

# CarersBucks

## How We Can Help

If you are looking after someone on a regular basis who is not able to manage without you because they are ill, frail or have a disability, then you are a carer and Carers Bucks can help you.

No matter how long you have been a carer, or who you care for, Carers Bucks is here to support you.

### We support carers by providing:

- Up to date information and advice on carers' issues
- Support to find the help you need
- Emotional support and someone to talk to in confidence
- Carer Information and Support Groups
- Help to create an Emergency Plan
- Up to date information on our website and social media
- Support for young carers and young adult carers

**Dedicated to supporting carers**

Registered Charity No. 1106745; Company Registration No. 4941481

## Information, Advice and Emotional Support

When you first register with Carers Bucks you will have the opportunity to discuss your caring role with one of our experienced support workers, who will help you to look at what will help and support you in your caring role. Please get in touch with us on 0300 777 2722 or [mail@carersbucks.org](mailto:mail@carersbucks.org) if you need more information, advice or feel you are struggling with your caring role. All enquiries are treated in confidence. You can also visit our website: [carersbucks.org](http://carersbucks.org) or follow us on social media.

## Support to Find the Help You Need

Carers Bucks can help you access relevant services that can support you and the person you care for. Our support workers will help you look at options and the most appropriate support available. With your permission, we can contact organisations on your behalf if necessary.

## Carer Information and Support Groups

Carers Bucks runs Carer Information and Support Groups across different areas in Bucks, as well as some sessions on Zoom. These groups give you the opportunity to meet other carers and talk to our experienced support team. All groups will offer refreshments. In some support groups, we will also be covering the following subjects; Understanding Stress, Anxiety, Depression and Lasting Power of Attorney, and will also hold some Q&A sessions with our support workers. For more information, call us on 0300 777 2722 or visit our website:

[carersbucks.org/services/carers-information-and-support-groups](http://carersbucks.org/services/carers-information-and-support-groups)

## Carers Support in Hospital

We have support for carers in four hospitals; Stoke Mandeville, Amersham, Wycombe and Wexham Park. If you or the person you care for are in hospital and would like some support or advice, then contact us and our team will be able to help you.

## Working with GP Practices

Carers Bucks works closely with GP practices to help them support carers. We encourage carers to contact their GP practice and ask to be put on their carers' register.

## BAME Services

We have support workers who are able to help and support carers from Black, Asian and Minority Ethnic communities.

## Support for Older Carers

Our Adult Carers team are able to provide a short-term enhanced service for those carers age 75 and above who may need additional support.

## Carers Choir

Our Carers Choir meets twice a month – no previous experience is necessary, just an enthusiasm for singing! New members are welcome. Contact us on 0300 777 2722 for more information.

## Support for Young Carers

Our Young Carers team works with children and young people aged 5 - 16 years old who provide regular and significant care to a family member. The support provided by the service is tailored to the individual needs of the young carer. For more information, call us on 0300 777 2722 or visit:

*[carersbucks.org/information-for-carers/young-carers](http://carersbucks.org/information-for-carers/young-carers)*

## Support for Young Adults Carers

The Young Adult Carers team support young people aged 16 - 25 years old as they transition into adulthood and independence. For more information, call us on 0300 777 2722 or visit:

*[carersbucks.org/information-for-carers/young-adult-carers](http://carersbucks.org/information-for-carers/young-adult-carers)*

# CarersBucks

## Contact Us

0300 777 2722

mail@carersbucks.org

carersbucks.org

Ardenham Court, Oxford Road, Aylesbury, HP19 8HT

## Opening Times

Monday to Thursday 9am - 5pm

Friday 9am - 4.30pm

## Follow us on social media



A Network Partner of  
**CARERS  
TRUST**

*Carers Bucks is an independent charity commissioned by Buckinghamshire Council to support unpaid carers throughout the County. We work with a range of agencies and organisations to provide the best possible service to carers.*

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