



Do you give help and support to a partner, child, relative, friend or neighbour who could not manage without your help?

## FREE & CONFIDENTIAL

**Information**      **Emotional Support**

**Advice**      **Training Opportunities**

**Groups & Outings**      **Craft Activities**

**Therapeutic Breaks**      **Newsletter**

**Volunteering**      **Befriending Services**

**freephone 0800 181 4118**  
**[www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk)**

