



**DO  
YOU  
CARE?**

**Do you look after your partner, a child, a relative, or a friend who is ill or disabled, even if only occasionally?**

**THEN YOU ARE A CARER,**  
even if you don't think you are.

**Take a break!**

# **HANSLOPE & DISTRICT CARERS' SUPPORT GROUP**

**meets in the coffee area at St James Church**

**10.30am to 12.30pm**

**4th Wednesday of each month**

*Please come along and enjoy a cup of tea or coffee,  
some cake and have a chat with other local carers.*

*More Info: John Sorrell on 01908 510747 or Harvey Gilbert on 07810 185889*

**PICK UP A LEAFLET IN HANSLOPE SURGERY**