



North Central London
Health and Care
Integrated Care System

Carers Support

Do you care for a partner, a family member or friend?

Most of us care for somebody at some point in our lives without even thinking about it.

If you care for someone with an illness, disability, frailty through age, or substance abuse - **then you are a carer.**

Did you know that you are entitled to support in your caring role?

Get support from your local carers organisation today.

scan the QR
code or use
the link
below:



nclcarersupport.org

You are not alone.



support delivered by your local carers organisation





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