

# ***Carers Information Pack***

***2022-23***

*'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 – 4.00pm Bank Holidays & Weekends

**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 – 1.30pm

### **Main Office**

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