



Guideposts

CONNECT at Whitminster

Would you like to make new local friendships?
Are you living with a long term health condition?
Are you a carer for a family member or friend?

**Join us for a cuppa,
conversation and...**

- ✓ Make new friends
- ✓ Discover hobbies
- ✓ Learn skills with short courses and taster sessions
- ✓ Get information, advice and guidance to help you
- ✓ Receive support if you're a carer
- ✓ And much more!



10.30 am - 12.30 pm

Every other Thursday

Whitminster Village Hall

School Lane, Whitminster, GL2 7NT

More information overleaf



Guideposts



What's in it for me?

- **New friendships and building your local social network**
- **Tap in to your creativity or learn something new**
- **Strengthen your wellbeing**
- **Fun**

Carers can

- **Enjoy a respite break**
- **Take part with the person you care for or independently**
- **Join the carers support group**
- **Share with carers with similar experiences and receive hints and tips**

For more information call Liz on

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or email epollock@guideposts.org.uk

