



# CARERS CONNECT

2<sup>nd</sup> FRIDAY of every month

11am – 1pm

at the Quaker Meeting House

30 Roker Park Road, Sunderland SR6 9PG

Come and chat over lunch  
with other carers.

Friendly, fun and free !

Email [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk)

Phone 0191 548 3722

HOPS (Healing Opportunities Provision Scheme) Wellbeing Service

Registered Charity 1137794

[www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk)

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