



If you care for spouse, partner, child, other family member or friend then you may be entitled to support from your local VSA Carers Support and Development Worker. VSA Carers Services offers a wide variety of services for Carers. These include information and advice, counselling, life coaching, complimentary therapies, support groups and grants for carer breaks.

Your local Carers Support and Development Worker is Tracey Harrison. There are two Support Groups for carers in your area. One is held on the first Wednesday of every month at VSA Carer Support Services located at Forest Grove, 22 Kings Gate between 10.30am-12pm and the other one is on the last Wednesday of every month at the VSA Carers Centre, 38 Castle Street between 10.30am-12pm. Some carers can feel isolated due to the nature of their caring role and might benefit from talking to other carers who understand each others situation and can support and advise one another as well as keeping up to date with current events. Please call Tracey Harrison (01224 679026) if you are interested in attending either of these support groups.

For more information on VSA Carers Services or to discuss an application to the Creative Breaks Fund Tel: 01224 212021,

Email: tracey.harrison@vsa.org.uk,

Mobile: 07885803046/01224 679026.

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