

Information for carers



A family carer is someone of any age whose life is restricted because they are looking after another person who cannot manage without help because of illness, age-related frailty, mental health needs, substance misuse or disability. Family carers are not paid and do not always live with the person they care for. They may be caring for a friend, neighbour or relative.

Organisations to support carers

Suffolk Family Carers

Information hub: **01473 835477**

Website: www.suffolkfamilycarers.org.uk

Carers UK

Telephone: **08088 087 777**

Website: www.carersuk.org

Suffolk Carers Matter

Telephone: **01284 333035**

Website: www.suffolkcarersmatter.org.uk

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...organisations to support carers

Adult Social Care:

- Suffolk (Customer First)
0808 800 4005
- Norfolk 0344 800 8024
- Cambridge 0345 045 5202
- Essex 0845 603 7630

Dementia Together

Telephone: 08081 688 000

Website: www.dementia-together.com

Caring Together (for family carer support in Cambridge)

Telephone: 0345 2410954

Website: www.caringtogether.org

Parkinson's Society

Telephone: 0808 800 0303

Website: www.parkinsons.org.uk

Macmillan Cancer Support

Telephone: 0808 808 0000

Website: www.macmillan.org.uk

Norfolk Family Carers

Telephone: 01603 219924

Stroke Association

Telephone: 0303 303 3100

Website: www.stroke.org.uk

St Nicholas Hospice

Telephone: 01284 766133

Website:

www.stnicholashospice.org.uk

Suffolk MIND

Telephone: 0300 111 6000

Website:

www.suffolkmind.org.uk

If the person you care for is admitted to West Suffolk Hospital the following support is available to you as a family carer:

- Family carers pack and badge
- Family carer adviser – contact details available in the family carers pack
- Parking concessions.

Please ask for a family carers pack if the person you care for is admitted to West Suffolk or Newmarket Community Hospital.

West Suffolk NHS Foundation Trust

Hardwick Lane

Bury St Edmunds, Suffolk IP33 2QZ

Tel: 01284 713000 | www.wsh.nhs.uk

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