



Carers Support Programme

Improving the health and wellbeing of carers and the people they care for

first aid | benefits | managing continence | stress management | free lunch
falls prevention | moving and handling | relaxation techniques | back care

This free programme consists of four weekly sessions, delivered during the mornings, over four consecutive weeks. Sessions run from 10.30am-1.30pm and are followed by a free lunch. Places are limited - booking is essential

Courses are held at various locations across Somerset



For more information, call Emily on 01278 726740
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