

Did you know...
family carers save
the UK economy
over £132 billion a
year... the cost of a
2nd NHS!

How many
regular pharmacy
customers are
caring for someone?

How many
are collecting
medication for the
person they care
for?

Caring shouldn't just be something you do...

Suffolk Family Carers can provide...

FREE advice and **vital support** to family carers

Carers assessments, 'moving and handling' **training**, arranging carers to attend **support programmes** including 'caring with confidence' and 'well-being and me.'

Peer support groups and activities to provide family carers with a break from home and the opportunity to socialise.

Help us reach more family carers across Suffolk
Know a family carer or think you could be one?

Call our **information line** today on **01473 835477**