



SUPPORTING BME CARERS' IN SUFFOLK

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 for FREE events and activities.

For more information please contact:-

Rupa Ahmed - Carers Project Officer
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Kohinoor Bibi - Carers Project Officer
kohinoor.bibi@bscmulticulturalservices.org.uk
Alternatively, call us on 01473 400081

MEN ONLY EVENTS/ACTIVITIES

- Healthy Walks • Picnics • Carers Pamper Day
- Health Seminars/Workshops

LADIES ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Carers Pamper Day
- Health Seminars/Workshops • Healthy Walks

MIXED EVENTS/ACTIVITIES

- Carers Winter Packs • Respite Breaks
- Coffee Mornings • Home visits
- Signposting and referral • Hardship Fund
- On-going one-to-one guidance & support
- Outreach Visits (Rural Suffolk)
- Community Engagement Events

Suffolk Family Carers
Living Fuller Lives



SUFFOLK
Community Foundation

Suffolk
County Council



BSC Multicultural Services
Supporting over 50 nationalities

Room 29, 19 Tower Street, Ipswich IP1 3BE.

Tel: 01473 400081

www.bscmulticulturalservices.org.uk

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