



Help Us Improve Support for Mental Health Carers

Do you care for a family member or friend with mental health challenges?

We're working with Nottinghamshire Healthcare Foundation Trust to improve the information available to carers.

We want your input!

Join us to help shape support that truly works for carers like you.

Co-Design Meeting

Thursday 12th March

1:00pm - 3:00pm

Duncan MacMillan House

DMH Involvement and Vounteering Hub
Duncan Macmillan House
Porchester Road
Nottingham, NG3 6AA

Or join
online!

Meeting Focus:

Information and resource review - what's good, bad or missing?

What's in it for you?

- Share your experience and ideas
- Help other carers feel more supported
- Travel expenses reimbursed
- Flexible involvement – join in person, online, or contribute another way

Future dates:

Tuesday 23rd June 1:00pm - 3:00pm
Tuesday 22nd September
1:00pm - 3:00pm

Get Involved

Email: carersspacenotts@nottinghamshirecarers.co.uk

Call/Text: **07966 391612**

Can't make the meeting? No problem—just get in touch and we'll find another way for you to be involved.



Nottinghamshire Healthcare
NHS Foundation Trust