



Are you looking after someone who cannot manage without you because they are ill, frail or have a disability?

You are welcome to come to an informal drop-in event on:

Wednesday 4th May - 2 – 4pm at Ludham Surgery
(Staithe Road, Ludham, NR29 5AB)

Thursday 5th May - 2 – 4pm at Stalham Green Surgery
(Yarmouth Road, Stalham, NR12 9PS)

All carers are welcome to drop in to:

- Chat informally with specialist charities and organisations
- Meet the local Integrated Care co-ordinators
- Pick up a pack of useful information, resources and contact details

Organisations attending include:

- MIND
- Norfolk Carers Support
- Alzheimer's Society
- Royal Voluntary Service



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**Alzheimer's
Society** | **Leading the
fight against
dementia**