

Do you look after someone close to you?



Do you care for a partner, child, family member, friend or neighbour who relies on your help?

Is that person living with...

- Frailty
- A long-term illness or disability
- A physical or mental health condition
- Additional needs
- Drug or alcohol dependency?

If yes, you're definitely an unpaid carer.



VOCAL can support you.

We can give you free information and advice on practical issues, emotional support, social opportunities, and the chance to take a break and just be yourself.

Get in touch today to find out how we can help you.

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