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## **HELPLINE & ADVICE SERVICE FOR UNPAID CARERS IN CORNWALL**

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We are here to talk & help with any challenges or issues you may be experiencing

Call us 10am - 4pm Monday to Friday, or text/email us at anytime

**07435 870587 | 01736 339226 | 07775 756454**

**Email: [info@promas.co.uk](mailto:info@promas.co.uk)**

Please note calls are charged at standard mobile rate, but if you text or email us we will contact you within 24 hours (excluding weekends)

