



# Redbridge Carers Support Service Welcomes Unpaid Carers

**FROM MIGRANT COMMUNITIES**  
ASYLUM SEEKERS/REFUGEES/EEA NATIONALS



## JOIN OUR BREAKFAST CLUB



**We meet the 1st & 3rd Monday of the month - 10 am - 12 pm**  
12 Clements Court, Clements Lane, Ilford, Essex IG1 2QY

- Conversational
- English
- Workshops
- Counselling
- Outings/Lunches
- Health & Wellbeing
- Arts & Crafts
- Advice & Information



Scan Code  
for more details  
or call



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