



ARMED FORCES FAMILY CARERS CONNECTED

 THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government

WOULD YOU LIKE TO FEEL MORE CONFIDENT IN YOUR CARING ROLE?

A 4-session workshop for anyone with an Armed Forces connection who also has an unpaid caring role

- Feel more confident in your caring role
- Improve your wellbeing
- Get information about local services & your rights as family carers
- Connect with & get support from other group members

Please book your place in advance

www.suffolkfamilycarers.org/upcoming-workshops/
or contact us for bookings and enquiries:
supportprogrammes@suffolkfamilycarers.org or
call Louise Crisp on 01473 835458

Suffolk 
Family Carers
Living Fuller Lives