

CARERS CAFE



RELAX

Take time for yourself

Read a book

Share a Cup of Coffee

Eat Cake

Laugh with Others

Try new things..

**Free for Carers, their
friends, & family**

Last Wednesday of each Month



From 11am-2pm

**At Carers Federation, 21-23 Pelham Road,
Nottingham NG5 1AP**

Supported by local businesses and volunteers