Caring for Family & Friends

Bedfordshire Carers Guide
Welcome to the Bedfordshire Carers Handbook

You are an unpaid carer when you care for someone, as part of your everyday life. The person might have an illness, disability, mental health problem or addiction and cannot manage without you.

Being an unpaid carer for a family member or friend can be both rewarding and challenging.

Often unpaid carers find it difficult to find information and support. This Guide should help you identify the main organisations who can help you.

As a carer you might struggle to take care of your physical and mental health. This Guide should help you to identify the right service quickly.

Many carers become socially isolated. We would encourage you to contact Carers in Bedfordshire for ongoing support. No-one should care alone.

Local services and information change quickly. Check Carers in Bedfordshire website for the latest information.

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Am I a Carer?

If you are helping someone who has an illness, disability, mental health problem or addiction manage their daily life, you are an unpaid carer.

You might be asking yourself – “Really?” “Am I an unpaid carer? Surely I am just a wife, husband, parent, son, daughter, brother, sister or friend. Isn’t helping someone else just part of everyday life?”

You are not alone in thinking this. It can take unpaid carers more than a year to recognise that they are carers (Carers UK, 2019). You are an unpaid carer when you carry out any of the tasks listed below. This can range from two hours per week right up to 24/7 care.

You might be helping with:

- Making or going with someone to appointments.
- Personal care and medication.
- Listening to someone’s worries.
- Doing more than your fair share of chores, cooking and cleaning.
- Dealing with forms and paperwork.
- Helping with or managing personal finances.

It’s not what I planned to be doing.

I find it difficult but very rewarding.

Carers can be of any age, ethnicity or social class. They are found throughout Bedfordshire and beyond. There are around 7 million carers in the UK. There are over 40,000 in Bedfordshire.

It is important to recognise that you are a carer. If you do not, you increase the risk of physical and mental health issues.

Caring responsibilities might make it more difficult to live your own life. It is important to look actively at ways of taking care of yourself (Carers UK, 2019).

You have rights as a carer and are entitled to support.

You do not have to do this alone. There are many organisations throughout Bedfordshire who are working together to support you.

I have become stronger as a person because of being a carer.

Caring 24/7 for my partner was a positive experience.

Still find it hard to think of myself as a carer.
If you are an unpaid carer, Carers in Bedfordshire can help you throughout your journey as a carer.

Carers in Bedfordshire is funded by the local Councils and NHS to provide support services to unpaid carers. Additional services are funded by charitable trusts and donations from the community.

Most services are free to use. Some have a small charge.

There are offices in Bedford, Bedford Hospital, Biggleswade, Leighton Buzzard, and Luton & Dunstable Hospital.

The first step is to register with Carers in Bedfordshire.

**Personalised Support for You**

When you register, a support worker or trained volunteer will contact you. They will ask about your caring role and your wellbeing. This is so the right support can be identified to meet your needs.

"Knowing that someone is at the end of the phone is important. Caring can be a lonely experience." -

**Information and Advice**

Carers in Bedfordshire has information on a range of services and support. They can signpost you to local and national organisations.

The **Carers Magazine** is published four times a year. It is packed with tips, carers’ stories and updates.

"The Magazine is like your best friend coming to visit." -

**Connecting with Other Carers Groups** are run throughout the county for different carer communities. Some groups are for both carers and the person with care and support needs.

"It is good to meet people who are going through the same things as you." -

"This group means not being lonely." -

"We are welcomed and it’s a break." -

The **Carers Cafes** are for all the family. You can meet other carers, swap tips and find support services. There are guest speakers, activities and children’s activities. Wellbeing treatments include hairdressing, foot care and massage.
Three cafes are held on a Saturday: Bedford, Biggleswade and Houghton Regis. There are three weekday cafes in Eaton Bray, Flitwick and Leighton Buzzard.

“Happy because it gets me out.”

