

CLAY CROSS Support Circle

You're not
alone.
You're welcome
here.



A friendly monthly group for carers, family members
and supporters of anyone affected by mental health.

The person you care for is also welcome to attend.



CONNECT

Meet others who
understand and
make new friends.



RELAX

Enjoy a cuppa,
a chat and a
welcoming
atmosphere.



TAKE PART

Guest speakers,
arts and crafts, and
activities chosen
by members.



FEEL SUPPORTED

A safe space to
share experiences
or simply listen.



*Come along and see if the group is right for you.
Everyone is welcome.*



**JOIN US ON THE FIRST WEDNESDAY OF
EVERY MONTH, 11:00AM TO 1:00PM
CLAY CROSS SOCIAL CENTRE S45 9JE**

**STARTING
WEDNESDAY
2 SEPTEMBER 2026**



**NEXT MEETING
WEDNESDAY
7 OCTOBER 2026**



Lorraine: 07972 003753



Dawn: 07597 349855

Supported by:

