

Good Afternoon,

We hope this email finds you well. We are organising four **carer events** in March for carers of people in South Eastern HSC Trust area. These events are **FREE** to carers and will give you an opportunity to take some time for yourself, to meet other carers and hopefully have a few laughs! All events will **start at 10.30 am** with tea/coffee on arrival, speaker at 11.00 am and finish with **lunch** being served around 12.15/12.30pm.

**"A morning with local author Tony Macauley"**

**Lisburn** (Balmoral Hotel) Friday 2 March

**Ballynahinch** (Millbrook Lodge Hotel) Thursday 8 March

**"A morning with Baroness May Blood"**

**Bangor** (Marine Court Hotel) Friday 9 March

**Ards** (Strangford Arms Hotel) Thursday 15 March

Please let us know **as soon as possible** and by **26th January** at the latest if you would like to come along. Places will be allocated on a first come first serve basis. We will confirm your place with you as soon as possible.

**In addition**, we are organising 2 sessions run by PSNI about recognising scams. These are serious presentations about the ways people can be tricked into paying money to unscrupulous people. The videos are fairly hard hitting so these sessions are not light hearted but are good for anyone wanting to be aware of how to recognise a scam and prevent being conned. They are both at 10.30am with light lunch at 1.00pm and places are limited.

**Ards Leisure Centre**, William Street on **15 February**

**Edengrove Church Halls**, 15 Dromore Rd,

**Ballynahinch** on **22 February**


We look forward to hearing from you.

Yours sincerely,

*Joan and Sharon*

**Joan Scott and Sharon Graham**  
**Carer Support Service**

**Protect yourself, your  
family and your patients -  
be a flu fighter**


 South Eastern Health  
and Social Care Trust



✉ Ballynahinch Community Services, 45-47 Main St, Ballynahinch, BT24 8DN

☎ Tel: 028 9756 5456

✉ [carer.support@setrust.hscni.net](mailto:carer.support@setrust.hscni.net)

 Save Paper - Do you really need to print this e-mail?