

SUPPORT FOR CARERS

Do you know someone who is a carer?

Plymouth City Council can offer support to people of any age, who look after a family member, or a friend.

Your friend or family member might need help because of disability, illness, dementia, mental health problem or drug or alcohol problem.

Many people don't know that support is available for carers, and think that caring is just part of family life.

We can help you with

- Information and advice
- Support groups
- Leisure and social activities
- Workshops and training opportunities
- Carer's Card discounts
- Regular Newsletters

Call **01752 201890** and we will tell you more about what kind of support you can get.