Training Programme
Training provides you with ideas to help your wellbeing and adds to your skills as a carer. The workshops are a good place to meet other carers and share ideas and tips about caring.

“Very important knowledge learnt. Feel more confident as a carer. Nice to share ideas with other people.”

Carers Discount Card
The Discount Card helps you save money. There are more than 90 local and national businesses signed up. They offer a range of discounts.

“It feels like I have support. I can have a treat I might not normally have.”

Services
The Counselling Service helps you explore the difficult emotions that you might be experiencing. A charge applies.

“The counsellor has helped me through a number of issues by putting a different light onto things.”

The Relaxation Therapy Service aims to help you relax. It can help to relieve the aches from caring. A charge applies.

“It was more than a massage; it was someone I could talk to.”

When Your Caring Role Comes to an End
Carers in Bedfordshire are still here to support you. We can offer: a Former Carers group; a “Life after Bereavement” booklet; Carers Cafes; a NHS Carers grant - available for 6 months after your caring role ends.

Have Your Say
As a carer, it is important that your voice is heard by local services. Carers in Bedfordshire regularly collects information about carers’ experiences in Bedfordshire. This is used by the local councils, the NHS and nationally.

Raising a Concern About Healthcare or Support
Carers in Bedfordshire can help you raise any concerns you might have. See page 16 for details.

For information and to register, contact
Carers in Bedfordshire
0300 111 1919
contact@carersinbeds.org.uk
Register online
www.carersinbeds.org.uk
F - CarersinBedfordshire
T - @CarersinBeds
Carers and Needs Assessments

Bedford Borough Council and Central Bedfordshire Council are responsible for ensuring carers have access to information, advice and guidance.

Both Councils carry out Carers Assessments for anyone who has a significant caring role. If you are over 18, it is your right to request one.

The Carers Assessment looks at the impact caring has on you. It recommends services or ways to protect your health and wellbeing.

The person you care for can request a Needs Assessment.

A Financial Assessment will be carried out at the same time to assess who pays for services. You can ask for one at any time, or a review.

Services which might be suggested:

- Signposting to support organisations.
- Lunch groups and Day Centres.
- Home Help or Personal Assistants.
- Telecare or Help with meals.
- Respite or Residential Care.

If you care for someone with a mental illness, the ELFT Community Mental Health Team will carry out the assessments.

Concerns About a Person’s Welfare

Concerned about the safety of someone who is “vulnerable”? They have a need for care and support due to an illness, disability or mental illness. If so, you can raise “a safeguarding concern.”

Your concern may be about physical or emotional harm. It may be about financial exploitation or self-neglect at home or in a care setting.

If you are not sure, you can discuss your concerns with a support worker at Carers in Bedfordshire.

To raise a safeguarding concern about an adult, contact
Bedford Borough
01234 276 222
Central Bedfordshire
0300 300 8149

To raise a safeguarding concern about a child or young person, contact
Bedford Borough
01234 718 700
Central Bedfordshire
0300 300 8585
Choosing Paid Care

Allowing a paid carer to do some or all of the work could help. It might reduce the strain on your physical and mental health. You can spend more quality time together or do something for you.

The Bedfordshire & Luton Directory: Adult Care and Support Services provides full details of organisations providing paid care. It is updated each year.

To get a copy, contact
Bedford Borough Council 01234 267 422
Central Bedfordshire Council 0300 300 8303
Carers in Bedfordshire 0300 111 1919

Paying for Care

This can be done privately or through the local councils. If you need support with costs, ask for a Carers and Needs Assessment.

Financial support is means tested. You will have a financial assessment to decide who pays for the services.

Age UK’s booklets explain your options and how to pay for it:

- Housing Options.
- Getting Help at Home.
- Care Homes.
- Personal budgets & direct payments.

To get a copy, contact
Age UK 0800 678 1602
Age UK Bedfordshire 01234 360 510
Disability Resource Centre 01582 470 900
Carers in Bedfordshire 0300 111 1919

Continuing Healthcare

If someone has complex health issues or a life limiting condition, in certain circumstances the NHS will pay for the care. This may include nursing and personal care in the home or in a care home.

