If you’re caring for a family member or friend come and join us!

It doesn’t matter who you’re caring for or why - this very informal online group offers support, companionship, information and a chance to get away from your caring situation for an hour. We’ll have speakers with interesting, fun and useful information some weeks and other weeks we’ll entertain ourselves with some chat, quizzes, and games or whatever you fancy. Our meeting schedule for the rest of this year is:

- **Wednesday 11th November** – Welcome to our brand-new group, let’s introduce ourselves and get comfy!
- **Wednesday 18th November** – Patricia Clark from Carers Scotland will join us to tell us about the benefits of using technology to help in our caring role – don’t worry she knows some of us are technophobes!
- **Wednesday 25th November** – Mmm, let’s eat cake and share chat!
- **Wednesday 2nd December** – Online Memory Box Session, great fun with Kenny McLachlin
- **Wednesday 9th December** – Must be time for mince pies by now!
- **Wednesday 16th December** – Mindfulness and meditation with Nicola – sooth your frazzled brain, feel calm and ready for anything...

So if you’re a carer or know a carer who you feel would benefit from being part of this group contact Carol Reddick at Fife Carers Centre on 07736918211 or by email to carol.reddick@fifecarers.co.uk for more information.

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