



Action for Family Carers

Do You Look After Someone?

**Information and Pamper day for
unpaid Carers and Relatives.**

Monday 22nd January

11am – 3pm

Basildon Hospital

Nethermayne, Basildon SS16 5NL

-Main Reception-



**Keep
Calm
And
Pamper
Yourself**

Come and see us in the main restaurant and grab some information and support with your caring role and we can then arrange a pamper session that suits you.**

**Limited spaces, first come first served