

Do you provide unpaid care for a spouse, partner or family member?

Being a carer can be a challenging and isolating role. You are not alone!

**Oxgangs Neighbourhood Centre**  
**Drop-in information sessions: 11am – 1pm**  
**Third Wednesday of each month**  
**Upcoming dates: April 19<sup>th</sup>, May 17<sup>th</sup>, June 21<sup>st</sup>**

Provided by a member of the Adult Carer Support Team from Space @ The Broomhouse Hub

What support can we offer?

Information and advice for carers  
Signposting to other organisations  
Individual emotional support  
Peer and group support with other carers.



If you are unable to attend the drop-in please feel free to contact the Adult Carer Support Team at another time.

Contact us:

[Jude.balfour@SPACESCOT.ORG](mailto:Jude.balfour@SPACESCOT.ORG)

0131 455 7731

Space @The Broomhouse Hub | 79-89 Broomhouse Crescent | Edinburgh | EH11 3RH