

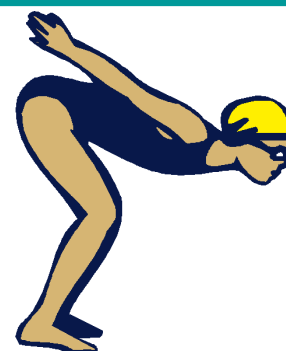
Are you an unpaid carer?

If you look after a family member, friend or neighbour who couldn't manage without your support, then you are a carer.

Would you like to be able to go to the gym or have a swim but you can't justify the cost of a membership subscription?



It is a matter of fact that exercise has tremendous benefits for physical and mental well being and can act as respite from caring.



Contact us at Connecting Carers

Email: carers@hccf.org.uk Phone: 01463 723560

For information about the Highland Council

Plus One scheme and High Life Highland

Budget Membership for unpaid carers*



*Terms & Conditions Apply