



Essential information

Whatever your caring role, there are certain things it is always good to have in place



The latest news and information for you

If you are looking after a family member or friend having regular updates on support and advice for unpaid carers can be really valuable.

Carers Matter, You Matter is our regular email newsletter for unpaid carers and people with an interest in caring in Norfolk.

Sign up to get Carers Matter, You Matter direct to your inbox at carersmatternorfolk.org.uk/keep-in-touch

You can unsubscribe at any time if your need for information about caring changes.



Guide to support and services for you

Our carers directory gives information on a range of support that can help you or the person you care for. This ranges from local carers groups, through to Passenger Assist which can help you if you are travelling by rail, and organisations who can support you and the person you care for if they have specific conditions such as dementia or stroke.

Visit the online Carers directory at carersmatternorfolk.org.uk/carers-directory



Support and advice from Carers UK

Carers UK have a range of support and advice available to you as a carer.

This includes information on:

- Financial support – such as Carer's Allowance, Personal Independence Payment and Disability Living Allowance.
- Practical support – including carer's assessments, a needs assessment and more.
- Work and career – covering your rights, support available and boosting your skills.
- Health and wellbeing – including taking a break, Carers Active Hub and dealing with stress and depression.

See the advice section of the Carers UK website at carersuk.org/help-and-advice



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Carers Connect

Carers UK also have an online carers forum, Carers Connect.

It is divided into the categories including:

- All about caring
- Benefits, finances and funding
- Carers' health and wellbeing
- Social area
- Specific details and conditions

To find out more, or join Carers Connect, visit carersuk.org/get-involved/join-us/our-forum