

Carers Café



A not-for-profit
organisation run for
carers by carers

Registered Charity
No. 1135507

Carers and family
members are welcome!

- Expert support and information for carers
- Friendship with other carers
- A welcoming family environment
- Hairdressing, massage, footcare and other treatments
- Refreshments
- Arts, crafts and other activities



Entrance is only **£1** and transport is available to your nearest cafe if required for **£1** (subject to availability).

Hairdressing **£5**

Manicures **£5**

Massages **£5-10**

Footcare **£10**

To book a treatment or for general information, please contact us on **0300 111 1919** or email: contact@carersinbeds.org.uk | carersinbeds.org.uk



Bedfordshire
Clinical Commissioning Group



Find your nearest Carers Café

Bedford

**Fourth Saturday
of the month, 1-4 pm**

Priory Methodist Church,
63 Newnham Avenue,
MK41 9QJ

Biggleswade

**First Saturday
of the month, 1-4 pm**

The Adult Centre,
142 London Road,
SG18 8EL

Eaton Bray*

**First Monday
of the month, 1-4 pm**

Eaton Bray Village Hall,
Church Lane,
LU6 2DJ

Flitwick

**Fourth Monday
of the month, 1-4 pm**

Flitwick Sea Cadet Unit,
Althorpe Close,
MK45 1HY

Houghton Regis

**Second Saturday
of the month, 1-4 pm**

Houghton Regis Day Centre,
Parkside Drive,
LU5 5QN

Leighton Buzzard*

**Third Thursday
of the month, 1-4 pm**

Ground Floor, Arden House,
West Street,
LU7 1DD

*Some services may not be available at the Eaton Bray and Leighton Buzzard Cafés. Please call us for more information.