



**Are you providing much needed care for a loved one, friend or family member?
For support, information and advice around your caring role please come along to our
Drop In Session for Carers
at NUH City Hospital Campus**

Come and speak to an experienced support worker from Nottinghamshire Carers Hub

Dates:

**Thursday 13th June 2019
Thursday 11th July 2019
Thursday 8th August 2019
Thursday 12th September 2019**

Time:

12.00pm to 3.00pm

Place:

Outpatients Area (North corridor)

Unable to attend the drop-in session?
Call the Carers Hub on **0115 824 8824**

Email: hub@carerstrustem.org / Website: www.carerstrustem.org/hub