

Befriending and Connection Support for Carers

Do you look after a friend or family member who could not manage without your support? If so, you are a carer, and we can help



Unpaid carers can often feel lonely and isolated because of their caring role and those living in more rural areas can be affected more.

We can match you with a friendly volunteer befriender, who will call once a week for six weeks and also link you to support and services in your local area.

We can also match you with another carer for ongoing support when the six weeks has ended.

This service is available to carers in the rural areas of South Glos aged 55+

To find out more, please call us on: 07740 547026, email: befriending@carerssupportcentre.org.uk or visit our website: bit.ly/3uULHp1

*If you care,
we care.*

Carers Support Centre

Providing support, information and advice to carers of any age living in Bristol and South Gloucestershire.

A Network Partner of
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TRUST**

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