

Somewhere **SAFE** to go  
Somewhere with things to do  
Somewhere to share your care

**WHERE?**

# TFC Mencap Carers

**At Trinity Family Centre**

Argyll Road, Westcliff-On-Sea SS0 7HL



We have a wide range of activities for adults with learning disabilities - arts and crafts, games, sports and computer access.

Enjoy some company with other parents and carers. Have the responsibility taken off your shoulders for an hour or two with a hot drink and a biscuit.

**Starting**

**Wednesday 4th Nov.**

**9.30-11.30**

Limited places - to book your place

Phone Louise on 01702 351998

Cost only

£ 5 per family