

Liz cares for her son who is disabled. She helps him to get dressed, eat his meals and go to the toilet. She is struggling to cope and needs someone to talk to who understands.

Liz logged onto the LGBT Carers Forum and found a group for parent carers in her area.



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.

