

# MEN CARE TOO



**Are you a man who looks after somebody who is disabled, ill, or frail?**



**Why not join us on walks, meet up for meals, sport or chat groups, or try your hand at fishing, gardening or cycling?**



**Get to know other men like you, who care, and enjoy doing things together.**

## **Join 'Men Care Too' at Carers' Resource**

'Men Care Too' is a project for male carers at Carers' Resource. 'Men Care Too' gives men a chance to take part in fun activities, to meet other male carers like them, to chat, relax and to support each other. We know men don't always find it easy to join general carer groups, so we've developed these activities by talking to male carers and planning trips and events that you'll enjoy.

To join us, contact 'Men Care Too' at Carers' Resource on: 0808 50 15 939  
Email: [mencare2@carersresource.org](mailto:mencare2@carersresource.org)  
Website: [www.carersresource.org](http://www.carersresource.org)

 **carers'  
resource**  
you care for them, we care for you

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**CARERS  
TRUST**