

## **Patient Drop in Information Event**

**Saturday 18<sup>th</sup> May 2024 11am – 2pm**

As a Practice and our Patient Participation Group we are delighted to be hosting a **drop in** information event on **Saturday 18th May 2024 between 11 am & 2 pm** here at Orchard.

All patients & carers invited. A cuppa will be available too!

We will have a range of organisations coming along to offer advice and support with the following if you need any help:

Dementia care, End of Life support, Carers support, learning disability care, home help, companionship, respite care, groups & community sessions available, diabetes, weight management for the family, low mood, struggling to cope, worrying, sleep problems social anxiety, bereavement help, alcohol reduction, fears over smears, NHS App, Online support, smoking advice, exercise advice, been putting your smear off – don't worry just drop in and you can have this done by our nurse

### **Organisations attending:**

Alzheimers Society, Cruse Bereavement, Mental Health & Wellbeing Coach, Notts Talking Therapies, Home Instead, Ladybook Community Centre Groups, Your Health Notts, Social Prescribers, A GP and Nurse will be on hand taking any general queries.