he helpline is ow open 24 / 7.		
all us, wha our query.		
From 9 am to 5 pm weekdays call with <i>any</i> caring query or just to talk to someone in confidence about your caring role		At all other times evenings / weekends and Bank Holidays call if you have an urgent issue or emergency
Benefits	Help at home	Perhaps the person you look after has: • had a fall at home: • become unwell or agitated: or
quipment	Respite breaks	
Support groups	Work and caring	
lealth services	Carers rights	
	363056	 a situation has arisen that can't wait until the next working day

