

Are you a carer?

Can social services help you?

Easy to read



**Staffordshire**  
County Council



INVESTOR IN PEOPLE

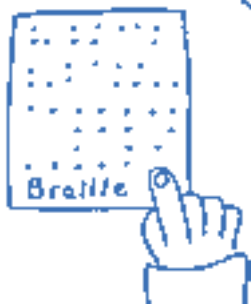
You can get this information



on tape



In sign language



In Braille



In different languages



If you would like this information please  
phone: 01785 276900

## 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.



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](http://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

### **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:leek.socialservices@staffordshire.gov.uk)

### **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](http://www.changepeople.co.uk)**

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