



Contact us:

Office Number:

Tel: 01483 533645

Email: info@actionforcarers.org.uk

www.actionforcarers.org.uk

www.surrey-youngcarers.org.uk



Our services include:

- Giving Carers a Voice
- Adult Carers Support
- Moving and Handling
- Surrey Young Carers

Contact us for information on any of our services or for details of other local organisations who may be able to help.

Tel: 01483 302748

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England & Wales with Charitable Status
Charity Registration No. 1116714



Providing safe solutions
for carers





Are you a carer or about to become one?

Carers look after family, partners or friends in need of help because they have a physical or mental illness, are frail or have a disability. They should not be confused with paid care workers.

You may be looking after an adult or child who requires assistance with daily living activities.

Our free service can provide information, advice, training and support for carers experiencing lifting, moving and handling as part of their role.

Avoid the risk of damage to your own health

We are vulnerable to injury at any age. It is not dependant on how capable or strong we think we are. The effects of poor moving and handling can potentially build up over time and result in some of the following problems:

- Increased tiredness
- Acute or long-term pain or discomfort
- Reduction or loss of mobility
- Soft tissue injury
- Joint/ligament strain or injury
- Back injury
- Potential damage to you or the person you are caring for
- Inability to work, be active or care

What we can offer

- Visits to your home or the place where you do your caring
- Tailor-made solutions to your individual caring situation
- Short-term loan of small handling equipment
- Training on use of handling equipment
- Support at a pace which enables you to feel safe and confident
- Referral to other support services
- Advocacy on your behalf
- Liaison with other professionals
- Signposting to other services

