

Polmont Carers Group

2nd Tuesday of the month
10.30 am to 12.30 pm
Greenpark Community Centre

2020 Programme

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

14 January	Scam Awareness
11 February	Social Security
10 March	Arts and Crafts
14 April	Local History
12 May	Cooking Workshop
9 June	Gentle Exercise
8 September	Singing Workshop
13 October	Energy Saving Advice
10 November	Evaluation/Programme Planning
December	Christmas Lunch (Date TBC)

For further information, contact:
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Principal Funders

