



**carersUK**



# carers RIGHTS DAY



**care for the  
carers**  
East Sussex

**Do you look after someone who couldn't  
cope without your support?  
Are you aware of carers rights?**

Phone: 01323 738390 Email: [info@cftc.org.uk](mailto:info@cftc.org.uk) Text: 07860 077300 Visit: [cftc.org.uk](http://cftc.org.uk)

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