



We're here to help carers aged 5-95, with free information, events, advice, resources and more. Please get in touch.

Call us on **0303 040 1234**

Email CarerSupport@actionforcarers.org.uk

(Carers under 18 please use SYC@actionforcarers.org.uk)

Text **07714 075993**

www.actionforcarers.org.uk

- @ActionforCarersSurrey
- @action_for_carers_surrey
- @CarersSurrey

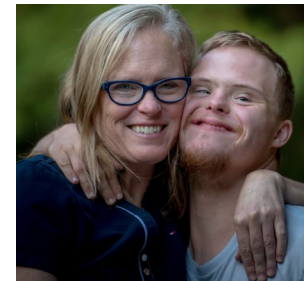


Don't forget to register with your GP...

It's important that your GP knows you are a carer so that they can provide you with the support you need. They can also talk to you about services that could help, such as having a break to maintain your health.

Request a Carer's Registration form from your GP

Are you looking after a relative or friend?



We're here to help
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Do you look after someone who couldn't manage without you?

Are you looking after a partner, friend, child or other relative who needs support because of frailty, disability, a health condition, mental health or substance misuse? Is this care unpaid?

If this sounds like you, then you are a carer.

Caring can take its toll mentally and physically, affecting your health, finances, relationships and many other aspects of your life. But we can help you manage your caring role — and find time for *you*. Our services are free and confidential.



Younger carers

- Surrey Young Carers (part of Action for Carers) gives free support to carers under 18. We run drop-ins, forums, activities and groups and give young carers time out from caring. We also have staff dedicated to working in Surrey's schools.
- If you're aged 18-24, our Young Adult Carers service can help you achieve a balance between your caring role and independence. Support includes social activities, information events, help with education, money management and more.



Action for Carers Surrey

Free, independent information, advice and support to carers aged 5-95, right across Surrey.



How we can help you:

- Face-to-face and telephone support (call 0303 040 1234), for information, advice and signposting
- A huge range of events (on Zoom and across Surrey): from learning, training and information, to wellbeing and relaxation, giving you time out from your caring role
- Support groups and workshops
- Benefits advice, including guidance on what you're entitled to, and help with completing forms
- A dedicated team providing moving and handling advice and training — helping you keep your back safe
- Advocacy, and information on your rights as a carer
- Carer Advisors to help you in Surrey's five main hospitals
- A wealth of free resources, including regular newsletters, email updates and www.actionforcarers.org.uk
- Consultations and other opportunities to influence change for carers, locally and nationally
- Specialist support, for example for parent carers, on dementia, mental health and for Armed Forces carers

We also have services for young carers (see opposite).