

# Are you supporting a family member, friend or neighbour?



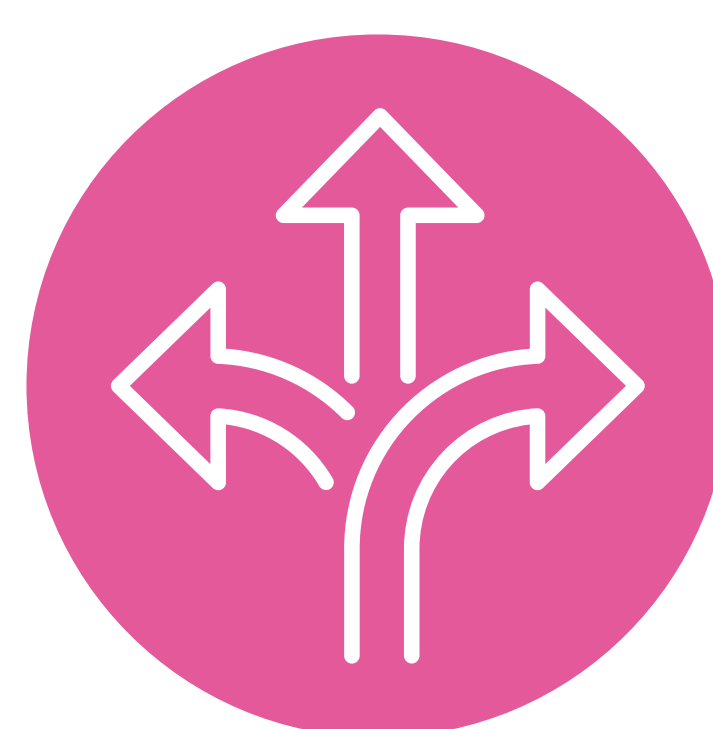
**Caring for someone can be rewarding but also demanding**

**WE ARE HERE TO SUPPORT YOU**

## We can help with



**Accessing  
benefits, grants &  
Bursaries**



**Information & advice**



**Energy  
efficiency advice  
and support**



**Free Counselling**



**Training and  
workshops**



**Opportunities for breaks**



**Peer Groups and activities**



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