



# South Staffs Caring Communities Link Worker

**CASS The Carers Association**

*Connecting Carers to their  
local community and support  
services*

**The  
Good Life**  
South Staffordshire



South Staffordshire  
Council



## Caring Communities Link

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 responsibility, to help keep you physically, mentally and socially active.

## Contact

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

For more information, please contact:

**Gail Lewis**

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