

# Free skills and development sessions for carers across London



## Are you a carer who identifies as Lesbian, Gay, Bisexual, or Transgender, (LGBT) or cares for someone from those communities?

The programme offers a fantastic opportunity to not only share experiences of caring or being cared for in an LGBT context, but also to gain new skills, build on the knowledge and experience you already have and most of all to make new friends.

Remember, you do not have to be a full time carer or be paid to do so in order to join; in fact many carers do not consider themselves to be a carer, they are just looking after a spouse, partner or friend. Refreshments are always provided and we can reimburse your travel costs if necessary.

**For more information or to book a session:-**

**Phone: 020 8583 6677**

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