



Do you look after someone you know, who couldn't manage without your support?

The Lincolnshire Carers Service is delivered in partnership by Lincolnshire County Council's Care and Wellbeing Hub and Carers First. The Hub is the first point of contact for all new referrals and general enquiries regarding support for unpaid carers.

The Lincolnshire Carers Service is commissioned by Lincolnshire County Council. The service is delivered collaboratively between the Care and Wellbeing Hub and Carers First.

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.

If you would like to speak to someone about your caring role and discuss what support may be available to you, please call the Care and Wellbeing Hub on **01522 782224** or access support online at: lincolnshire.gov.uk/support-carers/request-support

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 in your local area. Finding information is quick and easy and our support resources are tailored to your circumstances and needs. You will find local and national news, events and can read personal stories shared by carers we have worked with.

Lincolnshire Carers Service

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 will provide you with tailored support.

Carers First in your local community

One to one support and programmes

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

- Health
- Caring role
- Managing at home
- Wellbeing
- Finances
- Work

We have specialist advisors and programmes of support around employment, benefits and money matters. Our Health Team can support you with wider health matters, including support when someone goes into and leaves the hospital.

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 and Activities

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.

carersfirst.org.uk

01522 782 224



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 the 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.

Postal address:

Carers First
Michael Gill Building
Tolgate Lane
Strood
ME2 4TG

Email us at:

CarersService@lincolnshire.gov.uk

