ALL WELCOME

BRM CARERS WELLBEING SESSIONS

A safe space for Black and racialised minority carers to talk

First online session 24th November 2026, 2pm-3pm

Do you identify as Black, brown, Asian or from another ethnic or migrant group?

Do you provide unpaid care and support to a family member, friend or neighbour who is disabled, has an illness or long-term condition, or who needs extra help as they grow older?
Would you like to connect with people who face similar challenges or get help in discovering local services that matter to you?

WE WOULD LOVE TO SEE YOU AT OUR ONLINE SESSIONS

Need help to join? Let us know and we can help you



TO JOIN CONTACT
BETH HARRISON
Email: hello@bridgingchange.org.uk,
Tel: 07517895497
OR STEVE CASTELLARI
Email:
Steve.Castellari@thecarerscentre.org