

In celebration of National Carers Week

SYNAPSE



National Carers Week celebration – WA pamper afternoon

To celebrate National Carers Week, Synapse is inviting carers and family members of those living with a brain injury to a pamper afternoon in Perth.

Looking after your emotional needs as well as your physical body, helps give you the energy and strength to look after someone else. It may not be possible to take away all the stress but taking some steps to look after yourself will help.

Please join us for some well-deserved pampering and relaxation. You'll also learn some pampering techniques you can use on yourself at home or on others caring for a loved one.

You'll also have the opportunity to connect with other carers and family members over a cuppa and some delicious treats, share stories and the day-to-day challenges and victories with people who understand.

National Carers Week WA pamper afternoon

Date: Friday 21st October, 2022

Time: 1pm – 4pm (AWST) You're welcome to come and go at any time during the afternoon

Location: Bayswater tennis club, corner Garrett Rd & Murray St, Bayswater WA

Please RSVP by contacting Kylie Jackson, kjackson@synapse.org.au 0499 106 426 by Monday 17th October as places are limited.

Event in partnership with

