

**call us on 0300 770 80 90**

www.carersinessex.org.uk

Supporting Carers in Essex is working with The Hollies Surgery to identify and support unpaid carers like yourself.

We passionately believe:

“To care safely and maintain their own physical and mental health and well-being, carers need information, support, respect and recognition from the professionals with whom they are in contact. Improved support for the person being cared for can make the carer’s role more manageable.”

**How we can help:**

You can be assigned your own Support worker who, if you wish, will visit you at home to offer:

* **Practical Support** – including information on finance / legal matters, local services, how to access grant funding and get a break
* **Health and Wellbeing** – peer support groups, counselling, emotional support, yearly flu jab
* **Support at Difficult Times** – when the person you care for goes into hospital, support for when the cared-for is approaching the end of life, respite breaks

**How to access help:**

* come and see us in **The Hollies Surgery Reception** – every Friday 10 – 12, no appointment necessary (come for a chat or have a Carers Consult in private)
* **Phone us** (we're very friendly) on: 0300 7 70 80 90
* **Visit our website**: [www.carersinessex.org.uk](http://www.carersinessex.org.uk/) and fill in an online referral form

**Working together … for unpaid Carers**

