



You are a Carer if you look after a friend or family member who cannot manage on their own because they have an illness, poor health, disability, mental health issue or an addiction.

Contact the Carers and Community Support Team to join the CARERS Information Service:



01545 574200



connecting@ceredigion.gov.uk



www.ceredigion.gov.uk/carers

Carers and Community
Support Team
Ceredigion County
Council Canolfan Rheidol
Rhodfa Padarn
Llanbadarn Fawr
Aberystwyth
SY23 3UE



Join the **FREE** service now and be the first to get:

- Carers Magazine three times a year, sent straight to you
- Information about support, services, events, training and the Carers Forum
- Access to the Ceredigion Carers Fund
- Ceredigion Carer Card or Young Carer ID Card (photo required)
- The chance to have your say on local and national Carer issues

Young Carers and Adult Carers can join the service



CARERS Information Service

Do you look after someone who cannot manage without your help?

CARERS are everyone's business



01545 574200



Cyngor Sir
CEREDIGION
County Council