



# UNPAID CARERS INFORMATION EVENT



**WEDNESDAY 28TH OCTOBER 2015**  
**REGISTRATION FROM 9.30AM**  
**EVENT 10.00 AM— 3.00PM**

Venue:

Roths Halls, Kingdom Shopping Centre,  
Glenrothes, KY7 5NX

There'll be a variety of workshops available including :

Self Directed Support

Circus Skills

Carer Support Plans

Therapies

Short Breaks

Coping with Caring

Free event, lunch provided, booking essential  
please contact

Theresa Rodigan on 01592-643355 x 28069

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