



**KINGSTON
CARERS
NETWORK**

A Network Partner of
**CARERS
TRUST**

Are you caring for someone?



Register as a carer with your GP to connect you to local support

Your GP can:

- offer help if you are struggling emotionally or practically
- share information about local services and support
- make sure you are offered flu and covid vaccinations
- help you take part in care planning for your loved one.

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