



10-16 June 2019

You're not  
on your own

For free **information, support and advice for carers**, call Action for Carers Surrey on **0303 040 1234**, email **CarerSupport@actionforcarers.org.uk** or visit **www.actionforcarers.org.uk**

A carer is anyone who looks after (unpaid) family or friends in need of help because they are ill, frail, have a physical disability or mental health condition, or problems with drugs or alcohol.

**#CarersWeekSurrey**

