

How else can Support for Carers help?

- A dedicated telephone line open:
9.00am - 5.00pm Monday to Thursday
9.00am - 4.30pm - Friday
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.
- The chance to meet and talk to other carers at local carers' groups.

Get in touch

If you'd like any further information or a home visit to discuss the service, then please don't hesitate to contact:



Diane Claridge

Telephone Befriending Co-ordinator

0845 689 9510

Support for Carers Leicestershire
The Settling Rooms, St Mary's Place
Market Harborough, LE16 7DR

Email Support For Carers
diane@supportforcarers.org

Visit Support For Carers
www.supportforcarers.org

Registered Company: No.7517828
Registered Charity: No.1141274

SUPPORT FOR CARERS LEICESTERSHIRE

Carers Telephone Befriending Service

We're here
to listen to
YOU!



Are you a carer?

You may not think of yourself as a 'carer', 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 service to support carers throughout Leicestershire.

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

What is the carers telephone befriending scheme?

- Trained volunteers make weekly or fortnightly phone calls to carers.
- Most of the volunteers are ex-carers themselves so understand the problems and issues experienced by carers.
- It gives carers the opportunity to talk to someone confidentially outside the family.
- A mutually convenient day and time is arranged for the phone calls although it is not a commitment on your part and we do understand that sometimes you may not be available.
- The service is free of charge.

Want to know more?

If you have a couple of hours to spare and you're interested in training to become a telephone befriender please contact us using the details below. The calls are made from The Settling Rooms Market Harborough. We're particularly keen to hear from ex carers.

Diane Claridge - Carers Telephone Befriending Co-ordinator

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