What We Do

At Carers in Bedfordshire, we aim to give personalised support to Carers by offering services to individual based on their situation. Below is a list of services we offer. To find out more, please click on the name of the service you are interested in.

- **Adult Carers Grants** - provides grants for carers to enjoy something for themselves to promote or improve their own health and well-being.
- **Benefit Advice** - Provides information and guidance on all government benefits.
- **Carers Cafe** - run on a Saturday in Biggleswade, Houghton Regis and Bedford and on Mondays in Eaton Bray. All carers, cared for and immediate family members of any age are welcome to come along.
- **Carers Lounge** - a new service based in Bedford hospital South Wing providing advice and support to carers visiting loved ones in hospital.
- **Carers Training** - a programme run throughout the county offering training free of charge to carers.
- **Former Carers** - Carers in Bedfordshire continue to offer support to carers after the person they care for has passed away or moved into residential care.
- **Mental Health Carers** - provide support for adults who care for someone with a mental health related problem.
- **Military Veteran Carers** - offers support for those who care for someone who has a military background.
- **Parents Together** - offers support for parents caring for children aged 0 to 18 with a disability or additional need.
- **Sibling Project** - for children aged 4 to 16 who care for someone or have a brother or sister with a disability or additional needs.
- **Telephone Befriending** - a regular call from one of our volunteers for an informal chat to see how you are.
- **Volunteer Dementia Befriending Service** - A structured network of trained volunteers to befriend and support carers and people living with dementia throughout Bedfordshire.
- **Young Adult Carers 16-25** - work in many areas that are important to the young people in helping them make the often difficult transition from childhood into adulthood.
- **Young Carers 4-16** - supporting children aged 4-16 for who are looking after or supporting a parent or grand parent who has a disability, mental health condition, sensory impairment, HIV/AIDS or substance misuse.
- **Young Carers Breaks** - offers a grant to carers under the age of 18 to have a break from their caring role and improve their health or well-being.