

# ARE YOU A CARER?

If you look after someone as an unpaid carer we can give you information and advice on how to access specially designed services to help and support you

## How do I know if I am a carer?

If you care for someone in your family, a friend or a neighbour who could not manage without your help then you are a Carer. The person you care for may require your help due to frailty, illness, learning or physical disability, sensory impairment, mental illness or addiction

## St Helens Carers' Centre

If you tell us you are a carer we will enrol you with the St Helens Carers' Centre who provide a free confidential service to assist and support you as and when you may want them

Information & Advice \* Advocacy & Support  
Carer Breaks \* Benefits Service \* Support Groups  
Training Courses \* Leisure Opportunities  
Trips & Outings \* Coffee Mornings \* Newsletter  
Relaxation Therapies \* Emotional Support

**TELL US YOU ARE A CARER AND ENTER  
A FREE PRIZE DRAW FOR OUR**



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