Search “age uk nhs continuing healthcare”
The NHS is committed to identifying carers early. The aim is to help keep you well and healthy.

It is important to tell all NHS professionals that you are caring. This is so your needs and rights can be met.

Your GP

You should make your GP aware of your caring role. You can do this at the surgery or on their website.

If you are aged 40 - 74, you will be invited by your GP for an NHS Health Check every five years. It is important to attend these as it is easy to overlook your own health as a carer.

It is also important that you have a yearly flu jab. Your GP surgery can arrange for you to have this.

The NHS Social Care and Support Guide

This is an online guide covering a range of topics.

- Specifically for carers:
- Practical tips.
- Support and benefits.
- Caring for children and young people.

Search “nhs social care and support guide”

Support in Hospitals

Carers Lounges

A hospital admission can lead to an increase in care needs. Carers in Bedfordshire’s Carers Lounges are a place to take time out and talk through your concerns.

They offer practical and emotional support at a time when things can feel too much.

The Carers Lounges are based in Bedford Hospital’s South Wing and Luton & Dunstable University Hospital’s St Mary’s Wing.

Opening times: Monday to Friday, 10am to 5pm.

For details, contact

Carers in Bedfordshire

0300 111 1919

www.carersinbeds.org.uk

Carers Pack

This is available at the Luton & Dunstable Hospital. For a copy, visit the Carers Lounge at St Mary’s Wing.

Support at Lister Hospital

For support, contact

07554 438 517

carerslead.enh-tr@nhs.net
NHS Carers Grants

The NHS Bedfordshire Clinical Commissioning Group (BCCG) runs a Carers Grant scheme. This is administered by Carers in Bedfordshire.

A Carers Grant helps unpaid carers to take up activities to improve their health and wellbeing.

Grants can be used to fund day trips, holidays, and stress-relieving therapies as well as equipment for the home to help with daily tasks, gym membership, training courses, or hobbies.

Grants are available for carers of all ages. You can apply by completing an application form. Then this is considered by an independent panel.

If you are successful, you need to use the grant within a year of being awarded.

The grant cannot be used to pay bills or to cover debts. It cannot be used for something that would normally be funded by health or social care.

For details, contact
Carers in Bedfordshire
0300 111 1919
Apply online
www.carersinbeds.org.uk

Mental Health Services

East London NHS Foundation Trust (ELFT)

ELFT is the local NHS Trust for mental health, learning disabilities and dementia. ELFT runs community and inpatient services throughout Bedfordshire. Request support via your GP.

The Bedfordshire Wellbeing Service is for people who are experiencing common mental illnesses, such as, depression, anxiety and obsessive behaviours.

For support, contact
Bedfordshire Wellbeing Service
01234 880 400
Self-refer online
www.bedfordshirewellbeingservice.nhs.uk

The Bedfordshire Recovery College runs workshops on mental health and self-management. They are open to both service users and carers and are free.

For a prospectus, contact
Recovery College
01234 263 621

Learning Disabilities Specialist Community Healthcare Team

Specialist teams supporting people with learning disabilities and their families.

For support, contact
01234 310 589
The Bedfordshire Community Health Service
You can self-refer to the District Nurse, Physiotherapist and Occupational Therapist.
Your healthcare professional can refer you for the Continence Service, Falls, Pressure Ulcers and home care.

For support, contact
Single Point of Access
0345 602 4064. Open 24/7

Search “age uk nhs continuing healthcare”

Sources of Health Information
NHS Choices for advice and tips to help make choices about your health.

Ask a Pharmacist for advice on minor ailments and medication issues.

Ring 111 for urgent but not life critical health issues, including mental health.

End-of-Life Care
The person you are caring for might have been told that they do not have long to live. This does not mean you are alone; there are organisations here to help.

