



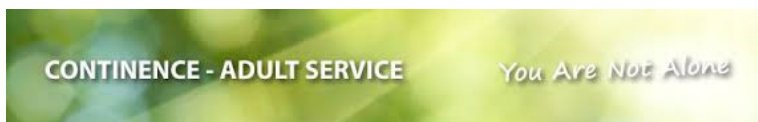
Are you providing much needed care for a loved one, friend or family member?

... come and meet other carers and new friends for a great social afternoon and access to information, advice, support and training

Keyworth Carers Support Group

15th November 2018

District Nurse teacher, Nicola from East Leake Medical Centre will be joining the group to talk about continence issues



There will be no Support Group in December

17th January 2019

Vicky Hood from **Division of Rehabilitation and Ageing** at QMC will be joining the group to talk about benefits of exercise with dementia and a dementia friendly exercise class



WHERE

Keyworth Village Hall
Elm Avenue, Keyworth
NG12 5AN

WHEN

Third Thursday
of the Month

10.30am—12.30pm

For more information
contact:

Nottinghamshire Carers Hub

0115 824 8824

hub@carerstrustem.org

**Keyworth Support Worker
Hayley Wormsley**

