

# DO YOU CARE FOR SOMEONE?



**Northamptonshire Carers are here to support those who care for a loved one with a disability, long-term physical or mental health condition**

## How can we help?

Our Carers Support Line provides a listening ear, practical advice and access to our wide range of services:

- ▶ Carers Assessments
- ▶ Support Groups & Carers Cafes
- ▶ Choir, Ukulele & Fishing Groups
- ▶ Activities, breaks & Sitting Service
- ▶ Peer support from other Carers
- ▶ Dementia Care Advice Service
- ▶ Support Workers based within Mental Health Teams
- ▶ Support for Parent Carers
- ▶ Dedicated Young Carer & Young Adult Carer Teams
- ▶ Teams based in Northampton & Kettering General Hospitals



**Carers Support Line: 01933 677907**

[carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org) | [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

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