

Carers Support Group

- ◆ All Carers welcome
- ◆ Regular peer group support
- ◆ Informal setting, time out



Carers Drop-in Sessions

- ◆ 1-2-1 drop-in sessions for carers offering advice, information and guidance
- ◆ No need to book
- ◆ Cared-for welcome



**Information
Advice
Guidance
Support**



When?

**First Monday of
every month
1pm until 3pm.
Starting Monday 8th
February 2016**

Where?

**Ashfield Health and Wellbeing Centre
Portland Street
Kirkby-in-Ashfield
Nottingham NG17 7AE**

Ashfield Voluntary Action

Improving futures, Changing lives

When?

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12noon until 1pm.
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