Women's RESOURCE & DEVELOPMENT AGENCY
Supporting Women's Groups and Networks Across Northern Ireland

Supporting Carers of Adults with a Learning Disability

Health & Wellbeing

HSC Southern Health and Social Care Trust
Quality Care - for you, with you

Breast Awareness and Screening session

In partnership with Women's Resource & Development Agency and the Southern Trust Learning Disability Breast Screening Project Nurse, ALD Carer Consultants would like to invite carers to Breast Awareness information and demonstration sessions.

A practical demonstration will be given on how to correctly check your breasts . *How to* look and feel for changes and symptoms, followed by time for *your* questions *plus* details of where to find further information or support.

This health and wellbeing session is available on the following dates and venues:

Tuesday 14th November 10.30-12.30pm in Oakdale House, Dromalane Road, Newry BT35 8AP
Monday 27th November 10.30-12.30pm in Zest, Bannvale Site, 10 Moyallen Road, Gilford BT63 8JX
Friday 01st December 10.30-12.30pm in Callan Room, St Lukes, Loughgall Road, Armagh, BT61 7NQ

Breast Screening

Please contact Bronagh in the ALD Carer Team to book into your preferred session. Telephone 028 375 66105 or email ald.carerteam@southerntrust.hscni.net
Refreshments will be provided.

Carer Consultants Learning Disability:

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