**Carers Centre Inclusion Project: Covid 19 Support**



Now more than ever, many unpaid carers are facing increased isolation and difficulty.

If you provide unpaid support for a partner, family member, or friend with a disability, physical or mental health condition you could access further support from the Carers Centre.

We are particularly keen to reach out to you;

* **If you identify as Lesbian, Gay, Bisexual, Trans, or Queer+ (LGBTQ+)**
* **If you are from a BAME background or refugee/migrant background**
* **If you are from a Traveller, Gypsy or Roma backgrounds.**

We understand that unpaid carers from minority backgrounds may be experiencing additional challenges and barriers on top of the challenges of supporting someone.

**At this time our Inclusion worker Louisa can support with:**

* **Helping you to access further support in your caring role**
* **Helping to access information in alternative formats if you need it**
* **Looking after your own mental health and wellbeing**
* **Ideas of activities you can do to fill the day (for you or for those you support)**
* **Helping you to get support for essential things like food shopping and medication.**
* **Signposting to other relevant organisations for advice/support**
* **Linking to support with technology e.g. getting online, using internet shopping, online Zoom groups**

If you are interested in accessing our services please contact 01273 977000, or email louisa.marchant@thecarerscentre.org

You can also refer yourself via our website; https://carershub.co.uk