

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.



For more details contact  
Caroline Saunders on:

07732 034800

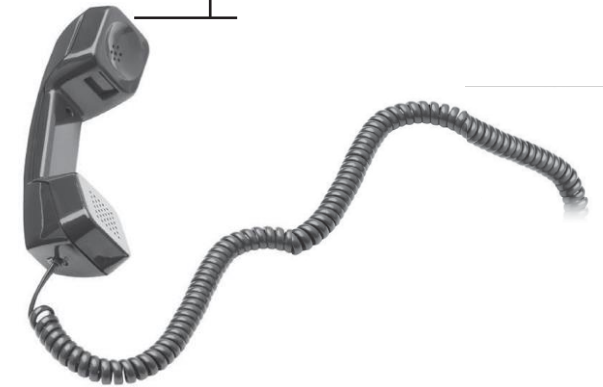
Or email:

[caroline.saunders@nhs.net](mailto:caroline.saunders@nhs.net)



Torbay and South Devon **NHS**  
NHS Foundation Trust

Hello,  
this is Torbay Carers  
Telephone Line.  
How are you today?



A Telephone Service  
for Carers in Torbay

## About Carers 4 Carers

Carers 4 Carers is a confidential telephone line run by Carers on a voluntary basis to provide planned one-to-one support out of office hours.

## Who runs it?

Torbay Care Trust funds the service which is coordinated by Val Shute who has worked with carers for many years. The volunteers are all carers or former carers who know from experience how it feels to hear from a friendly voice.



## 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 you are getting support for the person you care, for but feel that you need some support for yourself, 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.

If you want to talk things through with someone who is outside the family and is not professionally involved with your situation, then the service is for you.

## What do I do next?

The service is offered on a referral basis. To access the service contact **Caroline Saunders on 07732 034800** or your local surgery 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.

Initially calls will be made on a Tuesday evening between 5pm and 9pm

For more information call

**07732 034800**

Or email:

[caroline.saunders@nhs.net](mailto:caroline.saunders@nhs.net)



*We look forward to hearing from you*  
**Carers 4 Carers Team**