Come and join us for our

Festive Carers Cafe

at the Life Rooms, Southport

NHS
Mersey Care
NHS Foundation Trust

Tuesday, 1 December, 10.30am to 12 noon

Meet other carers, take time out for yourself and get information and advice to support you in your caring role.

- **Chat to staff from the Carer Engagement Team and Sefton Carers Centre**
- **Spend time with other carers**
- **Take part in a Christmas craft activity**
- **Christmas quiz**
- **Christmas refreshments**



The Life Rooms, 23 to 25 Scarisbrick Avenue, Southport, PR8 1NW

CARERS TRUST
Sefton Carers Centre

To book a place please contact the Carer Engagement Team by emailing **carers@merseycare.nhs.uk** or calling **01925 972 801** stating any dietary requirements. Booking deadline is Monday, 23 November 2026 at 4pm.