

# A Proper Break

Are you caring for someone recently diagnosed with dementia?



Could you benefit from 2 hours free respite support per week to give you time away from caring to do things you may need or want to do? This support can be provided by Crossroads Care East Lancashire's trained staff and is funded by East Lancashire Clinical Commissioning Group.

Call Crossroads Care East Lancashire now on 01282 832548 or

email us at [enquiries@crossroadseastlancs.org.uk](mailto:enquiries@crossroadseastlancs.org.uk)

Alternatively you can contact the Memory Assessment Service, Alzheimer's Society, AgeUK or your GP's surgery and ask about this support.

