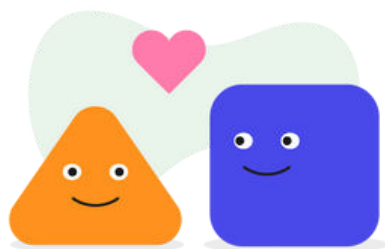




**Do you look after  
someone who cannot  
manage without you?**



**We're here to offer free  
support to all unpaid  
Carers across Bedfordshire**

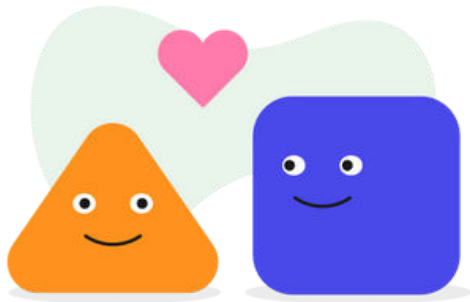
You've helped  
me so much,  
I wish I had called  
you sooner.



**0300 111 1919**

**[www.carersinbeds.org.uk](http://www.carersinbeds.org.uk)**

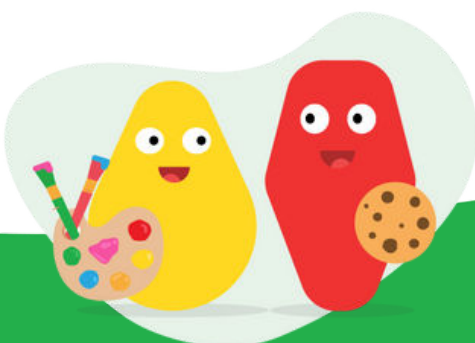
# We support all unpaid carers



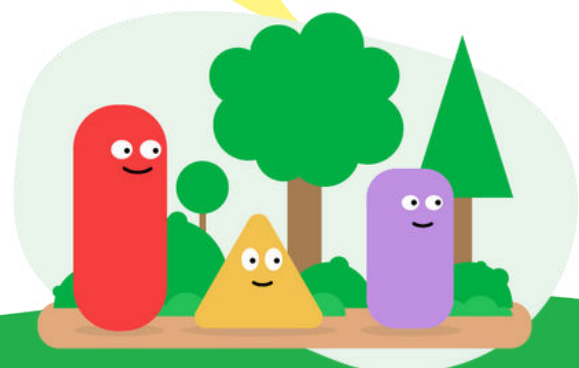
**You guys have been amazing. I wish I had known about you along time ago. Your support truly made a difference to me.**

**Thank you, this is the first time I feel heard and listened to. I appreciate your swift response and for the support and information that has been emailed to me.**

**I love coming to Young Carers. The clubs are so fun and I've made new friends.**



**The Carers Grant gave me the opportunity to finally get some respite away. The weekend by the sea was exactly what I needed.**



**0300 111 1919  
www.carersinbeds.org.uk**