



# Carers Week Woking Celebration!

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

Come along, have a tea/coffee and cake, chat with our staff and other carers, and join one of our special sessions.

We have a 'Looking after yourself' activity; an 'Arts & Crafts' wellbeing event; and a Mindfulness session. We also have a Carer Practice Advisor from SCC's Disability team joining us.

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

**WHERE** Knaphill Methodist Church, Broadway, GU21 2DR

**WHEN** 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](mailto:CSAdmin@actionforcarers.org.uk)

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



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