



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

Call us on 0303 040 1234

Email CarerSupport@actionforcarers.org.uk

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

SMS (for texts only) **07723 486730**

www.actionforcarers.org.uk

 @ActionforCarersSurrey

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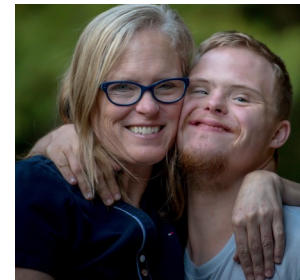
Don't forget to register with your GP...

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 at your GP Surgery.

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Are you looking after a relative or friend?



**We're here to help
Call us on 0303 040 1234**

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 unpaid 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 (online 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 or dementia carers
- Benefits advice, including guidance on what you might be entitled to as an unpaid carer
- A dedicated Moving & Handling team, giving advice and training on helping to move someone safely, and use equipment correctly – helping you look after your back
- 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**