The Carers Association Southern Staffordshire
Caring - How do you cope when all of the balls are in your court?
Juggling the responsibilities which being an unpaid carer brings can be stressful. The Carers Association Southern Staffordshire is here to offer advice and support to help you cope in your caring role. 
Don't struggle to juggle... get in touch!

Advice Line: 01785 606675
Mon, Tue, Wed, Fri 10am-4pm Thur 10am-8pm and 2nd Sat of month 9.30am - 12.30pm

Carers Association Southern Staffordshire Calendar
November 2014

3rd - Mental Health Carers Group  - 6.30pm - 8.30pm - George Bryan Ctr Tamworth - Contact - Sam/Diane

4th - CALL Group Lichfield - 10am - 1pm - Lichfield Library
Contact Cynthia with any enquiries 07984 584403.

4th - Young Carers Meeting Zone South Staffs.  6.30pm - 8.30pm.  Contact Michelle Edwards.

5th - CALL Group South Staffs. - 11am - 1pm - Wombourne Library
Contact Cynthia with any enquiries 07984 584403.

5th - Living Well with Dementia Group Stafford
11am - 1pm - St Bertelin’s Church Hall - Contact Elaine

6th - Living Well with Dementia Group Cannock
11am - 1pm - St Lukes Church Hall - Contact Elaine

7th - Young Carers Meeting Zone Burton.  6.30pm - 8.30pm.
Contact Michelle Edwards.

10th - CALL Group Rugeley - 10am - 1pm - St Michaels Church Hall.  Contact Cynthia with any enquiries 07984 584403.

11th - CALL Group Uttoxeter - 10am - 1pm - Friends Meeting House. Contact Cynthia with any enquiries 07984 584403.

11th - Young Carers Meeting Zone Cannock.  6.30pm - 8.30pm.
Contact Michelle Edwards.

14th - Young Carers Meeting Zone Tamworth.  6.30pm - 8.30pm.  Contact Michelle Edwards.

15th - Young Carers Meeting Zone Lichfield.  1.30pm - 3.30pm.
Contact Michelle Edwards

15th - Charity Rock Night featuring the Good Cause Band  
Raising funds for CASS - Doors open 7.45pm - Amasal Club Stafford - Tickets £5 - Reserve yours now - carers family & friends welcome. Dancing, spot prizes, raffle. Contact Cynthia with any enquiries 07984 584403

19th - Living Well with Dementia Group Burton
1pm - 3pm - Carlton Court - Contact - Elaine.

20th - Living Well with Dementia Group Burntwood - Ironstone Rd, Burntwood - 11am - 1pm - The Scout Hut - Contact Elaine

20th - CALL Group Stafford - 10am - 1pm - Friars Mill, Stafford
Contact Cynthia with any enquiries 07984 584403.

21st - Be Assertive Workshop - 10am - 1pm - Wolseley Bridge Wildlife Centre - Explore skills for staying calm and improving self-confidence. Contact Cynthia to book on 07984 584403.

24th - CASS Carers Cafe Penkridge - 10.30am - 1pm - Haling Dene.  Contact Jane.

25th - Living Well with Dementia Group Codsall - 11am - 1pm  
Codsall Village Hall, Wolverhampton - Contact Elaine

25th - Young Carers Meeting Zone Stafford.  6.30pm - 8.30pm Contact Michelle Edwards.

26th - Mental Health Carers Group St Chads Outpatients, St Georges Hospital 6pm - 8pm - Contact Sam B

26th - CALL Group Tamworth - 10am - 1pm - Carnegie Centre  
Contact Cynthia with any enquiries 07984 584403.

27th - Living Well with Dementia Group Tamworth
7pm - 9pm - Carnegie Centre - Contact - Elaine

27th - CALL Group Cannock - 10am - 1pm - St Lukes Church Hall. Contact Cynthia with any enquiries 07984 584403.

28th - CALL Group Burton - 10am - 1pm - Burton Library  
Contact Cynthia with any enquiries 07984 584403.

Join us for a Charity Rock Night with The Good Cause Band
Saturday 15th November 2014 - Amasal Club, St Albans Rd, Stafford
All proceeds go to: Carers Association Southern Staffordshire (CASS)
Featuring: Rob Arnold, Lisa Dowman, Ian Connelly, Pete Ball and Trevor Snape
Sound by Darren Simmonds
Doors open 7.45pm - Bar open 8.30pm
Carers & family & friends welcome. Dancing, spot prizes, Raffle.  
Tickets £5 each - Ticket book, call CASS J Health & Wellbeing Service 07984 584403
CASS is a Registered Charity. Charity Number 1159579.

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07984 584403