

**Are you  
caring for  
someone?**

**Don't know  
where to turn  
for support  
and advice?**

**Would you like to know:**

- what support is available locally?
- who the local Carers Support Worker is?
- how to make a plan for an emergency?
- how to arrange a Carers Assessment?
- how to achieve ongoing personalised support for your situation?
- how to access courses or training such as Moving and Handling, Caring with Confidence?
- what help and advice is available online?
- where you can talk to other carers?
- what your rights are?
- how to take a break from caring

**Why not speak to your GP or take a leaflet and give them a call.**

Staff in this practice are participating in a Family Carers Prescription scheme and can write you a **free** prescription to Carers Trust Cambridgeshire, a local Carers Service, who will support you in getting the information you need, assist you with making plans and design your personalised break so you can rest and think.

**Are you a family carer?**

You are if you are someone, of any age, who spends a significant proportion of their time providing unpaid support to a family member or friend. This could be either emotional, physical or practical support for someone who is ill, disabled or has mental health or substance misuse problems.