The Palliative Care Hub provides support and advice for people with a life-limiting condition, their families and carers.

For support, contact
Sue Ryder
01767 641 349. Open 24/7

Keech Hospice Care runs a Drop-in Service for carers who are caring for people with a life-limiting and terminal illness.

For support, contact
01582 492 339
www.keech.org.uk

They also run an advice-line for parents looking after a child with a life-limiting condition.

For support, contact
0800 035 6497. Open 24/7

Hospice at Home Services

Bedford, contact
St John’s Hospice
01767 641 349

Biggleswade & surrounding area, contact
Respite at Home
01234 743 063

Dunstable & Houghton Regis area, contact
Hospice at Home Volunteers
01582 666 996

Leighton Buzzard & Linslade area, contact
Hospice at Home Volunteers
01525 854 713
Alongside Carers in Bedfordshire there are other local charities providing support for carers. They provide services that might be useful whilst caring.

**Age UK Bedfordshire**
Runs a Carers Respite Service. This allows carers to take a break from caring and for them to do other things.

Age UK runs services to help anyone who is aged 50+. This includes a handyperson, homehelp and gardener service (for a fee).

01234 360 510
www.ageuk.org.uk/Bedfordshire

**Alzheimer’s Society**
Supports people living with dementia and their carers living in Central Bedfordshire. Some services are offered in Bedford Borough.

01234 327 380
www.alzheimers.org.uk

**Autism Bedfordshire**
Runs courses for parent carers of children and adults on the autism spectrum. They provide information and guidance for parent carers.

01234 350 704
www.autismbedfordshire.net

**Bedfordshire Rural Communities Charity**
Provides Village and Community Agents in every Bedford Borough village and parts of Central Beds. They coordinate Good Neighbour Schemes and run community transport in parts of the county.

0800 039 1234
www.bedsrcc.org.uk

**Bosom Pals – Partners Support Group**
Provides support for anyone who has suffered from Breast Cancer and their families and friends.

07941 128 701 / 01234 214 455
www.bosom-pals.org.uk

**Carers Eating Disorder Association**
Provides support for carers supporting someone with an eating disorder.

01582 470 970
www.drc.org.uk

**Carers Central (Disability Resource Centre)**
Supports carers who live in Luton Borough.

0300 300 0201
www.carerscentral.org.uk
**Citizens Advice**  
They can help with employment, housing, debt, applying for benefits and a Blue Badge.

Bedford 01234 867 944  
Dunstable 01582 670 003  
Leighton Buzzard 01525 373 878  
West Mid Beds 01767 601 368

**Disability Resource Centre**  
Provides advice on living with a disability and accessing services. They can help with benefits and Blue Badge applications.

01582 470 970  
www.drcbeds.org.uk

**Mencap Bedford**  
Provides support for people with learning disabilities and their families.

07973 859 940  
www.bedfordmencap.org.uk

**Headway**  
Runs a monthly support group for carers in Bedford and Leighton Buzzard.

01234 310 310  
www.headwaybedford.org.uk

**Multiple Sclerosis – MS Therapy Centre**  
Holds regular courses on how to deal with MS.

01234 325 781  
www.mscentrebedsandnorthants.com

**Stroke Association**  
Runs regular courses to support carers looking after someone recovering from a stroke.

01582 690 984  
www.stroke.org.uk

**Tibbs Dementia Foundation**  
Supports people living with dementia and their carers living in Bedford Borough. Some services are offered in Central Bedfordshire.

01234 210 993  
www.tibbsdementia.co.uk

**Not Able to Attend a Group? Try Online Forums**  
Carers UK has an online Carers Forum so you can access peer support and advice 24/7.

Search “carers uk carers forum”

Most of the national charities have an online forum.

"Coming to groups has really made me a lot better and I have made LOTS of friends.  
It’s good to meet other people and have a natter. It is no fun on your own.  
Meeting other carers, finding out information and having a safe space to share.  
Realising I’m not alone."

