



# Parent Carers (of disabled/ill children under 18)



**10 SESSION COURSE STARTING  
20TH JANUARY 2012  
10-1PM**

**COME ALONG TO THIS  
CREATIVE  
MUSIC AND  
WRITING COURSE  
ESPECIALLY FOR  
PARENT CARERS**

**NO PREVIOUS SKILLS OR  
EXPERIENCE NECESSARY**

**LEARN HOW TO USE  
MUSIC AND WRITING FOR  
YOURSELF AND  
YOUR FAMILY.**

**THE COURSE WILL END WITH  
A SATURDAY FAMILY  
CELEBRATION**

**FREE!**

**AT Lewisham Carers Centre  
Waldram Place, Forest Hill,  
London, SE23 2LB**

**To book your place please call  
Carers Lewisham 020 8699 8686  
For more information speak to Cathy**

**Project funded and delivered by Create and run in  
partnership with Carers Lewisham**