



Inkberrow Carers Group

1st Wednesday of the month
10.30am - 12.30pm
St Peters P.E.C.Hall
(in the Churchyard)
Inkberrow

PROGRAMME Sept 2009 - Jan 2010

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| September 2 nd | "What if..?" Silly or serious, dip into this selection of conversation starters.HL. |
| October 7 th | Hospital Discharge procedures & post hospital care. Clare Scott (Hospital Carers Development Officer). |
| November 4 th | Bone healthcare & osteoporosis awareness. Annie Hartwright (Osteoporosis Society). |
| December 9 th | Glass-painting. Have a go on acetate "stained glass" windows or tea-light jars. Designs provided. Helen Lubin. |
| January 6 th | Season's Greetings - discover (with Helen) the rich variety of music, stories and traditions associated with this day of Epiphany. |

Do you need help with respite sitters or transport?

For more information ring

01905 26500 or 0800 6523151