

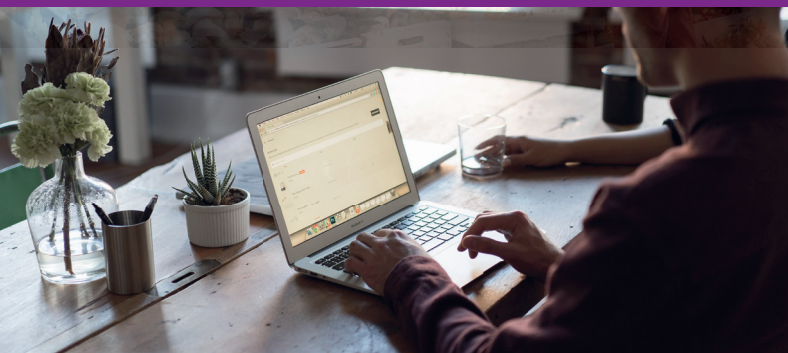
Does someone rely on you for support?

You are an Adult or Young Carer if you provide unpaid support to a family member, neighbour or friend who is unable to cope without your help. They could need support because they are ill, frail, disabled or have a mental health or substance misuse problem.

Perhaps you...



Shop for someone?



Help with financial matters like paying bills?

If you need help and support, why not talk to the GP Carers Champion at this practice..

Our Carers Champion is:

Give emotional support?



Arrange and attend medical appointments?



Clean and iron?

