



**Free open Carers Week event**



**HAYWARDS HEATH  
TOWN COUNCIL**

# Time for You

**Are you looking after someone who  
could not manage without your support?  
If yes, this free open event  
may be of interest to you**

## Wednesday 8<sup>th</sup> June 2016

**Open between 11.00am and 3.00pm**

**free light lunch and refreshments provided**

**Haywards Heath Town Hall, 40 Boltro Road, Haywards Heath, RH16 1BA**

**Massage**

**Carers Health Team**

**Manicures**

**Relaxation**

**Mindfulness**

**Information**

**Time out for you**

**Meet other carers**

**Wellbeing**

**Checks**

**Craft workshop**

**Advance booking essential!**

**To book a place contact Haywards Heath Town Council**

**Telephone 01444 455694 Email [fatima.mirza@haywardsheath.gov.uk](mailto:fatima.mirza@haywardsheath.gov.uk)**



**Carers Health Team**

Sussex Community NHS Trust



**THE  
ALTERNATIVE  
HEALTHCARE**

