



# CARERS CONNECT

## COFFEE & ACTIVITIES

with HOPS Wellbeing Service



**HOUGHTON LE SPRING**      **SECOND MONDAY OF THE MONTH**      **11am – 1pm**  
Space 4, 76 Newbottle Street Houghton le Spring DH4 4AF

**HENDON**      **FIRST WEDNESDAY OF THE MONTH**      **11am – 1pm**  
Carnegie Community Corner, 67 Toward Road, Hendon, Sunderland

**ROKER**      **SECOND FRIDAY of the month**      **11am – 1pm**  
Quaker Meeting House, 30 Roker Park Road, Sunderland SR69PG

**£1.00 including tea, coffee and homemade scones**

HOPS Wellbeing Service

[info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk)

Registered Charity 1137794

0191 548 3722

money raised by  
health**Respect**  
through

