

Carers Connected

March 2026

Making a Difference for Dementia Family Carers

The Debenham Project is a community-driven initiative supporting family carers and people living with dementia across the following postcodes

- IP6 9
- IP13 7
- IP14 6
- P13 6
- IP14 5
- IP23 7

What The Debenham Project Offers

This isn't a one size fits all service. It's a full network of support shaped by what carers and families need, including:

- **Carers' Club & Info Café** - relaxed, supportive spaces where carers can chat, learn, and unwind.
- **Lunch clubs, Fit Club & Dancing** - promoting wellbeing, routine, and community for both carers and those they care for.

- **Volunteer transport & the Debenham-on-Call service** - essential practical help for families with limited mobility or transport.
- **Advice, signposting, and professional liaison** - reducing the stress of navigating multiple services.

It's compassionate, practical, and truly local - the kind of support that feels personal.

So if you are a family carer of someone with Dementia, (*This does not have to have been formally diagnosed*) living in the area please get in touch by calling 01728 862003 or email info@the-debenham-project.org.uk. You can also find out more by [visiting their website](#)

You can also find details of their upcoming events on [our friends events calendar](#). ●●●

Finding support safely...

Information from Suffolk Parent Carer Forum

Suffolk Parent Carer Forum (SPCF) recognise that Peer-to-peer support can be incredibly powerful. Speaking with other parents and carers who have lived experience often brings reassurance, practical tips and a sense that you are not alone. These shared experiences are invaluable, but it's important to remember that what works for one family may not always be right for another.

When receiving advice, always take a moment to check that the information shared is accurate, up to date and relevant to your own situation, particularly when it relates to legal rights, education processes, or health needs.

SPCF also want to gently remind families to be cautious when seeking paid support or advice. There are individuals and organisations who charge parents and carers for guidance, but there is also a wealth of high-quality, free support available locally and nationally. Before paying for any service, check credentials carefully: are they suitably qualified, experienced, recommended by trusted organisations, and appropriately insured?

Taking these simple steps can help ensure you receive safe, reliable support and avoid unnecessary costs at what can already be a stressful time.

Suffolk Parent Carer Forum Expand

SPCF are pleased to be increasing their capacity with the addition of nine new team members who joined during early February. This includes three additional Experts by Experience, five Parent and Carer Representatives and a new Administrator.

Together, they bring an even wider range of experiences, cultures, languages and skills. As a team, they now collectively speak seven different languages.

This expanded team members are currently undertaking training before they begin shadowing during meetings. SPCF are excited to further expand our reach, skills and strengthen the voices of families they represent.



carersUK

The Carers Active hub is a resource to help you enjoy being more active and improve your health and wellbeing.

**CARERS
ACTIVE
HUB**

FIND OUT MORE

SAY YOU SERVED!

Make your GP practise or hospital providing care, know that you or the person you care for have served in the UK Armed Forces!

[FIND OUT MORE](#)

FAMILY CARER DROP-IN SESSIONS

Simply drop-in for a chat or if you want a more private conversation you can book one in when you come in. We can provide information and emotional support also discuss any concerns you may have.

[FIND OUT MORE](#)

DO YOU HELP SOMEONE TO MOVE AND GET AROUND?

Do you know how to protect yourself and them from injury?

Join our FREE Moving & Handling workshops to gain information, some basic tips, general techniques and details of how to care for your back.

[FIND OUT MORE](#)

Celebrating Time to Talk Day

Time to Talk Day is an annual event, now led exclusively by mental health charity MIND. The day seeks to make talking about mental health part of everyday life and is the nation's biggest mental health conversation. A chance to listen, share, and talk about what really matters.

To mark the day, Mid Suffolk VASP attended Osier Cafe in St Peter and St Mary's Church, in Stowmarket. This was supported by Bev one of our Mental Health Advisors and other VASP partners, including Healthwatch Suffolk, Community Connectors, SNEE ICB, NSFT Wellbeing Service, Everyone Active Suffolk.

During the day, everyone was encouraged to 'Brave the Big Talk' and have conversations about mental health experiences that don't get spoken about as often. By approaching the VASP team visitors to the café were able to receive a token for a free hot drink, along with a free tote bag containing information and merchandise about mental health support.

