

BAME Carers Together

Let's Get Creative!



**Do you care for someone with an illness,
disability, mental health issues or a substance
misuse problem?**

**Are you from the Black Asian Minority Ethnic
Community?**

**If so, pop in to the BAME Health & Wellbeing
Hub to meet with other carers.**

**We will be enjoying various crafts at this
session too. So come along and join in.**

**On the Last Wednesday of the month
between 1pm – 3pm.**

**The group is held at BAME Health &
Well-being Hub, Reginald Terrace, LS7 3EZ**



Website: www.leeds.gov.uk/bame

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