



Free To Be Me



Supporting you. Celebrating you.

Unpaid Carers

You care for others. We're here to support you.

If you look after a family member, partner or friend who has a disability, long-term illness, mental health condition or additional need, **you are an unpaid carer.**



HOW FREE TO BE ME CAN HELP



One-to-One Support

A safe space to talk and be heard.



Carer Support Groups

Connect with others who understand.



Wellbeing Activities

Take time for yourself and do something that makes you feel good.



Information & Guidance

Help with services, benefits and community resources.



Trips & Social Events

Opportunities to relax, recharge and have fun.



IT'S OKAY TO TAKE CARE OF YOU



You can't pour from an empty cup.

Looking after yourself helps you care better.



It's okay to ask for help.

You don't have to do it all.



Small breaks make a big difference.

Even a little time for you counts.



Your feelings are valid.

It's important to talk and be listened to.



YOU ARE A CARER IF YOU...



Look after someone who could not manage without your help



Do this unpaid



Provide support with everyday tasks, visits, medication, emotional support or personal care

If this sounds like you, we are here for you.



Thank you for all you do. You make a difference every day.



GET IN TOUCH

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