

New Carers Support Service - Carers in Bedfordshire

Following months of planning by carers, NHS Bedfordshire, Bedford Borough Council, Central Bedfordshire Council and Voluntary Organisations, the single carers support service went live on 1st October 2011 serving all of Bedfordshire.

Carers in Bedfordshire now provide support to carers of all ages in all caring groups across Bedfordshire. This includes telephone, email and web advice and information, specialist one to one support (such as for people caring for someone with a mental health problem) and support for young carers. They deliver training courses, run support groups and administer the NHS Carers Break and Training Grant service and run the very popular carers cafes at weekends across Bedfordshire.

If you or someone you know provides unpaid support (not including benefits) to someone who is ill, frail, disabled or who has a mental health or substance misuse problem - that makes you a carer. Many carers do not see themselves as carers; they say they are just someone's husband, wife, relative, friend or neighbour. However, if you carry out caring responsibilities for someone who could not manage without your help then that means you are a carer and are entitled to information and support.

For information, advice and support around your caring role contact Carers in Bedfordshire on 0300 111 1919, email contact@carersinbeds.org.uk or visit www.carersinbeds.co.uk