



HELPING THE HELPERS



Loved ones and carers

- We help people who give their time to those suffering from mental illness
- We provide support, information and networking
- We invite you to join us for respite and social enjoyment through music

Music cafe

Respite and support through music for loved ones who care for and help people with mental illness – come and join us!

- First Monday of the Month
- Free Live Music
- Friendly Atmosphere
- Mental Health Professionals to talk to
- Black Book Cafe, Stroud
(www.blackbookcafe.com)
- Contact Brenda or Dave
on 07518 124844





HELPING THE HELPERS



Music Café:

E: liftingtheblues@gmail.com

T: 07518 124844

Donate:

If you would like to make a donation please go to
<https://mydonate.bt.com>

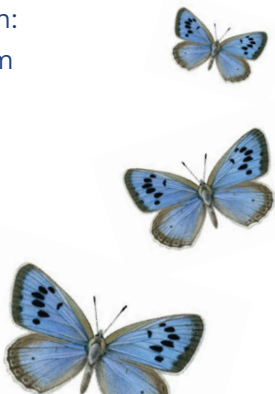
and search for *Lifting The Blues* or contact
Dave Jones for further information:

E: dave@vonnies.onmicrosoft.com

T: 07545 385518

 Lifting The Blues

Find out more about our support
information and music events



www.liftingtheblues.co.uk