

# Carers need care too!



**Are you a carer?** Do you know someone who is? Do you look after a parent, partner or child or friend? Do you get the support that you would like? LEPG is interested in setting up a carer’s support group, and so we need your input. Tell us who you are—who you care for—and whether you have a support network around you. What can we help you with e.g. practical help, psychological/emotional care or perhaps a combination? Would you like to meet up with other people who find themselves a similar situation?

Contact us by email on [surgeryppg@gmail.com](mailto:surgeryppg@gmail.com) or leave this form at reception with your comments, contact details and what you would like to see in a group that would be useful and helpful for you.

**My Name:**.....**Age:**.....

**Phone:**.....

**Email:**.....

**I care for:(eg.parent/brother)**.....

**What do you need in a group that would be useful and helpful for you?**

**I would like:**.....

.....

*Please write further details and information below. Thank you for your input.*

**Would you like to belong to such a group? Yes                      No**

**What time of day would suit you best?                      am                      pm**