



# Help for unpaid carers

## Are you looking after a relative or friend?

**Do you know charity Action for Carers can help?**

We help people aged 5-95 who are looking after a relative or friend, with advice, information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, help at hospital, resources and much more.

**Find out how we can help YOU**

**0303 040 1234**

**CarerSupport@actionforcarers.org.uk**

**For more information, please get in touch:**

 Call 0303 040 1234 or

 or email [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

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

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Charity Registration No 1116714