



In partnership with



Caring for Carers

Time for you, too!

Supporting a loved one can be a complex and constant role, and despite their busy lives, many carers say they sometimes feel lonely or isolated.

What do you need?

We all feel better with a little time for ourselves, perhaps to engage in hobbies or interests, to catch up with friends and family, or to meet up with others in a similar situation. Or maybe you'd like something else...?

How can we help?

We want to explore how local services can be shaped to best support you in your role, and to keep you feeling connected.

We want to hear from you!

Please join one of our small group sessions to discuss how the current situation facing carers can be improved.

For further information, or to register your interest, please contact us:

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