Adult Social Care **DROP-IN SESSIONS**

Are you looking for advice or information on Adult Social Care?

We know that it can be difficult to access advice and information about Adult Social Care and the support available in your area. In response to your feedback, we are running monthly drop-in sessions where you can find out how you can live independently and safely in your community.

We can help you with information on:

- wellbeing and independence
- community activities and day opportunities
- mobility equipment and technology enabled care
- information on local support services
- finding a care home

Sessions will take place at Worksop Library from 10am-4pm on:

- Tuesday 14 January 2025
- Tuesday 11 February 2025
- Tuesday 11 March 2025



Nottinghamshire County Council No need to book, just **drop in** and speak to one of our friendly team.

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