

Have you got your Carers Passport yet?

The Carers Passport is available throughout Leicester Leicestershire and Rutland.

The Passport is recognised across Leicester, Leicestershire and Rutland. The Passport aids in the easy recognition of carers in a variety of settings and enables access to services and support. It's available as a wallet sized card, and also as a download onto your smartphone or with a lanyard if you would prefer. Once you have your Carers Passport it can also serve as a useful form of ID to prove you are a carer.

To find out more and apply for your own Carers Passport:

Call :
01858 468543

Email :
maureen@supportforcarers.org

Or visit :
www.supportforcarers.org

If you require this information in an alternative version such as large print, Braille, tape or help in understanding it in your language, please contact us on:

01858 468543

To find out more:

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Email :
maureen@supportforcarers.org

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SUPPORT FOR CARERS LEICESTERSHIRE

Do you look after someone aged 18 years and over who could not manage without your support due to an illness, disability or is elderly?

Would you like some help and support or someone to talk to?

Support for Carers Leicestershire is here FOR YOU!

Most carers don't see themselves as carers they see themselves as someone who's looking after a relative, friend or neighbour.

However, if the person you look after couldn't cope without you and you don't get paid (apart from Carers Allowance) then you are a carer and you deserve some help and support, with this in mind be sure to register yourself with your local GP surgery as a carer.

Support for Carers supports carers throughout Leicestershire. The service is run by VASL, a community based organisation with a long and successful history of supporting carers.

Remember

Carers can be any age and don't just look after the elderly, ill or physically disabled, they care for those with learning disabilities, mental illness, substance and alcohol misuse and for people of all ages including children with disabilities.

Did You Know?

- 82% of carers provide practical help such as preparing meals, doing the laundry or going shopping
- Carers are 7 times more likely to say they are always, or often, lonely compared with the general population
- 4 in 10 carers said they had not had a full day off from caring in over a year
- Most carers (40%) care for their parents or parents-in-law

(Source: www.carersuk.org)

How can Support for Carers help YOU?

We're here to help all adult carers aged 18 and over in Leicestershire.

Whether you care full-time or just a few hours a week. The service is free and offers a range of support including:

- **A dedicated telephone advice line on 01858 468543, open Monday to Friday from 9am to 5pm so you can talk in confidence to fully experienced professionals about any aspect of being a carer.**
- **A website full of useful information and news on a range of subjects including financial support for carers, local events and activities and a directory of support services available in your area.**
- **A Telephone Befriending Service specifically for carers.**
- **The chance to meet and talk to other carers at local carers groups and events.**