

Together our voice
is louder

HEREFORDSHIRE Carers support

Up and down the UK there are **6.5 million people caring unpaid** for an ill, frail or disabled family member or friend.

These people are called Carers but they would probably say that they are just being a husband, a mum, a son or a good neighbour.

If you know a Carer please let them know about Herefordshire Carers Support! We support Carers to look after their loved ones while recognising that they are individuals with needs of their own and need to look after themselves.

Carers Week is an annual campaign to **raise awareness of caring**, highlight the **challenges carers face** and **recognise the contribution** they make to families and communities.

Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, **drawing attention to just how important caring is.**

Herefordshire Carers Support is a registered charity providing practical support and advice to the carer community in the county

Berrows Business Centre, Bath Street, Hereford HR1 2HE | Tel: 01432 356068

email: help@herefordshirecarerssupport.org | www.herefordshirecarerssupport.org

Charity No. 1051774 | Company No. 3032478 | Supported by Herefordshire Council



www.herefordshirecarerssupport.org

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HEREFORDSHIRE Carers support

carers week

Herefordshire Carers Support are committed to
building a Carer friendly community

6 - 12 June 2016



Events and activities in Herefordshire

to recognise and celebrate Carers

Crafty Carers

An opportunity for Carers to showcase their skills and sell their products. Sellers keep 100% of sales.

Monday 6 June 2016, 10am - 2pm

Courtyard, Hereford

You Time

Time for Carers to relax and be treated to some well deserved time out for themselves. Therapies and buffet lunch available.

Tuesday 7 June 2016, 10am - 3pm

Left Bank, Hereford

Mystery walk through Ledbury

The walk will take approximately 2 hrs and will finish at 1pm for an optional buffet lunch (£10 per person) at The Feathers Hotel.

Wednesday 8 June 2016, 11am - 1pm

Starting at The Feathers Hotel, Ledbury

Wine tasting evening

Do you know the difference between a shiraz, merlot or a chardonnay? This is your chance to find out!

Wednesday 8 June 2016, 6.30 - 8pm

Majestic Wines, Hereford

Woodland activities

A relaxing woodland walk followed by a green woodworking skills demonstration. An opportunity to prepare seedlings and cuttings to take home. The day finishes with a nice group lunch.

Thursday 9 June 2016, 10am - 12noon

The Cart Shed, Devereux Wootton

Coffee and cakes for Carers

The Marches Surgery, Westfields Surgery and Mortimer Medical Practice all welcome Carers to join them for coffee and cake.

Thursday 9 June 2016, 10am - 1pm

The Meeting Centre, Conningsby Road, Leominster

Florence Foster Jenkins matinee

Coffee & pastries followed by a comedy drama featuring Meryl Streep, a New York heiress who dreamed of becoming an opera singer despite having a terrible singing voice. £6.80 per person.

Thursday 9 June 2016, 10am

Courtyard, Hereford

Young Carer murder mystery photo booth and drama session by invitation only

Thursday 9 June 2016, 4 - 5.30pm

Courtyard, Hereford

01432 356068 to book