

Upton Carers' Group

We meet on the 3rd Tuesday of each month

10am-12pm,

Upton Surgery, Tunnel Hill, WR8 0QL

Drop in for a cuppa and a chat

Meet with other carers who share and understand
your experiences

Feb 18th

Mar 17th

Apr 21st

May 19th

June 16th

July 21st

Aug 18th

Sep 15th

Oct 20th

Nov 17th



Enjoy recreational activities, relaxation and
occasional outings, as a break from caring.
For more information call Maureen Oliver on
07427474776 or our Helpline on 03000124272

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Email: mail@carersworcs.org.uk

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