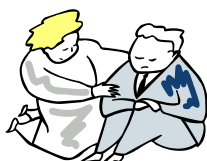


# Multicultural Carers Group

**Are you a carer?  
Do you look after someone who is ill,  
elderly or disabled?**

**Would you like to hear about support  
available or meet people in the same  
situation?**



Come along on:

**12-1.30pm**

**9<sup>th</sup> November – White Hart Pub – meal  
Frimley (next to Wellbeing centre)**

**14<sup>th</sup> December - Well Being Centre,  
Beech House, Frimley – making  
Christmas decorations and bringing  
traditional food**

**11<sup>th</sup> January - Well Being Centre**

**8<sup>th</sup> February – Well Being Centre**

**ALL WELCOME**

**For more information contact Amanda Lee on  
07595 495900 [amanda@hartvolaction.org.uk](mailto:amanda@hartvolaction.org.uk)**



*See you there*

