



***Action for
Family Carers***

**Supporting Unpaid
Carers Across
Essex**



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carerstrust
a Network Partner

We can offer:

- Practical and Emotional Support
 - Carer Support Groups
- Information, Signposting and Advocacy
 - Adult Day Care Respite Services
- Access to Training, Education and Leisure
 - Complementary Therapies
- Support within Princess Alexandra Hospital in Harlow
 - Individual Grant Funding Opportunities
 - Raising Awareness of Carers Issues
 - Free Counselling Service

We also have a Young Carers and Young Adult Carers project providing information, support, workshops, accreditations, club nights, drop-ins, one-to-one School Link Workers, personal support sessions for Young Adult Carers, trips and breaks for Young and Young Adult Carers between the ages of 8 to 24.

Areas we cover:

Brentwood, Braintree, Chelmsford, Maldon, Colchester and surrounding areas.



Affiliated to
CARERS UK
the voice of carers

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