

If YOU give time and energy without being paid to look after a family member or friend who can't manage on their own

Carers Count could support YOU

YOU are invited to our
LAUNCH DAY

10am–3pm
Saturday 5th October 2013

8 Upperhead Row
Huddersfield
(next to the bus station)

WHAT CAN I GET FROM THE DAY?

Meet new people

Talk to our staff

Help and advice on being a carer

Advice on coping with the stress that can affect your own life and lifestyle as well as the person you care for

We aim to give you as much help and advice as you require

Have a drink and a bun with us!

Some of the events available for you to participate in include:

Hand & arm massages • Mini therapies • Henna painting • Glass decorating

If you require any further information

phone 0300 012 0231

email info@carerscount.org.uk

visit www.carerscount.org.uk



Supported by

