

# Andromeda

A Peer Support Group for family, friends and supporters of people with a personality disorder

Our carers support group will offer you an opportunity to chat and share experiences with other carers, to get information and advice, and to focus on your wellbeing as carers.

No need to book, please feel free just to call in.

<b>Day</b>	Third Wednesday every other month 5.30pm-7pm
<b>2019 Dates</b>	20 Feb, 17 April, 19 June, 21 August, 16 October, 18 December
<b>Venue</b>	Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT

For further information or to book your place, please contact:  
**Ruth Sutherland** on **0113 8557951**  
**Elaine Wilkes** on **0113 380 4300**  
or email [PDcarers.lypft@nhs.net](mailto:PDcarers.lypft@nhs.net)