

Are you looking after someone who could not manage without your help?



www.suffolkfamilycarers.org

OUR SUPPORT FOR YOU

Suffolk Family Carers offers FREE support to unpaid carers across Suffolk. Whatever your situation, together we can talk through your caring role to identify which services will be most helpful to you.

- Information, advice and guidance
- Emotional and wellbeing support
- 1:1 support
- Carers Assessments
- Exploring and identifying respite opportunities
- Telephone Befriending
- Workshops
- Hospital admission and discharge support
- Support in your community
- Condition specific support
- Advocacy
- Manual handling
- Carers Centre
- Carers voice
- Access to peer support
- Referrals to other services



ARE YOU A FAMILY CARER?

A family carer is someone who provides unpaid care or support to a family member or friends, who cannot manage without their additional support, due to an illness, disability, mental health difficulties or addiction.

Suffolk Family Carers have been working across Suffolk for over 35 years to ensure family carers are visible, valued, supported and connected.

“Sometimes I just need to talk to someone who understands what it’s like to be a carer, your emotional support has been so valuable”





WE ARE HERE FOR YOU

Carers have highlighted the following priority areas to us:

- Raising awareness of family carers
- Understanding respite opportunities
- Accessing Emotional Support when needed
- Amplifying the Voice of Carers

We know that caring can be both rewarding and challenging, leaving you with little or no time for yourself. Whatever your caring role, we provide you with information and guidance along with practical and emotional support.


“It’s meant a lot that I’ve had a safe space to discuss things and knowing there’s someone who understands to support us. It’s really helped get me through a hard time”

DO YOU KNOW A YOUNG PERSON WITH A CARING ROLE?

Suffolk Family Carers also support young carers, sibling carers and young adult carers up to 24 years old.

Our experienced and knowledgeable team can offer:

- 1:1 catch ups to provide wellbeing support
- Young Carer Needs Assessments & Transition to Adulthood Assessments on behalf of Suffolk County Council
- Opportunities to meet other young people with caring responsibilities
- Workshops and programmes to build confidence and life skills
- Condition specific information to increase understanding and reduce worry
- Signposting and referrals to other support services



**1 in 5 young people
have caring
responsibilities**

“The support I get from the Young Carer Adviser at my school is brilliant. I can easily talk about what is going on at home and they really care about how I am feeling”

HOW TO REGISTER

There are a number of ways you can register with us:

- Complete our online form at:
www.suffolkfamilycarers.org/register/
- Contact The Hub on **01473 835477**
- Email us on hello@suffolkfamilycarers.org

GET IN TOUCH WITH US



01473 835477

The Hub (phone and online chat)

Weekdays: 8am - 6.30pm

Weekends & Bank Holidays: CLOSED



hello@suffolkfamilycarers.org



www.suffolkfamilycarers.org

Please follow our social media channels for regular updates



Or sign-up to our newsletters at:
www.suffolkfamilycarers.org/newsletter



A Network Partner of

CARERS TRUST



LOTTERY FUNDED

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