"
Parent Carers

Parents often do not think of themselves as carers. But being a parent of a child under 18 with a disability, illness or with additional needs can be frustrating, confusing and isolating.

Carers in Bedfordshire
Provides support through Parents Together Groups as well as all the services on pages 2 & 3.

Great to get help and support from @Carersinbeds. An invaluable lifeline for Parent Carers.

Local Councils
Every parent carer over the age of 16 has a right to request a Carers Assessment and a Needs Assessment for their child (see p.4).

For an assessment, contact
Bedford Borough Council
01234 228 375
Central Bedfordshire Council
0300 300 4364

Local Offer Website
This provides children, young people and their families with information about local SEND support services.

Search “bedford borough local offer”

Local Councils SEND Team
Provides information and guidance on the Education, Health and Care Needs Assessment process.

Bedford Borough SEND Advice
01234 228 375

Central Bedfordshire SENDIASS
0300 300 8585

Local Parent Carers Forums
Working with local organisations and the council to meet the needs of children with SEND and their families. Holds regular meetings.

Bedford Borough Parent Carer Forum
07943 524 553
www.bbpcf.org.uk

Central Bedfordshire SNAP Parent Carer Forum
07984 545 044
www.snapppcf.org.uk
Young and Young Adult Carers

A young carer is a child under 18. A young adult carer is aged 18 - 24. They look after someone in their family who relies on them. The person could be ill, disabled or misuses drugs or alcohol.

Young Carers don’t always realise that they are carers. This is due to their caring role being “just what they do”.

As a Young Carer, it is important to receive support. This stops your caring role from taking over your life and having a negative impact on your future. With the right support you can achieve the things you would like to do.

By registering as a young carer, you can access support and services:

- Receive one-to-one support.
- Take a break from caring.
- Meet carers like you.
- Receive support in school.
- Get help to access education and employment.

- Signposting to other organisations for support.
- Attend training to learn new skills
- Raise awareness of issues faced by Young Carers.

Carers in Bedfordshire
Services for Young Carers

All Young Carers living in Bedfordshire can attend Carers Cafes (see p.2) and apply for an NHS Carers Grant (see p.7) and Discount Card (see p.3).

For information, contact
Carers in Bedfordshire
0300 111 1919
www.carersinbeds.org.uk

In Bedford Borough, Carers in Bedfordshire provide after-school clubs, training, 1-to-1 support and school holiday activities.

For support, contact
Carers in Bedfordshire
0300 111 1919
www.carersinbeds.org.uk

In Central Bedfordshire, Central Bedfordshire Council deliver services to young carers.

For support, contact
Central Bedfordshire Council
Early Help Provision team
0300 300 8585

Thank you for your support. I am finally around people who get me. I understand my Mum’s condition. Now I don’t take it personally when she is upset.
Carers of Someone with Memory Loss or Dementia

The Memory Navigation Service is a telephone service. Ring if you are caring for someone experiencing memory loss or diagnosed with dementia. You can talk about your worries and find out about local services.

Memoryinbeds.org.uk is a website with the latest service details and useful information.

A Dementia Nurse is available one day a week at the Memory Navigation Service or you can send a message or ask a question through memoryinbeds.org.uk.

The Bedfordshire Dementia Handbook explains in detail the stages of the dementia journey and the support available. You can get a copy from your GP or Carers in Bedfordshire.

Groups for people with dementia and their carers are run by the Alzheimer’s Society, Carers in Bedfordshire, Tibbs Dementia Foundation and community groups.

For information and support, contact
Memory Navigation Service
0300 111 9090.
Open 9am to 4.30pm
www.memoryinbeds.org.uk

Former Military Personnel

Have you, the person you care for, or someone in your immediate family ever served in the military including the Reserves? If so, you might be able to access services especially for military or ex-military personnel.

If you contact any of the services mentioned in this booklet, make them aware that you have a military background or a family connection. This can influence which organisations are recommended to you.

