

Are you an Adult or Young Carer and do you provide care for someone over the age of 18?

YES -

Then you may be eligible for a CARERS GRANT or a 12 month FREE Wirral Leisure Pass (worth over £200)

The Carers grant is a one-off payment and could pay for:

- Health therapies such as massage or podiatry
- Relaxation or therapeutic courses
- Travel/ costs to visit family or even help toward a laptop or tablet to improve social isolation through social media

Or you may opt for the Wirral Leisure Pass including:

- Access to 7 Council run Gyms across Wirral
- Leisure classes
- Swimming pools

To find out more about a **Carers Grant** and how the **Carers Wellbeing Service** can help you with your caring role contact the Carers Helpline on **0151 670 0777** or email: cws@wired.me.uk

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