



Carers Week Guildford Celebration!

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

Come along, have a free tea/coffee and cake, and join in an activity. We have a special 'looking after yourself' session; our Moving and Handling team are with us from 10am till 2pm; plus mindful colouring 12-1.30pm.

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

WHERE & WHEN The Hive, Park Barn Drive, Guildford
GU2 8EN – Monday 10th June, 10am-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