

Care and Share Café



New to caring for someone with mental health issues?

Still finding your way?

Want a break, a chat, a bit of help and advice?

3rd Friday of the Month

10.30am -12.30pm

Venue TBC

Soft drinks & snacks provided

For more Information on venue and restrictions please phone

Chantelle Rostoll—Carer.

Nikki – Involvement Co-Ordinator, South Glos., AWP. Tel: 07825 450608

Liz Coy—Social worker, South Glos., AWP. Tel: 0117 378 4611



**Avon and Wiltshire
Mental Health Partnership**
NHS Trust