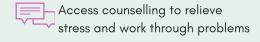
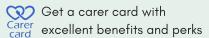
## Do you care for somebody who needs support due to illness, frailty disability or addiction?

## Carers, we can help you to:

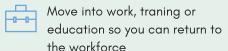
Get information and advice on benefits, welfare & your carers rights



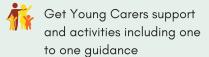
Look after your health and wellbeing



Develop new skills or unwind with training and events



Understand your mental health and access support



Get personal, respite and 24 hour one to one homecare which is Care Quality
Commission regulated

Provide a matching service for people who need help around the house and can offer accommodation to homesharers



For more information about our services please visit our website:

## www.harrowcarers.org

Email: admineharrowcarers.org Phone: 0208 868 5224