



*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 Carers Support Group**

**17th October 2019**

British red Cross **Basic First Aid Training** with Jonathan Claypole.  
**\*\*Carers must book as places are limited\*\*.**



**21st November 2019**

Helen Carter from **National Energy Action** will attend to give advice on how to be more energy efficient, better manage your energy use and energy bills, stay warm and healthy when the weather gets cold.



**19th December 2019**

No meeting this month-awating details for a carers Christmas meal, confirmation will be sent nearer the time.

**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**

