

Lichfield Area Office

Lombard Court, Lombard Street, Lichfield, WS13 6DP

Tel: 01543 510800 - Fax: 01543 510817

Email: lichfield.socialservices@staffordshire.gov.uk

Newcastle Area Office

The Civic Offices, Merrial Street, Newcastle, ST5 2AG

Tel: 01782 296005 - Fax: 01782 296024

Email: newcastle.socialservices@staffordshire.gov.uk

Rugeley Area Office

Council Offices, Anson Street, Rugeley, WS15 2BA

Tel: 01889 256016 - Fax: 01889 256034

Email: rugeley.socialservices@staffordshire.gov.uk

Stafford Area Office

The Business Centre, Madford Retail Park, Foregate Street, Stafford ST16 2PA

Tel: 01785 276800 - Fax: 01785 276880

Email: staffordc&f.socialservices@staffordshire.gov.uk

Tamworth Area Office

Marmion House, Lichfield Street, Tamworth, B79 7BX

Tel: 01827 475506/7 - Fax: 01827 475509

Email: tamworth.socialservices@staffordshire.gov.uk

Uttoxeter Area Office

63 High Street, Uttoxeter, ST14 7JQ

Tel: 01889 256300 - Fax: 01889 256326

Email: uttoxeter.socialservices@staffordshire.gov.uk

Thanks go to The Self Advocacy Project for the copy.

These pictures are from the CHANGE Picture Bank.

Website: www.changepeople.co.uk

Are you a carer?

Can social services help you?

Easy to read

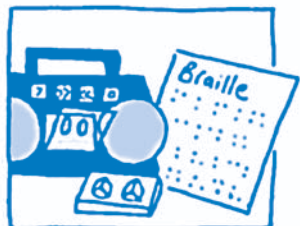


Staffordshire
County Council



INVESTOR IN PEOPLE

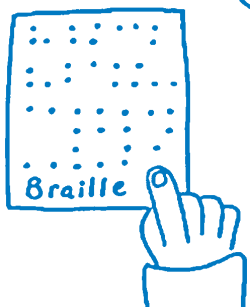
You can get this information



on tape



In sign language



In Braille



In different languages



If you would like this information please
phone: 01785 276900

Biddulph Office

Councils Connect

Town Hall, High Street, Biddulph, Stoke-on-Trent, ST8 6AR

Tel: 01782 297810 - Fax: 01782 297815

Minicom: 01782 297937

Email: biddulph.socialservices@staffordshire.gov.uk

Burntwood Area Office

Sycamore Road, Chasetown, Burntwood, WS7 4RR

Tel: 01543 510410 - Fax: 01543 510437

Email: burntwood.socialservices@staffordshire.gov.uk

Burton Area Office

1-3 St. Paul's Square, Burton on Trent, DE14 2EF

Tel: 01283 239888 - Fax: 01283 239635

Email: burton.socialservices@staffordshire.gov.uk

Cannock Area Office

Ivy House, 202 Wolverhampton Road, Cannock, WS11 1AT

Tel: 01543 510300 - Fax: 01543 510350

Email: cannock.socialservices@staffordshire.gov.uk

Cheadle Office

Council Offices, Leek Road, Cheadle, ST10 1JF

Tel: 01538 483800 - Fax: 01538 483823

Email: cheadle.socialservices@staffordshire.gov.uk

Codsall Area Office

Histons Hill, Codsall, WV8 1AA

Tel: 01902 434000 - Fax: 01902 434005

Email: codsall.socialservices@staffordshire.gov.uk

Kidsgrove Area Office

Town Hall, Liverpool Road, Kidsgrove, ST7 4EH

Tel: 01782 296705 - Fax: 01782 296724

Email: kidsgrove.socialservices@staffordshire.gov.uk

Leek Area Office

County Services Building, Fountain Street, Leek, ST13 6JR

Tel: 01538 483112 - Fax: 01538 483145

Email: leek.socialservices@staffordshire.gov.uk



We have lots more information about how we can help you.



Please ask at one of our offices or go to www.staffordshire.gov.uk



Tell us about the help we give you. If you are not happy we will try to sort it out.

Helpful phone numbers

North Staffs Carers' Association
01782 834836

Carers' Association Southern Staffordshire
01785 606675

Free mental health helpline
0808 8002234

Crossroads – Caring for Carers
01782 683141

Carers' UK
020 7566 7632

Learning Disability Helpline (free)
0808 8081111

Are you a carer?



A carer is someone who looks after a relative, friend or disabled child who needs support to live at home.

How we can help you

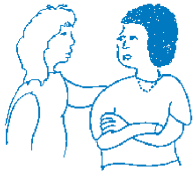


We can work out a plan to see if we can help and make life easier for you.

This plan can look at



- What the person you care for needs.
- The help you give now.
- How being a carer makes a difference to your health, work, college and time with your friends.



- What support we may be able to give.



- Any other needs, like going to church.

Will you be able to get a plan?

You may be able to get help if



- you give lots of care.



- you ask for a plan.



- you look after someone with mental health needs.



Do you give lots of care often?

Do you give help in lots of ways?



Are you a carer under 18 years old?



Do you care for someone who has a problem with drugs or alcohol?



Do friends and family need to help you to care for someone?



Do you think you might not be able to keep up the care?



If you do, tell the person making the plan.