

ESSEX CARERS SUPPORT

DO YOU SUPPORT OR LOOK AFTER SOMEBODY?

In Essex around 18,000 people provide unpaid care or support to adult family member or friend, either in their own home or somewhere else. It can be difficult to recognise yourself as a carer; you might think you are just being a good friend, neighbour or spouse and are 'just doing what needs to be done'.

Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

Essex Carers Support has come together with other local carer support organisations to form Supporting Carers in Essex.



Supporting Carers in Essex is a partnership of registered charities working together to support unpaid carers of all ages across Essex. It provides a single contact point for carers via a single telephone number or email address and a central point of reference for professionals.

To make a referral please call: 0300 770 80 90 or visit the Supporting Carers in Essex website at www.carersinessex.org.uk and click on 'make a referral'.

Contact Essex Carers Support

Address: Imperial House, Rosemary Road, Clacton on Sea, Essex, CO15 1NZ

Telephone: 01255 474410

Email: admin@essexcarerssupport.org.uk