



Do you need information and advice?

Are you:

- Living with a long term illness or disability?
- Providing unpaid support to adult family members or friends who could not manage without your help?
- Struggling with an age related condition?

If you answer 'yes' to any of the above then
why not come along to one of our

Adult Support Drop Ins

At March Library
City Road, March PE15 9LT
Spring & early summer dates for 2014
Refreshments available

- | | | |
|-----------------|--------------------|--|
| 7 April, | 10.00-13.00 | Activity: Creative arts for Easter |
| 14 May, | 09.30-12.30 | Specialist information: Social Care packages for respite |
| 11 June, | 10.00-13.00 | Advice: British Red Cross |

Our advice is free and confidential,
and a warm welcome is guaranteed.

For further information contact

Telephone: 01480 377616 or Leigh Hornsby on 01480 373220