Happy Mondays Carer Group

Do you look after someone, a friend, relative or neighbour who, due to an illness, disability, frailty, poor mental health or substance misuse, would struggle without your support? Then you are a carer.

If you would like to meet others in a similar situation for rest and relaxation and a chat over a cup of tea why not drop in at the Happy Mondays.

Monday 1.30-3pm
Once a month at The Glenmore Centre
Thorpe Road, Shepshed

July 24th
August 21st
September 18th
October 16th
November 13th
December 18th

It is a chance to meet with others in a similar situation and get advice and signposting to other support available.