

# Carers Event

For all Female and Male

Carers caring for someone with an Acquired Brain Injury or Spinal Cord Injury



**Saturday 19th June 2010**

**9:30am—5:00pm**

**Brí and Spinal Injuries Ireland would like to invite carers to join them for a day of enjoyment and respite in the Castlecourt Hotel, Westport, Co Mayo**

**Our day will consist of:**

**Morning Session:**

Group therapy sessions with qualified counsellors  
Guest Speaker

**A hot lunch will be provided on the day!**

**Afternoon sessions:**

Counsellor Workshops  
Indian Head Massage  
Reflexology  
Body Massage

A raffle will be held and each carer will receive a free gift bag at the end of the day!

**The day will cost you just €10.00!**

The Hotels can accommodate you with the below:

Special overnight rates for participants, (to be booked directly, if required)

€69.00 per person for 2 people sharing for Bed & Breakfast or €99.00 BB single occupancy

You can find more information about the Castlecourt hotel on their website: [www.westporthotelsresort.ie](http://www.westporthotelsresort.ie)  
or Tel : 00353 98 55088, Email: [edel@westporthotelsresort.ie](mailto:edel@westporthotelsresort.ie)

If you are interested in joining us for the day, please fill in the coupon below and return it along with €10.00 to: BRÍ, The Acquired Brain Injury Advocacy Association, C/o The National Rehabilitation Hospital, Rochestown Avenue, Dun Laoghaire, Co Dublin.

**I am a Carer and I would be interested in attending the Carer's Pamper Day in Mayo**

Carer's name \_\_\_\_\_ (Please use BLOCK CAPITALS)

Carer's Address \_\_\_\_\_

Carer's email \_\_\_\_\_ Carer's mobile: \_\_\_\_\_

Other contact number \_\_\_\_\_

Please state here if you have any special dietary requirements \_\_\_\_\_

Cheques can be made payable to BRÍ, The Acquired Brain Injury Advocacy Association

**Places are limited, please register at your earliest convenience**