



## “Carers Information Day”

at

## The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

**Monday 2<sup>nd</sup> October - 9.00am till 3.00pm**

**Opened by City Councilor Gail Harris at 10.00**

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

Including:

Carers Matter Norfolk

AGE UK Norwich - Citizens Advice

Norwich Access Group and Shopmobility

Arthritis Care - Alzheimer's Society - Healthwatch

Norfolk Carers Support - Sing Your Heart Out - Equal Lives

Macular Society - BUILD - Carers Trust - NHS Carers Support

Pets As Therapy - Mid Norfolk Mencap - Memory Joggers

Plus many more

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For more information call:

Care for Carers – 0300 777 8880

or

Email: [info@careforcarers.org.uk](mailto:info@careforcarers.org.uk)

[www.careforcarers.org.uk](http://www.careforcarers.org.uk)