



# Carer Support Groups

**Looking after a relative or friend?  
Come along to one of our support groups:**

- A safe place to share what it feels like to look after someone
- Meet with others in similar situations
- A place to share ideas on coping, and caring
- Somewhere to learn about support and local services
- A time when your needs come first for a change

Currently meeting online, via Zoom.  
Simply register with us to attend.



For more information, please get in touch

☎ call 0303 040 1234 📞 text 07714 075993

✉ email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

**[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)**



Charity Registration No 1116714