

## Want information on caring, but don't use computers or the internet?



Carers UK has a new information phone service for carers who prefer not to use computers or the internet.

Ring our phone service and listen to information about:

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

**Call Carers UK's freephone telephone service on 0800 888 6999 and follow the options provided**

*Calls are free of charge from all consumer landlines and mobile phones. Please note that this service provides recorded information and signposting for carers, and is not a helpline or a crisis service. If you need to speak to someone about caring, call our Helpline on 0808 808 7777.*