



# Come along for a Wee Blether!

This Wee Blether group aims to bring carers aged 55+ together for company and a chat, addressing isolation and building links into the community.

## What's on offer?

- Free soup and hot drinks, company, and games and activities if there is a demand for these. We can also signpost you to other groups and activities within the area.
- Meet staff from Aberdeen City Council's Wellbeing Team, Aberdeen Carers Support Service and the Care Management Team.
- You are welcome to bring your cared-for along with you, and transport can be arranged if required.

**Where:** The Bon Accord Centre (ReCHARGE Café, Upper Mall), Aberdeen, AB25 1HZ

**When:** Fridays from 12 noon – 2pm

To be referred, please speak to your Care Manager, Care At Home Provider, or your Quarriers Carer Advisor/Family Wellbeing Worker. Please also let them know which dates you wish to attend, as pre-booking is required.

### Contact:

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We hope to see you there!

