

# Carers Cafe Testvale Surgery

Do you support a relative or friend in Totton who has a long term illness or disability?

Would you like to meet others who may understand how you feel?

Do you need advice, support or information?

Why not come along to the Carers Café at 1.30pm on the 3rd Wednesday of each month (dates overleaf)

at:

Testvale Surgery  
Salisbury Road  
Totton

Hampshire SO40 3PY



Chat with other carers, have a coffee or a snack lunch, access help with benefits, find support and information.

More information from:

**Carers Together** - Open 9.30am - 1.30pm Monday to Friday

Tel: 01794 519495 or Email: [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk)

Or you can pop in any weekday to:

9 Love Lane, Romsey, Hampshire SO51 8DE

Updated 16/12/2019

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### Dates for 2020

15 January	15 July
19 February	19 Aug
18 March	16 Sept
15 April	21 Oct
20 May	18 November
17 June	16 December

**Carers Together**

Registered Charity No. 1051879

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