



somerset  
carers  
part of CCS

# Who cares for the Carers? We do.

## Support & advice for Carers

Caring for another person is very rewarding, but can be overwhelming and lonely at times.

If you regularly look after someone else - a family member or friend - Somerset Carers can support you with advice and guidance tailored to you.



Advice Line: 0800 31 68 600



Text: 'Carer' to 78070



carers@somersetccc.org.uk



www.somersetcarers.org



**CCS**  
people - place - enterprise

In Partnership with:



**NHS**  
Somerset  
NHS Foundation Trust

**SPARK**  
**SOMERSET**  
INSPIRING COMMUNITIES

**NHS**  
Somerset  
Clinical Commissioning Group