

Do you look after someone?



An unpaid carer is someone of any age who provides unpaid help and support to a family member, friend, or neighbour who cannot manage to live independently without your help.

Is this YOU?

Shropshire Carers Support Team offers advice, information, and support on all aspects of adult caring

- 1:1 Support
- Assistance with planning ahead
- Carer Register
- Events and activities
- Check in calls
- Local peer support groups
- Information and advice personalised for you

Email: shropshire.carers@shropshire.gov.uk

Phone: Shropshire Carers Support Line

01743 341995

(Monday to Friday) 9am – 5pm

Support to live your best life and confidence to care

