

USEFUL CONTACTS:

Norfolk Carers Helpline

PO Box 154

Norwich NR3 4EZ

12 hour freephone 0808 808 9876

Mon – Fri 8.00 am – 8.00 pm

Email: norfolkcarers@hotmail.com

NHS DIRECT

0845 46 47

The Princess Royal Trust for

Carers Helpline:

London 0844 800 4361

www.carers.org

Carers UK

0808 808 7777

Wed & Thurs

10 am – 12 noon

2 pm – 4 pm

www.carersuk.org

Coming along for the first time?
Phone in advance and one of the
Carer Advisors can meet you and
introduce you to the other
Carers.

Norwich & District Carers Forum

The Charing Cross Centre

17 – 19 St John Maddermarket

Norwich NR2 1DN

Tel: 01603 219924

Fax: 01603 219939

Email: admin@carersforum.org.uk

Website: www.carersforum.org.uk



The Princess Royal Trust
for Carers
Network Member



CARERS DROP-IN



at

*The Charing Cross Centre
St John Maddermarket
Norwich
NR2 1DN*

If you are looking after a relative, friend or neighbour – adult or child – who has a physical or mental illness, is disabled, elderly or frail, and could not manage alone without your help, then as a Carer you are entitled to support.

This is an opportunity for you to call into our Carers Centre, pick up information and advice or just have a break and make new friends.

***Share experiences,
information and cares in a
relaxed, supportive and
informal atmosphere***

Funded by Norfolk County Council Carers Grant

These events are held on
the last Thursday
of each month
12.30 - 2.30 pm

at

The Charing Cross Centre
17 – 19 St John Maddermarket
Norwich NR2 1DN
(Nearest Car Park: St Andrews)

Contact No:
01603 219924

Email:
admin@carersforum.org.uk

Sitting services through the
Crossroads Short Breaks at
Short Notice Scheme
0808 808 9876

DATES FOR 2011

Jan 27 – Talk on family history by Gwen Parker, Community Librarian

Feb 24 – First Aid Training with Ann Lewis, Red Cross

Mar 31 – Talk by Peter McGuinness from Independent Living

Apr 28 – Talk by Steve Pope
“A History of Norfolk Workhouses”

May 26 – Flower arranging demonstration
by Mrs Ann Bridge

Jun 30 – Chris Carter, Home Instead –
Talking in the Family

Jul 28 - Terry Rawlins, Age UK – Carers
Rights and Benefits

Aug 25 – Sam Woods, Age UK –
“Household Helpers Service”

Sept 29 – Norfolk Fire Service – Fire
Prevention & Safety in the home

Oct 27 – speaker to be confirmed

Nov 24 - Christmas Buffet

No meeting in Dec