

## Carers Café at the Royal Berkshire Hospital WHEN?

## 2nd TUESDAY of every month

10am - 11.30am

14th January 2025

11<sup>th</sup> February 2025

11th March 2025

8<sup>th</sup> April 2025

13<sup>th</sup> May 2025

10<sup>th</sup> June 2025

8<sup>th</sup> July 2025

12<sup>th</sup> August 2025

9<sup>th</sup> September 2025

14th October 2025

11th November 2025

9th December 2025

## WHERE?

In the Eating HUB Main Restaurant, Level 1 South Block

If you support someone who is currently in hospital – come along for support, information, advice and a free cuppa\*!

## WHY?

If someone depends on you, and they cannot manage without your help – there is information, advice and support available for you too.

\*Kindly supported by the Royal Berks Charity

**Compassionate Aspirational Resourceful Excellent**