

THE CARERS CENTRE (NORTH & WEST OXON.)

Provides information and help to people looking after someone at home. Many carers contact the Centre initially to find out if they are entitled to any financial help, but there are many other anxieties which then come up – the need for a break, lack of equipment, the carer's own health, worries about the future.

The Carers Support Workers can visit people at home to discuss these problems and find ways of helping with them.

Links with other carers are also important and local carers' groups meet regularly for information, support – and fun!

Call the Carers Centre on **0345-125546**
if you would like to know more.

LOCAL INFORMATION FOR CARERS

Chipping Norton Carers Group

meets the second Monday each month at the ACE Centre, 10.30 a.m. - 12.30 p.m.

Chipping Norton Carers Support Group

meets the first Tuesday every month at the Memorial Hospital at 7.30 p.m.

Chipping Norton Information Service

is open every Monday at Highlands Day Centre 1 - 4 p.m.

SAMARITANS

Care for carers, too!

The Carers Centre
(North & West Oxfordshire)

and local Samaritans have linked together to produce some publicity reminding carers that when they feel particularly stressed, support is only a telephone call away. Broken sleep causes people to feel particularly low during the night and this is when the Samaritans' 24 hour service can be so valuable.

Samaritans: 0345-909090

The Carers Centre: 0345-125546

! NEWSFLASH !

The Carers Centre
(North & West Oxfordshire)
has produced

CARE GUIDE,

a comprehensive information pack about local services for carers. It is hoped that the Guide will be available in doctors' surgeries and local public offices. The Centre also has a small information pack for carers which is free and can be obtained by ringing **0345-125546**.