As the Osier Café is extremely popular, there were lots of people taking an interest - with many being family Family Carers. This presented a great opportunity to not only talk to them about their caring roles, but to also speak to



them about the importance of taking care of their own mental health and wellbeing.

The day was very enjoyable for both people visiting the stalls and staff in attendance. Mental Health should not be a taboo subject; we all have it!

Each year Time to Talk day encourages friends, families, workplaces, and communities to talk openly about mental health to break down barriers and reduce stigma. By enabling someone to talk about their mental health, we open conversations to help people feel less isolated and pave the way for them to get support. You may not be able to 'fix' things, but listening empathetically can be powerful and change a person's life. ●●●

FREE VIRTUAL DEMENTIA TRAINING



The Virtual Dementia Bus is a training experience that helps people understand what it feels like to live with dementia.

It uses sensory changes- like altered vision, sound, touch and environment to simulate how everyday tasks can become confusing or overwhelming. This helps carers develop greater awareness and understanding, so they can support people with dementia more effectively.

Friday 13th March 2026

Two sessions available:

- 1) 10.00 – 13.00
- 2) 13.30 – 16.30

Suffolk Family Carers
Unit 9, Hill View
Business Park,
Old Ipswich Road,
Claydon,
Ipswich,
IP6 0AJ

Please email:
catherine.bensley@suffolk.gov.uk
for further details and to book
your place.



training2care

Shaftesbury
All together better for disability

**Suffolk
Family Carers**
Living Fuller Lives





WHO'S IN CHARGE?



Addressing child to parent violence and abuse.

A nine week group programme for parents & carers of children who use violent and abusive behaviour towards them or who currently appear to be beyond parental control.

The Who's in Charge? group programme, provides parents and carers with the opportunity to reflect on the dynamics of child to parent violence and abuse, examine the concept of entitlement vs responsibility, explore abuse, power and anger, support the development of concrete strategies and clear boundaries and reduce the sense of isolation, stress and guilt often experienced.

"I have my family back"

"Improved relationship with my children"

**VIEW
DATES
HERE**

Find out more:

www.compass-ion.org

admin@compass-ion.org

**Immediate
Danger:
Call 999**

**Suffolk Domestic
Abuse Helpline:
0800 977 5690**

"No more walking on eggshells"

Kindly Supported By:



Registered Charity Number 1157970

Do more with the NHS App!



-  Order repeat prescriptions
-  Use NHS 111 online
-  Find NHS services
-  View your GP health record
-  Book appointments
-  Get reminders and messages

And much more...

You can also use these services by logging in through the NHS website

Need help?

Get support in the app or visit Suffolk Family Carers website and search 'NHS App'



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Young Carers Take Their Campaign to Downing Street



On 11 March, a group of incredible young carers from Suffolk will be travelling to 10 Downing Street to make sure their voices are heard at the highest level of government. They'll be joined by Onjali Q. Raúf, award-winning children's author, campaigner and patron of Suffolk Family Carers, as they call for fairer support and opportunities for young carers across the UK.

Why this matters

There are an estimated 1 million young carers under 17 and a further 600,000 young adult carers aged 18–25 in the UK. Many balance school, friendships and growing up with the pressures of providing emotional or practical care at home. This can affect their wellbeing, education and future opportunities.

This year's Young Carers Action Day theme — Fair Futures for Young Carers — is a powerful reminder that every young carer deserves the same chance to learn, grow and thrive as their peers.

A campaign built on real voices

Over the past year, young carers in Suffolk have been busy writing postcards, gathering signatures and sharing their experiences as part of the Fair Futures campaign. More than ten thousand people have added their names so far, with hundreds of heartfelt postcards written by local children already sent to the Prime Minister.

Now, Suffolk's young carers are taking those messages right to the door of Downing Street.

"They don't want pity — they want recognition."

Helen Blight, Young Adult Carer Adviser, explains why this campaign matters so much: "If you know a young carer, or you may have been one yourself,

you'll know that they don't want to be pitied. They want to be recognised for what they do, while still having the same opportunities as their peers."

From missing out on social activities to teachers not understanding their home situation, many young carers face barriers every day — barriers they shouldn't have to face alone.

Onjali Q. Raúf: "It's a stripping away of children's rights."

As a former young carer herself, Onjali speaks passionately about why change is long overdue: "The fact that children under 16 aren't even recognised, let alone helped for roles that save the NHS billions, is unacceptable.

