

# VASL

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# SUPPORT FOR CARERS LEICESTERSHIRE

**Do you look after someone who has an illness, disability or is elderly?**

**If you're a partner, husband, wife, friend, parent or neighbour you could receive FREE help and support!**

**We support adult carers aged 18 and over in Leicestershire. The service is free and confidential. We provide a wide range of support and information including:**

- **A dedicated advice line call 0845 689 9510, open Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm, to talk in confidence**
- **A Telephone Befriending Service specifically for carers**
- **Plus, meet and talk to carers at local groups, and other groups throughout Leicestershire, via online forums**

**Visit our website full of useful information and news on a range of subjects including financial support for carers, local events and activities.**

**[www.supportforcарers.org](http://www.supportforcарers.org)**

**Call 0845 689 9510** (Calls charged at local rates) **Email [maureen@supportforcарers.org](mailto:maureen@supportforcарers.org)**