

Carers Tea & Chat @dy1



**First and third Friday every month
9.30am - 12 noon**

Do you support a relative, friend or a loved one with every day tasks?

You might be cooking, shopping or helping with taking medication, washing and dressing...

...People who give this kind of support often need more information or help.

Carers Tea and Chat is an informal drop in for carers to meet each other and find support from local organisations.

Refreshments start from just £1 - all welcome!

**Lunch on the Run Cafe @ dy1
Stafford Street Dudley DY1 1RT**

