

TAKING TIME OFF WHAT WORKS FOR YOU? CAN WE HELP?

"My volunteer was reliable, cheerful and a tonic – I felt Dad was in good hands. Having a volunteer gave me an essential break from caring and time to relax."



HOW TO GET IN TOUCH WITH US...



Support for Carers

Unit 4,
Londesborough Road Business Park
64-66 Londesborough Road
Scarborough YO12 5AF
Telephone: 01723 364808
(If no-one is in please leave a message)
e-mail: info@scarboroughsupportforcarers.org
www.scarboroughsupportforcarers.org

"Having a volunteer has allowed me to have time to myself to do jobs I would otherwise be unable to do."

We have agreed policies on confidentiality, equal opportunities and complaints. Please contact us if you would like copies. Support for Carers is an independent charity whose main funders are North Yorkshire Health & Adult Services and the North Yorkshire Primary Care Trust. Charity No. 1041925



SUPPORT FOR CARERS SCARBOROUGH & DISTRICT

SUPPORTING THOSE WHO CARE FOR OTHERS



Providing practical help:

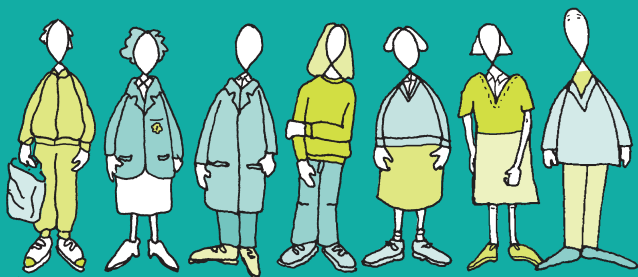
- ✓ Sitting Service for carers
- ✓ Friendship & Support Group
- ✓ Telephone Support



SUPPORT FOR CARERS SCARBOROUGH & DISTRICT

WHO ARE WE?

Support for Carers is a local voluntary organisation and registered charity that provides practical and emotional help for carers, the people they care for and older people living on their own in the Scarborough & Filey areas. The service is provided by volunteers who can visit weekly, fortnightly or monthly for a couple of hours or so.



**CALL US ON 01723 364808
TO DISCUSS HOW WE CAN
HELP YOU.**

“The volunteer is a real friend to my mother who very much enjoys her visits. This takes some pressure off me.”

We are always looking for volunteers, if you can help please get in touch.

WHAT DO WE DO?

SITTING SERVICE

We run a sitting service for carers, provided by volunteers, to enable carers to have a break from their caring responsibilities. This service is free to carers, and the volunteer's expenses are met by the organisation.

“The visits give me a break so that I can call and see friends.”



FRIENDSHIP & SUPPORT GROUPS

Fun and laughter is the key element to any meeting and Support For Carers can offer you that with our weekly get togethers. There's plenty going on at these meetings, providing social and recreational activities.

“It's nice to meet people and have a chat. The meetings can be fun as well as helpful.”



TELEPHONE SUPPORT

Often carers feel alone in their supporting role with no-one to turn to or to talk with about the way they feel. Talking about worries, concerns and frustrations about your supporting role can be difficult, especially if it is your family member or friend. Support For Carers can provide a listening ear with the peace of mind that what you tell us is between you and the listener.

