

No stamp
needed but if
you use one,
we can save
money to
help carers.
Thank you.

The Carers' Resource
FREEPOST RSEG-LKHE-SEEJ
Unit 15
Parkview Court
St Paul's Road
ShIPLEY
BD18 3DZ



The Carers' Resource has offices at:

11 North Park Road, Harrogate HG1 5PD
tel: 01423 500555

Griffin House,
Broughton Hall Business Park, Skipton BD23 3AN
tel: 01756 700888

Community House,
Sharow View, Allhallowgate, Ripon, HG4 1LE
tel: 01765 690222

Unit 15, Parkview Court, St Paul's Road, Shipley, BD18 3DZ
tel: 01274 449 660

www.carersresource.org



The Carers' Resource is a charitable company limited by guarantee.
Registered charity No. 1049278
Company registered in England No. 3054273
Registered Office: 11 North Park Road, Harrogate HG1 5PD

you care for them,
we care for you



It doesn't matter whether you care for a parent, a partner, a relative or a child with special needs, the Carers' Resource can give you information, advice and support.

If you are a carer, you have a tough job and this FREE independent and confidential service is designed to give you support, not only to care but also to look after your own needs.

We can help you...

- To find out what support is available – whether financial, practical or emotional
- To access that support
- To plan for the future, using our experience
- By providing information on everything from specific illnesses and disabilities to short breaks and holidays and from transport to long-term care
- To develop new hobbies and interests
- To find training and employment opportunities
- By putting you in touch with other people in a similar situation if you would like us to



If you would like more information on what we can do for you, please complete this form, tear it off and return it to us.

Name (Mr/Mrs/Miss)

Address

Postcode

Telephone

Email

Are you:

- A carer
- A former carer
- A paid worker
- A volunteer
- Other

Where did you find this leaflet?

Signed

Date

You can pop the form into an envelope if you would prefer, using the address details overleaf.