

Carers  
First



Caring  
Support

Looking after someone can be a hugely rewarding experience, but we also know it can be difficult at times, especially without access to the right support.

Carers First are here to support you so that you can live your life to the fullest.

Whatever your circumstance, we offer services to support you at every stage of your caring journey to help you find the balance in your life you wish to achieve.

#### Carers First website

Find the information you need at a time that suits you. From carer breaks to carer assessments, our website helps you understand what support is available to you, in your local area. Finding information is quick and easy and our support resources are tailored to your circumstances and needs.

You will also find local and national news, events and read personal stories shared by carers we have worked with.

Visit

**Carersfirst.org.uk**

#### Free helpline

Our helpline means you have friendly and knowledgeable staff to offer advice, guidance and information. Support can differ depending on who you look after and where you live.

Tell us about your situation and we'll provide you with tailored support.

Call

**0300 303 1555**

#### One-to-one support & programmes

Our dedicated team are here to understand your specific needs and support you throughout your caring journey. Whoever you are looking after, we will equip you with skills to help you thrive.

We will talk through your situation then tailor a programme of support according to what you need in one or more of the following areas:

- Caring role
- Managing at home
- Time for yourself
- How you feel
- Finances
- Work
- 

We continuously work with our carers and volunteers to develop new services. Visit our website to find out more about the services and activities available in your area.

#### Carer wellbeing groups

A great way we can help is by connecting you with other carers.

Our peer support and activity groups provide the chance to connect with people who understand.

There is something for everyone and our groups reflect the carers we support and the people they look after. From dance classes, book clubs and wellbeing groups to workshops for people in different caring circumstances.

Local teams also arrange regular trips, workshops, events and activities near you, catering for all ages and interests.



## Keeping you informed

Whether you prefer to receive information by email, online or by mail, we provide regular updates, so you are up to speed with latest news and events happening in your area and nationally.

## Getting online

We want you to be able to access the full range of information and support available, including our online groups and website. If you are not already online, someone in our team or an IT buddy can talk you through the process step by step.

## Stay in touch

We want to hear from you and your stories.

Email us at:

[hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

Write to us:

**Carers First**  
**Unit 4 Michael Gill Building**  
**Tolgate Lane, Strood,**  
**Rochester, Kent, ME2 4TG**

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