

Carers Walk on the Hottest Day of the Year!

Sun hats and sun cream were the order of the day as the Carers walk set off around Barry Island on the hottest day of the year, so far.

The walk is an opportunity for carers to get together in a relaxed and friendly environment and have some respite from caring duties. When you're caring, it can be easy to feel cut off. On this walk there is no danger of being cut off....by the tide, or otherwise!

See you in August, on the last Thursday of the month at 10:30am.