Thousands of young carers miss out on education or work because they're not supported.

I'm honoured to be joining young carers on their journey to London so they can take their voices to 10 Downing Street."

Her book, *The Letter with the Golden Stamp*, shines a spotlight on these issues through the story of a ten-year-old young carer living in poverty.

Building confidence, building futures

Taking young carers to Downing Street is about more than delivering signatures — it's about showing them that their voices matter.

Helen Blight adds: "Joining Carers Trust and speaking to MPs will give them real confidence, and the chance to share their experiences with people who can make change happen." ●●●

You can learn more about the campaign and add your support here:

#EveryYoungCarerCounts

Raise funds for us for FREE

with  easyfundraising



Join as our supporter today at:

www.easyfundraising.org.uk/support-a-good-cause

Just search for:

[INSERT YOUR CAUSE NAME HERE]

8,000+ retailers will donate to us whenever you shop with them



Plus, you'll get...



Exclusive retailer offers



Competitions



A warm feeling inside!

Over
£60m
raised for UK good causes

£0
extra cost to anyone



**Suffolk
Family Carers**
Living Fuller Lives



**COMMUNITIES
TOGETHER**
EAST ANGLIA

Do you need help getting online or using your smart phone, tablet or laptop?

Join our digital workshop to help you feel more confident engaging with the online world.

All our sessions are tailored to what you need to learn, from understanding online security to helping you gain confidence and skills to use online services, by using your own device keeping it familiar when you return home.

Monday 16th February from 10am - 12.00pm

Monday 13th April from 10am - 12.00pm

The View - A Space for Carers, Claydon, IP6 0AJ

Book your place on our website or call 01473 835477

bit.ly/SFC-DigitalWorkshops

Working in partnership to make the digital world feel less overwhelming

Young Carers Action Day is Coming

Young Carers Action Day is an annual event that takes place in mid-March. This year it will be Wednesday 11th March 2026. The day is organised and led by Carers Trust, and we encourage as many organisations, communities and individuals as possible to take part in the day by taking action, supporting and raising awareness of young carers.

As we have highlighted in this issue of Carers Connected Young carers face a huge array of challenges as a result of their caring role. Carers Trust young carer surveys repeatedly show many young carers are disadvantaged across multiple aspects of their lives, including mental and physical health, finances, education and employment.

The theme for this year is 'Fair Futures for Young Carers', a call to ensure every young carer has the same chances to learn, grow and thrive as their peers.

Keep an eye out for what's coming in 2026 but, together we will highlight the support young carers need to reach their potential, from recognition in school and access to training and employment, to meaningful breaks, wellbeing support and opportunities that help them build brighter futures.

If you would like to help change life for Younger carers either before Young Carers Action day you can also join Onjali Q. Raúf's [#EveryYoungCarer campaign](#) and sign our online petition to the UK Prime Minister. ●●●

Request for Help.

Here at Suffolk Family Carers we try to support research and academia where possible.

India, a final year student at Anglia Ruskin University has asked us to share a link to their final year research on young cancer caregivers aged 18-30, focusing on how family support impacts their mental health and wellbeing. The study aims to explore how different forms of family support may help to reduce psychological distress

If you think you can help, please click the button below. You will then be asked to complete an

anonymous online questionnaire that will take around 15 minutes. This includes a couple of demographic questions and questions about support at home and mental wellbeing.

The study has received ethical approval from Anglia Ruskin Research ethics committee, and all data will be treated confidentially in line with the UK GDPR regulations. ●●●

[Complete the Survey Here](#)



**Anglia Ruskin
University**



MAKING TIME... FOR MENTAL HEALTH FAMILY CARERS.

Peer support group for those supporting someone with Mental Health difficulties

This is a warm, friendly and welcoming group and there is no expectation to share details of your caring role if you prefer not to. So if you are a family carer and want to meet others who may be in a similar caring role, why not come along?

**Last Wednesday of the month from 1.00-2.30pm
@ Suffolk Family Carers, Claydon**

For more information or to register your interest please contact the Mental Health
on 01473 835477 or email MH@suffolkfamilycarers.org

Landlines in the UK are going digital. Are you ready?

Landline phones
switching to
digital could
stop telecare
alarms working.

Call the landline provider
now for support.

The UK is moving toward a digital age. All UK telephone lines will be upgraded from analogue landlines to a digital connection by the end of December 2025. This may impact care systems.



