



Are you a Carer?

Are you worried about how the cost-of-living crisis is impacting on you?

Would you like more information and advice on ways to help with the cost of living / fuel poverty?

If the answer is YES please come along to one of Nottinghamshire Carers Hub information sessions, covering:

- Fuel poverty; Nottingham Energy Partnership providing information and support around energy efficiency or heating solutions to people living in fuel poverty
 - Cost of living crisis; space to talk about how this could be impacting on you
 - Opportunity to pick up a FREE warm pack
 - Warm Space with Free Tea / Coffee and Cake
- Opportunity to talk with a Carers Hub Support Worker around your caring responsibilities
- Information about the Carers Hub Service and learn about the benefits of registering as a carer with your GP and using the NHS App

The Fuel Poverty / Cost of Living Sessions will take place on the following dates:

**Thursday 8th / 15th / 22nd and 29th February or
7th and 14th March 2024 all 1pm-3pm**

Please book your place by contacting Carers Hub

Email: carershubinfo@carersfederation.co.uk or call us on: 0808 802 1777

If you have any difficulties attending a session please let us know