

# Wirral Carers Peer Support Groups

Do you live in Wirral and **provide unpaid care** for someone who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without your support?



If the answer is yes, would you like to **meet other carers** at one of our carers tea and chat or activity groups?

Groups meet at a variety of accessible local venues across Wirral and free refreshments are provided. For more information

**Telephone:** 0151 670 0777  
(Mon-Fri 9am-4.30pm)

**Email:** [cws@wired.me.uk](mailto:cws@wired.me.uk)  
Visit [www.wired.me.uk](http://www.wired.me.uk) or scan

