

For further information,  
please contact:

## St. David's Bradbury Day Centre

57 St David's  
Newtongrange  
Midlothian  
EH22 4LF  
0131 660 1285

st\_davidofdaycentre@hotmail.com  
www.stdavidsbradburydaycentre.org.uk

### Office Hours:

Monday to Thursday  
9.00 am to 4.30 pm  
Friday  
9.00 am to 3.30 pm

St David's Bradbury Day Centre is  
registered in Scotland as  
Charity number SC006170 and  
Limited Company SC297630



## St. David's Bradbury Day Centre



## Carers How can we help you?

57 St David's  
Newtongrange  
Midlothian  
EH22 4LF  
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A voluntary organisation  
dedicated to the care  
of older people

### Why should I come?

I feel that I want:  
support  
a little time to myself  
someone to talk with  
someone to reassure me  
to know about available  
services  
links to other services  
help to access support services  
to feel appreciated

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I worry about:  
whether I am doing all I can  
my health  
when I can't cope  
feeling lonely

### What happens?

At the Carers Group you will:  
**Meet other** carers who are in  
a caring role  
**Share experiences**, but only as  
much as you want to  
Receive and share **information**  
**Gain support** from other carers  
and other professional bodies  
**Relax** in a comforting  
environment  
**Get a well deserved break**

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### Privacy & Confidentiality

Privacy and confidentiality are  
respected at all times  
Individual appointments can be  
arranged

### When do we do it?

The Group meets at the Centre  
**Wednesday**  
3.15 am to 4.30 pm

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### What is the Group?

St. David's Day Centre Carers  
Group is a **support group** for  
people in the community who  
care for another person  
needing support  
The Group focuses on issues and  
concerns that affect carers  
Meeting agendas are set by the  
carers

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## St. David's Bradbury Day Centre

is funded by  
Local Statutory organisations,  
Charitable organisations and  
other local fund raising activities