

Carers Week

14–20th June 2010

Are you a Carer?

If you look after someone who has a disability whether they are a relative or friend, and the work you do is unpaid then you are a carer.

Join the Carers Support Bureau at one of the events below to see how we could help support you. Please call the number below for further details if needed.

At all the events there will be information & support, BP checks, signposting to other services and free refreshments. We will be visiting the following areas in Bedford Borough:



Monday 14th June, ROXTON Garden Centre 1-3pm
(on mobile bus)

Tuesday 15th June, HARROLD, outside lower school 10-12pm
(on mobile bus)

Friday 18th June, Bedford, St Paul's Square, 10-4pm
at the Charity Market (BRCC stand)

Saturday 19th June, KEMPSTON RURAL, 10-12pm
All Saints Church Hall, Church End

Carers
Support Bureau

0800 039 1234

