

# If you care, we care!

We know that caring can be difficult. If you're aged 18 and above and care for someone who has sight and hearing loss, you can benefit from our range of free services to help you feel more like you!

## We provide:

- A friendly, accessible helpline to answer any questions you and your family might have
- Friendship groups where you can meet other carers of people with sight and hearing loss (remote)
- A unique telephone befriending service for carers who need social interaction, support and friendly conversation (remote)
- Counselling with a fully qualified therapist (remote)
- Emotional support for particularly difficult times
- Access to our closed Facebook groups, to connect you to other carers
- Help with technology so you can stay connected
- Seaside holidays where you can relax and unwind
- Christmas and birthday wishes
- A subscription to Open Hand magazine which is written specifically for people who are deafblind and their carers.







“Talking to you  
has been much  
more beneficial  
than talking to  
my doctor!”



**If you care, we care!**

**deafblind<sup>uk</sup>**

**Contact us today**

Helpline: 0800 132 320

Text: 07903 572885

[info@deafblind.org.uk](mailto:info@deafblind.org.uk)

[www.deafblind.org.uk](http://www.deafblind.org.uk)

Text relay: 18001 then 0800 132320

BSL video relay: [deafblind.org.uk/bsl](http://deafblind.org.uk/bsl)

We have received support from the



*Cambridgeshire  
Community  
Foundation*