

## PATIENT INFORMATION

# Torbay Carers Telephone Line

## A Telephone Service for Carers in Torbay

If you care for someone and feel isolated or are new to caring and want to speak to someone who knows what it is like, then the service is for you.

### **About Carers 4 Carers**

Carers 4 Carers is a confidential telephone line run by Carers on a voluntary basis to provide a planned one- to-one conversation.

### **Who runs it?**

Torbay & South Devon NHS Foundation Trust funds the service, which is coordinated by Debi Porter, Carers' Services Project Officer. The volunteers are all Carers or former Carers who know from experience how it feels to hear a friendly voice from someone who knows about caring.

### **Is it for me?**

If you care for someone and feel isolated or are new to caring and want to speak to someone who knows what it is like, then the service is for you. Perhaps there is support for the person you care for, but you feel that you need someone to talk to, then the service is for you. If you would just like to have a regular friendly chat each week, then the service is for you.

### **What do I do next?**

The service is offered on a referral basis.

To use the service contact Debi Porter on: 07880 136859 Or email: [debi.porter@nhs.net](mailto:debi.porter@nhs.net) or your local GP surgery's Carer Support Worker.

Alternatively ask any Health and Social Care Staff member to make a referral on your behalf.

Carers can have a one-off call or receive calls on a regular basis. For more information call 07880 136859 Or email: [debi.porter@nhs.net](mailto:debi.porter@nhs.net)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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