

We have two Carers Support Workers, offering support and information to all carers.

This is a free service for carers living or caring in Surrey Heath.



Ring the Carers Hotline

01276 27390

The office is open from 9:30am until 2:00pm weekdays. An answer phone is available outside office hours.

There is a monthly

Carers Support Group Meeting

on the last Wednesday of each month, from 2:00pm to 3:30pm at:

The Ian Goodchild Centre
Knoll Rd, Camberley

You can contact us at:

www.surreyheathcarers.org.uk

01276 27390

E-mail: support@surreyheathcarers.org.uk

Or write to:
Carers Support Worker
c/o the Ian Goodchild Centre
Knoll Rd, Camberley
Surrey, GU15 3SY



Surrey Heath Carers - Charity No. 1082800

INFORMATION

AND

SUPPORT

FOR

CARERS



01276 27390

Are you looking after a relative or friend who:

- is physically disabled
- has learning disabilities
- is a child with a disability
- is elderly
- has mental health problems
- has a terminal illness



If so, you are
A CARER

As a **CARER**, you may:

- be entitled to benefits
- like to know that there is someone you can call when you need a listening ear
- want to find out about opportunities for breaks of a few hours or longer
- like to find out about help in the home
- like to join a Carers Group
- want to find out about holidays and transport
- like to receive a regular newsletter

We are a voluntary group run by carers, offering:

- information and advice
- a listening ear
- support groups
- social outings and activities
- regular newsletter
- training opportunities
- funds to help carers take a break (conditions apply)
- free membership

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