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There wasn't one person who didn't benefit and take something from the retreat experience. I for one would definitely encourage others to go.

Comment from a carer

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Carers Retreat Breaks

Are you a carer who needs a break from caring?
Do you look after a relative or friend in Hackney who is ill, frail or disabled?

Hackney Council in partnership with the London Buddhist Centre are running Carers Retreat Breaks, free short breaks for carers looking after Hackney residents.

Carers Retreat Breaks take place at a beautiful retreat centre in Suffolk and provide carers with:

- A complete break from caring
- New skills and strategies to use in your daily lives to help look after yourself
- The chance to make new friends
- Time to relax and enjoy a break in the countryside

 To apply to go on a Carers Retreat Break, contact the Carers Helpline to request a Carers Needs Assessment. Carers aged 18+, providing regular and substantial care to a Hackney resident are eligible to apply. Food, transport, accommodation and relaxation therapies are provided.

Telephone: 020 8356 5054

8am - 8pm Monday - Friday / 9am - 1pm Saturday

Email: carers@hackney.gov.uk

Website: www.hackney.gov.uk/carers

 Hackney