



**KINGSTON
CARERS
NETWORK**

A Network Partner of
**CARERS
TRUST**

**Are you looking after someone who
couldn't manage without your help?**



**We are a local charity supporting unpaid carers
throughout Kingston. We offer:**

- Support groups, counselling, wellbeing activities and peer support
- Advice on benefits, including tribunal representation
- A Young Carers Project for ages 5–18
- Carer's Assessments, which can unlock grants or respite to give you a break from caring.

We are here to give carers a stronger voice and ensure you are heard, seen and supported. **Register with us.**

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