



Carers Matter Norfolk

Supporting unpaid carers

**7 days
a week**

— by phone
— live chat
— in person

Are you
looking after a
friend or
family
member who
could not cope
without you?

We are here to support
you via our:

- Advice line
- Carer's Assessments
- Carer's breaks
- Health and wellbeing Fund
- Carers Voice
- Self-help Hub

0800 083 1148

www.carersmatternorfolk.org.uk



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