

KingsCare Carer Support

DO YOU LOOK AFTER SOMEONE?

A carer is anyone, including a child, who provides care for another person.

This includes emotional support and/or practical help.

- **Are you a carer?**
- **Are you looking after yourself?**
- **How has COVID affected you?**
- **Are you feeling lonely/isolated?**
- **Would you like to talk to/meet others in a similar situation?**
- **Do you have all the help and support you need?**
- **Has your health (or the health of your cared for) been affected?**

KingsCare supports unpaid carers with advice and information.

We also facilitate 3 carer's support groups;

**Time For You
Dementia Carers
Mental Health Carers**

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**For more information please contact
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