

# Do you look after someone who couldn't manage without you?

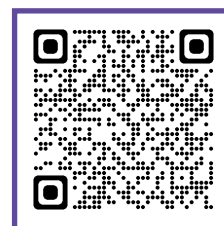
**You may be able to access additional advice, support and information to help you.**

Across the UK, two in every three people will care in their lifetime. Anyone can become a carer at any time, and at any age.

**Action for Carers Surrey** and **Crossroads Care Surrey** are two charities in Surrey offering a wide range of advice, support and information for those who care for someone who couldn't manage without them.



**Scan the QR codes for more information about Action for Carers Surrey and Crossroads Care Surrey and the work they do to support those who care for someone else.**



Action for  
Carers Surrey



Crossroads  
Care Surrey

# Do you look after someone who couldn't manage without you?

## You may be eligible for the Surrey Carers Card.

The Surrey Carers Card is free and is designed to be kept with you so that in an emergency, anyone helping you is made aware that someone depends on you.

It also gives you access to an Emergency Care Planning Service, giving you peace of mind should an emergency occur.

The card allows access to offers and discounts for a range of services, including:

-  Community
-  Health
-  Personal care
-  Home support
-  Leisure
-  Retail



Scan the QR code to  
find out more about the  
Surrey Carers Card.



# Do you look after someone who couldn't manage without you?

**There is a range of support available for you.**

Across the UK, two in every three people will care in their lifetime. Anyone can become a carer at any time, and at any age.

Action for Carers Surrey offer support for those who care for someone, whether that be a partner, child, friend or relative.

They provide different levels of support allowing carers to speak about their experience, including:

One-to-one  
support



In person  
support groups

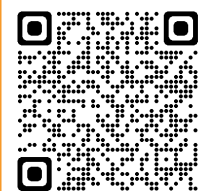


Virtual  
support groups



These events are run by Action for Carers Surrey and take place at various locations across the county, including North West Surrey.

Scan the QR code for  
more information about  
Action for Carers Surrey.





**NW Surrey Alliance**

Working together for better Health, Care and Wellbeing

# Do you look after someone who couldn't manage without you?

**You could receive additional support from your GP.**

Registering as a carer with your GP means that they can provide you with advice, support and information and direct you to local support groups.

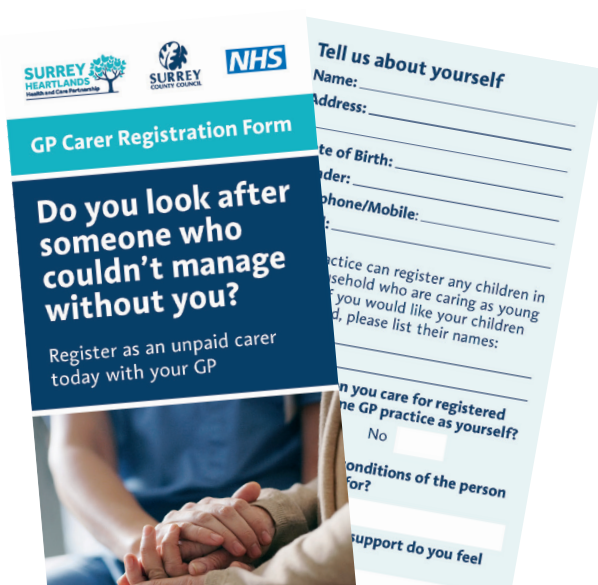
By making your GP aware that you care for someone, you could be:



Entitled to a free annual flu jab each Winter



Referred for a Carer's Break payment if your caring role is impacting your health, which could allow you to take a break.



**To register with your GP, visit your GP practice website or your practice in person to complete a registration form.**