

Sahaara Sisters Carer Group

Supporting
South Asian
female carers
in Peterborough

Starting on **8 April** and then every second
Wednesday of the month.

11am - 1pm

**South Bretton Family & Community Centre,
Redpoll Place, Tyesdale, Bretton,
Peterborough, PE3 9XZ**

A space to talk, share and feel less alone,
including wellbeing activities to support
emotional and mental health.



making space

Kind hearted care and support