

If you'd like us to contact you please complete the following information and send it to

Carers Centre  
117 Orchard Road  
Southsea  
PO4 0AD

Name : .....

Date of birth : .....

Address : .....

Postcode : .....

Telephone number : .....

Email address : .....

Preferred time & contact method .....

Any other information i.e. who you look after and/ or specific needs : .....


#### How we use your information

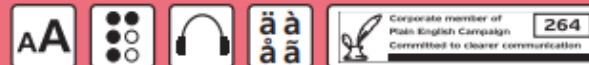
Your details will be used in accordance with the Freedom of Information Act (FOIA) 2000 and the General Data Protection Regulation (GDPR) 2018 or other appropriate legislation. If information you have provided is personal, as defined under the GDPR, we will only use it for the purpose for which you provided it. We only share your personal data with a third party if we are required to do so by law or if we need to in order to provide the service you requested.



Carers Centre  
117 Orchard Road  
Southsea  
PO4 0AD

Telephone: 023 9285 1864  
Email: [carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk)  
Website: [www.portsmouthcarersservice.co.uk](http://www.portsmouthcarersservice.co.uk)

 Follow us on Facebook  
[facebook.com/portsmouthcarerscentre](https://facebook.com/portsmouthcarerscentre)



You can get this Portsmouth City Council information in large print, Braille, audio or in another language by calling 023 9285 1864.

Designed by: [marketing@portsmouthcc.gov.uk](mailto:marketing@portsmouthcc.gov.uk)  
Published: January 2022 Ref: 20.87



# DO YOU LOOK AFTER SOMEONE?

If so, the **Carers Service** is here to help

# Looking after someone is important but many people who care for someone don't recognise themselves as carers.

A carer is anyone who supports someone, unpaid, where that person could not cope without that support.

It doesn't matter who you're caring for and why they need that support.

It could be a child with additional needs, an older relative or a friend - the Carers Service is here to support all carers.

My Wife



Carers often find it useful to get:

- information and advice
- support to have a break
- help with planning for an emergency
- a listening ear

My Mum



Call us on: 023 92 851 864  
or pop into the Carers Centre

## Opening Hours

**Monday - Thursday** 9am - 5pm  
**Friday** 9am - 4.30pm

## Out of hours opening

If you need to speak to us outside of our usual opening times just let us know.

## Email us

[carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk)

## Website

[www.portsmouthcarersservice.co.uk](http://www.portsmouthcarersservice.co.uk)

**You can drop in, call, e-mail or use Facebook Messenger - whatever is most convenient. Social events take place on a regular basis, contact us for details.**



Follow us on Facebook  
[facebook.com/portsmouthcarerscentre](https://facebook.com/portsmouthcarerscentre)

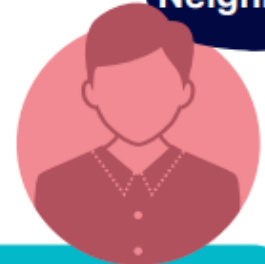
Being a carer is priceless but comes at a price for me the carer. The Carers Centre is somewhere I can be me and be with people like me.

Vanessa Salter

My Sister



My Neighbour



It is comforting to know there is somewhere to go for advice and support. The staff are friendly and the carers centre gives me a bit of 'me' time.

Nicola Williams