

# CARERS GET TOGETHER

2<sup>nd</sup> FRIDAY of every month

11.30am – 1.30pm

Come and chat over lunch. Friendly, fun and FREE - just bring yourself and something to eat!

Meet up with other carers and HOPS staff at the Quaker Meeting House, 30 Roker Park Road, Sunderland SR6 9PG

For more info, contact:- [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk) 0191 548 3722 please leave contact details if we can't answer straight away and we will ring you back)

HOPS (Healing Opportunities Provision Scheme) Wellbeing Service  
Registered Charity 1137794 [www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk)

