



CASS CAFÉ

*Do you care for
someone who has a
long term health
condition or illness?*

*If so, you are a **Carer**.
Join **CASS** at our
friendly **cafés***



CASS CAFÉ

CASS The Carers Association is dedicated to ensuring that all Carers feel they are supported when looking after someone they care about. You are not alone in your role as a Carer; CASS can advise and support you through your journey.

Our Carers Cafés are open to Carers, however, you may bring the along the person you care for, so long as you are able to support their needs. Our monthly cafés are the perfect opportunity to have a break, receive information from local support services and meet other Carers to socialise.

WHERE TO FIND US

Give us a call or come and see CASS at one of our following cafés –

Penkridge – Haling Dene Centre ST19 5DT
Last Monday of the month (unless a bank holiday then it's a week earlier)

Tamworth – Victoria House, Lichfield Street
B79 7RU
Second Monday of the month

Eccleshall – Eccleshall Community Centre
ST21 6AU
Last Thursday of the month

All our groups run from 10:30am – 12:30pm

07740418643 or **01785 222365**

www.carersinformation.org.uk

for more information