

We are here to help you in your caring role:

Carers UK (IW Branch)

Support group run by Carers for Carers

01983 533173

www.carersuk.demon.co.uk

Citizens Advice Bureau

01983 532292

Contact a Family

020 73833555

www.cafamily.org.uk

Crossroads Local

01983 822200

Mental Health Carers Project

01983 822209 (Ext. 203)

MICRA

Support group run by Carers for Carers

01983 402157

Princess Royal Trust for Carers

020 74807788

www.carers.org

Riverside
CENTRE

The Quay, Newport, Isle of Wight
Telephone (01983) 822209 (Ext. 203)

**Saturday Respite
Carers Day**

**If you are supporting a friend
or relative who has a memory
problem.**

**This project could offer you
information and support.**

Riverside
CENTRE

A Carer is someone of any age whose life is restricted because they are looking after a friend, relative, partner or person who cannot manage without help because of illness, age or a disability of any kind.

You may not think of yourself as a Carer because you carry out tasks out of love.

- **The Group**

Various activities

- **Gardening**
- **Games**
- **Cooking**
- **Woodwork**
- **Discussion**
- **Listening to music**
- **Relaxation Sessions**
- **Memory stimulating games and quizzes**

Two course lunch provided at a low cost

Please contact Soo Scott 01983 822209 ext 211

If you are a Carer of someone with a memory difficulty, we are here to help!

Do you care for someone with mild to moderated memory problems?

If, so, we can offer:

- Each Saturday to yourself
- Information & support in your caring role

WE ARE HERE TO HELP YOU!

Riverside
CENTRE

The Quay, Newport, Isle of Wight
Telephone (01983) 822209 (Ext. 211)