

A chance
to meet,
chat and
exchange
ideas!

**Come and join
our new PA Group**



The group will be meeting on:

2:00pm Wednesday 30th September 2015

2:00pm Wednesday 9th December 2015

***The group meets at The Mix in Stowmarket
and there will be plenty of tea, coffee and cakes to enjoy***

About the PA Group

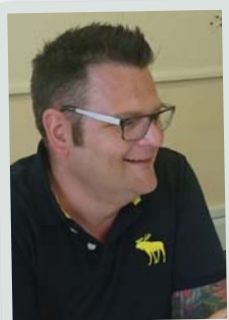
We have set up a new opportunity for personal assistants called the PA Group.

The idea behind the PA Group is to give personal assistants a regular chance to get together for a chat and, more importantly, to meet other personal assistants in the same role.

There will be an opportunity to share and talk about common experiences, and get support.

As well as a chance to network, interesting training and information sessions will be provided. It is a user lead group so we can look at booking speakers on topics of interest to the group. In the September session we will be exploring the area of healthy work/life balance and personal boundaries. In the December session (as well as mince pies) we will be exploring personal wellbeing and confidence in caring.

Working in client's homes, rather than in a care setting with lots of people around, often means being isolated from colleagues. The PA Group is a way of getting to know like-minded colleagues who you would not otherwise get the chance to meet. Come and join us.



***Contact Emma White on 01449 720400
or email info@suffolkbrokerage.co.uk for further details. If
you are struggling to get to Stowmarket please let us know
as we can often organise lift sharing between PA's.***



***Matt Farrants will run the meetings. Matt is an individual employer and a trainer
with experience of delivering and receiving support. Matt has worked with personal
assistants over a number of years.***