

Are YOU an unpaid carer? Take our quiz to find out!

Do you care for someone who is ill, disabled, older, has mental health concerns or addiction issues?

Do you help and support someone with their personal care and hygiene?

Do you have a child who has special educational needs or a health condition i.e. a learning /physical disability or mental health concerns?

Do you support someone with any of the following... cleaning, laundry, shopping, medications, meal preparation, finances, mobility or accessing the community?

Do you receive Carers Allowance or does someone you care for receive PIP, DLA or Attendance Allowance?

Do you oversee the care of a friend or relative who resides in a care home, or is someone you care for currently in hospital?

If the answer to any of these questions is a **'YES'** then speak to us!

Action for Carers Surrey helps carers of all ages, with advice, information, benefits help, advocacy, guidance on moving and handling, workshops, wellbeing events, support groups, resources and more.

HELPLINE 0303 040 1234 (**TEXT** 07723 486730)
EMAIL carersupport@actionforcarers.org.uk
www.actionforcarers.org.uk

Action for Carers
Surrey
Charity no. 1116714