



amazesussex.org.uk

Hello,

I think you may have a child with a disability, long term health condition or additional needs at home and I know this coming time will be even more stressful and difficult for you.

We know what an AMAZ-ing job parent carers' do every day. Your AMAZ-ing community is also here to help!

I would be happy to help you with:

TICK BOXES

- Taking you shopping
- Collecting things from the shop for you
- A friendly phone call
- Posting mail
- Helping you take the kids out to the park/for a walk
- Walking your dog
- Domestic support e.g. taking rubbish or recycling

My name is:

I live locally at:

My phone number is:



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