



CARING ABOUT CARERS

ARE YOU CARING FOR SOMEONE WITH SEN OR A DISABILITY?

Caring for someone with additional needs can be:

OVERWHELMING EXHAUSTING ISOLATING

We run informal support groups for local residents who care for someone with a disability - either a child or an adult.

- **1st & 3rd TUESDAY** in the month, 10am to 12.00pm
at Dorking Nursery School & Children's Centre, **WEST STREET** site, RH4 1BY
- **NEW! 1st WEDNESDAY** in the month, 7pm - 8.30pm
STARTS 2 MAY - at Dorking Nursery School & Children's
Centre, **GOODWYNS ROAD** site, RH4 2LR
- Share your experiences
- Discuss issues about caring
- Enjoy a cup of coffee with others in similar situations

If you are interested please
email Emma Berners at

Caringaboutcarers@outlook.com

