

Sahaara Sisters Carer Group

Supporting
South Asian
female carers
in Peterborough

Starting on **8 April** and then every second
Wednesday of the month.

**South Bretton Family & Community Centre,
Redpoll Place, Tyesdale, Bretton,
Peterborough, PE3 9XZ**

A space to talk, share and feel less alone,
including wellbeing activities to support
emotional and mental health.




making space
Kind hearted care and support

Coffee Morning for Carers

Join us for **COFFEE, CAKE AND A CHAT**

Connect with fellow carers and come meet our Carer Support Workers to help guide you through your role as a carer.

11am to 1pm

 **South Bretton Family and Community Centre,
32 Tyesdale, Bretton, Peterborough, PE3 9XZ**

Upcoming Dates:

Thursday 18 June

Thursday 16 July

Thursday 20th August

Thursday 24th September

Thursday 15th October

Thursday 19th November

For further information:

PeterboroughCWS@makingspace.co.uk

01480 211 006

or contact your Carer Support Worker

Connection

Wellbeing

Signposting & Information





Veterans, Serving members and families of those that are serving or have served.

Join us for breakfast, have a brew, some grub and reminisce about the good old days with new and old friends.

The breakfast is held from 0930 till 1200 on the **last Friday of the month.**

At the
WestRaven Community Cafe
24–28 Hampton Court
Westwood
Peterborough
PE3 7JR

Telephone Number 01733 330040

Find us on Facebook:
VC Armed Forces & Veterans