



# Carers Week Camberley Celebration!

If you're an unpaid carer, please celebrate Carers Week with us at our Camberley Hub!

Come along, have a free tea/coffee and cake, and join in an activity. We have a special 'Looking after yourself' session between 12.30-1.30; Tai Chi from 10.30-11.30; plus a Mental Health Carer Practice Advisor from SCC joining us.

You can also pick up your FREE carer's 'goody bag' and some brand new carer resources.

**WHERE** High Cross Church, Knoll Road, Camberley  
GU15 3SY 8EN | **WHEN** Tuesday 11th June, 10am-2.30pm

For more information, please get in touch

☎ call 0303 040 1234 📞 text 07723 486730

✉ email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

[www.actionforcarers.org.uk/carers-week-2024/](http://www.actionforcarers.org.uk/carers-week-2024/)



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