

# Romsey Carers Cafe

Southern Test Valley 2010

Do you look after or support a relative, friend or neighbour in Southern Test Valley with a long term illness/disability? Would you like to meet others who may understand how you feel?

We meet on 1st and 3rd Fridays each month at 11am at Woodley Village Hall School Road Romsey

15 Jan 2010	07 May 2010	03 Sep 2010
05 Feb 2010	21 May 2010	17 Sep 2010
19 Feb 2010	04 Jun 2010	01 Oct 2010
05 Mar 2010	18 Jun 2010	15 Oct 2010
19 Mar 2010	02 Jul 2010	05 Nov 2010
02 Apr 2010	16 Jul 2010	19 Nov 2010
16 Apr 2010	06 Aug 2010	03 Dec 2010
	20 Aug 2010	17 Dec 2010

No meeting on 01 Jan 2010 as it is a Bank Holiday

We are a friendly informal group who share support, experiences, concerns and information

Have a coffee or a snack lunch, chat with friends, collect information, access help with signposting to benefits available, find support, training and awareness

All caring people welcome  
For more information or support  
Tel: 01794 519495 or 515126  
email: [admin@carersromsey.org.uk](mailto:admin@carersromsey.org.uk) or pop into  
**9 Love Lane Romsey SO51 8DE**  
any weekday between 9.30am and 4.30pm

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