

CARERS IN BEDFORDSHIRE



**The Carers Lounge
St Mary's Wing,
Luton & Dunstable Hospital**

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

Call in to the Carers Lounge for
help, information and support.

Open Monday - Friday, 11am - 6pm



LUTON &
DUNSTABLE
UNIVERSITY
HOSPITAL

CLINICAL EXCELLENCE, QUALITY & SAFETY

carersinbeds.org.uk



A 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.

Where is the Carers Lounge?

We are located on the ground floor in St Mary's Wing, opposite the main entrance. Follow the signs to the "Carers Lounge".

What we do

At the Carers Lounge we provide help, information and support to carers of all ages, including:

- A confidential place for carers to come to gain information for themselves and the person they care for
- Access to a range of services provided by Carers in Bedfordshire and other local organisations.
- Support with hospital admission and discharge

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 role.

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

Weekly drop in sessions are offered by local services providing a wide range of support to carers. Details can be found on the Carers Lounge Drop In timetable.

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

To receive further information, 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:

No appointment needed.

Call: 01582 491166 (ask for Carers Lounge)

Email: contact@carersinbeds.org.uk

Visit: www.carersinbeds.org.uk



Call the Carers Lounge on:

01582 491166 (ask for Carers Lounge)

or **07471 038398**

Call Carers in Bedfordshire on:

0300 111 1919

Email

contact@carersinbeds.org.uk

Visit

www.carersinbeds.org.uk

 **CarersInBedfordshire**

 **@CarersInBeds**



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

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



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**