

Unpaid Carer

SUPPORT GROUP

*You care for others.
We're here to support you.*

*You are
not alone.
Join others
who understand.*



A friendly and welcoming space to share, listen and connect with other unpaid carers.

- ♥ Share experiences
- ♥ Gain support
- ♥ Take time for you

*You don't have
to do it all,
on your own.*



WHEN:
First and third Tuesday
of every month



TIME:
1.30pm to 2.30pm



WHERE:
Barclay Park Community Pavilion,
Peterhead, AB42 1HG

Free To Be Me

Grampian Opportunities
SC030396



**COMMUNITY
FUND**



*Everyone welcome.
No booking –
just come along.*



For more information email
lisa@grampianopportunities.org.uk
or call 07934 742214

UNPAID CARERS SUPPORT GROUP

You are
not alone.



We're here for
YOU. 

A safe, friendly space
to share, listen and
support each other.

Because **your wellbeing**
matters too.



Free To Be Me 

Grampian Opportunities SC030396



CONNECT

Meet others who
understand what
you're going through.



SHARE

Talk openly in a
confidential and
respectful space.



SUPPORT

Give and receive
support, practical
tips and reassurance.



RECHARGE

Take time for you
and feel less
alone.



WHEN:

Every Monday
morning 10–11am



WHERE:

Grampian Opportunities
54 West High Street
Inverurie, AB51 3QR

Why join?

- ✓ Look after a partner, family member or friend
- ✓ Provide help because of illness, disability, mental health condition or addiction
- ✓ Want to connect with others who understand
- ✓ Would like support, tips and a listening ear
- ✓ Share experiences and feel less isolated

**Everyone
welcome!**



Thank you for everything you do.
You deserve support too.



Funded by
**THE NATIONAL
LOTTERY**
COMMUNITY FUND



Free To Be Me PROJECT

SUPPORT GROUP for Unpaid Carers

*You care
for others.
We're here
for you.*

A friendly, welcoming space
to share, be heard and
connect with others who
understand.



- Support
- Connection
- You time



**EVERY
1ST AND 3RD
WEDNESDAY**
of each month



**10.30 TO
11.30AM**



ST JAMES HALL
ARBUTHNOTT STREET,
STONEHAVEN
AB39 2JB



Free To Be Me
PROJECT



**COMMUNITY
FUND**

Caring is a big part of your life. Let us support you.