

ARE YOU LOOKING AFTER SOMEONE WITH MENTAL HEALTH NEEDS?

Come along to our group,
where we can provide help and support for you.

- Meet, socialise, and share experiences with other carers
- Find out about other services and groups that are available
 - Access information, advice and advocacy
- For this month's group, you can benefit from a relaxation massage

**Date: Thursday 18th July from
10:30am to 12:30pm**

**Location: Voluntary Action
Rutland, Lands Ends Way,
Oakham, LE15 6RB**

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

Registered Charity Number: 702057

