

Are you looking after someone?



If you help a family member or friend who is elderly or who has an illness or disability, then you are a carer
Help is available

Contact our 24/7 Carers Helpline on
01204 363056

www.boltoncarers.org.uk

Bolton Carers Support

Our services

Carers 24/7 helpline



Ring us on 01204 363056 to discuss your caring situation in confidence and we will do our best to help with any query.

Information appointments



Information appointments are available, at our office to discuss your caring role.

Benefits advice



Information by telephone or office based appointments (booked) if appropriate. Contact the helpline to find out more.

Short breaks



Join us for a few hours break from your caring responsibilities and meet other carers.

Courses and workshops



Take advantage of the varied free workshops and courses we offer. Courses are caring-related and others are for leisure.

Carers emergency card scheme



Sign up to our free emergency card scheme providing essential peace of mind that your next of kin or social services will be contacted in an emergency.

Newsletter and factsheets



We provide a free newsletter and factsheets to help keep you up-to-date.

Information points



We raise awareness about our work and have information points around the borough where you can drop-in for a chat or some advice.

Telephone Befriending service



A service which provides regular contact and support for carers who seek more than one off advice. The service provides ongoing emotional support and practical information through regular conversations.