

Online Family Carer Support Group



Are You A Family Carer?

We support thousands of family carers across the Republic of Ireland.

We provide a safe space to discuss all aspects of the life of a family carer, to ask and give advice, and to learn from other members experience.

All activities are delivered online and are 100% free, making it easier for you to participate in this wonderful online community.

"Thank you so so much everyone this page is an absolute godsend everyone is so caring and kind it really does help xx"

"This group been fantastic since I joined - really genuine nice people here to help you in any way they can- best thing I done in a long long time for myself joining this group"

"Huge thanks to all involved in keeping this page going. It's a brilliant help to me and a wonderful support to everyone that needs it"

What We Offer

**PEER-TO-PEER SUPPORT
CONNECT WITH FAMILY CARERS WHO UNDERSTAND**



**EXPERT ADVICE, VIDEO
TUTORIALS ,
INFORMATIONAL TALKS,
LIVE Q&A'S**



GARDENING CLUB



CHAIR YOGA



ART CLASSES



BOOK CLUB



**WEEKLY ZOOM
COFFEE MORNINGS**



ZOOM QUIZZES



**REGULAR COMPETITIONS
AND PRIZES**

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Contact Tara, Project Coordinator:
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