



**Evesham**  
**Carers Group**  
2nd Wednesday of the month  
10.30 - 12.30  
Meade Court, Merstow Green  
Evesham. WR11 4BB

**Programme 2009 Sept - Feb 2010**

- September 9<sup>th</sup>**                      **Glass-painting. Have a go, on glass items or acetate windows/photo frames. Designs provided. Helen Lubin.**
- October 14<sup>th</sup>**                      **Massages (clothed) - let Mig McMahon and colleague (Red Cross) ease your tensions.**
- November 11<sup>th</sup>**                      **Hospital discharge procedures & post hospital care. Clare Scott (Hospital Carers Development Officer).**
- December 9<sup>th</sup>**                      **Christmas Lunch outing.**
- January 13<sup>th</sup>**                      **Extend Exercises. Gentle keep fit to music. Jenny Johnson.**
- February 10<sup>th</sup>**                      **Age Concern services. *(To be confirmed.)***

Do you need help with respite sitters or transport?

For more information ring 01905 26500 or 0800 6523151