

CAREERS GROUPS

Are you a carer of someone with Mental Health needs in Oakham? Lamp is launching a free to attend monthly event, that caters to those who are carers of individuals with mental health needs, looking for support.

- **Date:** Thursday 18th July from 10:30am to 12:30pm
- **Location:** Voluntary Action Rutland, Lands Ends Way, Oakham, LE15 6RB

Sessions will be held each month. This month, if you are a carer, you can benefit from a relaxation massage, whilst being in a space where you can:

- Meet, socialise, and share experiences with other carers within their local community.
- Find out about other services and groups they can access for support
- Access information, advice and advocacy from our qualified advocacy team.

For more
information,
contact Rowena
on
0116 255 6286

Founded in 1989, Lamp are a respected local organisation providing quality accredited advocacy support to beneficiaries across Leicester, Leicestershire and Rutland.

Let's talk about mental health
Lamp