If you have served in the military, you should contact:

Veterans Gateway
0808 802 1212
www.veteransgateway.org.uk

Royal British Legion
0808 802 8080
www.britishlegion.org.uk

SSAFa
0800 731 4880
www.ssafa.org.uk
Working and Caring

Many carers struggle to combine work and caring. It is important to be aware of your rights at work. This will help give you the confidence to talk to your employer about your caring role.

There are statutory rights available to everyone which could help.

Requesting Flexible Working
All employees are able to “request” flexible working hours after they have worked for the same employer for at least 6 months. You can only make one flexible working request a year.

An employer is obliged to consider the request, but has the right to refuse it if the effect on the business is not manageable. So it is important that you consider the impact working flexibly will have and identify the benefits to the business.

The Right to Time Off in Emergencies
All employees are able to take time off to deal with an emergency or unforeseen event involving a dependent, either a child, partner or parent. This is unpaid unless your employer gives paid leave as part of your contractual rights.

The Right to Parental Leave
If you have been working for an employer for a year and you have a child under 18, you are entitled to 18 weeks leave per child. Again this is unpaid unless your employer says otherwise.

Remember to check your contract of employment, staff handbook, or HR policies. They might have company specific policies, such as a Family or Carer, which might help.

Looking for Work
If your current workplace is not suitable you might need to find a job offering flexible working. TimeWise publishes part-time and flexible working jobs for carers. www.timewisejobs.co.uk

Resources
Carers UK has information about your rights at work.

Search “carers uk work career”

“Being Heard: a Self-Advocacy Toolkit”

Search “carers uk being heard”
Financial Support

What Benefits are Available?
Caring for someone can be costly. To maximise your income, it is important to understand what benefits are available to you and the person you care for.

Carers UK website has the latest information about benefits for carers.

Search “carers uk help with benefits”

NHS Social Care and Support Guide looks at the benefits you can apply for and how to pay for care

Search “nhs social care and support guide”

Citizen’s Advice national website has a number of useful resources to help you.

Search “citizens advice benefits”

You can receive advice and support from local charities

**Age UK Bedfordshire** (age 50+)
Home visits can be arranged if necessarily
01234 360 510

**Citizen’s Advice**
Bedford 01234 867 944
Dunstable 01582 670 003
Leighton Buzzard 01525 373 878
West Mid Beds 01767 601 368

**Advice Central**
covers Central Bedfordshire
0300 303 6666

**MacMillan Welfare Rights Services**
For people living with cancer and their carers in Central Beds and Bedford
0300 300 8145

The Department of Work & Pensions will do **home visits** if you meet their criteria. Ring the DWP and tell them you need help to claim benefits.

**Carer’s Allowance Unit**
0800 731 0297

**Personal Independence Payments Claims**
0800 917 2222

**Attendance Allowance**
0800 731 0317

**Disability Living Allowance for children**
0800 121 4600

**Struggling financially?** You can get support from these local organisations

**St Andrew’s Money Advice,**
Bedford
07599 618 602

**The Salvation Army**
Bedford 01234 217 747
Dunstable 01582 343 680

There are **Foodbanks** throughout the county.

**For a referral, contact**
**Carers in Bedfordshire**
0300 111 1919
When Things Go Wrong

At times you might not get the standard of care you expect.

To voice your concerns, contact.

**GP Surgeries** have a complaints procedure. Contact your surgery.

**The Patient Advice and Liaison Service** help with medical care.

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**Bedford Hospital**
01234 795 814
pals@bedfordhospital.nhs.uk

**Luton & Dunstable University Hospital**
01582 497 990 pals@ldh.nhs.uk

**Lister Hospital**
01438 285 811 pals.enh@nhs.net

**Mental Health & Learning Disability**
0800 0131 223
elft.palsbedsandluton@nhs.net

**Beds Community Health Service & Wellbeing Service**
elft.palsandcomplaints@nhs.net

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For social care from the councils, contact

**Bedford Borough**
01234 228 597

**Central Bedfordshire**
0300 300 8000

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Register your complaint within 12 months of the incident.

