



Tameside, Oldham & Glossop Mind

Tel: 0161 620 0123

For better
mental health

Carers Drop-in Group

10 am to 12 noon fortnightly on Thursday

Carers Drop In, for Carers who look after somebody with Mental Health issues, Available to anybody over the age of 16, a good place to meet other Carers and also to meet the Carer and Family Support worker for Mind in Oldham.

Please contact Theresa at Tameside, Oldham and Glossop Mind

Tel 0161 620 0123 for dates And Times

Phoenix Centre Drop In	Facilitator and Guest speakers
1st October 2009 10 AM	Anne Shaw Nurse Health Tests to Carers
15 October 2009 10 AM	Young carers
15 October 2009 11 am	Making Space Juliet Green Offering Carers Free breaks
29 October 2009	Drop In no Facilitator
12 November 2009	Joan Marsh Activities Parklands
26 November 2009	Carers Charter with Mark Noble
10 December 2009	Juliet Green making Space Carers Breaks
7th January 2010	Theresa (Mind) Facilitator
21st Jan 2010	Theresa (Mind) Facilitator