

the charity for
your community



New Hotline for Carers

Are you a carer in England looking for a bit of help or advice? Well this new hotline aims to do just that. It gives information on how to make life that little bit easier as a carer and reduces the time and stress of searching out essential advice and information by having it all from phoning one number.

There are five million carers in England who look after ill, frail or disabled relatives or friends, if you are one of them then Carers Direct can help.

Carers Direct offers:

- details of support available, including benefits and direct payments
- help to stay in, leave of return employment
- details of help available in education or training
- advice on how to improve your social and emotional well-being
- access to health and social care for the person you-re caring for.

Log on to www.nhs.uk/carersdirect to find out more. The helpline is open seven days a week freephone 08088020202.