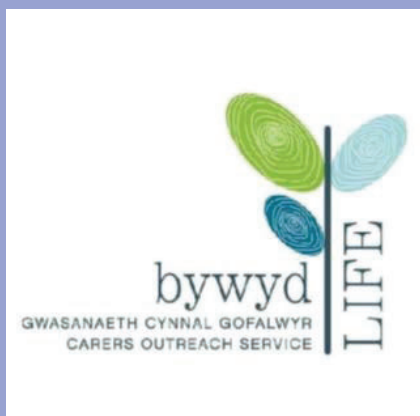


# UNPAID CARERS WELLBEING FUND



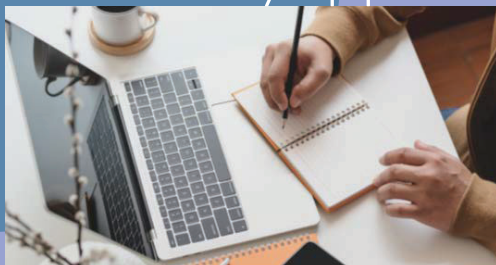
Here are some things that carers have asked for before:



Club/gym membership, courses.



Craft or hobby equipment.



Things that improve your wellbeing.

For more details contact Carers Outreach:  
Tel: 01248 370 797  
E-mail: [help@carers.org.uk](mailto:help@carers.org.uk)  
On-line: [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)

## A FUND THAT SUPPORTS YOU TO BOOST YOUR WELLBEING

Gwynedd carers can access this fund for all kinds of activities or resources. The fund is open to all unpaid carers to apply for support. Don't miss out, contact us today!

### Remember the 5 ways to wellbeing about ideas to look after yourself:

**CONNECT** - Make time to connect with friends and family to enrich your day.

**BE ACTIVE** - Being active makes you feel good. Move, dance, sing: step out - go for a walk, a run or cycle.

**LEARN SOMETHING NEW** - Learning something new can be fun, it can make you feel good and develops your confidence.

**GIVE** - Acts of kindness, helping others or even volunteering can make you feel happier.

**TAKE NOTICE** - Take time for yourself, notice the things around you and savour the moment.

**Whatever your idea of wellbeing, whether it's time away from your caring role or the opportunity to follow your interests, contact us!**

**The person that you provide care for does not have to be in receipt of a care package from social services for you to access this fund.**