

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

Last Thursday of the month

**Thurs 30th January 2020, Thurs 27th February,
Thurs 26th March, 10.30am - 12.30pm**

**Location: Pepper's, A Safe Place
2a High Street, Oakham, LE15 6AL**

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

