



Free support groups for unpaid carers in Wolverhampton, January 2012 – December 2012

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| Warstones Resource Centre Warstones Drive, Penn, WV4 4PQ Recommended for carers of older people Wednesdays 10:30am-12pm | 2012 Dates: | 2012 Dates: |
| | 11/01/12 | 11/07/12 |
| | 15/02/12 | 12/09/12 |
| | 14/03/12 | 10/10/12 |
| | 11/04/12 | 14/11/12 |
| | 09/05/12 | 12/12/12 |
| | 13/06/12 | |
| Bradley Resource Centre Lord Street, Bradley, Bilston WV14 8SD Recommended for carers of older people Fridays 1:30pm-3:00pm | 2012 Dates: | 2012 Dates: |
| | 13/01/12 | 13/07/12 |
| | 17/02/12 | 14/09/12 |
| | 16/03/12 | 12/10/12 |
| | 13/04/12 | 16/11/12 |
| | 11/05/12 | 14/12/12 |
| | 15/06/12 | |
| Tettenhall Wood School* School Road, Tettenhall Wood, WV6 8EG Recommend for parent carers of disabled children Thursdays 10am-12pm <i>*This groups is run by Wolverhampton Carer Support Team – call Helen Nicholls on 01902 550 911 for more information</i> | | |
| Whitmore Reans Health Centre Lowe Street, WV6 0QL Recommended for carers of people with learning disabilities Wednesdays 10:30am-12pm | 2012 Dates: | 2012 Dates: |
| | 25/01/12 | 25/07/12 |
| | 29/02/12 | 26/09/12 |
| | 28/03/12 | 31/10/12 |
| | 25/04/12 | 28/11/12 |
| | 30/05/12 | 19/12/12 |
| | 27/06/12 | |

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| Ashmore Park Community Centre Griffiths Drive, Ashmore Park, Wednesfield, WV11 2LJ Recommended for carers of people with physical disabilities and carers of older people Wednesdays 6:30pm-8:30pm | 2012 Dates: | 2012 Dates: |
| | 11/01/12 | 11/07/12 |
| | 15/02/12 | 12/09/12 |
| | 14/03/12 | 10/10/12 |
| | 11/04/12 | 14/11/12 |
| | 09/05/12 | 12/12/12 |
| | 13/06/12 | |
| Bradmore Community Centre Birches Barn Road, Bradmore, WV3 7BW Recommended for carers of people with physical disabilities and carers of older people Fridays 10:30am-12:30pm | 2012 Dates: | 2012 Dates: |
| | 13/01/12 | 13/07/12 |
| | 17/02/12 | 14/09/12 |
| | 16/03/12 | 12/10/12 |
| | 13/04/12 | 16/11/12 |
| | 11/05/12 | 14/12/12 |
| | 15/06/12 | |
| Portobello Community Centre Hill Road, Willenhall, WV13 3TT Recommend for carers of people with mental health & learning disabilities, as well as physical / sensory disabilities Tuesdays 6:30pm-8:30pm | 2012 Dates: | 2012 Dates: |
| | 17/01/12 | 17/07/12 |
| | 21/02/12 | 18/09/12 |
| | 20/03/12 | 16/10/12 |
| | 17/04/12 | 20/11/12 |
| | 15/05/12 | 18/12/12 |
| | 19/06/12 | |

Please note that Omega will not be running any groups in August 2012.

For further information contact Omega:

Telephone 0845 259 3163 (local rate)

Email carers@omega.uk.net

Web www.omega.uk.net

Post Freepost RSGB-CYBY-HSCX, Omega, London House, Town Walls, Shrewsbury SY1 1TX

Omega also runs a Support Group for people who are caring for someone living with Autism Spectrum Disorders. This is held on Saturday mornings from 11.00 a.m. – 1.00 p.m. every 6 weeks at the Skills for Life Centre, Glyn Bank, Lloyd Street, Whitmore Reans, Wolverhampton, WV6 0RL. If you would like to attend or would like further information please contact Omega (contact details above).