

Carers Walk Thursday 27 June led by Walk leader Lynne

As a summer heatwave descended over Europe, the carers walkers met over Barry Island in a similarly scorching heat. Hats, suntan lotion and bottles of water at the ready the group set off. Jackson's bay was the first stop and an almost empty beach looked as beautiful as any beach on any Mediterranean coastline.

We are lucky to live in this part of the world.

The group was small for this walk. That's the nature of the carers commitments. Caring can be a lonely job and plans have to be unmade to fit in with the needs of the person who is being cared for. The Carers walk is for carers, when the time and situation is right. The walk doesn't have to be a monthly commitment.

If you care for someone and want a short walk, in good company, join us at Barry Island train station on the last Thursday of every month at 10:30am.

