

# DO YOU CARE FOR SOMEONE?

If you care for a friend or relative without pay, you are a carer.

Carers Trust South East Wales help unpaid carers and people with care needs across the region.

If you need help, support or advice about caring, we are here to help.

Call us on 01495 769996, email [info@ctsew.org.uk](mailto:info@ctsew.org.uk) or visit [www.ctsew.org.uk](http://www.ctsew.org.uk)

#showyoucare

