



COME ALONG FOR A 'WEE BLETHER'!

Does your loved one live in a care home? If you are struggling with the transition or just want to meet others in the same position, why not join us for a Wee Blether?

What's on offer? Hot drinks, biscuits, and company, and we can also signpost you to other groups and activities in the city.

Where? The Cowdray Club Care Home, 1 Fonthill Road, Aberdeen, AB11 6UD

When? The first Tuesday of every month, from 2pm - 3.30pm

Please get in touch to let us know which dates you would like to attend, as pre-booking is required.

Contact:

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We hope to see you there!