

Are you a Carer...

supporting a family member or friend
living in Derby City?



We are a free, confidential and impartial service dedicated solely to the holistic support of unpaid carers in Derby City.

What we offer:

- **Helpline & Email Support - Mon-Fri 9am-5pm**
- **Free Wellbeing Activities & Events**
- **Peer Support Groups & Community Drop-In's**
- **Awareness Raising & Training Opportunities**
- **'Just In Case' Planning**
- **Resource Library**

Contact us:

01332 228777

carers@citizensadvicemidmercia.org.uk

www.derbycarers.co.uk

@Carers_Derby

@Carersinderby

