

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**





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bereavement

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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