



The Princess Royal Trust
for Carers in Hampshire

Carers of Veterans Support Group



A 12 week programme of workshops and events to improve your quality of life, reduce loneliness and reduce isolation of carers of military veterans .



WELLNESS



HEALTHY
Balance Diet



Come and join us to gain information, engage with other carers and enjoy social activities together.

Improve your cooking skills * Gardening * Singing
Arts and Crafts * Exercise * Mindfulness and Wellbeing
Healthy Eating * Memory Box * Information *

**The Course will take place at the Aldershot Military Museum,
Queen's Ave, Aldershot GU11 2LG.**

**Starting on the 17th September, running for 12 weeks every Tuesday.
1.30-3.30pm**

**If you are a Carer of a military veteran and would like a place on this
course or more information, please call 01264 835246**

**Run by The Princess Royal Trust for Carers in Hampshire
and funded by the Peoples Postcode Lottery Fund.**



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