



Contact the Carers Unit to join the Carers Information Service:

Carers Unit  
Ceredigion County Council  
Canolfan Rheidol  
Rhodfa Padarn  
Llanbadarn Fawr  
Aberystwyth  
SY23 3UE

Telephone: 01970 633564

Email: [carersunit@ceredigion.gov.uk](mailto:carersunit@ceredigion.gov.uk)

Web: [www.ceredigion.gov.uk/carers](http://www.ceredigion.gov.uk/carers)



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You are a Carer if you are caring for a friend or family member due to illness, frailty, disability, mental health issue or an addiction who cannot cope without your support.

Join the **FREE** Carers Information Service to receive:

- Regular Carers Information Service magazines (by email or by post)
- Useful information relating to services, support, legislation etc which will be tailored to your individual needs
- Information relating to the Carers Forum which meets regularly to share support, information and friendship
- Information about local events for Carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues



## Carers Information Service

Are you providing unpaid (emotional or practical) support to a family member who could not manage without your help?

 **01970 633564**



Cyngor Sir  
**CEREDIGION**  
County Council