



*Are you providing much needed care for a loved one, friend or family member?*

... come and meet other carers and access **information, support and training** at the **Clifton Carers Support Group**

What would you like for future groups? Come along and join the discussion

Guest Speakers - who to invite?

First Aid

Safety in the Home

Power of Attorney

## WHERE

Clifton Community Centre  
14 Southchurch Drive  
Clifton  
Nottingham  
NG11 8AR

## WHEN

4th Friday of each month

## TIME

12.00pm - 2.00pm

For more information, contact:  
Nottinghamshire Carers Hub  
0115 824 8824  
[hub@carerstrustem.org](mailto:hub@carerstrustem.org)



Nottingham  
City Council

