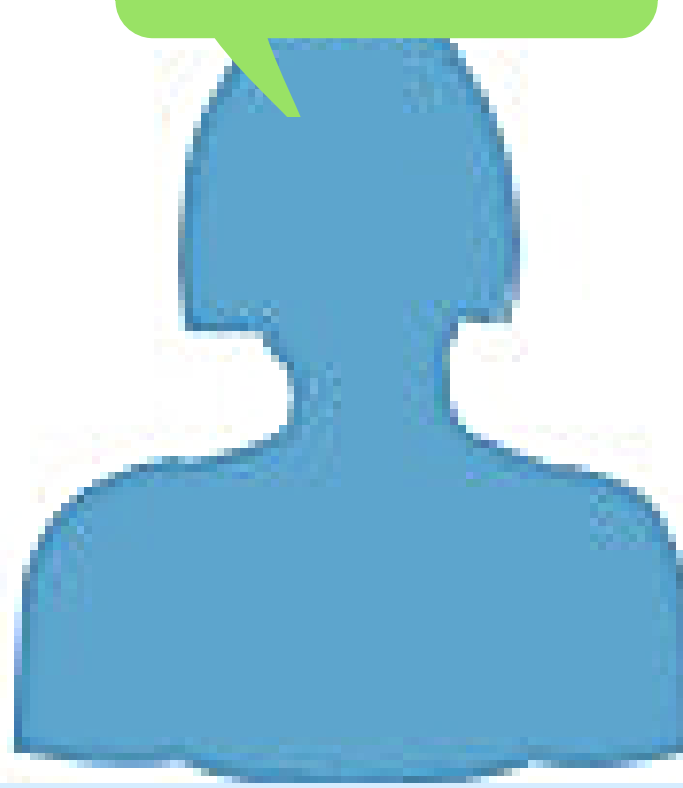
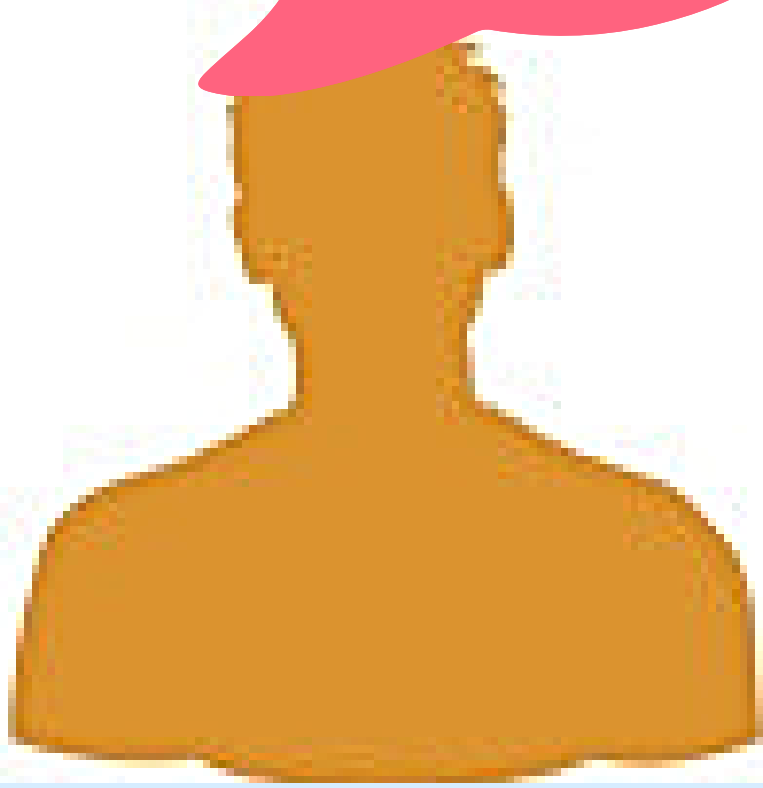
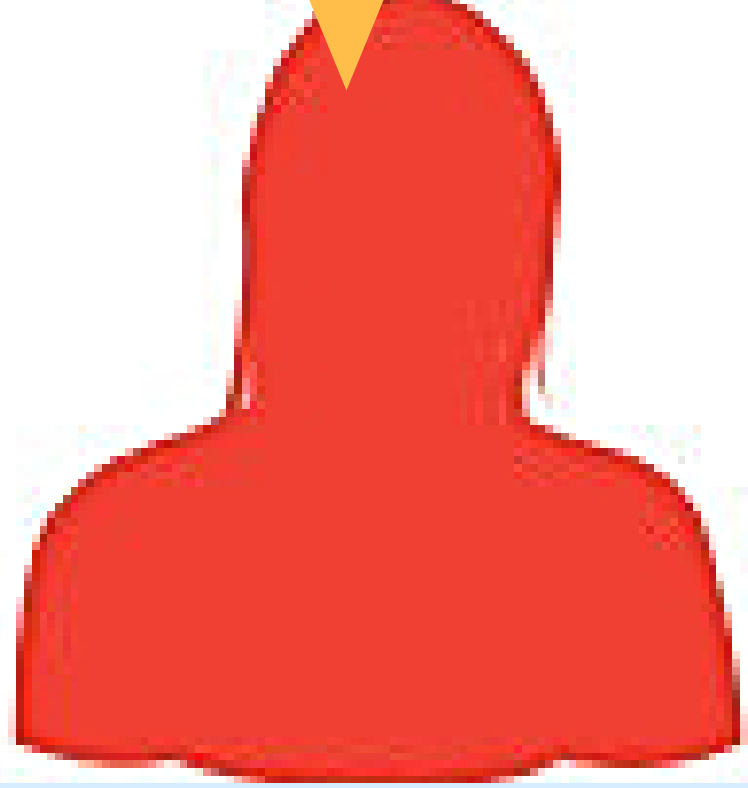
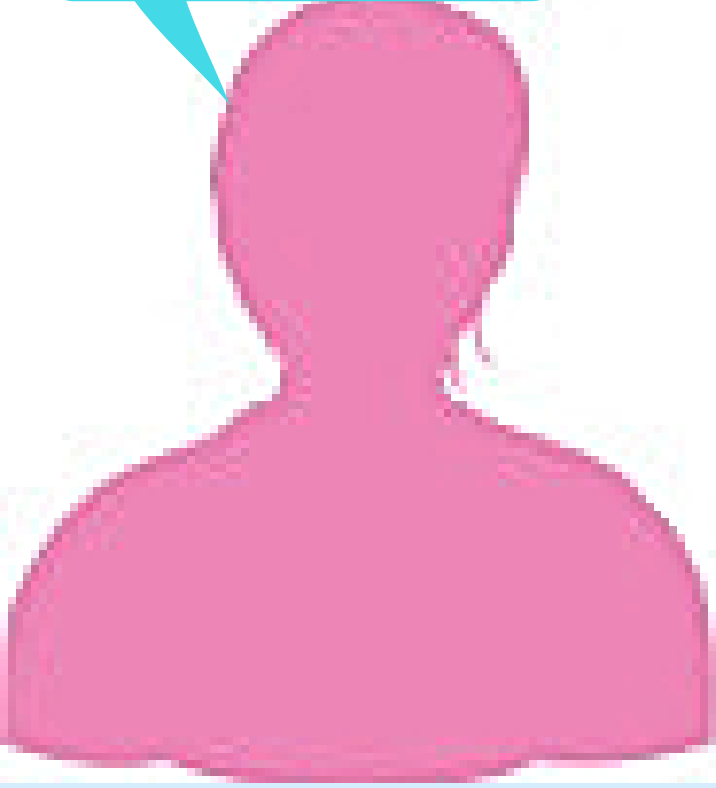


I visit or ring weekly to keep them company

I collect their medicines and check whether they have taken them.

They're my family, so it's my job to do this

They rely on my help with jobs around the house



SOUND FAMILIAR?

Do you provide unpaid support to a friend, neighbour, or family member who couldn't manage alone? You could be a **CARER**.

Whilst this doesn't define you it could mean you are entitled to support, this could include financial support, practical help and emotional support.



They need support from me to take them to their appointments

I support them everyday

I prepare their meals and make sure they are eating and drinking properly

They rely on me to take them shopping

CASS The Carers Association, F2/4 Tollgate Court, Tollgate Drive, Stafford ST163HS, 01785222365, Registered Charity No: 1086979

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