Supported by
UK Government

FIND OUT MORE

Young Carers Action Day

**CARERS
TRUST**

Wednesday 11 March 2026

**Help us give
young carers
a fair future.**

Young carers are people under 18 who help look after someone – often a family member – who cannot cope without their help. Does this sound like you? Young carers have so much responsibility on their shoulders. They need more support.

We want to ensure every young carer has the same chance to learn, grow and thrive as their friends who are not carers.

**Find out how you can get
involved in Young Carers
Action Day:**

carers.org/ycad
#YoungCarersActionDay



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Registered as a company limited by guarantee (7697170).



You could be the victim of a package scam called “brushing”? This involves having packages you didn’t order showing up on your doorstep.

At first glance, receiving packages you haven’t paid for might seem like a great problem to have. The victims are not charged for the items in questions but also can’t stop the items from being shipped. Scammers engage in this behaviour in an effort to make the purchase look genuine and avoid violating marketplace terms for reviewing one’s own products. Instead, they set up multiple fake accounts to purchase their own products and then give themselves glowing reviews.

The more reviews a product has, the more likely people are to buy the goods as they trust that it will suit their needs.

This means that it is more profitable for these companies to give away their products at the start, as they will turn a profit thanks to their fake reviews.

Some people might not think of this as being “victims” of a scam. After all, you’re not being charged for the items, no one has touched your credit card (that you know of), and technically, these items aren’t even stolen since the seller is the one who purchased them.

The reality, though, is being involved in a brushing scam means that someone has gained access to your name, mailing address, and potentially other information. Depending on how they accessed your information, they could be privy to a lot more of your personally identifiable information than you realise.

Have you received an unexpected package?

If you begin receiving packages that are addressed to you but you did not order, contact the retailer immediately. Then change your passwords on your online accounts, just in case the scammer got your address by hacking an account.

Help to protect yourself from identity theft:

- Protect your name and address by opting out of the ‘open’ electoral register.
- Regularly check your bank accounts and chase up any statements that you don’t get when you expect them.
- Dispose of anything containing your personal or banking details by using a cross-cut shredder or tearing into small pieces.
- Protect your internet-connected devices with up-to-date security software, and make sure you install all official software updates and security fixes on such devices. ●●●





Carer...
Friendly
GP Surgery

Carer Friendly GP Surgery

The '**Carers Friendly GP Surgery**' is awarded to GP surgeries by Suffolk Family Carers for successfully undertaking the Carers GP Framework of 6 quality markers, having a Carers Champion and continuing to engage with Suffolk Family Carers.

We are pleased to announce the following GP Surgeries have achieved the '**Carer Friendly GP Surgery**' award last month:

Angel Hill Surgery

High Street Surgery, Lowestoft

The Rookery Medical Centre

Saxmundham Health Centre

Wickham Market Medical Centre



**Find our full list of Carer
Friendly GP Surgeries**

Keeping you safe at home

Fire safety for airflow mattresses



- ❌ Do not cover the pump that powers the mattress.
- ❌ Never smoke or vape near/in a bed with an air flow mattress.
- ❌ Do not burn candles or use matches or lighters.
- ❌ Never use an electric blanket with an air flow mattress.
- ❌ Never place hot items like hairdryers or hair straighteners on airflow mattresses.
- ✅ Keep fires and heaters away from airflow mattresses.
- ✅ If using an air flow mattress try to avoid using emollient/paraffin creams, you can ask your pharmacist for an alternative.
- ✅ Ensure that electrical equipment is well maintained and kept a safe distance from airflow mattresses.
- ✅ Make sure you don't overload plug sockets. Use an approved extension lead adaptor and avoid charging other electrical items near the equipment.



Contact the fire service to assess for smoke alarms/fire retardant bedding to improve safety.

Share fire safety information regarding these products with family, friends and carers who support an individual using them.

We recommend each floor of your home has a working smoke alarm - these should be tested monthly.



