



If you are an unpaid carer,  
CarerLinks can help!



I love helping Dad  
but I wish I could  
spend more time  
with my friends

I've had to reduce  
my hours at work to care  
for my Mum, I don't know  
how I will cope  
financially



## Why we need to identify carers?

Caring can be very rewarding, but also very demanding and can affect physical and mental health and emotional wellbeing. Carers of all ages are trying to work, study and look after other family members in addition to their caring responsibilities. It is important all carers are aware of what support is available as early as possible.



Commissioned by:  
**Herefordshire  
Council**

## Carer Support

### How CarerLinks can help carers of all ages:

- By supporting carers to think about their own needs and plan action for change
- By listening and offering a range of services and support to help carers improve their health and well-being, including 1:1 support, information, advice, advocacy and signposting
- By understanding the needs of all carers; parent carers, adult carers and young carers. By offering the right support to enable them to seek help at home and school for those who require it
- By working in partnership to link carers with all other sources of help and support
- By offering information on carer related benefits and signposting to the appropriate organisations for further support with attendance allowance and blue badges

**For more information or support,  
please contact a member of our team:**

**Phone:** 01432 663057

**Email:** [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk)

**Website:** [www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk)