

Like to know more?

If you are interested in coming along to the CASS Carers Café and would like more information please contact us on 01785 222365 or if you prefer you can fill in your details on the form below and pop it in the post.

Title

Name

Address

Postcode

Telephone no

Email

Date of birth

Ethnic Origin

How would you like us to contact you:

Phone Email Letter

Please return this form to:

**CASS The Carers Association
SUITE 1A/1B THE WHITEHOUSE
3A CHAPEL STREET
STAFFORD ST16 2BX**

How to contact us

Address

Suite 1a/1b The Whitehouse
3a Chapel Street
Stafford
ST16 2BX

Telephone: **01785 222365 (General Office)**

Email: **enquiries@carersinformation.org.uk**

Website: **www.carersinformation.org.uk**



CASsthecarersassociation



@CASSwecare

*Call in for a coffee, pick up
some information and make
new friends in your community*

*CASS is an equal opportunities employer and embraces
service user equality and diversity.*

CASS The Carers Association

Company Limited by Guarantee in England and Wales.

Registered No: 4184030

Registered Office:

Suite 1a/1b The Whitehouse

3a Chapel Street

Stafford

ST16 2BX

Registered Charity No: 1086979



Carers Café

CASS The Carers Association



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What is the Carers Café?

The café is a monthly get together where Carers can meet, have the opportunity to chat with other Carers and swap tips on caring, make new friends and find out about other avenues of support available.

The Carers Café is open to Carers, however, you may bring along the person you care for, so long as you are able to support their needs.

At the café, Carers can enjoy a coffee, pick up some information and can discuss any carers issues you may face. You can meet workers from other community support organisations.

What is CASS?

CASS The Carers Association is a registered charity providing services within the districts of Cannock Chase, East Staffs, Lichfield, South Staffs, Stafford and Tamworth that support unpaid/family carers looking after someone in the community.

What you can expect at a Carers Café?

- A friendly welcome on arrival
- Opportunity to get to know others and share experiences
- Quizzes and raffles plus fun activities
- Refreshments
- Time to socialise, make new friends, and talk on a one to one basis with professionals, from a variety of organisations
- The opportunity to find out what help is available to you locally

**All free of charge
Donations are welcome**

How can CASS help?

CASS also run monthly Living Well with Dementia groups which offer a regular programme of talks, activities or information events for Carers and those with dementia.

We have groups in other localities and opportunities for volunteering.

Sessions available near you:

Penkridge – sessions are held on the last Monday of every month (unless a bank holiday then it's a week earlier).
10:30am – 12.30pm. Haling Dene Centre, Cannock Road, Penkridge ST19 5DT

Tamworth – sessions are held on the second Monday of every month.
10:30am – 12.30pm. Age UK, Victoria House, Cygnet Drive, Lichfield Street, Tamworth B79 7RU

Eccleshall – sessions are held on the last Thursday of every month.
10:30am – 12:30pm. Eccleshall Community Centre, Shaws Lane, Eccleshall ST21 6JB.

At the café you will be in the company of other Carers, volunteers and professionals.

There is no need to book – just turn up. Carers are welcome to bring along the person they care for.