

## USEFUL CONTACTS

**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 you are a Carer.**

**As a Carer you are entitled to support**

**This group is a free opportunity to have a break and make new friends. You can enjoy social occasions in a pleasant atmosphere.**

**Meetings are relaxed and informal.**

**We are a Network Member of The Princess Royal Trust for Carers**

Norwich and District Carers Forum  
2<sup>nd</sup> Floor  
Charing Cross Centre  
17/19 St John Maddermarket  
Norwich NR2 1DN  
Tel: 01603 219924  
Fax: 01603 219939  
Email: [admin@carersforum.org.uk](mailto:admin@carersforum.org.uk)

Norfolk Carers Helpline  
Freephone 0808 808 9876  
Mon – Fri 8am – 8pm  
(except Bank Holidays)  
PO Box 154  
Norwich  
NR3 4EZ

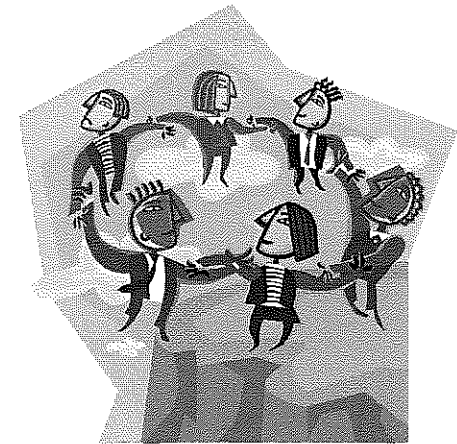
Email:  
[norfolkcarershelpline@crossroads.org.uk](mailto:norfolkcarershelpline@crossroads.org.uk)

The Princess Royal Trust for Carers  
Unit 14, Bourne Court  
Southend Road  
Woodford Green, Essex  
IG8 8HD  
Tel: 0844 800 4361

NHS DIRECT  
Tel: 0845 46 47

Funded by Norfolk County Council  
Carers' Grant

# NORWICH CARERS GROUP



**COME ALONG -  
HEAR AND SHARE!**



**The Norwich Carers Group  
meet on the first Wednesday  
of every month between  
1 – 3 pm**

**at**

**The Health Shop  
The Norman Centre  
Bignold Road  
Mile Cross  
Norwich**

**Please check the programme as  
times may vary for outdoor  
meetings.**

**Contact Number:  
01603 219924**

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

Help with transport can be arranged

A Carer Advisor is always happy to  
accompany you on your first  
attendance at the group

**Programme for 2011-2012**

2<sup>nd</sup> February      Norwich Health  
Trainer Service –  
Rosa Hunn & Mary  
Craske

2<sup>nd</sup> March          Family History –  
Community Librarian  
Gwen Parker

6<sup>th</sup> April            British Red Cross –  
Taster Session –  
Anne Lewis

4<sup>th</sup> May             Age UK – Carers  
Rights & Benefits -  
Terry Rawlinson

1<sup>st</sup> June             Reflexology – Annie  
Barker

13<sup>th</sup> June           Carers Week –  
Awareness and  
Collection –  
Sainsburys Brazen  
Gate

22<sup>nd</sup> June          Carers Lunch –  
The Oaks, Holt Road  
Norwich - 12noon

6<sup>th</sup> July

Crime Prevention  
in the Home –  
Brian Moore

3<sup>rd</sup> August

Age UK – Help with  
shopping &  
Housework – Sam  
Woods

24<sup>th</sup> August

Summer Outing:  
To be arranged

7<sup>th</sup> September

Visit to the Library  
at The Forum

5<sup>th</sup> October

“Old Norwich” –  
Donny & Pearl

2<sup>nd</sup> November

Card Making –  
Sandra Shanks

7<sup>th</sup> December

Christmas Party  
Nibbles and Raffle

**2012**

18<sup>th</sup> January

Christmas Lunch  
TBA