TEST MONTHLY

For free home fire safety advice,
scan the QR code
or call us now on **01473 260588**



www.suffolk.gov.uk/suffolk-fire-and-rescue-service

Working in partnership with:

MEDeQUIP

Suffolk
County Council

NHS



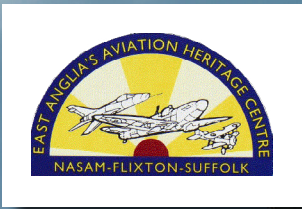
**VISIT THE
RARE BREEDS
FARM IN
BAYLHAM!**

REQUEST A PASS HERE



**A DAY OUT
AT THE FOOD
MUSEUM IN
STOWMARKET!**

REQUEST A PASS HERE



**VISIT A HUGE
COLLECTION OF
AIRCRAFT AT
THE AVIATION
HERITAGE CENTRE!**

REQUEST A PASS HERE



**A DAY OUT
VISITING THE
ANIMALS
AT EASTON
FARM PARK!**

REQUEST A PASS HERE

Mental Health & Wellbeing

Like many organisations we are currently experiencing unexpected staff shortages. This may lead us to taking a little longer than we would like to get back to you. Please be assured that we are doing everything we can to resolve this issue

Suffolk Advice, Guidance and Emotional Support



SAGES is a FREE & confidential service for family carers, families & friends of people with mental & emotional wellbeing needs. We aim to help you maintain your caring role & look after your own wellbeing by providing information, advice, guidance & emotional support

provided by
NewChapters
Suffolk Family Carers
Suffolk Health

One-to-one with a SAGES worker

If you would like some emotional support, the team offers one-to-one support with a SAGES worker. Currently we are doing this over the telephone.

Boundaries Workshops

We are delivering FREE online workshops on 'Boundaries', to help support family carers who is supporting someone who is experiencing mental health or substance misuse issues

Making Space for mental health family carers

These sessions focus on the issues and needs of family carers caring for someone with a mental health/emotional wellbeing need. They will provide an opportunity to receive information, share ideas and experiences and meet other family carers who may be in a similar caring role.

Workshops

Suffolk Family Carers provide a range of FREE online and face to face workshops. These are available to all of our registered family carers, aged 18 or over. The workshops are either online or face to face, covering subjects such as Wellbeing, Caring Day to Day and Autism Spectrum specific workshops.

If you would like to find out more about any of the above please call us on 01473 835477 or email MH@suffolkfamilycarers.org

**ARE YOU CARING
FOR SOMEONE
EXPERIENCING
MENTAL HEALTH
DIFFICULTIES?**



SAGES
Suffolk, Advice, Guidance
& Emotional Support

**Do you need some
emotional support for
yourself?**

We aim to help you maintain your caring role and look after your own wellbeing by providing confidential advice, guidance and emotional support.

You can get access to 1:1 support with a trained SAGES worker or a Make Space peer support group across Suffolk.

**Contact us on 01473 835477 or
mh@suffolkfamilycarers.org**

VETERAN COMMUNITY



ARE YOU A FAMILY CARER OF A VETERAN? OR A VETERAN WHO IS CARING FOR SOMEONE?

WHY NOT JOIN OUR VETERAN COMMUNITY!

**Bury St Edmunds,
The Lounge**

from 1.00-3.00pm

Monday 16th March

Claydon, Ipswich

from 1.00-3.00pm

Thursday 19th March

Felixstowe Library

from 10.30am-12.30pm

Tuesday 10th March



To book your place: Scan this code or visit

www.suffolkfamilycarers.org/yourspace-veteran-community-family-carer-groups

Email ServingSuffolkFamilies@suffolkfamilycarers.org or Call 01473 835458

**THE ARMED FORCES
COVENANT FUND TRUST**
Funded by HM Government



**Suffolk
Family Carers**
Living Fuller Lives

Join Our Workshops

We hold regular workshops for registered Family Carers, these cover a variety of different subjects:

- Caring & Communicating
- Wellbeing for Me
- Caring & Coping
- Caring & Resilience
- Caring & Boundaries
- Mediation & Relaxation
- and much more...

These workshops are held online or face-to-face in different locations around Suffolk such as, Claydon, Felixstowe, Bury St Edmunds and Lowestoft.

View our Upcoming Workshops

We also have self-paced learning in our specially recorded sessions.

Learn at Your Pace



Charity Night at Ipswich Town FC

Hayward Moon Property Lawyers are thrilled to invite you to our second Charity Quiz Night, returning in 2026 after the huge success of last year's event - this time in aid of Suffolk Family Carers.

