



## CARERS COFFEE MORNING

**Held at: The Centre  
Polehampton Close Twyford RG10 9RP**

We meet on alternative Thursdays  
for tea/coffee & a chat

Next meet 7<sup>th</sup> February 2019  
10am - 12pm

In association with Twyford together we hold a small, informal coffee morning twice monthly. These coffee mornings are for carers, the cared for and those who have cared in the past to chat and develop friendships in a friendly and informal environment and also, to have break from daily activities.

Please join us, it is informal and relaxed.

Activities and trips out organised throughout the year.

If you require more information please ring Lynne 07810516817

Why not stay and join us for lunch.

Lunch served at 12.30pm

All lunches to be booked in advance

Please: ring 0118 934 4040

**Services also available:**

Chiropody  
Reflexology  
Handy Man Service  
Day Centre Services

**Membership Fee £20.00**

annually, this enables you to  
use the Centre Services (Extra  
charges applicable)

