



ROSS-ON-WYE Carers Support Group

The group meets from **10.30am – 12noon** on the **first Wednesday** of each month at **The Phoenix Theatre, St Mary's Street, Ross-on-Wye, HR9 5HT**

2015 programme

1 April	SAAFA, Tim Howson
6 May	Contingency planning
2 September	Hypnotherapist, Rebecca Edmonds
7 October	To be confirmed
4 November	To be confirmed
9 December	Christmas celebrations

For further details please contact: Helen Whitmore on 01432 356068 or email: helenwhitmore@herefordshirecarers.co.uk

Other dates for your diary:

8 – 14 June	Carers Week
1 October	Carers Annual Meeting - all Carers welcome
27 November	Carers Rights Day - all Carers welcome

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