

Haringey Carers' Support Project



Do you live in Haringey?

Do you help look after a friend or family member?

If you're an **unpaid carer**, looking after a friend or family member who is over 18 and lives in Haringey, we can offer you free support. We'd like to tell you about local services that are on offer to you, and to help improve your health and well-being.

Free training

Carers voucher scheme

Support, information and advice

Information stalls across Haringey

Turn over to read more...

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Free training

Everything from medications, personal budgets and care plans to self-care and mindfulness for carers.

Information stalls

Look out for us in community based settings, like GP surgeries and pharmacies, where we'll be providing information for carers.

Carers voucher scheme

Giving you access to a wide range of goods and services (at no cost) that promote wellbeing. Anything from a cinema trip, holistic therapies or 'pampering', to buying in extra support to enable you to attend appointments or social events.

For more information

Visit: www.hailltd.org/carers

Telephone: 020 8888 0579

Email: carers@publicvoicelondon

This offer ends in
September 2017.

