



Walk and Talk

For carers in Bristol and South Gloucestershire

Do you look after someone who could not manage without your support and do not receive a payment for it? If so, you may be a carer.

Meet other carers and take a stroll around a local green area close to you at our informal Walk and Talk group. You will get a chance to enjoy being outdoors in the company of other carers.

One of our friendly support workers will lead the walk, offer a listening ear and provide information to support you in your caring role.

To find out more, call us on 07742 291 073 or
Email walk@carerssupportcentre.org.uk

*If you care,
we care.*

Carers Support Centre
Bristol & South Gloucestershire

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TRUST**

www.carerssupportcentre.org.uk

