

If you are supporting someone,
who is supporting you?



01375 659 172
carers@tbmind.org.uk

How we can help you



A carer is someone who is regularly looking after someone because they are elderly, disabled or have a long term health condition.

This is usually a family member but can also be a friend or a neighbour. You don't have to live in the same household to be a carer. Caring doesn't discriminate carers come from all different ethnic and religious backgrounds and are all ages and can be any gender.

Many carers also have their own health issues and it is important to look after yourself as well as the person you care for. Caring can be tough and many carers struggle to cope with everyday life.



We can help your situation by offering you support, advice and information, we can also refer you to other organisations that may be of help to you.

What can we help with?



Respite
Welfare forms
Carers benefits



Carers assessments
Social care assessments
Access to social activities



Counselling
Employment support
Volunteering support



Lasting power of Attorney
Medical resource information
Information on direct payments

And much more..

Carers Groups

Our face to face carers support groups offer a chance to meet others who are going through similar situations, share advice and useful tips.



In addition to our support groups, we hold a coffee morning on a Tuesday Morning from 10am at our Hub inside the Grays shopping Centre.



Please contact us for more information if you would like to attend a support group.

Can't make it to a support group?

Our carers WhatsApp groups offer a great alternative if you can't make it to a support group. The groups are monitored by our team and offer a safe space for you to chat with other carers.

We currently offer the following groups:



Young Adult Carers



Male Carers



SEN Carers



Drug and
Alcohol Carers



Dementia Carers



Mental Health
Carers



General Carers

Volunteer with us

We are always on the look out for new volunteers,
as a volunteer you can:

Improve your skills

Gain valuable work experience.

Make a contribution to the local community.



Contact us

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Follow us on social media
Thurrock Carers Service:

