

Carers' Week – 10th-16th June

Are you a family member, Carer or friend of someone who can't manage without you?

Torbay Carers is here to support you. We provide a range of services including:

- **Emergency back-up plans** if anything happens to you
- **Health and wellbeing checks** at your GP surgery
- **Practical advice and help** with caring
- **Free parking** at local hospitals (conditions apply)
- **Finance and benefits advice**



Free Carers activities with your Carers Card during Carers' Week including visits to National Trust properties (certain days), Torre Abbey and Torquay Museum as well as reduced price entry to Bygones.

Contact us: Ask to speak to the Carer Support Worker at your surgery, or contact

Torbay Carers:  (01803) 66 66 20  signposts@nhs.net  www.tsdftr.uk/carers

