



Carers Count – Count me in!!

The last Census shows there are about 17,500 Carers in Herefordshire, but only about 1,900 of them are registered. We want all Carers to register with Herefordshire Carers' Support (HCS is a registered charity working for Carers).

The more Carers that are registered, the stronger our voice will be to ensure that Carers:

✓Are Recognised

✓Are Valued

✓Get Better Services

Registering with HCS is **free** and will give you access to:-

- ◆ Signposting to a wide variety of other services
- ◆ Access to our Carers Group meetings
- ◆ Involvement with developing services
- ◆ Our Emergency card scheme
- ◆ Social outings and events (including our very popular pamper days)
- ◆ Access to our Support Workers – there to listen, give support and practical guidance to those in a caring role.
- ◆ A regular newsletter
- ◆ Our Young Carers service
- ◆ Our respite break scheme

Who is a Carer? – Anyone who provides support to someone who is ill, elderly or has a disability, and that person cannot manage without your help. You do **not** have to live with the person you care for, or be related to them; if you care for them, you're a Carer.

Please fill in the short registration form below, and help us to work for the benefit of all Carers in Herefordshire. Phone HCS on 01432 356068 and ask for Rachel, for more information on our work.

.....
First Name: **Surname:**

Mrs/Mr/Miss/other (Please state) **Date of Birth:**

Address:.....

..... **Postcode:**.....

Phone Number: **Email:**

Name of person you care for:.....

Their relationship to you:..... **Their date of birth:**.....

Brief description of any health problems of the person you care for:

.....

Please register me as a Carer, (tick box to accept)

Return to: Herefordshire Carers Support Ltd.,
FREEPOST BRYX-KLUG-TJKR, Hereford, HR1 2EA

Ref: Comm. First - Jan 09



Patron The Bishop of Hereford, The Right Reverend Anthony Priddis
Charity No. 1051774 Company No. 3032476
Your name & address may be held on our database. If you are unhappy about this please contact us.