

THE LOOKING AFTER EACH OTHER FED

NEED SOME HELP TO REDUCE STRESS?

...then join us for



Reiki for carers

Wednesdays 2.00 - 4.00 pm

(except the first Wednesday of each month)

The Purple Room Cafe, Eventhall House, Heathlands Village

No appointment necessary

For more info:

**Call 0161 772 4800 (option 2)
or email carers@thefed.org.uk**

**The Fed MAY be able to
arrange support and
activities for the person
you look after while you
attend.**