

CARERS'

Café



HWPCN

**Hitchin & Whitwell
Primary Care Network**

in partnership with **Rotary**
Club of Hitchin Tilehouse



Calling all carers!

Join us for a coffee and chat **every Friday** starting from
Friday 6th October

Drop in between **10:00 and 12:00**

Church House, Hitchin

Anyone with caring responsibilities is very welcome, along with the person you support. There will be speakers, support and 'positive movement' (gentle exercise and mindfulness).

HWPCN
Hitchin & Whitwell
Primary Care Network



| H&W HEALTH

positive
movement