



**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 10<sup>th</sup> October 2019  
Thursday 14<sup>th</sup> November 2019  
Thursday 12<sup>th</sup> December 2019  
Thursday 9<sup>th</sup> January 2020  
Thursday 13<sup>th</sup> February 2020  
Thursday 12<sup>th</sup> March 2020**

**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](mailto:hub@carerstrustem.org) / Website: [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)