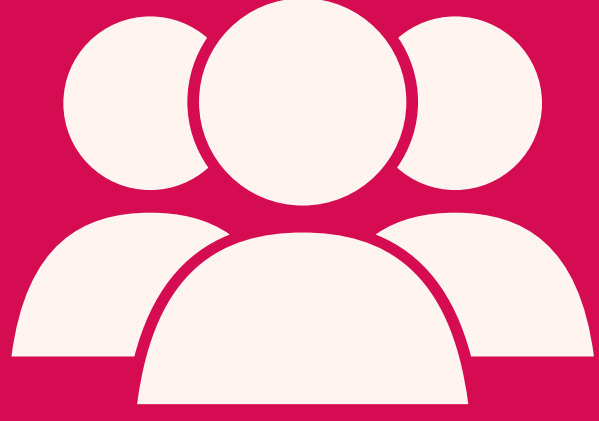


Carers Discussion Group

Your voice matters



Who's it for?

- Unpaid carers from all walks of life in Nottinghamshire
- You're a carer if: you help someone of any age who needs support due to physical or mental disability, illness or addiction



How we meet

- Online via Microsoft Teams on the 2nd Tuesday of every month (9:30-11am)
- Or share your views by phone or email



Why join?

- Influence Council & NHS services
- Raise concerns & share ideas
- Help improve support for carers




We've already made a difference!

- Hospital discharge made a top priority
- Clearer written information for carers
- Carers' views shaping real decisions

To join or request more information:

 [**info@nottinghamshirecarers.co.uk**](mailto:info@nottinghamshirecarers.co.uk)

 **07966 391 612**

