

# Carers Tea & Chat @dy1



**First and third Friday every month  
9.30am - 12 noon**

**Do you support a relative, friend or a loved one with every day tasks?**

**You might be cooking, shopping or helping with taking medication, washing and dressing...**

**...People who give this kind of support often need more information or help.**

**Carers Tea and Chat is an informal drop in for carers to meet each other and find support from local organisations.**

**Refreshments start from just £1 - all welcome!**

**Lunch on the Run Cafe @ dy1  
Stafford Street Dudley DY1 1RT**

