



Do you take care of a family member or friend who needs your support due to illness, disability, frailty or mental health?

We care that you care! Carers week is an opportunity to raise awareness of the impact of caring and to make sure that you know that support is there for you when you need it



Durham: 0300 005 1213
Darlington: 0300 030 1215
Text: 07800 005830
www.dccarers.org

We can help with:

- Form filling & accessing benefits
- A listening ear & free counselling
- Accessing other services & support
- funding to take some time out

And so much more



Charity Number: 1069278