

Shropshire Carer Support Service

Our Carer Support practitioners will work with you to explore the options available to help you in your caring role.

They will:

- Provide 1 to 1 support. We work with you to explore the options available to you. This may mean referral to other organisations to provide the appropriate support.
- Provide a listening ear via our support line. An opportunity to talk through your situation and help you to reach solutions that assist you to move forward or to simply connect with someone. Call 01743 341995 - *operating Mon/Wed/Thurs/Fri – 9-00am till 5-00pm, Tues - 9.00am till 7.30pm, Saturday - 9.30am till 12.00pm.*
- Provide personalised information and advice.
- Make regular check in calls to see how you are.
- Help you with planning ahead – the right information at the right time.
- Co-ordinate peer support groups – virtual and in the community
- Let you know about events and activities where you can learn new skills and connect with other people.
- Enrol you on the Carer Register so that we can share important information with you quickly. On enrolment you will receive a Carer ID/ emergency card and emergency plan to complete.
- Contact us on 01743 341995, email: Shropshire.carers@shropshire.gov.uk
- Hospital Carer Support – a practitioner to support you while your cared for person is in a hospital setting. Providing discharge support, information, emotional support, signposting, face to face meetings and assessments. Contact: Michele Lee on 01743 256879, email: Hospitalcarers@shropshire.gov.uk

