

Are you
looking after
someone?

Carers Week™

10–16 June 2019

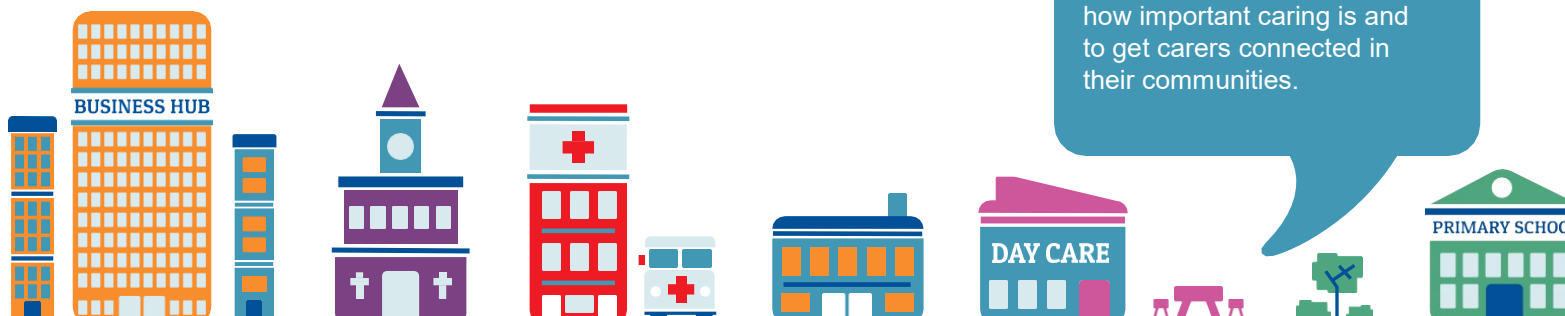
A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If you are a carer;

- Please let your GP practice know that you are looking after somebody as a carer, and;
- Please register with Suffolk Family Carers. Details are available at the surgery or you can contact them on: 01473 835477 or register on line at;
<https://suffolkfamilycarers.org/register-with-us-2/>

It's FREE to register with Suffolk Family Carers, simply complete the short registration form and one of their Advisers will contact you to offer advice and support.

For this Carers' Week we're coming together throughout the UK, drawing attention to how important caring is and to get carers connected in their communities.



For more information visit
carersweek.org

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