



We're here to help unpaid carers aged 5-99, with free information, support, events, advice, resources and more. Please get in touch.

Call us on 0303 040 1234

OPEN Monday-Thursday 9am-7.30pm; Friday 9am-5pm; and Saturday 9am-12.30pm

Info@actionforcarers.org.uk | www.actionforcarers.org.uk



Scan this code to register for support today.



@ActionforCarersSurrey
 @action_for_carers_surrey
 @CarersSurrey
 action-for-carers-surrey
 @actionforcarerssurrey

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.

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Are you looking after a relative or friend?



**We're here to help you
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?

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

We have specialist support, advice and events for **young carers 5-15**, including activity days, youth clubs and residentials, giving young carers time out from their caring role. We also help Surrey's schools identify and support young carers.



Young Adults

And we have a specialist team supporting **young adult carers aged 16-25**, with activities, events and tailored support.

Action for Carers Surrey

Free, independent information, advice and support to unpaid carers aged 5-99, across Surrey.



How we can help you:

- Face-to-face and phone support (**0303 040 1234**) for information, advice and signposting
- A carer adviser team offering specialist help.
- Events (online and at locations across Surrey) from learning, training and information, to wellbeing and relaxation, giving you time out from your caring role
- Regular sessions in 8 key locations, or 'Hubs'
- Support Groups online and face-to-face. As well as 'all carer' groups, there's specialist groups too, e.g. for men, parent carers or dementia carers
- Information on benefits you're entitled to and signposting for further support
- A dedicated Moving & Handling team, giving advice and training on helping to move someone safely, and use equipment correctly
- Carer Advisors to help you in Surrey's main hospitals
- A specialist team to support those carers looking after someone with poor mental health
- Advocacy, and information on your rights as a carer
- A wealth of free resources, including regular emails, tools and booklets, as well as **www.actionforcarers.org.uk**