

Media Release

Carers Association Southern Staffordshire
The Carers Centre, Austin Friars, Stafford, ST17 4AP.
Telephone: 01785 606675
www.carersinformation.org.uk

Patrons: The Dowager Countess of Harrowby; David Kidney MP; The Rt Revd Jonathon Gledhill, Bishop of Lichfield. Honorary President: Jimmie Durkin MBE Carers Association Southern Staffordshire is a Company Limited by Guarantee. Registered No:4184030 Registered Office: The Carers Centre, Austin Friars, Stafford. ST17 4AP. Cass is a Registered Charity 1086979



New Service for Family Carers

The Carers Association Southern Staffordshire (CASS) is pleased to announce the launch of their new Carers Advice Line Service which has been set up in response to demand.

The Carers Advice Line number is: 01785 606675

The Carers Advice Line will be open 10am – 4pm Monday to Friday, 10am – 8pm on a Thursday and 9.30am – 12.30pm on the second Saturday of the month.

There is so much information out there that family carers may be wondering where to start. The advice line gives all carers the opportunity to speak to an advisor who can offer free confidential advice, information and support with the aim of registering them with the organisation for continued support in their own community.

Research has shown that 45% of family carers said they were suffering from anxiety and depression because their caring role had significantly reduced their finances. One in six carers have given up work or reduced their hours, losing on average £11,000 per year. The CASS Advice line will have a late night opening enabling working carers to access advice and support after work. This may entail information on work practices or legislation or simply how to get additional support for the person they care for.

Clients can ring the advice line themselves or professionals can ring on behalf of carers as long as they have permission to do so. CASS supports carers of all ages who are looking after a relative or friend, who, because of disability, illness or the effects of old age cannot manage at home without help.

The Carers Centre in Austin Friars, Stafford is open during Monday to Friday 9am -5pm for those who would like to visit in person, to speak with a member of staff. It may be advisable to ring in advance to guarantee an appointment with an advice worker.



For more information contact:

Karen Leighton

Advice Line Co-ordinator, Carers Association
Southern Staffordshire

Email : karen.leighton@carersinformation.org.uk or
telephone 01785 606675

Gemma Boden

Publicity & Communications, Carers Association Southern Staffordshire

Email : gemma.boden@carersinformation.org.uk or telephone 01785 222365