

Carers in bedfordshire

**Do you look after someone who
cannot manage without you?**

**We're here for you
to help you through the tough times**

We support:

**Carers of adults with a
wide range of conditions
both physical and mental**

**Young carers and young
adult carers**

**Families who have a child
with special educational
needs or a disability**

Our experienced support workers can help you with:

Information and advice

**Personalised one-to-one
support**

Wellbeing support

**Opportunities to connect you
with other carers at our
workshops, groups and events**



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Registered charity no
1135507

Company registered no
07140432

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Live chat available on our website

