



UNDERSTANDING

GUEST SPEAKERS

ADVICE & SUPPORT

CARERS FORUM

OPEN TO ALL CARERS
PEER LED



28th January 2026

25th February 2026

25th March 2026

29th April 2026

27th May 2026

24th June 2026

29th July 2026

Last Wednesday of every month

10am - 11am

ST ALBANS COMMUNITY CENTRE SMETHWICK B67 7NL

FREE REFRESHMENTS

