



Support for unpaid carers

If you look after a family member, friend or neighbour with an illness, disability, mental health problem or an addiction, who is unable to manage without your support, then you are a carer.

MyTime has launched to connect carers in Warwickshire with local businesses and organisations who offer complimentary leisure breaks, cultural and wellbeing experiences.

Learn more:



Visit: www.mytime4carers.co.uk
Email: mytime@localsolutions.org.uk
Phone: 0151 705 2327

MyTime also provides an opportunity for employers to support members of staff who are carers by enabling them to access meaningful breaks, helping carers to rest, recharge and maintain their wellbeing.



MyTime is a programme delivered by the charity Local Solutions in partnership with Warwickshire County Council.

