



Carers Matter Norfolk

Caring for the Carers

An event providing information & advice to carers

Tuesday 30 October 10am - 1pm

**Long Stratton Village Hall
Ipswich Road (opp St Mary's Church)
Long Stratton NR15 2TA**

The event will feature practical demonstrations on:

- * Safer Moving & Handling
- * Making hydration fun
- * Music Mirrors - an innovative approach to capturing the memories of people living with memory loss
- * Safe and fun physical activity for carers

Plus a market place of information stalls

**all carers
welcome**

For further details contact:

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