



**carersmatter**

## **ARE YOU A CARER?**

Join us for a coffee, a chat and  
some time-out for yourself at:



South Down Family  
Health Initiative

4, Great George Street, Warrenpoint.

4th Monday in the month

Mon 23th April, 28th May, 25th June

10.30-12.30pm.



carersmatter

is a charity who help to support  
Carers in their caring role.

For information please contact Carers Matter on  
028 4062 7581 or Hilary Knight on 07920 407566.

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