

# Monday Coffee Morning

Are you a carer who cares for an adult with learning disabilities or autism? Do you feel isolated in this current situation? Would you like to meet like-minded people? Find out about exciting activities and events?

Join our Coffee Mornings over Zoom to listen to relevant guest speakers and meet other carers.

Be supported by specialist staff at Sheffield Mencap & Gateway's 'The Caring and Sharing Project'.

Carers and cared for adults are welcome.



**The coffee morning takes place on the first Monday of every month starting 5 October 2020 on ZOOM.**

For more information and to collect your ZOOM code please contact the Carers Outreach Project Workers:

Katie: 07447 391437 / Ellie 07735 316347  
Or email: [cope@sheffieldmencap.org.uk](mailto:cope@sheffieldmencap.org.uk)



Carers Outreach Project

