



Carers Centre



Carers Hospital Discharge

Support Worker

Are you in a Caring Role?



Is your cared for about to be discharged from hospital?

Julia is available to support you, the carer, to access the help and support that is available to you in your local area. Julia can assist with signposting to support services and can arrange for a carers assessment after discharge.

The range of things you could be able to access:

- Local carer groups
- Pamper sessions
- Registration with ERCS (Emergency Response Carers Service)
- Activity days and group walks
- Creative workshops

If you are a carer and feel you need extra help or just someone to talk to, contact the Carers Centre by phone, email or send in a referral form by post or on our website.

Julia is based at PRH various times in the week and can be contacted on the number below.

Contact details: Julia Saunders

01952 262063

Carers Centre: 01952 240209

Email: julia.saunders@telfordcarers.org.uk

