

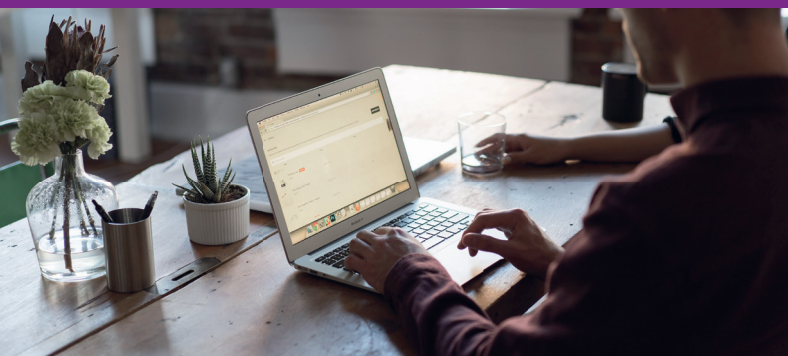
Does someone rely on you for support?

You are a Carer if you support a family member or friend who is ill, disabled, elderly, has poor mental health or is unable to cope without your help

Perhaps you...



Shop for someone?



Help with financial matters like paying bills?

Contact the Nottinghamshire Carer's Hub to ask for support, advice or information.

Call **0115 824 8824** or email: nottinghamshirehub@tuvida.org

Give emotional support?



Arrange and attend medical appointments?



Clean and iron?

