



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



SHAPING THE FUTURE FOR UNPAID FAMILY CARERS

**THURSDAY
8TH
JUNE
11-3PM**

Suite 12 - 15 Hazledine House
Central Square
Telford Centre
Telford
TF3 4JL

CARERS NETWORK *Launch*

We are launching our Carers Network and want you to join us and be a part of this. Our aim is to work and listen to carers, individuals and communities, to help build connections by creating a network of local support. We want this to be about you as a Carer therefore we want this to be Carer led, offering the voice of personal experience, practical knowledge and understanding.

ON THE DAY

- **Fun** Activities to support physical & emotional wellbeing including Mindfulness, Bhangra and Yoga taster sessions!
- Multiple professional agencies in attendance to offer support and Information.
- Cakes, light bites and Refreshments Provided!

Call 01952 240209 or email admin@telfordcarers.org.uk for further information

ARE YOU AN UNPAID FAMILY CARER?

Unpaid Carers can provide care and support to family members, friends and neighbors. The people they care for may be affected by disability, physical or mental ill-health, frailty or substance misuse. A Carer does not need to be living with the person they care for.

Does this sound familiar?

Come along to our launch to find out what support and advice is available to you or you can register with the Carers Centre to receive ongoing support

