

# Helpful information & links

## Local support for informal carers:

- Time out for carers Hinkley & Bosworth.

Hinckley Time Out for Carers Meets on the 2nd Thursday of each month from 1.30pm - 3pm - Age UK Centre, Earl Shilton, LE9 7NL

**01858 468543**

- Time out for carers Blaby.

Blaby Time Out for Carers Group meets on the 1st Tuesday of every month from 2.30-4.00pm at Countesthorpe Village Hall, Station Road Countesthorpe Leicestershire LE8 5TB

<https://supportforcarers.org/>

**1858 543**

- Over 50's carer group.

A group for carers over 50. It is a chance to meet people who are going through the same experience as you, for support and friendship. Fridays on the first and third weeks of the month, 10:30am - 12:30pm. - Abbots Road South, Leicester, LE5 1DA

0116 2418501

## Online support:

- A cuppa with Kerry.

A Facebook page & blog - Everyday issues and experiences we share. Have a cuppa, reflect on the commonalities of our lives, be encouraged, share a story, have a laugh. Welcome!

<https://acuppawithafriend.blogspot.com/>

- Carers FIRST's Carer Forum

Open to all carers aged 18+, 24 hours a day, seven days a week, the Carers FIRST's Carers Forum aims to give carers the opportunity to chat with others who may find themselves in similar situations, offer each other advice and support and share experiences about what helped them.

<https://www.carersfirst.org.uk/help-and-advice/topics/>

## **Websites:**

- <https://bridgit.care/> - carer support 0345 528 0008
- <https://lottie.org/> - informal carer support.
- <https://carents.co.uk/> - support for those caring for elderly parents.
- <https://www.carersuk.org/> - support for informal carers.
- <https://www.mind.org.uk/> - support for yourself while caring for someone.
- <https://www.citizensadvice.org.uk/> - carers: help & support.

## **Other useful links:**

- Community Action Partnership Leicestershire – community transport for Blaby, Oadby & Wigston 0116 2887482  
[www.communityactionpartnership.org.uk](http://www.communityactionpartnership.org.uk) -  
[community@communityap.org.uk](mailto:community@communityap.org.uk)

- Looking after yourself - <https://www.leicester.gov.uk/health-and-social-care/adult-social-care/support-for-carers/looking-after-yourself-if-you-re-a-carer/>