

Action for Family Carers

Feeling Good, Caring Well project

Supporting Carers' Physical and Emotional Wellbeing

Events in and around Essex

(inc Southend and Thurrock)

OUTDOOR EVENTS:

Feel Good Walks

Tranquil Garden Visits

Photography Workshops

and more ...

WEEKLY ONLINE EVENTS:

Wellbeing Check-in

Evening Relaxation


Stretch, Release and Relax


**FREE FOR FAMILY
/ BEREAVED
CARERS**

Family Carers are
welcome to bring a
companion - all free
of charge.

EMAIL:
care@affc.org.uk
CALL: 0300
770 80 90
find us on
EVENTBRITE
/FACEBOOK

www.affc.org.uk/feelinggood

 Action for
Family Carers
Supporting Carers Across Essex

 COMMUNITY
FUND