



Carers Health and Wellbeing Service

Do you support someone who could not manage without you?

If the answer is yes, you are a carer and we are here to support you.

We are a free confidential service working with GP practices to support carers throughout Leicestershire.

Get in touch to see how we can help

Call us 01858 411380

(calls charged at local rates, calls from mobiles may be higher)

Email us wellbeing@vasl.org.uk

Visit us www.carerswellbeing.org