



How can we help?

Carers Trust has some good information online about health and wellbeing for carers:

carers.org/SelfCare

The British Heart Foundation also has tips on how to eat healthily on a budget:

bhf.org.uk/information-support/heart-matters-magazine/nutrition/eat-well-on-a-budget

It's also worth letting your GP know you care for someone, as they may be able to help with extra support if you need it. Find out more:

nhs.uk/live-well/eat-well

We are here

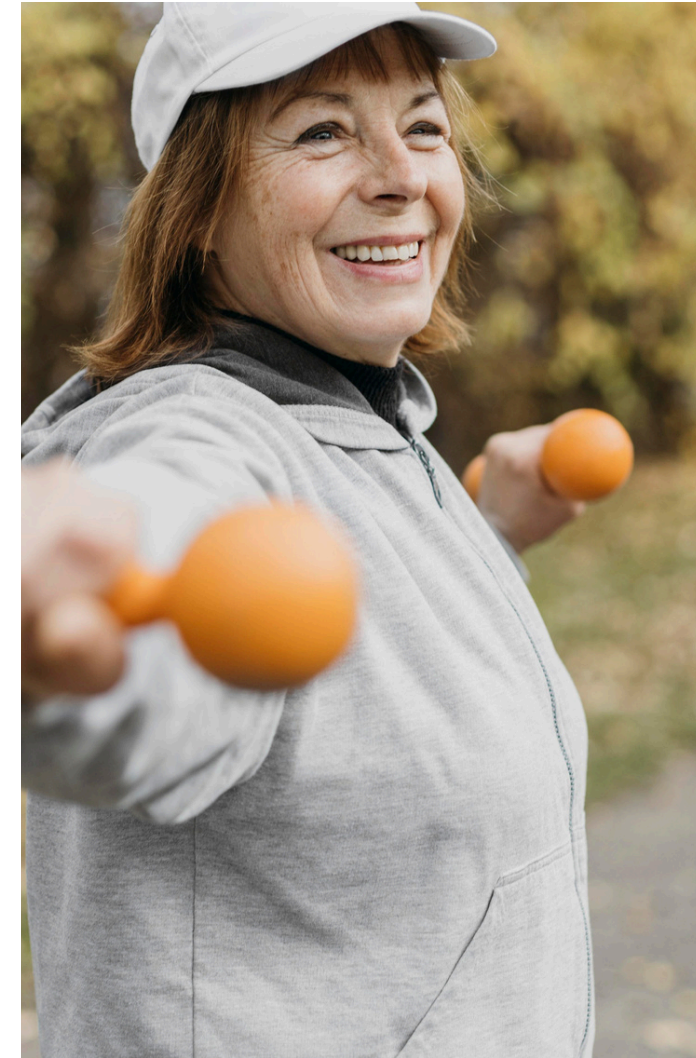
If you're struggling, talk to someone. You can talk to us, a friend or your GP. There is help available, and it's ok to ask for it.

Carer Money Matters services are available in 23 areas across England, Scotland and Wales.

Reach out

Please get the help you need to help the people you care for.

Staying healthy

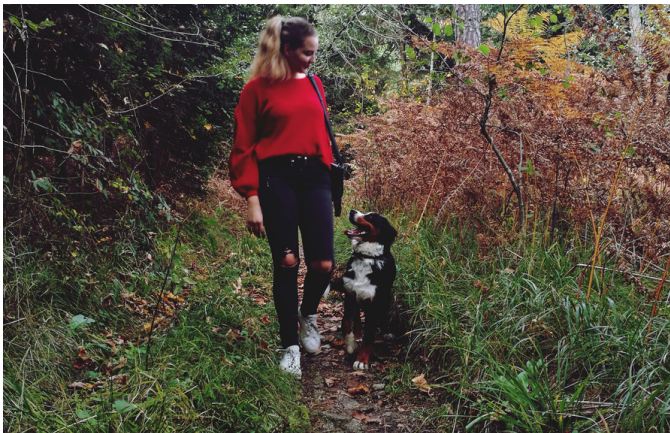


**CARERS
TRUST**

Maintaining a healthy lifestyle can be challenging for everyone. And with the added pressures of caring responsibilities, it can be even more complicated for carers. And it's important for you, and the people you care for, to stay as healthy as possible.

Looking after yourself

The pressures of a caring role can sometimes be overwhelming. So it's important to try to take some time for yourself. Whether that's reading a book, moving around, listening to music or just savouring a quiet morning cuppa, doing things that bring you joy will increase your resilience in situations that aren't as easy.



Taking a break

We can help you explore options for respite care, as well as sitting and befriending services you may be able to access to help you take some time out. You may be able to get help with the cost of respite care too. Carers Trust has some good information online:

carers.org/RespiteForCarers

Getting help around the house

There may also be ways you can get help with jobs around your home, or the homes of the people you care for, which will help you to get a break. Some local charities provide handyman services, gardening or cleaning to help in these circumstances. There's more information online at:

carers.org/HelpAtHome

