



UNPAID CARERS INFORMATION EVENT



WEDNESDAY 28TH OCTOBER 2015
REGISTRATION FROM 9.30AM
EVENT 10.00 AM— 3.00PM

Venue:

Roths Halls, Kingdom Shopping Centre,
Glenrothes, KY7 5NX

There'll be a variety of workshops available including :

Self Directed Support

Circus Skills

Carer Support Plans

Therapies

Short Breaks

Coping with Caring

Free event, lunch provided, booking essential
please contact

Theresa Rodigan on 01592-643355 x 28069

or email : theresa.rodigan1@nhs.net

