




NAAFI BREAK

Join our on-line Zoom event

**Every 4th Wednesday of the month
starting from the 28th October
1030-1130hrs**

**Join our Armed Forces Carers Support Coordinator
with a brew and a biscuit for a chat and a questions
and answers session.**

TO BOOK  **call 0303 040 1234 - press option 1**
 **or email CSAdmin@actionforcarers.org.uk**

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