



*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

## **Meadows Drop In for Carers**

Meet Christina, the carer support worker  
for the Meadows area

### **WHERE**

Meadows Health Centre,  
1 Bridgway Centre, Meadows, Nottm, NG2 2JG

### **WHEN**

Thursday 19th October 2017  
Thursday 14th December 2017  
Thursday 15th February 2018

### **TIME**

10am–12.00pm

Parking & disabled access available

For more  
information, contact:  
Nottinghamshire Carers Hub  
0115 824 8824  
hub@carerstrustem.org



**Nottingham**  
**City Council**