



Carers' Week Get Together

The Orchard

Thurs 13 June '19 5-7pm

For Carers Week 2019 Achieve BST will be supporting Carers to get connected in their community. Come and join us in an informal setting. Let's talk!

- Meet new friends
- Find out 'What's On' locally
- Fun activities: Quiz: Prizes
- Free light refreshments



Your loved one does not need to be accessing treatment with Achieve for you to attend, you are welcomed in your own right. Come along!

Event queries to: sarah-jane.truman@gmmh.nhs.uk

Support is also available from our friends at *'We Understand'* - a fortnightly support group set up and run by family members who have been affected by somebody else's drug/alcohol use.

For more info ring or text 07912 316983