

“ Thanks – I feel much better informed about what is out there for me and it’s great to know that you are there for me ”

“ I would urge others to attend these courses because it offers time out to listen and learn what help is available. It has reinforced my positivity. Thank you ever so much ”

“ We found the meeting with the Adviser very helpful, being able to talk to someone who understands and gain advice ”

“ It was so good to discuss honestly with people in a similar situation. There were humorous moments and I thoroughly enjoyed the learning process ”

Get in touch with us

Call our Information Line team

01473 835477

Monday 9am – 5pm
Tuesday 9am – 7.30pm
Wednesday 9am – 5pm
Thursday 9am – 5pm
Friday 9am – 4.30pm

Use our online chat at:

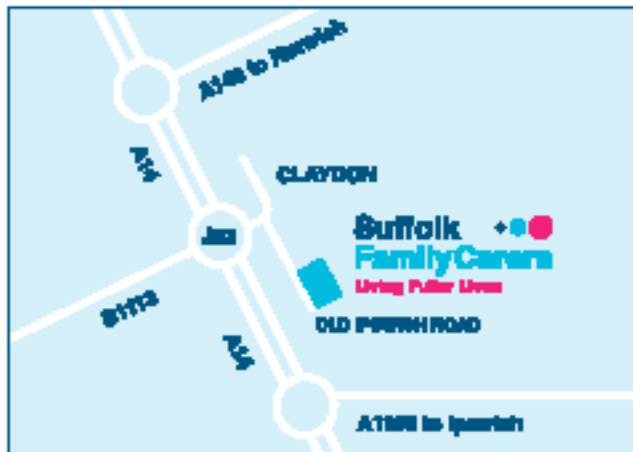
www.suffolkfamilycarers.org

Email us at:

enquiries@suffolkfamilycarers.org

Drop in and see us at:

Suffolk Family Carers
Units 6 & 8, Hill View Business Park,
Old Ipswich Road, Claydon, Suffolk IP6 0AJ



Suffolk Carers Limited Registered Charity No.1069937
A company limited by guarantee in England No.3507600
Registered Office: Unit 8, Hill View Business Park, Claydon IP6 0AJ



Are you looking after someone? Who is looking after you?

Suffolk Family Carers
Living Fuller Lives

Information Line

01473 835477

Adult Carers are:

Anyone, aged 18 years or over, who provides unpaid care or support to a friend or family member, who cannot manage without that support, due to:

- illness,
- disability,
- a mental health problem or
- an addiction

For many people, looking after someone is "just something I do." However, by not recognising you are carrying out a caring role can be a real barrier to accessing vital support.



We help carers of all ages across Suffolk get the support they need to live fuller lives.



Our holistic approach to listening and understanding your needs as a carer ensures we provide advice, guidance and support tailored to your specific needs.

Suffolk ●●●
Family Carers
Living Fuller Lives

Information Line

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How can we help you?

Our experienced and knowledgeable teams provide support in a person centred way through:

One to One Support

- Over the telephone
- In your community or home
- In health settings including hospitals & GP surgeries

Information Advice & Guidance

- To maintain your health & wellbeing
- Carers Assessments
- Signposting & referring to support services
- Moving & handling training

Workshops & Programmes

- To help you in your caring role, we provide a range of support programmes such as Caring with Confidence
- We run workshops on specific topics such as sleep, being a parent carer, Autism & ADHD
- Bespoke packages for professionals and groups

Advocacy

- We work in partnership with Total Voice Suffolk supporting carers to have their voice heard

Respite Funding

- In certain circumstances we can arrange funding to enable you to attend medical appointments, support programmes and a break from your caring role

Family Carer Groups

- We connect you to independent family carer groups across Suffolk, providing friendship and support in a relaxed environment