

Caring is personal

Right now, many in our community are supporting someone with their health, mobility or everyday needs.

There is a helpline that offers practical advice on how to access support that you might not be aware of – like respite care or help navigating the system.

One phone call connects you to a real person who listens and understands. No forms. No judgement. Just a conversation to help you keep doing what you do – with support.

We understand that Caring is Personal. So we won't tell you what to do. But we can help you keep doing what you are doing, supported.

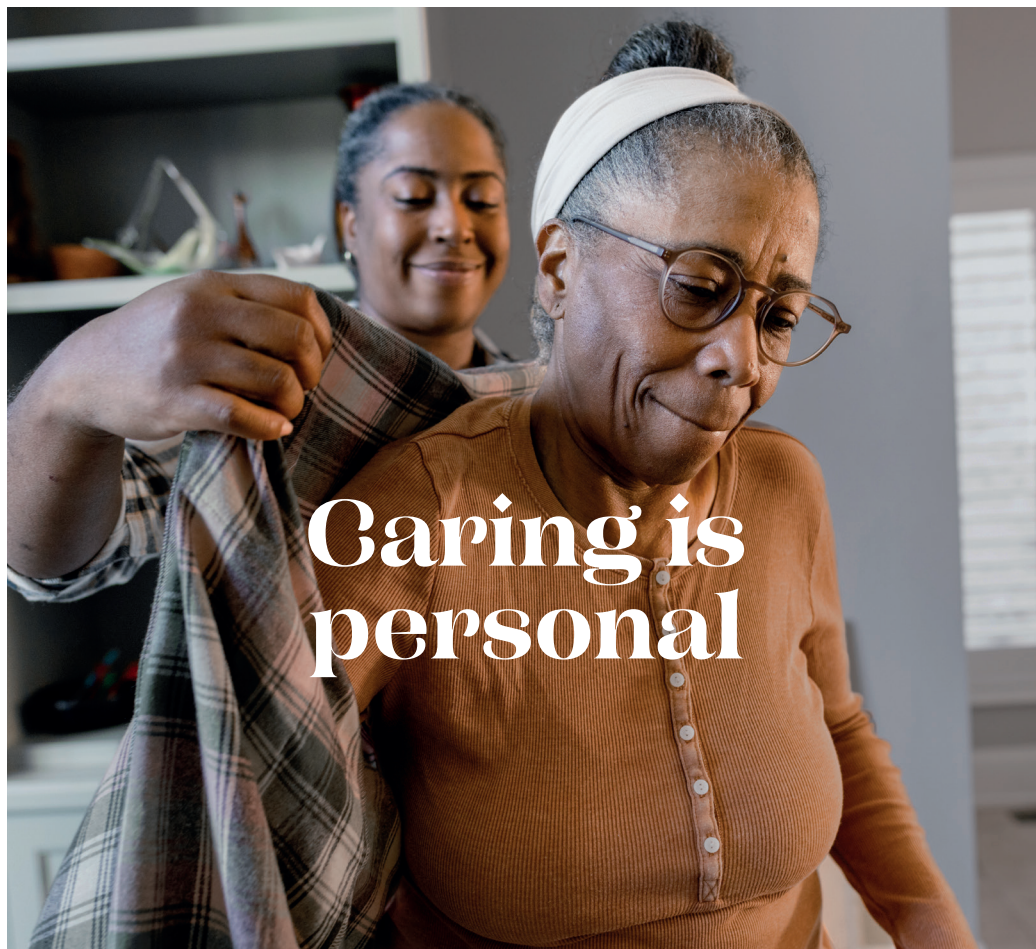
Call Carers First Croydon:

0300 303 1555 or find out more at

www.carersfirst.org.uk/caringispersonal

Our helpline is open from 9–5pm, Monday to Friday. If you call outside these hours, please leave a message and one of our team will call you back.

