



www.carersvoicesomerset.co.uk

Working together to improve the lives of unpaid carers in Somerset

Carers' Voice Event 2018

Do you spend a lot of your time looking after someone else?

Do you ever find yourself thinking or saying things like?

"If only I could but I can't because . . . I feel so alone,

I don't think anyone is listening to me,

Is there anyone who could help?

If there is, where can I go to find to find out about it?"

If so, why not come along to one of our event, enjoy yourself and go home feeling refreshed and empowered.

Thursday 8th March

10.00am - 2.30pm

**Frome Assembly Rooms, Christchurch Street West
Frome, BA11 1EB**

At our events you will have opportunities to find out about support services for carers, share your thoughts with people who understand, exchange ideas and tips you've found useful, express what is important to you, have fun and make new friends.

Admission free.

Refreshments will be provided.

For more information please contact Debbie:

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