

If you would like support or advice then contact us by phone, or email, or complete this form and send it to us by Freepost.

Name	<input type="text"/>	Date of Birth	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>		
Telephone	<input type="text"/>		
Email	<input type="text"/>		
Where did you find this leaflet?	<input type="text"/>		

Please return this form to: FREEPOST RSBA-HSHU-YKZZ
Scarborough & Ryedale Carers Resource,
96 High Street, Snainton, Scarborough YO13 9AJ

Telephone: 01723 850155

E-mail: staff@carersresource.net

Website: www.carersresource.net



Do you look after someone?



If you spend time looking after someone who depends on you because they are ill, frail or disabled...



...we're here for you!

Who we are...

We are a local charity covering Scarborough, Whitby and Ryedale, providing free and confidential support for unpaid carers from the age of 8 upwards. A carer is someone who looks after a member of their family or a friend when they have an illness, condition, a disability or are elderly. This includes mental health illness and difficulties arising from substance misuse.

...and what we do

We focus on you and help reduce the stress of caring by:

- Providing relevant, impartial advice and information
- Assisting to maximise your income
- Providing a listening ear
- Signposting or referring to appropriate services
- Guiding you through the red tape of authority
- Providing information on volunteering, training and employment
- Giving you the opportunity to make your voice heard
- Providing a specialist service for young carers

Who we help...

We support unpaid family carers

- young carers from 8 years onwards
- adult carers from 18 and above



How to contact us

If you want support in your caring role why not get in touch to see how we can help you

There are lots of ways to contact us:

Telephone: 01723 850155

Email: staff@carersresource.net

Website: www.carersresource.net

By post: complete the form overleaf and return it to the Freepost address

