

**Carers Hub**

**Local Carer Support**

Do you look after a family member or friend who needs help because of illness, age, disability or addiction? Then you are a carer and we can provide you with advice, information and support.

Worcestershire Association of Carers runs the Carers Hub Helpline on **0300 012 4272** and is open **8am-8pm** 7 days a week.

For more information please visit www.carersworcs.org.uk