



## Heather View care home **Carers support group**

### Do you care for an older loved one, or know someone who does?

Come along to our monthly support group, where we offer a warm and welcoming environment for local family carers to get to know each other and share ideas and experiences.

- Get advice and support from experienced care sector professionals
- Listen to guest speakers
- Share experiences and chat to other family carers
- Enjoy complimentary refreshments

**Every second Wednesday of the month**  
**2pm - 4pm**

**Free  
events**

To find out more about our carers support group or to book your free place, please call **01892 883784** or email [abby.wells@careuk.com](mailto:abby.wells@careuk.com)

**Heather View care home**  
**Beacon Road, Crowborough TN6 1AS**  
[careuk.com/heather-view](http://careuk.com/heather-view)

**care**<sup>UK</sup>