

# Carers Cuppa & Chat Group



**Do you care for a friend, family member or neighbour?**

Do you support someone to manage in their day to day life because of a physical, mental or emotional health condition that means they rely on you for some of the things that help them to stay safe and well?

**Would you like to chat with other people, find out what support is available for you or simply get a change of scenery and chance to catch your breath and enjoy a hot cup of tea you haven't had to make yourself?**

Join us at our weekly carers cuppa and chat group for a listening ear, signposting & help to access services and an opportunity to meet other people who can relate to how you are feeling. Whether you care for someone with Dementia, Special Educational Needs, Neurodiversity, Chronic Illness or any other condition is not important, what matters is that you would like to come together with others for support and friendship.

**Tuesday Mornings from 10-11.30am**

Ladybrook Community Centre, Ladybrook Lane, Mansfield, NG18 5JJ

**£3.50 per week including unlimited tea, coffee or squash.**

You are welcome to attend with or without the person you care for

(50% discount for carers in all of our services when attending with the person they are caring for)

If you would like more information call our Help at hand Team on 07923664504 or come along and give it a try

Help at Hand Mansfield is a project of Ladybrook Enterprises Ltd.  
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