

# We care about carers

We have information on grants and services available to support you to take time for yourself or with the person you care for.

## Respite

We have a team of specialist nurses, rehabilitation experts, family support staff and doctors who are able to provide training in areas related to care.

## Training

We can make referrals to support you with: carers assessments; grants; carers allowance; carers passport; blue badge; benefits; and carers emergency plan.

## Referrals

Are you spending all day making calls and searching for support, finance, and benefits information? We can connect you to the right services and provide the details you need.

## Admin

## Looking after you

At St Helena, we want to ensure that those caring for someone with a life limiting condition, or in the last year of life, also feel supported. We are here for you and we want to help. Here are some services we currently offer...

## Wellbeing

St Helena offers complementary therapies for relaxation; spiritual care providing a safe space to explore things important to you; as well as counselling, family support and links with external wellbeing services.

## Peer support

We run carers groups and are connected with a variety of groups in the community. Let us know if you would like to find a group near you.

## Phone support and befriending

We can offer information or refer you to 'befriending' services that operate by phone, letter, or in person. We're also here if you need to talk!

## Get in touch

If you think these services could help, contact Ellie at [efrost@sthelena.org.uk](mailto:efrost@sthelena.org.uk). If we've missed something, reach out, we can refer you to many other organisations.