



Carer Support Groups – North Northumberland *January – March 2012*

After considering carers opinions there are some changes to some of the venues and days/times of meetings. Please check group details carefully. We look forward to seeing you soon.

Alnwick 30 January – Christmas lunch at The Oaks, Alnwick
(last Mon of Month) 27 February
26 March

Amble 19 January
(3rd Thu of Month) 16 February
Note: new venue, The 15 March
Wellwood Restuarant, Amble

Berwick 25 January
(last Wed of Month) 28 February
28 March

Felton 5 January – Christmas Lunch at the Running Fox, Felton
(1st Thursday of Month) 2 February
1 March

Wooler 9 January
(3rd Wed of Month) 13 February
12 March

Belford and **Rothbury** groups will start in the new year, alternate months.

Come for a CUPPA & CHAT in a comfortable, friendly atmosphere. Catch up socially with like minded people and have 'time out' just for you. Full details from 0844 800 7354.