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time out for tea

carers' resource

Thank you for your donations, which could provide:



A cuppa and a cake so someone at a carers' group can have much-needed break



A fun trip in the holidays for a young carer with friends their own age to give them a break from caring



Tea for eight carers aged 7-11 for one term at our after-school club BUDZ, at which they play with carer peers



Ongoing one-to-one support for a carer in crisis with our specialist staff



A monthly group where carers can come together to support each other

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