

**Are you a Young Carer who cares for
a loved one, friend or family member?**

...come and take a break at our next

**YOUNG CARERS SUPPORT
GROUP IN ASHFIELD**



Don't feel
isolated,
support each
other

Support
Worker
here for
you

Information
and advice
from
guest
speakers

FUN
local
activities

For further information, contact
The Carers Hub on;
Telephone: 0115 824 8824
Email: hub@carerstrustem.org

The Young Carers
Support Group in
Ashfield will take place on:

Thursday, 18th August 2016
10.30am - 12.30pm

Lammas Leisure Centre
Lammas Road
Sutton-in-Ashfield
NG17 2AD

We have a guest speaker from
Nottinghamshire County
Council, who will be talking
about Young Carer Assessments
and Support for Young Carers.