

YOU CARE FOR THEM. *But who cares for you?*

CARER OF A LOVED ONE?

Living with illness,
dementia or
other reasons?


IT CAN BE
Lonely.
Exhausting.
Overwhelming.

BUT YOU
DON'T HAVE
TO DO IT
ALONE.

SOMEWHERE
TO GO FOR
Support 

AND JUST BE **YOU**

Your space. Your time. Your choice.

YOU DON'T HAVE TO BE STRONG ALL THE TIME.

It's OK not to be OK. 

JOIN US

*You Deserve
Support
Too!* 

WE OFFER:

-  A warm welcome
-  Friendly faces
-  Tea, chat & connection
-  Understanding
-  Encouragement
-  A place to belong

*No need to book.
No pressure to talk.
Just come as you are.
We'll be here.* 



 **FREE GROUP**  **1PM TIL 3PM**



STARTING
3RD SEPTEMBER 2026
EVERY 1ST THURSDAY AFTER



SILVER THREADS HALL
Lawndale, Wellington Rd,
Donnington,
Telford TF2 8AD



CALL CHELLE
07375 293739

TOGETHER
WE CAN
GET THROUGH
THIS 

SUPPORT | UNDERSTANDING | FRIENDSHIP | YOU 
TAKING CARE OF YOU, SO YOU CAN KEEP CARING FOR THEM. 

YOU ARE
NOT ALONE



YOU MATTER
TOO.

A SAFE, WELCOMING SPACE
WHERE YOU CAN... 



TALK TO LIKE MINDED PEOPLE

Share, listen, laugh
or just be.



OR JUST SIT

No pressure.
No judgement.
Just breathe.



ADVICE & SUPPORT

Helpful information,
guidance and a
listening ear.



CHAMPIONING OTHERS

Building each other up.
Celebrating strength.
Changing lives.

*You give so much.
Let us give something
back to you.* 