

Andromeda

A Peer Support Group for family, friends and supporters of people with a personality disorder

Our carers support group will offer you an opportunity to chat and share experiences with other carers, to get information and advice, and to focus on your wellbeing as carers.

No need to book, please feel free just to call in.

Day	Third Wednesday every other month 5.30pm-7pm
2019 Dates	20 Feb, 17 April, 19 June, 21 August, 16 October, 18 December
Venue	Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT

For further information or to book your place, please contact:
Ruth Sutherland on **0113 8557951**
Elaine Wilkes on **0113 380 4300**
or email PDcarers.lypft@nhs.net