

# Larbert Carers Group

3<sup>rd</sup> Wednesday of the month

10.30 am to 12.30 pm

Larbert Library, Stenhousemuir

## 2020 Programme

15 <sup>th</sup> January	<i>Reminiscence – Entertainment</i>
19 <sup>th</sup> February	<i>Social Security Update</i>
18 <sup>th</sup> March	<i>Mindfulness</i>
15 <sup>th</sup> April	<i>Scammers</i>
20 <sup>th</sup> May	<i>Cooking Workshop</i>
17 <sup>th</sup> June	<i>Aromatherapy</i>
15 <sup>th</sup> July	<i>No Meeting</i>
19 <sup>th</sup> August	<i>No Meeting</i>
16 <sup>th</sup> September	<i>Relaxation</i>
21 <sup>st</sup> October	<i>Arts &amp; Crafts</i>
18 <sup>th</sup> November	<i>Evaluation/Programme Planning &amp; Afternoon Tea</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:

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