

Carers Hub

The Carers Hub gives you a chance to meet other carers, participate in free activities, access information and take time out for your own wellbeing



All activities and sessions are free

Activities on offer at the hub

Relaxation Sessions

Wellbeing Group

Family History Group

Art Group

Games Group

Walking Group

Memory Group

Other Support available at the hub

Information Sessions

Information Line

Health Trainer
Sessions

Support Sessions with
Carers Resource, and
Making Space

01274 251112

Email Support

Coffee Mornings

Meet other carers

Contact the Carers hub for a detailed activity programme
Join our mailing list and you will receive a monthly activity sheet and updates

Open Mon -Thurs 10am - 4pm
Friday 10am 3pm
Horton Park Health Centre
Level 2 - Room F75
99 Horton Park Ave, BD7 3EG
Tel: 01274 251112

Carerhub@bdct.nhs.uk

www.bdct.nhs.uk/support-for-carers

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