



# Carers Coffee Morning

Our kitchen is available any time for carers to make themselves a coffee and have a chat. However, we suggest the 3rd Monday of each month, to meet up with other carers for a Coffee Morning.

Staff will not be running these meetings, but there will be someone available if you would like specific one to one support.

**3rd Monday of each month - 10.30am to 12 noon**



**Sunderland Carers Centre is here to help**

Thompson Park, Thompson Road, Sunderland. SR5 1SF



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