# Are you a carer?

L&G Care Concierge is a free confidential telephone guidance resource, allowing you to talk to an expert regarding any adult or later life care needs of either yourself or a loved one.

So, whether it's care for a parent or even a friend that you're supporting, they can help you understand the journey.

To speak with them about any care related needs,
Call on: 0808 189 3195
Monday to Friday 9am – 5pm
Or visit their website using the QR code:



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