



West Norfolk Carers
Supporting Carers
across Norfolk

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WELLBEING AND RELAXATION CLASSES WITH FREE BUFFET LUNCH FOR CARERS

**Come and relax in an informal environment with fellow Carers.
Each class is free of charge and will run from 10:30am to 2:30pm.
Refreshments and a light buffet lunch will also be provided.**

The classes will be run by Carmel Austin from Oaklee Wellbeing. The sessions are specifically designed to bring carers together in a safe supportive environment, where you will learn more about anxiety and depression and how to manage it. You will also be given the opportunity to learn more about wellbeing and experience different relaxation techniques.

The King's Centre, Wellesley Street, King's Lynn PE30 1QD

Wednesday 7th March 2018 10:30am – 2:30pm

Wednesday 9th May 2018 10:30am – 2:30pm

Wednesday 4th July 2018 10:30am – 2:30pm

Hunstanton Community Centre, Avenue Road, Hunstanton PE36 5BW

Tuesday 10th April 2018 10:30am – 2:30pm

Tuesday 12th June 2018 10:30am – 2:30pm

Health Education Room, Downham Market Health Centre

Paradise Road, Downham Market PE38 9JE

Tuesday 27th February 2018 10:30am – 2:30pm

Tuesday 27th March 2018 10:30am – 2:30pm

Tuesday 29th May 2018 10:30am – 2:30pm

**Dickens Room, Swaffham Community Centre, The Campingland,
Swaffham PE37 7RB**

Thursday 15th February 2018 10:30am – 2:30pm

Thursday 12th April 2018 10:30am – 2:30pm

Thursday 14th June 2018 10:30am – 2:30pm

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Please return this form to:

West Norfolk Carers, 20 Thoresby College, Queen Street, King's Lynn PE30 1HX.

Places are limited and will be allocated on a first-come-first-served basis. Therefore it is recommended you apply as early as possible to avoid disappointment.

For further information contact West Norfolk Carers on 01553 768155.

Registered Charity No, 1107546

Name _____

Address _____

Post Code _____

Email _____

Tel No. _____

Have you any special needs/requirements? _____

I apply to attend the following Class:

Venue _____ Date _____

Signed _____ Date _____

West Norfolk Carers offers a range of services and support to unpaid, family carers of all ages. For further information go to www.westnorfolkcarers.org.uk