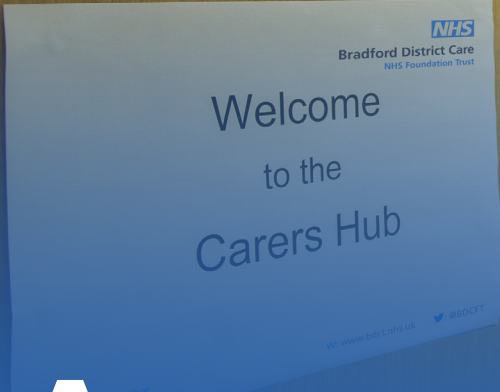


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Carers Hub



Bradford District Care
NHS Foundation Trust



Are you looking after someone?

The Carers Hub is here to look after you. We can help with information, support and signposting across Bradford District and Craven. We also provide you with the chance to:-

- Meet other carers
- Listen & learn through our specialist talks
- Participate in free activities
- Get involved
- Take some time out for your own wellbeing

For further details:

01274 251112 carerhub@bdct.nhs.uk
www.bdct.nhs.uk/service-users-carers/support-for-carers
@BDCFT_Carersupport

