

HELP

SUPPORT

ADVICE

GUIDANCE

Carers First is a charity commissioned by Haringey to provide information and support to adults who look after a relative or friend in the borough who could not manage without their help.

At Carers First, we understand that caring can be hard, but believe getting the right help shouldn't be. We offer personalised timely advice and work with carers to identify the best way forward, for them as individuals.

What support is available from Carers First



Tailored information and advice to support with their caring role, including preparing for and accessing a carers assessment



On-going wellbeing support, helping carers improve carer's emotional resilience



Peer support groups, training and activities



Signposting and referring into specialist support including benefit advice or for more information about the condition of the person they are caring for



Support with writing an emergency plan to help plan in the event the carer is unable to continue caring in the short term, for example if they fall ill.

Contact Us

With their permission, carers can be referred to us for support via our on-line form:

www.carersfirst.org.uk/make-a-referral

Carers can refer themselves the following ways:

Call us on **0300 303 1555**

Email us at hello@carersfirst.org.uk

Online at www.carersfirst.org.uk/haringey/contact-us

