**It’s YOUR TIME** 

**CARERS GROUP**



**Do you care for a friend or relative ?**

**Why not come along together to our group and try out different activities and meet new people**

We are running various FREE monthly activities, including:

* Chair based exercise, Games and crafts
* Healthy living and therapy sessions, Sing along

Please join us on the **3rd Wednesday of every month** between **12.00-1.30pm at Geddes Place United Reformed Church, Bexleyheath DA6 7DJ**

Upcoming scheduled activities are:

* **15th January 2020 – Singalong/Bingo**
* **19th February 2020 – Arts/Crafts**
* **18th March 2020 – Chair based exercise**

*For further information please call:*

*Mary Pegler - Irish Community Services: 020 8854 4466*

*Lesley Skinner - Crossroads Care SEL : 01322 336086/07804 486066*