



## Carer Support Groups – West Northumberland *January – March 2012*

**Please confirm meal bookings by ringing the Hexham office on 01434 608033 before Mon 16 Jan 2012.  
We look forward to seeing you soon.**

<b>Bellingham</b> (4 <sup>th</sup> Thu of Month) Community Room, Bellingham Fire Station, 1.00pm-3.00pm	26 January (Meal: The Cheviot, Bellingham) 23 February 22 March
<b>Haltwhistle</b> (3 <sup>rd</sup> Thu of Month) Haltwhistle War Memorial Hospital, 10.30am-12.30pm	19 January 16 February 15 March
<b>Hexham</b> (4th Wed of Month) Hexham Community Centre, 10.30am-12.30pm	25 January (Meal: Vercelli, Hexham) 22 February 28 March
<b>Ponteland</b> (1st Thursday of Month) Merton Hall, Ponteland, 10.30am-12.30pm	5 January 2 February 1 March
<b>Prudhoe</b> (3rd Wed of Month) The Manors, 10.30am-12.30pm	18 January 15 February 21 March

**Come for a CUPPA & CHAT in a comfortable, friendly atmosphere. Catch up socially with like minded people and have 'time out' just for you. Full details from 0844 800 7354.**