



PETERBOROUGH FAMILY CARERS HUB

Do you look after someone?

Family Carers Hubs can help you, your family and the people you look after

- Friendship and peer support
- Short breaks
- Social activities
- Access to other support organisations
- Health and wellbeing activities
- Legal, financial and benefits advice
- 1-to-1 support and advice
- Help with Family Carer's Assessments
- Emergency and forward planning
- Refreshments.

**For more information visit
www.carerstrustcpn.org**



Upcoming dates

10.30am - 2.00pm

25 September

23 October

27 November

Contact us for a full schedule of events or if you have difficulty getting to a Hub.

01733 645234

**Gladstone Park
Community Centre
Bourges Blvd
Peterborough
PE1 2AN**

