



# Give Carers A Break

Breaks for carers make sense.  
Carers need a break to keep on caring.

# I'm asking my Primary Care Trust to Give Carers a Break

I'm a carer and I need a break because...

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The kind of break I need is...

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Name: \_\_\_\_\_

Area: \_\_\_\_\_

Give your completed postcard to your local Princess Royal Trust Carers' Centre or Crossroads Care scheme to help get breaks for carers.



The Princess Royal Trust  
*for Carers*

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