



The Dudley Group
NHS Foundation Trust

Carers support

Carer Coordinator
07435 754386

Dudley Carers Network
01384 818723
www.dudley.gov.uk/carers

Dudley Carers Alliance
www.dudleycarersalliance.org.uk

Access to Adult Social Care Team
0300 555 0055
accessteam.dachs@dudley.gov.uk

Age UK Dudley
01384 267006
informationandadvice@ageukdudley.org.uk

Crossroads Care Dudley
01384 298513
dudley@crossroads.org.uk

Dudley District Citizens Advice Bureau
03444 111 444
www.citizensadvice.dudley.org

Dudley Community Information Directory
www.dudleyci.co.uk

Dudley Telecare
0300 555 2040


Living Well Feeling Safe
01384 817743

Carers UK Advice Line
0808 808 7777



Call the Carer
Coordinator
**07435
754386**

Are you a hidden carer?



Hidden carers are people who care for a relative, friend or loved one but don't receive any help or support from carers' services or organisations.

It is easy to slip into the role of carer as you begin to do more and more for a loved one who needs a little extra support, often following discharge from hospital or a diagnosis of a serious illness.

Becoming a carer often begins by helping out with cooking, cleaning, washing and running errands, but then stretches to include helping that person to wash, dress, take medication or complete everyday tasks.

If you think that you might be a hidden carer and would like to find out more about the support and advice services available to you, please contact the carer coordinator on 07435 754386 or contact one of the services listed on the back page of this leaflet.



Your voice can improve NHS & social care services

healthwatch
Dudley

Calling Dudley carers!

Tell Healthwatch Dudley about your experience of being a carer - and we will ensure that people who make important decisions about local services get to **hear your voice**

Share your views and make a difference!

03000 111 001

(Calls charged at local rate)

www.healthwatchdudley.co.uk

email hello@healthwatchdudley.co.uk

Or tweet us @HWDudley



Good or bad we want to listen

