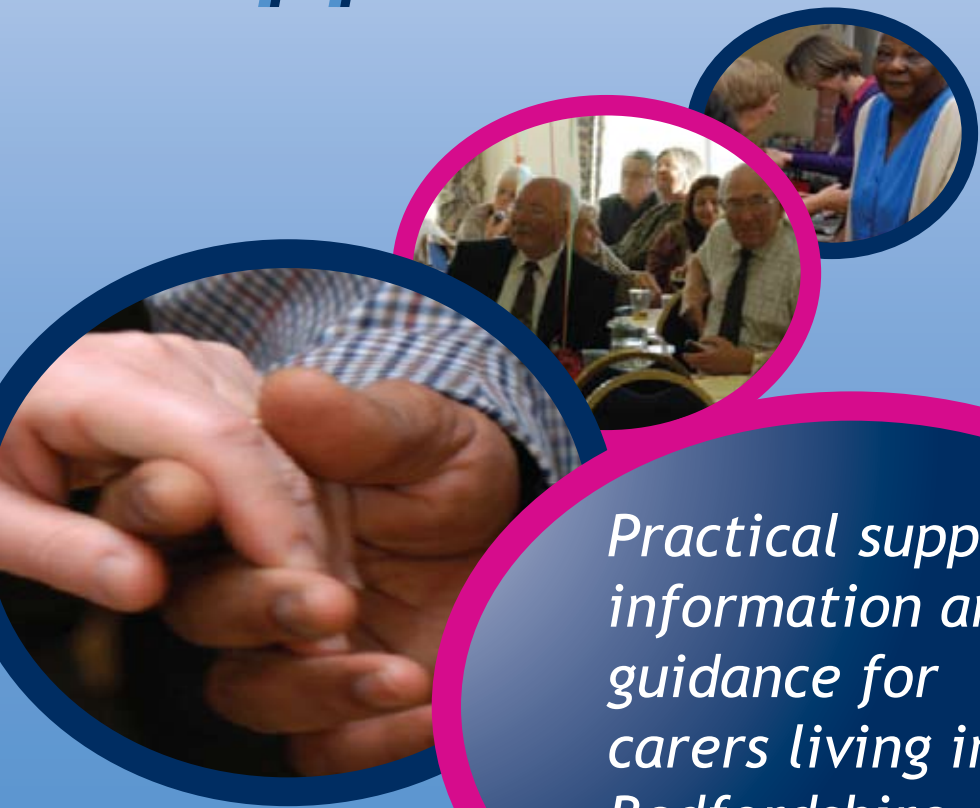


# *Carers Support Bureau*



*Practical support,  
information and  
guidance for  
carers living in  
Bedfordshire*



call us free on:

**0800 039 1234**

*(with a 24 hour answer phone)*

email: [csb@bedsrcc.org.uk](mailto:csb@bedsrcc.org.uk) | <http://www.bedsrcc.org.uk>

# Are you a Carer?

A Carer is someone who gives up their time to look after a family member or friend who is ill, frail or has a disability. A carer can be anyone and affect everyone. The care they provide is unpaid.

## Our services and activities

We have been supporting informal carers since the year 2000. If you and the person you care for is over 18 years old, you could receive a break from your caring role. Carer's services are not means tested and the amount of support you receive will depend on your caring situation. Please phone to discuss how we can help you with this. Other services and activities include:

**Information helpline (0800 039 1234)** - Our support workers offer free information, advice and guidance about carers rights & entitlements and can refer you to other carers support groups and organisations. We also offer emotional support and understand the difficulties sometimes carers face within their role.

**Community and Social Events** - We organise many events throughout the year, particularly for National Carers Week (June) and Carers Rights Day (December). These events give everyone the chance to take a break, meet other people in a similar situation and gather new information to help support them in their caring role. In addition to this we also run an **allotment group** in the Bedford area to enable carers to meet in a relaxed environment and make new friends whilst enjoying a bit of exercise.

**Information for health and care professionals** - We are able to provide information about support and services for unpaid carers to GP's, social workers and other health professionals and are now working closely with a growing number of these to do this. We are happy to give talks or presentations about our services and raise awareness of Carers rights and entitlements.

