each other.

The group also aims to encourage the carer to be mindful of their own health and social and emotional needs, which can often be overlooked in the day to day focus on providing care for their care recipient. A range of information and support is available on an individual basis.

The group aims to meet 4 times a year for a meal or an activity day, these are interesting and aim to be fun for those Carers who need assistance to enable them to leave their care recipient to attend.

To be included on our mailing list or to receive further information on these activities please contact our Social Worker on 60763200.