

**Are you a family member or friend  
visiting someone in a Care Home?**

**Come along and join our peer support  
group**

Our group is here for Carers to:

- Realise they aren't alone in trying to cope with the issues of being a Carer for a care home resident, and gain strength and comfort from that
- Learn from the issues and problems that others have faced and what solutions they found to those issues/problems
- Suggest solutions when a Carer raises an issue or problem that they currently have

**First Wednesday of each month on Zoom  
from 12.00pm - 1.00pm**



**To find out more please call**

**0300 111 9000**

**or email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)**