

Presented by



# FREE DAYS OUT FOR CARERS 18 / 25

- PAINTBALLING
- ROCK-CLIMBING
- COMEDY NIGHT

AVAILABLE TO  
UNPAID CARERS

**FOR SOMEONE  
WHO LIVES  
IN KENSINGTON  
& CHELSEA.**



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

**WE ALSO OFFER**  
**FREE TRAINING COURSES**  
**COMPLEMENTARY THERAPIES**  
**OTHER FREE EVENTS/TALKS**  
**SOCIAL MEET-UPS**

**ALL ACTIVITIES**  
**ARE LATE AFTERNOON/**  
**EARLY EVENING.**

**BOOKING IS ESSENTIAL**  
**PLEASE CONTACT SUSIE YAU**  
**SUSIE.YAU@CARERS-NETWORK.CO.UK**

**TELEPHONE**  
**020 8960 3033/**  
**07772 674 433**



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