

Gloucestershire  
Carers

Hub



**Gloucestershire Carers Hub gives free support to all carers over the age of 18 who help someone who has a disability or illness.**



A carer can help with things like transport, shopping, cooking, cleaning, getting washed and dressed and staying well.

Carers do not have to live with the person they care for.

Carers do not have to be there all the time.



**Gloucestershire Cares Hub can help with lots of things:**

Help carers take care of themselves.

Help carers make plans for emergencies.

Give information and advice to carers.

Tell carers about other things that can help them.

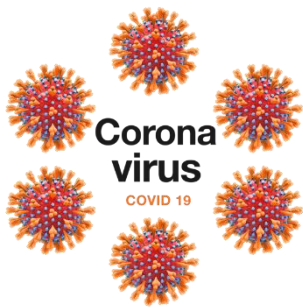
Help with things to do with money.

Give advice and support about getting a job.

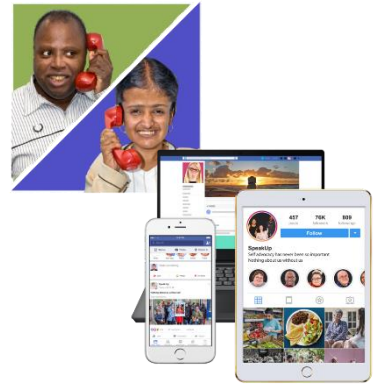
Tell carers about groups they might be interested in.



Gloucestershire Carers Hub is funded by Gloucestershire County Council and NHS Gloucestershire Clinical Commissioning Group.



Because of Covid-19 (Coronavirus)  
we are helping carers on the phone and online.



If you would like to talk to one of our team:

## Our helpline is there

Between 9am and 5pm

On **Monday, Wednesday and Friday**



And between 8am and 8pm

On **Tuesday and Thursday**



You can e-mail: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)



You can find out more on our website:

[www.gloucestershirecarershub.co.uk](http://www.gloucestershirecarershub.co.uk)

You can get in touch on **Twitter**

**@GCarersHub**

or on **Facebook**

**@Gloucestershirecarershub**



or **Telephone:**

**0300 111 9000**

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