

Worcestershire Association of Carers  
is starting a new

# CARERS' GROUP

at Upton Library

on September 21<sup>st</sup>, 2-4pm

and then on the  
3<sup>rd</sup> Wednesday of each month 2-4pm,

Upton Library, School Lane, Upton-upon-Severn, Worcs. WR8 0LE.

If you are looking after a family member, friend or neighbour, who needs your help due to illness, disability or frailty, in body or mind, then this could be the Group for you.....

Take a break to meet with other carers, share experiences and make friends.

Get support, information about relevant services, and voice your queries and concerns.

Enjoy some relaxing and fun activities.



Contact Helen Lubin: 01905 751343. [hlubin@carersworcs.org.uk](mailto:hlubin@carersworcs.org.uk).  
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