

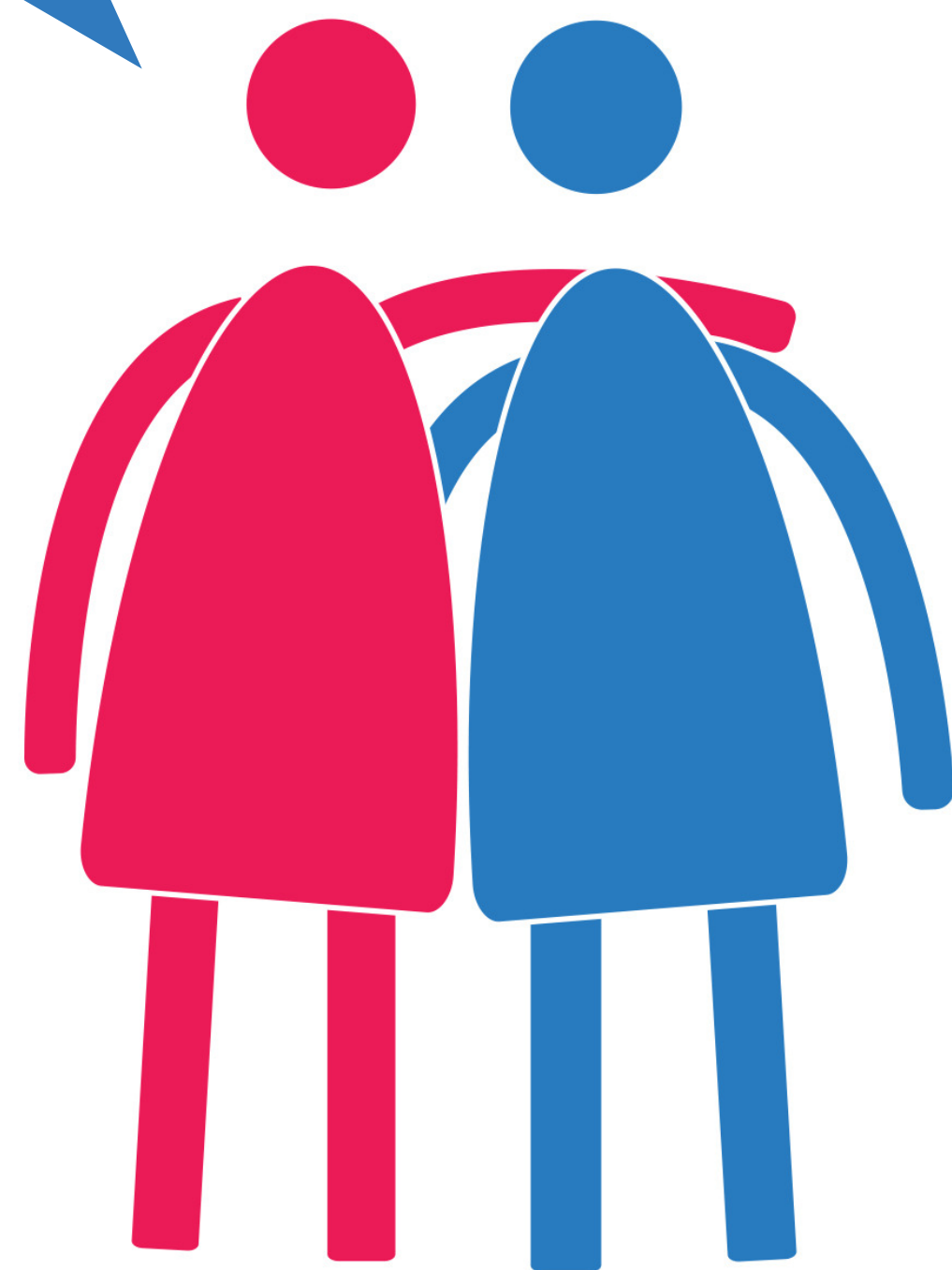
Carers Week™ 10-16 June 2019

Carers Support Centre, 24 George Street, Croydon
CR0 1PB (opposite George St tram stop)

Caring for a friend, family member or neighbour in Croydon who needs your help due to illness, disability or old age?

Our FREE events include:

- Relaxing massage.
- Dance, singing and tai chi.
- Art and poetry sessions
- Managing stress workshop.
- Blood pressure checks.
- Health & wellbeing café.
- And much more!



Contact us for a Carers Week timetable

Drop in: Monday to Friday, 10am-4pm

Call: 020 8649 9339, option 1

Email: info@carersinfo.org.uk