

SACMHA HEALTH & SOCIAL CARE

CARERS SUPPORT GROUP



Caring for someone with dementia or memory issues can be difficult and isolating, but you need to know you are doing a fantastic job.

DATES: WEDNESDAY

31.03 | 07.04

14.04 | 21.04

10:30 - 11:30AM

Join via Zoom

Meeting ID - 973 8148 8330

Passcode - 871037

<https://zoom.us/meeting/97381488330>

Come along for

**a friendly chat
quizzes
reading aloud
and more...**

We are keen to work with Carers of African, Caribbean and ethnic backgrounds

Contact SACMHA staff admin@sacmha.org.uk

or Corrine Moss (session facilitator) **07725 204574**

Find us on Facebook - SACMHA & Twitter @SACMHA1