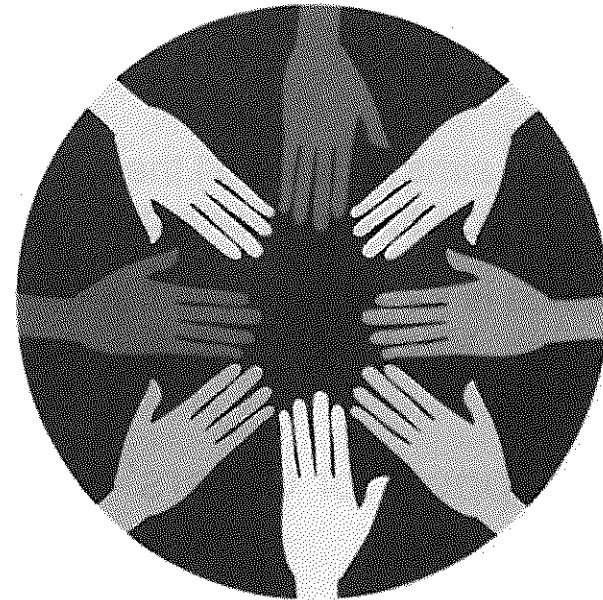


SUPPORT FOR CARERS LEICESTERSHIRE



Support for Carers Leicestershire



Pat Wilkins • Gurjit Sangha • Jackie Williamson • Diane Claridge • Jacqui Mowson • Nicola Tate-Bohannon

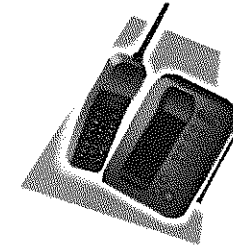
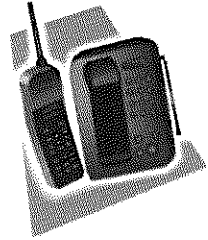
‘Support for Carers’ is a service delivered by the community-based organisation Voluntary Action South Leicestershire with funding from Leicestershire County Council.

The service aims to bring all the support services for carers under one roof to make it easier for you to find information, advice and support.

The service is for all carers in the county and it covers Charnwood, Blaby, Harborough, Hinckley and Bosworth, Melton, North West Leicestershire and Oadby and Wigston.

The ‘Support for Carers’ service is free and confidential offering a wide range of support:

Telephone advice line



A dedicated, tailor made telephone advice line on:

0845 689 9510

Monday to Thursday from 9.00am to 5.00pm

Friday from 9.00am to 4.30pm

You can talk to experienced professionals about any aspect of being a carer.

Referrals welcomed from professionals, family, friends by phone, post or email.

Supporting carers groups throughout the county



One of the aims of 'Support for Carers' is to make sure that all carers in the county have access to a local carers' support group.

Currently support groups are available in:

Market Harborough

Melton Mowbray

Bottesford

Hinckley

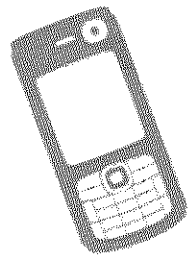
Earl Shilton

Oadby & Wigston

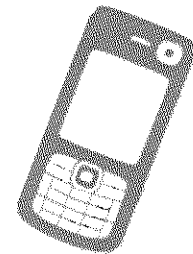
Blaby

Coalville

Loughborough



The Carers' Telephone Befriending Scheme



The Carers' Telephone Befriending Scheme has been successfully supporting carers for four years.

We are now able to offer the service to carers countywide.

The befrienders are all trained volunteers who really understand the issues which surround being a carer.

The calls, which are all confidential, can be light-hearted serious or just an opportunity to get it all off your chest!

It is not a commitment to be at home at the same time every week. If you are there that's fine; if you are out, the befriender will just try you the following week.

Special Events and Services

Carer Forums – First for 2014, Friday April 25th
10:30 to 12:30 at the Bassett Street Centre Wigston.

Courses for carers.

Days out: summer trip/Xmas parties

Carer buddying

CARERS' CHOIRS

QUARTERLY NEWSLETTERS

Our quarterly newsletter INFORM

Keeps carers up to date on group/event/course information.

Articles on carer related topics and sharing generic carer information.

A medium for carers and caring organisations to put forth their information and/or ideas

Carer's Support Grant



Carer's Support Grant is a one-off grant intended to supplement the support for carers of adults (aged 18 years and over) by enabling the carer to take 'real time off' from caring, to reduce the impact of caring on health and well-being and support the carer to continue in their caring role

How can the money be used?

- Short breaks
- Sitting/respice service
- Physical work around the home e.g. gardening/decorating/cleaning
- Gym membership, driving lessons

How to contact us:

Call us on: 0845 689 9510

Please note : Calls are charged at local rates, although calls from mobiles may be higher.

Email us on: maureen@supportforcarers.org



VISIT US ONLINE
www.supportforcarers.org

Our website is full of handy information including national and local news for carers, events, useful links and resources and a directory of services for carers and the cared for where you live.

Provide contact via EMAIL or SKYPE

Why not 'Like' our Facebook page 'Leicestershire Support for Carers' and find new friends online – whilst keeping up to date with what's happening for carers in the county.

Don't forget, if you don't have a computer at home you can use the computers in Leicestershire's larger libraries free of charge.