

Carers Cafes – Where and when

<p>Rochford – from 2pm to 4pm</p> <p>St Lukes Place, Dalys Road, Rochford, SSA 1RA</p> <p>Saturday 10th September 2016 Saturday 1st October 2016 Saturday 5th November 2016 Saturday 3rd December 2016</p>	<p>Rayleigh – from 1130am to 1330pm</p> <p>Salvation Army Hall, 146-148 High Street Rayleigh, SS6 7BU</p> <p>Friday 9th September 2016 Friday 14th October 2016 Friday 11th November 2016 Friday 9th December 2016</p>
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