

# Carers watersports

£5



For carers  
ages  
50+

THURSDAYS - SLOTS AVAILABLE BETWEEN  
10AM-1PM

Come and learn how to sail or paddle board at Edgbaston Reservoir with the Midlands Sailing Club.

**BOOKING IS ESSENTIAL AS NUMBERS ARE LIMITED**

For more information please contact Lara on:

Phone: 07912268248

Email: [Lara.Carter@midlandmencap.org.uk](mailto:Lara.Carter@midlandmencap.org.uk)



midlandmencap



/MidlandMencap



@MidlandMencapUK