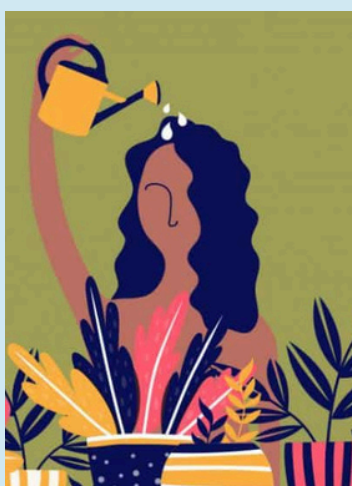
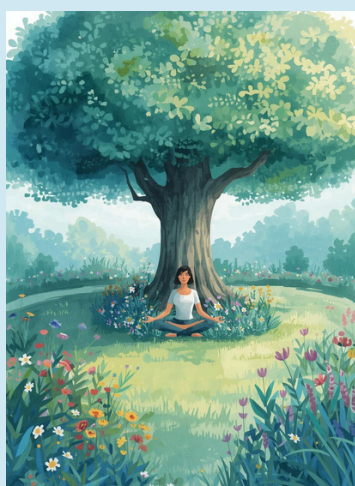


CARING FOR YOURSELF

ESSENTIAL SUPPORT AND RESOURCES FOR MENTAL WELLNESS IN CARERS



MINDFULNESS

Engage in practices that promote calmness, focus, and emotional clarity for carers.



SELF-CARE

Prioritise your own health to ensure you are strong for those you care for.



COMMUNITY

Connect with others who understand your journey and share your experiences together.

Tuesday 16th December 10:30 am - 12:00 pm
655 Barking rd. E13 9EX
(Age UK East London Offices)

Zoom Details:

[HTTPS://US06WEB.ZOOM.US/J/86004636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761

BOOKING IS FREE, CONTACT US:
[INFO@NEWHAMCARERSCOMMUNITY.ORG.UK](mailto:info@newhamcarerscommunity.org.uk)
020 39543143