



Carers Information Pack

2019-20

'Caring is not an exact science because no carer is the same as another.'



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This Carers Pack is provided by Carers Together.

It includes information from a number of sources gathered together to help you, as a carer, to find your way through the mass of paperwork and information available to you.

In addition to this Pack there is a range of useful Fact Sheets available on request.

You may find that you need the information now or at a future date and you are able to request it at a time to suit you.

You may feel you would like to talk to someone about the information you need, or you may feel you just want to talk to someone who understands how you feel.

In either case please ring our main office or one of our carers support workers who will be happy to talk to you.

We also have a Carers Active Listening Line available 365 days a year.
10.00am to 8.00pm Monday to Friday
10.00am – 4.30pm Sat Sunday and Bank Holidays

CALL Freephone 08000 3 23456

If you have any other queries or would like to find out more, please contact our Main Office. We will be pleased to help.
Our opening hours are Monday – Friday 9.30am – 1.00pm

Main Office

Carers Together
9 Love Lane
Romsey
Hampshire
SO51 8DE

Tel: 01794 519495

Email: admin@carerstgether.org.uk

Website: www.carerstgether.org.uk