

# CARERS WEEK

11TH JUNE  
11AM-5PM

@ CHRISTOPHER CARGILL HOUSE 21-23 PELHAM ROAD,  
NOTTINGHAM, NG5 1AP

## ACTIVITIES INCLUDE:

**Pamper Sessions\***

Crochet Workshop\*

**Bingo**

Craft Activities

**Carers Stress Coping  
Techniques Workshop\***

Smoothie Making

**Seated Yoga Sessions\***

Outdoor Games

**+ More!**

*\*booking required*

+ information stands from  
carers support organisations

**Refreshments will be  
available throughout the day**  
Lunch 12.30-2.30pm



**RSVP by phone or email  
0808 802 1777**

**[carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)**

**Please advise when you are  
registering if you have any dietary or  
access requirements**