

Your GP Surgery Needs Your Help!

Hi, my name is **Michal Morkowski** and I co-ordinate the Carers Break Project for your GP Practice.

There are about 8,000 family members and friends looking after loved ones in East Cambs.



The pandemic has been hard on everyone, and particularly hard on carers who have been caring without a break.

Are you able to give us a couple of hours of your time, once a fortnight or once a month, to give a carer in your community a break?

If you enjoy chatting, meeting new people and could offer companionship to a carer's loved one, I would really love to hear from you.

**Please contact me for more information on
07843 327547**