

Do you look after a friend or family member who would be unable to care for themselves without your support?

If so, then the **“Caring for the Carers”** information event will have something for you.

**Date & time:** Tuesday 30th October, 10am – 1pm

**Venue:** Long Stratton Village Hall, Ipswich Rd (Opp St Mary’s Church) Long Stratton NR15 2TA

The event will include talks and interactive demonstrations on:

* Safe moving & handling (if the person you care for has a fall)
* Healthy activities for carers
* Healthy hydration
* “Music Mirrors” – helping people in the early stages of memory loss through music
* Plus a wide range of information stalls from local services.

ALL CARERS WELCOME!

For further details please contact Sarah on 01603 629211 or

email: educationandtraining@carersmatternorfolk.org