



Thursday, 18th January 2018

Welcome in the New Year with a performance and sing-along from the **Keyworth Ukulele Strummers!** Followed by a case study on care.



Thursday, 15th February 2018



The opportunity to find out more about scams and how you can protect yourself and others from being a victim.

Thursday, 15th March 2018

Come and hear **Mr Dharminder Singh**, pharmacist at Keyworth Pharmacy, talk on **Nutritional Health** and how it can improve brain function and help conditions such as **Alzheimer's, Parkinson's** and **Dementia**.



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

KEYWORTH CARER SUPPORT GROUP AND DROP-IN

at

**Keyworth Village Hall
Elm Avenue, Keyworth,
Nottinghamshire
NG12 5AN**

on

**3rd Thursday
of the month**

Drop in: 10.00 – 10.45 am

An opportunity to speak to the support worker on a 1-2-1 basis with individual queries

Group: 11.00 am – 12.30 pm

For more information,
Contact Sally Charles at

**Nottinghamshire
Carers Hub**

0115 824 8824

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