



# Time for Carers

We will start up again on Thursday 9th January, 2025.

all  
welcome

*Weekly peer support for carers in the Poole area*

**We run on Thursdays from 10.30 – 12 during term time.**

**Where? Waters Edge Elim Church, Douglas Rd  
Poole BH12 2AU. (just off Ashley Rd)**

Refreshments, chat, crafts, reflection, mental health support.

*Group Lead: Susan Sutherland, Chaplain and mental health trainer / coach.*

This initiative is being supported by  and **The Leonardo Trust**   
Helping People Who Care For Others

For more info and referrals: [s.e.s.chaplain@outlook.com](mailto:s.e.s.chaplain@outlook.com)