



**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](mailto:CarerSupport@actionforcarers.org.uk)

(Carers under 18 please use [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk))

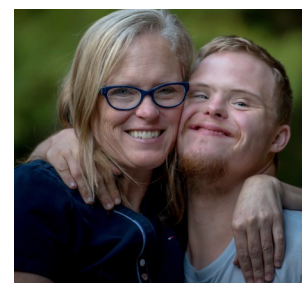
SMS (text only) 07723 486730

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

-  @ActionforCarersSurrey
-  @action\_for\_carers\_surrey
-  @CarersSurrey



## Are you looking after a relative or friend?



### 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**



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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 who are under 18. We run drop-ins, forums, activities and groups and give young carers time out from their caring role. We also help Surrey's schools identify and support young carers.



- If you're aged 18-24, we also run some specialist events just for you, as part of our adult service.

## 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
- Drop in 'Hubs' across the county where carers can come for help and support
- A wide range of events (on Zoom and face to face): from learning, training and information, to wellbeing and relaxation, giving you time out from your caring role
- Support Groups, both online and face to face, with groups for all carers, plus some specialist groups too, for example for parent carers
- Benefits advice, including guidance on what you might be entitled to as an unpaid carers
- A dedicated Moving & Handling team, giving advice and training on helping to move someone safely, and use equipment correctly – helping you keep your back safe
- Carer Advisors to help you in Surrey's main hospitals
- Advocacy, and information on your rights as a carer
- A wealth of free resources, including regular newsletters, booklets, email updates and [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)