

# *Carers Support Bureau*

**Saturday 19th June 10am-12noon**  
**All Saints Church Hall**  
**Kempston Rural, Church End**

## *Are you a carer?*

*Carers Support Bureau offers practical support,  
information and guidance for carers living in  
Bedfordshire*



## **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.

## **Carers Week**

Join the Carers Support Bureau in celebrating **Carers Week** and come along to see how we could support you. We will be visiting your area on **Saturday 19th of June, 10am-12noon.**

If you can't make the day, but would like some support, then do call us on our free phone number below.

call us free on:

# **0800 039 1234**

*(with a 24 hour answer phone)*

At the event there will be information & support, BP checks, signposting to other services and free refreshments.



## **Carers Support Bureau**

*Managed by:* BRCC

*Funded by:* Bedford Borough Council  
& Central Bedfordshire Council

