



Carers

Connect



Join us on the 2nd Thursday of each month for our Carer's afternoon.

Come along for coffee, cake and a chance to meet other carers and find out about local resources and support.

Anji will be on hand for meditation, hand massage, reflexology and Indian head massage!

No need to book, just come along! 1.30pm—3.30pm

This is open to all carers in the community.

For more information speak to Kevin on 01202 486114

You will find us at Christchurch Connect, Loring Road, Christchurch,

BH23 2GZ

