



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.
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www.bscmulticulturalservices.org.uk

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