

# **MANSFIELD & ASHFIELD CARER SUPPORT GROUP**

Our group is for people who support someone with mental ill-health issues. We offer friendly support by people who understand what being a carer involves. There is the opportunity to find out more about local services, take advantage of social activities, and relax in comfortable surroundings over a cup of tea or coffee and cake.

Meetings are 2<sup>nd</sup> Wednesdays in month (except when stated) at St Peter's Centre, Church Side, Mansfield NG18 1AP, from 2.00pm to 4.00 pm, - you are very welcome to come and see what we are up to and have some fun.

## **OUR ACTIVITY PROGRAMME 2022**

January 12<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

February 9<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

March 9<sup>th</sup> - - Carer Group meeting, St Peter's Centre, Mansfield

April 13<sup>th</sup> - Outing, Snowdrops at Rufford

May 11<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

June 8<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

July 13<sup>th</sup> - Outing, Pennels Garden Centre, Lincoln

August 10<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

September 21<sup>st</sup> - Outing, Wollaton Hall, Nottingham

October 12<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

November 9<sup>th</sup> - Carer Group meeting, St Peter's Centre, Mansfield

November 28<sup>th</sup> - Xmas lunch, Countryman Pub, Kirkby in Ashfield

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