We're planning an even bigger and better evening, filled with great questions, plenty of laughs, fantastic prizes, and a raffle - all while raising vital funds for a truly worthy cause. Whether you joined us last year or will be coming along for the first time, we'd love you to be part of another brilliant night of fundraising and community spirit.

Event details:

- Sir Bobby Robson Suite, Ipswich Town Football Club (much roomier than last year!)
- Friday 17th July 2026
- Doors open: 6:30pm
- Quiz starts: 7:00pm
- A few words from Suffolk Family Carers on the night
- Raffle with great prizes to be won
- Option to pre-order food
- The bar will be open!

There is also an option to pre-order food at £12.50 per person. When booking via the ticket link, please purchase one ticket per team (up to six people) for the quiz, and then add food options separately as required.

Tickets sold very quickly last year, so get your ticket ordered to guarantee a slot for your team!

Book Your Team Here!



**Want information
on caring, but don't
use computers or
the internet?**



Carers UK has a new information phone service for carers who prefer not to use computers or the internet.

Ring our phone service and listen to information about:

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

**Call Carers UK's freephone telephone service on
0800 888 6999 and follow the options provided**



Family Carer Groups

Local groups are a great way to meet other family carers - a warm welcome awaits.

We have a number of Family Carer Groups now up and running. We will continue to update you on other groups around Suffolk.

FIND OUT MORE

Bury St Edmunds Group

Pilgrims Kitchen, Bury St Edmunds Cathedral.

1st Thursday every month from 12.30pm

Yvonne: 07796 622550

ypcash@googlemail.com

Stowmarket Group

Hillside Community Centre, Stowmarket, IP14 2BD

1st Thursday every month - 1.30-3pm

Shelagh: 07856 312860

Felixstowe & Villages Group

The Old Felixstowe Community Centre, Felixstowe, IP11 9NB in Margaret White Hall

2nd Monday every month - 1-3pm

Dennis: 07712 672289 / 01473 832591

dennisweston.49@tinternet.com

Haverhill Group

Chestnut Room, Burton Centre, Camps Road, CB9 8HB

4th Thursday every month - 1-3pm

Jo: 07711 669386 or jobrett100@hotmail.com

Dennis: dwendell@btinternet.com



If you are a Carer from a BME background and look after someone who is elderly, in ill health or disabled then please join us at forthcoming events and activities.

For more information or to reserve your place at any of these events please contact:-

Kohinoor Bibi - Carers Project Officer

01473 400081

Kohinoor.bibi@bscmulticulturalservices.org.uk

or

Noor Miah - Carers Project Officer

01473 400081

Noor.miah@bscmulticulturalservices.org.uk


BSC Multicultural Services
Supporting over 50 nationalities

MEN ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Healthy Walks
- Carers Pamper Day • Coffee Mornings

LADIES ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Carers Pamper Day
- Aerobic/Zumba Classes

MIXED EVENTS/ACTIVITIES

- Carers Winter Packs • Carers Awareness Event
- Carers Mental Health Workshop
- Carers Trip to Gt Yarmouth Beach
- Signposting and referral • Home visits
- On-going one-to-one guidance & support
- Outreach Visits (Rural Suffolk)
- Gipping Valley Picnic • Cambridge Mosque



SUFFOLK
Community
Foundation

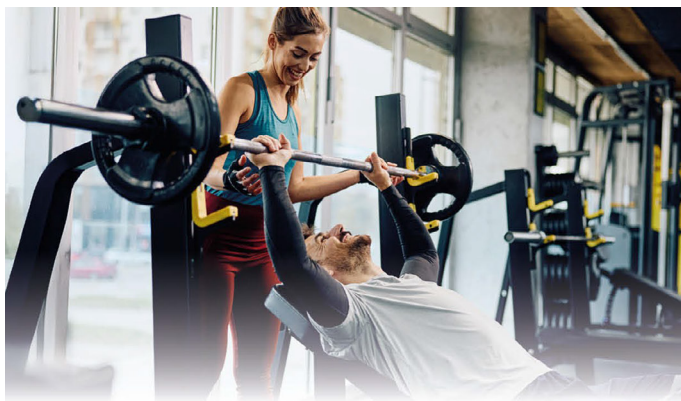


Suffolk
County Council

Room 29, 19 Tower Street, Ipswich IP1 3BE.
Tel: 01473 400081

www.bscmulticulturalservices.org.uk

Registered Charity No. 1104502 | Registered Company No. 5088364



FREE FITNESS MEMBERSHIP FOR CARERS

at Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH

Take a break from caring for others and make time for your own wellbeing, with 3 months of **FREE** fitness membership for carers*.

