

**Do you support  
someone who couldn't  
manage without you?**

**We are here for YOU.**

**Support for unpaid carers aged 5-99**

If you are looking after someone ill, frail, disabled, or with mental health or addiction issues, **then you are a carer**, *as well as* parent, partner, child, sibling or friend.

Caring affects you financially, practically and emotionally and life can be tough. **But there is help.**

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

## Our support includes

- A Helpline and one-to-one advisers
- Information on rights, benefits & breaks
- Practical and emotional support
- Events, wellbeing sessions & support groups
- Special help for 5-15 & 16-25 year-olds
- Plus tools, resources **and much more!**

**0303 040 1234**

**Like to get  
involved?**



**There are many ways!**

- Become a volunteer
- Use your voice
- Share your story
- Fundraise
- Donate

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

# Can you help raise funds?

We are a charity and need ££s to reach and support more carers. **Can you...**

- Take part in an event
- Become a corporate partner
- Fundraise in your community
- Leave a gift in your will
- Or simply donate!





**0303 040 1234**



**info@actionforcarers.org.uk**

**Monday-Thursday 9am-7.30pm**

**Friday 9am-5pm Sat 9am-12.30pm**

**www.actionforcarers.org.uk**

**Charity No  
1116714**

**Or simply  
scan the code to  
register for support**

