

# Do you look after or support someone else?

Do you look after, help or support a relative, friend or neighbour?

Do you regularly visit someone and give support with their personal affairs?

Do you support someone with their personal care, health or their finances?

**Let your GP know you are a carer**

GPs would like to know about the carers who attend the surgery so they can offer the best help, support and information

Ask for a registration form to complete or talk to the receptionist **TODAY**

**Would it help to have more information or to talk to someone about your needs as a carer?**

**If so Carers Together can provide information, advice, support, advocacy or a free Carers Information Pack**

Contact: Carers Together 9 Love Lane, Romsey, Hampshire, SO51 8DE Phone: 01794 519495 Email: [admin@carerstgether.org.uk](mailto:admin@carerstgether.org.uk)

Free support listening line available for carers 7 days a week, 365 days a year. Call: 08000 3 23456

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