

Calling all Carers!

**New support group at Zest every 2
weeks starting**

Friday 17th March, 10.30 – 12.00

**For Carers who live in
Upperthorpe, Netherthorpe, Langsett and Walkley**

- **Activities**
- **Mutual support**
- **Free one to one welfare & benefits advice**
- **‘Let’s Talk About...’ information sessions**

**For more details, call Jenny Hare at Zest on 0114 2702040,
ext. 210, or email jenny.hare@zestcommunity.co.uk**