



**Carers Community**  
Vale of the White Horse

## Are you an unpaid carer of adults?

You don't have to go through this journey alone. We're here to help you thrive as you care for others.



When?



Where?

Join our group  
and discover a  
supportive  
community that's  
here for you.

✓ **End Isolation:**

Connect with others who truly understand the challenges you face.

✓ **Get the Support You Deserve:**

Access valuable resources, guidance, and a community that cares.

✓ **Relaxed & Welcoming Environment:**

A space to unwind and share, with free refreshments and snacks included!

Free Parking | For you and the adult you care for | On the S6 Bus route



Scan the QR Code to find out more or email us at [CarersCommunityVoWH@gmail.com](mailto:CarersCommunityVoWH@gmail.com)

