



# Carer Support Service

## Are you a Carer in need of support?

A carer is a person who provides regular help and support to a partner, relative or friend who otherwise could not manage without this help. Caring can be hugely rewarding but we know that it can also be emotionally draining, challenging, and isolating.

At Homelink, we are here to help you in whichever way you need. We work on a one-to-one basis with carers, supporting them to do the best they can for their loved ones whilst, at the same time, maintaining their own health and wellbeing.

## We listen and focus our work on individual need.

- We offer advice, information, and informal emotional support in person, over the phone by email or online.
- We can arrange practical support ensuring that carers have access to as many resources as possible to help them in their caring role.
- We provide information, signposting to appropriate services, as well as advice on topics such as carers assessments, benefits, respite, mental health and well-being.
- We run social groups to meet and share experiences and ideas with other carers, to support companionship in your caring role.

*Our Carer Support Service is free and available to all unpaid carers living in Richmond and surrounding areas who care for an older person. We support carers of people with a variety of needs, including difficulties with mobility, communication and mental health in addition to being specialists in dementia care.*

**If you are a carer or you know someone who is, please contact our carer support coordinator Rachel on 07545503737 or**

**Email [carersupport@homelinkdaycare.co.uk](mailto:carersupport@homelinkdaycare.co.uk)**