

Are you looking after someone?

Who is looking
after you?



A FAMILY CARER IS...

...someone who **provides unpaid care** or support to a family member or friend, who cannot manage without additional support, due to their illness, disability, mental health problem or addiction.

WHO ARE WE?

Suffolk Family Carers have been working together across Suffolk for over 30 years to ensure **family carers are visible, valued, supported and connected.**





THE HUB

Listening and understanding, information, advice, guidance and emotional support. Connecting you to support in your community.

Monday - Friday:



8am - 6.30pm



8am - 6.30pm

Weekends & Bank Holidays:



CLOSED



CLOSED



ADULT SERVICES

Family Carer Support Workers - based in hospitals, GP practices and in the community.

Respite Funding and Support

Moving & Handling - keeping you safe whilst moving the person care for.

Advocacy and Relevant Person Representative (RPR)

Talk and Support - telephone befriending

Military, Veteran and Ex-Service Family Carer Support



MENTAL HEALTH & WELLBEING

Support workshops - focussed on family carers' wellbeing, including Caring with Confidence, Wellbeing For Me and other specific workshops.

1:1 and group support for family carers caring for someone with a mental health difficulty and/or for those affected by someone else's problematic use of drugs and/or alcohol.



YOUNG PEOPLE'S SERVICE

Supporting young people, **5-24 years old**, who care for, or are affected by, a family member who has a **physical or mental illness** or misuses drugs and/or alcohol.



Our advisers provide:

Support and advocacy in schools and colleges

Focussed one-to-ones

Personal development

Respite opportunities.

NEURODEVELOPMENTAL DIFFERENCES PROJECT

We offer **whole family support** as part of the Neurodevelopmental Differences Pathway.

Our ND team provide:

1:1 support to suit your situation

Drop-in sessions for parent carers

Workshops and activity sessions
for parent carers and the whole family

Online **advice** via blogs and articles



**For information, advice or guidance regarding
your caring role or to register, please contact us.**

All our services are free.



01473 835477



hello@suffolkfamilycarers.org



www.suffolkfamilycarers.org



A Network Partner of

**CARERS
TRUST**

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Registered Office: Unit 8, Hill View Business Park, Claydon IP6 0AJ

 
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