



# Stourport Carers Group

3<sup>rd</sup> Thursday of the month  
11.00am- 12.30pm

Coffee Lounge, Methodist Church  
Off the High Street  
Stourport.

Parking is available next to Methodist Hall  
Side entrance, Parkes Passage

## PROGRAMME Sept 2009 -Feb 2010

September 17 <sup>th</sup>	Social - coffee & chat.
October 15 <sup>th</sup>	Coping with Stress - some pointers to understanding stress and some relaxation exercises. Helen Lubin.
November 19 <sup>th</sup>	Sue Home from PALS (Patient Advice & Liaison Service) on help for patients & carers of surgeries, hospitals & health services.
December 17 <sup>th</sup>	Christmas Lunch outing. The Brasserie, Kidderminster, 12.30pm.
January 21 <sup>st</sup>	Poetry for Pleasure (back by popular request!) - bring and share some of your favourites.
February 18 <sup>th</sup>	Aloe Vera. Presentation about the health benefits + products to buy (no obligation). Robin & Lenette Hancox.

Do you need help with respite sitters or transport?

For more information ring 01905 26500