



2018 Carers Cafes

<p>Rochford – from 2pm to 4pm</p> <p>St Lukes Place, Dalys Road, Rochford, SSA 1RA</p> <p>Saturday 6th January 3rd February 3rd March 7th April 5th May 2nd June 7th July 4th August 8th September 6th October 3rd November 1st December</p>	<p>Rayleigh – from 1130am to 1330pm</p> <p>Salvation Army Hall, 146-148 High Street Rayleigh, SS6 7BU</p> <p>Friday 12th January 9th February 9th March 13th April 11th May 8th June 13th July 10th August 14th September 12th October 9th November 14 December</p>
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