

Got any questions about direct payments or personal health budgets?



Confused about the different types of available housing and community support?

Want to know more about finding a Personal Assistant in Care?



Need help to find your way through health and social care systems?

Find out more information from a **Peer Expert** with lived experience who can share their story and give you the confidence to make the right choices for you!

Get in touch with a Peer Expert at:



**Carers Together**

01794 519495 or [admin@ carerstgether.org.uk](mailto:admin@carerstgether.org.uk)

or

**Hampshire Advocacy**

023 8077 6657 or [info@hampshireadvocacy.org.uk](mailto:info@hampshireadvocacy.org.uk)

