Action for Carers Surrey

We're here to help carers with free information, support, events, advice and more, including specialist advice for the armed forces. Please get in touch:

Call 0303 040 1234
Text 07714 075993
CarerSupport@actionforcarers.org.uk
www.actionforcarers.org.uk



Further Resources

Navy Families Federation
02392 654374
www.nff.org.uk

Army Families Federation
www.aff.org.uk

Royal Air Force Families Federation
01780 781650
www.raf-ff.org.uk

SSAFA 0800 731 4880
www.ssafa.org.uk

Royal British Legion Surrey Branch
0800 802 8080
www.counties.britishlegion.org.uk/counties/surrey

https://www.defenceimagery.mod.uk/fotoweb/Grid.fwx?&rows=7&search=

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carerstrust centre of excellence

Action for Carers Surrey

Are you caring for someone who is serving, a reservist, a veteran – or a member of their family?



Call us now on 0303 040 1234 for specialist advice and support

Or email CarerSupport@actionforcarers.org.uk or text 07714 075993

THE ROYAL BRITISH LEGION

ARMED FORCES COVENANT

Are you looking after someone who couldn't manage without your help?

Do you look after a partner, friend or relative who needs support because of disability or a physical or mental health condition? Is this care unpaid?

If this sounds like you, then you are a carer.

Our free services include specialist support for the armed services community.

It's also important that your GP knows you are a carer.
Fill in a Carers Registration Form at your GP Reception.

Young Carers

If you're under 18, caring for someone and part of a serving, reservist or veteran family, you may have extra concerns, like:

- Falling behind at school because of your caring role
- Being worried about a family member on tour
- Feeling isolated, and not able to access social activities

We have specialist activities, social events and support for young people, under 18, and for 18-24s.

Armed Forces Carers Support

We provide free, confidential, individual information, advice and guidance for the armed forces community. You may be still serving, a family member, a young carer, ex-services, a veteran or reservist.

How we can help you:

- Support groups; telephone and face-face support
- Advocacy, and information on your rights
- Information on benefits
- Resources, including our regular newsletters
- Practical help, including moving and handling training
- Signposting you to other organisations who also help.

