

**Wondering how you can receive this support?**

**Interested in joining local support groups?**

**Don’t get enough time for yourself? Want to engage in a hobby?**

**Are you a carer? If so, we can help support your well-being!**

**Surgery plans to support carers:**

* **Did you know:**
* **81% of carers say detaching from caring responsibilities is difficult.**
* **68% are missing out on ‘me’ time?**
* **Do you feel like this could be something you’re experiencing?**