

# Walk and Talks for Carers

Supporting someone who relies on you? Our Walk and Talks offer companionship and support for carers like you.



**FRIENDSHIP AND NATURE**  
Our walk and talks are a great opportunity to meet other local unpaid carers and enjoy informal walks around green spaces close to you.



**BE LISTENED TO**  
These sessions are led by our friendly support worker who will offer a listening ear and informational support for your caring role.



**FOR ALL CARERS**  
Whatever your background, whatever your walking ability, come and join us and your fellow carers on a Walk and Talk.

New walk groups starting every month

To find out more, please contact us

☎ 07742 291 073

✉ [walk@carerssupportcentre.org.uk](mailto:walk@carerssupportcentre.org.uk)

🌐 [bit.ly/3R2YTjq](https://bit.ly/3R2YTjq)

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If you care,  
we care.  
Carers Support Centre

Providing support, information and advice to carers of any age living in Bristol and South Gloucestershire.

A Network Partner of  
**CARERS TRUST**

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