



Useful contacts



Bedford office
0300 111 1919



01234 327380



01234 792686
01582 690984



0800 0131 223



01234 267422



0844 800 4361



Bedford Hospital 
NHS Trust

To find out more please
contact

Christina Offord on
07794 005996

christina.offord@carersinbeds.org.uk

Or speak to the staff at our
main office on:

0300 111 1919

www.carersinbeds.org.uk

Carers in Bedfordshire
Suite K, Sandland Court
Pilgrim Centre, Brickhill Drive
Bedford, MK41 7PZ



Bedford Hospital 
NHS Trust



The Carers Lounge

Bedford Hospital
South Wing

We offer help, support and
information to all carers of
any age.

Drop in for help,
information and support!

We have trained support
workers on hand to help
resolve problems carers
may face.

Open
Monday - Friday
11am - 6pm

Weekends by appointment
Please contact Christina using
the details on the back of the
leaflet



Bedford Hospital 
NHS Trust

The Carers Lounge

Where are we?

We are located in The South Wing of Bedford Hospital on the ground floor, follow the signs to the "Committee Room"

What do we do?

We provide help, information and support to carers of all ages.

Feel free to drop in and see us, no appointment or referral needed.



Carers in Bedfordshire

"Working to prevent today's carers becoming tomorrows cared for"

Carers in Bedfordshire is a registered charity existing to help family carers cope with the mental and physical stress arising from caring.

We offer assistance such as practical help, advice, training, advocacy, support and information to all informal carers of any age.

Carers in Bedfordshire also offer:

- Support groups
- Carers breaks and NHS training grant
- Relaxation and pampering
- Social outings and events
- Telephone befriending
- Training
- Benefits advice
- Carers Cafe

Carers facts

It is estimated that 3 out of every 5 people will become a carer at some time in their life.

Every day 6,000 people become carers for the first time.

About 10% of the UK population are carers.

Carers save the government at least £119 billion every year!

