



## Carer's Outreach Project (COPE)

### Carers Outreach Sessions

The Carers Outreach Sessions supports unpaid carers and the adult they care for with a mild-moderate learning disability and/or autism.

We now have sessions up and running in the following areas, please contact us for more information. Contact details below.

#### Hillsborough

Alternate Mondays

10am-3pm

#### Birley

1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month

10am-3pm

#### Lowfield

Every Wednesday

10am-3pm

#### Sharrow

2<sup>nd</sup> and 3<sup>rd</sup> Thursday of the month

10am-3pm

#### Shiregreen

Alternate Fridays

10am-3pm

Contact us:

0114 276 7757

[COPE@sheffieldmencap.org.uk](mailto:COPE@sheffieldmencap.org.uk)





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