



**Are you looking after a partner,
family member, child or friend who
couldn't manage without your help?**



**The Carers Centre, Leicester, Leicestershire
& Rutland has been supporting local
unpaid carers for 30 years.**

If you are looking after someone who can't manage without your help due to their; disability, physical or mental illness, frailty, addiction or long term condition, then we are here for you. Whether you are new to caring and don't know where to start or have been caring long term are struggling to cope or have a particular need or question, we have services that can help.



**"I feel less isolated,
being able to talk to
people who understand
my situation and how it
feels"**



Some of the services and support we offer carers include:

- Helpline Service for advice & support in all areas of caring
- Advocacy and Support Project
- Health & Wellbeing Activities
- Social and Fun sessions
- Creative Activities
- Training & Information sessions
- Volunteering Opportunities



Our groups and activities are:

- Relaxed, friendly & welcoming
- Delivered online and in person
- Free and open to all adult carers
- Includes parent carers and ex-carers



"Thank you so much for the amazing session, it was really helpful, a lot of information. I learnt a lot!"

Our Helpline is open 9.30 – 4pm weekdays:

0116 2510999

**Or email: enquiries@thecarerscentre.org.uk
www.claspthe carers.org.uk**

