

A New era for Carers in Lincolnshire.....

'WHO' Cares 4 YOU!

'Information & Inspiration' Programme

Support for carers in managing time and resources effectively within the caring role. Practical tips –Speakers - valuable Information

<i>Location</i>	<i>Start Date - Time</i>	<i>Venue</i>
<i>Sleaford area</i>	Tuesday 15 th Jan '13 1.30-3.30pm	The Source Riverside Church Sleaford NG34 7RY
<i>Coastal area</i>	Wednesday 16 th Jan '13 1.30-3.30pm	The Storehouse North Parade Skegness PE25 1BY

Open to ALL informal & family carers

No cost– 2hours weekly for 8 sessions

*.....and a cuppa 'n' chat! **Don't feel isolated.***

For details onto the programme starting Jan'13

Contact –the Carers Team, Carers Connect or Pauline

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