

Informal
Support
Drop-in's



Wellbeing Support Group

Monday Evenings

Starting 14th October 2019 at 6.15pm – 8.00pm at Ashgate
Café

Unit 3, Mill Green Way, Clowne, Chesterfield, S43 4LJ

This group is a wellbeing group for Carers, it will offer support whilst looking at diet, exercise, relaxation and general wellbeing.

The support group will run for seven weeks until the 25th November
2019

For further information about the sessions please contact either:-

Jo.collis@ashgatehospicecare.org.uk – Tel: 07393 011 414;

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