



Are you looking after a relative or friend, who, because of a disability, sensory impairment and/ or the effects of age could not manage without your help?

If yes, then you are a CARER

You are a Carer if, for example:

- You help an elderly relative to remain in their home
- You look after an elderly relative in your home
- You do shopping or provide hot meals for a neighbour
- You support someone with a physical, learning disability or mental health condition in your home or theirs
- You have a child with special needs or behavioural difficulties
- You support someone who has a long-term illness

Advice, Support and Information

Wrexham Carers Service can give information on the statutory and voluntary support available in the County of Wrexham.

Wrexham Carers Service can tell you how to meet others in a similar situation to yourselves in your area.

Wrexham Carers Service provides a range of services to carers including training sessions, social events and counselling sessions.

Wrexham Carers Service gathers information direct from carers on their individual needs. Social Services, Health and Voluntary agencies can be informed of these needs to help improve services offered to Carers.

Wrexham Carers Service publishes and informative newsletter every quarter.

I wish to receive...

(please tick relevant boxes)

- Carers information booklet
- Details of training and events
- Wrexham Carers newsletter
- Details of carers group meetings
- Wrexham Carers' Emergency Card (British Red Cross)

Name _____

Address _____

Phone _____

Email _____

Where did you pick up this leaflet? _____

Would you like us to inform your GP that you are caring for someone? YES NO

If YES, please provide the details of your current GP:

Name of GP _____

Surgery Address _____

Please return completed form to the address below:

Ty AVOW. 21 Egerton Street
 Wrexham . LL11 1ND
 Tel: 01978 318812
 Email: carers@avow.org

