



Do you look after someone who can't manage without you?

Are they ill, frail, disabled or
do they have additional needs?

If so, you are a family carer
and we're here to help you.



Call us on
0300
111 1919

carersinbeds.org.uk



A family carer is anyone, of any age, who, unpaid and as part of their everyday life, helps an ill, frail or disabled relative or friend who could not manage without them.

Carers in Bedfordshire is a local charity. We help family carers and former carers of all ages cope with the emotional and physical stresses arising from their caring.

What we offer:

- Expert support for all caring situations
- Opportunities to meet other carers at carers groups and carers cafés
- Information on services available for you and the person you care for
- Training in topics including relaxation, managing stress, dementia, autism, computing, first aid and art and craft
- NHS carers' grants to use towards a break or training
- Welfare and benefits advice

Most of our services are free to carers

Whatever your age or caring situation, Carers in Bedfordshire are here to support you.

If you look after someone with dementia, a disability, mental health problem, or who is ill, frail, or misuses drugs or alcohol, we're here for you.

To receive a free carer's information pack and a copy of our quarterly magazine *Carers*, please complete the form overleaf and return it to us at:

**Freepost RRUE-YTYU-BECE, Carers in Bedfordshire,
Suite K, Sandland Court, Pilgrim Centre,
Brickhill Drive, Bedford, MK41 7PZ**

If you are a professional referring a carer please complete your details where shown.

Find out more:

Call: 0300 111 1919

Email: contact@carersinbeds.org.uk

Visit: www.carersinbeds.org.uk

Lounge

The Carers Lounges at Bedford Hospital's South Wing and Luton & Dunstable's St Mary's Wing provide information and support to visiting carers.



Carers café

Carers cafés held in Bedford, Biggleswade, Eaton Bray, Houghton Regis and Leighton Buzzard offer carers and families advice, support, refreshments, treatments and time for enjoyment.



Training

Our training gives you a chance to take a break and learn something new.



Young carers and siblings

Our Young Carers and Siblings projects support children aged 4-18 caring for a family member or friend with a disability, illness or additional needs.

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Email
contact@carersinbeds.org.uk

Visit
www.carersinbeds.org.uk



 **CarersInBedfordshire**

 **@CarersInBeds**



Bedford: Suite K, Sandland Court, Pilgrim Centre,
Brickhill Drive, Bedford, MK41 7PZ

Bedford Carers Lounge: Bedford Hospital,
Kempston Road, Bedford, MK42 9DJ

Biggleswade: Sea Cadet HQ,
4 Station Road, Biggleswade, SG18 8AL

Leighton Buzzard: Ground Floor, Arden House,
West Street, Leighton Buzzard, LU7 1DD

Luton Carers Lounge: Luton & Dunstable Hospital,
St Mary's Wing, Lewsey Road, Luton, LU4 0DZ



Carers in Bedfordshire Registered charity No 1135507;
company registration no 07140432

Contact us – About you

Name (please print)

Your address (including postcode)

Telephone

Email

By giving us your email address you are agreeing to us contacting you by this method

GP Practice

Where did you see this leaflet?

Your parent/guardian's name (if carer is under 18)

Your parent/guardian's contact details (if carer is under 18)

Professional's name (if referring)

Name

Position

Contact details

**Return to: Freepost RRUE-YTYU-BECE,
Carers in Bedfordshire, Suite K, Sandland Court,
Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ**