

Are you looking after someone?

BRECKLAND CARER WELLNESS & INFORMATION EVENT

Wednesday 18th November 26
10.30am to 1.30pm

Dereham Memorial Hall, 62a Norwich Street, Dereham, NR19 1AD



Come along at a time that suits you. **FREE** Wellness Sessions are available to Carers on a first come first served basis.



Apply for a Carers
Identity Passport



Info &
Advice



Local Health &
Exercise Info



FREE
Refreshments

For more information, contact
info@carersvoice.org or 07932095260

Carers Voice