



DOES SOMEONE RELY ON YOU?

Do you juggle your caring role
with paid work?

Carers Bucks
can help you as a
**WORKING
CARER**

For more information, please call
01296 392711
or visit www.carersbucks.org



**This is
a free
service**



Carers Bucks
supporting family carers

Being a carer while in paid employment can bring huge pressures and stresses. However, with the right support both roles can be achieved.

Carers Bucks can help you with:

- Information and advice on your rights as a working carer
- Advocacy to help you get the services you need
- Training and support groups
- Support in managing your health and wellbeing
- Peace of mind through our In Case of Emergency (ICE) scheme

Call Carers Bucks on 01296 392711
or email mail@carersbucks.org
for more details.

Visit our website at www.carersbucks.org
for information on working and caring.

