

# Have you got a Carers Card?

Exclusive free scheme for unpaid carers in East Sussex



## The Carers Card does three things:

1. Identifies you as a carer, and that someone depends on you in an emergency.
2. The option to connect to a back-up respite plan.
3. A discount card, giving carers savings at businesses across East Sussex.



Sign up online, or contact us to request your Carers Card.

No one left to care alone



T: 01323 738390  
info@cftc.org.uk

Txt: 07507 240793  
[www.cftc.org.uk](http://www.cftc.org.uk)