

Larbert Carers Group

3rd Wednesday of the month
10.30 am to 12.30 pm
Larbert Library

2018 Programme

17 January	<i>Food Buddies</i>
21 February	<i>Housing Owls</i>
21 March	<i>Carers Act</i>
18 April	<i>Chair Yoga</i>
16 May	<i>First Aid</i>
20 June	<i>Callendar Park & House</i>
July	<i>No meeting</i>
August	<i>No meeting</i>
19 September	<i>Beauty/Pamper</i>
17 October	<i>Evaluation/Programme Planning</i>
21 November	<i>Christmas Craft</i>
December	<i>Christmas Lunch (Date TBC)</i>

Are you caring for someone? Local carer groups provide an opportunity for carers to meet up, share information and have a short break from caring

For further information, contact:
Falkirk & Clackmannanshire Carers Centre
Bank Chambers, 1a Bank Street, Falkirk, FK1 1NB. Tel: 01324 611510
Email: centre@centralcarers.org
Website: www.centralcarers.org



Principal Funders

