

# Wellbeing for adult carers workshop



Carer Support  
Wiltshire



FREE

Join us for our wellbeing workshop exclusively for unpaid carers!

 17 October 2024

 10am - 1pm

 Warminster Civic Centre  
Sambourne Road,  
Warminster BA12 8LB

## You will:

- Identify what causes personal burnout
- Be guided in forward planning by experts
- Produce your own self-care plan to take home with you, which will include pointers to manage wellbeing

This experience will be packed with fun activities and engaging exercises that will focus on your wellbeing and explore how self-care can work best for you.



TO BOOK NOW PLEASE EMAIL

[admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) OR YOU CAN LEAVE US  
A MESSAGE ON 0800 181 4118

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 8 November 2024

 4pm - 7pm

 Memorial Hall  
Station Road, Royal  
Wootton Bassett SN4 8EN

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# Wellbeing for adult carers workshop



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 14 November 2024

 6.30pm – 8.30pm

 Online

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