Action for Carers Surrey

We're here to help carers of all ages, across Surrey, with free information, support, events, advice and more.

Please get in touch:

0303 040 1234

CarerSupport@actionforcarers.org.uk

SMS 07714 075993

www.actionforcarers.org.uk

Surrey Young Carers

We also have a specialist service for carers under 18, as well as help to support 18-24 year olds

01483 568269

syc@actionforcarers.org.uk

www.surrey-youngcarers.org.uk

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carerstrust centre of excellence

Are you looking after a friend or relative?



We're here to help

Action for Carers Surrey

0303 040 1234

Do you look after someone who could not manage without you?

Are you looking after a partner, friend or relative who needs support because of frailty, disability, a serious health condition, mental ill health or substance misuse?

Is this care unpaid?

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

Caring can take its toll both mentally and physically. It is possible that your own health may suffer as a direct consequence of your caring responsibilities.

Our services are here to support you in your caring role. They are free and confidential.



GP Carer Registration

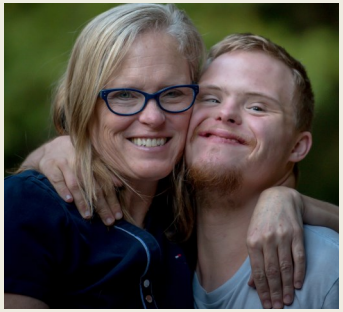
It is important that your GP knows you are a carer so that they can provide you with the support and help you need. They may also be able to tell you about services that could improve your life as a carer such as having a break to maintain your health.

Fill in a Carers Registration form available at your GPs surgery—ask your GP or at reception.

Action for Carers Surrey

We provide free, independent information, advice and support to carers of all ages, across Surrey.

How we can help you:



- A variety of support groups; as well as telephone/face-face support as required
- Information on services available to carers, including benefits
- Practical help, including moving and handling training and advice
- Advocacy, and information on your rights
- Well-being and training events
- Resources, including our regular newsletters
- Opportunities to influence change for carers, locally and nationally
- Specialist support, for example for parent carers, about mental health, or for carers in the armed forces. We also have tailored support for young carers (aged under 18) and young adult carers (aged 18-24)
- Carer Advisers in Surrey's five main hospitals
- Signposting to other organisations who can also help you.