

Walk for Carers



**There are 6 million carers in the UK today.
175,000 of these are under the age of 18**

Crossroads Care wants every carer to be recognised, supported and offered services to help them maintain their own health and wellbeing

This is where you can help!

By joining us on our Carers Walk you will help us to raise awareness and much needed funds to make sure carers are not struggling on alone.

The walk is a relaxed 10k stroll around the countryside of Congleton and is suitable for families to take part

**Registration Fee: Adults £7.50 Under 12's £3.50
Includes well earned refreshments and entry to our Summer Fete**

**For more information and a sponsored walk pack please contact Kate on 01260 292850, email kwilkinson@crossroadsce.org.uk or fill out the slip and send it to: Walk for Carers
Overton House, West Street, Congleton, CW12 1JY**



Join us for a 10k Sponsored Walk and Summer Fete to raise money for carers and those they care for (Raising sponsorship money is optional)

**Sunday, 19 June at 12 noon
Overton House
Congleton**

Please send me ___ registration form(s) for the Carers Walk

Name

Address

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