

## Who do I contact?

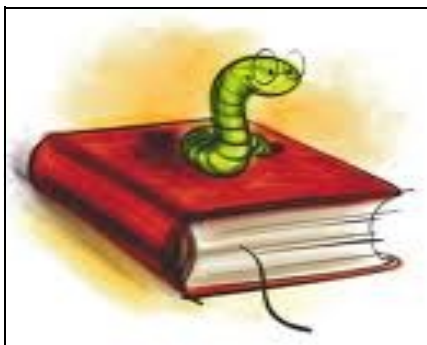
If you would like sign up to the Book Group or would like more information email

[admin@kingstoncarers.org.uk](mailto:admin@kingstoncarers.org.uk)

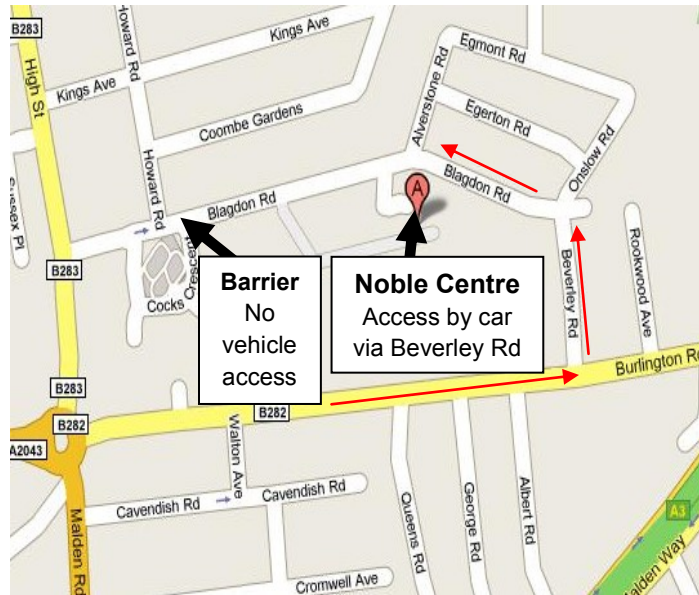
or contact

**020 3031 2751**

The answerphone may come on. If so, please leave your name and contact number and we will call you back.



## How to get there



**Buses:** Route 213 (Kingston to Sutton) stops in New Malden High Street 131, 152, 265, K1, K5, K9 and K10 also stop nearby.

**Trains:** New Malden BR Station is a short walk away up the High Street.

**By car:** The Noble Centre is not accessible from the High Street by car because a barrier divides Blagdon Road. To reach the Noble Centre by car, turn into Beverley Road from Burlington Road, then turn left into Blagdon Road.

**Parking:** There is limited parking at the Noble Centre and surrounding roads.

Produced by the  
Quality Assurance and Development Team  
Community Care Services  
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KCN



# Book Club for Carers

## Do you enjoy reading?

## If so, please read on

For people caring for a relative or friend in the Royal Borough of Kingston

Working in Partnership with Kingston Library and Heritage Services

## Introduction

This is a book group with a difference, it is **run by carers, for carers.**

Caring for a relative or friend can make it difficult to find time or commit to a regular group. The Carers' Book Group understands this, so even if you don't finish the book or can't make every meeting, it doesn't matter.

The aim of the group is to give carers a reason to do something for themselves and then meet up with others in an informal setting to compare thoughts and feelings about what they've read over coffee and cake!

## When does the group meet?

**10.30am - 11.30am**  
**1st Thursday**  
**of every month**

The Noble Centre  
109a Blagdon Road  
New Malden  
KT3 4BD

See map on the back page

## Do I need to buy or borrow my own book?

No. The Carers Book Group chooses which books they read from the Book sets provided by the library.

## How much does it cost?

We ask for a £1 donation per person per group meeting. This covers the cost of buffet and refreshments and room hire.

## What if I can't make a meeting?

Don't worry. We understand that things happen.

If you can't make the meeting, you can either drop your book off at any of the libraries in the Royal Borough of Kingston or pop it into the Noble Centre where you can also pick up the new one.

## How many carers are in the group?

Each meeting will vary, but there will be no more than 15 people, including the people who lead the group.

We hope that there will be between 10-12 each time.