Do you look after someone who can’t manage without you?

Call in to the Carers Lounge for help, information and support.
Open Monday - Friday, 11am - 6pm

Bedford: Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ
Carers Lounge: Bedford Hospital, Kempston Road, Bedford, MK42 9DJ
Biggleswade: Sea Cadet HQ, 4 Station Road, Biggleswade, SG18 8AL
Leighton Buzzard: Ground Floor, Arden House, West Street, Leighton Buzzard, LU7 1DD

Call the Carers Lounge on:
01234 355122 ext 5247 or 07794 005996
Call Carers in Bedfordshire on:
0300 111 1919

Email
contact@carersinbeds.org.uk
Visit
www.carersinbeds.org.uk
@CarersInBeds

By giving us your email address you are agreeing to us contacting you by this method

Carers in Bedfordshire Registered charity No 1135507; company registration no 07140432
Young carers and siblings
Our Young Carers and Siblings projects support children aged 4-18 caring for a family member or friend with a disability, illness or additional needs.

Carers in Bedfordshire is a local charity. We help family carers and former carers of all ages cope with the emotional and physical stresses arising from their caring.

Whatever your age or caring situation, Carers in Bedfordshire are here to support you.

If you look after someone with dementia, a disability, mental health problem, or who is ill, frail, or misuses drugs or alcohol, we’re here for you.

To receive a free carers’ information pack and a copy of our quarterly magazine Carers, please complete the form overleaf and return it to us at:
Freepost RRUE-YTYU-BECE, Carers in Bedfordshire, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ

If you are a professional referring a carer please complete your details where shown.

Find out more:
No appointment needed.
Call: 0300 111 1919
Email: contact@carersinbeds.org.uk
Visit: www.carersinbeds.org.uk

A family carer is anyone, of any age, who, unpaid and as part of their everyday life, helps an ill, frail or disabled relative or friend who could not manage without them.

Where is the Carers Lounge?
We are located in The South Wing of Bedford Hospital on the ground floor. Follow the signs to the “Committee Room”.

What we do
At the Lounge we provide help, information and support to carers of all ages, including:

• Information on services available for you and the person you care for
• Welfare and benefits advice
• Support with hospital admission and discharge
• Access to Carers in Bedfordshire’s range of services, including training and the opportunity to apply for a carers grant

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Carers café
Carers cafés held in Bedford, Biggleswade, Eaton Bray, Houghton Regis and Leighton Buzzard offer carers and families advice, support, refreshments, treatments and time for enjoyment.

Training
Our training gives you a chance to take a break and learn something new.

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