



**African** Community Centre | Gynulmedol  
 Working together to break down barriers  
 Cymuneddi'n Chwaeli'n Fywraig

**CARERS**  
 JOURNEY



# CARERS JOURNEY

Are you an Unpaid Carer or  
 Do you know someone who  
 Carer for a member?

WE CAN PROVIDE

**FREE**  
**SUPPORT**

## SERVICES



### Transport

Hospital Appointment  
 / Shopping Trips etc.



### Activities

Fun Trips  
 Swimming ticket  
 Cinema Ticket  
 Events and many more



### Counselling

We can also help you to  
 manage your felling, build  
 resilience and  
 look at other issues that  
 may affect you, via our  
 one-to-one counselling.

[www.africancommunitycentre.org.uk](http://www.africancommunitycentre.org.uk)

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