

ACTIVITIES FOR CARERS

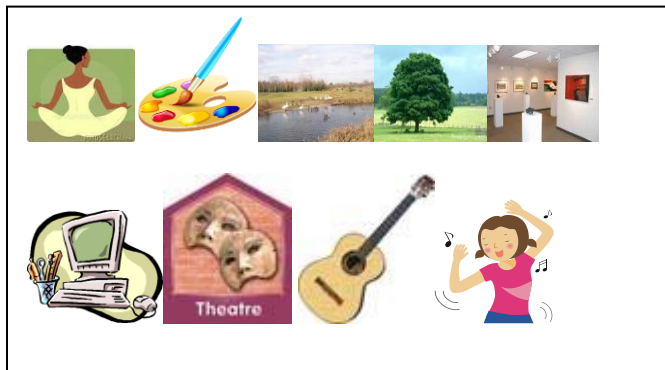
Are you a carer of someone with a learning disability?

Equal People (Kensington & Chelsea) is a charity supporting people with learning disabilities, their families and carers to have more choice, more control and a better quality of life.

We provide a variety of supported activities for people with learning disabilities but we know that carers need time for themselves too.

We have received a grant from The Royal Borough of Kensington and Chelsea to set up and run a series of activities to enable carers to access community events, try out new activities, relax, talk to other carers and make links to professional support.

Events may include:
Buffet lunches
Relaxation workshops
Theatre/concert trips
A day out at Kew Gardens
Zumba sessions
Visits to art galleries
Arts and crafts sessions



If you are a carer living in The Royal Borough please contact Nic Walsh on 07768286595 or email nwalsh@equalpeplemencap.org.uk to find out more.

Equal People Resource Centre, 73 St Charles Square, London W10 6EJ