Pallion Action Group

Sunderland Carers Centre

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The Sunderland Carers Group meets **10am - 12pm** on the **first Friday of every month** at Pallion Action Group, 5 East Moor Road, Pallion, SR4 6QW and has a planned activity, trip, or speaker every month

New members are welcome!

Contact us for more info!

Sunderland Carers Centre is here to help

Thompson Park, Thompson Road, Sunderland. SR5 1SF

(0191) 549 3768 @ contactus@sunderlandcarers.co.uk

www.sunderlandcarers.co.uk