

# Helping You Care



## 12+ hours of FREE Carers Breaks



Do you look after someone who lives in  
**North Herts or Stevenage?**

- **Tailored care** for the individual you support
- **Guilt-free rest** & peace of mind for you

**Rest is part of caring.**

You don't have to wait until you reach breaking point.

**Call today:**  
**01462 455578**



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## What's included?

- **12+ hours of tailored care for your loved one** at home or out in the community
- **Regular visits** to fit around your schedule, giving you time to rest and recharge
- **Professional, caring Support Workers** trained in person-centred care
- **Practical advice and wellbeing tips** so you can continue with confidence
- **In Case of Emergency plans** for peace of mind
- **Community signposting** and access to a Carers Assessment for seamless ongoing support if needed

## Am I eligible?

You must be living in Hertfordshire and looking after a relative, spouse, friend or neighbour who is:

- **living in North Herts or Stevenage**
- **aged 18+**
- **unable to cope with daily life without your support**, this may be due to a learning disability, physical disability, long-term health condition or dementia.

Don't meet all the criteria? Give us a call to discuss what's available. **Whatever your circumstances, we're here to help.**

## How do I apply?

*Scan to visit our website:*

Complete the form on our website or give our friendly team a call today:

**[crossroadscaring.org.uk/helping-you-care](https://crossroadscaring.org.uk/helping-you-care)**

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