

CARING FOR CARERS



Supporting carers through
loss and bereavement

Have you experienced a
recent loss of a loved one?

Are you caring for
someone who is near the
end of their life?

Would you like to meet
other carers who share
similar experiences?

Do you need support to
help you through the
grieving process?

Contact our friendly team now
on 0121 809 5902 or
caringforcarers@communitiesinsync.info
for more information



COMMUNITIES
IN SYNC



Birmingham
City Council

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How we can help?



One to one wellbeing support tailored to your needs in your own home or the community.



Connecting you with other carers through our weekly support groups and/or our social media groups.



Wellbeing support through our healing garden and other activities.

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