



# 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](http://www.boltoncarersupport.org.uk)

### Bolton Carers Support

<b>Our services</b>		
<b>Carers helpline</b>		Ring us on 01204 363056 to discuss your caring situation in confidence and we will do our best to help with any query.
<b>Information appointments</b>		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.
<b>Benefits advice</b>		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.
<b>Short breaks</b>		Join us for a few hours break from your caring responsibilities and meet other carers, or come along with the person you care for.
<b>Courses and workshops</b>		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.
<b>Carers emergency card scheme</b>		We provide a free emergency card scheme providing essential peace of mind.
<b>Newsletter</b>		Read our free quarterly Carers Contact newsletter to keep up-to-date with national news, local services, and our activities for carers.
<b>Factsheets</b>		To find out more about a particular topic, read our factsheets and use the contact details for further information.