

'CONNECTING CARERS' ACROSS BRIDGEND

HOW CAN WE HELP CARERS TO LOOK AFTER THEMSELVES AND EACH OTHER?

Are you looking after someone in your family, a friend or a neighbour? Would you like to meet others in your community to share your experiences and help support each other?

We can help you to:

- Meet new people who also have caring responsibilities
- Arrange fun social activities
- Use technology to meet, chat and stay in touch
- Set-up your own small group to help you look after yourself and each other.

To find out more call Paula at the Wales Co-operative Centre on 07776 961253 or paula.lunnon@wales.coop

Wales Co-operative Centre is not a care provider. We are an independent organisation working with people, communities and enterprises to improve lives and livelihoods: www.wales.coop

Connecting Carers is busy working across Bridgend with the support of Bridgend County Borough Council.