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www.croydon.gov.uk



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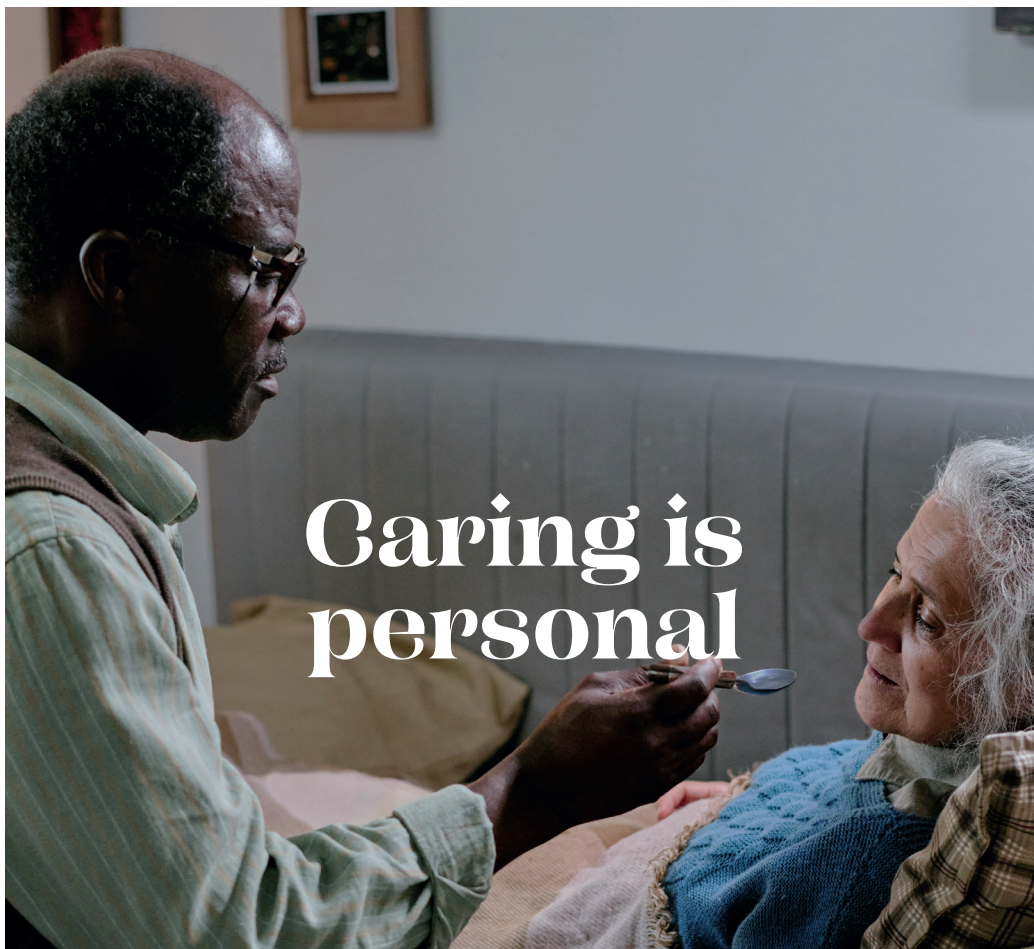
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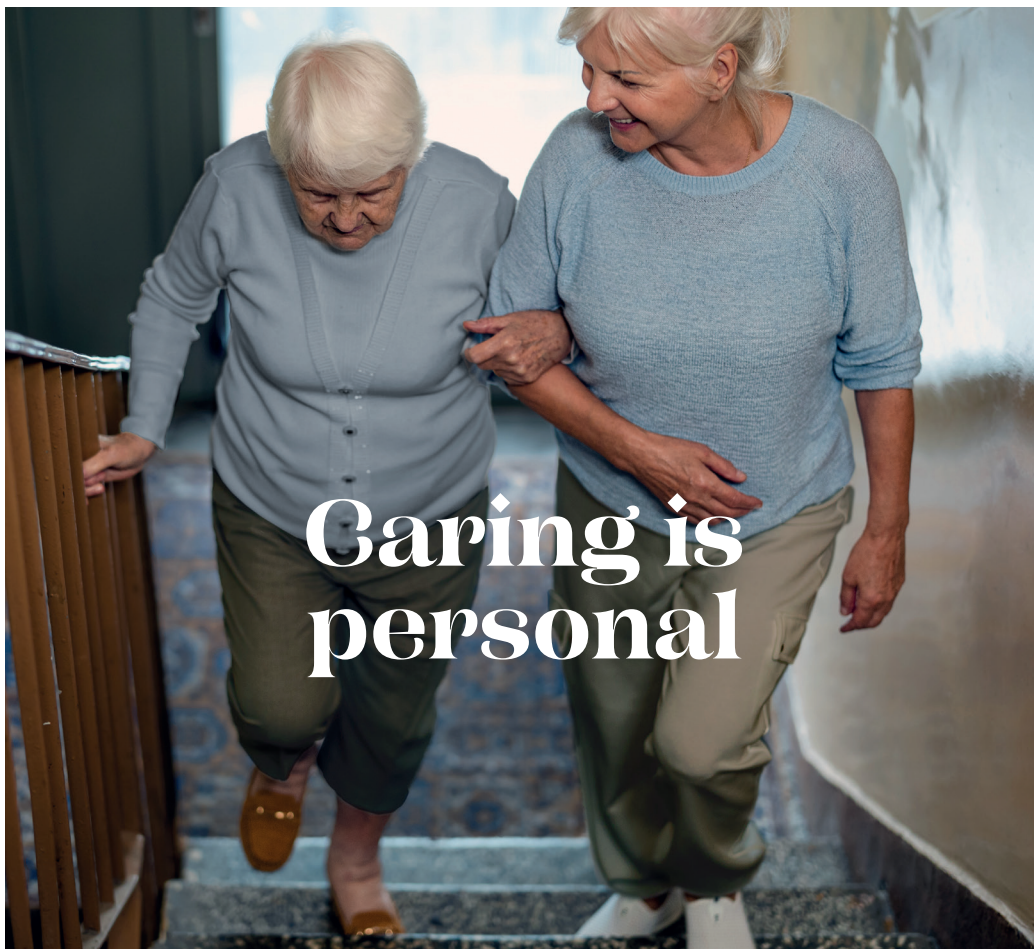
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