



**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  
QMC Drop In Session for Carers**

**Come and speak to an experienced support worker from Nottinghamshire Carers Hub**

**Dates:**

**Wednesday 10<sup>th</sup> April 2019  
Wednesday 8<sup>th</sup> May 2019  
Wednesday 12<sup>th</sup> June 2019  
Wednesday 10<sup>th</sup> July 2019  
Wednesday 14<sup>th</sup> August 2019  
Wednesday 11<sup>th</sup> September 2019**

**Time:**

**12.00pm to 3.00pm**

**Place:**

**Macmillan Information & Support Service (in the room opposite)  
B Floor, Main Entrance (turn left)**

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)