



Care for Carers
Supporting those who care for others

PLAY, COPE, CARE

Tuesday 25th June

10.30-12.30

St Margaret's House, Room G5

**Hearts & Minds invite you along to a taster session for
new workshops for unpaid carers**

We are planning a fun workshop to help you relax and de-stress.
Explore your playful side, and re-connect with yourself using
humour, objects, music and hats!

Please come along and help us shape the sessions for the future, try out some
ideas and have a cuppa and a chat after.

Hearts & Minds is an Arts-in-Health charity with over 20 years experience of
working with ladies and gentlemen with dementia and children and young people
with complex needs.

**Please contact Care4carers – admin@care4carers.org.uk
0131 661 2077 to book into the session**

We look forward to seeing you there.

www.heartsminds.org.uk



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