



Wednesday Brew & Learn

Chat, have a hot drink, and learn

Caring for someone can be rewarding, but it can also be challenging.

Wednesday Brew & Learn offers carers a chance to pause, enjoy a hot drink, meet new people, and learn about services, wellbeing, and topics that matter to carers.

Come as you are; we'd love to see you.

When are the meetings?

Wednesday Brew & Learn will be on the first Wednesday of the month.

Next Meeting:

When: Wednesday 2nd September

Time: 11:00 am – 1:00 pm

Where: Stratford Advice Arcade,
107-109 The Grove,
E15 1HP
Downstairs Foyer

Upcoming meetings:

- 2 September
- 4 November
- 7 October
- 2 December