



## Do you need information and advice?

Are you:

- Living with a long term illness or disability?
- Providing unpaid support to adult family members or friends who could not manage without your help?
- Struggling with an age related condition?

If you answer 'yes' to any of the above then  
why not come along to one of our

# Adult Support Joint Drop-Ins

At Huntingdon Library

Princes Street, Huntingdon PE29 3PA

On the first Wednesday of the month during 2015  
10am to 1pm

Refreshments available

**7 January**

Speaker from Huntingdonshire Association for Community Transport (HACT) – charity providing accessible, affordable and safe transport service in Huntingdonshire area for people who have difficulties using conventional modes of transport.

**4 February**

Speaker from Library Services – what services and support is available through your local library including e-books and researching your family tree.

**4 March**

Activity for Easter – join us and relax with an art and craft session (equipment provided).

Our advice is free and confidential and  
a warm welcome is guaranteed.

For further information contact

Gemma Whitehouse on 01480 377616 or Leigh Hornsby on 01480 373220