

SUPPORT FOR CARERS LEICESTERSHIRE 0845 689 9510



Do you look after someone
who has an illness, disability
or is elderly?

Would you like to meet and talk
to other carers near you for help,
support and friendship?

**Support for Carers
Leicestershire can help YOU!**

Being a carer can be very rewarding but it can also be demanding, difficult and lonely at times.

Talking to other carers can be a great way to cope with the pressures - whether you're looking for help and support from people who understand the issues or a supportive social group where you can have a chat and a break.

Support for Carers Leicestershire is a new service for all the county's 70,000 carers. If you don't already have a Carers' Support Group near you, we can help you to set one up. Alternatively, we can help you to find a whole range of groups and activities in your area.

We also provide :

- A dedicated telephone advice line for carers open Monday to Thursday from 9.00am to 5.00pm and on Fridays from 9.00am to 4.30pm on 0845 689 9510
 - A Telephone Befriending Service for carers
 - A website full of information and advice including a directory of services available in Leicestershire
-

Call : 0845 689 9510 (Calls charged at local rates)

Email : maureen@supportforcarers.org

Visit : www.supportforcarers.org

Join our Facebook group and follow us on Twitter : [@support4carers](#)
