



Carers
First

Carers
Health &
Wellbeing Day

Cressing Temple Barns
Witham Road, Cressing CM77 8PD

Market Place
Stands promoting
Health & Wellbeing,
Information & Advice

Bookable
Workshops

in the Conference
Room

Guided Tours
Of the walled gardens
Snap/ sketch & walk

Photo Booth
Personalised Photos

Friday 26 June 2026
from
10am to 4pm

Join us for a fun and
informative day!
Everyone welcome

Contact:
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for details

carersfirst.org.uk

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