

We are here to help you in your caring role:

Carers UK (IW Branch)

Support group run by Carers for Carers

01983 533173

www.carersuk.org

Local Carers Branch

www.carersukiwbranch.fsnet.co.uk

Citizens Advice Bureau

01983 532292

Contact a Family

020 73833555

www.cafamily.org.uk

Crossroads Local

01983 822200

Mental Health Carers Project

01983 822209 (Ext. 203)

MICRA

Support group run by Carers for Carers

01983 402157

Princess Royal Trust for Carers

Riverside
CENTRE

The Quay, Newport, Isle of Wight
Telephone (01983) 822209 (Ext. 203)



Avenues

Carers Day

If you are supporting a friend or relative who has a mental health or physical difficulty.

This project could offer you information and support.

Riverside
CENTRE

A Carer is someone of any age whose life is restricted because they are looking after a friend, relative, partner or person who cannot manage without help because of illness, age or a disability of any kind.

You may not think of yourself as a Carer because you carry out tasks of love.

- **The Group**

Various activities

- Cooking
- Therapeutic Massage
- Head Massage
- Facials
- Manicures
- Listening to music
- Relaxation Sessions
- Gardening

Snacks provided

If you are a Carer of someone, we are here to help!

Do you care for someone?

If, so, we can offer:

- Each Friday to yourself
- Free Holistic Therapies
- Information & support in your caring role

WE ARE HERE TO HELP YOU!

Please contact:

**Avenues Day Centre
The Avenue Freshwater
Isle of Wight
01983 755532**