



Does someone rely on you for care and support?

Do you provide...

- Practical support
- Emotional support
- Personal care
- Physical help
- Help with medication
- Help with finances

...did you know you are a carer?

**WE CARE
YOU CARE.**



For lots of useful information and details of a range of support available to carers, like you, visit our website: www.wecareyoucare.info and follow us on Facebook: [@wecareyoucarelocal](https://www.facebook.com/wecareyoucarelocal)