The membership includes use of a modern air conditioned gym, a wide range of group exercise classes, and swimming in public, lane and family sessions.

PLUS on Mondays 10.30-12.00 you can also book a **FREE** care session for your cared for person, provided by PNS Family Care Services, so you can use the gym.

LIMITED SPACES AVAILABLE. For more information and to take up the offer contact anselmgurney@everyoneactive.com

FREE CARE SESSIONS**

Mondays, 10.30am - 12pm

Overseen by qualified carers from PNS Family Care Services, this session includes board games, crafts, puzzles and more, providing a safe space for your loved ones.

Tea and coffee included. Drop off at 10.25am.

You must register your cared for person in advance by contacting PNS Family Care Services on 07453 777500 or email admin@pnscore.co.uk

*Adult family carers in receipt of carers allowance.

**Only available alongside the carer attending the gym or the Stretch, Strength and Relax class.



Made possible from funding through the Suffolk Community Foundation through the Suffolk Giving Fund.



Everyone Active manages this facility in partnership with Mid Suffolk District Council.





FREE STRETCH, STRENGTHEN AND RELAX CLASS

**For carers on Mondays, 10.30am - 12pm
at Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH**

Join us for a **FREE** friendly yoga style class to refresh you in mind and body from 10.30am - 11.30am.

After class, we invite you to the café for free tea or coffee and the chance to make friends and share experiences.

This class runs alongside a **FREE** care session for your cared for person provided by PNS Family Care Services.

To book the class AND the care session for your cared for person contact PNS Family Care Services on 07453 777500 or email admin@pnscare.co.uk

To ONLY book the class for yourself contact Jo Beales on 07564 587366 or email joannebeales@everyoneactive.com



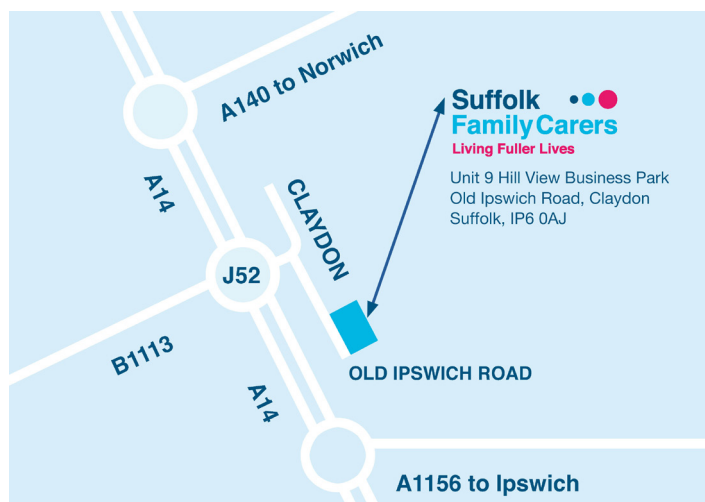
Made possible from funding through the Suffolk Community Foundation through the Suffolk Giving Fund.



Everyone Active manages this facility in partnership with Mid Suffolk District Council.



Get in touch with us



In Person Visits

The View - A Space for Carers provides facilities for you to drop-in and meet our staff to simply chat and enjoy a coffee.

Connect with us online



/SuffolkFamilyCarers



@SuffolkFamilyCarers



@suffolkfamilycarers



/suffolk-family-carers



01473 835477



hello@suffolkfamilycarers.org



www.suffolkfamilycarers.org

Do you need information?

Our friendly Hub staff are ready and waiting to provide you with the information you need for your caring role - they are great listeners too.

Please give us a ring, or use our TawkTo online chat facility any time Monday to Friday 9am-5pm. Outside these hours you will find helpful information on our website and you can also go to the contact us page and leave us a message and we will get back to you.

If you need further support and wish to speak to our experienced advisers our Hub team will arrange for them to call you back.

There are also teams of advisers in the community and at the hospitals, so support is available for you wherever you need it.

Please call The Hub on 01473 835477 to get more information.

Information Hub & Online Chat

Monday to Friday: 9.00am - 5.00pm

Weekends and Bank holidays: CLOSED

