

## Get in touch

If you sign up with the Carers' Centre, you can access all our free services and receive a Carer Card for local discounts and deals.

- 📞 **Freephone** 0800 0388 885
- ✉ [info@banescarerscentre.org.uk](mailto:info@banescarerscentre.org.uk)
- 🖱 [banescarerscentre.org.uk](http://banescarerscentre.org.uk)

Bath Carers' Centre, The Woodlands, Bath BA2 9ES  
Radstock Carers' Centre, 1 Riverside Cottages, Radstock, BA3 3PS

The Carers' Centre is a registered charity 1060080.

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If you have any questions about how we store and process your data, read our Privacy Policy at [banescarerscentre.org.uk/privacy](http://banescarerscentre.org.uk/privacy)



Additional artwork by Francworks

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# If you look after someone, we're here for you

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The Carers' Centre helps people who care for others in Bath & North East Somerset.

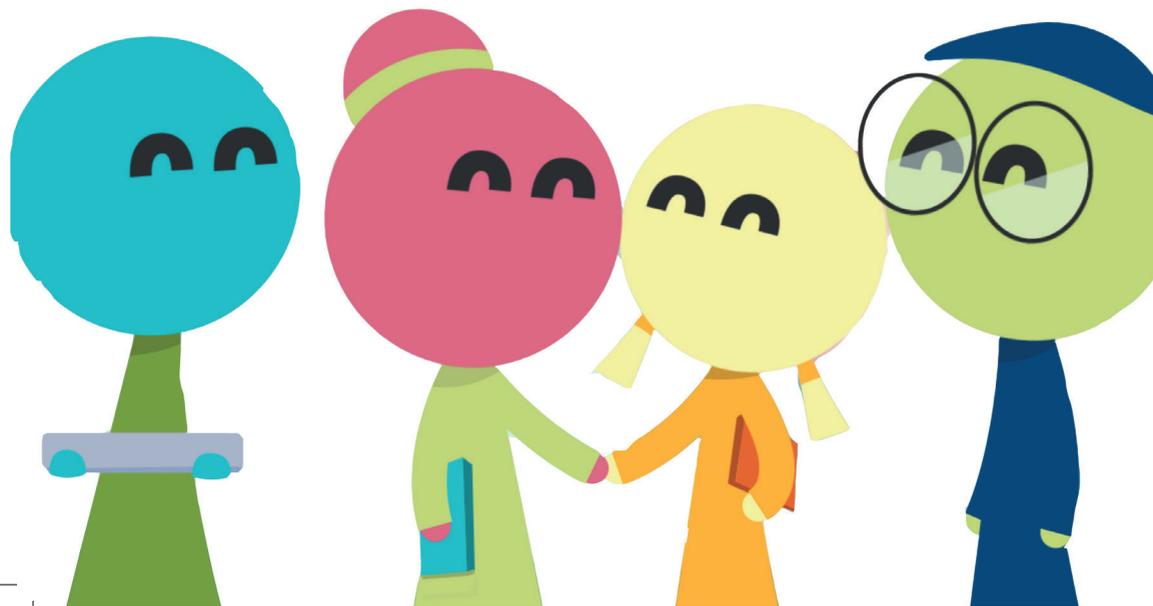
## What does a carer do?

Helping to look after someone else is a bit like carrying a book. At the start it can seem manageable, but as conditions progress, the load can increase. Or, you could be thrown into caring as a result of a sudden event. You might cook and shop for them, or help them wash and dress. You could take them to appointments or just provide a listening ear. You are also a carer if you look after a child with additional needs.



## Who are we?

We're a local charity working to create a carer friendly community. Our vision is a community where carers are fully recognised, valued and supported and have what they need to stay well, in control and feel connected.



## How can we help? We offer:



A **Support Line** to give you free information and advice.

Caring can be confusing – there's so much information and you may not know where to turn. If you need a advice on what to do next, call our friendly Support Line for guidance on **0800 0388 885** or email [support@banescarerscentre.org.uk](mailto:support@banescarerscentre.org.uk)



A range of local **Carer Cafés** where you can come for a cup of tea and a chat.

Caring can be lonely, and you might feel like no one else understands. Our Carer Cafés can help you to stay connected with other carers and share experiences. Find your nearest Carer Café at [banescarerscentre.org.uk/help-for-carers/carers-cafes](http://banescarerscentre.org.uk/help-for-carers/carers-cafes) or give us a call.



A **Wellbeing Programme** so you can take a break from caring.

Caring can be relentless. You may feel you have no time to stop or take care of yourself. Our Wellbeing Centre and activities give you the space to breathe, recharge and stay well. Find out more at [banescarerscentre.org.uk/carers-breaks](http://banescarerscentre.org.uk/carers-breaks) or give us a call.

## Children & Young People



We offer services for young carers aged 5 to 17. We can provide a needs assessment, peer support groups and fun days out. We also offer support for 18–25 year olds to help transition into adult services.

An Easy-Read version of this leaflet is available.