



You may look after a husband, wife, partner, child, parent, another relative or a neighbour or friend. You probably don't stop to think about yourself while you're so busy every day.

You are not alone. There are an estimated 35,500 carers living in Northumberland.

Carers Northumberland is a charity dedicated to improving the lives of carers by responding to the needs of carers, informing carers of their rights and entitlements, supporting carers to access help for the person they care for, reducing the social isolation that so many carers feel and empowering carers to have a voice.

**If you would like to discuss this, we have a dedicated 'Carers champion' here at the surgery.**

**Give us a call on 01670 812772 or pop in to the surgery, we will be more than happy to refer you to this service, all we need is a few basic details.**