



Carers Week Caterham Celebration!

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

Come along, have a free tea/coffee and cake, chat with our staff and other carers, and pick up your FREE carer's 'goody bag' and new carer resources.

10.30am – 12pm: All Carers Support Group

12.30 – 2pm: 'How do you look after yourself' session

WHERE Westway Community Café, 25 Chaldon Road,
Caterham CR3 5PG

WHEN Thursday 13th June, 10-2.30pm

For more information, please get in touch

☎ call 0303 040 1234 📞 text 07723 486730

✉ email CSAdmin@actionforcarers.org.uk

www.actionforcarers.org.uk/carers-week-2024/



Charity Registration No 1116714