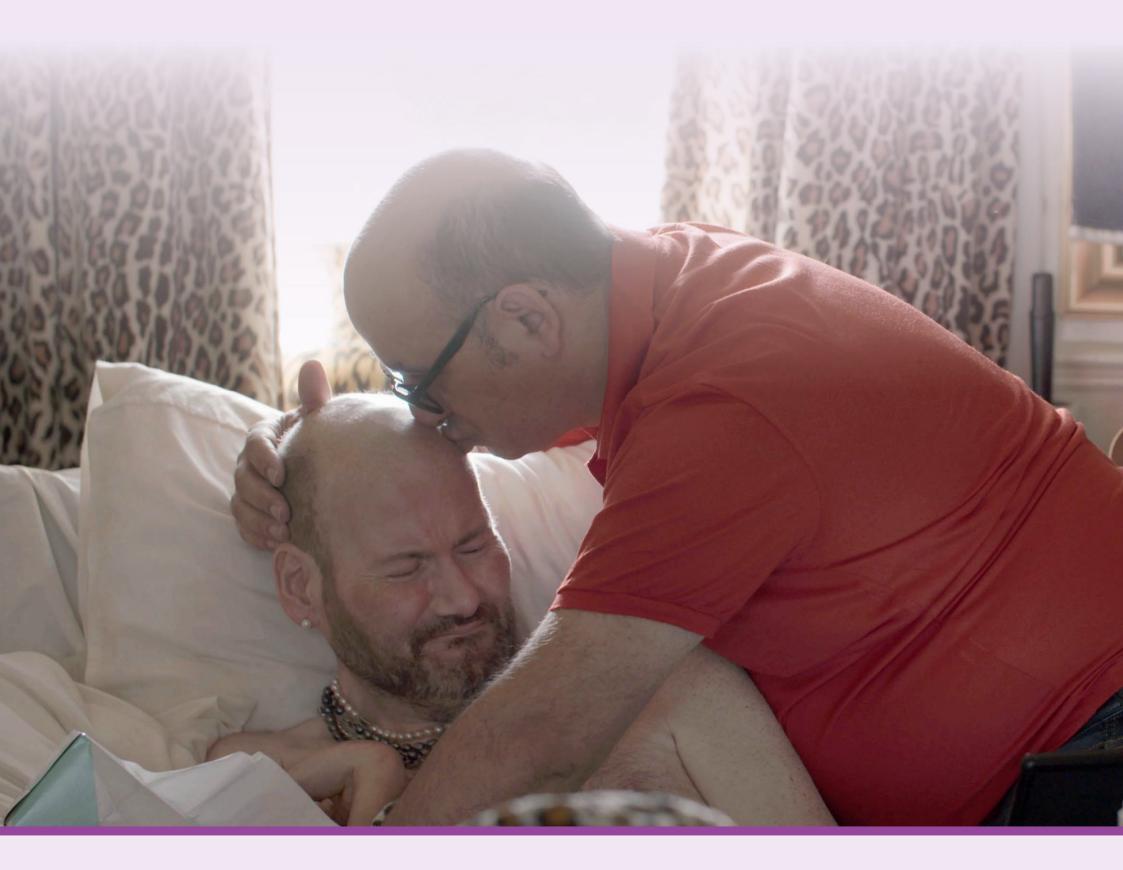
Supporting you while you support your friend or relative.

If you're looking after a friend or relative who couldn't manage without you, we're here to help with our **practical**, **financial and emotional support**.



To get in touch, visit the Carers First website **www.carersfirst.org.uk/wecareforyou** or call us on **0300 303 1555**.

