



Carers' Council  
Allies in Adult Mental Health

Working with



# SAVE THE DATE

## *Open Meeting*

**Wednesday 16<sup>th</sup> July 1pm - 4pm**

NOTTINGHAM MECHANICS,  
3 NORTH SHERWOOD ST,  
NOTTINGHAM, NG1 4EZ

THE CARERS COUNCIL PROVIDES SUPPORT TO UNPAID CARERS AND FAMILY MEMBERS LOOKING AFTER ADULTS WHO HAVE MENTAL ILL HEALTH

**GUEST SPEAKER - KATE ADAMS**  
**NOTTS HEALTHCARE NHS FOUNDATION TRUST**

REFRESHMENTS AND LUNCH PROVIDED  
WE HOPE TO SEE YOU THERE

[carerscouncilmh@gmail.com](mailto:carerscouncilmh@gmail.com)

<https://carerscouncil.com>

