

Dudley Carers Network
01384 818723
www.dudley.gov.uk/carers

Access to Adult Social Care Team
0300 555 0055
accessteam.dachs@dudley.gov.uk

Age UK Dudley
01384 267006
informationandadvice@ageukdudley.org.uk

Royal Voluntary Service Good Neighbours
01384 817 282
blackcountryhub@royalvoluntaryservice.org.uk

Citizens Advice Bureau Care & Disability Advice Line
08080 486486
cadal@dudleycabx.org

Crossroads Care Dudley
01384 298513
dudley@crossroads.org.uk

We Love Carers
01384 483708
www.welovecarers.org

Healthwatch Dudley
0300 111001
hello@healthwatchdudley.co.uk

Dudley Carers Forum
01384 573381
www.dudleycarersforum.wordpress.com

Carers UK Advice Line
0808 808 7777

Carers support

healthwatch
Dudley

Call your Carer
Coordinator

**07435
754386**

Are you a hidden carer?

Hidden carers are people who care for a relative, friend or loved one but don't receive any help or support from carers' services or organisations.

It is easy to slip into the role of carer as you begin to do more and more for a loved one who needs a little extra support, often following discharge from hospital or a diagnosis of a serious illness.

Becoming a carer often begins by helping out with cooking, cleaning, washing and running errands, but then stretches to include helping that person to wash, dress, take medication or complete everyday tasks.

If you think that you might be a hidden carer and would like to find out more about the support and advice services available to you, please contact the carer coordinator on 07435 754386 or contact one of the services listed on the back page of this leaflet.

Your **voice**
can improve NHS
& social care
services

healthwatch
Dudley

Calling Dudley carers!

Tell Healthwatch Dudley about your experience of being a carer - and we will ensure that people who make important decisions about local services get to **hear your voice**

**Share your views and
make a difference!**

03000 111 001

(Calls charged at local rate)

www.healthwatchdudley.co.uk

email hello@healthwatchdudley.co.uk

Or tweet us @HWDudley

Good or bad
we want to
listen

