

Situations Vacant

| Name of Post | Age | Job description |
|--------------|-----|--|
| Carer | Any | <ul style="list-style-type: none"> • Physical hard work • Complicated paper work • Telephone calls dealing with wide range of professionals • Potential risk to mental health • Applicant must be hard-working, selfless, dedicated, flexible, endlessly patient and prepared to forego sleep and social life • No experience needed • No training required • No wages |

If just one of the above describes your responsibilities:

YOU ARE A CARER!

Good news: Help is at hand.....

If you feel cut off from the information you desperately need, stressed, isolated or overwhelmed in your caring role, then the Worcestershire Association of Carers aims to help you tackle all these issues and more.

- Free group sessions to help you build on existing skills, strength and support. **'Caring With Confidence'** sessions are running here, at Upton Surgery in 3-hour group sessions on Wednesday mornings until early May 2011.
- Call us 24 Hours a day, 7-days a week on the helpline: 0300 012 4272.
- Ask at reception for a GP Registration Card so your GP knows that you have a caring role.