

# Carers Clinic

**Crowborough Community Centre**

**Pine Grove, Crowborough TN6 1FE**

**The 3rd Friday  
of the month**

**Appointments  
are available at:**

**10:30-11:30am**

**11:30-12:30pm**

**12:30-1:30pm**



**If you support someone who couldn't manage without your help, why not come along to our Carers Clinic to have a free and confidential chat with a Carer Support Worker?**

Find out more about what services and support are available and get information and advice so you can make the most of the help you are entitled to.

To book an appointment, please call us on **01323 738390**.

**[www.cftc.org.uk](http://www.cftc.org.uk)**

Charity number 1074906.  
Company number 3677361

 **care for the  
carers**  
Supporting Carers In East Sussex

 **carerstrust**  
a Network Partner

