

# Calling Unpaid Carers

You **DESERVE** some down time so you can work out or wind down...

## CARERS RESPITE PROGRAMME

for Unpaid Carers of People Living with Dementia or Memory Loss at Merthyr Tydfil Leisure Centre

**FREE**

Thanks to funding support from Merthyr Tydfil Unpaid Carers Partnership (MTUCP).

**HURRY LIMITED AVAILABILITY!**

### ENJOY:

- Free replacement care available
- Holistic therapy workshops
- Access to low-impact exercise
- Information on carers rights, entitlements and support system

### HOW TO REGISTER:

For more information about the programme, email:

[activecommunities@haloleisure.org.uk](mailto:activecommunities@haloleisure.org.uk)

[www.haloleisure.org.uk/carers-respite](http://www.haloleisure.org.uk/carers-respite)

Partneriaeth Gofalwyr Di-dâl  
MERTHYR TYDFIL



MERTHYR TYDFIL  
Unpaid Carers Partnership



Cyngror Bwrdeistref Sirol  
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