



# MARTLEY & VILLAGES CARERS' GROUP

1<sup>st</sup> Monday of the month  
10.30am - 12.30pm  
Heaton House, Mortlake Drive,  
Martley. WR6 6QU.

## PROGRAMME 2009 Sept - Dec.

- September 7<sup>th</sup>                      Aromatherapy. An introduction and relaxing demonstration.
- October 5<sup>th</sup>                         Understanding Benefits. Advice from an expert on what carers and cared-for may be entitled to. Emma Cooke.
- November 2<sup>nd</sup>                      Poems for pleasure - we'll share some of our favourites. (No need to read anything if shy!)
- December 14<sup>th</sup>                     Christmas Lunch at a local restaurant.
- NOTE DATE is  
2<sup>nd</sup> WEEK

Do you need help with respite sitters or transport?  
For more information ring  
**01905 26500 or 0800 6523151**

The Nora Parsons Day Centre at Wichenford is open during these times and may be of help to some carers for the person they look after.