

DO YOU CARE FOR SOMEONE WITH LEARNING DIFFICULTIES (Age 14+)?

New dates for your diary



13th July 2010
11.00am-2.00pm
Enjoy a Beach BBQ at the Mencap beach hut in Littlehampton.
Hut no.109, opposite Littlehampton Swimming pool.

- **Groups held monthly**
- **Informal sessions**
- **Drop in, events and activities**
- **Opportunity for you to share your ideas for future events**

14th September 2010
Walk and lunch in Highdown Gardens, Worthing.
Meet in the Highdown car park at **11am.**

12th October 2010
10am-2pm Pamper Day in Buddys.
Lunch and complimentary therapies included (subject to availability)

9th November 2010
10am-12pm
Arts and crafts in Buddys.



7th December 2010
Christmas Party
More details and venue TBC

These meetings are organised and supported by Carers Support Service, Worthing & District and Buddys, Information Centre and Café.

For more details contact:
Martina
01903 528689
or call the enquiry line on:
01903 536378

martinaoseibobie@carerswsx.org.uk

Buddy's Information Centre and Café
121 South Farm Road
Worthing BN14 7AX
01903 202030



Carers Support Service
Worthing & District