

MENTAL HEALTH FORUM FOR CARERS



Join us at our new venue -
St Catherines Church,
Gelliwasted Road,
Pontypridd CF37 2UF
(upstairs)

Do you care for someone with a
mental illness?

Do you have any queries or problems
regarding your caring role?

If so, join us, meet other carers and
share experiences over a cup of
tea or coffee. Guest speakers are
arranged for each forum to keep
you up to date with the services
that could support you and the
person you look after.

The Forum is an informal group,
there's no need to book just
come along.

Call the Freephone
Carersline on

0808 100 1801 or call

the Carers Project on **01443 281463** or

Nanette on **01443 486856**

for more information.



Dates for 2019
Tuesday 16th April
Tuesday 16th June
Tuesday 15th October
All from 10:30am - 12:30pm