



**SUPPORTING CARERS IN ESSEX**  
A single source of help and advice for all unpaid carers



# DO YOU LOOK AFTER SOMEONE?

We are here to help



To find out more about the support we offer to unpaid family carers or volunteering opportunities in your local area, please:



Call us on  
**0300 7 70 80 90**



Email us at  
**info@carersinessex.org.uk**



Visit our website  
**www.carersinessex.org.uk**

