

# RESPITE PROVISION

FOR THE OVER 50's

**Are you a carer looking for a break?**

At The Pauleen Davies Centre we can offer support to allow you time to yourself whilst your loved one enjoys a variety of activities and the company of others. We can also offer help with transport.

Sessions are available from 3 hours to a full day and are accessible to all carers in both Nottingham City and all districts of Nottinghamshire.

Contact us to find out more.

Radford Care Group, bringing older people together for friendship and activities with provision and support for those with dementia and their carers

Come and Join us or find out more:

**Radford  
Care Group**  
SHARE THE CARE

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[www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)

Registered Charity No: 1073938

The Pauleen Davies Centre, 25 Prospect Street, Radford, Nottingham NG7 5QE