



Are you looking after someone?



If you help a family member or friend who is elderly or who has an illness or disability, then you are a carer

Help is available

Contact our Carers Helpline on 01204 363056

www.boltoncarersupport.org.uk

Bolton Carers Support

Our services		
Carers helpline		Ring us on 01204 363056 to discuss your caring situation in confidence and we will do our best to help with any query.
Information appointments		If you prefer to talk to someone in person, please ring the helpline and ask for an appointment and we can have a chat over a cup of tea or coffee.
Benefits advice		Contact us for a benefits advice home visit if you are over 65, otherwise please ring to make an appointment to see our adviser at our office.
Short breaks		Join us for a few hours break from your caring responsibilities and meet other carers, or come along with the person you care for.
Courses and workshops		Take advantage of the varied free workshops and courses we offer on a range of subjects, some are caring-related while others are for leisure.
Carers emergency card scheme		We provide a free emergency card scheme providing essential peace of mind.
Newsletter		Read our free quarterly Carers Contact newsletter to keep up-to-date with national news, local services, and our activities for carers.
Factsheets		To find out more about a particular topic, read our factsheets and use the contact details for further information.