Action for Family Carers
affc.org.uk

Essex Carers Support
essexcarerssupport.org.uk

Do you look after a family member or friend who couldn't manage without you?



Epping Forest
Uttlesford
Harlow

Colchester
Tendring

Get in touch:

0300 770 80 90

affc.org.uk/make-a-referral

Service commissioned by
Essex County Council

Action for Family Carers and Essex Carers Support work in partnership to help support you in your caring role.

Practical Help

Information, advice and guidance related to your caring role

Emotional Support

Need someone to talk to about your caring role? We're here to listen and help

Counselling

We offer a free, confidential counselling service for Adult Carers

Support Groups

Find support and connect with others who understand

'Time 4 You' Wellbeing Grants

Small grants to achieve some much needed time to yourself and help reduce the impact of your caring role

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For more information you can call or look at either organisation's website.

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