



South Staffordshire Caring Communities Link Worker

*Connecting Carers to their
local community and support
services*



Linking Caring Communities

Keeping connected to your local community is something that 8 in 10 Carers across the UK have said they struggle with, due to their caring responsibility.

At CASS, we know that caring for someone may mean that you sometimes become isolated from your usual support network. We aim to help Carers keep connected socially to their local community to promote their own health and wellbeing.

Our **Caring Communities Link Worker** can help signpost and recommend support services and activities, which will work around your caring commitments, to help keep you physically, mentally and socially active.

Contact me

This service is for people living within
**SOUTH STAFFORDSHIRE DISTRICT
COUNCIL AREA ONLY.**

For more information, please contact:

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