



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 **Toton Carers Support Group**

7th February 2018
Samantha Hey from
Together is better.

Understanding and making the most of Personnel Health Budgets

7th March 2018
Social meeting and fun activities

4th April 2018
Alison Marriot from
Carers Trust East Midlands.
Easy and nutritious microwave cooking.

A chance to relax, chat and make new friends.

All carers welcome come and meet,
Support worker for Broxtowe

Sue Cain

WHERE

Toton Tesco Community Room
Swiney Way, Toton,
Nottingham. NG9 6QX

WHEN

First Wednesday
of the Month
10-12

For more
information, contact:

Nottinghamshire Carers Hub
0115 824 8824
hub@carerstrustem.org

