



Carers Count... Count me in!

Do you look after a relative or friend?

If you provide support to someone who is ill, has a disability, i.e learning disability, mental health or substance misuse problem and that person cannot manage without your help, then you are a **CARER**. Carers can be relatives, parents, young people, friends or neighbours.

Credu is committed to providing information, advice and replacement care to Carers across Powys.

Joining Credu is FREE!

and you can sign up for news & information or direct support including respite.

You can do this by completing this form, calling **01597 823800** or email carers@credu.cymru

You can also find out more by visiting www.credu.cymru

by liking our Facebook page '[Credu Connecting Carers](#)' or by following our Twitter account [@CreduCarers](#)

First Name.....

Surname.....

Date of Birth.....

Phone Number(s).....

Address.....

.....

Postcode.....

Email:.....

Where did you see this form?.....

Brief description of your caring role

.....

.....

.....

YES! I would like Someone to call me about supporting me

To receive news and information

In the post

By email

Signed

Date.....

Return to: FREEPOST CREDU (no stamp or other details needed)

CredU takes your privacy seriously and we will use your personal information to enable us to support you and monitor the difference we make. Your personal information may be shared with your Local Authority (council) and NHS as a 'public task'. We may suggest other organisations and services that could support you, but will only pass on your information to these with your permission, unless someone may be at risk. For further information about how we process personal data, your data protection rights or to complain about how we handle your information please visit www.credU.cymru/privacy or contact Marie Davies, Operations Manager at marie@credU.cymru or 01597 823800.

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CredU is a Network Partner of Carers Trust