

**Carers Café**

**Springs Restaurant**

**Level 2, Salisbury District Hospital**

**Every Thursday afternoon**

**Open 2.30 pm to 4 pm**

**Looking after someone?**

**When life is uncertain and you don’t where to turn it is good to have someone to talk to.**

**You are welcome to come and join us for coffee/tea and a chat about your concerns.**

**We will help connect you to the right information and the right support.**