

Carers Café

A warm mid-week space to rest, connect, and feel supported

Carers Café runs every Wednesday from 11am–1pm at Nourish Support Centre. It's a relaxed, friendly space for anyone who cares for a child, young person, or adult with additional needs.

Carers can drop in for a warm lunch, a cuppa, and genuine peer support from people who understand the realities of caring.



BRING YOUR CARED-FOR PERSON

Our playroom and sensory room are open during Carers Café, so carers/parents are welcome to bring along the person they care for. It's a safe, supported space for everyone.

WHAT'S AVAILABLE

- WARM, COMFORTING LUNCH
- PLENTY OF TEA, COFFEE AND FRIENDLY CONVERSATION
- A CALM, WELCOMING SPACE TO TAKE A BREATHER
- STAFF ON HAND FOR INFORMATION, SIGNPOSTING, AND A LISTENING EAR
- PEER SUPPORT FROM OTHER CARERS WHO 'GET IT'

When & Where

Every Wednesday, 11am–1pm
Nourish Support Centre, Elizabeth
House, Kirkcaldy, KY1 3WE

CALL AND BOOK YOUR SPACE



01592 653639



info@nourishsupportcentre.com

Scottish Charity No. SC050063