



Help for unpaid carers

Are you looking after a relative or friend?

Do you know charity Action for Carers can help?

We help people aged 5-95 who are looking after a relative or friend, with advice, information on rights and benefits, practical and emotional support, free events, drop-in Hubs across Surrey, wellbeing sessions, support groups, help at hospital, resources and much more.

Find out how we can help YOU

0303 040 1234

CarerSupport@actionforcarers.org.uk

For more information, please get in touch

☎ Call 0303 040 1234 or text 07723 486730

✉ or email CarerSupport@actionforcarers.org.uk

www.actionforcarers.org.uk

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TRUST**



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