

# For more information contact us on:

Call :  
**01858 468543**

Email :  
**maureen@supportforcarers.org**

Or visit :  
**www.supportforcarers.org**

Alternatively, please fill in your details below, tear off this page and post it to us.

Support for Carers Leicestershire  
1st Floor, Torch House  
Torch Way, Market Harborough  
Leicestershire, LE16 9HL

Name: .....

Address: .....

.....

.....

Tel: .....

Email: .....

Registering your details will enable us to provide you with the best possible service. Any information you provide will always be held in the strictest confidence and we will not share your details with anyone else.

Would you like Support for Carers to contact you to tell you more? (please tick)

Yes  No

Registered charity number: 1141274

If you require this information in an alternative version such as large print, Braille, tape or help in understanding it in your language, please contact us on:

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# SUPPORT FOR CARERS LEICESTERSHIRE

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

**Would you like some help and support or someone to talk to?**

**Support for Carers Leicestershire is here FOR YOU!**

# Most carers don't see themselves as carers they see themselves as someone who's looking after a relative, friend or neighbour.

However, if the person you look after couldn't cope without you and you don't get paid (apart from Carers Allowance) then you are a carer and you deserve some help and support.

Support for Carers supports carers throughout Leicestershire. The service is run by VASL, a community based organisation with a long and successful history of supporting carers.

## Remember

Carers can be any age and don't just look after the elderly, ill or physically disabled, they care for those with learning disabilities, mental illness, substance and alcohol misuse and for people of all ages including children with disabilities.

### Did You Know?

- 3 in 4 carers don't feel their caring role is understood and valued by their community
- 59% say their health is becoming a significant worry
- 51% have let a health problem go untreated
- 50% said their mental health has worsened
- 31% only get help when it is an emergency

(Source: [www.carersuk.org](http://www.carersuk.org))

## How can Support for Carers help YOU?

We're here to help all adult carers aged 18 and over in Leicestershire, whether you care full-time or just a few hours a week. The service is free and offers a range of support including:

- A dedicated telephone advice line on 01858 468543, open Monday to Thursday from 9am to 5pm and Friday from 9am to 4.30pm so you can talk in confidence to fully experienced professionals about any aspect of being a carer.
- A website full of useful information and news on a range of subjects including financial support for carers, local events and activities and a directory of support services available in your area.
- A Telephone Befriending Service specifically for carers.
- The chance to meet and talk to other carers at local carers groups and events.