

Carers Café

NHS
Salisbury
NHS Foundation Trust

PALS

Department



Do you
give practical
help or emotional
support to another person?

**We would love
to meet you!**

**Come along to
our Carers Café**

Thursdays from 2.30pm - 4pm,
Near the Green, Entrance B
Salisbury District Hospital



Open to all



Supportive



Sociable



Informative



Free



Refreshments

Welcome to the Carers Café at Salisbury District Hospital

If you support a loved one, family member or friend, you may not see yourself as a carer.

In fact, it takes an average of two years for someone helping a friend or loved one, due to illness, frailty, disability, mental health problem or addiction, to acknowledge their role and get the support they need.



The Carers Café is held every week in Salisbury District Hospital's PALS Department, near the Green, Entrance B.

It is a place where you can take the opportunity to relax and have a chat over a cuppa.

You are very welcome to come to the café with the person you support, with family members or by yourself.

If you have lost the person you cared for, you are also **welcome**.

We hope to see you there!

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