

Photo: @ Banks, Jonathan

#### How do I find out more?

If you would like further information, please contact your local Red Cross office.

Email carersupport@redcross.org.uk

Telephone 01565 682311

### REFUSING TO IGNORE PEOPLE IN CRISIS

#### **British Red Cross**

Bereaved Carer's Support Service Memorial House Northwich Road Knutsford WA16 0AW Tel: 01565 682311

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redcross.org.uk

In partnership with



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# **Bereaved Carer's Support Service**

# The British Red Cross provides short-term support for bereaved carers.

#### How can the service help you?

Some Bereaved Carer's find that they can lose contact with people that they used to meet with before they were in their caring role. Our trained staff and volunteers can provide practical and emotional support at this very difficult time, when you can easily feel alone and lose your confidence, helping you to reconnect with family, friends and the community.

A member of staff or a volunteer can provide companionship and support to enable you to build links, gain confidence and assist in accessing other help according to your needs.

We work closely with other organisations and can signpost you to these if longer term support is required. These include Age UK, Citizen's Advice Bureau, Carer's Centre, domiciliary agencies, GP practices and community nursing.



Photo: © Patrick Harrison/BR0

#### How can you access the service?

You can access the service by speaking to your Doctor, district nurse, social worker or you can contact us directly.

Telephone: 01565 682311 Email: carersupport@redcross.org.uk

#### How does the Service work?

The service will be provided from Monday to Friday, between 9am and 5pm. The duration of the visit is normally 2 or 3 hours. We can refer you to other providers and organisations if you need longer term support.

## What skills and training do our volunteers have?

All our volunteers take part in a comprehensive training programme, and undergo personal interviews and CRB checks. They have good interpersonal skills and an understanding of the differing physical and emotional needs of individuals.

#### Could I volunteer for this service?

Volunteering for the British Red Cross is a great way to learn new skills and make a difference to people's lives. As a Bereaved Carer's Support volunteer, you will have the rewarding experience of helping people who need a little extra support.

If you would like to become a volunteer or find out more about what is involved, please contact us.