



The first Tuesday of each month at **Heffernan House**,
Widemarsh Street, Hereford **6.45 - 8.45pm**

2017 Programme

7 February	Hints in caring (Louise Durber, CPN)
7 March	Mindfulness: an introduction (Tina Abbot)
4 April	Cart shed – What we provide (Katie Eastaugh)
2 May	Contingency Planning
6 June	Mind Current Services
4 July	Carer’s Forum
1 August	Looking after me: 5 Ways to Wellbeing (Karen Bent, 2gether Trust)
5 September	Coping with Stress (Emma Robertson, Assistant Psychologist)
3 October	Local Policing (Charlotte House, CSO)
7 November	Value of Counselling (Charlotte Lake)
5 December	Fish n Chips supper

For more information please call 01432 356068 or email help@herefordshirecarerssupport.org



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