

**Carers’ Information & Celebration Drop-In Event**

**Friday 15th June**

**10:00am to 3:00pm**

**Clover & Wolf (formerly The Mile),**

**Brigham Place, South Shields NE33 2DL**

**Celebrate Carers Week and find out how you can stay healthy and connected from a wide range of local groups and organisations.**

**The day includes:**

**Information stalls**

**Therapies**

**Healthy food demo and tasters**

**Health & wellbeing advice**

**Entertainment**

**Refreshments**