



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring



**Are you supporting a partner,
family member, child or friend who couldn't
manage without your help due to their
disability, illness, frailty or addiction?**

**When you're caring for
someone it can be hard to find
the time to look after yourself
and stay well.**

**If you need support with your
mental health and wellbeing,
we are here for you.**

Caring for Carers

Carers Mental Health & Wellbeing Project

We can offer 1-2-1 and/or small group support to any unpaid carer who is living in Leicester City or Rutland, and needs additional support with their mental health and wellbeing.

Get in touch to find out how we can help.

 enquiries@thecarerscentre.org.uk

 www.claspthecarerscentre.org.uk

 **0116 2510999**

Charity number 1043956
Company number 2994093