

ARE YOU A FAMILY CARER?

Over six million people in the UK are **carers**, looking after a relative or friend. Regardless of how much care you provide or the type of support you give, caring can impact on your health and well-being.

Caring means something different to everyone; one thing carers tell us all the time is that they cannot keep going without a break.

We are inviting **carers** (18+) who live in the Essex County Council area to take part in our project. We'd like to talk to you about the importance of self-care and assist you in planning some positive and rewarding time for yourself; something that reflects your own interests and is of your choosing. This can be done individually or, if preferred, can include the person/persons you care for.



Grants up to £100 are available to help you achieve Time 4 You.

A limited number of higher level grants (up to £500) are also available where particular need is identified.

Up in the Air!

Phillip, who is a carer for his wife had booked a flying lesson through Time4You. His feedback was great – a truly exhilarating experience – he said it was like having a week-long holiday in an afternoon!

Nails and Hair

Angela is a carer for Jeff her husband who has MS, she enjoyed a whole afternoon at the salon with a friend so that they could catch up and relax as the salon staff worked their magic. It provided a much needed break from her caring role.

Life in a 'She Shed'

Jenny wasn't sure at the outset how T4U could support her. After having a chat about it she decided to renovate an old summer-house in her garden and create some space for herself. You can read Jenny's blog on our website.

Gone fishing...

James has cared for his wife for many years and craved some quiet time by the riverbank. However, some of his fishing equipment had perished. He used T4U to get some replacement equipment.

Find more examples on our website or get in touch for a chat about what you'd do with some 'Time 4 You'

**Essex
Carers
Support**



Call: 01255 474410

Email: admin@essexcarerssupport.org.uk

Click: www.essexcarerssupport.org.uk