

Carers Café

NHS
Salisbury
NHS Foundation Trust

Springs

Restaurant



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,
Springs Restaurant, Level 2,
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 Springs Restaurant on Level 2.

It is a place where you can take the opportunity to relax and have a chat over a cuppa with trained volunteers and others in a similar situation.

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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Person Centred & Safe

Professional

Responsive

Friendly

Progressive