



## PLANNING FOR AN EMERGENCY

Do you worry about what would happen if an emergency should arise and how this will impact on your ability to carry out your caring role?

Wednesday 24th March 6 - 7pm (Online session)

Join us for this free informal session which will help you to:

- explore your concerns
- identify support available
- develop an emergency planning document that could be implemented should a situation arise.

"Really useful session with lots of food for thought and practical ideas and contacts"

North Tyneside Carer

Visit www.northtynesidecarers.org.uk/getting-online for a video on how to use Zoom before you join the sessions.

To sign up:



0191 643 2298



Follow Us On Social Media