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Have Your Say

As a carer, you may see the health and social care system at its best and worst. It is important that carers have a say in the way local services are run and developed.

Give feedback on local health services through **Healthwatch**. Local Healthwatch’s were established to ensure that the views of the public and users of health and social care services are taken into account.

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**Bedford Healthwatch**
01234 718 018

**Central Bedfordshire Healthwatch**
0300 303 8554

Give your feedback through surveys, being a Foundation Trust Member of the hospitals, taking part in ELFT’s People Participation events and Partnership meetings by the local authorities and other organisations.

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**Support with a Complaint**

**POhWER**, a local advocacy charity helping to make your voice heard.

0300 456 2364
www.pohwer.net
Being Ready for an Emergency

No one likes to think about emergencies. But you need to know what to do, if you have an accident or ill-health and cannot continue to care.

- Nominate someone to cover your caring role.
- Keep a document about the person you care for where it can be seen. It should contain their conditions, medications, routines, dietary requirements, communication, mobility needs, living will and Lasting Power of Attorney documents.
- Keep an “In Case of Emergency” – ICE record on your phone. State that you are a carer and include the name and address of the person you are caring for.
- Keep a Carers Emergency Card in your purse/wallet*.
- Keep a Message in the Bottle in your fridge*.

*For a copy, contact Carers in Bedfordshire
0300 111 1919

For out-of-hours support, contact Emergency Social Care team 0300 300 812

Carers UK Resources

Carers UK is a national charity which campaigns for the rights of carers. It provides information and advice at www.carersuk.org.

About Me helps carers find ways to support your own health and wellbeing. This course is provided by Bedford Borough Council and can be accessed via Carers in Bedfordshire website.

Search “carers in bedfordshire digital about me”

The “Looking after Someone” Guide covers the main issues you might have as a carer. It gives an overview of practical and financial support.

Search “carers uk looking after someone”

Upfront is an online form. Add your details and answer the questions. It will provide you with information about your statutory rights as a carer.

Search “carers uk upfront”

The Jointly App helps family and friends who are sharing care to connect with each other.

Search “carers uk jointly app”
Local Contact Numbers
Quick Reference

Councils
Bedford Borough Council
Carers Assessment
01234 267 422

Central Bedfordshire Council
Carers’ Helpline
0300 300 8036

Emergency Duty Team for Bedfordshire
0300 300 812
for out of hours support

Safeguarding Team
Bedford Borough
01234 276 222
Central Beds
0300 300 8122

NHS
Bedfordshire Community Health Service
Single Point of Access
0345 602 4064

Bedfordshire Wellbeing Service (ELFT)
01234 880 400

Non-emergency NHS Patient Transport
(East of England Ambulance Service)
0208 045 4254

NHS 111
for advice on an urgent medical concern. Open 24/7

Local Charities
Access Bedford (Deaf community)
accessbedford@outlook.com

Advice Central
0300 303 6666

Age UK Bedfordshire
01234 360 510

Alzheimer’s Society
01234 327 380

Autism Bedfordshire
01234 350 704

Beds Rural Communities Charity
0800 039 1234

Carers in Bedfordshire
0300 111 1919

Disability Resource Centre, Dunstable
01582 470 970

Headway Bedford
01234 310 310

MS Therapy Centre Beds & Northants
01234 325 781

Outside-In (ADHD & Autism)
07824 363 762

Parkinson’s Society
0344 225 3615

Sight Concern
01234 311 555

Stroke Association
01582 690 984

The Avenue in Biggleswade (Autism)
07425 551 110

Tibbs Dementia Foundation
01234 210 993

For the latest version, visit Carers in Bedfordshire, Bedford Borough Council, Central Bedfordshire Council or the Bedfordshire Clinical Commissioning Group websites. Printed in 2019