

If you're supporting someone, who is supporting you?



Thurrock Carers Service

Providing information support and advice to carers in Thurrock.



A carer is someone who is regularly looking after someone because they are elderly, disabled or have a long term health condition. You don't have to live in the same household to be a carer.

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.

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.

We can help with:

- Employment support • Volunteering support • Carers support groups
- Carers benefits • Welfare forms • Counselling • Lasting power of Attorney
- Carers assessments • Social care assessments • Access to social activities
- Respite • Outreach • Medical resource information
- Information on direct payments

We have a selection of support groups and WhatsApp groups available for the carers we support to join.

The groups are a safe space for you to chat with other carers in a similar position as you where you can support each other and share advice.

These groups are moderated by Thurrock Carers Service.

We are currently offering the following support groups:



- All Carers
- Dementia Carers
- Drug and Alcohol Carers
- Mental Health Carers
- Carers of Children With SEN
- Young Adult Carers

We are currently offering the following WhatsApp groups:



- Male Carers
- Dementia Carers
- Drug and Alcohol Carers
- Mental Health Carers
- Carers of Children With SEN
- Young Adult Carers

Contact Us

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Find us on social media: Thurrock Carers Service

