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Support for Carers Leicestershire
Voluntary Action South Leicestershire
The Settling Rooms
St Mary's Place
Springfield Street
Market Harborough
Leicestershire
LE16 7DR

Did you know?

- 1 out of every 8 people in the UK is a carer
- At least 44,000 carers are aged 85 or over
- There are around 114,000 carers aged between 5 and 15

(Information from the Office for National Statistics)

We're here to help anyone who's a carer in Leicestershire, whether you care full-time or for just a few hours a week.

Please feel free to get in touch whenever you need our help:

Call us :

0845 689 9510 (Calls charged at local rates)

Email us :

maureen@supportforcarers.org

Or visit us online :

www.supportforcarers.org

You can also join our Facebook group and follow us on Twitter.

You're welcome to visit us

Voluntary Action South Leicestershire,
The Settling Rooms, St Mary's Place,
Springfield Street, Market Harborough,
Leicestershire, LE16 7DR.

Voluntary
Action South Leicestershire

Leicestershire
County Council

SUPPORT FOR CARERS LEICESTERSHIRE



Do you look after someone who has 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.

But if the person you look after couldn't cope without you and you don't get paid then you are a 'carer' and you deserve some help and support.

Support for Carers Leicestershire is a new service to support carers throughout Leicestershire.

The service is run by Voluntary Action South Leicestershire, a community based organisation with a long and successful history of supporting carers.

Remember

Carers don't just look after the elderly, ill or physically disabled, they take care of people of all ages including children with disabilities, those with learning disabilities, mental health problems and addiction issues.

How can Support for Carers Leicestershire help you?

The service is free and offers a range of support including:

- **A dedicated telephone advice line open Monday to Thursday from 9.00am to 5.00pm and Friday from 9.00am to 4.30pm 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 via online forums.**

Want to know more?

If you'd like to receive our newsletters and email updates sign-up to Support for Carers.

Call us :

0845 689 9510 (Calls charged at local rates)

Email us :

maureen@supportforcarers.org

Or visit us online :

www.supportforcarers.org

Alternatively, please fill in your details below, tear off this page and post it to us.

Name:

Address:

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Tel:

Email:

Registering your details will enable us to provide you with the best possible service. Any information you provide will always be held in the strictest confidence and we will not share your details with anyone else.

Would you like Support for Carers to contact you to tell you more? (please tick)

Yes ☐ No ☐

Registered charity number: 1141274

