

# Opportunities to meet others looking after a family member or friend

Support for unpaid carers across Cambridgeshire and Peterborough





# You can meet with other people looking after a family member or friend

## Find a carers hub to suit you

**Peterborough - adult carers** Second Wednesday of the month 10.00am-12.00pm Tesco Extra Community Room Hampton, Peterborough PE7 8BD

**Peterborough - parent carers** Last Tuesday of the month 10.00am-12.00pm Tesco Extra Community Room Hampton, Peterborough PE7 8BD

Huntingdon - adult carers Second Tuesday of the month 10.00am-12.00pm Cambs Therapy Centre Bradbury House, Mayfield Road Huntingdon PE29 1UL

> **Girton - adult carers** Third Tuesday of the month 11.30am-1.00pm William Collyn Community Centre Wellbrook Way Girton CB3 0GP

**Parent carers** Fourth Thursday of the month 10.00am-11.30am

## Wisbech - adult carers

First Wednesday of the month 10.00am-12.00pm Rosmini Centre 69A Queen's Road Wisbech PE13 2PH

**Ely - adult carers** First Thursday of the month 10.00am-12.00pm Paradise Centre Newnham Street Ely CB7 4PE

**Great Shelford - adult carers** Second and fourth Thursdays of the month 10.00am-12.00pm David Rayner Centre 20 Cambridge Road Great Shelford CB22 5JT

Our carers hubs offer opportunities for you to meet other unpaid carers, have peer-to-peer support or professional support from one of our advisors, enjoy relaxing activities and hear from local speakers.

There is no cost to join a carers hub and refreshments are provided.

🔅 Face-to-face





### How you can receive support

Caring Together offers in-person support opportunities for unpaid carers across Cambridgeshire and Peterborough, including our carers hubs, trips/activities and carer learning sessions. We also visit other carers' groups and events for carers where we can provide you with support and information.

Our programme of learning opportunities for adult carers and parent carers enables you to feel more confident in your caring role. Sessions are a mixture of in-person, face-to-face and online. There are a range of session lengths from short, bite-sized topics to longer part-day sessions, so there should be something to suit all.

Contact us to find out more about any of these opportunities.

## Interested in joining us?

Sign up to inside news, our regular email newsletter, at caringtogether.org/keepintouch to stay updated on everything that is happening and be the first to know about trips and activities.

Please contact us before going to a carers hub as dates and venues can change, including due to trips being held.

Caring Together L D H House Parsons Green St Ives Cambridgeshire PE27 4AA



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