## Carers Week 2023



## **Social posts**

It's Carers Week! If you're an unpaid family or friend carer in Surrey you're invited to join us to celebrate the Week. Free cake, coffee, goody bag and more! https://www.actionforcarers.org.uk/carers-week-2023/

Caring can be tough. Give yourself a break and drop-in to one of Surrey charity Action for Carers' Hubs. There's free coffee, cake and a goody bag for you, plus a chance to chat and get support https://www.actionforcarers.org.uk/carers-week-2023/

Join Action for Carers Surrey at one of their many 'drop-in' Hubs to celebrate Carers Week! Free coffee, cake and a goody bag, free wellbeing activities too! https://www.actionforcarers.org.uk/carers-week-2023/

If you're looking after someone who couldn't manage without you, then you're a carer. Why not pop into one of charity Action for Carers drop-in Hubs for advice and information. Plus free coffee, cake and a goody bag to celebrate Carers Week! https://www.actionforcarers.org.uk/carers-week2023/

There's lots going on for unpaid carers in Surrey to celebrate Carers Week. Free events and activities both online and face to face. More here https://www.actionforcarers.org.uk/carers-week2023/

## #CarersSurrey #UnpaidCarers #CarersWeek

Email digital@actionforcarers.org.uk to request the below....





