

## Calling all Carers!

New support group at Zest every 2 weeks starting

Friday 17th March, 10.30 – 12.00

For Carers who live in

Upperthorpe, Netherthorpe, Langsett and Walkley

- Activities
- Mutual support
- Free one to one welfare & benefits advice
- 'Let's Talk About....' information sessions

For more details, call Jenny Hare at Zest on 0114 2702040, ext. 210, or email jenny.hare@zestcommunity.co.uk

