

# Could you give a carer a break? Volunteer for the 'Carers Breaks' Service

Carers give invaluable care and support,  
so regular time-out is important to 'recharge the batteries'.  
Can you help make this happen?

*"Volunteers are not paid  
-- not because they are  
worthless, but because  
they are priceless."*

## DO YOU:

- Enjoy building relationships with new people?
- Want a rewarding role where you make a real difference?
- Consider yourself to be friendly, reliable and trustworthy?
- Have a couple of hours a week during the day to spare?

## Then we would love to speak with you.

We are looking for volunteers who can spend a few hours providing company to an older person, enabling their carer to take a break. We are looking for people living in or around South Glos.

Please call Marilyn Crump, Volunteer Coordinator:  
☎ 07840 818 316 ✉ [MarilynC@carerssupportcentre.org.uk](mailto:MarilynC@carerssupportcentre.org.uk)



Carers Support Centre  
Bristol & South Gloucestershire



[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)



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