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Description automatically generatedCARERS CATCH UP CLUB

GROUP BEFRIENDING

If you are an unpaid carer in Fife - this group is designed for you!

Come and join our friendly club to find companionship, peer support, meet people who are in a similar situation: caring for an elderly person, adult or a child;

try some fun activities, have a cake and a cuppa, socialise and get information

Supported by Fife Carers centre volunteers and staff

Every second Tuesday 1-2:30pm

At the Linton Lane Centre, Linton Lane,

KY2 6LF Kirkcaldy

For more information contact Sylwia at [Sylwia.nadolny@fifecarers.co.uk](mailto:Sylwia.nadolny@fifecarers.co.uk) or 07736909692

You may also join us for a walk before the Club at 12pm, meeting at the Linton Lane Centre car park

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