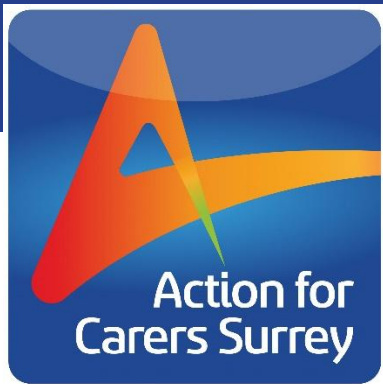




Are you an unpaid carer?

Are you looking after an unwell, frail or disabled family member or friend who couldn't manage without you?

Caring can be tough, but charity Action for Carers Surrey is here to help unpaid carers aged 5-99. We offer FREE advice, information, support, advocacy, benefits help, wellbeing and training events, back care, carer Hubs, support groups and more!

Call 0303 040 1234

info@actionforcarers.org.uk

www.ActionforCarers.org.uk or scan this code



Don't forget to let your GP know you are a carer – there's extra support.