



BME CARERS' PROJECT

If you are a Carer from a BME background and look after someone who is elderly, in ill health or disabled then please join us at forthcoming events and activities.

For more information or to reserve your place at any of these events please contact:-

Kohinoor Bibi - Carers Project Officer
01473 400081

Kohinoor.bibi@bscmulticulturalservices.org.uk

MEN ONLY EVENTS/ACTIVITIES

- Healthy Walks • Picnics
- Carers Pamper Day • Coffee Mornings

LADIES ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Carers Pamper Day
- Aerobic/Zumba Classes • Healthy Walks

MIXED EVENTS/ACTIVITIES

- Carers Winter Packs • Carers Awareness Event
- Carers Mental Health Workshop
- Signposting and referral • Home visits
- On-going one-to-one guidance & support
- Outreach Visits (Rural Suffolk)
- Trips/Outings




BSC Multicultural Services
Supporting over 50 nationalities

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