

# SWANLEY CARERS CUPPA



Are you or someone you know, caring for someone with a life-limiting illness or disability?

If you would like support and friendship from others who are on a similar journey, join us to chat over a cuppa.

**Monthly Saturdays**

**11am–1pm**

at Swanley Link,  
London Road.

Speak to the **ellenor**  
Wellbeing team on 01474 320007

2017–18 Dates

|        |        |
|--------|--------|
| 30 Sep | 28 Oct |
| 25 Nov | 23 Dec |
| 20 Jan | 17 Feb |
| 17 Mar |        |

*ellenor.*<sup>+</sup>

Registered charity number. 1121561