

When you're looking
after someone,
it's easy to forget
your own needs ...



Norfolk
Carers Helpline

finding
ways to
make life
easier
for you

0808 808 9876

If you are looking after someone — a relative,
partner, neighbour or friend — and would like
information or telephone support, call
Norfolk Carers Helpline

0808 808 9876

We can provide information for carers on
where to get help, services and equipment.

We can also listen when you just want to talk.

Your call will be answered by a friendly,
experienced helpline worker.

Calls are free and confidential. If we can't help,
we'll point you towards the help you need.

If you'd prefer to contact us by email,
please send a message to:
norfolkcarers@hotmail.com

There is also a carers website
www.norfolkcarers.org.uk

If you would like to request more leaflets, make
a comment or complaint about the service, or
write rather than ring the Helpline, our address
is Norfolk Carers Helpline, PO Box 154,
Norwich NR3 4EZ



Crossroads Norfolk Carers Helpline is funded by Norfolk Social Services
and managed by Crossroads-Caring for Carers. Charity no. 282102
Calls may be monitored for training purposes.
Produced November 2005

