



## NEW FOREST CARERS FRIENDS

c/o Carers Together  
9 Love Lane  
Hampshire SO51 8DE

New Forest Activities Organiser: 07920 506343

### New Forest Carers Friends – Activities Survey – April 2024

Are you a carer living in the New Forest? Please complete the survey below to let us know what activities you would like to take part in.

1. Would you like to join our activities?	Yes	/	No
2. What activities would you like?			
a. Relaxation Day	Yes	/	No
b. Outings to various places	Yes	/	No
c. Boat Trip	Yes	/	No
d. Information and advice sessions	Yes	/	No
e. Other Activities – please list your ideas here:			
3. Relaxation Day – Relaxation Days at the moment run 10 am-4 pm and are held in Lyndhurst & Ringwood on a Saturday. They currently include the following, please indicate if you would like a particular therapy/activity to continue or be introduced.			
Massages – head/neck/shoulders	Manicures	Facials	Footcare
Craft – e.g. card making	Jigsaws/Model Making	Kurling	Hair Trim
Art – e.g. silk painting	Card and Board Games	Music	
Quiet space for reading	Information & Advice	Other – please state below:	
4. What are your preferred months days & timings for Activities:			
a) Months –			
b) Days –			
c) Times -			

Thank you.

Name ..... Telephone No. ....

Address.....

Email address .....

Please return to us at the following address or any Cafe/Group before 26<sup>th</sup> May 2024.  
New Forest Carers Friends, c/o Carers Together, 9 Love Lane, Romsey, SO51 8DE or  
Email responses to: [admin@carerstgether.org.uk](mailto:admin@carerstgether.org.uk)