

# CARERS CUPPAS

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. All cuppas are held between 11am – 1pm.

**ALTERNATE SATURDAYS AT ELLENOR GRAVESEND DA11 7HQ**

30 JUNE

14 JULY

28 JULY

11 AUGUST

**MONTHLY SATURDAYS AT SWANLEY LINK BR8 7AE**

7 JULY

4 AUGUST

1 SEPTEMBER

29 SEPTEMBER

**MONTHLY FRIDAYS AT NET CHURCH DARTFORD DA1 2DL**

29 JUNE

27 JULY

24 AUGUST

21 SEPTEMBER

# BEREAVEMENT CUPPAS

Grief is a normal response after someone dies, but you don't have to go through it alone. If you would like support and friendship from others who are on a similar journey then join us to chat over a cuppa.

**EVERY THURSDAY (7PM – 9PM) AT**

**ELLENOR GRAVESEND DA11 7HQ**

**EVERY THURSDAY (10AM – 12PM) AT**

**GLENTWORTH EX-SERVICE CLUB 154 LOWFIELD STREET DA1 1JB**

Speak to the ellenor Wellbeing  
team on 01474 320007

*ellenor.\**