

You care
for others.
We're here
for you.

Carers Wellbeing and Connections cafe

—♥—
A warm welcome. A listening ear. A stronger you. —♥—



RELAX • CHAT
CONNECT



**Held on the 4th Thursday
of every month from 1.00-3.00pm**

**at The Peartree centre, 1 Chadds
Lane, Peartree Bridge, MK6 3EB**



**For more information call 01908 550700
or email carers.support@ageukmiltonkeynes.org.uk**

Together, we're stronger.



Carers Wellbeing & Connection Café

4th Thursday of each month. 1pm to 3pm at The Peartree Centre

Our Vision is to create a welcoming, supportive and empowering community where unpaid carers feel valued, heard and understood. Through connection, practical learning and shared experiences, we aim to improve wellbeing, reduce isolation and help carers develop the confidence and resilience to sustain their caring role while looking after themselves.

"Supporting carers to care for themselves, as well as the person they support."