

Want to know where you can get information and support to help you stay well and independent in your local community?

Caring for someone in your family?



Drop in to our...

Talking Point

**Every Monday,
9am - 1pm**

**Parchmore Road Methodist Church and Community Centre
53 Parchmore Rd, Thornton Heath CR7 8LY**

No need to make an appointment - just come along for a chat and a cuppa and find out how we can help. Bring a family member or a friend if you want.

Your friendly local staff will help you find information and support related to:

- **Staying healthy and active**
- **Support for carers**
- **Organisations & things to do in your local community**
- **Many other things that you may like some help with**

We look forward to seeing you...