**CARERS COMMUNITY SERVICE**

**Are you a Carer?**

* **Do you look after a partner, family member, friend or perhaps even a neighbour?**
* **Do you give help and support to someone who is frail, has an illness or disability, to help them live independently at home?**

**If yes, you are a Carer**

**The *Carers Community Service* in Blaenau Gwent offers you free advice and information on issues related to your caring role.**

**Please contact us:**



**(01495) 321780**



# carers@agecymrugwent.org

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