



**Blaby Carers Group**

Let's talk about mental health  
**Lamp**

Are you looking after someone with mental health needs?

Come along to our group on the **last Wednesday of the month**, where we provide help and support for you.

- Meet, socialise and share experiences with other carers
- Find out about our other services and groups that are available
- Access information, advice and advocacy

For more information contact Rowena on: 0 1 1 6 2 5 5 6 2 8 6

**WHEN:** 28/10/2020 & 25/11/2020  
10.30AM - 12.30PM

**WHERE:** PLACE TO GROW, MILL LANE,  
ENDERBY, LE19 4LX