

**Carers First-  
South Essex  
Online Carer Wellbeing  
Group  
Cook along treat and  
chat**

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**Carers  
First**

Join us online via Zoom for a fun cook along session with a qualified instructor!



**Location**

Online via Zoom link

**Date**

21<sup>st</sup> October 2021

**Time**

10.30am-11.30am

**Please contact  
our helpline  
for more  
information:  
0300 303 1555**

[carersfirst.org.uk](http://carersfirst.org.uk)

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