



CARE FOR CARERS

TOGETHER WE ARE STRONG



Norfolk and Suffolk
NHS Foundation Trust

“Carers Information Day”

Organised by Care for Carers

In Partnership with Norfolk & Suffolk NHS Foundation Trust

at

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 7th October 9.00am till 3.00pm

Learn more about “Sharing Ways of Living Well”

Come along, meet people who offer, Help, Information, and Advice for Carers, Young Carers, Ex-Carers, Older People and the Lonely

Including:

Mental Health Support

AGE UK - Family Voice - Versus Arthritis

Admiral Nurses - RAF Support - British Red Cross

Sing Your Heart Out - BUILD - Dementia Research

Pets As Therapy - Equal Lives - Swift Response

TherapyAid - Norfolk Family Carers

Association for the Blind

Plus many more

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For more information call:

Care for Carers – 0300 777 8880

or

Email: info@careforcarers.org.uk

www.careforcarers.org.uk

“Care for Carers” works in partnership with Norfolk & Suffolk NHS Foundation Trust