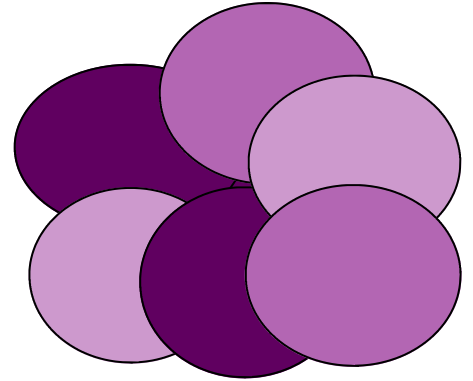


**NEW FORUM**  
FOR FAMILIES AND CARERS OF PEOPLE  
WITH A MENTAL HEALTH CONDITION  
**MENTAL HEALTH IN-FORUM**

- Carers coming together in an informal and safe environment
- Answer each other's questions
- Exchange knowledge, tips and ideas
- Occasional "expert" question and answer sessions
- A different topic each month

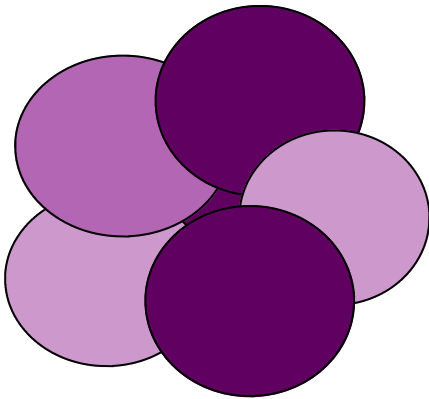


**Tuesday, 27th November**  
**7-9 pm**

**Recovery Resource Centre Royal Cornhill Hospital**

**FIRST MEETING**

**A chance to meet fellow carers and have  
an informal chat about future topics.**



**Interested in coming along?**

**Please contact Arlene Malcolm**

**Tel 01224557868 / 01224212021**

**Email: [carers.info@vsa.org.uk](mailto:carers.info@vsa.org.uk)**