



Established in 1985, DIAL offers free confidential information and advice to disabled and vulnerable people and their Carers, within Great Yarmouth, Waveney and Norfolk.

Services include Benefits Advice, Money and Debt Advice and Employment Support. As well as a Letter Reading Service, Emergency Information Service amongst others.

You can also pick up a RADAR key at DIAL's location in Great Yarmouth.

For more information please visit **dial-greatyarmouth.org.uk**, email **info@dial-greatyarmouth.org.uk** or phone **01493 856 900**



Lowestoft & District Mencap Society is a stand-alone, self-contained charity that is affiliated with the Royal Mencap Society.

Within the Unity Centre, based in Lowestoft, we offer creative based sessions to enhance service users physical, mental and social skills and wellbeing. We also offer an Information Service and Nutritional Therapy Service and much more.

In an adjoining building we also run a gaming centre called "The Fort", which contains gaming computers and consoles.

For more information please visit **lowestoftanddistrictmencap.org** or phone **01502 539810**

## Do You Look After Someone?



Unity Carers is a project which aims to improve access to health, social and economic opportunities for unpaid Carers and the people they care for within Waveney and East Norfolk.

# How We Can Help

This new project aims to offer the following Services to unpaid Carers within Waveney and East Norfolk;

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Access to Advice and Guidance Support, Recreational, Therapeutic and Wellbeing activities at The Unity Centre and The Fort in Lowestoft, as well as via virtual sessions and online groups.

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As Carers you can have your voice heard and help shape the services you rely upon, by attending meetings (virtually or physically) with Carers Voice.

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Carers can benefit from Money and Debt Advice provided by DIAL Great Yarmouth through weekly phone support and group sessions.

# Who Are We?

Carers Voice, Lowestoft Mencap Society and DIAL, have come together to provide a new project for Carers and their Cared for, within Waveney and East Norfolk.

You can read more about each Charity over the next few sections along with their contact details.



Carers Voice give unpaid Carers a voice in the way their services in Norfolk and Waveney are designed, developed and delivered.

Through our FREE membership we offer bi-monthly newsletters with local information for Carers, as well as opportunities to give feedback on local services you use.

Carers Voice also hosts quarterly meetings for Carers living in East Norfolk & Waveney which enable you to connect with other Carers, gain valuable information about local activities and services and give you a chance to share your feedback.

For more information please visit **carersvoice.org** email **info@carersvoice.org** or scan the QR code to become a Carers Voice member



Apply for a Carers Identity Passport to help identify yourself as a Carer in a healthcare setting. For more information please visit the address below or scan the QR Code.

**carersvoice.org/carers-identity-passport**

