




Do you regularly support a relative or friend who is ill, frail, disabled or has an addiction?

Do you identify as lesbian, gay, bisexual or trans?

A brand new service is now available to support you.

-  Find information
-  Keep up to date with news and events
-  Chat with others who understand

Log on now.

It is completely free and completely confidential.

[www.lgf.org.uk/carers](http://www.lgf.org.uk/carers)

For more information, call Glenn on 0161 234 4254.

Why not ask about the LGBT carers group where you can get support in person at The Lesbian & Gay Foundation in Manchester.

