

caring for or helping someone on a regular basis?

MALE UNPAID CARERS 'SKILL UP'

BOOK TODAY

WEDS 18TH NOVEMBER
12.30pm - 4pm
£5 per place

Ark@Egwood, Egwood House, Merriott, TA16 5QN

- **Practical skills and advice**
- **Organisations that can help**
- **Wellbeing workshops**
- **Some time for yourself**
- **Meet others in similar situations**
- **Friendly and informal**
- **Lunch included**

NEED HELP TO ATTEND?
For support with transport costs or someone to stay with the person you care for: christineb@somersetrcc.org.uk

Whether you think of yourself as a carer, or you just help a friend or family member - you're welcome to join us for lunch, good company and useful tips.

somerset carers from thrive

ARK at Egwood
Changing lives within our community

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