



# Looking after someone?

## We can help you

We offer a range of support for unpaid carers and the people they look after including:

- Expert advice and information from our helpline
- Groups, training, and activities for all ages
- Help to plan for emergencies
- Breaks and time off - including support from our care professionals.

Contact us to find out how we can help you

**0345 241 0954**

**hello@caringtogether.org**

**caringtogether.org**

