

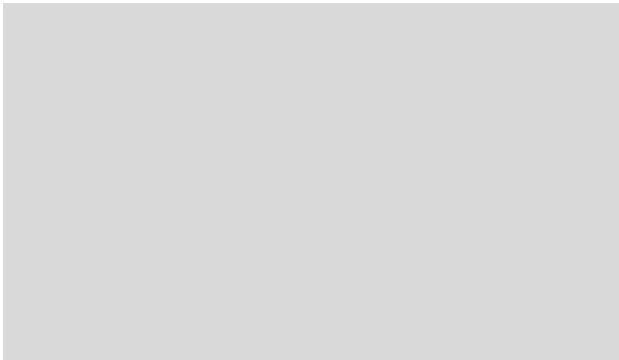
CARERS NOTEBOOK



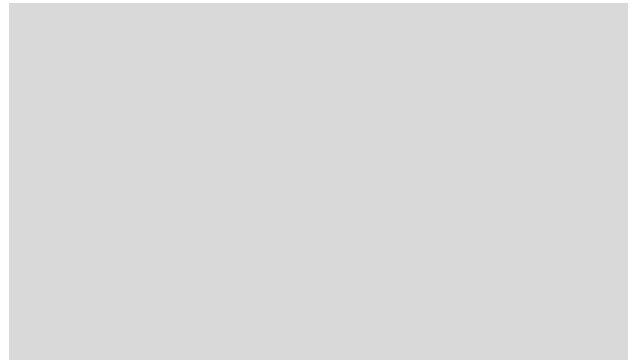
IMPORTANT INFORMATION

**COMPLETE THIS FORM BEFORE YOUR MEETING SO THAT YOU
KNOW WHAT YOU NEED TO DISCUSS ON THE DAY.**

PEOPLE INVOLVED



DATE AND LOCATION



OUR PRIORITIES



MEETING NOTES

MEETING NAME

DATE :

ATTENDEES:

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NOTES :

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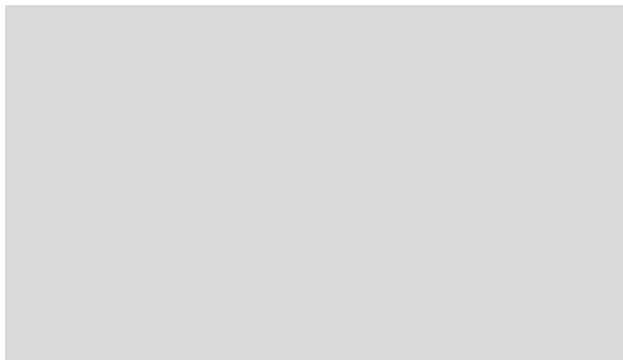
FOLLOW UP

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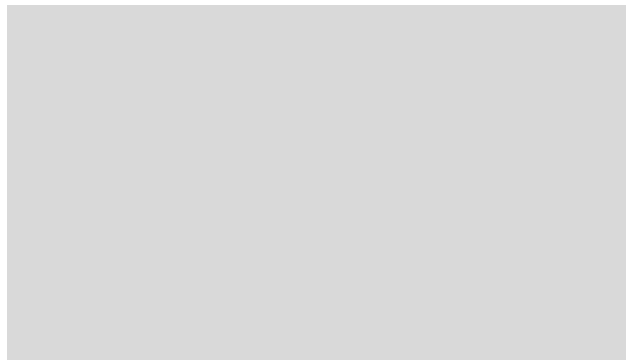
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In Wales, in a typical week there are 311,000 people looking after family or friends who are older, disabled or seriously ill.

However caring affects you, we're here.

For information and tailored support, contact the Carers UK Helpline:

E: advice@carersuk.org

T: 0808 808 7777

This guide was proudly supported by



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Carers Wales

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This guide is designed to provide helpful information and advice. While we work to ensure that our information is accurate and up to date, we would recommend contacting the Carers UK Helpline or visiting our website for more information.

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